



MaDaFu

The Socio-Economic Newspaper with Anything & Everything from Kenya

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#BanTheBottle: "There will be no more concessions for the plastic and beverage industry. They have had more than enough time to come up with earth-friendly alternatives. It's time to ban the bottle."

Time to Ban the Bottle and the Bag



Boost for blue economy as President Kenyatta commissions Bandari Maritime Academy



Kenya's efforts to position the blue economy sector as a key driver of the country's transformation today received a major boost with the commissioning of the Bandari Maritime Academy in Mombasa County.

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TOURISM



Travelers Beach Hotel Sales and Marketing Manager Mr. Wafula Waswa [left] serves a welcome drink and to the hotel return clients Mr. Birger Peterson and His Wife Birgit from Denmark. Mrs. Peterson and her husband had visited the Hotel to celebrate her 73rd birthday. Millions of international guests are expected to visit coast resorts this year during the high tourism season which began this early this Month. PHOTO BY TITUS MUSAU



"Kenya is a trailblazing nation when it comes to environment protection and conservation. Two years ago we banned the use, manufacture and sell of environmental harmful plastics, polythene bags and packaging materials. Building on this, today, I'm also announcing another ban of single use plastics, including plastic bottles, straws, in all our protected areas, including national parks, beaches, forests and conservation areas effective 5th of June next year.

Sustainable environment is a guarantee to a healthy, better and productive society." President Uhuru Kenyatta in Vancouver, Canada on this year's World Environment Day.

BY: BETTERMAN SIMIDI MUSASIA

Clean Up Kenya recently launched a global #BanTheBottleCampaign to pressure the beverage and plastic industry to come up with earth friendly packaging for the products they produce. The launch of this campaign comes on the backdrop of the largely successful signature ban of plastic carry bags in Kenya which was implemented in August 2017.

Since then, many other countries around the world have also followed suit. President

Uhuru Kenyatta has also issued a directive to have a ban on all single use plastic in our protected areas, beaches and game parks starting July 2020. Over the last few years, the world has exceedingly been troubled by the growing problem of plastic waste.

It is estimated that by 2030, there will be more plastics in our oceans than fish. The amounts that are also found on land are also mind-blowing with recycling schemes, incineration schemes and other circular economy initiatives failing to keep up with

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TOP NEWS

Time to Ban the Bottle and the Bag



production. That's why in the recent years there has been a sustained global drive on the banning of most single use plastic materials.

Unfortunately, many bans across the world have avoided putting the polyethylene terephthalate (PET) bottle to the list of targeted plastics. Many of these bottles are used to pack fizzy drinks and water. The beverage industry introduced these bottles to the world in the late seventies and since then trillions of them have been produced, with about only 3 percent having been recycled over time. Coca-cola for example, produces 3 million tones of these bottles annually. This they do in open disregard of the available alternative of returnable glass bottles which they continue to use with some of their products while they continue to make idle commitments that are never implemented.

One sector where we now know uses PET bottles unnecessarily is bottled water. Just like straws, bottled water is really not a necessity. Bottled water is simply a global scam. Approximately 5 billion people have access to safe clean drinking water. In some countries such as the United States of America for example, 99% of the country has access to clean tap water. Figures from other countries vary depending on the development of the state. In most cities of the world, there exists an acceptable infrastructure to capture, treat and supply its population with safe utility water. This is however not to state problems does not exist. They do, and governments and municipalities across the world continue to find solutions to these problems including asking people to use available home purification systems.

To imagine then, that the tap water we use to cook with, drink, shower and wash cloth with in our homes is unsafe is a simplistic assessment. There would simply be a global health crisis if the water in these cities and towns were to be found totally unsafe for human consumption. Water is life the saying goes, and governments know this. The same water we drink in our homes, we can simply carry in refillable bottles and drink while away from home or even better, we can have access to free clean drinking water wherever we go. It costs about 1 US Dollar to buy a litter of bottled water in most places and it beats me to think that you need around 3 US Dollars to buy the recommended daily water intake for a human as recommended by the WHO! This is simply a scam! The narrative then that consumer companies have relied on

to state that tap water is unsafe and unhealthy compared to bottled water is simply pure fantasy! It is an unfounded narrative that has been contrived by the drink corporations to manufacture demand for bottled water. In any case, tests done in many cities around the world have not found any superior ingredients in bottled water compared to tap water. In some studies tap water has been found to be actually more superior with micro plastics having been found in bottled water. Even in countries where tap water is totally safe to drink, these corporations continue to manufacture demand to make billions of dollars while not doing much to contribute to the water availability and environmental agenda.

Secondly, the biggest problem with PET bottles is how the bottles are disposed and managed after use, given that bottled water and other fizzy drinks are very first moving consumer commodities. Consumer behavior has seen rampant littering and illegal dumping with these bottles being found on streets, highways and in gutters and when it rains, they are conveyed into our water bodies. A good fraction of them ends up in landfills where they will sit for hundreds of years.

Recycling does not seem to provide a solution to this problem. According to Forbes, the world was producing 1 million PET bottles per minute in 2017, with only about 10 percent ever getting recycled globally. This is largely due to lack of an adequate recycling infrastructure in most developing and underdeveloped world. How governments have allowed these corporations to conduct business in these countries without first setting up such an infrastructure is still a mystery.

This means tremendous strain has been put on the resources of governments and communities to manage this waste stream. The Kenyan government for example is currently spending approximately USD 500 million annually to manage waste with about 30% of this waste being PET bottles and other single use plastic. When you add this to what individual homesteads spend to keep this waste out of communities, this could simply run into billions of dollars. A bill that should be paid for by the drink corporations. Single use glass bottle is also becoming another problem. These are often used to package wines, spirits and premium beers. While Kenya enjoys a vibrant beer industry which has a stable system of using returnable glass bottles, beers and other alcoholic beverages that are imported come in single use glass bottles. These bottles end up in our dumpsites. The Heineken brand continues to be the biggest menace. Yet again the government has done little to require these brands to set up a recycling and recovery infrastructure before the brands are allowed into the country. This is why we have started the #BanTheBottleCampaign. To put pressure on the industry to come up with more sustainable management of the packaging they use and for governments to do more. Already Uganda has joined us on this journey with environmentalists in other countries set to join in coming weeks.

PICTORIALS: #BanTheBottle





LIONS OUTREACH PROGRAM



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Lions Club of Mombasa Pwani are taking the lead role in this noble programme and for the past 22years we have screened, accommodated and treated all eye patients to restore good sight and transporting to and from the Outreach venue cataract patients by our Lions Bus from the surrounding vicinity of Mombasa to our Lions Medical Centre for eye surgery, which are otherwise out of reach due to the age, awareness, distance involved and financial reasons.

We are therefore pleased to get the support and sponsorship of Rika Manu Shah Family of Sarva Mangal Family Trust who have pledged to sponsor 200 cataracts. The representatives paid us a courtesy visit at the Lions Medical Centre whereby they were greeted by our Senior members of the Club and shown around the Centre.

Boost for blue economy as President Kenyatta commissions Bandari Maritime Academy



BY PSCU

President Kenyatta led hundreds of maritime sector stakeholders at the ceremony during which he announced a raft of reforms the government is undertaking to secure both local and international seafaring jobs for Kenyan youth.

The President said the new institution will be key in equipping young Kenyans with the requisite skills and knowhow to enable them compete favourably for employment opportunities in the vast blue economy sector. "The Academy is expected to become a top supplier of world class seafarers for shipping lines all over the world," the

President said. As a pointer to its strategic importance to the country's economy, Bandari Maritime Academy will partner with the Kenya Utalii College, the Kisumu Maritime Centre and also establish twinning arrangements with the Mediterranean Shipping Company (MSC) Training Academy based in Naples, Italy.

"I am confident that the enhanced training will bring out the best in our talented young people," said President Kenyatta. The transformation of the college into a centre of excellence in maritime training and research is envisaged to facilitate the country's quest to reap maximum benefits from the blue economy sector, an agenda that the President has given undivided attention.

It is estimated that blue economy, if properly harnessed, has the potential to inject up to 4.8 billion US dollars to Kenya's economy and create over 52,000 jobs in the next 10 years.

At the ceremony, the President announced the revival of the Kenya National Shipping Line (KNSL) and witnessed the signing of a new shareholding agreement between KNSL, Kenya Ports Authority and the MSC aimed at restoring the state corporation into a world class shipping company.

He said MSC, the second largest shipping line in the world, which has been a strategic partner with the KNSL since 1997 will assist in re-engineering KNSL into a world class entity. "The Agreement we have just signed will, thus, deepen this partnership and enable the MSC, to more effectively support the revival of the Kenya National Shipping Line," he said.

KNSL was established in 1987 as a national carrier to handle containerized export and import freight cargo, to and from ports in Kenya. It however failed to grow into an effective national carrier. "We are here to revive that vision. The revival of the Kenya National Shipping Line will enable Kenya to benefit from the regional and global maritime transport value chain. About 90 percent of Kenya's foreign trade is dependent on maritime transport," said the President.

President Kenyatta said since the launch of the Kenya Coast Guard Service (KCGS) in November last year to secure Kenya's

territorial waters and protect the country from threats emanating from the sea, the unit has made good progress.

"The Coast Guard Service has maintained daily patrols of Kenya's waters to guard against illegal, unregulated and unreported fishing, provided safety to seafarers, and prevented drug smuggling and other illegal movement of people and goods," he said. President Kenyatta said the government is rebuilding and upgrading the fishing infrastructure at the coast region as part of efforts to expand its economic base. He expressed satisfaction that even before the rehabilitation of the Liwatoni Fisheries Complex is complete, there are already 12 Kenyan fishing vessels that are utilizing the facility. "And more exciting is that close to 400,000 metric tonnes of fish have landed since the facility was re-opened in November.

This may appear small but it is a significant step towards the recovery of thousands of jobs for our fishermen," said President Kenyatta. To boost the fishing industry, the President announced government plans to develop designated fishing ports at the coast, facilitate landing of fish by deep sea fishing vessels and finance aquaculture technology and innovation transfers.

He said the goal of the incentives is to position the country globally as a nation that is harnessing its ocean resources in a sustainable manner for the benefit of current and future generations. "We are, indeed, emerging in the world as a rising maritime nation," the President said. President Kenyatta

said that after successfully hosting the blue economy global conference in Nairobi last year, Kenya will in June next year co-host the UN World Ocean Conference with Portugal in Lisbon.

At the same event, the President saw off 62 trainee seafarers out of the 119 that have been recruited by MSC. Forty of the recruits have already been assigned a vessel for their 'sea time' exposure by the company while the others are awaiting their opportunity. President Kenyatta had a chance to interact with some 16 seafarers that he dispatched last November whom he said "have become the pride of Kenya" for serving in foreign countries with diligence, commitment and integrity. The 16 included Kenya's first female marine pilot Elizabeth Wakesho Marami. Well done Elizabeth and your fellow seafarers.

Kenya is proud of you," he told the young Wakesho who spoke on behalf of her colleagues. He told the new cohort of seafarers to emulate the first batch by becoming Kenya's ambassadors in the sea and help re-establish the reputation of Kenyan seamen and women as trustworthy and hardworking professionals. "Such a reputation will attract more companies to recruit from Kenya," the President said.

Others who spoke at the event included General Samson Mwathethe, the Chief of the Kenya Defence Forces who also doubles up as the chairman of the Blue Economy Implementation Standing Committee, Cabinet Secretary for Transport, Infrastructure, Urban Development and Housing James Macharia and Mombasa Governor Ali Hassan Joho.

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POETRY CORNER

DEATH

If you had to go, why couldn't you
 Take away all that belonged to you?
 Why have you left your memories behind
 To haunt me at every turn, and make
 The silly tears spring to my eyes?
 In the wardrobe, between your discarded shirts
 Your memories lurk, waiting to pounce on me
 In the bedroom, your empty pillow throws
 Painful memories at me, leaving me wide-eyed
 All through the night
 Your dinner plate, your books, the threadbare slippers
 You've flung in the corner, the shaving things,
 The half-eaten apple still etched with your teeth marks, Memories all
 memories, you have callously left behind. Why didn't you pack them up
 neatly like your socks. And push them into your suitcase?
 Or why didn't you, in your methodical way,
 Burn them like the garden leaves, all in a pile?
 Why have you left them scattered, so untidily. All over the place?
 Did you do it purpose to torment me?
 Knowing I had scarce means to sweep them
 Into a dust pan and flick them out of their door?
 You're right. I cannot do it.
 So, why don't you, Come home again to help me spring-clean or
 Better still, let us make some more, Sweet memories of our own together.

EVENTS

Hindu Swayamsevak Sangh hold a Shradhanjali Karyakram in remembrance of saint Poojya Swami Satyamitranandaji



On Sunday, 30th June 2019, Hindu Swayamsevak Sangh held a Shradhanjali Karyakram at Deendayal Bhavan to pay respects and remember the great saint, Poojya Swami Satyamitranandaji Giri. At 4:15pm, the Karyakram began with a recital of a Bhajan which Swamiji always sang before his lectures. Among those present at the Shradhanjali were ...

Shri Brahmaji Seedhar, previous Karyawah of HSS, Kenya gave a speech citing various inspiring and thought-provoking episodes from Swamiji's life as

summarised in the next paragraph. Swamiji was very close to Sangh-work, not only in India, but also here in Kenya. The headquarters of HSS, Kenya in Nairobi by the name of Deendayal Bhavan was made in memory of a senior worker of Sangh, Pandit Deendayalji Upadhyaya. The foundation stone for this building was laid by the auspicious hands of Swamiji in 1968. When he would give lectures at Deendayal Bhavan grounds during his later visits to Nairobi, people would gather in huge numbers to listen to his lectures in thousands. The walls of the hall at

Deendayal Bhavan had to be brought down to accommodate more people to come and listen to his inspiring words.

Swamiji visited Kenya quite a few times. He observed that there was a lot of divide among the Hindus in the 1970s. He commented that every individual Hindu organisation was doing great work on its own, however there was need for an umbrella body to coordinate all the Hindu institutions. In one of his lectures and also in some bethaks of the then Bharatiya Swayamsevak Sangh (now HSS, Kenya), he urged the senior karyakartas (members) to

form an umbrella body for all Hindu institutions in Kenya. Inspired by the words of Swamiji, some HSS Kenya karyakartas formed the Hindu Council of Kenya in 1973.

Later Shri Muljibhai Pindolia, previous Chairman and Trustee of Hindu Council of Kenya gave his recollection of his few interactions with the great Saint. He said that Swamiji would not take any of the donations for his own self. Instead he would give away all the donation funds that he received to the schools, health-homes, food for the needy and other similar causes. The Hindu Council of Kenya which was the brainchild of Swamiji later expanded to Hindu Council of Africa, which Shri Muljibhai chaired for a few years.

Other speakers on the day included Shri Swaranji Verma (past Chairman of HCK) and Shri Kamalji Gupta (current Chairman of HCK) who also relayed their sentiments and their respects for Swamiji. Shri Kamalji Gupta emphasized that we are now seeing the fruits of the seed that was planted by Swamiji in form of Hindu Council of Kenya. That we now have a united voice and all institutions are in coordination for big or small events.

Also in attendance on the day were Hon. Shri Jayendraji Malde, Parklands MCA and Shri Vanrajibhai Sarvaiya, past Chairman of HCK.

Negative Social Interactions Trigger Hypertension In Women

Ladies, if you want to keep away from hypertension, avoid negative interpersonal interactions. While negative interactions predicted hypertension risk among women, the same was not true for men. "Women are particularly sensitive to negative interactions," said Rhodesia Sneed of the Carnegie Mellon University. "This demonstrates how important social networks are as we age.

Constructing strong, positive relationships are beneficial to prolonged health," Said co-author Sheldon Cohen from Carnegie Mellon University. The study showed that each increase in the total average negative social interactions score was associated with a 38% increased chances of developing hypertension over a Four-year period.

The researches also found that the type of relationship matters. Negative interactions between friends and family led to an increase in hypertension risk, while poor encounters with partners and children did not make a difference. "Interpersonal conflicts are the most commonly reported stressor, so understand their impact on health and well-being is particularly important," said Sneed. The findings were published in the journal health Psychology.

Thought of the Month What is Love?

Love is always patient and kind and is not resentful. It is not enough to obey the commandments. It is not enough to make. Acts of faith. It is not enough to be sorry for our sins. The GOOD-BOOK Has said to love our neighbors and even our enemy more.

Loving others is hard to do it requires GRACE. Loving others is more difficult. Than all the Olympic Games. Love is always patient and kind it does not take Offence, and is not resentful. Love is always ready to excuse, to trust, to hope And to endure whatever comes. If you have failed to become the loving person. GOD wants you to be, don't give up. GOD never said it would be easy instead. He will give us the grace of loving other people. We should always accept. Others the way they are every one has a weakness no one is perfect and we Should also correct one another with LOVE. When someone has a virtue of LOVE he/she will never see the negativity of someone but the positivity Of a particular person because every person have their good side. LOVE Embraces everyone it does not discriminate it does not speak ill of others It does not envy. LOVE CONQUERS ALL

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EVENTS

The MaDaFu - Mombasa & Coast Event Guide July/August 2019

NIGHTLIFE & ENTERTAINMENT
Mondays Apollo Club & Restaurant Reggae Kuruka with DJ C-Mple Len Bunga Bunga Nyali Crazy Mondays with DJ Geeps Jakablack Club Hypnotica Nyali Bring Your Own Monday Klub Zero 4 Mombasa Corporate Night with DJ Havvy DJ Masha DJ Mems Palm City Grill Bamburi Monday Soundner with DJ Smith Ke Tuesdays Danka Lounge & Grill Mtwapa Happy Tuesdays Reggae Night with DJ Jamm Palm City Grill Bamburi Rhumba Tuesdays with DJ Smith Ke Wednesdays Bunga Bunga Nyali Exotic Wednesday with DJ Geeps Jakablack DJ Aga Country Club Mtwapa Dance Rock Wednesday with The Bishop DJ Max Klub Zero 4 Mombasa Girls & Cocktails New Samba Sports Bar Ladies Night with DJ Empire Sky Lounge Bamburi Romantic Wednesdays with DJ Dynoh DJ Billy The Lounge Nyali Fashion Wednesdays

NIGHTLIFE & ENTERTAINMENT
Thursdays Bunga Bunga Nyali Soul Train with DJ Frankie DJ Geeps Jakablack Club Hypnotica Nyali Miss Bum Bum Thursday Club Zero 4 Dread Waves Reggae Thursdays with DJ Daddy Silk MC Blackrose Selektta Adam Palm City Grill Bamburi Throwback Thursdays with DJ Smith Ke Sheba Lounge Nyali Thirsty Thursdays

NIGHTLIFE & ENTERTAINMENT
Fridays Club Hypnotica Nyali Sassy Night with DJ Teebone DJ Hans DJ Prince Sheba Lounge Nyali Friday Night Live with DVJ Dammy DJ Cos DJ MVP Saturdays Bunga Bunga Nyali Turnt Saturdays with DJ Geeps Jakablack DJ Aga Club Backyard Bamburi Rockers Reggae Saturday with The Bishop Moonshine Beach Bar Moonshine Signature New Samba Sports Bar Bamburi The Saturday Turn Up with DJ Willie DJ Empire

NIGHTLIFE & ENTERTAINMENT
Saturdays Sheba Lounge Nyali Blended Saturdays with DJ MVP Silka Pub Mtwapa VJ Sanchez Sundays Club Acapulco Bombolulu One Love Sunday's with The Bishop Selector Gadaffi M.C Rickie 6 pm Club Zero 4 Rhumba Sunday with VDJ Edu Kenya Danka Lounge & Grill Mtwapa Soul Rhumba Sundays with Benz The Captain Sheba Lounge Nyali Sheba Sunday Service with DJ Cos VDJ Dammy Tapas Cielo Nyali Sunday Afternoon Affair with DJ Electric Aj The DJ DJ Flaxx DJ Blaiz

KARAOKE
Tuesdays Club Hypnotica Nyali Karaoke Tuesdays with Titia Tola Klub Zero 4 Moi Avenue Live Band Karaoke with Juukua The Band Mtwapa Country Club Joly Karaoke Tuesdays Wednesdays Danka Lounge & Grill Ladies Night out Karaoke Night with Samantha Wendy Blackwater Pub Bombolulu Karaoke Night with Mama Africa DJ Mike Thursdays Apollo Club Changamwe Thirsty Thursday Karaoke with Njeri Cheers Bamburi Karaoke Night De Coffee Pub Kilifi Karaoke Night Dekis Lounge Nyali Karaoke Night with Titia Tola Fridays Mtwapa Country Resort Karaoke Fridays with Joe & Lydia

LIVE MUSIC
Tuesdays Klub Zero 4 Mombasa Band Night with Juukua The Band Safari Inn Shanzu Tourist Road Maranda & Band Sheba Lounge Nyali Mombasa Roots Band Club Hypnotica Nyali Bring Your Own Bottle Wednesdays Club Hypnotica Nyali Juukua The Band Club The Place Utamaduni Band Live 6 pm Mtwapa Country Resort Joly Karaoke Fridays Thursdays Danka Grill & Lounge Mtwapa Safari Sound Band Live Fridays Safari Inn Shanzu Tourist Road Live Band Friday Fridays / Saturdays / Sundays Bombolulu Empire Matuu Boyz Band Saturdays De Coffee Pub Kilifi True Vision Live Band 8 pm Sundays Club Hypnotica Nyali Juukua The Band Moonshine Beach Bar Nyali Generation Band Live Mingles Pub Nyali Amazing Sunday with Juukua The Band 4 pm

FUN & FAMILY
Sundays Garden Park Mtwapa Family Show 12 pm Mtwapa Country Resort Pool Fun Days Palm City Grill & Restaurant Bamburi Family Sunday

SINGLE EVENTS

NIGHT LIVE & ENTERTAINMENT
Friday 19 07 Sheba Lounge Friday Night Live with DJ Kaytrixx DJ MVP DVJ Dammy DJ Cos Saturday 27 07 Bidibadu Diani Beach Beach Party with La Maajabu Mbosso Amarila Gucci Boy Sam Boy Pukka Mitch 5 pm Tapas Cielo Nyali Anniversary Party with DJ Joe Mfalme



LIVE MUSIC

Saturday 27 07 Skylux Sports Pub & Grill Mtwapa Prince Indah Live Bunga Bunga Nyali End Month Rhumba in Nyali with Johnny Junior & B-V Band
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CONFERENCE

24 to 26 07 Travellers Beach Hotel Bamburi Conference: Renewable Green and Sustainable Energy

SPORTS / CHARITY

Sunday 04 08 Burhani Sports Club Mombasa Inter - Corporate Peace Futsal Championship 2019 8 am
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whats-on-mombasa.com

Children are Wet Cement

That child of yours is helpless in the hands of the people around him. He is pliable to their shaping: they set his mold. What will he become? That's what Abraham Lincoln asked -who never paid more than minimum courtesy the adults whom he passed on the street, but when he passed a child, he stepped Out of the way and doffed his hat.

These adults I know, he said ,but who knows what the children may become? These little ones, kicking in tier cribs or racing around -they are tomorrow's World, our most precious possession, most precious possession, most powerful potential...But the awesome thing is that they receive their impressions of life from us- even. End their impressions of what make godliness...Well, they are God's wonderful gift to us, certainly there make us what we would never be, if they weren't watching us and copying us. They are the arrows from our bows, with their direction dependent on our

Guidance. They are the receivers of our batons, when we begin to tire. They are tomorrow's heroes and rescuers and achievers- or else tomorrow thieves and saboteurs and loafers. Adapted from; Anne Orland book.

Husbands are Husbands

A man was sitting reading his papers when his wife hit him on the head with a A frying pan. "What was that for? The man asked. The wife replied ,that's was for the piece of paper with the name Jenny on it that I found in your pants pocket. The man then said: When I was at the races last week Jenny was the name of the horse I bet on. The wife apologies and went on with the house work. Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious. Upon regaining consciousness the man asked why she had hit again. Wife replied .YOUR horse phoned."

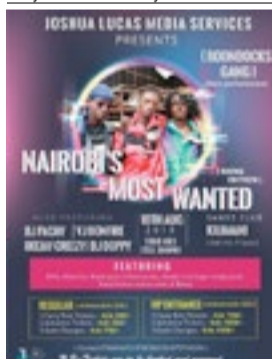
The MaDaFu - Nairobi Event Guide July/August 2019 - Kenya's leading event guide!

NIGHTLIFE & ENTERTAINMENT
Friday 19 07 The Alchemist Bar Mis & Boombox Present Nasty C with Taio DJ Casche Mix Master Lenny TNT Karun DJ Kace DJ Freesia Flow Jo Kisila DJ Lizbon 5 pm Muze Club Kaa La Moto - Kesi Album Launch with Point Blank Kev The DJ 9 pm Saturday 20 07 The Alchemist Bar Afro Social ft.Somi Andrea Special Guest Whiskey River Lounge Twende Mtooni with DJ Joe Mfalme DJ Emprk DJ Prince Saturday 21 07 Scratch Bar & Grill Dalow Generali's Birthday Bash with DJ Mantel Harry Porter Chally Ranks Selektta Willie Stephantom Wargamble Ghetto Child Zendambo Cure Saturday 27 07 The Alchemist Bar Circus Glow In The Dark with DJ Kace Jo Kisila Freesia Flow Lucky Birdi DJ Sejo La Dave Riz Xan Woods Lee Moboya 7 pm Sunday 11 08 The Alchemist Bar Reggae In The Sun - Performance by Bands, Artists, Djs and MCs

LIVE MUSIC / CONCERT
Wednesday 17 07 Ankole Grill Mumala 8 pm Thursday 18 07 J's Fresh Bar & Kitchen Sero & The Charactas 8 pm Thursday 25 07 J's Fresh Bar & Kitchen Eric Wainaina 8 pm Saturday 27 07 Mohspyce Entertainment Let Love Reign Concert with Dane Stephenson & Daville Performing Live in Nairobi for the First Time 5 pm Tatu City Nova Pioneer Music Concert 8 pm Saturday 10 08 Sands Club Kilimani Nairobi's Most Wanted with Boondocks Gang DJ Pachy VJ Bonfire DJ Creezy DJ Doppy 7 pm



MUSICAL
18 to 28 07 Kenya National Theatre Sarafina The Musical Wednesday 14 08 Safaricom Michael Joseph Centre Brayo - A Musical Play



THEATRE
Sunday 28 07 Michael Joseph Center Kings And Boys 3pm & 6 pm 18 to 21 07 Alliance Française Breathe II

ARTS
06 07 to 11 08 Rosslyn Lone Tree Estate Exhibition: Wounds by Richard Kimathi

POETRY
Saturday 20 07 Alliance Française 5 pm Refupoet ,Try My Shoe' Edition #2

FUN FESTIVAL

Saturday 20 07 Ngong Forest Sanctuary Paint The Run 11 am

MARTIAL ARTS

Saturday 20 07 The Trademark Hotel Mixed Martial Arts Top Dog Fighting Championship 8 pm
--

SPORTS

Saturday 27 07 Barclays Sports Club next to KCA University Kenya Melt Down Aerobics Championship Nairobi Edition 6 am

FAIRS & EXPOS

19 to 21 07 Sarit Centre Samantha's Bridal Wedding Expo 9 am
--

FESTIVAL

Sunday 21 07 Nairobi National Museum Vijiji Festival 11 am
--



FASHION & BEAUTY

Friday 02 08 Kenyatta International Conference Centre KICC Fashion Africa Weekend 9 am Saturday 03 08 Michael Joseph Centre Westlands Brads Fashion Show 4 pm Karen Village Tuvibe Fashion Show 2019 Edition 2 10 am
--



KIDS

Saturday 20 07 Nairobi National Museum Snakes At The Museum 9 am
--

BEAUTY PAGEANT

Saturday 03 08 Piccolina Bar & Lounge Miss Curvy 8 pm



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SINCE 1952

Blue Room

EATERY

GOVERNANCE

Be realistic in your demands for more funds, President Kenyatta tells Governors



President Uhuru Kenyatta. PHOTO COURTESY

BY PSCU

President Uhuru Kenyatta has told Governors and Senators to be realistic in their demand for additional funds for county governments saying the national government cannot afford to give more than what has been allocated.

The President said the national government doesn't have the resources the leaders are demanding for and urged governors to devise ways of running the devolved units within the allocated limits. "You cannot eat what you have not produced. We would want to allocate you the money you are requesting but we don't have it. Please Governors utilize what you have," President Kenyatta said.

The President spoke in Gatanga, Murang'a County where he joined mourners for the burial service of Mama Rahab Wambui Muhuni, the mother of former area MP Peter

Kenneth.

The burial service which was held at Kirwara Boys Secondary School was attended by among other leaders Deputy President Dr William Ruto, former Prime Minister Raila Odinga and former Vice President Musalia Mudavadi. The President said the Division of Revenue Bill need not be contentious if all leaders realize that the country utilises taxes collected from wananchi for its development needs and that it has no other means of getting funds.

"We would want our Counties to progress and develop but where will we get that money? You cannot make or print money," the President said. He said at no time will he allow a few individuals to pocket public funds at the expense of development projects meant to benefit all Kenyans.

The President said if Governors and Senators want more funds to be allocated to the devolved units then they are free to deduct their salaries

and add to what has been allocated. "We have allocated you funds according to what we have, we cannot state more than that," said the President.

President Kenyatta eulogised Mama Rahab as a hard working and committed woman whose fruits of labour can be seen by all Kenyans through her children. "We thank God for the many things she managed to accomplish by the grace of God.

We can all witness she was a hard working mother who raised her family well," said the President. She urged Kenyans to emulate her example by working hard and by instilling virtues of discipline, integrity and commitment to the young generation so as to ensure Kenya develops into a prosperous nation.

The President said his government will continue to initiate projects aimed at facilitating economic growth in the country and cited plans to tarmac roads connecting Kiambu, Murang'a and Nyeri counties.

Among the roads whose construction the President said will commence soon include the Kigumo-Gatanga-Njambini-Naivasha road and the dualing of Kenol-Sagana-Nyeri-Isiolo road. He said the road infrastructure will ensure farmers in the agriculturally rich Mount Kenya region are able to access markets for their produce.

President Kenyatta also announced that the government has set aside Shs 3 billion for coffee farmers, saying the Ministry of Industrialization, Cooperative Development and Trade led by CS Peter Munya will oversee the utilization of the funds so as to improve coffee production. The Head of State emphasized the importance

of national unity and peace saying a cohesive Kenya will guarantee economic prosperity for all.

Deputy President Dr Ruto called on all Kenyans to continue supporting the President in his efforts to unite the country and in implementation of development projects. "We are witnesses and we are all confident that the transformation you promised Kenyans is well underway," the Deputy President said.

"As our national leader, I want to assure you what you began in 2013, uniting Kenyans and what you continued in 2018, we will support you in unifying Kenyans while discarding divisive, tribal and propaganda politics so that we can have a united and developed Kenya," he continued. Former Prime Minister Raila Odinga and former Vice President Musalia Mudavadi commended the President for the war against corruption saying a lot more can be achieved in the country once graft is dealt with.

"We want to work together for the progress of the country. Kenya cannot move forward if we have destructive individuals who think of themselves all the time. Corruption must be dealt with. Justice must be done so that the truth can come out clearly," said the former Prime Minister. Others who spoke at the burial service included Murang'a County Governor Mwangi wa Iria, County MP Sabina Chege, Senator Irungu Kang'ata and United Nations Conference on Trade and Development (UNCTAD) Secretary General Dr Mukhisa Kituyi

SNAPSHOTS



Mr Jayesh Shah was installed as the Chairman of Rotary Club of Nakuru on 16th July at Ole Ken Hotel Nakuru, District Governor Elect Mr Patrick Obath traveled to Nakuru to install Mr Jayesh. Mr Patrick congratulated the outgoing Chair Ms Elizabeth Ndungu for the excellent work carried out during the year, and pledged full support to Mr Jayesh Shah



Sarova Whitesands Beach Resort Lido Restaurant staff brave the Tuesday July 16th morning drizzling to participate in the monthly departmental beach clean up to get rid of plastics on the hotel beach front. The entire month of July, people all over the world will take part in "plastic Free July", a global challenge to reduce personal consumption of single-use plastic and the hotel has already kicked off the challenge. PHOTO BY ANDREW KILONZI



CAKE CUTTING: Maryjoy Kindergarten & Primary School Day and Boarding Director Mary Waigi (in red) joins her staff and r pupils in cutting a cake the school's 20th anniversary celebration cake at The Mombasa Simba Sports Club Nyali on Friday 26th, 2019. The chief guest was the Kenya Private School Association National Chairperson Mutheu Kasanga. PHOTO BY ANDREW KILONZI



KANGUNDO SCHOOLS DONATIONS: On 9th July 2019, HRSC School Feeding team led by Babu Shah, Paresh Shah, Ritalal Shah and Hatilal Shah on their routine school inspection visited Mbondoni, Matettani and Kyaaka Primary Schools in Kangundo. Inspection of school feeding records were carried out together with the schools infrastructure were also inspected. Donations were also made of Dustless Chalks, Biro Pens and Vegetables, Vegetables donated by Mark's Fresh Fruit and Vegetables. All the three schools head masters were very grateful for the donations and continued support by HRSC. Team members also joined in with the students to enjoy the hot lunch at Matettani Primary School.

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Mr. Nabil Sansool - Madafu Website Administrator

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SALES, MARKETING & OPERATIONS
Mr. Reishi Arun Parikh, Mr. Nabil Sansool, Mr. Dietmar Roselier

EDITOR: Mr. Reishi Arun Parikh
Head Office: K. T. Plaza, Haile Selassie Avenue, Mombasa, Kenya. P. O. Box 80518 - 80100 GPO. Nairobi Office: Mr. Satyen Shah & Mr. Rushil Shah of Bunny Industries Ltd

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REVIEWS

Kenya leveraging on technology to deepen financial inclusion, enhance service delivery

BY PSCU

President Uhuru Kenyatta has said Kenya will continue leveraging on new technologies to deepen financial inclusion and enhance service delivery. He said the country is registering impressive successes in the deployment of technological solutions in various sectors of the economy especially in financial inclusion and in enhancing efficiency in the delivery of public services.

"Riding on mobile phone financial services, access to financial services in Kenya has more than tripled from 26 percent in 2006 to 82 percent in 2019," President Kenyatta said. The President spoke this evening at the Kenya School of Monetary Studies in Ruaraka, Nairobi County when he delivered the key note address at the ongoing inaugural Afro-Asia FinTech Festival.

The two-day financial technology (Fintech) conference is the first of its kind globally and is jointly organized by the Central Bank of Kenya (CBK) and the Monetary Authority of Singapore (MAS), and brings together thousands of delegates from Africa and Asia. The Head of State called on Africa and Asia to work together to build more robust digital economies adding that Kenya is open to work with other governments and private bodies in leveraging innovations for technology driven financial inclusion.

While citing several of Kenya's leading innovations among them MPesa, the President said the country will continue leveraging on technology to enhance its tax collection through the iTax and provision of services to the public through the e-Citizen platforms. He listed several other Kenyan innovations such as M-KOPA, a service delivery innovation in the power and lighting sub sector that has enabled many rural households to receive solar lighting gadgets.



President Kenyatta also talked about M-Akiba, which provides a savings mechanism for ordinary Kenyans who can save a dollar a day, and at the end of 30 days invest in government securities. The President also spoke about Stawi, whose pilot was launched in May 2019, that targets to provide MSMEs with an 'anytime-anywhere' product that leverages on both traditional and non-traditional sources of credit information, particularly digital payment footprints arising from mobile money transactions, in order to allow banks to form an accurate credit appraisal of enterprises for the purposes of credit rating. "The use of big data and artificial intelligence that the product (Stawi) is built on in effect de-risks the MSMEs and enables the reduction of credit cost," President Kenyatta said.

Delegates attending the seminal conference include inventors, entrepreneurs, technology scholars, researchers, media and university students drawn from 30 countries spread across five continents. President Kenyatta said digital economies will help Africa expand opportunities to bring

prosperity for more people. He called on Asian governments and companies to partner with Africa to build stronger digital bridges between the economies of the two continents.

President Kenyatta also witnessed the signing of a Memorandum of Understanding between the CBK and MAS to co-develop "foundational infrastructure on identity, data and electronic Know-Your Customer procedures (e-KYC)."

Identity and e-KYC are critical prerequisites to enhancing financial inclusion while ensuring financial integrity at both national and cross-border levels. "This initiative between our two Central Banks aligns well with the ongoing drive by my Government to introduce a "single source of truth" digital identity," he said. The President encouraged more public and private sector partnerships to drive the growth of digital technology, a sector where Kenya plays a global lead role.

He said the FinTech summit is a unique conference focusing at giving opportunities to many entrepreneurs at the bottom of the financial radar. "FinTech focuses on what the neglected segments of our people can do by offering them opportunities," said the Singaporean minister. Others who spoke at the summit included CBK Governor Dr Patrick Njoroge and National Treasury Cabinet Secretary Henry Rotich. Mr Rotich said the iTax and e-Citizen platforms had greatly improved efficiency of service delivery in terms of time and the range of services offered. Besides the main conference, participants have an opportunity to visit exhibition booths by Kenyan and international companies where several top notch innovations are being showcased.

NSE Derivatives NEXT Market: Era of Price Risk Aversion!



BY ERIC MANYARA

For the first time, investors outside of South Africa can now trade single stock futures and index futures at the Nairobi Securities Exchange's NEXT Derivatives market.

Derivatives are financial instruments whose characteristics and value depend upon the characteristics and value of an underlying asset which is typically a commodity, bond, equity or currency. In other words, Derivatives are an investment tool whose value is derived from an underlying asset like bonds, commodities, currencies, interest rates, market indexes and stocks based on the expected future price movement of the asset.

Since, the derivative itself is merely a contract between two or more parties, investors buy or sell derivatives to manage the risk associated with the underlying security, to protect against fluctuations in value, or to profit from market movements. They hence, allow investors to make a gain or hedge (protect) against losses by taking a bet on the future price movements in the underlying asset.

The CMA in July 2019, granted approval to NSE to launch and operate the Derivatives Exchange Market essentially making the NSE the second African exchange, after Johannesburg, to launch trading in derivatives. Investors

have initially been offered; Safaricom, KCB, Equity, EABL, and BAT single stock futures and NSE 25 index futures before other financial and commodity derivatives are introduced much later.

Since, a future is an agreement between two parties to buy or sell an asset at a certain time in future at a certain price, a futures contract therefore, is a forward contract that is traded in a securities exchange market, a derivatives market where; investors are afforded the benefits of standardised specifications, transparent pricing and trade reporting, and enhanced regulation since parties trade through an Exchange, in our Kenyan case, NEXT.

Presently, all futures contracts listed on NEXT will have quarterly expiry dates of the 3rd Thursday of March, June, September and December of every year but with daily valuation and settlement. The major attraction to this market is due to the fact that an investor only pays margin amount upfront rather than pay full cash amount upfront as is the case with the spot market and profits/losses are realised on a daily basis (Marked-to-Market), compared to the spot market where profits/losses are only realised when exiting positions.

Eric Manyara is a Trader at Sterling Capital Ltd.
Email: emanyara@sterlingib.com

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OPINION

Marriage and Finance

AHLAM MANSUR.

Money is a big factor within a relationship, and as a family grows, many marriages breakup due to financial reasons. Studies have shown that over 40% of all arguments that take place between a husband and wife are related to financial reasons.

Below are a few points that will help you consider some factors regarding finances in a marriage, and help you manage money issues effectively.

1. **Curbing your Spending habits**
Now that you are married, you are not solo anymore and therefore you will have to consider other people as well. You have to make decisions as a family and not just for yourself. You may have been a spoiled son or daughter before with daddy's credit card but now the free money is gone and you will have to learn how to spend within your means as a family. The basic principle is not to spend what you do not have, and do some financial planning with your spouse so both are on the same page. This can help curb some of your spending habits and you can budget in your personal spending within this range. Smart, early planning will not only help your finances but your marriage as well.
2. **Be independent from your parents**
Don't use your parents as the ideal couple from a financial perspective and compare your marriage to theirs. It took them

many years to accumulate what they have and you were probably not around during the rough times. Look at the big picture and realize that as a family you will grow and you will be able to reach a good level financially one day if you plan for it accordingly. Conversely, some of your fondest memories when you grow older together will be the rough times you had when you had no money and how both of you lived together and loved each other sincerely without any financial reasons.

3. **Understand one another**
Understand each other's spending habits and don't disregard concerns about wanting to spend money on certain things. For example, the husband may like to go to the gym and spend on exercise equipment while the wife may want to buy shoes or purses. So assign a budget to each but don't overlook the other's needs. Be fair in assigning a budget for both parties and be smart in spending. Ultimately the golden rule again is spending what you actually have.
4. **Plan long term**
Planning long term is best because it helps you focus on what you are looking forward to financially as you become more qualified. This helps you see the bigger picture and keeps you motivated during

hard times to move towards that goal that you have set for yourself.

5. **Teach your kids early**
Teaching your kids early with some spending allowances and showing them how they can spend their money can do wonders for them in their life and in your relationship. This will instil in them a sense of responsibility to save their allowances for something they really want. Reward them for such behaviour by helping them out when they get close to the amount they need to purchase a specific item. This teaches them concepts of money, saving techniques, self-control (not spending impulsively), and patience. This will also eliminate all those whiny moments in the future that are the cause of many a headache for parents.
6. **Warning Signs**
If one of you notices that one partner cannot follow any path or budget that is created then get some help. This person may have some addictions or a disorder (which by the way is common so don't look down upon them) and you should really consider getting professional help for your partner. If left unattended it can lead to many problems in your marriage.

I wish you a happy family and nice spending.

So you got into an Accident

BY MR. OGOLLA (OHMS LAW)

It's a Sunday afternoon and you're driving along Mbagathi Way. The sun is shining, the traffic is minimal and the day is peaceful. Suddenly, the car right in front of yours breaks to a sudden halt and you inadvertently rear end the car.

It turns out that a pedestrian had decided to brave the vehicle traffic avoiding the footbridge and opting to cross the main road. You're shocked, your heart's racing, throat's a bit dry and the strange faces peering into the vehicle from crowd starting to form around you isn't much help. You sit back, taking a minute to collect yourself and think, what next!? What should I do? One of the most important rules is to STOP regardless of how minor the accident is.

This rule applies in every scenario and it matters not whether you hit a person, cow, dog or other vehicle. You are obliged to give your name and details to any person who requires your details. If no one is within the vicinity, you are obliged to report the accident within 24 hours at a police station. Whenever you are involved in an accident, you are legally obliged to stop your vehicle with any action contrary to this being considered an offense under the

Traffic Act. Your first course of action should be to place life savers to warn oncoming drivers of the accident so as to avoid a compound accident. Secondly, do not under any circumstances admit to

liability, regardless of your impression of the accident which at the moment is laced with the shock of escaping grievous bodily harm and possible death.

The police, insurance companies and lawyers will determine whose fault it is at a later date. Insurance companies have stringent rules with regards to admission of liability and if done by you could lead to you being personally liable for the accident. It gives the grounds to avoid indemnifying you. Always bear in mind that by taking up insurance, you pass on the risk to an insurance company. It takes your place in a claim and therefore you cannot admit blame on their behalf. Your next course of action should be to call the police immediately.

The police protect you from rowdy crowds, especially the negative elements in crowds - thieves' et al - intent on taking advantage of the incident at your expense. Their most important role in such situations however is guidance. Chances are this is your first incident but they have the benefit of experience from visiting countless scenes and are in a great position to guide you.

They shall also take your statement which could prove both helpful while claiming from the insurance company and by adducing it in court should the case reach there. Always remember, regardless of how minor the accident is, it is important to report it to the police.

The aftermath of an accident can get complicated even if you have insurance, so you might just need a police report to file a claim at some point. As you wait for the police to arrive, ensure you take the other car's details such as the insurance policy number, the number plate and the driver's name.

Take pictures of the accident scene - you'd rather take too many than too few - as this makes it easier for the insurer to understand how the accident happened. You should then call the insurance company, especially since the fine print in your policy document stipulates that you shall call your insurer as soon as the accident happens. In the event you are charged for a road offense and are taken to court, you may plead guilty or not.

In the event you plead guilty, consider that your presence shall be required in court. The attendance of the accused is rarely dispensed with.

You might be fined or placed in a cell subject to you paying the fine and accordingly, you might require someone to come and pay the fine to effect your release. In conclusion, if you are involved in an accident, try to stay calm and do not argue out your case at the scene. Leave that to your insurer and lawyer to argue out the legalities of the situation at a later date.

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Reintegrate teenage mothers into schools, First Lady Margaret Kenyatta says.



(PSCU)

First Lady Margaret Kenyatta wants teenage mothers reintegrated into schools to give them a chance to complete their education. She said early pregnancies should not mean a dead end to the education of girls or condemn the young mothers to misery and poverty associated with illiteracy.

The Kenyan First Lady spoke at the Women's Centre of Jamaica Foundation (WCJF) in Kingston on Monday where she was the guest of honour. She spoke to a group of teenage mothers who have successfully been reintegrated back to school through a special

programme for adolescent mothers.

The First Lady is accompanying President Uhuru Kenyatta who is on a three-day state visit of the Caribbean nation. "I have fervently supported projects - such as this one, that encourage girls to stay in school to benefit from uninterrupted education despite their circumstances.

I truly believe in the promise of hope that education gives to empower our girls," First Lady Margaret Kenyatta said. She said keeping girls in school directly lowers the rate of maternal mortality and protects young women from challenges such as HIV infections. Using the case of Kenya, the First Lady said girls are hindered in their

pursuit of education by very many barriers among them the distance between their homes and learning institutions and financial limitations that constrain many families causing young girls to stay at home to cater for their siblings.

Harmful practices such as early marriages and Female Genital Mutilation (FGM) are the other impediments to girl child education cited by the Kenyan First Lady. "We work hard to find practical solutions similar to this program to ensure the young teenagers do not drop out of school. We encourage communities to reintegrate young mothers and send them back to school," the First Lady said adding that Kenya needs to take lessons from the Jamaican learning model for adolescent mothers.

The First Lady who was hosted at the centre by Lady Allen Patrick, the spouse of the Governor General of Jamaica and accompanied by Sports Minister Olivia Grange said there are millions of vulnerable girls across the world who need help towards achieving their dreams in education but hardly get the opportunity and support they deserve to make them

achieve their dreams.

"We all want the girl child to have a better future, yet we cannot forget that there are still girls who deserve these opportunities but never get a chance," First Lady Margaret Kenyatta said. She applauded her hosts for the innovative program and congratulated current students for their unyielding resilience and for recognizing the importance of education in unlocking their future.

Besides providing education for young mothers, the centre offers intensive counselling on health, family and life education, childcare training and provision of support and referral services for both men and women.

Since the inception of the facility 40 years ago, over 46,000 teenage mothers have successfully gone through the program, some rising to become significant members of the Jamaican society. She encouraged the teenage mothers to strive for excellence in their academic work and in developing their characters as they pursue dreams to become successful women.

Paneer and Bell Pepper Curry



BY MR. SATYAN (BUNNY) SHAH

Preparation Time: 2 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients:

½ Bell Pepper, chopped (Green, Red, Yellow)

250gms paneer, diced

1 medium sized onion, chopped

2 tablespoons tomato puree

3 teaspoons chilli-garlic sauce

1 teaspoon cumin powder (Jeera)

2 tablespoons fresh cream

1 tablespoon oil

Chilli powder to taste

Salt to taste

Preparation:

- Heat the oil, add chopped onions, tomato puree, chilli-garlic sauce, cumin powder and saute for 1 – 2 mins until golden brown
- Add the bell peppers, paneer and simmer
- Add cream, salt and chilli powder and mix well
- Simmer for a few minutes until medium soft
- Garnish with coriander before serving

Serve hot. Handy tip: Serve with naan of your choice, bread or pita bread. Enjoy the delicious meal.



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HISTORY

Waswahili and the Omani Dynasty in Kenya 18th-19th century

First and foremost, let me hereby state how demeaning it is to us (Waswahili) who are well informed about our past history whenever we come across a historian writing about our past status as the indigenous people of the coast of Kenya therein stating without fear issues like 'before the colonial period, the coastal areas of Kenya were part of the Sultan of Zanzibar's dominions! And, apart from the above, other historians as well as opinion leaders tend to even go further by writing that 'the relationship between the Sultanate of Zanzibar and the people living along the coast was, however, only vaguely defined and depended very much upon the personality of the sultan'.

However, some do take under consideration the other side of reality and do precisely come forward to present the correct historical perspective on the issue with the aim of giving our history its due diligence when they write 'Zanzibar's control over the coastal areas of Kenya also varied from one place to another, according to the importance of internal political and economic factors. This was accentuated further by the differences between the towns prior to rule from Zanzibar. In administrative matters, despite the introduction of the Liwalis (Governors) to represent the Sultan, Zanzibar nevertheless recognised the power of the leaders of the local inhabitants along the coast'.

However, in order for me to do justice to both myself, the reader of this article and my community at large, let me hereby put forward authentic evidence that has been kept away for too long for reasons best known to those who choose to do so and in order to enable them to reach their goal of either manipulating or distorting our history and way of life in general.

As a Mswahili, it is imperative I come forward and set the record straight on the issue so that those who are interested in knowing the truth get the chance to review, digest and exhaust the other side of the divide for proper decision making in life.

Of course, much has been said and written about the Coastal Strip and its peoples, probably more than about any other part of Eastern Africa. The question, however, arises as to why then am I adding to this already long list of articles on the subject? What skills, expertise or insights might I hope to add to those of my venerable foreign intellectual predecessors like Burton, Coupland, Freeman-Grenville, Gray, Kirkman, and Chittick among others on the one hand? Or even the so-called local ones who have also tried to do the same for the past fifty years or so?!

In short, you may ask yourself 'what does this new work aim to present considering all that which has already been said about the Coastal Strip and its peoples by different historians, researchers, and scholars who had previously dwelt on the same long ago?

Well, as a personal contribution, this my writing represents a major component in a broader continuation of about many years of study, plus many years of researching and reading other authentic writings about history of the Swahili both as a nation and people at large. In other words, it is my sincere hope that this might be understood within its proper context to be an on-going intellectual growth and change pertaining to the same. More specifically, when considered as a research project, it may be seen as the product of a genuine re-thinking and several

years of field research: over thirty five years spent perusing documents both in Kenya as well as from the United Kingdom archives apart from field interviews and other archival research conducted, and also fieldwork done in Zanzibar.

As had already stated in my earlier analysis on the Portuguese brutality against the Swahili people, and in particular those in Mombasa, is one full of bitterness, hatred and despair. The Portuguese came to the Swahili Coast and saw thriving societies and unrivalled prosperity, organized and sustained by a people who were enterprising, independent, self-governing, and proud of their culture and civilization.

Such brutalities by the Portuguese against the Waswahili were well known along the Swahili Coast. The Portuguese were feared and loathed in most places along the East African coast for hundreds of years consecutively. Thus, in the year 1660, for the first time, a group of Mombasa Swahili elders (and a Mijikenda elder known as Kubo wa Mwamzungu) travelled to the Imam of Muscat and pleaded with him, as a fellow Muslim, to help them expel the Portuguese from Mombasa. In the early 1700s, another group of Waswahili and Mijikenda Elders travelled to the Imam of Muscat and pleaded with him, as a fellow Muslim, to help them expel the Portuguese from Mombasa. The Omani Arabs were then the rising naval power in the region and had recently effectively expelled the Portuguese from their territory. The Omanis obliged. Hence, the Portuguese were fortunately expelled from Mombasa and eventually from other parts of the Swahili Coast. They regrouped in Mozambique and stayed there for the next 500 years, and only after a prolonged, bitter and violent war of liberation waged by African nationalists did their colonization come to an end.

Let us look at the authentic evidence available for substantiation. For example, there are writings as well as official documents that can be used to prove how the indigenous people of the coast of Kenya came to agreeing, in writing, with the then Sultan of Oman on who and how they will govern our affairs on our behalf rather than we surrendering to them our sovereignty per se. Precisely, in the following agreement signed in 1832, the then Sultan promises our forefathers the following: From Said bin Sultan: To Whom It May Concern

1. We have agreed between ourselves and Sheikh M'shirazi that he is the recognized Leader of Mombasa of his Community.
2. No one will have precedence over him, and on the foregoing. I swear to God and His Prophet during our lifetime and their lifetime, during his lifetime (Sheikh M'shirazi's), that of his children and that of his children's children.
3. The rights hitherto due to them are inviolate.
4. Whenever a difference arises among members of his community, such differences will be dealt with between themselves.
5. It is upon them to bring pressure to their own folks, and the Liwali will not enforce judgment on internal matters. (Ref. clause 4).
6. Also no customs Duty will be levied on them.
7. He, Sheikh M'shirazi, and his followers; all of them dwell in safety, they and their belongings.
8. Anyone who quarrels with them has inevitably quarrelled with our representative.
9. Should all the Sheikhs desire to pardon an

offender, the said person shall be forgiven.

10. In all internal and domestic affairs the Liwali shall keep to their advice. (town affairs).
11. Any Liwali who proves unfriendly to the inhabitants of the town and is opposed to their advice, I swear that I shall depose him.
12. Also no conscription will be imposed on them by our representative.

Let him know, he who reads the above, we have come to the end. His servant Suleiman bin Mohamed. In his own hand. His stamp Confirmed by: Said bin Sultan bin Hemed Khalifa bin Said 1252 (i.e. 1832). (in his own hand).

In their second agreement with our great grandfathers in 1835, this is what the then Sultan wrote: This order is to be carried Annually - Forever. I, Suleiman bin Hemed bin Said, declare- and I am in the state of being needy to the Almighty God- that Sheikh bin Mshirazi receives one hundred and fifty Riyals (150 Riyals) for himself only; and two hundred and fifty Riyals (250 Riyals) for his people and his associates. This money mentioned above is payable to them by our Protector, Said bin Sultan, in lieu of their non-payment of Customs Duty. The said money will be paid by our beloved Ziram or anyone else, who leases the island of Mombasa. The money aforesaid will be deducted from Customs Revenue.

Let him know who sees this document. Dated 6th Rabbi-ul- Awwal (Mfunguo sita). 1255 (1835) He has written this Document, Suleiman bin Hemed, the Humble, in his own hand. This come from me; What was passed by my brother Suleiman is correct and valid forever. Written by the Humble, Said bin Sultan. And, the last among these three agreements, was the one concluded in 1837 as hereunder:

From Said bin Sultan to all whom it may concern: After that, We have appointed Sheikh M'shirazi as our representative amongst his relation and nobody else besides him, and that I swear the Almighty God and His Prophet, during our/his and his children's lifetime. Sheikh M'shirazi and his relations are entitled to enjoy their previous privileges which they were enjoying before our reign, viz:

1. In case of any dispute amongst his relations they shall themselves settle, and not the Liwali.
2. No Customs duty shall be imposed on them.
3. He and his followers are at peace both their lives and their properties.
4. and if any person is against them, our representative shall also be against that person.
5. If a person commit any offence, Sheikh M'shirazi and all his relations shall have right to pardon the said offender when they wish to do so.
6. The Liwali shall accept their decision in all town affairs.
7. If any Liwali shall not like them nor follow their wishes I swear, I shall forthwith dismiss him. One who sees this must note.
8. No ill action should be done on them by our representative.

Written by his servant by his order Suleiman bin Mohamed Confirmed by Khalifa bin Said My own hand.

Unfortunately, prior to the Lancaster House Conference for Kenya's independence as well as the

other pertaining to the future of the Coastal Strip and its peoples- in the early 1960s- certain mood had already been set within the area of concern. Hence, by September, 1961, when His Highness Sir. Abdallah bin Khalifa, K.B.E., C.M.G., Sultan of Zanzibar, and the Right Honourable Iain MacLeod, M.P., the then Secretary of State for the Colonies decided to appoint Sir. James Robertson as the Commissioner with strict terms of reference as hereunder: "to report to the Sultan of Zanzibar and Her Majesty's Government jointly on the changes which are considered to be advisable in the 1895 Agreement relating to the Coastal Strip of Kenya, as a result of the course of constitutional development in East Africa".

As a result, Sir James Robertson flew to East Africa in October, arriving in Nairobi on Wednesday, 4th October, where he had talks with His Excellency Sir Patrick Renison, K.C.M.G., Governor of Kenya, and member of the Council of Ministers. He then travelled to Zanzibar by air on the following day, and remained there until 8th October. During his stay in Zanzibar, he had interviews with His Highness the Sultan, with His Excellency Sir George Mooring, K.C.M.G., the British Resident, and with Ministers and officials of the Zanzibar Government. He also saw members of the Opposition and some private individuals. He arrived in Mombasa from Zanzibar on Sunday, 8th October and from 8th to 21st October he heard oral evidence in Mombasa and at other places on the Strip. He later flew to Lamu on the 12th October and later that day to Malindi, where he stayed until 14th October when he returned to Mombasa by road, stopping at Kilifi.

On the following Tuesday, 17th October, he visited Vanga by road, and on Thursday, 19th October, he motored to Msambweni, where he heard further oral evidence. On his way to Msambweni, he reckons, he stopped at Likoni, Ng'ombeni, Waa, Tiwi, Diani and Ukunda, in order to hear the opinions of people in this area who had assembled in considerable numbers to greet him on the roadside. From Mombasa, he travelled by train on 21st October to Nairobi, where he heard further evidence from Ministers, prominent members of the Opposition, officials and private individuals of Kenya, besides representatives of the Uganda Government and of the East Africa High Commission. He later made a second visit to Zanzibar on Saturday, 28th October, and there he again saw the Sultan, his Ministers, and members of the Opposition. He returned to London via Nairobi on Wednesday, 1st November. He goes on to write in his report that he saw 110 delegations comprising 546 persons and he also heard through their duly appointed spokesmen the views of an additional 5,000 or so persons at a dozen public meetings. And, he goes on to reckon, perhaps the most colourful of these meetings was one with five hundred Arab ladies at Mombasa but a gathering at Msambweni which, after some discussion, broke into song and dance is also worth his mentioning it.

Oceans 3 Plus A Mzungu: The Kenyan Chapter

BY PARESH MORJARIA

There is not a single day that goes without a scam being reported in the Kenyan dailies. In fact it has become so common that there is a lobby demanding that the government declare a public holiday on any one day there are no scams reported. I am sure they will get the law enacted but the chances of getting any extra days off are practically zero. I am sure that there must exist some unlisted companies that cook up and sell scams as a business.

One can imagine a huge complex with many departments like Research & Analyses, Planning, Intelligence, Testing etc, packaging new scams on daily basis. They could have a system of listing the packages on offer like gold, silver or bronze, depending the size of the scam. Also judging from the sheer number of scams they must be offering package-deals like buy two of gold packages and get a silver one absolutely free!

Do you know that for every one reported scam, there must be least three that never come to light? Its mind boggling isn't it? This is because they are truly sophisticated and thus hard to detect. These scammers just don't jump into a scam but do careful research on their mark and maybe even a dry run or two before they are ready to pull it off. Look at the list of people who have been scammed and you will realize that some very smart and successful people have been had and that quite easily too Today I am going to tell you of a mind-blowing con which took a dear friend of mine to the cleaners.

I am already forewarning you of it but I bet you will never be able to figure out the exact point at which the scam happened, however street-wise you think you are. I want to quickly inform you that this scam took place in the eighties when technology was low and the value of money was high. So here goes:

Shabbir was an antique dealer with a huge showroom right in the centre of the town. He had roped in his brother (not the most intelligent person you ever met) to assist him in his endeavour. One day three very smartly dressed men walked in and greeted him with all the familiarity in the world.

They claimed to be old school mates and chided him teasingly for having forgotten them when they saw the puzzled look on his face. Now Shabbir was a really smart cookie and immediately smelt a rat but these guys had done thorough homework on him and went about quoting many other classmates and teachers familiar to him and slowly but surely Shabbir started lowering his guard. At what they perceived as the right moment they told him the purpose of their visit. Apparently they had migrated to Congo and were now involved in the gold trade. They claimed to have gold worth 300K for which they already had a ready buyer willing to pay 500k.

The only hitch they had was that the buyer was a German national, who did not trust them and would only deal with someone with a fixed abode. They told him that he could keep the extra 200k because they just wanted their 300K. Smelling a rotting rat, Shabbir refused to get involved and told them to take it elsewhere. This is the point where they played their trump card. They showed him the lump of gold and told him to keep it in his custody and have it assessed before rejecting the deal outright. Shabbir was caught between greed and caution and as is always the case, greed won. He told them to return the next day while he did the needful. Shabbir sent the lump to a goldsmith friend who confirmed it to be 24K gold worth the amount claimed.

The three "friends" arrived next day as promised and looked happy once Shabbir confirmed the test results. They told him to hold on to the gold till Saturday when they would return with their client. By this time Shabbir was beginning to feel a bit relaxed about the deal, specially after the fact that they were willing to trust the gold with him and also hadn't asked for a single penny against it as he had anticipated.

As promised they came back with a rich looking white man and after quick introductions, the buyer asked to see the gold. He took out a smooth black stone, rubbed the gold on it and then applied a water-like solution on the stone and peered closely at the results. He grunted with satisfaction, placed his briefcase on Shabbir's table to snap it open. He removed a paper bag from it but just before he snapped the briefcase shut, Shabbir espied at least six bundles of currency notes of one thousand shilling notes. He sealed the gold in the bag with duct tape and signed his name on the bag. He said he couldn't do the deal today as he was on his way to his gemstone quarry in Voi to pay his staff salaries so he would finalize the deal on his return on Monday.

He left with a warning that no one was to tamper with the bag or the seal or else the deal would be off. He took Shabbir's number and promised to call him on Monday as he left. The three guys came back and were all smiles as they congratulated each other on completion of a profitable deal for all concerned.

Then they asked Shabbir to help them out by giving them at least 200k to settle their hotel bills and pay for their travel arrangements back to Congo. After a bit of hesitation, Shabbir gave in and gave them the money. He figured he had a surety in the gold which was worth more than the money they were asking for. I bet you think this is the moment of the con don't you? You are so wrong!

On Monday the German called him up and asked him to come with the gold to a certain classy hotel in the centre of town to finalize the deal. Rubbing his hands in anticipation,

Shabbir sent his brother with the sealed package and gave him explicit instruction on where the bank the cash. Ali arrived at the designated hotel and was summoned to the German's suite. He was ushered into the sitting area of the suite and requested to present the sealed bag.

The German inspected the bag closely for any breaches and once satisfied went to the bedroom get the money from his briefcase. At this point the room phone rang and Ali heard his host talking in urgent tones. The German came back to Ali and handed him his sealed bag asking him to wait at the reception while he finished some urgent business that had come up out of the blue.

He asked Ali to have a drink on two on his account while he waited. Ali hung around for an hour before he losing his patience and went back to the German's suite. He was surprised when no one answered the door despite of persistent ringing. He shrugged and went back to Shabbir thinking that as long as the gold was still with them, they had the upper hand or did they? Shabbir, on hearing Ali's report, angrily ripped open the bag with the intention of selling the gold to recover his money.

What he found shocked him to his core. There was just a piece of stone in the bag. He quickly realized that he had been had big-time and there was nothing he could do about it either. The participants of the scam must have evaporated long ago. It was after much thinking that he realized that the German had switched the bag with an exact replica when he had gone into the bedroom to get the money from the briefcase to pay Ali.

Remember, the original bag had come out of the German's bag so he must have had a similar one sealed in the exact way with his signature ready for the switch. A couple of points in case you missed them. Firstly they had done a really thorough research on Shabbir's honesty ways to have the confidence of leaving their gold with him for so many days.

Secondly its just a pity that these guys opt for crime as profession otherwise they would have made great phycologists. If they knew exactly which buttons to press on seasoned person like Shabbir and exactly when to do so, in order to lower his guard and gain his confidence, they would have been top professionals. The moral of the story? We Kenyans may not be innovators but we are the best improvisers in the world. Show us one money-making tool and we will show you a much better improvisation of the same albeit without all the expensive gadgetry and electronics and still get you better results

POETRY CORNER

DO IT NOW

BY NEHA TUTEJA

If you have kind words to say
Say them ,say them now
If you have something to give
Give it, give it now
Now ,before it's too late,
NOW's the time for happiness great.
NOW's the time for every good deed
False pride we don't need
Tomorrow might not come at all
Tomorrow you might not know your thoughts recall
If there's something to be done
Do it ,do it now! If there's joy to be shared
Then share it, share it now.
Now in moment of giving
Now when you're truly living
Now's the time to forgive and forget
Now's the time tom gracefully accept.
Tomorrow you might not care to share,
Tomorrow you might regret in despair.
If there's rainbow to be touched,
Or a moment of life to be enjoyed,
Do it ,do it now! If there's a dream to be realized,
Do it ,dot now! There's not anything to reason why
There's not anything to fret and cry
There's but somrthing to do and smile
And listen for a while
Listen-with your heart
Don't wait: make a start. Who knows what tomorrow brings?
Who can foretell future things?
Time might erase tomorrow's date
Tomorrow might be just too late!
Do it, therefore, do it now!

TOURISM

Speech By Hon. Najib Balala, Egh, Cabinet Secretary For Tourism & Wildlife During The Official Opening Of The Kenya Association Of Hotel Keepers & Caterers (Kahc) 2019 Annual Symposium Held On Thursday 4Th June 2019 At Neptune Paradise Beach Resort & Spa, Kwale County



Hon. Najib Balala, Egh, Cabinet Secretary For Tourism & Wildlife.
PHOTO COURTESY

BY GOVERNOR'S PRESS TEAM

Invited Guests,
Ladies and Gentlemen,
Good Morning!

First and foremost, I applaud Kenya Association of Hotel Keepers & Caterers (KAHC) for organizing another successful Annual Symposium that brings together all the relevant stakeholders to take stock of the progress made so far. I acknowledge the very good collaboration my Ministry has had with KAHC and look forward to a better partnership in future.

There is great need for all us to work together to start implementing National Tourism Blueprint (NTB) 2030, which my Ministry developed to redirect the tourism sector by focusing on four (4) key pillars - Product, Marketing, Investment and Infrastructure - expected to drive the sector to greater heights. It emphasizes the need to engage all key stakeholders to work together to realize sustainable tourism development in the country.

Ladies and Gentlemen, I gladly note that several of our establishments and stakeholders are doing much to improve our tourism products, through refurbishment of existing products, investment in new products, quality

of service delivery and digital marketing.

The government is heavily investing to improve the infrastructure and other enabling systems. We are also adopting the latest trends in digital marketing, in order to ensure all the 4 pillars of the NTB 2030 are fully implemented.

Ladies and Gentlemen, I recognize the efforts of the Working Groups on both the African Safari and Beach destinations. I commend the gusto with which they have gotten down to work and appeal for active support from all stakeholders. My Ministry is very much enthusiastic to facilitate the industry and we are fully backing up these teams. This should give us further impetus to improve our tourism experiences and revamp our Destination products, in order to attract more visitors to Magical Kenya – both investors and tourists alike.

Ladies and Gentlemen, The latest tourism figures are already painting a rosy picture. I am pleased to announce that the total number of international visitors received in the country in the half year from January to June 2019 was 921,090. This represents a slight year-on-year decline of 0.723% since arrivals for the same period in 2018 were 927,797. This is very encouraging and is courtesy of everyone playing their part positively. I urge all us to put in more effort to ensure that we perform better

by the end of this year.

Ladies and Gentlemen, On our side, my Ministry is working on governance issue relevant for the tourism industry. We are reviewing to change the Tourism Policy, in order to establish the new institutions as outlined in the Blueprint. The Ministerial Work Permit Vetting Committee has established a framework to streamline and fast-track the issuance of these documents. The Ministry is also planning to boost MICE sector by gazetting the MICE Bureau, with the aim of making it operational as soon as possible. Ladies and Gentlemen, It is worth noting that out of top MICE 20 destinations worldwide, 19 are Beach destinations and only one is not. These are Costa Rica, Bahamas, Malta, Puerto Rico, Morocco, Croatia, St. Lucia, Colorado Springs, Cape Town, Thailand – all by the sea except Colorado. We, therefore, plan to grow MICE tourism with the focus of also growing Mombasa as a destination, by setting up a convention bureau, improving the infrastructure and having the hotels close to each other bidding together for conferences and events. Finally, Ladies and Gentlemen, Once again, I commend KAHC for this essential Symposium and assure you of the requisite government support. Thank you.



Elders of the Hindu Community Nakuru invited Police OCPD, and CID DCIO for a courtesy call, and congratulated for their efforts to curb crime to a minimum, and for attending to any emergencies immediately. OCPD briefed members on the new reforms that are taking place, and promised to continue assisting all in the county.



Fun with lots of purpose

STORYTIME

Nana the Whale



EDUCATIONAL VALUE

Humility, ask for help when needed

MORAL OF THE STORY

We need to learn to be sufficiently humble to ask for help with problems we cannot solve on our own

Nana the Whale was big - very big - , and lonely - very lonely. For years she had wanted nothing to do with anyone, and she had become sadder and sadder. Whenever anyone tried to get close to her and cheer her up, Nana would move off. Many thought that she was the most unpleasant whale in the world, and they started ignoring her. They did so, despite the fact that old Turga, a hundred year-old sea turtle, told them that Nana had always been a good, kind whale.

One day, Dido, a young dolphin, heard the whole story, and decided to secretly follow the whale. She found out that Nana behaved very strangely. The whale would beat her mouth against the rocks, endanger herself by swimming between the biggest waves and the coast, and go to the seafloor and eat sand. No one knew it, but Nana had terribly bad breath because a little fish had got trapped in a corner of her mouth.

This problem embarrassed Nana so much that she didn't dare to speak to anyone. When Dido realised this, she offered to help, but Nana didn't want to bother her with her bad breath. Nor did she want anyone to find out.

"I don't want them to think I have bad breath," said Nana

"Is that why you've spent so much time away from everyone?" answered Dido, unable to believe it. "They don't think you've got bad breath, they think you're unpleasant, boring, and ungrateful, and that you hate everyone. Do you think that's better?"

Nana realized that her pride - her exaggerated shyness, and not letting anyone help - had created an even greater problem. Full of regret, she asked Dido to remove the remains of the fish in her mouth.

When this was done, Lola began speaking to everyone again. However, she had to make a big effort to be accepted again by her friends. Lola decided that never again would she fail to ask for help when she really needed it.

Original Story by Pedro-Pablo-Sacristan

Save Water!

Water is very important. Everyone needs water to survive. We cannot live without water. Still, we waste a lot of water. We must save water.

Saving water in the bathroom



Saving water in the kitchen



If everyone bought a white car, what would we have?

Where does Friday come before Thursday?

What is so delicate that saying its name breaks it?

Three men were in a boat. It capsized, but only two got their hair wet. Why?

How do bees get to school?

Why was the baby strawberry sad?

Why did the birdie go to the hospital?

What do you say to a fancy cactus?

Why do bananas use sunscreen?

What kind of shorts do clouds wear?

What kind of shoes do clouds wear?

What kind of shoes do clouds wear?

What kind of shoes do clouds wear?

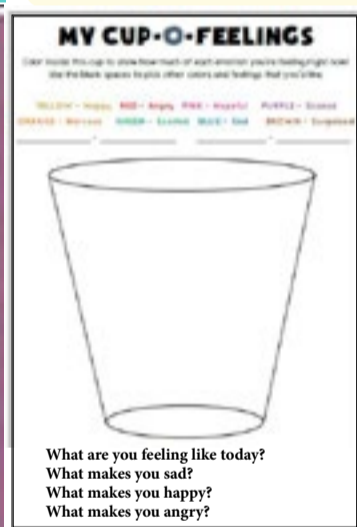
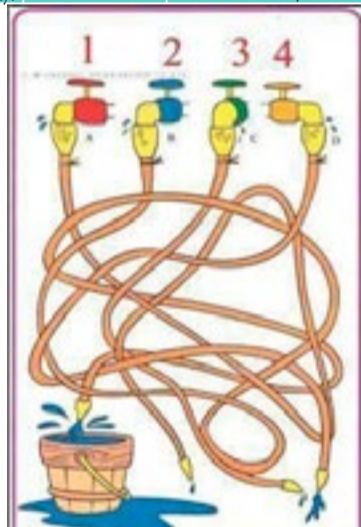
FUN FACTS

1. Kangaroos can not walk backwards. ...
2. The fastest bird is a peregrine falcon. It can fly at 350km per hour
3. Your fingernails grow almost four times as fast as your toenails.
4. Hippopotamus milk is pink.
5. The width of your armspan stretched out is the length of your whole body.
6. Did you know a bear has 42 teeth?
7. The most commonly used letter is E
8. Snails take the longest naps, some lasting as long as three years.
9. A crocodile cannot stick its tongue out
10. You can not talk and inhale or exhale at the same time... try it!

Twisters
I thought a thought, But the thought I thought wasn't the thought I thought I thought. If the thought I thought I thought had been the thought I thought, I wouldn't have thought so much. Does your sport shop stock short socks with spots?

Question time

1. If you could do anything right now, what would you do?
2. What is your favourite game and who do you play with?
3. Who is one important person that you know?
4. What is your worst food?
5. What do you love about your neighbourhood?
6. If you could buy a car. What car would it be and why?
7. If you were a plant, what plant would you be?
8. What is your best friend's name?
9. What do you like more? Morning or afternoon? why?
10. What is your dad's hobby?
11. Who makes you laugh the most?
12. What is your favourite joke?
13. What would you share with someone and who would it be?
14. What is your favourite subject?
15. Of all the funny words that you know, which one is the funniest?
16. What is the funniest word that you know?
17. How old is your Dad?



What are you feeling like today?
What makes you sad?
What makes you happy?
What makes you angry?

Memorable Medical Moments 3: Psychology of Beliefs

BY DR KISHOR

One day a friend of mine, with whom I had done several times cycling on the sea front at the Light House Road on Sunday mornings, rang me. First he mentioned the good old times we had cycling - the early morning sky and the blue sea and the rising sun and finishing with the breakfast at the Chetna Restaurant in the town.

Then he came to the main reason for this phone call. He had a big printing press and the person he had trained to handle the printing was not well and had gone to his village. He had learned from the relatives of this employee that he had been talking 'treatment' from various traditional healers in the village. What had happened was that this man had accidentally put his foot on a dead snake in the evening while going to his hut on the farm. And from that time onwards he had stopped talking to anyone. He looked dazed and anxious all the time. The patient and the relatives had a belief that if anyone steps on a dead snake then all the venom, poison, toxins would enter the person. This belief was shared by many in the village - and were convinced that it is only time will tell if and when he will recover.

My friend had already sent him a lot of money for his treatment and upkeep. As Christmas was very near he had a large order for printing cards and other items. He asked me for help. I said somehow send him to me.

After three days he came to my clinic. He looked a very sick man, withdrawn. An elderly relative and his wife had come with him. They told me the same history as my friend had narrated. I examined him and clinically found nothing wrong. I thought the relative wanted to tell me something so I asked the patient to sit in the reception and gave him a glass of water.

They said that all the problem with this man is because of his beliefs. They said that there was one man in their village who was chronically not well and most villagers believed that this was because he had stepped on a dead snake. And it seems that this young man now feels that he will be in that similar situation. After a lengthy discussion with the relatives, I told them that we will have to convince this man that we are going to use the most modern and very expensive medicines to cure him. I called my friend and told him the 'plot' - and also confided the same with the relatives.

Then I called the patient in and told him that we will have to get special medicine from Nairobi and from Germany for his condition. It is going to cost a lot of money. He understood and left the decision to his relative who very cleverly said - do not worry, money is no problem, health comes first, we can always earn money in the future, will sell the family plot etc etc. I spent another half hour with the patient alone and tried all my motivational, psychological knowledge on him. At last he said "you are a different kind of doctor, I think I like you" And I knew that more than half the battle was won already!

He came back after two days and I gave him multi colored pills - placebos. He asked me the cost and I told him not to worry as his boss will settle everything. And in the fourth visit he looked much better and was talking like his normal self. He said that the magic medicine from overseas has really worked!. He was well educated and well read. His belief in the cause of his condition was so strong that I did not have the heart to tell him the truth and I was afraid that the condition might come back and all the efforts will be wasted. So we just left it at that and did not discuss this any further. I told the whole story to my friend and said I was very pleased with the whole outcome and I myself have learned a great deal in practical terms with this 'case'.

I did not charge anything for the services rendered. During Christmas, I saw a car parked outside my house and my friend and his now very smart looking able senior staff - who just a few days ago was going through a most traumatic emotional experience - came in and brought a cake and lots of chocolates! We were all very happy and greeted each other and wished all the best for the following year. Before departing my friend came closer to me and said "Doc, I think in your area you have mastered the game of Snake and Ladder!!"

I said " Yes , I think so , and in this we all came out winners!"

Do you have any interesting news, story, poem, riddle, jokes... you want us to publish? Send a message to +254732599409 with your name, age and your topic title. Madafu team will get in touch.



EDUCATION: On 9th July 2019, HRSC School Feeding team led by Babu Shah, Paresh Shah, Ritalal Shah and Hatilal Shah on their routine school inspection visited Mbondoni, Matettani and Kyaaka Primary Schools in Kangundo. Inspection of school feeding records were carried out together with the schools infrastructure were also inspected. Donations were also made of Dustless Chalks, Biro Pens and Vegetables, Vegetables donated by Mark's Fresh Fruit and Vegetables. All the three schools head masters were very grateful for the donations and continued support by HRSC. Team members also joined in with the students to enjoy the hot lunch at Matettani Primary School.

Mombasa County's Historical Monuments



KRAPF'S MONUMENT

The Krapf Memorial located in Mkomani Nyali Sub-county, Mombasa was unveiled some 170 years ago. It is renamed after Johann Ludwig Krapf (11 January 1810 – 26 November 1881). Krapf was a renowned German missionary and first European to visit East Africa, an explorer, linguist, and a traveler.

Krapf arrived in Mombasa in 1844. The same year his first wife Rosine Dietrich Krapf gave birth to their second daughter who died a few days later. His wife sadly passed away in July that same year. The graves of Rosine and their second daughter are directly opposite the Krapf monument.

The monument's splendour, with beautiful landscaped gardens with indigenous trees and a variety of flowers surrounding it, adds to Mombasa's rich historic sites and the aura there is indeed breathtaking. It's a site worth to visit and it's absolutely free of charge.

The site is an attraction to both domestic and international tourists. This is just one of the many reasons why you should visit Destination Mombasa. Come and be part of a truly beautiful experience.

MBARAKI ANCIENT MOSQUE AND



PILLAR.

The Mbaraki Ancient Mosque Mbaraki Pillar standing 50 FT tall is located just to the west of Likoni Ferry roundabout behind G4S HQs is believed to have been constructed between 1400 and 1450 AD. The mosque had fallen to complete ruin by 1550 AD before being rebuilt in 1988. It has a large prayer room, 2 anterooms and stone-built cisterns for storing water on its north-eastern and south-western corners.

Adjacent to the mosque is the Mbaraki Pillar which is gazetted as a national monument and hence making it an important structure in Mombasa. This coral stone pillar is the second oldest monument after Fort Jesus.

MOMBASA CRAFT MARKET



Mombasa's Craft Market offers a great experience for both locals and tourists alike. This open-air market is open to the public and operates every Saturday and Sunday. Mji Mpya Road between Commercial Bank of

Africa and Sentrim Castle Royal Hotel is closed of traffic to enable traders sell their wares.

Shopping in Mombasa is an exciting experience. Mombasa is well known among travelers as a place to buy traditional Kenyan crafts and clothing. Mombasa Craft Market is an attraction in itself.

Items in display for purchase include hand crafted wooden furniture, sculptures, jewelry ranging from brass to beads, bracelets beaded in the Kenyan national colors, Kenyan handmade curios, shukas and khangas, woven carryall bags (kiondos), artwork both carvings and paintings and batiks, authentic African souvenirs and many more.

All items are sold at very affordable prices. You can purchase as many products as possible and at the same time promote local handicraft businesses. Take your time and have fun with the experience at Mombasa Craft Market! You will learn a lot and meet many interesting and creative people in your shopping quest.

OLD TOWN SHOPPING

Shopping in Mombasa is an exciting



experience. This centuries-old city sits on an island off the main shore of Kenya. The true heart of Mombasa is found in the exotic old town. Mombasa is best known as a regional cultural and economic hub.

The Old Town section of Mombasa contains a delightful collection of tourist-friendly shops and souvenir stands. Many of the shops reflect the history of the town, with Asian, Portuguese and Arab shops abounding.

Walking through the narrow alley of Sir Mbarak Hinawy Road you will find well decorated souvenir shops selling authentic Kenyan made products i.e Maasai beads, batiks, Coastal wraps, Kikois, khangas, abstract sculptures and many more.

There are also a limited amount of historical collectibles which should keep demand high over the long haul. They range from Lamu beds, beaded jewelry, all sorts of antiques ranging from silver, brass and copper to spices and fragrances all selling at ideal prices.

Next time you visit Mombasa, you will never fall short of delightful things to do and experience in Old Town from enjoying the rich and diverse swahili culture and tradition, to savouring the delicious swahili cuisines.

STREET FOOD IN MOMBASA

While in Mombasa you will observe that, street food scenery is evident in most streets



within the Central Business District, Marikiti Market area, outside Fort Jesus and all the way into Old Town, Mama Ngina Drive (now under redevelopment into a modern recreation park) and its environs.

As Early as 07:00HRS you will find variety of breakfast eats such as Mbaazi ya Nazi (Pigeon Peas/cowpeas with coconut cream), Bhajia, Viazi ya Karai, Beans, Mahamri, etc on display. In the evening walk through Mwembe Tayari area and along Makadara Road all the way to Treasury Square you will find "buffet tables" lined with assorted swahili pastries which includes spiced cakes and dumplings, all sorts of fresh seafood, Shawarma, Biryani and Pilau, Halwa, Achari, Madafu, Tamarind Juice.

Mombasa boasts diversity in food culture and rest assured to treat yourself with fresh street food while in this tourist town. The experience will leave you savoring for more and more! The food has influences from the Arab world, India and Europe.

Street food is a tourist attraction and that's why Mombasa has come to be Kenya's best street food city. Come enjoy a variety of tastings from casual to gourmet, continental & traditional Coastal dishes in Mombasa.

THE MOMBASA AFRICAN MEMORIAL

One of the tourist attractions in Mombasa is the Mombasa African Memorial Park in

Mwembe Tayari on Jomo Kenyatta Avenue. The monument is dedicated to the the Arabs and Native African troops who fought, the



carriers who were the feet and hands of the army and to all other men who served and died for their king and country in Eastern Africa in the Great War (1914-1918).

Here also are remembered those who have lost their lives in East Africa and those from this country who died in other lands serving the cause of freedom during the years (1939-1945).

OTHER ATTRACTIONS



Masumali Meghji Insurance Brokers Limited admitted onto the Nairobi Securities Exchange



MADAFU REPORT

Masumali Meghji Insurance Brokers Limited (MMLTD) has been admitted onto the Nairobi Securities Exchange's (NSE) premium incubation and acceleration program. MMLTD is joining the Accelerator Board of the program following a rigorous evaluation and vetting process making it the fourteenth company in Kenya to join the program.

MMLTD is one of the largest independent Insurance Brokers in Mombasa, and has served the region for more than 36 years. It offers insurance services in commercial and industrial covers as well as all aspects of personal insurance covers to all its clients. Speaking during the admission ceremony, Geoffrey Odundo, NSE Chief Executive noted, "We are focused on supporting business growth through a well-structured program aimed at preparing companies to list or access other capital options in line with their strategic priorities. This

enrolment is a key milestone and will propel MMLTD onto its next phase of growth across its various business segments and markets". Commenting on the admission, Hasnain Meghji, MMLTD CEO noted that, "As an aspirational company that is driven by a firm commitment to embrace impactful changes, the Ibuka platform will offer an avenue for development & further exposure to the Kenyan Market. Additionally it will provide MMLTD capital options that could assist in funding the company's future goals of expansion and growth.

The NSE Ibuka Program is aimed at enhancing growing the visibility and brand recognition and business opportunities among hostee companies. Additionally, the program will assist in inculcating improved corporatization, develop capabilities to access capital markets as well as provide a roadmap to long term corporate sustainability.



Installation of new President of Lions Club of Mombasa Pwani Lion Dr. Salahuddin Farooqui Lionistic Year 2019 / 2020 by the past Chairman. Looking on is Mr. Bhadresh Shah



HOTEL: Voyager Beach Resort Hostess Ms Tabitha Aringo serves the Resorts Return Clients from Europe with a welcome drink on arrival for a long holiday. The Tourists have been visiting the Hotel for the Last 25 years, PHOTO BY TITUS MUSAU

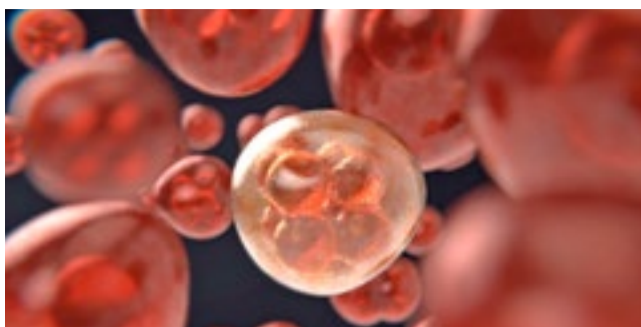


Shri Krishna temple nakuru organized Samuh Shrimad Bhagwad katha in Nakuru from 30th June to 6th July, and on 7th July performed Vishnu Yagna. Pujya Harivadan Joshi Shahstriji were invited from Hyderabad India to recite Shri Bhagwad katha daily from 4-7pm followed by Dinner for all devotees in town. As it was a samuh katha, all devotees who wanted to pray on behalf of their "pitru" (ancestors) were able to participate



Nakuru Hindu council Women's wing AGM was held today. Chair lady.. Mrs Santosh Sharma, Secretary.. Mrs Rani Ramchandani, Treasurer . Mrs Tamil Suresh, 1st Vice Chair lady Mrs Bhavini Seth,

HEALTH



Cancer, the Fast but Silent Killer Disease

BY SONIA ISSA

Cancer has swept the country by storm by killing more people than HIV and Malaria. This disease is said to kill approximately 32,987 lives annually. It has now become a health concern as more Kenyans are becoming vulnerable to this disease. The more well-known cancers that affect Kenyans are; Breast cancer, lung cancer, blood cancer, pancreatic cancer, colon cancer and cervical cancer.

Kenyans are not aware of the early signs and symptoms of cancer or do not go for checkups due to lack of accessibility and funds for consultation or treatment. There

are few oncologist doctors and they're situated in Nairobi, making it difficult for many outside of the city to travel to.

This disease affects all social classes but more so of the poor population as they can't afford to seek treatment outside of the country or afford chemotherapy sessions and are forced to die a silent death at home. In the month of July 2019, Kenya lost 3 prominent figures such as Safaricom CEO Bob Collymore, Kibra MP Ken Okoth, Governor of Bomet Joyce Laboso lost their lives to this killer disease.

This prompted President Uhuru Kenyatta to take action to combat cancer by ensuring the government

funds for more cancer treatment centers around the country.

Treatment for Cancer

Cancer has a number of treatments but the most common are surgery, radiotherapy and chemotherapy depending on the severity of the cancer. The National Cancer Institute says that some people may only need surgery for their cancer while many others may need a combination of all three treatments.

The cost of the therapy sessions as well as surgery takes a toll on the average Kenyan as it is very costly. Nairobi has few known cancer specialists but there are cancer treatments provided in top hospitals such as; Aga Khan University Hospital, Cancer Care Kenya, Beacon Health Services Cancer Treatment Center, Kenyatta National Hospital, Moi Teaching and Referral Hospital found in AMPATH Oncology Center, Nairobi Hospital Cancer Treatment Centre and Texas Cancer Centre.

Statistics of Cancer in Kenya

The above image from Nairobi Cancer Registry shows the cancer statistics that affect both women and men. Kenyans need to be aware

of its severity as these numbers are increasing at an alarming rate.

Raising awareness about the killer disease among Kenyans in order to enhance prevention against the disease. More awareness about the disease is needed to help prevent it.

Cost of Cancer Treatments in Kenya

Treatments it may cost cancer patients up to Sh500 to Sh1,000 per session for radiotherapy and Sh6,000 to Sh600,000 for each chemotherapy sessions depending on what type of cancer. Every hospital has its own cost depending on the drugs as well as the treatment.

According to Health CS James Macharia, patients spend Sh11bn on treatment abroad reducing the number of people going to local centers and as a result making treatment expensive. He also ensured that the government is working on reducing the costs to help Kenyans access treatment easier without having that financial strain.

Happiness Is In Your Hands

BY ATIYA MUGHAL

We often put our happiness in others hands and say stuff like 'if he was here I'd be happy, she used to be by my side and made me happy, they used to do so much for me and I felt happy with that, I wish they were here, I am feeling lost without so and so', saying all this is just plain rubbish because honestly no one cares about anyone's happiness but their own, even your family won't make you truly happy.

It is all up to you, how you see a situation, the way you react to people's attitude towards you and also how you deal with the setbacks and disappointments that befall you. Those people you depend on with the ability to make you happy are the same people who will actually hurt you. And they won't even do a thing for you nor will they sacrifice their time when you need them the most.

So be wise before you go sacrificing anything for anyone. At times people close to you pretend to be very happy for you, but deep down their hearts are filled with envy and poison towards you which may make them cause harm to you, stay clear of such kinds of people. You can tell when someone is like that, by seeing it in their eyes when you tell them about your venture into new things or their sudden silence towards you, notice how sarcasm is filled in their tone whilst they talk to you, or how they ignore you when you speak to them and how busy they become all of a sudden.

Their attitude will change completely. You can make yourself happy because you know what gives you the kick towards the things that bring your internal joy to the surface, making your life more enjoyable. That is because you are one with your heart and that is where all the goodness lies.

Learn to spend time alone and find the little pleasures around you during that time. Being around people and the daily hassles of life tends to block out what could have made you happy. So do the things you love, try out new things, learn a new language. Such things always create joy. "You and only you know yourself and what gives you the kick, so be the master of your own happiness today"



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Proper Budgeting for Success

Benjamin Franklin, one of the Founding Fathers of the United States of America once said, "If you fail to plan, you are planning to fail". That is why budgets are such a big part of personal finance. An individual's budget is the starting point of achieving their financial goals.

It is so important because it forces you to come to terms with how you spend your money and that for many, is no easy task. People often get overwhelmed when they think of creating budgets and choose to ignore it. Their fear takes control of the situation. Not the fear of the unknown because people don't know what they are spending

money, no. It's the fear that, you have to put down on a piece of paper, what you already know is the problem.

These activities could be betting on sports, excessive alcohol purchases, and shopping sprees. The principle of personal finance is quite simple, it is to plan for your financial goals. You can only work on this plan once you understand your own situation. Budget = a plan on how you will spend and save your income.

The first step is to identify your income and how much you expect to earn from those sources on a monthly basis. If your pay is not constant, it's okay to estimate, be as realistic as possible.

The next step is identifying how



The first step is to identify your income and how much you expect to earn from those sources on a monthly basis. If your pay is not constant, it's okay to estimate, be as realistic as possible.

much you intend to save. I have mentioned it before, it is paramount that you pay yourself first from any

income earned. You, in this context, related to your future self. Your future self will thank you for having this extra cash when the time comes.

I divide my savings by: topping up my emergency fund, contributing in a tax-advantaged retirement account, and buying stocks. You will be saving for different reasons, such as retirement, a down payment for your home or starting a family, and this will guide your savings. Make sure you are putting money into an emergency fund every month until you are comfortable. An emergency fund should cover 3-6 months of your living expenses.

That little pile you are sitting on can be the difference between going for it and staying in your comfort zone. But it extends to more than that, it could be the difference between making 10% on your investment or 40%. The difference is HUGE. With 40% you would be doubling your investment in a little more than 2 years and with 10% it will take you almost 7 years. This is a simple analogy but one that forms the basis of the rule of 72. The rule of 72 is a method to determine the time taken to double an amount.

After identifying the amount you want to save, the scary part of budgeting begins to show itself. Identifying what you are currently spending your income. A neat way to look at it is to start with 2 categories: wants and needs. Start with your needs, this is what forms part of expenses you have to incur to live on this planet. Items like rent, utilities, food, and healthcare may form part of this.

These are the essential items to your survival and you need them come rain or shine. In my budget I have some of the following items classified as needs

- Airtime - I need to communicate with friends and family
- Healthcare - This includes medication and insurance payments divided into 12 months. Since, I don't have an employer sponsored plan I need to factor this into my monthly expenses
- Utilities - House maintenance, water bill, electricity token purchases and internet charges
- Transport
- Education - Improving your life and learning is a human need. If you're not learning every day, you need to check yourself.

These expenses are usually constant and you have a very good idea of how much you spend on them. This is part of your budget is the foundation of the long term goals you have about your life. It will serve as a compass for your future financial decisions- whether you want to believe it, now or later. The second part is where a lot of people have trouble: realizing what it is that you want and what you need.

This is part of the budget may change from month to month and you may think, "Why even bother?" It can be hard to estimate these, that is why most personal finance 'gurus' suggest recording all your transactions for a month. I have done this in the past and it has helped but it can get a little tiresome keeping track of everything. It is my nature to record everything so it works for me but it might not work for you. Do what you are comfortable with. That's why they call it personal finance.

You can write out categories of your estimated expenses for the

coming month and tally them up. Some categories for wants include but are not limited to:

- Personal care i.e. haircuts & salon visits
- Clothing purchases - you will survive without buying a new pair of jeans every month
- Eating out & going out for events
- Entertainment i.e. Netflix and other subscriptions
- Other purchases that are not planned for - You should always put aside an amount for unexpected buys

Once you have tallied your savings, wants and needs, you will have a clear picture of what you spend your money on. Put your income and your savings and expenses side by side and start comparing. Are you spending more than your income? Are you saving enough? Are you in debt and don't think you can get out of it? The idea of a budget is to set you up for success but it also allows you to check your spending.

Budgeting is more of an exercise in introspection than many people give it credit for. You should be spending on things that make you happy and that will help you grow.

The 2 obvious budget lessons you will learn - spoilers ahead:

- If you are spending more than your income, you need to cut your spending on some categories
- You need a lot less to live on than you think (if you only count your needs).

I hope this can be a launching pad for you to create a budget if you don't already have one, or examine your own budget. Feel free to check out my blog at 10ideasweb.wordpress.com. Till next time!

Of Wolves, 2 Cherries and a Hard Hat, "It's all About Confidence"

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.

CHAPTER 2: CONFIDENCE TO HAVE AND HAVE NOT PART 2

So picking up from our last article, how many of you decided to serve the burgers? And how many of you got the order of the fries and soda? Confidence is something we do not learn in school, college or universities. Confidence is something that comes from within. It is equally proportionate to fear.

Nobody teaches us to fear yet many of you water your pants whilst watching a horror movie or a snake documentary. So, gentlemen and ladies- today im going to run a small competiton.

If any of you can decrypt the meaning of my article title – Of wolves, 2 cherries and a hard hat – a shopping voucher worth 2,000/- will be yours from yours truly. Do send your comments via email asap – email is RudraOx@yahoo.com - Ensure your full names, mobile number are sent in alongside the email. Winner will be notified via

Email and next edition, we shall put his/her name in here too!

Back to this months discussion – it's all about confidence.

I can preach and write 10,000 editions in Madafu for you to read but it does nothing for you. Similarly I can preach and write 1 edition in Madafu for you to read and it can be a game changer for you. Whats the difference here – your attitude.

So first things first, you have to believe in yourself. If you do not believe in yourself then there is nothing that can be done. Maybe try the voodoo doctors in a certain rainforest of a certain south American country. If you are the one struggling to get to chatting up the ladies all along, I want you to stop doing that until we get you past the how do I put it mildly – being a wuss. That's one thing women hate the most. So, let us

focus on how to build your confidence.

Step 1: Believe in yourself.

Look you may be a bald guy, height of 5'4" with a waist line of 44 and may weigh 98kgs, or you maybe the neatest looking fella out there, super body build and good features overall – both of you CAN BE the Eagle of the dating world, or the rats of the dating world.

I am yet to come across a person who likes rats. So get my drift here. It is all about how you see yourself. Look guys, if you cannot love yourself and appreciate yourself, then do not expect anyone else in this world except for our mothers (thank god for them!) to do so.

Step 2: Do the small things

Be happy within; Do things that make you happy internally. Like watching an animated movie? Do

it. If helping someone makes you happy do it. Basically do whatever small things are out there to make you happy.

You see, a man happy from inside is already sending a signal out to others – that of positivity, that of self belief and confidence – and if you do not believe that these are the traits that get the ladies approval – go out there and ask them what is. So, this month, start loving and believing in yourself.

And start your road to being happy. Starting this month, you can email me directly: RudraOx@yahoo.com

I would love to hear your feedback and suggestions on articles. Next month, I would like to pick a case scenario or question from one of our readers and answer it here. Next month: The Readers Questions & Answers. Email me your thoughts, queries applauds and abuses (really?) to: RudraOx@yahoo.com

SNAPSHOTS



Travelers Beach Hotel guests enjoys Water Volley ball at Hotels club swimming pool. Local and international Guests has started visiting the country marking the beginning of the high tourism season which has started this Month. PHOTO BY TITUS MUSAU



The chairperson of the Kenya Institute of Certified Public Accountants of Kenya (ICPAK) Rose Mwaura (right) with a Council member George Mokua (left) shares a light moment after the official opening of the institute's 4th Debt management conference held at the Travelers Beach Hotel. PHOTO BY TITUS MUSAU



GIFT OF SIGHT: Mombasa Women's Association for restoring Eye Sight with Kwale District Eye Centre. MWA from last 25 years donating to KDEC for Cataract operations, glaucoma & children eye surgeries. The best gift to another human being is Sight. MWA donated ksh 500,000/ five hundred thousand to KDEC for poor patients fund. MWA committee from right vice Chairlady Mrs Sadhna Doshi, treasurer Mrs Daminiti Ved, Mrs Usha Patel, ex officio Mrs Suman Kanji, Chairlady Mrs Harminder Kandhari presenting cheque of 500,000/ to Mrs Vera representative of KDEC. then MWA Mrs Rashidha Anjarwalla, Mrs Gurmeet Kaur, Hon. Secretary Mrs Sital Sagoo, joint treasurer Mrs Illa Shah.



Lions club of Nakuru hosted an eye camp in conjunction with Egerton University and Lions Sightfirst Eye Hospital Loresho Nairobi, which was sponsored by Mr Nikunj Shah and family in Memory of His Father, Late Harilal Shah on 20th July 2019 The Free eye screening camp which also dispensed free medicine, was held at Human anatomy complex campus in Njoro of Egerton University. Hundreds of Wananchi benefited from this exercise



Co-operative Bank Head of Business Banking, Moses Gitau (left) discusses the new MSME package with Pauline Karanja (center) of Wananchi Bakers and Anastasia Obuyi (right) who is a major client during the Mombasa MSME customer networking forum. The Bank is hosting networking forums across the country and training customers on business strategies. PHOTO BY TITUS MUSAU



The Chairperson Nuclear Power and Energy Agency, Mr. Ezra Odhiambo [left], Nuclear Security Officer International Atomic Energy Agency, Ms. Ann Thu Dang [centre] and a Board Member Nuclear Power and Energy Agency Dr. Godfrey Koross, pursues a document during the official opening of a one week. Regional Technical Meeting to Promote the Universalization of the Amendment to the Convention on the Physical Protection of Nuclear Material held at Nyali Sun Africa Beach hotel Mombasa. This is in regards to boost nuclear security legislative and regulatory regime in the country and the region. PHOTO BY TITUS MUSAU



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