

**EYESIGHT AGAIN:** Kwale Eye Centre Successful Eye Operations - Sight Galore! Courtesy of the in Diani Rules Fund Raising Event in Diani. There is nothing better in this Life other than to be able to See Again! God Bless!

## EYESIGHT AGAIN!



Senior Social Committee - VOC Nairobi



The Senior Social Committee of Shree Visa Oswal Community, Nairobi held a Gujarati Play (Naatak) titled "Halari Visa Oswalo No Pravas" on 9<sup>th</sup> June, 2019 at the Oswal Centre Auditorium.

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### Diani Rules for the uninitiated



Diani Rules is an annual Team Building event started 29 years ago by a few people thought it would be a good idea to bring people to the coast during the low season for some fun and to raise money for a worthwhile cause. It is always held on the Madaraka Day

>>>> PG 2

### Jain Social Group's 30 Years Celebration



#### BY MADAFU REPORT

On 23rd June, 2019 Jain Social Group, Nairobi celebrated 30 Years of Service to Humanity and also conferred a lifetime achievement award to its Founder Chairman, Mr. Dharendra (Babubhai) Kothary.

Jain Social Group, Nairobi Chapter was established on 25th September 1989 by forty Jains in the presence of late Punya Gurudev Chitrabhanu with his blessings. Respected Shri Singhvi Ji, Sureshbhai Kothari and other leaders gave guidance and support in establishing the Nairobi Chapter. Dharendra Kothary was unanimously elected as Chairman.

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TOP NEWS

# Cutchi Gujarati Hindu Union



## Senior Social Committee - VOC Nairobi

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The Senior Social Committee of Shree Visa Oshwal Community, Nairobi held a Gujarati Play (Naatak) titled "Halari Visa Oshwal No Pravas" on 9<sup>th</sup> June, 2019 at the Oshwal Centre Auditorium.

The event was kindly sponsored by the family of Karamshi Meghji Haria on the celebration of the 100th anniversary of their arrival in Kenya. The Play was written, directed and produced by Mrs. Bindi Rashmi Shah (Hon. Secretary, Visa Oshwal Community) who directed about 65 members of the Oshwal Community which included actors and back stage assistants.

Mrs. Shaina Shah, the Chairlady of the Senior Social Committee, introduced the Sponsor Family and the members of the Senior Social Committee and thereafter the gathering was addressed by the Chairman of the Visa Oshwal Community, Mr. Dhiraj Dodhia.

The Naatak was about the journey of the Halari Visa Oshwals from Osiya in Rajasthan to Kutch and then to Kathiawad and finally to Mombasa. It depicts the courage and resilience of the Oshwals against all difficulties like famine, political unrest and other atrocities they faced and finally make the decision to migrate to unknown territory of East Africa and how without seeing night or day, without any luxuries, and toiling for up to 16 hours a day, they work hard to make ends meet and the fruits of their labour finally pay off.

It was a very emotional moment for the seniors of the community as they journeyed through time during the play and were reminded of the hard and difficult times faced by their parents. Overall the play was commended highly by those who attended and many more requests for another show were made.



The Shree Cutchi Gujarati Hindu Union, Nairobi conducted a CSR Activity on 16<sup>th</sup> June 2019 by donating school desks for children at the Ruben School in Ruben Centre in Nairobi. The school caters for over 2400 children and the principal of the school appreciated the kind gesture.



CGHU representatives along; CGHU Chairman, Trustee, Hon Secretary along with a few committee members with the representatives from the Ruben School and School with a copy of Madafu Newspaper

# Diani Rules for the uninitiated

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Diani Rules is an annual Team Building event started 29 years ago by a few people who thought it would be a good idea to bring people to the coast during the low season for some fun and to raise money for a worthwhile cause. It is always held on the Madaraka Day Weekend.

We invite people from all over the world to partake in events that have had

their rules changed to level the playing field for all standards and ages of players to participate (young, old, fit, unfit all are welcome). Teams are made up of eight players, with a minimum of three women partaking in each event.

Thanks to the generosity of local establishments we are able to get good rates for accommodation for competitors and spectators.

Over the years the event has been held

at Nomads, Alliance Hotels, Forty Thieves Beach Bar, Pinewood Beach Resort, and Diani Sea Lodge. This year we are back at Safari Beach Hotel.

We would not be able to run this huge event without the assistance of many local residents who help us out as officials and administrators and we are always on the lookout for eager volunteers.

For the last twenty five years all funds

raised by this unique event have been donated to the very worthwhile Kwale Eye Centre. When we have the benefit of a major sponsor we have raised in excess of 1,500,000/-Kshs, without a major sponsor we normally raise around 500,000/-Kshs beach year.

This year we hope to have over 16 teams participating and we look forward to anyone else who wishes to come along and enjoy the weekend. The origin of

Diani Rules as a name came about because whatever sports are played, the rules are changed to allow people of all ages to compete in the fun and most of the sports are played on the beach or in the sea.

Sponsorship of a team gives eight competitors (minimum of three women in each game) two tee shirts each with Sponsors logo on the back, two dinners and two lunches for the three day event.

# Jain Social Group's 30 Years Celebration

On 23<sup>rd</sup> June, 2019 Jain Social Group, Nairobi celebrated 30 Years of Service to Humanity and also conferred a lifetime achievement award to its Founder Chairman, Mr. Dhirendra (Babubhai) Kothary.

Jain Social Group, Nairobi Chapter was established on 25th September 1989 by forty Jains in the presence of late Punya Gurudev Chitrabhanu with his blessings. Respected Shri Singhvi Ji, Sureshbhai Kothari and other leaders gave guidance and support in establishing the Nairobi Chapter. Dhirendra Kothary was

unanimously elected as Chairman

The function was graced by Dr. Rasik Kantaria as the Chief Guest among other Dignitaries from various institutes.

Speeches were given by Bharat Parekh (Chairman - JSG), RKD Shah (Chairman of Trustees - JSG), Motichand Dodhia (Ex-Officio and Project Convener - JSG), Rajesh Shah (Vice Chairman - JSG) whilst highlighting on the activities and achievements of the group.

Dr. Manoj Shah (Chairman - MP Shah Hospital) introduced Dhirendra Kothary while highlighting on the exemplary

services Dhirendra Kothary has offered to the group and society at large.

To mark 30 Years of Service to Humanity, the group launched a Souvenir Book showcasing the various activities the group has done.

The event emcee was Shaina Shah (Hon. Secretary - JSG) who also gave a vote of thanks on behalf of the group.

The event was entertained by girls from the Kamini School of Dancing and Sarakasi Dancers. The guests later relished scrumptious dinner



Jain Social Group, Nairobi Committee



Dr. Rasik Kantaria, Chief Guest



Dr. Manoj Shah



Jain Social Group, Nairobi Committee



Sarakasi Dancers



Mr. Dhirendra Kothary presented with the Lifetime Achievement Awards in the presence of his family



Bharat Parekh, Chairman - JSG



Dancers from Kamini School of Dancing



The JSG Souvenir unveiling by the Dignitaries



Diya lighting

## Environmentalists exceedingly worried about the future of Lake Naivasha



Many environmentalists and friends of Naivasha are exceedingly worried about the future of Lake Naivasha. This apprehension has increased in the last few years as the Lake continues to face many threats. In 2017, Clean Up Kenya partnered with the UN Environment, other UN bodies, Kenya Wildlife Training Institute and over 30 organizations including several flower farms from Naivasha to do a major cleanup around the lake as a way of raising awareness on the tremendous pollution being experienced.

During this project, over 1500 volunteers participated in what is perhaps the biggest civic action in the area by the

community. During this project I released the following statement to the international media that covered the cleanup: "Lake Naivasha is grappling with many threats linked to high levels of pollution from both solid and liquid waste and intensive use of chemicals from horticultural farming.

We need an urgent action plan which is anchored in law to eradicate this menace before it spins out of control." Following this awareness project, UN Environment under the Global Partnership on Marine Litter (GPML), organized a technical exchange where several government and local stakeholders were invited to make submissions with the goal of developing an Ecosystem Health Report Card for the Lake which would help actors to come up with mitigating programs that would sanitize the Lake.

Experts from India and the Philippines were invited to provide technical support and share their experiences in developing similar scorecards for Lake Laguna de Bay

in Philippines and Chilika Lake in India. These Lakes face similar challenges with Lake Naivasha and it was hoped that this information sharing would help the lake. Lake Chilika for example enjoys rich biodiversity and has a good population of flamingos which are also found in Lake Naivasha and Nakuru.

The suggested report card was to contain measurement of several indicators to determine the health of the Lake and would be released periodically. During this week-long workshop, stakeholders narrowed on indicators related to water quality, fisheries and biodiversity.

One of the challenges that were quickly noted in the exchanges is that there exists no framework on how data is collected for these indicators, no protocol for data sharing and no leadership in how this data is collected, processed and disseminated. This means all interest parties collect their own data, in an uncoordinated and irregular manner and uses the data for their own agendas.

This has meant that there is no unified process that can lead to a proper report card. One year after the exchanges, not much ground has been made towards this goal for various reasons. However, leadership especially from those directly concerned with water bodies' management is paramount.

This is a very dangerous scenario and does not augur well for the future of the Lake. This is not however to state that nothing is being done by many stakeholders. Organizations like Imarisha Naivasha, WWF and state agencies like Water Resource Services and Fisheries continue to do tremendous work. This is however not enough.

In a few months, the Standard Gauge Railway will reach Naivasha from Nairobi and a dry port is being planned in the area. This will slowly but quickly begin to see unprecedented urbanization with rapid population growth being experienced. Unless a proper urban plan is put in place, there will be tremendous pressure on this

remarkable Lake. This is particularly in the areas of both solid and liquid waste management. Already, Lake Naivasha has no known outlet.

This means the plastic and other solid waste does not escape once it gets into the lake. Environmentalists like James Wakibia have documented in the past the flow of plastic waste into the Lake. Sewage is another problem already.

And without an adequate infrastructure there are high possibilities of sewage being washed into the lake, making it become the breeding ground for bacteria and other pathogens which can cause tremendous health problems to those who rely on the Lake for survival.

We want to warn, that Lake Naivasha is a ticking environmental time bomb. In just a couple of years, no one will be able to eat fish from this remarkable Lake! Unless something is done by government, local stakeholders and friends of Naivasha! Written by: Betterman Simidi Musasia Clean Up Kenya Founder and CEO

EVENTS

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

NIGHTLIFE & ENTERTAINMENT

**Mondays**  
**Bunga Bunga Nyali**  
 Crazy Mondays with DJ Geeps Jakaback  
**Club Hypnotica Nyali**  
 Bring Your Own Monday Booze  
**Tuesdays**  
**Bob's Bar Nyali**  
 Talent Tuesdays with Johny Skani | DJ Eddirah | Mr. Vice | Jeff Medley  
**Danka Lounge & Grill Mtwapa**  
 Total Tropical Reggae  
**Wednesdays**  
**Apollo Club Changamwe**  
 Soul Night with DJC-Mple Ken  
**Club Zero 4 Mombasa**  
 Girls & Cocktails with Silva Sly | DJ Havvy | DJ Mems | DJ Masha  
**The Lounge Nyali**  
 Fashion Wednesday with DJ Crownbee | DJ Michizan  
**Thursdays**  
**Bunga Bunga Nyali**  
 Soul Train with DJ Frankie | DJ Geeps Jakaback  
**Club Hypnotica Nyali**  
 Miss Bum Bum Thursday  
**Club Zero 4**  
 Dread Waves Reggae Thursdays with DJ Daddy Silk | MC Blackrose | Selektia Adam  
**Palm City Grill Bamburi**  
 Throwback Thursdays with DJ Smith Ke  
**Sheba Lounge Nyali**  
 Thirsty Thursdays  
**Supersport Lounge Likoni**  
 High Grade Reggae Thursdays with Tha Bishop



NIGHTLIFE & ENTERTAINMENT

**Fridays**  
**Club Hypnotica Nyali**  
 Freaky Fridays with DJ Teebone | DJ Hans | DJ Prince  
**Dan's Lounge Mombasa**  
 After Work Party with DJ Kronixx | DJ Sammyblez  
**Club Zero 4 Mombasa**  
 Friday Afterwork Plan with DJ Havvy | DJ Mems  
**Sheba Lounge Nyali**  
 Friday Night Live with DJVJ Dammy | DJ Cos  
**The Lounge Nyali**  
 Buy 1 Get 1 Free Fridays with DJ Crownbee | DJ Michizan  
**Saturdays**  
**Club Zero 4**  
 Super Hype Saturday with DJ Hans  
**Palm City Grill**  
 Old School Fridays with DJ Frankie  
**Sheba Lounge Nyali**  
 Saturday Night Live with DJ Cos | VDJ Dammy | DJ Mvp  
**The Lounge Nyali**  
 Silent Disco Saturday with DJ Crownbee | DJ Michizan  
**Sundays**  
**Bunga Bunga Nyali** 3 pm  
 That Sunday Plan with DJ Phauz | DJ Geeps Jakaback  
**Club The Place Bamburi**  
 Redemption Reggae Sundays with Tha Bishop  
**Club Zero 4**  
 Rhumba Sunday with VDJ Edu Kenya  
**Danka Lounge & Grill Mtwapa**  
 Soul Rhumba Sundays with Benz The Captain  
**New Samba Sports Bar Bamburi**  
 Caribbean Reggae Sundays with Dr Fred | MC Warrior  
**Sheba Lounge Nyali**  
 Sheba Sunday Service with DJ Cos | MVP | VDJ Dammy  
**Tapas Cielo Nyali**  
 Sunday Afternoon Affair with DJ Electric | A | The DJ | DJ Flaxx | DJ Blaiz  
[whats-on-mombasa.com](http://whats-on-mombasa.com)

LIVE MUSIC

**Tuesdays**  
**Club Zero 4 Mombasa**  
 Band Night with Juukua The Band  
**Safari Inn International Meeting**  
 Point Shanzu Tourist Road  
 Maranda & Band  
**Sheba Lounge Nyali**  
 Mombasa Roots Band  
**Wednesdays**  
**Club Hypnotica Nyali**  
 Juukua The Band  
**Thursdays**  
**Danka Grill & Lounge Mtwapa**  
 Safari Sound Band Live  
**Fridays**  
**Safari Inn International Meeting**  
 Point Shanzu Tourist Road  
 Jambo Africa Band  
**Cheers Bamburi**  
 Live Band Night  
**Sundays**  
**Club Hypnotica Nyali**  
 Juukua The Band  
**Danka Grill And Lounge Mtwapa**  
 Ricky Mulolo ft. Idiologia Band  
**Moonshine Beach Bar Nyali**  
 Generation Band



FUN & FAMILY

**Saturdays**  
**Azura Lounge Kengeleni**  
 The Afternoon Soiree  
**Sundays**  
**Mtwapa Country Resort**  
 Pool Fun Days

KARAOKE

**Tuesdays**  
**Bunga Bunga Nyali**  
 Karaoke with Soni Ment | Kowa The Great  
**Club Hypnotica Nyali**  
 Karaoke Tuesdays with Titia Tola  
**Club Zero 4 Moi Avenue**  
 Live Band Karaoke with Juukua The Band  
**Mtwapa Country Club**  
 Joly Karaoke Tuesdays  
**Sheba Lounge Nyali**  
 Mombasa Roots Band



**Wednesdays**  
**Danka Lounge & Grill**  
 Ladies Night out Karaoke Night with Samantha Wendy  
**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 Mum Nade  
**Fridays**  
**Mtwapa Country Resort**  
 Karaoke Fridays with Joe & Lydia

SINGLE EVENTS

**NIGHT LIVE & ENTERTAINMENT**  
**Wednesday 19 | 06**  
**Steam Bar & Grill Nyali**  
 Mombasa Fusion 7.30 pm  
**Saturday 29 | 06**  
**Club Zero 4 Mombasa**  
 Last Saturday with DJ Joe Mfalme  
**Skylux Sports Pub & Grill**  
 Emma Jalamo Live



TALK

**Friday 28 | 06**  
**Tamarind Mombasa**  
 Stories Of Significance with Petronilla Nzomo 5.30 pm

SPORTS

**Sunday 07 | 07**  
**Early Birds Banda Nyali Beach**  
 Beach Triathlon 9 am

EAT & DRINK

**Saturday 22 | 06**  
**Mikaye Restaurant Nyali**  
 Cooking Demonstration 2.30 pm

CONFERENCE

**19 & 20 | 06**  
**Sarova Whitesands Beach Resort & Spa Bamburi**  
 Water & Food Security Summit (IV) 2019  
**Thursday 27 | 06**  
**Licodex Mombasa (Near Mt. Sinai Academy) 2.30 pm**  
 International Day Against Drug Abuse



The Kenya Society for the Protection and Care of Animals Charity Golf Day

THE KENYA SOCIETY FOR THE PROTECTION AND CARE OF ANIMALS - MOMBASA /MALINDI ROAD P.O.BOX 80379  
 TEL: 0733- 728356  
 Email: [kspcamsa@gmail.com](mailto:kspcamsa@gmail.com)

KSPCA Charity Golf Day at Vipingo Ridge Golf Resort. Mombasa KSPCA will be holding their third charity golf event at the PGA Vipingo Ridge Golf Course on Sunday, 21<sup>st</sup> July, 2019 to raise much needed funds. KSPCA is the only Animal Welfare Organisation in Kenya dealing with everything from mistreated animals to abandoned animals, strays, those no longer wanted, for whatever reason, and are surrendered to us etc. etc.

The Mombasa Office covers a very large area from the Tanzania border, to beyond Lamu, Mito Andei, Taita Taveta and everything in between. We also check on slaughter houses and all this with only one vehicle! We are offering each hole on the golf course for sponsorship on that day.

Promotional material can be displayed at your sponsored hole and publicity for sponsors will also appear on KSPCA/Vipingo Ridge Social Media sites and advertising Posters. Holes 1 – 8 and 10 – 17 at Shs. 25,000/- each. The 9th Hole and the 18th Hole in front of the Club House are offered for Shs. 40,000/- each. We look forward to your positive response at your earliest convenience. With kind regards, Di Purchase and the Fund Raising Team, Affiliated Member of the Royal Society for the Prevention of Cruelty to Animals.

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

COMEDY

**Saturday 06 | 07**  
**The Blues Bar & Restaurant**  
 Saturday Night Comedy - Doug Mutai Special 7 pm  
**Saturday 13 | 07**  
**Amnesty Lounge**  
 Comedy Night  
**POETRY & MUSIC**  
**Sunday 22 | 06**  
**Alliance Française de Nairobi**  
 Rise in Love 6.30 pm

TALK

**Thursday 27 | 06**  
**United Nations UN Avenue**  
 Talk & Tour: Responsible Consumption And Production 2.30 pm



FATHERS DAY

**Sunday 16 | 06**  
**The Carnivore**  
 Fathers Fun day with Tetu Shani  
**The Lord Erroll**  
 Father's Day 12 pm  
**DANCE**  
**23, 29 & 30 | 06**  
**Braeburn Garden Estate Theatre**  
 A Dance For Love 4 pm  
**LIVE MUSIC**  
**Thursday 20 | 06**  
**J's Fresh Bar & Kitchen**  
 Sarabi  
**Muze Club**  
 Cirque De L'Afrique - Nairobi Edition with Freak De L'Afrique (Berlin) | Walter Griot (Berlin) | Suraj | Coco Em | Bambubelo 6 pm  
**Saturday 22 | 06**  
**Crooked Q, Woodvale Groove 7 pm**  
 Zainab Sule - Soft Rock from Nigeria  
**Sunday 23 | 06**  
**Whiskey River Lounge**  
 The Gogosimo Band  
**Thursday 27 | 06**  
**J's Fresh Bar & Kitchen**  
 Sereetsi & The Natives 8 pm  
**Saturday 29th | 06**  
**Diamond Plaza**  
 Atif Aslam Live In Nairobi 7 pm  
**Bega Kwa Bega**  
 Hornables Band 7 pm  
**Thursday 04 | 07**  
**J's Fresh Bar & Kitchen**  
 Anto Neosoul 8 pm  
**Thursday 11 | 07**  
**J's Fresh Bar & Kitchen**  
 Vivian Olang - A Tribute To Tina Turner 8 pm

DANCE

**23, 29 & 30 | 06**  
**Braeburn Garden Estate Theatre**  
 A Dance For Love 4 pm

LIVE MUSIC

**Thursday 20 | 06**  
**J's Fresh Bar & Kitchen**  
 Sarabi  
**Muze Club**  
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**Diamond Plaza**  
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**Bega Kwa Bega**  
 Hornables Band 7 pm  
**Thursday 04 | 07**  
**J's Fresh Bar & Kitchen**  
 Anto Neosoul 8 pm  
**Thursday 11 | 07**  
**J's Fresh Bar & Kitchen**  
 Vivian Olang - A Tribute To Tina Turner 8 pm

THEATRE

**Saturday 29 | 06**  
**Alliance Française**  
 Random Stories Of Kauzi 6 pm  
**06 & 07 | 07**  
**Kenya National Theatre**  
 Sweet Lies



FEST

**Friday 28 | 06**  
**Muthaiga Country Club**  
 Muthaiga Fest with Nameless | Jua Cali | Nazizi | Sanaipeli Sande | Jason "Samaki Mkuu" Dunford | Romantico | DJ Fozzak | MC Alisha

BOOK LAUNCH

**Sunday 29 | 06**  
**Goethe-Institut**  
 Raising A Sun by Mufasa 6 pm

POETRY & MUSIC

**Sunday 22 | 06**  
**Alliance Française**  
 Rise In Love 6.30 pm

MARKET

**Saturday 22 | 06**  
**German School**  
 Organic Market 10 am  
[whats-on-nairobi.com](http://whats-on-nairobi.com)

CONCERT

**Friday 21 | 06**  
**Alliance Française**  
 Fête De La Musique with Gato Preto & Local Artists 5 pm  
**Saturday 06 | 07**  
**Western Heights**  
 The Nairobi String Quartet 6.15 pm



FESTIVAL

**Saturday 22 & 23 | 06**  
**Karura Forest**  
 Bizarre Bazaar Summer Craft Festival - 2019 9 am  
**Saturday 29 | 06**  
**Carnivore Grounds**  
 The Cake Festival 2019 10 am  
**05 to 07 | 07**  
**Trademark Hotel**  
 Nairobi Wine Festival

all events without warranty

"PALLAV" Group raised its level by jawstuck out of box entries and eye catching performances by organizing "LADIES FANCY DRESS COMPETITION" in aid of charity at Navnat Bhavan on 12th June. just in one month a well organized successful event. Under leadership of Chairlady Darshana Parekh. She left no stone unturned in organizing this great majestic superbly well organized event. Criteria-Two age groups 21-45 had 14 entries and 45 above had 12 entries. Most remarkable was Darshana managed to get 5 entries all the way from Nakuru. Darshana says- Any event is not possible without hard work n dedication and great team work. She believes and follows "TEAM WORK MAKES OUR DREAM WORK" She is thankful to Suhasini Desai and Rekha Modi for their amazing guidance and suggestions and help and Of course her Pallav committee and members who gave tremendous support on the toes. All pallav ladies decked in Red theme color. Judges on board were Ravneet Sehmi, Kamini Thakkar, Vaishali Morjaria who were judges panel. Emcee was Pallavi Shah. Secretary Ilaxy Hirani Welcomed all. Vote of Thanks perfectly done by Kanchi Gandhi. Chief guest was Kanchanben Ramniklal Shah.



## The Shree Rajya Purohit conducts a Samuh Janoi 2019

The Shree Rajya Purohit Mitra Mandal Kenya conducted a Samuh Janoi function on the 8<sup>th</sup> and 9<sup>th</sup> June 2019 at the Lohana Mahajan Mandal. 16 Brahmin boys were given the Janoi and the ceremony was conducted by Chandresh Khetia (Maharaj). Over 900 people attended this auspicious ceremony. Traditionally, the Janoi Ceremony marks the time when a boy begins his study of the Holy Scriptures.



Mahesh Nakar, Dinesh Khetia (Trustee), Raju Khetia (Chief Guest) and Chandresh Maharaj



Few of the boys who participated in the Samuh Janoi function



Skal Kenya Coast President Richard Kinyua leading members of the Skal in planting trees at The Sarova Taita Hills Game Lodge. The Skallegues, their families and friends who were on a self-sponsored weekend getaway at the Sarova Salt lick Game Lodge & Sarova Taita Hills Game Lodge in Tsavo also donated assorted foodstuff and bedding to villa 16 children home in Bura, Taita Taveta County. 25/05/2019. Photo By Andrew Kilonzi

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- NAIROBI:**  
**Westlands & Parklands:**  
Pals Bookshop (Diamond Plaza)  
Microcity (Sarit Centre)  
Bhagwanji Sweet & Farsan (3rd Parklands near Kusi Lane)  
Annapurna Ration (PJ Centre)  
Anga Cinema (Diamond Plaza 2)  
Ashapura Sweet Mart (Kirima Shopping, 5th Parklands)  
Bajrang (Sky Mall)  
Cake Ville (Amani Plaza, 3rd Parklands)  
French Maid (Kirima Shopping, 5th Parklands)  
Kumar Brothers (Diamond Plaza)  
One Stop Ration Store (3rd Parklands)  
On The Way Supermarket - all branches  
Sona Shoppe (Westgate Shopping Mall)  
Aura Restaurant (Sky Mall)  
**Industrial Area:**  
Bunny Industries Limited (Dakar Road)  
Tradecon (Dar es Salaam Road)  
**South C:**  
Cake Ville (South C Shopping Centre)  
Mahesh Hair Stylist (South C Shopping Centre)  
**Langata:**  
Creative Concepts (opp. T - Mall, next to Shell)  
Sona Shoppe (Galleria Shopping Mall)  
**Village Market:**  
Jit Gems  
**KAREN:**  
Sona Shoppe (Karen Crossroads)  
**NAKURU:**  
Hyrax General Supplies (Biashara Avenue)  
Fairdeal Furniture  
**ELDORET:**  
Eazy Phonz and Photos Ltd (Uganda Road)  
Kenya Jalaram Co Ltd - opp CBK  
**VOI:**  
Abbas Aluminum Supplies  
Bafagih Supermarket
- THIKA:**  
D-Lyt Pan House (Section 9)  
**MOMBASA:**  
Blue Room Restaurant  
Grill House - Ratna Square  
Nyali Cinemax  
KNCCI - Likoni Plaza  
KAM - Nbi University Building  
Abson Motors  
Car & General  
Noor Opticians - City Mall  
Vijay Optica - CBD Fontanella  
Safecon Enterprises  
Hare Krishna Temple - Nyali  
Nyali Centre - DKL  
Law Query - Ratna Square  
Fairdeal Furniture - CBD  
Yaris Institute - Haile Selassie Avenue  
Mombasa Frigas - Nyerere Avenue  
Hakimi Stationaries - Moi Avenue  
Camfoto - Makadara  
AudioAsh Coolers - opp Sapphire Hotel  
Bombay Bistro - Petro  
Graphic World Ltd Lumumba Road  
WildWaters Ltd  
Various Hospitals  
Epic Centre Mall  
**KISUMU:**  
Western Emporium  
**DIANI:**  
Palm Beach Hospital  
Food Plus Supermarket  
Aasan Solutions Auditors  
Moiz Supermarket  
Various Restaurants & Hotels  
**MALINDI:**  
Uzima Training Centre - CBD  
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# Kabir Singh Movie Review - 3.5/5



BY MR. MAHMOUD KHAMISA

I must confess that there was a time I considered Shahid Kapoor as a dancing jumping jack and nothing more. Of course it all changed five years ago when I first watched 'Haider'. In recent times I have come to respect Shahid to be one of the most dedicated and dynamic actors churned out of Bollywood.

You can imagine my enthusiasm when I finally had the opportunity to watch KABIR SINGH. Remaking movies in the south seems to be the trend these days in Bollywood and having the opportunity to work in the KOLLYWOOD industry myself I have come to realise why South Movies are so appreciated and the most sought after in Bollywood. The secret lies in the script. From the word go I got the clear notion that KOLLYWOOD puts in more emphasis in the script and story of the movie above everything else. A novel script is what is so common out here and of course lacking in Bollywood. I wish the same would be true for KABIR SINGH. KABIR SINGH directed by Sandeep Reddy Vanga is a Bollywood remake of the movie ARJUN REDDY which is also directed by Sandeep. Even though I have not watched ARJUN REDDY, but I felt a strong sense of being there and done that while watching KABIR SINGH. It had a strong feel of a DEVDAS hangover to it. And that is where KABIR SINGH fails slightly. It tells us the story of a brilliant medical Surgeon Kabir (played deftly by Shahid) who goes on a self destructing path over a heart break.

The story is fast paced as we are shown how Kabir meets Preeti (Kiara Advani) through a family friend and how they

get involved romantically. As is normally the case their love story comes to an abrupt end when Preeti's father coerces her to get married to a man of his choice and alas she agrees. Kabir then spirals himself into a vicious cycle of bitterness and alcohol. Kabir's journey from being an alcoholic to his saving from the same is what forms the rest of the movie.

To be very honest, Sandeep's treatment is very fresh and hip, in fact I would even say that had it not been for DEVDAS then I would have surely given more credit to this movie, but sadly the DEVDAS undertones do stand out. That is why I deducted a star on KABIR SINGH.

The only difference in the soul of KABIR SINGH and that of DEVDAS is that the former is a hot tempered protagonist who does not think of the consequences of his actions while the later was a forlorn, poetic and hopeless romantic. The film also drags on a little bit aimlessly post the interval, hence the half star deducted. To say that Shahid Kapoor has given an award winning performance in this movie is an understatement.

This is his career best performance easily! His emotional outbursts, the madness in his eyes, his immoral behaviours, his boyish charm, as well his furious acts surely does justice to the character of KABIR SINGH. He is the only reason why I give this movie the 3.5 stars. Mark my words, he will surely win accolades yet again this time around. Kiara Advani is adequate in her role and so are Nikita Dutta, Suresh Oberoi and Arjan Bajwa respectively. Soham Majumdar's performance stands out and it will be loved by all. The humour is thankfully limited in such a serious movie but albeit it is witty and will tickle the viewer's ribs.

The music is passable since much of it is in the background, action is outstanding and bone crunching, but at the end of the day KABIR SINGH will only remembered for Shahid Kapoor's bravura performance and Sandeep's exquisite direction of the same.

Do not miss out KABIR SINGH. It is a much more emotional, immoral and visceral clone of DEVDAS.



Nairobi County Woman Rep Esther Passaris inspects join members of Come Together Widows & Orphans Organization (CTWOO) for a dance during a skills training seminar for widows from across the country at Mji Wa Furaha in Kasarani Ward, Kasarani Constituency. The training aims at giving them hope, self respect and assurance of sustaining their lives without relying on hand outs and giving them a dignified lifestyle. 10/06/2019

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SNAPSHOTS

The 17 Sustainable Development Goals (SDGs)



From left: Mps Naisula Lesuuda (Samburu West), Eve Obara (Kabondo Kasipul), Colombia Ambassador to Kenya Elizabeth Taylor Jay and Nairobi Women Rep Esther Passaris during the inaugural Sustainable Development Goals (SDGs) Open Day at the Parliament that aimed at sensitizing Members of Parliament on the 17 SDGs and 169 Targets. The event also saw the launch of the Parliamentary Caucus on SDGs launch its strategic paper. 22/06/2019 By Andrew Kilonzi



Pwani oil staff perform quality assurance checks for the company's new spout and tamper proof seal Fresh Fri cooking oil. The Mombasa based oil and soap maker has introduced into the market refreshed look and tamper free packaging.

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AAR Insurance Managing Director Nixon Shigoli (right) and Dr. Dennis Nturibi co-founder and Managing Director of AskADoc during a cookery session organized by AAR Insurance Thrive wellness Club Members in Nairobi to give members practical tips on how to cook healthy and nutritious meals.



(L-R) Dr. Dennis Nturibi co-founder and Managing Director of AskADoc, AAR Insurance Managing Director Nixon Shigoli and Charity Kinegeni during a cookery session organized by AAR Insurance Thrive wellness Club Members in Nairobi to give members practical tips on how to cook healthy and nutritious meals.

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**TOP NEWS**



Front row Mr. Imtiaz Mr. Hetul Ms. Khushali Mr. Bakari Ms. Lilian Mr. Eric Back row Mr. Yusuf Mr. Sahas Ms. Beejal Ms. Devi

**Hotel marks World Blood Donor Day (WBDD) 2019**



Regional Blood Transfusion Centre-Coast Laboratory Technologist Eric Otieno assists Sarova Whitesands Beach Resort Sales Assistant Agnes Kitili (right) and the Resort Assistant Manager Paaras Raniga to donate blood as the hotel marked the World Blood Donor Day (WBDD) celebrated around the world on 14 June every year. Looking on is Red splash Operation Director Mariam Alwy. The event serves to thank voluntary, unpaid blood donors for their life-saving gifts of blood and also to raise awareness of the need for regular blood donations. 15/06/2019 By Andrew Kilonzi

**What is Brain Waste?**

Migrants to foreign countries who take up unskilled jobs despite having professional qualifications are called by economists, Brian waste. That's because the migrants are forced to take up jobs that do not utilize their skills if they are unable to find employment at par with their qualifications in the new country.

**WHO IS A NIHILARIAN?**

The word "nihilarian" is derived from the Latin word 'nihil' which means nothing. It refers to a person who does work of no importance (whether or not by choice) the sort of work which is not at all challenging.

**WHAT IS THE AURORA BOREALIS?**

The aurora borealis is a display of natural light in the sky near the North Pole. It was named after the Roman goddess of the dawn, Aurora, and the Greek name for the north wind, Boreas, by Pierre Gassendi in 1621. It is as a result of photon emissions in the earth's upper atmosphere from ionized nitrogen atoms regaining an electron, and oxygen and nitrogen atoms returning from

an excited state to a low-energy state.

**WHAT ARE HEKATONKHEIRES?**

The Hekatonheires (hundred-handed ones) are figures from the Greek mythology. They were three giants of incredible strength and ferocity, almost as great as that of the Titans whom they helped overthrow. Their name was derived from the Greek word "hekaton" which means "hand" each of them had a hundred hands and fifty heads.

**WHAT IS APONZI SCHEME?**

Such scheme is named after Charles Ponzi who became notorious for using the technique in the early 1920s. Ponzi did not invent the scheme (Charles Dickens' 1857 novel Little Dorrit described such a scheme decades before Ponzi was born) but his operation took in so much money that it was the first to become known throughout the USA. A Ponzi scheme is a fraudulent investment operation that pays returns to investors, not from any actual profit earned by his organization but from money paid by subsequent investors or the investors themselves.

**Deal With Office Bugs**

Do you have an annoying co-worker? Norbert Rego tells you how to deal with the situation. Everyone has to deal with an annoying co-worker, at some point during their career.

From using your water bottle to telling lies to the boss or being bull-headed during a project, colleagues can be often annoying. Says Pravin Shah of Six Inches Communication, It's best to have a one-on-one conversation. Though the management tries to control the situation, it would be better for the individuals to clear the air.

This is easier said than done and calls for a lot of patience. However, the option of an ugly confrontation can leave one with regrets later. Analyses psychiatrist Jyotri Sangle, Dr L H Hiranandani auction when you feel harassed by a colleague. Dr Sangle says, that would come from self-belief and a thorough dedication to one's work. It would also

prevent the office atmosphere from deteriorating."

**TIPS TO HANDLE AN ANNOYING CO-WORKER**

- Be polite, but avoid too much interaction
- Voice your concerns firmly, but politely. If he chats loudly on the phone, simply say that you'd like him to lower his voice.
- Take the matter to the authorities, if he doesn't heed to your requests
- As a last resort, change your department or find a new job. But be careful- the new office might have annoying co-workers as well.
- Don't expect instant results. Be tactful and don't attack the person's self-esteem. The aim should be to sensitise him or her to the problem."

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SNAPSHOTS & LEISURE



**TALK TO YOUTH:** Nairobi Women Rep Esther Passaris talk to members of Githembe Youth Self Help group at Githembe in Ngando Ward in Dagorreti in Nairbi County shortly after launching their TV Centre funded by The National Government Affirmative Action Fund (NGAAF) which falls under the Ministry of Public Service, Youth and Gender Affairs. The project is expected to flourish and generate capital for group during the 2019 Africa Cup of Nations.



Imarika Foundation Director Dorcas Amakobe assist Blue Bell Academy Grade 1 Pupil Miriam Wairimu, 8, to have her eyes examined by Dr Dhirendra Tiwari of Mombasa Eye Hospital and Laser Centre during free medical camp organized by the Foundation at Mtomondoni Primary school in Kilifi County on Sunday June 30<sup>th</sup>, 2019. Over 300 locals benefited from the medical camp. Photo by Andrew Kilonzi



Imarika Foundation Director Dorcas Amakobe assist Zulekhah Hamisi, 3, to have her eyes examined by Dr Dhirendra Tiwari of Mombasa Eye Hospital and Laser Centre during free medical camp organized by the Foundation at Mtomondoni Primary school in Kilifi County on Sunday June 30<sup>th</sup>, 2019. Over 300 locals benefited from the medical camp



The PS Ministry of Sports is flanked by artists as he admires a painting during the 7<sup>th</sup> Art and Culture Festival at the National Museum sponsored by The National Government Affirmative Action Fund.

# Coffee with Kendi

HOT . STRONG . INTERESTING & STRANGE

## Weird, strange, & Bizzare...



### I kid you not!!

► **Bishop to exorcise city by sprinkling holy water from helicopter**

To curb a wave of violence and corruption sweeping over the Colombian port city of Buenaventura, the bishop of the local Diocese has proposed using a Navy helicopter to shower the city in holy water and purge evil. He says we need that in this country of ours... Guess which Bishop would readily do that!!... shhhh dont tell anyone!!

► **Man ordered by court to pay ex-wife Sh18m for 27 years of house chores**

WOW!! Worst pain is not even the money!! If you have it...Its the ex element that bothers me!!

► **Doctors Remove 10-Inch Knife From Teenager's Brain.**

How many things do you know that are 10 inch?mmmh...A large size cucumber!Maybe..Anyhow.the boy still survived and is fully recovered now!Apparently he was playing with his friends then he fell on a knife!!Bizzare!

► **Heartbroken man wants someone to make him a sex doll that looks like his ex-wife** A devastated man has made a rather strange request after finding himself unable to get over his ex-wife!!Weh!Thin line between love and obsession!

► **'Cow Kissing' Challenge For Charity banned!**Says a government official.KuhKuss-Challenge is not allowed in Australia!Just as i was thinking Kenyans are a crazy lot, someone somewhere in the world is kissing a cow to raise money!!

► **Student who got his teacher pregnant given Sh600 million compensation...**picture that!All the things you could do with 4.5million pounds compensation after getting your sex-crazed teacher pregnant.Mh!My brain is churning!Get busy!Who knows maybe a lawsuit 15 years from now could have you swimming in cash!



So now Facebook, wants us to trust its new Libra cryptocurrency, which, it hopes, will be used by billions of people around the world...Bet you didnt know about that!!How it works?Is it feasible?**Do your homework!**

**Easy SUDOKU Know How??**

				3	8	5		
	1		2					
		5		7				
	4				1			
9								
5						7	3	
	2		1					
			4					9

The goal of sudoku is simple: fill in the numbers 1-9 exactly once in every row, column, and 3x3 region. For example, look at the above puzzle and compare it to the solved version below. Notice that every row, column and 3x3 region contain every number from 1-9 exactly once.

Take a screen shot and send to +254732599409 once done!There is a surprise gift if you complete it right!

**oneliner of the month!**

If I contribute money for your wedding...We are both kissing the bride/groom

FEEDBACK? We need to hear from you! What would you like to see more on this section? Send your suggestions and comments to Whatsapp +254732599409



I just learnt that 'nkt' means 'not kindly taken'. Wangapi walikuwa wathani nkt nikuclick 🤔🤔



### Horoscopes

**Aries:**You will be blessed with amazing health and fitness levels. You want to take your career to new heights and for you that you will be meeting new people who can help you grow.

**Taurus** you will be busy with your career. Finances will be very promising this month. You will also be keen on learning new things for a soaring career.

**Gemini:**You will do amazing when it comes to money management skills. Singles are expected to fall in love. You will not be able to give your career much time. **Cancer:** you will need support of people to move ahead in life. You will be spending more time in planning your career for future. Family life will be sorted and harmonious.

**Leo:**It will be a tough month for Leo zodiac sign. You will be facing lots of stressful situations but good thing is that you will be able to manage everything with your efforts.

**Virgo:** Predictions highlight that you will be working on correcting your image. It is extremely important for you to learn to control your temper for healthy relationships in life.

**Libra:**This month will keep you surrounded with your loved ones. Your health will be amazing and so will be your circle of friends which is going to expand this month.

**Scorpio:** You will grab every opportunity that comes your way. Scorpions will be spending lots of time with their loved ones. Love is expected to keep you busy as well. **Sagittarius:**There are suggestions that it is going to be a difficult month for you especially with family relationships. Your health will also demand your attention and care.

**Carpricon:**Will enjoy the love of their family members. You will stay focused when it comes to your professional life and will be working hard to achieve goals.

**Aquarius:**You will enjoy wonderful health. You will be occupied with your career and planning development for a prosperous future. You will be extremely creative in everything you do.

**Pisces:** will be required to be creative to achieve your targets. Meeting new people will help you. You will not be able to give your family and loved ones much time because of your hectic life.



The Chairman of Siri Guru Singh Sabha Mr. Nirmal Singh Dhanjal [left] leads other community Members in distributing a donation of assorted food stuff to the residents of kanamai Area in Kilifi County, during the celebration by the Sikh community Members in Mombasa to Mark the 550<sup>th</sup> Anniversary of the Siri Guru Nanak Devji. PHOTO BY TITUS MUSAU

**SNAPSHOTS**



**TREE PLANTING AT SEKENANI MASAI MARA REGION.** It was a joint program with Israel Embassy and Green Clean Mara NGO. Hindu religious service center was proud to associate with Green lean Mara organization to plant trees in 8 schools across the Sekenani area. Together with Hindu Council of Kenya and Doshi Group we pledged 700 trees to be planted across the Schools. They were other associated partners contributing to Tree planting, furniture distribution, training children for the schools. The Tree planting programmed was accompanied with The Israel Embassy to Kenya Ambassador. Noah Gal Gendler together with his wife and fellow associated delegates who came for the event from Israel. It was a well organized event with keeping in mind key conversation of Environment and a responsible approach from the school to continue planting trees for betterment of the Community and Country at large. Tree planting was done on 6th and 7th Jun of 2019.

**Inspiring students for a better future**

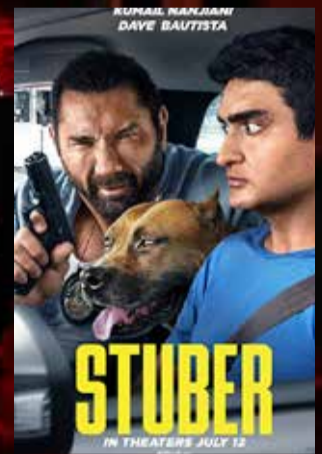


Mombasa Women's Association inspired primary school students of different Kikambala schools. MWA donated a kit of school uniforms with shoes, socks, encyclopaedia, exercise books, pencils, school bags to 25 students of different schools in Kikambala area and distributed lollipops to all of them. The students promised to work hard and get excellent result. Here seen 1st photo from right MWA-secretary Mrs Sital Sagoo and Chairlady Mrs Harminder Kandhari showing the kits. 2nd photo Chairlady Mrs Harminder Kandhari and Mrs Sital Sagoo with happy students with their kits.

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# Internet – The Good and the Bad



BY AVNI PARMAR

The Internet is an effective tool for sourcing information, news, resources and a material for an endless variety of topics, subjects and interests. You can find TV shows and movies to view, educational programs for children, and video tutorials or written “how-to” guides to provide instructions on how to start, complete or troubleshoot any project you can also need help with.

If you need recipes, dictionaries, a thesaurus, translator or foreign money converter, the Internet has you covered. You can even buy or promote your personal new or second-hand goods using a variety of Internet websites and services. If you

are immobile or infirm the Internet is a resource that can help you to stay independent by giving you the ability to order and have delivered immediately to your home just about anything you may need.

The Internet even serves as a directory of service providers so that hair dressers, pet groomers, grocery stores and restaurants can come at once to you. For those who are not immobile or infirm, however definitely short on time and energy, these same resources and services can be helpful and provide considerable relief from the pressure and stress of a busy life with a full schedule.

The awful facet of the Internet is as readily available as the good and not always easy to identify. Information and content can be populated by everyone and is not always accurate or factual. It is important that news, historical facts, data and any records you find on the Internet is only believed and relied on if you have validated that it comes from an authentic source. You must additionally take care not to share your personal informa-

tion on sites that do not have appropriate levels of safety and safety for consumers.

Parental controls and restrictions are also important if you'd prefer that your children or other family members not have access to pornography, specific sites or movies and games with content you have not approved and sites are outstanding tools for retaining in contact with friends and family, dating, posting opinions and receiving recommendations.

Those identical functions and web sites can also be used for criminal pastime such as stalking, disagreeable exchanges such as bullying or shaming and for trolling via those who might also take pleasure from inciting arguments and debate.

The Internet is a sincerely excellent tool and aid when used responsibly and with integrity.

Understanding the many ways the Internet can be used for each good and awful is your high-quality safety and defense as you get right of entry to all of the choices on hand to you on the data super highway.

# Mamma was the greatest 'rajayogini'



She renounced attachment towards worldly attainments, pleasures and attractions. Her sharp, sincere and strong farsightedness offered her an attitude of having distaste and disinterest towards this materialistic world.

For attaining perfection and bliss from the Almighty, she always used to get up early in the morning for deep tapasya. She renounced sleep and gave up her comfort zones for pleasing God the Father Himself. Once Mamma chose the path of spirituality, none and nothing deviated her vision and purpose of life.

**Values & Skills:**

Daily and intense practice of

Rajayoga meditation taught by the Almighty Himself was showed in the form of great value of *concentration* through Mamma's personality. Her strong *determination* power and the value of *courage* keep empowering all the members of the Brahmakumaris and humanity even now.

Her *faith* and *purity* made her an eternal Goddess. Mamma's *serenity* enabled each one to be free from wasteful, negative and impure thoughts.

Her *sincerity* is still pulling many souls closer to the Almighty. Mamma proved herself as being a 'ShivaShakti'. Mamma's celestial skills and arts in the form of singing, playing 'Sitar' and writing poems for

the Almighty reflected the best qualities of herself.

**Powers:**

Mamma was also the embodiment of below mentioned spiritual powers which have been depicted in the form of eight – "Alankaras" of the Goddess Jagat Amba (the World mother).

- The power of tolerance/ acceptance
- The power of accommodation/ flexibility/ maturity
- The power of discernment/ farsightedness
- The power to decide/judge
- The power of to face / love
- The power of co-operation/ team-spirit
- The power of to withdraw/ listening/patience
- The power to pack up/ responsibility

On this memorial day of Mamma, let us get the blessings from this Maha ShivaShakti Jagat Amba and thereby pay our respect and love towards the Almighty Himself. Let us maintain the eternal light of God's wisdom ignited within the hearts of all - the way Mamma did.

# Fairdeal Properties Launch



On Saturday, the 8<sup>th</sup> of June, Fairdeal Properties, who are leading property developers in Kenya, had the Ground Breaking of their latest project – Sandy Shore Apartments, located in Kikambala, North Coast, Mombasa. Sandy Shore Apartments are exclusive Sea facing luxurious 1, 2, 3 & 4 bedroom apartments, located in the heart of Kilifi. The apartments are designed with all the modern amenities to provide with a comfortable, luxurious home. The idea of waking up each morning to the sound of waves lapping at the shore is a charming one, especially if the ocean is at a walking distance. Owning a beach front house can offer a complete change of lifestyle, representing a welcome retreat from everyday life. The project also offers a 5-star property management company that will take care of your property when not in use, ensuring that it is rented out, guaranteeing attractive returns on your investment. The beach side project will also have a Conference room, Children Play Area, Swimming pool, Club house and the likes to provide ultimate services. The project will be completed in an estimated time frame of 3 years. The main aim of the project is to offer an opportunity to Kenyans to own homes on this amazing waterfront, at attractive prices. Fairdeal Properties is a subsidiary of the conglomerate Fairdeal Group of Companies. The Ground Breaking saw a positive response from clients who have bought units at Sandy Shore Apartments, some coming from Nairobi, Kisumu, Nanyuki, Eldoret, Malindi and even from the USA. The Management & staff were overwhelmed by this response and look forward to continued growth & excellence.'



**TOURISM:** The Chief Executive Officer (CEO) of Kuriftu Resorts in Ethiopia Mr. Tadiwos Belete [centre] explains a point to the Mombasa tour operators and travel Agents when he met them at Sheba Restaurant. The CEO was in the country to promote intra-Africa travel and tourism. Stakeholders out to promote intra- Africa travel and tourism. A leading Ethiopian tourist resort in collaboration with the Ethiopian airlines is out to promote intra-Africa travel and tourism for economic growth. Kuriftu Resorts founder and Chief Executive Officer (CEO) Tadiwos Belete said it is imperative that the Africa tourism industry comes up with innovative ways to keep the sector thriving. Speaking in Mombasa when he met tour and travel operators, Belete said tourism players around the African continent should seek to promote continental tourism and friendship. He said the partnership between his hotel establishment and the leading African airline has the potential to drive economic growth on the continent. "Greater intra-Africa tourism can lead to economic growth and contribute to Africa's economic diversification efforts" he said during an interview. Belete said Kuriftu Resorts is now branching into East Africa and has already established a world class resort in neighboring Djibouti. He said Ethiopia is a country with rich history that boasts of several world heritage sites like the Aksum, Lalibela, Gondar which are rich in cultural and historical experiences. Mohamed Bafagih who spoke on behalf of the local tourism stakeholders said Africa has untapped potential that could be an opportunity within the travel and tourism industry saying free movement of people is key to boosting intra-Africa trade. Bafagih who is also the managing director of Vogue travel said African countries need to deepen their inter connectivity to harness the dynamism of the tourism sector. **By Titus Musau**

## NEWS

## First Lady Margaret Kenyatta joins runners at LEWA marathon 2019



First Lady Margaret Kenyatta at LEWA, Meru County, 29 June 2019 (PSCU)

First Lady Margaret Kenyatta was among the 1400 runners who participated in the 20th edition of the Safaricom Marathon in the Lewa Conservancy early today. The event, which has grown over the years to become an international attraction for conservation enthusiasts, attracted a rich mix of elite and amateur runners from over 30 countries who participated in the 42 kilometres full marathon, 21 kilometres half marathon and 5 kilometre race which the First Lady took part in.

Since its inauguration 20 years ago, the annual event has raised over Shs 750 million in support of biodiversity conservation and community development programmes in the Lewa Conservancy catchment area which straddles Meru, Isiolo and Laikipia counties. The funds raised through the marathon are channeled into education, healthcare, water, micro enterprises, women and youth empowerment projects in ways that promote wildlife conservation.

Speaking when she addressed participants and presented prizes to the winners of the different races, the First Lady commended the runners for their contribution to the country's conservation agenda. "This event reminds us that conservation and community development are interconnected. As Kenyans, we have the responsibility to help uplift the communities that need our support," the First Lady said. She noted that conservation interventions and partnerships initiated by the Lewa Conservancy have successfully contributed to the protection of endangered species such as the African elephant, rhino and the Grevy's Zebra by working with local communities to promote human-wildlife co-existence.

"Kenya has over the past years been recognized internationally for its conservation efforts; I thank you for being part of that success," the First Lady said. She observed that besides conservation and supporting community development, the marathon accorded visitors the opportunity to sample the

Kenyan safari experience through the stunning scenery of Lewa Conservancy.

Earlier, before the prize giving ceremony, the First Lady toured the Lewa Education Centre's adult and digital literacy initiatives as well as a beadwork project by pastoralist women. The beadwork project is supported by the Northern Rangelands Trust, a membership organization of community conservancies in northern and coastal Kenya involved in peace building and livelihood improvement activities through conservation.

"I thank the Northern Rangeland Trust for going a step further to ensure that this beautiful beadwork is linked to markets to expand trading opportunities," the First Lady. "I know as a mother, the important role women play in uplifting the lives of their families," she added. She praised the Lewa Conservancy for their growing investments in the education sector, noting that the hopes of over 10,000 school children had been restored and their future secured.

"Today I have seen the outstanding work of collective efforts, under the dedicated stewardship of Safaricom, Lewa Wildlife Conservancy, Tusk Trust and the County Government," the First Lady said. Noting that partners and sponsors of the marathon have invested over Shs 50 million in healthcare facilities, the First Lady promised to do what she can to support their work. Duncan Maivo clocked 02:20:04 to win the 42km race in the men category while Morris Munene took home the trophy in the 21km run. Mzee John Ruwengo, 89, who took part in the 21km race received a special prize for being the oldest participant in this year's marathon.

In the women 42km race, Emmah Kilole took the top honours in a time of 02:50:31 while Milliam Ebongom won the 21km race. Sports, Culture and Heritage Cabinet Secretary Amina Mohamed, Meru Governor Kiraitu Murungi, Safaricom Chairman Nicholas Ng'ang'a, Tusk Trust CEO Charlie Mayhew and his Lewa Conservancy counterpart Mike Watson among others spoke at the awards event.

## From Monkey to Man and Back

BY PARESH MORJARIA

There is an ancient myth that some monkeys suddenly developed some extra bit of grey matter and evolved into our forefathers. The same myth goes on to say that they sought and found another set (from an entirely different clan otherwise they would have been arrested for incest) of female monkeys who had also stumbled upon the power of reason (please note reason and logic mean two different things and are not inclusive of each other), fell in love and hey presto! Mankind was born.

With time mankind made great advancement in every aspects of their life including their own numbers which gave rise to competition which in turn forced humans to hone their intelligence. They say we were monkeys who suddenly became intelligent and evolved into civilized humans capable of logical and rational thinking. But once in a while, some of us, in a moment of nostalgia slip back into being monkeys again.

These are their stories TA DA!! (Sorry, I am a big Law & Order fan and couldn't resist the chance to pass this up) FAX WIRE TWISTER: This happened in the age when owning a fax machine automatically gave you celebrity status and thus I was the star of my area. A friend of mine once walked in with a document he wanted me to send to Nairobi. After exchanging pleasantries and making him grovel on his knees a few times (I just love extracting my pound of flesh too!) we sat down to do the needful.

It was in the days when we had analogue lines and thus dialling trunk calls was a real pain. Just as I finally got through and the document started getting sucked in by the machine he startled me by jumping onto his feet and yelling at me to stop the process immediately. I quickly hit the stop button and looked at him with a perplexed look.

What he said next floored me completely. He said "I have just realized that I haven't taken a copy of the document, could you please make a photocopy before you send it to Nairobi please!" I was stunned for a second and then I was rolling on the floor with tears in my eyes (some from total despair).

That day he earned himself a new title, we renamed him "Rocket" ever since... DISC MANIAC: I love to bring in weekends in a peppy mood so on Saturdays I normally listen music at work. It's my opinion that the disco music from the 80's were the best ever made and love listening to them repeatedly. One fine Saturday I was doing just that when a dear friend who was driving to Nairobi walked in for a glass of quick kahawa before he hit the road.

I began to realize that he was getting really enchanted with the music because he constantly looked distracted and his eyes would keep darting at my computer monitor as if it was the one generating the music. At one point the temptation got the better of him and he asked me if I could borrow him the disc for his long drive to ahead. I informed him that the music was playing from a hard drive and not from a disc.

I told him that my in-tray for the day was very full otherwise made a disc for him. He kept pleading until out of sheer irritation I told him to chill while I burn a disc for him. What happened next can only be described as riotous. He jumped up from the seat and started yelling on top of his voice "Its ok bro, I do not want your stupid disc! I thought you were a friend that's why I asked otherwise I am not a pauper.

You do not have to burn your disc! Keep it for yourself. Ati you will burn your disc down just rather then lend it to me for a few days!! For one brief moment I was too stunned to react but I quickly realized the direction of his thought process. Its that

day that I realized that trying to clear a misunderstanding while chocking on your own laughter is the hardest task ever.

He left with the sheepiest grin I ever saw on his face. I bet this episode is "burnt" into his memory banks forever. To this day he avoids any sort of conversations on music BRAIN FREEZE GOLD MEDALLIST: I once dropped into a friend's office a couple of years ago for some free advice and coffee. We are football buddies so naturally the conversation was long and animated and at times heated. During the course of the conversation I whipped out my phone to prove a point and having done so placed it on his table.

After another half hour of chit-chat I got up and left, completely forgetting to retrieve my phone from his desk. It was much later that I realized that I was missing a phone. In panic I tried to recall all the places I could have forgotten my phone at but didn't come to anything conclusive. I decided to try call my own number to see who answers it. I was overjoyed when my friend answered to assure me that my phone was safe with him and that I could pick it up at my convenience.

I retrieved my phone from later in the day while thanking god that I didn't have to go through the tedious process of retrieving my contacts. After a quick shower I decided to check missed calls or messages while the phone was with my friend was very intrigued to see one unread message from him. Fearing that it would be a snide remark on my carelessness, I opened the message and instantly went into a fit of hysterical laughter. The message read "Paresh, you have forgotten your phone in my office"! As I said before, the difference in the intelligence between man and monkey is a very fine line that sometimes the line becomes very blurred



Diani Rules is an annual Team Building event started 29 years ago by a few people thought it would be a good idea to bring people to the coast during the low season for some fun and to raise money for a worthwhile cause. It is always held on the Madaraka Day

# totos corner

WITH KENDI KIMATHI

## Fun with lots of purpose

STORYTIME

### A day with mother earth

"We don't have time to sit and eat Nadine! We will miss the train. You can eat on the way!" My Mom was almost yelling as she grabbed my hand and rushed into a waiting Tuk Tuk! As we almost flew to the train station, I was hurriedly biting big chunks off the chicken trying not to choke!

We rushed out of the Tuk Tuk and as I threw my paper plate with the remaining chips away on the road "Please save me." I heard a voice of girl "please please.. I need help". I turned around but I found no one. Grabbing mom's hand in fear, we marched towards the station.

"Help.. Help," again that girl shouted.

I was shaking in fear. I was biting my nails and I started running as fast as possible. With every step I took, her voice got louder. Suddenly I saw her.

There she was, sitting near the corner of the station pavement. Her head was bent down on the knees, her dress was made up of wrappers, newspapers and garbage and she was sobbing.

"Can I help you?" I asked her walking closer. She lifted her head up. Yuckkkk! She was a disaster. Her face had footprint of sandals and shoes as if someone has stamped on her face. Not only footprints but flies surrounded her entire body. She looked like a dustbin and smelled like one.. No, dustbin was much better than her. She was scary! I almost vomited.

"Who are you? Why do you look like that?!"

I was now afraid of her. I thought she was a witch or I was having a nightmare.

"I am mother Earth," she replied.

"What?" I asked surprisingly. "I am Nadine".

"I am not joking child".

"Mother Earth is so beautiful, go and fool someone else. Don't you know how mother earth looks? Haven't you seen how beautiful our mother earth is! Are you participating in any fancy dress competition? If yes then please don't tell them you are mother earth, they all will laugh at you. Tell them you are dustbin, yes! This name is perfect for you."

She kept quiet for few minutes. "Beautiful! Come out of your text book and google. I will show you how beautiful I (mother earth) am, and yeah dustbin is a proper name you gave me and you know what you and your friends are responsible for making me look like dustbin."

"I don't believe you."

"Spend just a minute with me and you will surely believe me."

"Fine only one minute not more than that."

"Where are you going?" she asked.

"I am going to take a train to Nairobi."

"Fine, let's walk together."

I sat down right next to her watching my mother who was queuing for the tickets.

"What is this?" she asked pointing towards the ground.

"Land."

"Has your teacher taught you that earth is made up of land and water?"

"Yes."

"Great. In spite of the dustbin kept on the opposite side people still throw wrappers and bottles on road that is land." She continued.

"Have you ever realized this inhuman act of you people is harming me? Can you see the disease I am suffering from? Why don't you throw waste in a dustbin?"

My eyes were now gazing on the ground as I was shameful being a part of this act.

Yuck! She is right. I remembered that I had just thrown the paper plate and an empty soda bottle on the road few minutes before.

"And if I am not wrong, even you are a part of this act," she said.

"I am sorry," I said fighting tears.

"Can I help you? These were your words right? How can you help me when you are the creator of my problem?"

I was guilty. I kept quiet. I felt bad as I never realized how I am hurting mother earth. "Can we stand?" she said.

"Yes."

"So what do you do?"

"I am a pupil, and I am really sorry. I didn't know how much I have hurt you. I am not good. I now realize your beauty has faded away because of humans like us."

"I am happy you realized your mistake. I hope you won't repeat again," she said.

"I promise."

All people in the station passed us holding their noses and frowning because of her a dirty look and the flies surrounding us.

"Jee.. haven't you taken a bath for years?" someone in the public shouted.

Mother Earth smiled. "They hate me and they have all done this to me!"

"I am sorry," I hugged her "I promise I won't repeat my mistakes again and I will make as many people aware about all this. I will see to it that we humans make you beautiful again."

"Thank you," mother earth said patting my back.

AS I shook her filthy hand and rushed to catch up with Mom. I felt sorry for Mother earth and promised to ask my teacher and parents what else I can do in the world around me to make it cleaner!!

Original story by REKHA MISHRA. Customized by Kendi Kimathi

**July 2019 Theme**  
Kindness and friendship word search

**KINDNESS AND FRIENDSHIP CHALLENGE**

**I can be KIND by-**

- saying nice things to others
- smiling
- being happy for others
- encouraging my friends
- offering to help
- sharing and taking turns
- caring about others
- listening when others speak
- using good manners

**Kind Kids Are...**

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

HAPPY GIVING   CARING HONEST   HELPFUL NICE   FAIR GRATEFUL   FRIENDLY FUN

**FUN FACTS**  
*Interestingly unbelievable. But real!*

1. Skin is your body's largest organ
2. Girls have more tastebuds than boys
3. There are about 1 billion bacteria in your mouth right now
4. Your body contains about 60,000 miles of blood vessels.
5. Your eyes move about 80 times a second
6. Your eyes process more than 120 million bits of information every second
7. Dogs can make 100 facial expressions
8. Only female bees sting
9. A chameleon's tongue can be as long as it's body
10. Humans can recognize about 10,000 different smells

**tongue twisters**

Whether the weather be fine. Or whether be not, whether the weather be cold or whether be hot, We'll weather the whether, whatever the weather, whether we like it or not.

Swan swam over the sea, Swim, swan Swim! Swan swam back again. Well swam, swan!!

A big black bug bit a big black bear, black bear bleed blood

MOVE JUST ONE MATCH TO FIX THE EQUATION!

$$6 + 4 = 4$$

SHARE IF YOU DID IT LIKE A BOSS!!

**RIDDLE-TIME**

- When is 99 more than 100?
- I stay in a corner but travel the world. What am I?
- What is black when you buy it, red when you use it and gray when you throw it away?

**A Maze-ball!**

Use a timer to see how long it takes you to complete the maze!

### Question time

Just grab a piece of paper, answer the questions, borrow Mum's or Dad's phone, take a photo of the answers and send on whatsapp to +254732599409. Type your full name and age! You could win a surprise gift from the Madafu Team

1. What does your name mean?
2. If you suddenly had the power to become invisible just for a day, what would you do?
3. What's the funniest thing you saw today/ this week?
4. Do you believe in ghosts?
5. What's the ugliest name you've ever heard?
6. Where in the world do you want to go for a visit?
7. If you had a restaurant, what would you serve?
8. If you had to become a teacher for a day, what would you teach in class?
9. If you could have any animal in the world as a pet, where would you go to get it and what would it be?
10. What questions should adults never ask you?
11. Would you rather always wear wet clothes or never shower again in your life?
12. How do you treat people who annoy you for no reason at all?
13. If you had to leave home because of an emergency, what 3 things would you take with you?
14. Who is your worst enemy and why?
15. Would you rather eat cake or ice cream?
16. If you were to write a song what would it be about?
17. What makes you happy?
18. If you could make a new holiday, what would it be?
19. What would you wish for if a genie gave you three wishes?
20. If you could do something like your Dad/ Mom do, what would you want to be able to do?

What you need: A pair of scissors, colours and a manilla paper!

**Cut & Paste Flowers**

Find, match and paste the pictures together.

### Let's Complain Less



BY ATIYA MUGHAL

**W**e like to complain about something or the other, and in the process we forget that there are wonderful things and blessings all around us. What we don't know is that we waste our energy on these complaints that will not help us in any way at all.

Instead of being on the complaining mode throughout we need to stop this negative habit and focus on being more appreciative towards everything that is all around us.

By doing this we would certainly feel good about ourselves. Complaining is one of the most effective negative vibes because we tend to put all of our energies on to that and by doing so we end up directing all the forces to actually worsen our situation. We all have a lot of problems and issues in our lives and it cannot be helped when we get fed up and start complaining.

But that constant complaining about our problems will not help them go away or disappear, but instead it will increase them. As you know the law of attraction's rule is "believe and you shall receive" so here you are, complaining over and over so you are truly 'believing' it all and then, proof, your problems increase, now that's 'receiving'.

In order to enjoy life more, the complaining needs to stop but even that won't happen overnight as bad habits die hard. So we should first acknowledge that we actually have this habit of complaining, then catch ourselves whilst doing the deed itself so as to stop it right there and then.

When this happens, try and catch yourself, and stop mid sentence if you have to and quickly change the topic or simply put a full stop to it right there. Then vow to yourself that you will not complain about that particular thing or person and keep practicing this.

When you do find that you managed to complain again about the same thing, find something nice about it and say that to finish your sentence. When we are in the state of complaining we become sort of mean and don't see the good in the situations or people we are complaining about.

Everyone and every situation have a good side as well bad, so we should start being more appreciative and praise more. When we praise someone we are sending out blessings which will come back to us in doubles.

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.

**Meme-Land**

## OPINIONS



Mahasamadhi of Grandmaster Choa Kok Sui To commemorate the Mahasamadhi of Grandmaster Choa Kok Sui, the modern founder of Pranic Healing and Arhatic Yoga. Acu Health Nature Cure Institute visited Ananda Marga Childrens, home on Sunday, 24th March 2019. The orphan and abandoned girls at the home were trained how to perform Super Brain Yoga (a yoga method which improves learning and remembering functions, taught by Grandmaster Choa Kok Sui) and had a session of Twin Hearts Meditation, a meditation technique developed by Grandmaster Choa Kok Sui. Mr. Harendra Patel, first led the children in doing Super Brain Yoga, thereafter led them perform simple exercises to purify the body and then Twin Hearts Meditation was performed. Thereafter, a small party with snacks and fruit juices were shared with the kids. They also presented foodstuffs at the home. The Acu health party included Ally Dharamshi, Evelyne Pereira, Evelyn Pereira's Mum, Purity, Hamisi and CPA Mohamed Ebrahim. Reported By CPA Mohamed Ebrahim

## Islam, Women and Male Chauvinism



BY AHLAM MANSUR.

Many people perceive Islam as a chauvinistic religion that belittles women and favours men and masculinity. They look at the situations and conditions of Muslim women in some "Muslim countries" to prove their point failing to separate the culture of a given people from the true teachings of the religion that they may profess.

It is sad, depressing and heart-breaking to see that even today, in this century, the oppression of women still exists in many cultures around the world. Women in many Third World countries live horrible lives, are dominated by men and denied many of their basic human rights. This does not apply to Muslim countries alone, nor does it apply to all Muslim

countries. This is done by men who wish to satisfy their egos and consider women weak and commodities of amusement and pleasure.

Islam, in its entirety and purity strictly and clearly condemns this oppression. It is a tragic injustice to blame these cultural practices on religious beliefs when the teachings of the religion do not call for such behaviour.

Oppressive practices against women that exist in certain parts of the world have, unfortunately and mistakenly, been associated by some people with Islam. Practices such as forced marriage is conducted in many traditional societies. It is one of the practices that is forbidden in Islam. Some fathers had forced their daughters into marriage at the time of the Prophet Muhammad (Peace be upon him). When the

women complained to him of this, he nullified their marriages or gave them the option of ending the marriage even if it had already been consummated, establishing the clear precedent for Islamic law concerning freedom of choice about marriage and putting an end to this oppressive practice.

Sadly, this still goes on in many parts of the world today, including a number of "Islamic countries." Though the practice is illegal in almost all countries, many women in traditional societies either do not know their rights or are too afraid to demand them.

All of these practices are against Islamic law, and it is the responsibility of all Muslims to eradicate them in their societies. Yes, Islam is tolerant of cultural diversity and does not believe in eradicating the ways of life for different people, nor does it force people to give up their cultural identity when they embrace Islam. However, when the cultural practices of a people contravene the laws of Islam and deprive people of their God-Given, inalienable rights and freedom of choice, it becomes a religious obligation to abandon them.

Islam sees every woman, married or unmarried, as an individual in her own right. She has the same right to own property, earn wealth, and spend it as a man has. Her wealth does not become the property of her husband after marriage. A woman has the right to choose whom she marries and, when married, does not change her last name out of respect for her lineage. A woman can seek divorce if her marriage does not work out.

Economically, each man and woman is an independent legal entity. Men and women have the right to own their individual property, engage in business, and inherit from others. Both have the equal right to receive an education and enter into gainful employment, as long as the guidelines of Islam are followed.

Islam respects, glorifies and honours women.

## Of Addictions & it's Misconceptions

BY ANJHNA

Addiction is *A psychological and physical inability to stop consuming a chemical, drug, activity, or substance, even though it is causing psychological and physical harm.* As the definition goes, this particular vice is not categorized into one kind of obsession; the uncontrollable urges spread their tentacles into our psychological being. Dependencies on chemicals or drugs is commonly known but the psychological ones are the most dangerous ones, they need to be identified, acknowledged and then dealt with.

Physical addictions are easy to spot and numerous rehabilitation centers are available around the globe to cope with such. The hidden ones however are harder to make positive progress with. The individual will need to acknowledge the problem, the first and the hardest step is the one that is the most difficult to take.

Serial killers and psychopaths often experience thrills carrying out grotesque activities such as collecting parts of their victims. Other examples include adrenalin addiction which is caused by taking part in activities that cause adrenaline rush in our systems such as skydiving, free fall, bungee jumping, kayaking, high speed racing and many other such competitions.

People are also addicted to success, amassing of wealth, corruption and even love. Love that can be one way in most cases, the most widely unrecognizable type is between some parents and their children which blurs the lines between care and suffocation. Most parents and some children don't clearly understand the limits and end up causing so much claustrophobia that the relationship mostly ends up becoming poisonous.

The same applies to love, sometimes a partner or both have major issues dealing with their unacknowledged insecurities that their relationship with each other becomes the main lifeline and in most cases this leads to over-protectiveness, jealousy, dictatorial attitude and overly attached behavior which leads to corrosion of the core that made the relationship possible in the first place.

Many of us do things thinking we are doing something with the best intentions of the other person in mind while we are actually chipping away at the personality or independence of the other.

No matter what your addiction, if we are able to acknowledge and accept the circumstances that make us addicts, we can make headway in dealing with it. This kind of obsession should be checked and dealt with in a positive manner for if it is left to fester and grow it may cause the end of our personality or even our lives as we know it. Acknowledge, accept, and heal! Let us help each other become more human again and steer the world in a better and positive direction!

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## Guardian Bank Receives International Recognition

Guardian Bank Limited has been crowned the Best Commercial Bank in Kenya for the Year 2019, by the International Banker Awards. The award was presented at the London Stock Exchange Studios. International Banker is part of the Finance publishing stable of publications. International Banker is the go-to publication for all serious professionals working within finance sector.

The publication is a guaranteed resource bringing in-depth analysis of the most pressing economic issues globally. It is also acknowledged globally for setting the agenda for discussion on topical issues in the banking industry. Guardian Bank was the only Kenyan bank recognized by the International Banker Awards 2019.

Others crowned during the gala event were; Mr. Ade Ayeyemi (Ecobank Transnational Incorporated -Togo), crowned Banking CEO of the Year - Africa, Best Customer service Provider of The Year Africa went to Nedbank (South Africa) and Best Banking Group Togo was taken by Ecobank Transnational. International Banker covers all areas of banking and finance including risk management, structured finance, trading, company analysis, corporate social responsibility and technology. International banker has an established and loyal readership of 100,000 senior decision makers around the world; CEOs, CIOs, Tax Executives, Institutional Investors, and Government Treasury Departments, to name a few, all use International Banker to obtain informed market intelligence to base key decisions upon.

The International Banker Awards were established to recognize top-ranking individuals and organisations setting new benchmarks for performance and pushing the boundaries within the financial industry. Guardian Bank was recognized for good corporate governance structures, asset quality, liquidity management, compliance, capital adequacy and corporate social responsibility. "Ever since we opened our doors in August 1996, Guardian Bank had deployed a multifaceted approach to surmount a myriad of challenges based on well-tailored strategies on both external and internal policies," said Hetul Chandaria, Executive Director of the Bank. For every customer, Mr Chandaria was categorical, walk into any of our banking halls will be met with smiles from our courteous staff, dedicated to ensuring offering our clientele stress free service.

While high-tech is in demand, so too are personalized services. "At Guardian Bank, excellent customer care is supreme. We emphasize personalized customer care. We know our clients by name and not number. We appreciate the fact that banking is a competitive industry, and as such, highly quality customer care is invaluable to cultivating and retaining customers," he noted At Guardian Bank, he noted, we acknowledge that many corporate customers, like their retail counterparts, are demanding seamless, tailored product and service choices with user-friendly interfaces.

Hence the resolve to streamline front-end operations as an essential priority. Guardian Bank has been actively involved in corporate social responsibility mainly touching on environment, health and education through its various branches spread across major towns in the country. Guardian Bank Limited (GBL) was founded by the Chandaria family, one of the leading business houses of Kenya with extensive investments in paper manufacturing, petroleum, real estate and banking.

Dr. M. M. Chandaria (popularly known as "MM") is the founder and the Chairman of Dinesh Maganlal Chandaria group of companies (DMC Group). DMC Group consists of Guardian Bank Limited, East African Paper Mills Limited, TransAfrica Paper Mills Limited, Global Petroleum Products Kenya Limited, Chandaria Commodities Limited, DMC Properties and Chandaria Properties East Africa (EA) Limited. The group is also involved in various of corporate social responsibility activities through its DMC Foundation.

## How To Avoid Living In Regret

I walked into the Java Coffee house at Nyal Center not sure of what to expect. I was here to meet with a man who had called me early in the morning asking if I could accept to meet with him urgently. I don't get many such requests early on Saturday morning and I therefore had no idea what to expect.

Dan was already at the restaurant when I arrived and after introducing himself, we made our orders and then he began telling me his story and why he wanted to meet with me urgently. It turned out that he had spent the night in an after-party of a rugby tournament in town and had ended up getting intimate with three different ladies before the night was over.

When morning came, Dan had left with his friends and it was only after getting into his house that reality hit him and the consequences of his actions dawned on him. He had asked himself all the "what if" questions. He could not believe himself and wondered what he was thinking, how could he have betrayed Sue like this?

Sue was his girlfriend of many years and was now his fiancé with a wedding planned for December. How will he even face her after the night escapades? What if she finds out? Dan was full of regrets and I could see the pain in his eyes as we talked but the irony of the situation was that during the night of

partying, a friend of his had tried to warn him to stop flirting and drinking but he had kept on going. His argument was, there is nothing wrong in talking to good looking ladies. How he wished he would have listened, however, the opportunity to turn away and turn from trouble was gone. Where an opportunity to choose differently existed was now a sea of regret. Would it have been possible to avoid all the regret? To avoid getting yourself where Dan found himself, you can choose to live by the following two thoughts or principles that will help you safeguard yourself from living in regret.

### Your Direction

I keep meeting people like Dan all the time. People who have chosen a road that has led to trouble and when they get there, they realize that was not the destination they wanted to arrive at. A husband flirts with a colleague and when things move forward, he turns around in regret.

A banker begins altering records and when they find themselves at the dock in court, regrets set in. What about the young girl crying because the man is gone, she is still a student and pregnant? Truth is, it does not matter what dreams you have or what destinations you want to arrive at, the road you take, the path you choose is what determines where you will arrive.

Dan chose a path that led to a

broken engagement because Sue got to hear about it from one of her lady friends who was at the party. Heartache for Dan did not end with the broken engagement, one of the girls from his escapades claims she is pregnant with his child. He did not want to be a father just yet, had not planned to be a father outside of wedlock and had no plans to break up with Sue but his actions, the path he chose that night determined the results he got. All his dreams in regard to being a husband and father dashed and altered simply because he took a direction that led him to a different destination. Lesson for us, we have to carefully watch where we are going to avoid living in regret.

### Wise Decisions

Feelings change with the mode and the moment. You cannot trust your feelings to make wise decisions. I remember Janet crying in my office asking me what she could do.

She was going to marry her sweetheart within two weeks but she had a tattoo on her back that read, "Forever in love with Steve." She had gotten the tattoo while still in campus and madly in love with Steve. After Campus, they had broken up and she had never thought about it seriously until now. What would her husband think and feel after they got married? Imagine him seeing those words on the back of his wife every day for the rest of their lives. Well,

when Janet was getting the tattoo, her feelings for Steve was all that mattered. She had argued that there was nothing wrong with getting a tattoo but now she was full of regret.

Dan was also in regret, he had said there was nothing wrong with flirting, he had felt very nice while doing it but feelings cannot be trusted to make wise decisions. Dan had to learn to make decisions soberly and wisely and we need to learn the same in order to avoid regret. Feelings change but our decisions and their consequences stay with us.

Dan is slowly healing from the break up with Sue and preparing himself for what lies ahead as a father even though he is secretly waiting for the baby to be born so that he can get DNA tests and all done. He is also waiting for another test, planning to take a HIV test in the next two months or so and he has chosen to ensure he lives differently going forward.

He is now carefully choosing his direction and making wise decisions. I challenged his value system and got him to begin to read the bible and seek to live for more than just himself, selfishness leads to a life of regret. To make wise choices, you need to have the wisdom to do so and the Bible gives you that. What other principles would you add to my two? How can we all live life and enjoy it without regret? I would love to hear from you.

## BUSINESS

# Businesses Of The Future: 20 New Wealth Creators On The African Continent

BY KAREN MWENDERA

The New Wealth Creators is the first of its kind list by FORBES WOMAN AFRICA. Herein is a collection of female entrepreneurs on the African continent running businesses and social enterprises that are new, offbeat and radical. These 20 women have been selected because they have created significant impact in their respective sectors by transforming a market or company, or innovating a product or service, and are pioneering their organization(s) in generating new untapped streams of income.

These women come from across the continent, from the villages and the suburbs, and are in their 20s, 30s, 40s and 50s. They have all adopted sustainable development initiatives in one way or another to help solve Africa's problems. They may be wealth creators but their businesses, ironically, did not stem from a need to make money, but rather from the need to solve Africa's persisting socio-economic challenges.

Economically empowering women has shown to boost productivity. It increases economic diversification and income equality, in addition to other positive developmental outcomes. Simply put, when more women



From left to right: Rachel Sibande, Arlene Mulder, Mische Addy, Sarah Collins, Dineo Lioma, Jessica Anuna. Photo by: Motlabana Monnagotla and Gypseenia Lion

work, economies are likely to grow. FORBES WOMAN AFRICA put in months of rigorous research, searching near and far for these inspirational entrepreneurs. We took into account their business model, new ideas, potential, struggles, social impact, growth, influence, resilience and most importantly, their innovation.

Speaking to FORBES WOMAN AFRICA last year at the BRICS summit in Johannesburg, South Africa's Minister of Science and Technology, Mmamoloko Kubayi-Ngubane, said: "Innovation [is] becoming the cornerstone for our economy going forward." As Africa's population is reported to increase by 53% by 2100, according to the United Nations, new solutions must be created in order for us to keep up. One question

remains: can Africa translate its significant population growth into economic development, and invest this wealth to improve the quality of life?

Entrepreneurship could very well be the answer, or at least, one of the answers. Last year, the Founder and Chair of the Alibaba Group Jack Ma paid Africa a visit to discuss tangible investment and technology development. He encouraged African entrepreneurs to take giant leaps in solving the challenges facing the continent and to take advantage of the digital economy.

He said that opportunities lie where people complain. And these women, through their businesses, have identified just that. Vijay Tirathrai, director of the Techstars Dubai Accelerator, shared the

same sentiments with FORBES WOMAN AFRICA. "The new wealth creators, for me, are entrepreneurs who are very conscious about finding solutions in the market place, but from a lens of having social impact or having impacted the environment," he says.

Tirathrai believes that while servicing consumers, new wealth creators are also "making a safer and a greener planet in the process, eliminating diseases, improving health conditions and advocating for equality for women". Women on the African continent have been making headway as drivers of change, and in many ways, they embody new wealth. They are the true wealth.

As FORBES WOMAN AFRICA, we seek to celebrate such women. Through this list, money is no longer the central indicator of new wealth creation. It is about job creation, contributing to healthy societies, recycling waste, giving agency to those who are financially excluded and developing solutions for some of the socio-economic problems we grapple with. These women may all come from different places but they are bound together by one common thread, and that is the thread of new wealth creation. This compilation is innovative, exciting, inspiring and shows what businesses of the future may look like.

## Enabling Healing For Rape Survivors



On this day in 2008, the United Nations Security Council adopted resolution 1820 declaring that rape and other forms of sexual violence could constitute "a war crime, a crime against humanity, or a constitutive act with respect to Genocide". For countries such as Rwanda, which have experienced conflict and its devastating consequences, this was a major step forward.

The 1994 Genocide against the Tutsi saw over 1,000,000 men, women and children slaughtered in a 100 days. Of those who survived, many endured torture and public humiliation, often in the form of rape and sexual assault.

Between 250,000 and 500,000 women were systematically raped, with the additional intent to infect them with HIV. The result was, approximately 67 percent diagnosed as HIV+, and an estimated 20,000 children born of these mass rapes. For survivors of rape, who in many ways carry a double burden, the journey of healing is more complex, filled with pain that most struggle to keep buried and forgotten.

Beyond the physical damage they suffered, these women and girls - and in some cases, men and boys - continue to suffer from severe mental wounds that stripped them of their dignity, leaving them feeling like lesser human beings. For true healing to occur, we must create and promote a conducive environment where survivors can live dignified lives, unbound by crippling thoughts and the helplessness brought about by their ordeals.

Efforts must be pooled from the highest levels of leadership to the grassroots, to establish safe spaces that allow each victim and survivor of rape to heal, reconnect and reintegrate with the right support and at their own pace.

Even more so, as survivors have to live next to perpetrators, as many of them remained in their original communities; while the most notorious, will soon be returning to their homes, after serving their sentence. In my experience working with survivors of rape in Rwanda, I have seen first-hand the miracles that can occur when survivors' individual healing journeys are not brushed away, forced or ridiculed, but simply enabled.

One particular story stands out in my mind, is that of Suzanne, a woman I met through my work with ABASA, an association of genocide and rape survivors. My organisation, Imbutu Foundation, supports the women of ABASA by facilitating their access to HIV treatment and providing psychosocial and financial support. We ensured that Suzanne received quality treatment and surgery at a reputable hospital, and stayed close to her throughout her recovery. As result, she is now a strong and healthy citizen, whose experience of the Genocide is no longer a physical mark, left for all to see.

Every individual story like Suzanne's, and that of thousands of Rwandan women raped publicly, and taken to what was known as 'Maison des Femmes' only to be abused by countless men, underline the vital importance of recognising rape in conflicts as a weapon of destruction.

More than that, it is a call to the international community to:

- take bold steps by bringing to justice those who are still on the run;
- mobilise solidarity, responsibility and resources to enable the healing and reintegration of rape victims.

For Rwanda, especially during this Kwibuka (Genocide Commemoration), a quarter of a century later, it is a call to acknowledge survivors of rape as true heroines and heroes of our history, and to strip rape of its cruel power.

For all of us, men and women, it is a call to become part of the solution.



Regional Blood Transfusion Centre-Coast Laboratory Technologist Eric Otieno assists Sarova Whitesands Beach Resort Sales Assistant Agnes Kitili (right) to donate blood as the hotel marked the World Blood Donor Day (WBDD) celebrated around the world on 14 June every year. The event was organised by Red splash. The event serves to thank voluntary, unpaid blood donors for their life-saving gifts of blood and also to raise awareness of the need for regular blood donations. 15/06/2019 Sarova Whitesands Beach Resort staff shortly before they donated blood as the hotel marked the World Blood Donor Day (WBDD) celebrated around the world on 14 June every year. The event was organised by Red splash. The event serves to thank voluntary, unpaid blood donors for their life-saving gifts of blood and also to raise awareness of the need for regular blood donations. 15/06/2019. Photo By Andrew Kilonzi

# Why we should battle for urgent waste management

BY MR. MAHMOUD KHAMISA

“Could I have one coffee, black please?” I inquired at the attendant standing inside the Chai Stall. It had rained heavily all night, and as much as it was almost midday, it felt unusually cold in Chennai. A cup of coffee sounded refreshing to me. Especially from this particular stall brewing perhaps the best coffee I have ever had in my entire life. In a jiffy, I was handed a hot paper cup and I took in my first sip ravishing it’s distinctive taste.

Unfortunately for me and as is normally the case my sip turned into a gulp and I found myself staring at an empty cup. The chills of the rain drenched streets hit me again as I frantically looked for a waste bin. “Oh Anna!” The Attendant in the stall called out. If you are thinking what Anna means then it is Tamil slang for Big Brother. He just called me Big Brother. Did I mention that he had snow white hair on his head? Maybe it is the weight I have put on I pondered.

At most it must be humility which is spread all over India like heavenly glitter. “You will not find any waste bin in all of Chennai.” He quipped as I handed him my empty cup. “Why is that? And I can have more coffee please?” I asked, now really

interested. We both heard the faint crackling of Thunder yet again for the umpteenth that morning. “It is going to rain again soon, why don’t you come inside and I will tell you.” He replied. “Thank you so much Sir, for hosting me” I said, as I entered his humble stall. “What are you saying Anna, you are our Customer and a Customer is-” “Yes, yes I know, Customer is Lakshmi (Hindu Goddess of Wealth and Fortune)” I interrupted him as I sat on the stool he had just wiped with his rag. He laughed at my mentioning of Lakshmi and handed me my second cup of his deliciously crisp coffee.

I extended my right hand and he shook it vigorously, introducing himself as Arun, and he then narrated to me the incredible story of how Chennai became practically bin less in a span of just two years. Each and every vicinity in the City is governed by a Resident’s Welfare Association (RWA) and it is they who spearheaded the movement of making Chennai pollution free and totally bin less.

Mind you, I am not talking of gated communities, but streets filled with up to a hundred families. One can say our very own Nyumba Kumi Initiative back home could be a smaller version of RWAs in Chennai. Anyway, what actually



Tamil Women drying manure prior to collection.

happened is that the RWAs took it upon themselves on calling out to the families residing in their respective streets, various informal meetings were held where these families were enlightened on how to treat waste in their homes. Emphasis was given on separating the waste from what is recyclable and what is not.

Now here is where it gets really interesting, all organic and food waste is then composted by the residents themselves in their respective houses and turned to manure and this manure is then handed over to a gardener (employed by the RWA) who uses the same manure on the trees and plants on the streets.

But what happens to the inorganic waste? This will blow your mind away.

These guys actually have a mobile app for that. The App owners called themselves ‘Urbin’ and they connect the respective streets to the nearest Kabadiwalla (Waste Collector) by installing bins inside the houses and these bins have an inbuilt field sensors which alert the Kabadiwallas via a text message as soon as the bin is full.

These Kabadiwallas are the real heroes, as they prevent the waste from filling the land fills and garbage sites and instead their waste is recycled or upcycled. The app, which itself is called ‘Recycle’ also connects the residents to scrap dealers for disposal of solid waste! Ingenious! By the time Arun had finished narrating his saga of how Chennai had finally battled with garbage and waste pollution I was already

on my fifth cup of coffee. Somewhere in our conversation we briefly diverted to the Water Scarcity Chennai faced in recent years and how the residents yet again countered that as well.

With my jaw dropped in amazement I managed to croak out if I can take my leave but come back and listen to his stories yet again, especially the Water Scarcity one. “This is on the house.” Arun declared, as he handed me a neatly wrapped sandwich while I stood up to stretch my sore limbs. He helped me call out a Rickshaw (Tuk Tuk) as it was still raining, we shook hands and I left.

The ride back home was one of reflection, I drifted off into my own world, thinking of Mombasa and how we ourselves have our own battles with waste management. What if we could also take the same journey that Chennai took? Of course it will not be original, I mean, who cares with Originality these days? I just pictured Mombasa in my mind without Garbage and a sense of urgency took over me. Can we really one fine day wake up to find pristine streets and fresh air? “Oh Anna! Your stop has come Sir!” The rickshaw driver shouted out, crashing me out of my day dreaming.



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