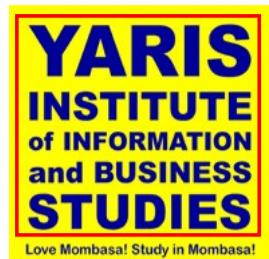


The Socio-Economic **Newspaper** with Anything & Everything from Kenya



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From Failure to Success

By Erick Omondi

In Kenya, failure is not always whispered about. Sometimes it arrives loudly through a collapsed business, a missed opportunity, an exam retake, a drought, or a public loss. Yet, across villages, estates, and cities, failure is rarely the end of the story. More often, it is the place where strength is tested, character is forged, and purpose is clarified.

Stories of rising after setbacks are woven into everyday life. They are told at kitchen tables, in matatus, at chama meetings, and under

trees where elders speak wisdom into the future.

The Student Who Refused to Be Defined by a Grade

In many Kenyan homes, education is sacred. Failing an exam can feel like failing an entire family. Dedan, from Kisii failed his KCSE and watched his dreams of university slip away. Shame followed him everywhere.

But he did not stop learning. He enrolled in a technical course, worked small jobs, and later returned to school through alternative pathways. Today, he is skilled, respected, and confident not because his journey was perfect, but

because he refused to let one result define his future.

In Africa, wisdom reminds us: the river may bend, but it still reaches the ocean.

Failure, in the African context, is not a full stop. It is a comma. It pauses us, teaches us, and redirects us. Our grandparents knew this. They survived droughts, displacement, and hardship, yet built families, cultures, and communities that still stand.

Success in Kenya is rarely instant. It is gradual, earned through persistence, community support, prayer, and courage. It is born in setbacks and strengthened in

silence.

From athletes who trained barefoot to represent the nation, to artists who were once told their dreams were useless, Kenyans continue to rise. We rise because resilience lives in us. It lives in our stories, our songs, and our spirit.

Failure may knock us down, but it does not own us.

In Kenya, and across Africa, success is not about never failing it is about standing up every time, brushing off the dust, and walking forward with wisdom in our eyes and fire in our hearts.

(Omondierick527@gmail.com)



Artificial Intelligence in Mombasa: Turning Local Data Into Opportunity

By Wycliffe Mutisya

Mombasa sits at the intersection of trade, tourism, logistics, and culture. Every day, the county generates vast amounts of data from port operations and traffic flow to health services, schools, fisheries, and small businesses. Yet much of this data remains underused. As artificial intelligence (AI) gains momentum across Kenya, Mombasa and other county governments have a chance to turn everyday data into smarter decisions, new jobs, and stronger public services.

Across the country, Kenyan startups are already showing what is possible. Ajua uses AI-driven analytics to help businesses understand customer behavior.

Twiga Foods applies data intelligence to optimize supply chains, reducing waste and improving farmer incomes. iProcure leverages data to streamline procurement for agribusinesses, while mSurvey uses data analytics to capture real-time consumer insights across African markets. These examples prove that AI is not a distant concept it is already solving local problems using local data.

For Mombasa County, AI can improve traffic management around the port, predict flooding in low-lying areas, enhance revenue collection, and strengthen public health surveillance.

For students, the opportunity lies in data science, machine learning, and AI ethics skills that are increasingly in demand and can be learned through online



platforms, local hubs, and university programs.

For startups, county-held datasets when shared responsibly can fuel innovation in logistics, tourism tech, climate resilience, and digital public services.

However, this future requires deliberate action. County governments must invest in data governance, digitize services, and open up non-sensitive datasets. Policymakers should

create clear guidelines that encourage innovation while protecting citizens' privacy. Startups and researchers must build solutions that reflect local realities, not imported assumptions.

AI will not replace people but counties that ignore it risk being left behind. Mombasa has the talent, data, and urgency to lead.

The question is whether we choose to act.

Where to get started: County ICT offices, local innovation hubs, universities, and community tech training centers like Yaris are key entry points for learning, collaboration, and responsible AI adoption.

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ICT Director
Yaris Institute



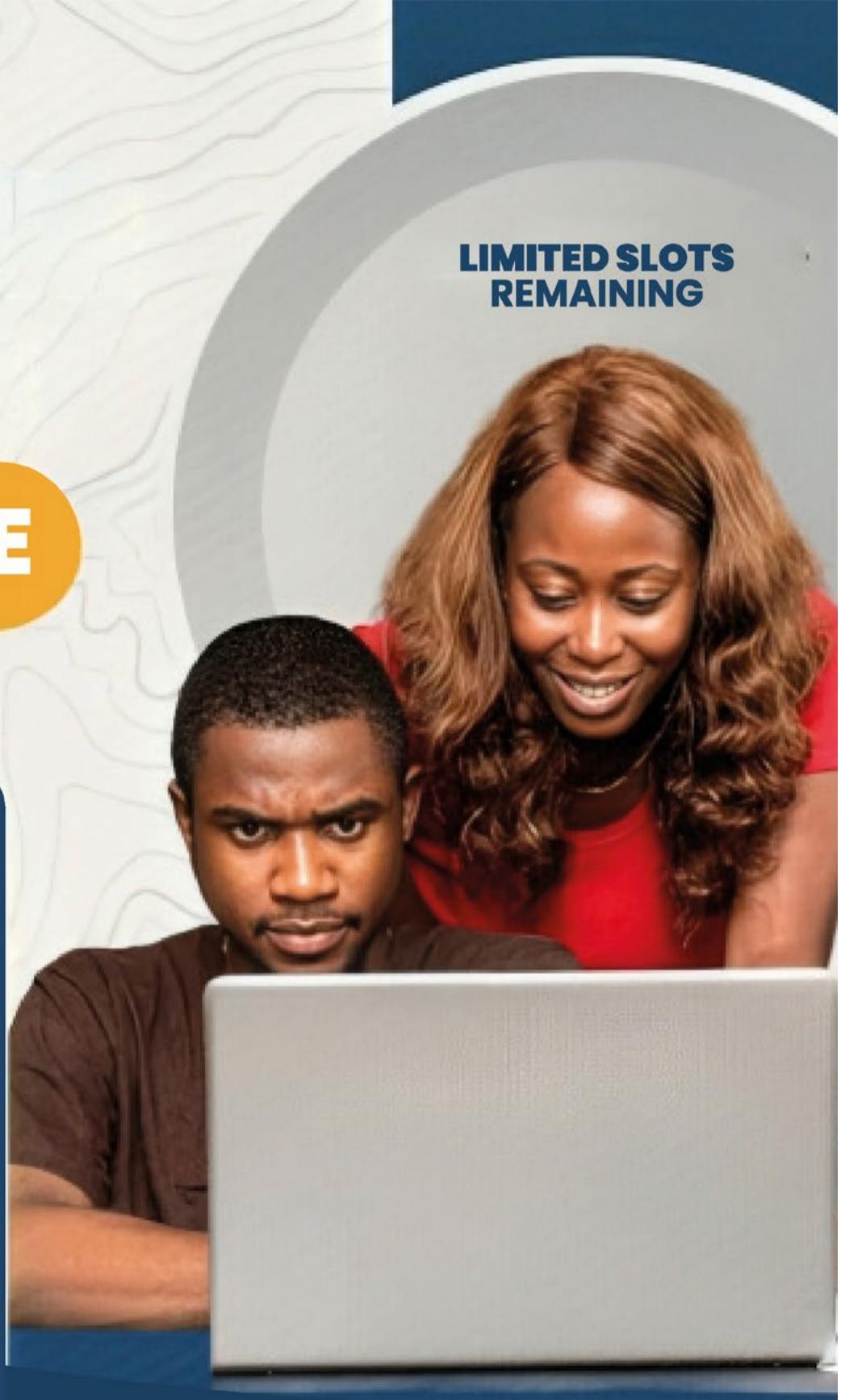
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- Life Skills Training
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- Computerized Accounting
- Office Management
- Graphics / Web / Ai Programs



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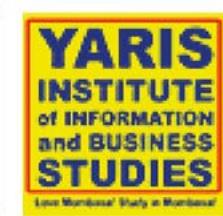
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**SHREE PLAZA, FIDEL ODINGA RD,
BEFORE SHELL JUNCTION PETROL STATION**



President Ruto's World-class infrastructure fund approved

The President explained that the fund will be the instrument used to mobilise KSh5 trillion required to fund the country's transformation and take it to the next level.

He pointed out that the funds will be used in upgrading and expanding high-quality infrastructure, including the dualing of 2,500km of highways, tarmac 28,000km of roads, expansion of Jomo Kenyatta International Airport, Mombasa and Lamu port, and the extension of the Standard Gauge Railway from Naivasha to the border with Uganda.

The Head of State made the remarks at the Africa Independent Pentecostal Church of Africa Karuri in Gatundu North Diocese, in Kiambu County on Sunday.

Additionally, the KSh5 trillion will also go into boosting food security by building 50 mega dams, 200 mini-dams and 1,000 micro-dams and thus put under irrigation 2.5 million acres, and generating an additional 10,000 megawatts of energy to power value-addition, agro-processing and industrialisation.

"We are late in moving this country from the third world to first-world status, and eradicating poverty and hunger," said President Ruto.

At the same time, President Ruto told leaders to stop divisive politics and instead direct their energies in uniting the people.

The President regretted that some politicians are busy engaging in politics at the expense of discharging their responsibility of serving citizens. Ruto said elections come and go but service to the people is an ongoing endeavour.

"Let's work together for the sake of development. We should discourage divisive politics and focus our energies on serving the people. Time for elections will come," he said.

He castigated leaders claiming that the government's extensive and ambitious agenda to make Kenya a first-world economy is impossible, saying such individuals have no plans for the country.

"You cannot expect someone who has been in government for 50 years, and has no tarmac road to his home, to believe that Kenya can move from the third world to first-world economic status?" the President said.

He laughed off opposition leaders claiming that the government had done nothing in development, wondering if they lived in Kenya.

The President pointed out that the government is



building 240,000 affordable houses, 400 modern markets, and 177,000-bed hostels for university, TVET and Kenya Medical Training College students across the country.

In total, he pointed out, the government is investing

KSh48 billion in these projects in Kiambu County.

Additionally, KSh4.1 billion has been set aside for the improvement of roads in the county.

Leaders present, led by National Assembly Majority

Leader Kimani Ichung'wa, commended the President for the development initiatives in the Mt Kenya region, saying it would transform the lives of the people.

"Kenyans will elect leaders because of their development

track record. No one decides for our people how to vote," he said.

Cabinet Secretaries Alice Wahome (Lands) and William Kabogo (ICT), and Kiambu Governor Kimani Wamatangi were also present.

Uphold fairness, courage, and independence in decisions, Ruto tells judges

President William Ruto has urged judges to uphold fairness, courage, and independence in addressing challenges facing refugees.

The President said judges have the responsibility to ensure that every refugee and migrant who seeks justice in the courts is served fairly.

"Your obligation as judges is the solemn duty of ensuring that every refugee and migrant who comes before you finds justice, fairness, and the reassurance that their case has been heard with dignity and integrity," he said.

He reminded them that the decisions they make reverberate far beyond the courtroom, shaping lives, preserving families, and safeguarding the credibility of the international protection regime.



President Ruto made the remarks on Monday when he opened the 14th International Association of Refugees and Migration Judges World Conference in Nairobi.

The President told judges to ensure that claims of refugees and migrants are heard fairly, and that States uphold

their obligations under both domestic and international law.

"They also play a vital role in harmonising the interpretation of refugee law across jurisdictions," he said.

Additionally, President Ruto pointed out that, through cooperation and knowledge-

sharing, judges can develop a consistent global jurisprudence that ensures fairness no matter where a claim is heard. Justice must not depend on geography or chance.

He noted that judicial independence is the bedrock of the asylum system, saying where courts are free from political interference, they serve as safeguards against arbitrary action.

"They ensure that asylum procedures are credible, transparent, and just; and that justice is not only done but also seen to be done," President Ruto said.

Additionally, the President said integrity in refugee and migration systems requires strong institutions and credible procedures.

"Every asylum seeker deserves timely and fair adjudication, access to

legal counsel, and the right to appeal. These are the foundations of justice," he said.

He pointed out that Kenya's tradition of hosting refugees is longstanding and distinguished.

For more than three decades, President Ruto said Kenya has opened doors to those fleeing war, persecution, and famine.

"Today, nearly 580,000 refugees and asylum seekers call Kenya home.

This reflects not only our generosity, but also our unwavering belief in the principles of humanity and solidarity," he said.

He noted that Kenya has enacted the Refugees Act, guaranteeing refugees the right to work, to move freely, to access services, and protect them from foul pay.

"This progressive legal framework reflects our belief

that refugees should not live indefinitely in the camps, but as active participants in their host societies," he said.

Chief Justice Martha Koome said justice is important in protecting refugees through enforcing their legal rights.

"As judges, we are the custodians of the rule of law and we should therefore remain vigilant and courageous to give future hope to the asylum seekers," he explained.

United Nations High Commission for Refugees Regional Director Mamadou Balde commended Kenya for hosting the largest number of refugees fleeing their countries due to conflicts.

Dr Stefanie Rothernberger, Konrad Adenauer Director of the Rule of Law Programme, and Justice Isaac Lenaola also addressed the meeting.

ATTITUDE

Mindset

By SAFIA MOHAMED BASHIR

By just sitting in the car one cannot reach the destination. He/she has to have the key, put it in the ignition, turn it, start the engine and drive the car to the destination. Similarly, one may have dreams, goals and opportunities right in front of them but without starting the engine there is no progress. It begins the moment one decides to turn that key and take the first step then follows a series of consistent hard work and dedication. Nevertheless, the first step is to start the engine; switching on the right mindset. Success takes off the moment one chooses to think differently and move forward with intention.

Mindset is the mental framework through which one views themselves. Their abilities and the world around them. It's the inner belief system that influences how you interpret challenges, respond to setbacks and pursue opportunities.

It all starts with your mind. Success starts through mindset, it is not a miracle. To change your results, you have to change your mindset. So, stop wishing for miracles to happen, start upgrading your mindset, upgrade your choices

and upgrade your future. To shift your life, you must shift your mindset, believe you can and you're halfway there.

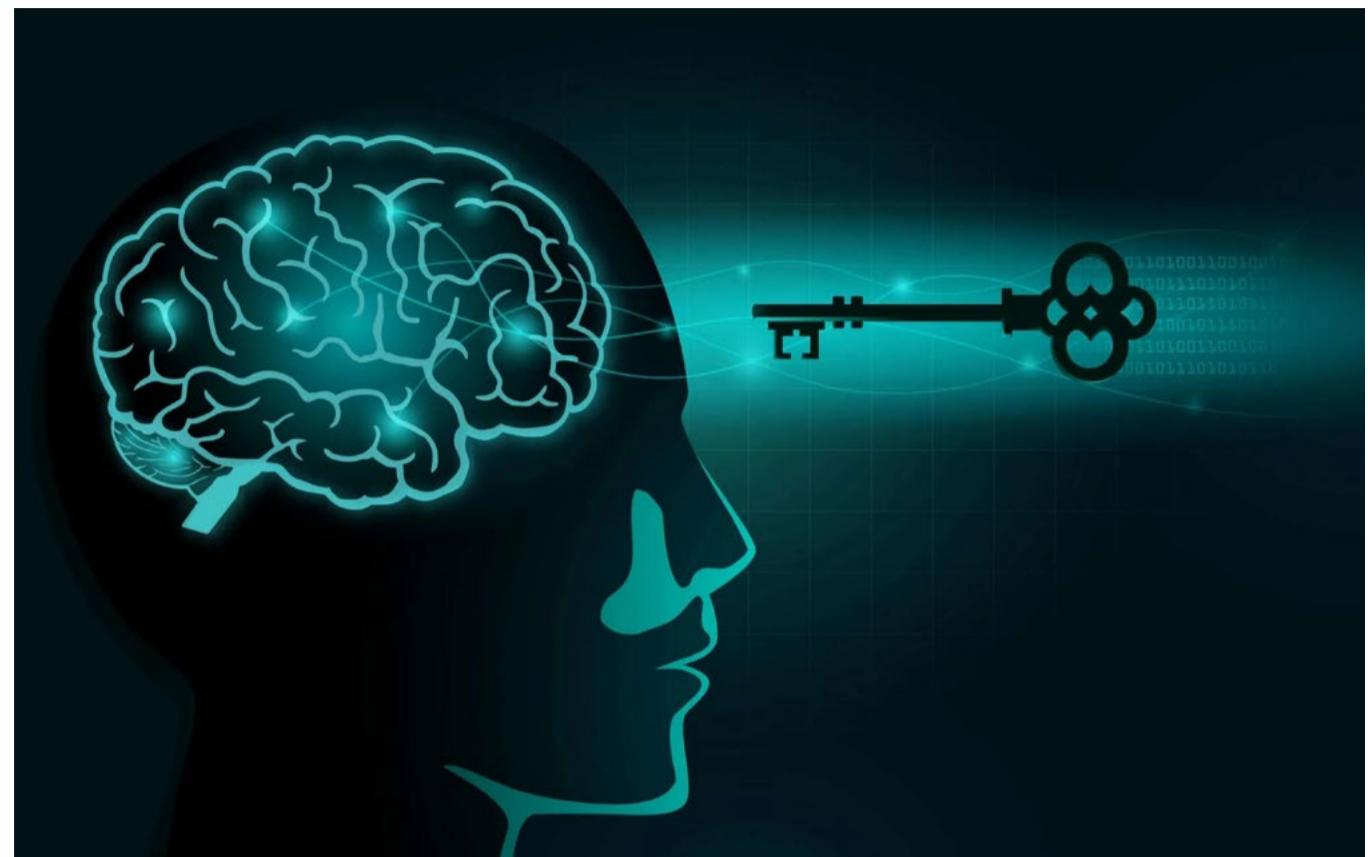
We have read this famous quote "You become what you feed your mind." Feed your mind positive thoughts. Positivity helps rewire your brain to notice the good, making life feel lighter. It helps with your mood bringing more joy, ease and gratitude. A positive attitude causes a chain reaction of positive thoughts, events and outcomes. Positivity is a catalyst, a spark that creates extraordinary results. A positive or growth-oriented mindset allows one to see difficulties as lessons rather than threats. It encourages resilience, patience and continuous improvement. Negative ideas on the other hand are spam and they need to be trashed. Negative thinking definitely brings negative results. It lowers the energy, creates doubts and brings demotivation.

To change the perspective, one has to develop a strong mindset by adapting a few habits.

1. Develop a strong mindset by being patient. Patience reminds us that some things take time and we have to endure.

2. Be proactive – do the hard and do your best

3. Be adaptable – being



open to change is for good

4. Let go – accept and learn that certain things are out of our control. Sometimes we have to be comfortable with being uncomfortable

5. Stay hopeful – reminding oneself that in the end all is going to be well, and if it is not well then it's not the end yet

6. Practice positive self-talk – replace "I can't" with "I can try", "I give up" with "let me try a different way"

7. Keeping thoughts in check – being mindful of negative

thinking patterns and trying to combat them when they strike

8. It's okay not to be okay sometimes – remember it's okay not to have it all together always. We all have our struggles and that is life

9. Do not give up – whatever is happening is temporary, situations will change for the better, blessings are waiting for you

10. Set meaningful and achievable goals – knowing your WHY boosts motivation

11. Surround yourself with

inspiring people – environment helps shape positive thinking

12. Build a strong will power – this will help one move forward with motivation and avoid distraction

Consequently, your mindset is the compass that guides every step on your journey of life. It is how you reciprocate to your environment and how you grow and move forward.

When you choose to see challenges as opportunities and believe in your ability to achieve your goals you unlock

a level of strength and clarity that transforms your life. Then the "impossible" becomes "I AM POSSIBLE". Success does not come with luck or talent, it begins with positive thoughts and a growth mindset.

We have to be happy, so either we change the situation and if that's difficult, we change our mindset towards that situation. Shape your mindset and you shape your life.

Safia Mohamed Bashir

0718 853 335

Nairobi

Do You Own It?

By Arti Kotak

Human existence frequently devolves into a complex web of ownership. Everyone is preoccupied with holding onto something: identities, status, belongings, and opinions. However, the Bhagavad Gita subtly reminds us that nothing is really ours. We are temporary stewards, not permanent owners. Even so, as material beings, we find it difficult to distinguish between what keeps us alive and what enslaves us. Measuring how much to hold and how much to release is a skill we still lack.

The Gita suggests a straightforward compass: possess just enough to live honorably. The rest often owns you instead. According to research on cognitive load, our emotional burden gets heavier the more mental "stuff" we cling to. Sometimes, joy grows

precisely from what we refuse to carry. There is a small story that captures this beautifully.

One day, a young girl came home in tears. A classmate had called her a "moron." The word stuck to her mind like a thorn. For three days, she fumed, cried, replayed the insult, and begged her mother to complain to the school and confront the girl's parents.

Her mother, emotionally seasoned and quietly wise, decided to teach her a gentler lesson.

She called out to her daughter:

"Gita!"
There was no response.

Again: "Gita!"
Silence.

Five times the mother repeated the name, and five times the daughter ignored it.

Finally, the mother asked, "Why didn't you respond? I called you again and again."

The girl shrugged. "Why would I respond? My name



isn't Gita. I am Kavita."

The mother's gaze softened. "That is exactly what you must understand. You respond only to what you believe is yours. You didn't answer to 'Gita' because you don't own that name. So tell me, when someone called you 'moron,' did you suddenly become one? Do you accept that label as yours?" The girl paused, and something quietly unlocked inside her. "I wasted three whole days," she whispered. "Seventy-two hours thinking, overthinking, hurting, burnout and healing. I could have finished my assignments. I could have practiced for my dance competition. Instead, I kept answering to a name that wasn't mine."

Her mother smiled, "My child, this is just the beginning. As you grow, many things will try to claim you: comments, fears, judgments, opinions, even your own doubts.

They will affect you only if you choose to own them. Sometimes, the greatest freedom lies not in possessing more, but in refusing to pick up what was never yours."

Eye Go Fishing 2025



EYE Go Fishing for Sight Raises Ksh 270,000 for Kwale Eye Centre!

Last weekend, the picturesque Marina Seaside Restaurant in Mtwapa hosted the annual EYE Go Fishing charity event, bringing together 14 boats of both professional and amateur anglers. Three boats hailed from Diani and two from Kilifi, with participants competing for prizes and enjoying a day of sport and community spirit.

The event featured a boat auction and a raffle, with requests for sponsorship and support sent to local, national, and international companies. Yamaha gave first, second and third prizes to boats with Yamaha engines as part of the Captain Andy's Super Series adding prestige to the competition.

Thanks to the generosity of sponsors and participants, the event successfully raised

270,000 Kenyan Shillings for Kwale Eye Centre, an institution that has been fighting needless blindness for over 30 years. The Eye Centre serves approximately 45,000 patients each year and performs more than 2,500 sight-restoring operations annually.

Most blindness in the region—around 80%—is avoidable, either preventable or curable, but poverty and lack of access remain major barriers. Funds raised from events like EYE Go Fishing play a vital role in restoring sight and transforming lives, ensuring that those who would otherwise go without care can receive the treatment they need.

Kwale Eye Centre thanks all participants, sponsors, and volunteers for their support and looks forward to welcoming anglers and donors back for next year's EYE Go Fishing.



BOAT	FROM	FISHERMAN	DRAWN BY	BOATERS IN	CATEGORY	VANAMA	POINTS	REMARKS
TRADITION	Mtwapa	Tony	Richard	Thomas	Amateur	✓		
NO PRESSURE	Kilifi	Sam	Relen	Sam	Amateur	✓		
PRINCESS LARA	Diani	Anthony	Justin	Marie	Charter	✓		
TINTIN	Mtwapa	Mark	Farren	Mark	Amateur	✓		
MATAMA	Kilifi	Simon	Mark	Gordon	Amateur	✓		
SYNCHRO	Mtwapa	John	Denham	Denham	Amateur	✓		
LISHA	Widamu	Russell	Venegar	Russell	Amateur	✓		
VIENNA	Mtwapa	John	Mark	7,000/-	Charter			
PRINCESS KAREN	Diani	John	James	Paul	Charter	✓		
SEA SCRAPER	Mombasa	Forrest	Farren	Forrest	Charter	✓		
IRON BARD	Kilifi	John	Justin	Mark	Charter	✓		
WHATEVER IT TAKES	Mombasa	John	Walter	Walter	Charter	✓		
NALA	Mtwapa	Tony	Yarpie	Yarpie	Charter	✓		
NGURIA	Mombasa	John	Mark	Gordon	Amateur	✓		



EYE GO FISHING 2025 RESULTS

CHARTER CATEGORY

- 1st Princess Mariya 96 pts
- 2nd Vienna 32.6 pts
- 3rd Iron Bard 12 pts

AMATEUR CATEGORY

- 1st Tintin 49 pts
- 2nd No Pressure 28.8 pts
- 3rd Lisha 12 pts

OPEN BOAT / GRAHAM PAPE TROPHY

No Pressure

YAMAHA PRIZE

- 1st Princess Mariya
- 2nd No Pressure
- 3rd Iron Bard

LADIES

- Stasmin on Vienna - 32.6 kg Falusi

JUNIOR

- Arman on Vienna - 12.8 kg Falusi

SAILFISH

- Kalama on Princess - Only sailfish of the day

TUNA

- Taha on NALA - 3 kg

WAHOO

- Shaun on No Pressure - 19.8 kg

FALUSI

- Arman on Vienna - 12.8 kg

BARRACUDA

- Stasmin on Vienna - 8 kg

BIGGEST FISH / DAVE PARRY TROPHY

- Sailfish by Kalama on Princess Mariya

OVERALL WINNER / EYE GO TROPHY

- Princess Mariya

HEALTH

FATS

This isn't just a metaphor — it's biological truth. Your entire body is made of cells. And every one of those cells — from brain to muscle, liver to immune — is surrounded by a cell membrane, a gatekeeper that controls how your body functions at the most microscopic level.

It's not just a shell — it's a living, breathing intelligence center.

This membrane is made almost entirely of fat — specifically, a double layer of phospholipids, cholesterol, and fatty acids. These fats aren't passive. They directly determine:

- Which nutrients, minerals, and water-soluble compounds get absorbed
- How insulin, thyroid hormone, neurotransmitters, and other signals are received
- How efficiently the mitochondria inside make ATP (energy)

- Whether your immune cells react with inflammation or tolerance
- How quickly damaged cells can repair or regenerate
- How resilient your cells are to oxidative stress and environmental toxins

You don't just eat fat — you build your cells with it.

Your cell membranes are literally constructed from the fats you consume. And they're constantly being broken down and rebuilt.

If you eat a steady supply of highly processed, heat-damaged fats — like industrial seed oils (canola, soybean, sunflower, safflower, corn oil), fried foods, or hydrogenated margarine — these unstable, oxidized lipids get incorporated into the membrane structure. But unlike natural fats, they make membranes:

- Rigid (interfering with cell communication)
- Inflamed (triggering

immune reactions)

- Leaky (allowing toxins in or nutrients out)
- Energy-poor (disrupting mitochondrial function)
- Dysfunctional (altering gene expression and cell signaling pathways)

Over time, this contributes to:

- Neuroinflammation, brain fog, anxiety, depression
- Hormonal chaos, including insulin resistance and estrogen dominance
- Autoimmune flares and cellular miscommunication
- Chronic fatigue and mitochondrial breakdown
- Skin issues, from eczema to early aging
- Poor detox capacity and increased sensitivity to environmental triggers

On the flip side, when you nourish your body with high-quality, traditional fats, you give your cells the tools to build flexible, responsive, and intelligent membranes. These include:

- Omega-3s from wild salmon, sardines, cod liver oil, algae oil, flax, and chia

• Saturated fats from grass-fed meats, grass-fed butter (preferably raw, if available), coconut oil, and ghee

- Cholesterol from pastured eggs (which stabilizes membranes and supports hormone production)
- Monounsaturated fats from olives, avocado, macadamia nuts, and cold-pressed oils

These healthy fats are anti-inflammatory, pro-hormonal, and pro-metabolic. They create membranes that:

- Allow for smooth hormone signaling
- Fuel brain clarity and nerve transmission
- Reduce oxidative damage from free radicals
- Help cells adapt to stress, repair faster, and age slower
- Improve nutrient transport and toxin resilience

And it's not just about fat itself — your body also needs:

- Choline (from egg yolks or liver) to build phospholipids
- Vitamin E (mixed tocopherols and tocotrienols)



Every one of your 30 trillion cells is wrapped in a membrane made from fat. The quality of the fat you eat = the quality of your cell function.



protect fats from oxidation

- Bile flow to properly digest and absorb fats
- Magnesium and taurine for membrane stabilization
- Zinc and selenium to support antioxidant enzymes that protect fats in the membrane

The body is always rebuilding — and every meal

is a blueprint.

Your fats become your cells.

Your cells become your tissues.

Your tissues become your organs.

And that's the body you walk around in.

Source: Internet

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45 MBPS KSH 4,500	60 MBPS KSH 5,800	100 MBPS KSH 10,500

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Mama Ida Odginga visit



On Friday, 14 November 2025, a delegation accompanied by the United Asian Network visited Her Excellency Mama Ida Odginga to convey their heartfelt condolences to the family following the passing of Rt. Hon. Raila Odinga.

The visit took place in Bondo, where Mama Ida graciously spent the day with the delegation, sharing warm memories and reflecting on the remarkable life and legacy of the former Prime Minister.

Members of the delegation included:

- MP Hon. Dr. Mishra Kiprop Arap Chelule, CBS
- MP Hon. Irshad Sumra (Embakasi)
- MP Hon. Sonia Birdi
- Hon. Jayendra Malde
- Hon. Sikander Luhar
- Murtaza Mohammedali
- Rafia Bessios
- Shahid Yakub

During the visit, the delegation highlighted the profound impact Rt. Hon. Raila Odinga had on Kenya's political, social, and developmental landscape. They reflected on key aspects of his legacy, including:

1. A Champion of Freedom and Democracy

Raila Odinga's life was inseparable from Kenya's



struggle for democracy. He stood fearlessly against injustice during some of the nation's most turbulent

political periods, enduring detention, persecution, and personal sacrifice in pursuit of a freer and fairer Kenya.

His commitment to unity, peace, and reconciliation consistently guided his leadership.

2. Architect of Constitutional Reform and Devolution

He played a pivotal role in the reforms that led to the 2010 Constitution, fundamentally transforming Kenya's governance structure. The introduction of devolution empowered counties and strengthened citizen participation. Nairobi City County remains a testament to this legacy, making it fitting to honour the father of devolution at the heart of the capital.

3. Visionary in Infrastructure and National Development

As Minister for Roads and Public Works, Raila championed transformative infrastructure projects, including the Thika Superhighway, reshaping Kenya's connectivity and economic landscape. He also championed environmental protection, taking decisive stands to safeguard critical ecosystems such as the Mau Forest.

4. Advocate for the Rule of Law and Integrity

Raila remained steadfast in his belief in constitutionalism and the rule of law. When seeking justice, he consistently pursued legal channels, strengthening Kenya's judicial and electoral institutions. He also spoke unapologetically against corruption, advocating transparency and accountability in public service.

5. Champion of Unity, Diversity, and Inclusion

His politics transcended ethnic boundaries. Raila embraced Kenya's diversity, mentoring leaders from across communities and ensuring inclusivity in national dialogue. Nairobi—his strongest political base—mirrored the unity and diversity he always championed.

6. Mentor, Intellectual, and Humanitarian

Beyond politics, Raila was an engineer, intellectual, sports enthusiast, and mentor to emerging leaders. His passion for football and community engagement kept him closely connected to Kenyans from all walks of life.

The delegation expressed their deepest sympathies to Mama Ida and the Odinga family, honouring Rt. Hon. Raila Odinga as a national icon whose legacy will continue to shape Kenya for generations.

PHOTO STORY

Giants Group Twiga & Premchandhbhai Foundation Mega Ration Pack Distribution



Giants Group Twiga And Premchandhbhai Foundation Partnered To Distribute Ration Pack To 900 Households Living Around Sololo Makutano Marsabit County This Area Which Is Over 750 Kms From Nairobi Near Moyale /Ethiopia Border Has Not Received Much Rain And The People Are Facing Food Shortages And Poverty Levels Are High. The Festive Season Is Just Round The Corner And What Better Way To Bring Smiles And Happiness To The People Especially Children By Distributing Rations We Will Continue To Monitor The Situation In Most Of The Arid And Semi Arid Areas Where Rivers And Dams Have Dried Up And Request All Kenyans To Give Whatever The Can

CHILDCARE



Childcare Providers Hold Gala in Mombasa

By: Jimmy Kamude

Pop and colour marked the end-of-year gala for childcare providers in Mombasa held last week at the Luhar Wadha Jamat Hall in Mvita Sub-County. It was a day filled with unforgettable moments as hundreds of providers who had travelled from every corner of the county, converged to celebrate one of the most anticipated events on their annual calendar.

The event began with the arrival of the delegates from various clusters—stretching from the bustling settlements of Vikwani in Kisauni to the serene neighborhoods of Shika Adabu in Likoni. Many making a statement in vibrant African wear in line with the day's theme, their shoulders high and faces glowing with joy, the pride and excitement spoke for itself; it was indeed truly to be a day of celebration.

At the entrance, Kidogo Early Years Franchising Officers (FOs), led by Jackline Ondili, warmly welcomed, registered, tagged, and ushered in the delegates to the breakfast area—creating an organized and gracious reception befitting the day's honored guests. Only after this did everyone settle inside the hall to begin the day's program, starting with a word of devotion.

The gala, organized annually by Kidogo Early Years, brings together providers, both Mamapreneurs and Papapreneurs from across the country to reflect on a year of achievements in childcare. It serves as a moment to celebrate providers and franchising officers who have shown exceptional commitment, going above and beyond to ensure that



the children under their care are thriving, happy, and well-supported.

Winners are selected based on key performance areas, including quality standards within their centers, participation in trainings, community engagement, and consistent dedication to improving the childcare experience.

Partners and stakeholders, both state and non-state within the childcare ecosystem often grace the occasion.

At the Luhar Wadha Jamat Hall, the Kidogo team, as is their tradition, spent the morning working tirelessly behind the scenes to ensure the event was not only successful but truly memorable. From reception and arena setup to catering and logistics, every detail was carefully planned, leaving nothing to chance.

One figure who stood out was Kidogo's Mombasa Franchising Coordinator and host of the event, Anot Dennis. The commitment he demonstrates in the field was clearly reflected in the arena, where his leadership could be felt in every detail and interaction, ensuring the day unfolded seamlessly. The franchising officers and



providers later expressed how proud and grateful they were to have him as their team leader, and to be part of the wider Kidogo family.

"Indeed, great things start small. I take this opportunity to thank the entire Kidogo team and organization for all they are doing for us as providers, but most importantly for the children," said Alex Otieno from Spring Valley Academy.

The day's Master of Ceremony, Tabitha Susan, proved to be a powerhouse. With her eloquent voice, infectious energy, and natural command of the stage, she kept the audience lively

throughout the event. At one point, she engaged providers in a question-and-answer challenge on childcare topics, rewarding correct answers with branded T-shirts and gift bags. No one who participated left empty-handed.

"Providers work so hard within the childcare ecosystem, and what more can we do than dedicate a day to celebrate them," said Anot Dennis.

Meanwhile on the front row inside the arena were development and sector partners, including Mombasa County Director for Public Health Dr. Salma Swaleh, Tema



Trust's Joseph Nazareth, and Dinah otieno from Sauti ya Wanawake among others.

Speaking on behalf of the partners, Dr. Salma traced the county's collaboration with Kidogo, commending the organization's unwavering commitment to advancing children's healthy growth and development. She highlighted as a county and Kidogo working in handy on nutrition efforts, early detection and screening for malnutrition, and participation in Vitamin A supplementation exercises. She reaffirmed Mombasa County's commitment to continued collaboration.

"As for providers, remain steadfast in your work," she urged, emphasizing that her office remained open to caregivers whenever they needed support on issues concerning childcare.

Dr. Salma also highlighted Kidogo's recent establishment of a breastfeeding space for lactating mothers at Mrima Hospital in Likoni, describing it as a major milestone for childcare in the region.

After Dr. Salma's address, came the time everyone was waiting for. Award presentation. Everyone seemed to hold their breaths, with anxiety filling the air, every passing second felt like a whole day's wait, the silence in the room was deafening.

The moment Monica Ogode's name was mentioned the entire arena went into a frenzy. Monica is a Franchising

officer (FO) from Changamwe sub-county. She was crowned the overall winner of the year, having been recognized for her resilience, dedication, and passion. She was gifted both by Kidogo and fellow attendees in recognition to her outstanding work all year round.

Other winners who sparked thunderous cheers as the crowd accompanied them to the podium, while singing and dancing were Phelister Mghambi and Saumu Magoti who were both recognized in the categories of Mama of the year and most improved Mamapreneur Centre-type category respectively.

Other winners included Caroline wamayi of Mado daycare, Edwin Muchoria from Diplomat community education Centre.

Wrapping up the list of winners were George onyango from Bethania academy, Joseph ingabo of Majengo mapya junior academy, together with Keziah Annette and Mama Gatheu respectively.

The celebration concluded with the cutting of a cake—capped off by emotional poems, vibrant dances, and entertaining skits from different clusters and individuals.

The energy in the room made one thing clear; this gala was not just a ceremony, but a powerful reminder of the impact, pride, and growing strength of childcare providers in Mombasa.

Little Happiness

By Safia Mohamed Bashir

Some mornings are difficult to take. The day when the body is too tired to move, the day when the brain is exhausted of solving problems, the day when you feel depressed. Nothings seems to be going right, so many goals yet unaccomplished, there's no light at the end of the tunnel, hope slowly fading.

And you push yourself to move out of bed, because life goes on; with you or without you.

It was a similar Sunday morning, I was too tired to stay awake after fajr, I dozed off. At around 7.30am hubby woke me, "Let's go to the market" he said. Too tired to even say no, I woke up and we were out.

It was a beautiful cool morning, the crisp air and the light drizzle landing on my face, I smiled. I was glad I agreed.

Loads of people were out. The road, full of cars and the market, full of people. It's was a lovely scene; colourful to the eyes and smell of freshness to the nose.

The drizzle continued as everyone went around their errands unaffected. The vendors continued arranging their variety of fresh and colorful fruits and vegetables while the buyers happily kept buying. Quite oddly, despite the drizzle becoming a light rain, the trade continued. Everyone around seemed to be enjoying it.

"Hii ni baraka kwa Mungu" I heard. It was indeed a blessing from the above.

For a shimmer of time I was mesmerized. The scene looked unreal and I treasure these moments. I was lost in the



cool breeze, as I looked up, tiny droplets of water splashed on my face, it felt like pure joy and I felt my heart smile- I believe that's called inner peace. For a glimpse of time I wasn't thinking of anything but lived that moment to the fullest. However little it was, it was pure bliss.

How funny, I was not in Dubai, nor in Switzerland, nor in the Maldives. It was just a rainy morning at the famous Highridge market in Parklands.

This is just a simple gesture of our perspective of life. What do we need in life? Our basic needs fulfilled and a few moments of happiness.

We wander through life searching for happiness in money, other people, luxurious apartments, designer clothes, fine dining, sleek cars and grand vacations. Yet in truth, we're looking in all the wrong places.

After the grand holiday, we return home with our savings drained—back to the same routine of work, work

and more work. The costly designer clothes end up serving the same purpose as simple, ordinary ones and the luxurious car—with all its polish and prestige—still has four wheels and gets us to the same destination as any modest vehicle.

The search for happiness still remains unachieved. Instead now it becomes a show off where desire for more never ends. And when this becomes the purpose of life; then happiness vanishes.

It is because we are looking for it in the worldly desires or in other people, while the truth is happiness is within ourself. It's you who can make yourself happy. When one is happy him/herself; that's when they can give happiness to others.

Happiness is found in small things, a smile, a song, a moment that you did not plan, a flower, a pet, a favorite fruit, the sunshine, the moon, gazing at the stars and the list is endless. You need the eyes to see and the heart to feel the

moment.

Happiness are small moments that feel like therapy; like the rain drops, blowing wind, swaying of the trees, swishing of the waves by the ocean, the chirping of the birds during early morning sunlight.

Happiness is a feeling that blooms from within. With whatever you have, whatever is around, whatever you can afford, choose to be happy and contented.

Life has to move on, but by getting joy in small moments it is becomes less of a burden and more of a blessing. These small moments of joy bring the positive vibe that helps us achieve our goals.

Happiness is not the big things, it's about the little things that bring a smile, the magical moments that make life truly meaningful. Be happy with what you have instead of being unhappy with what you don't, life is simple - don't complicate it. Just smile :) and be happy ;).

PHOTO STORY

Association of Nigerian Women in Kenya (ANWIK) gala Night



Association of Nigerian Women in Kenya (ANWIK) outgoing chairperson Nneka Ene (centre) presents Ksh. 300,000 cheque to Kituo Cha Sheria Coordinator Legal Aid and Education John Mwariri (left) and Coordinator Finance and Administration Alice Mbugua a cheque of Ksh.300,000 for the establishment of a business centre for women who have been disinherited or struggling for funds to get legal justice. This was during the association's 25th Anniversary Gala Night on the 29th of November 2025 in Nairobi. ea in Nairobi. The event showcased the (ANWIK) journey since inception with milestones of their annual local charity projects, the best of Nigerian food, music and fashion. The event also witnessed the handover of the association's leadership mantal to the new chairperson Mrs Jumoke Saigbe.

Pwani Oil gets KRA recognition



PHOTO STORY



L-R : Rush Burgers chef Oskar Berggren(left) with his kitchen team Everline Akwany, Tracy Njeri, Frick Wanja and Kristo Leemet prepare for the delivery of their new signature Rush Burger Potato_bun, a blend of Estonian precision and Kenya flavors for delivery during Latitude59 conference in Nairobi on Thursday December 4th, 2024. The food company will be opening their 1st kitchen in Kenya at Timau Plaza (Kilimani) in Nairobi on Saturday (December 6th, 2025).



Eastern Produce Kenya (EPK) Chairman Mr Chris Flowers (left) receives the Kenya Revenue Authority (KRA) Agricultural Sector, Top Taxpayer Award from President William Ruto (Right) at an event to mark this year's KRA Taxpayers' Day. Eastern Produce Kenya (EPK) produces a unique range of quality tea from the Highlands of Nandi Hills. Alongside it's own estates produce, EPK works closely with more than 14,000 partner growers to collectively produce 30 million kilos of quality tea annually.

(L-R)Pwani Oil Products Ltd Chief Executive Officer Patrick Onyango is presented with a Certificate of Appreciation by Kenya Revenue Authority (KRA) Deputy Commissioner – Southern Region, Kiprono C. Bullut, following the company's recognition as Top Importer – Non-Petroleum. The recognition highlights Pwani Oil's consistent adherence to customs regulations, transparency in its import operations, and its role as a key contributor to Kenya's tax base and economic development.

DISPUTES

How to Avoid Employee Claims

By Janet Katisya

Disputes between Employers and Employees are now a frequent occurrence in Court. The Judiciary of Kenya established a specialized division of the High Court to handle these cases namely the Employment and Labour Relations Court since 2011. These cases are also handled in the Magistrates Court where the salary is less than Kshs.90,000/= or depending on the nature of the case.

Majority of the disputes end with the Employee being awarded a huge award of damages payable by the Employer. This is a double loss to the Employer who loses the Employee and pays damages as well.

The good news is that Employers can avoid all this by onboarding, maintaining and terminating the Employee in the correct way. How can an Employee avoid or minimize exposure to such cases and awards?

a. Proper Contracts- an Employer can define the relationship with the employee in the Contract. This outlines among other terms the Employment period, probation period, duties, salary, leave and termination. This avoids disputes of Casual vs Permanent employment or performance. Where there is a Collective Bargaining Agreement (CBA), the contract terms should reflect the agreed terms for all unionisable employees.

b. Minimum Wages- each Employer should ensure that all salaries are in accordance with the relevant Minimum Wages includes house allowances. This applies to day and monthly wages.

c. Hours of Work and Leave-



Employer should record hours work and ensure they comply with the industry standards. Generally, employees work for 6 days and have one day of rest. Eighth hours a day with one hour for lunch. Any extra work attracts overtime or additional offs. Leave should be taken annually and is earned pro rata after the second month.

d. Statutory Deductions- an Employer should ensure statutory deductions especially NSSF is made to avoid severance pay for years worked in the event of termination.

e. Documented Disciplinary Process- all disciplinary action should be in writing. The

Employer should issue a Show Cause Letter to allow the Employee to explain their side of the situation. Thereafter a Disciplinary Hearing should be scheduled where the Employee can have a witness and conducted in a language they understand. The Disciplinary Hearing should have written signed Minutes.

f. Written Termination- termination unless for gross misconduct should have one month notice or payment in lieu. All prior Warnings or Performance Improvement Programs, should be in writing. Depending on CBA, warnings and suspensions are only valid for 12 months.

g. Fair and Justified

Grounds- in all disciplinary actions, the Employer should have a justified ground and should demonstrate that they gave an opportunity to the employee to explain or improve.

h. Records- the Employer is deemed to be the custodian of all employment documents. Therefore, they are required to provide all necessary documents e.g. contract, pay-slips, leave requests, Master Roll, Warnings, minutes, Termination letters to disprove any claims by the Employee. The employee can allege anything and it is up to the Employer to prove the contrary.

i. Toxic Workplace- an employee can claim that they were forced to resign due to poor working conditions. This amounts to constructive dismissal. This includes, late payment of salaries, sexual harassment, poor communication, non-compliance with workplace

safety, discrimination, lack of reporting structure etc. It is upon the Employer to prove that the workplace is conducive. This can be done through legal compliance as per the industry and Employment Act, safe workspace, proper written policies and documented processes in the organization.

j. Union- an Employee is entitled by the Constitution of Kenya 2010 to be a member of a Union. No Employer should terminate any Employee for being a member of the Union. However, the Union can only be recognized where they have at least 50% of the unionisable employees as their members.

It is true that Employees are the biggest asset of a business but can also expose the business to huge losses should an Employer not be vigilant and treat Employees in a fair manner. The Employer needs to be vigilant in onboarding and termination the employee to avoid any claim against the business. It would be prudent for a business or organisation to engage their lawyer or Human Resources specialist to guide these processes.

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REGISTRATION

Voter registration

Make Your Vote, your voice, Ahadi Kenya Trust CEO Stanley urges Kenyans to register as voters

Ahadi Kenya Trust boss Stanley Kamau has urged the government facilitate officers from the Independent Electoral Boundaries Commission (IEBC), to enable the government to the grassroots to register the voters. Kamau said the low numbers recorded since the new voters registration drive started about a month ago raises a huge concern.

Speaking in Gitugi Mathioya on Friday 14th November 2025 when he led a registration drive, Kamau said the most people are finding it difficult to go to the IEBC offices which are situated at the sub-county headquarters.

"Some people cannot afford the transport fee to get to the offices because they are very far from their homes,"



remarked Kamau

"The people living with disabilities are also disadvantaged because they are not able to access the offices to register as voters or even change their voting stations," he added.

Kamau also rallied the

members of the public especially the youth to consider registering as voters saying this is the only way they can change the leadership.

"The only way to correct all the things that are being done wrong is using the vote to elect in a good leader who can

make a difference," he added.

Further, he urged the leaders those in the government and opposition to stop the sideshows and each to focus on doing their work.

He added that politics of violence and intimidation should not be tolerated as it might spark chaos and unrest.

"There is no need to intimidation and violence to settle political scores because people have the final verdict on who to vote for," added Kamau.

"Each leader will be judged by their work and that's what they should be more concerned about rather than political sideshows," he remarked.

According to the statistics by the IEBC, only 3500 people have been registered as new voters since the rolling out of the exercise.

The number is significantly lower compared to the 115,000 voters that the electoral body is targeting.



Mombasa County Executive Committee Member (CEC) for Trade, Tourism & Culture is Mohamed Osman [centre] assisted by Mombasa continental resort GM Mike Kamau [centre right] and former mombasa chief magistrate Joseph Kanyi [second right] among other guests cuts the cake during the colourful celebrations to mark Mombasa continental resort 40th anniversary. The event was attended by Tourism

stakeholders

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ROAD PROJECT

GDU Pushes to Fast-Track Isiolo-Modogashe Road

The Government Delivery Unit (GDU) team, led by Acting Head, Mr. Olando Sitati, concluded a two-day inspection and stakeholder engagement in Isiolo County with a call for renewed urgency and collaboration among implementing agencies to accelerate the completion of the Isiolo-Kulamawe-Garbatulla-Modogashe road, a key infrastructure project under the Horn of Africa Gateway Development Project (HoAGDP).

The visit covered Lot 1 and Lot 2 of the project, stretching 218 kilometres from Isiolo through Kulamawe and Garbatulla to Modogashe. The project is part of a transformative promise by President William Ruto to the people of Northern Kenya under Vision 2030's LAPPSET framework.

Jointly funded by the Government of Kenya and the World Bank, the HoAGDP is a transformative initiative aimed at modernizing key transport infrastructure, boosting trade, and fostering socio-economic growth across Northern Kenya and the wider Horn of Africa.

The KES 12.5 billion project, implemented by China State Construction Engineering Corporation Ltd., involves upgrading 77 kilometres of the Isiolo-Kulamawe section and laying a fibre optic cable along the corridor. The works currently stand at 45 per cent completion.

The contractor has been directed to deliver over 60km of tarmac and key bridges by



year-end, with full completion expected in 2026.

During the inspection, the GDU team reviewed progress on earthworks, culverts, bridge construction, and service works, accompanied by Isiolo County Commissioner Mr. David Kiprop, Resident Engineer Mr. Joash Ochieng, Isiolo County Police Commander Mr. Paul Wambugu, National Land Commission Officer Ms. Zahra Ahmed, and other county officials.

Speaking during the site visit, Mr. Sitati lauded the quality of ongoing works but emphasized the need for faster execution.

"This is a flagship national project with immense economic and social value. We must overcome bottlenecks through collaboration, accountability, and urgency. Our focus is delivery," he said.

He urged the Kenya National Highways Authority (KeNHA) to take full ownership of the project and fast-track pending land compensation

and community sensitisation exercises to maintain public trust and ensure timely completion.

Mr. Sitati identified insecurity and delayed land compensation as key challenges affecting progress and called for close coordination among security agencies to safeguard the project corridor.

He underscored the importance of community engagement, saying that project benefits must be equitable and well understood by local residents. Alongside the road, the project is uplifting communities through investments in water, health, education, TVET, and security, with land compensation payments set to begin within two weeks.

"Security installations, including police stations along the corridor, are essential to sustaining progress and protecting investments," he added.

Mr. Sitati further directed GDU Regional Lead Mr.



Duncan Mwariri to prioritize complementary initiatives such as affordable housing and student hostels in Isiolo as part of the region's wider development strategy.

He also proposed the use of mini power grids in the Garbatulla section to expand access to electricity and called for partnerships with Kenya Power and the Rural Electrification and Renewable Energy Corporation (REREC) to expedite connectivity.

During the visit, the GDU team engaged local leaders, contractors, and residents, who expressed optimism that the project would transform livelihoods by improving access to markets, enhancing security, and creating new opportunities for enterprise.

Isiolo County Commissioner Mr. David Kiprop commended the project's progress, noting



the strong collaboration between implementing agencies and local authorities despite logistical challenges.

"The project team has demonstrated resilience and quality workmanship. With continued coordination, we will deliver this corridor on schedule," said Mr. Kiprop.

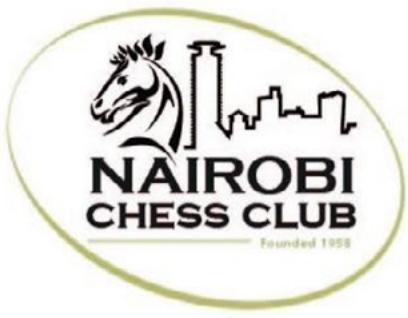
The GDU, which operates under the Office of the Deputy Chief of Staff, Delivery and Government Efficiency, continues to inspect, verify,

and fast-track national projects across the country to ensure efficient delivery, transparency, and impact for citizens.

Once completed in March 2026, the Isiolo-Kulamawe-Garbatulla-Modogashe road will serve as a strategic economic lifeline for Northern Kenya, linking communities, strengthening trade networks, and unlocking the region's vast economic potential.

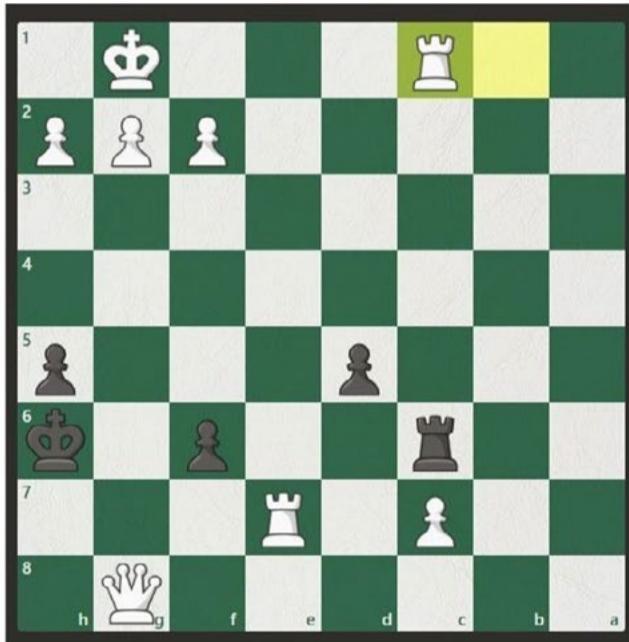
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Madafu EMS cert photo presentation



PHOTO STORY

SBM Bank Launch



L-R SBM Bank Kenya CEO Bhartesh Shah, Head of Elite & Diaspora Banking Patricia Magiri present a token of appreciation to Faida Investment Bank Chairman and the Vice Chairman of Nairobi Security Exchange Bob Karina during the bank's Elite customers dinner event cum the launch of High Yield Fixed deposit solution.



Young Scientist and Maseno University student Ian Baraka receives a congratulatory handshake from the Director of the African Union Dr, Ahmed Hamdy [right] following his impressive presentation of a groundbreaking science and technology project at the 8th African Union Conference. PHOTO BY TITUS MUSAU

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TRAVELLING LIGHT

Whittling our Niche: the book

It was a remarkable feeling: that inner warm glow when I saw my first book in print; holding it, reading it. Similar to turning the Madafu pages, and finding my column in the latest edition; or from years gone by, that first sight of the quarterly magazine I once produced for schools in Australia. But a 270-page book was a step above all that: a different intensity.

On a personal level, it was particularly invigorating, as I was coming to this, my fourth career, as a somewhat elderly author. But also, because I really loved my newfound vocation.

I was In My Element; two hours composing felt like 10 minutes. I just wished I'd come to this point 40 years earlier. But then of course, I would not have had the experience of life, to inform and embolden my writing: a CATCH-22 I guess.

Strangely, the Coronavirus pandemic was my starting point. I'd written before, but when Covid hit, I locked myself away in the back-blocks of Shanzu, and got serious.

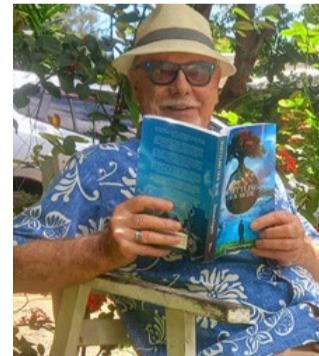
The website came first - www.whittlingourniche.com - initially developed as a safe place to store files (today numbering about 250 articles). Then I happened to meet Rishi, Madafu's editor, and many of those articles were refined for monthly columns: Sustainable Change, and Travelling Light.

During that period of writing for Madafu (2022-2025) and somewhat in parallel, I began to piece together the book - Whittling our Niche: from the tree of life - much of which was also drawn from the website articles. If you delve into the website today, you can ferret out much of the book, but fragmented in form, less cohesive than the completed text.

The book recounts a range of experiences over time, including a number of death-defying near fatalities, which I now look back to with a degree of disbelief. But perhaps the reason I slotted this piece under my Travelling Light banner, is that three-quarters of the book revolves around travel, often relating to work, but sometimes purely to unadulterated pleasure. In Australia, there are numerous tales of airborne exploits: rural escapades with the pilot on my knee, then alongside another aviator - my boss -



Aspects of Mumbai: much the same today, as 40 years ago
(photos: Duncan Gregory)



who suddenly tells me: "You take over, I feel like a nap." "Hello! What the hell does that mean?" My initial muted response. But my ever-extending

lifespan includes many ups and downs. Those sky-high adventures ended with vivid memories of our six-seater plane in free-fall, heading towards shark-infested seas. More local examples include a high-speed car crash near Kericho, then quite recently, coming face-to-face with Al Shabaab in Westgate.

To even the score, excursions into the education world of India, plus a variety of accounts from Europe and South-East Asia, can re-emerge as extraordinarily happy times. I vividly remember a 15-year-old schoolgirl, in the orange-suited robes of a famous freedom fighter, confronting me, the



The author, with daughter, in Mumbai, 2023



supposed colonial ruler, on the podium; and still feel a lump in my throat if I recall her 4,000 schoolmates that day, in the multi-coloured attire of the Telugu community, standing in unison to sing their national anthem.

"Who is that girl?", I asked the principal, sitting alongside me.

"Oh, that's Jaya, our head girl. Would you like to meet her?"

The narrative abounds

with many such accounts, as I traverse a meandering path across four continents, spread over five decades, and encompassing three careers.

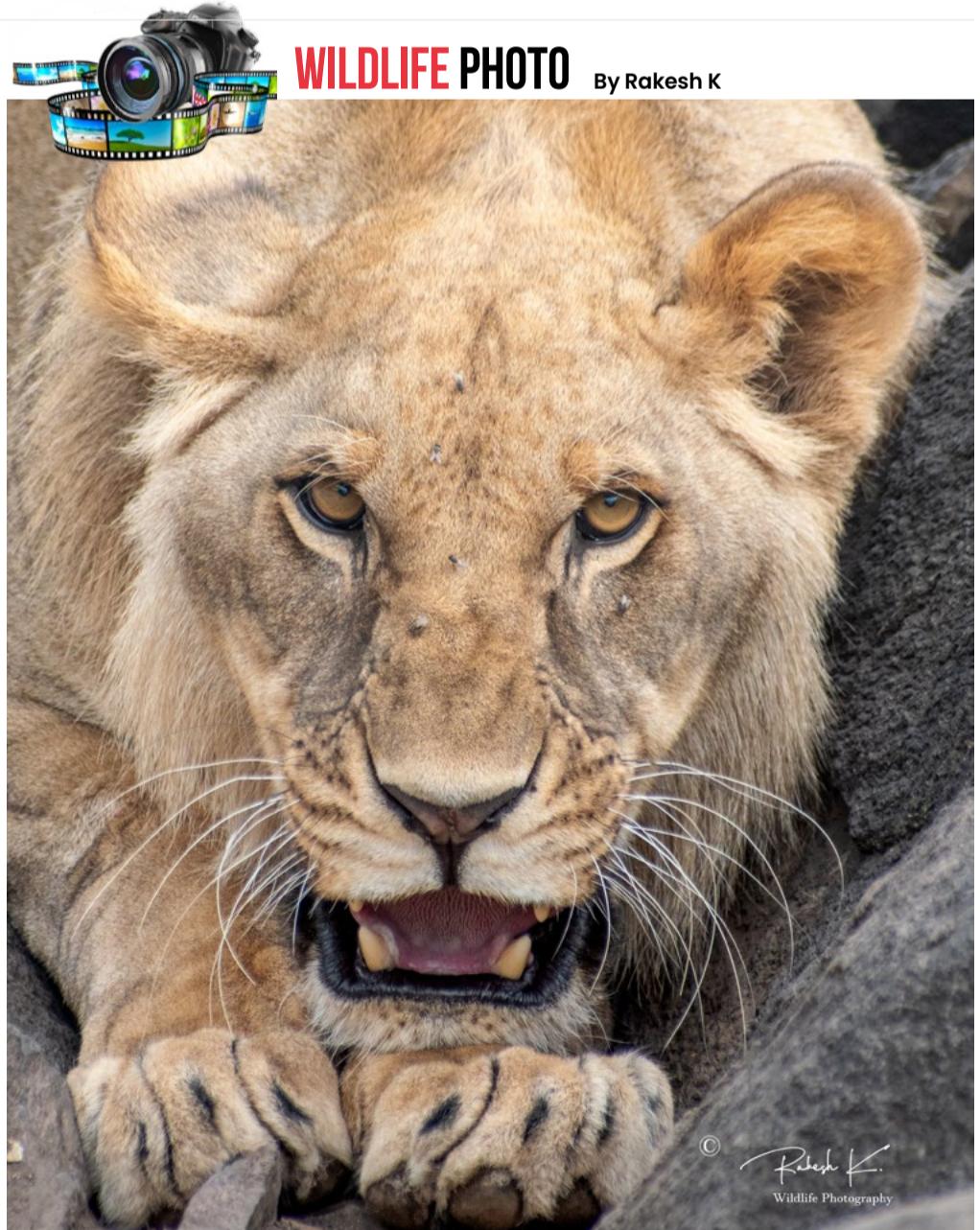
Coursing to some degree under the surface, I search for some meaning. Some reason for those near-fatalities; and indeed, whether our stories are worth telling at all, considering our minuscule time as an itinerant in this enormous universe.

With that in mind, I end the

text with a perceptive quote from the late Christopher Hitchens - a long-admired writer - who said shortly before his death:

'The written word will remain, that's true; but it won't be much comfort to me'.

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WILDLIFE PHOTO By Rakesh K

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RESOLUTIONS

The baggage of unresolved new year resolutions



By Fahmi Basalim
Founder EMOTIVE

The onset of the new year holds great significance in Christian and secular calendars as it ushers a euphoria of reflections through prayers, celebrations and resolutions. It is preceded by the month of December which is usually abuzz with the mood of Christmas and holiday preparations. Streets light up in dazzling colors, businesses offer end year sale promotions and families mill around recreational spots in true festive fervour. It is an annual event characterized by travelling to visit loved ones, exchanging gifts and even sharing hearty meals.

The hustle and bustle reach climax during the midnight chorus countdown as observed with vigour and style in major cities of the world. Spectacular shows and fireworks extravaganza mark the night where major capitals try and outdo each other. Amidst the frenzied chants and wild cheers, the tradition of making radical promises swiftly emerges.

Many a people make a flurry of pledges of starting anew. Common resolutions include quitting smoking, losing weight, learning a new language or changing lifestyle habits. The zeal to turn over a new leaf by making grandiose plans and solemn vows is inherent of all new year resolutions which actually fade away in a jiffy.

Optimists boldly envision a brighter future yet as the weeks go by their enthusiasm wanes and they are left wondering what really went wrong. In the months to follow, many of the unrealistic resolutions fall by the wayside as expectations collide with lack of motivation. A question to ponder is why do new year resolutions so often end up in disappointment and disillusionment? Perhaps it is



because we believe in the myth of instant transformations through wishful thinking. We desperately want to disannul our flaws and old habits akin to a snake shedding its skin. We are misled into believing that with enough willpower, we can transform into overnight sensations and suddenly become better versions of ourselves. The truth is that real change is a consistent process of reform devoid of cognitive dissonance. It is truly a journey of possibilities and not a destination. The impulse to draft lofty resolutions is what sets us up for imminent failure.

Every year, we make promises that are more focused on achieving perfection rather than making steady progress.

There is always a sense of disenchantment that follows us on the chosen path of unrealistic expectations. It is factual that new year resolutions are often based on a flawed premise. Whereas dreams can come true, the

assumption of overnight radical transformation is skewed. The process of achieving such strategic goals requires time, genuine effort and perseverance. It entails making small incremental changes rather than scribbling grand, sweeping resolutions. For instance, instead of vowing to run a marathon why not commit to take a 15-minute walk every day? A resolution to quit smoking cold turkey can be an uphill task.

Why not try cutting back gradually and consistently a day at a time? The key is to make specific, achievable and sustainable resolutions that gives you enough room for achievement.

You should try and find purpose and meaning in the Japanese concept of "kaizen" which is all about continuous improvement. It is a philosophy that emphasizes taking small steps towards achieving your goal rather than attempting to leapfrog to the finish line.

The baggage of unresolved

new year resolutions is heavy and bulky. So why not try something different this year? Why don't you make realistic resolutions that are about becoming a little bit better, a little bit healthier and a little bit wiser? Reject the pressure to be perfect and dandy and instead focus on being better and achieving progress no matter how subtle and tasking.

There is power in progressive change as it builds momentum towards creating lasting habits. We should shun grand gestures and instead focus on acknowledging our imperfections by changing albeit in tiny yet consistent actions.

The paramount goal is to make gradual progress as opposed to seeking instant excellence. Unpack your baggage of stacked unresolved new year's promises and start making practical resolutions that are ultimately worth keeping.

Motivation Corner



By Fahmi Basalim
Founder EMOTIVE

- You are a diamond in the rough for the hawk-eyed to value and appreciate.
- An inquisitive mind is a factory of intellect. It queries the conventional and broadens horizons.
- The resolve to persevere defines your level of resilience.
- Muster your courage and step out of your comfort zone to pursue your dreams.
- You alone hold the golden key to unlock the door of your success.
- It is human nature to highlight a flaw against apparent perfections. Do your best to achieve your goals against all odds.



PROJECTS

Migori Celebrates Return of Stalled Projects, Services

Migori County residents are applauding the government's renewed commitment to deliver on its promises, as long-stalled projects spring back to life and near completion under an aggressive oversight drive led by Deputy Chief of Staff Eliud Owalo. From new roads unlocking trade routes to hospitals that will save lives by cutting long journeys for care, the verification tour showcased tangible progress and a determination to fast-track development that directly improves everyday life for wananchi.

Owalo's visit was part of a broader mission by the Government Delivery Unit to ensure that projects funded by taxpayers not only meet deadlines but also transform communities. "These visits are about keeping promises and making sure citizens see real results," Owalo said. "Every stalled project we revive, every road we complete, every hospital we open—these are milestones that change lives."

Celebrating Impact on Citizens

At Piny Owacho Level 3A



Hospital in Uriri, residents broke into applause as they shared how the nearly complete facility will slash the distance they travel to seek care, ending costly trips to far-off hospitals. For mothers, children, and the elderly, the hospital represents "saved time, saved money, and, in many cases, saved lives." With 98% of works done, the hospital will soon be equipped and commissioned, bringing emergency services closer to home.

Reviving Stalled Projects

and Driving Progress

The tour also spotlighted major infrastructure projects that had faced delays but are now back on track:

Ngege-Mapera-Rabuor and Kawa-Osinga-Nyaduong Roads (Suna East): A KES 1.4 billion upgrade to bitumen standards to open up business corridors and improve access to schools and health facilities.

Migori Stadium: A KES 736 million investment to promote sports and youth employment, with terraces and drainage works progressing steadily.

Mabera Affordable Housing



(Kuria West): 60-unit housing project at 97% completion, creating jobs and boosting local income.

Kegonga Level IV Hospital (Kuria East): Phase I at 50% progress, advancing Universal Health Coverage under the BETA Plan.

Masara-Sori Road (Nyatike): 41KM road linking Migori and Homabay, now at 89% completion after overcoming cash flow challenges.

Owalo emphasized that these projects are more than

statistics—they are lifelines for communities. "Without boots on the ground, wananchi suffer quietly. Today, we are here to ensure that doesn't happen," he said.

Jobs, Opportunities, and a Digital Future

Beyond physical infrastructure, Owalo highlighted the government's deliberate shift toward digital jobs and e-entrepreneurship, saying young people must be equipped for both

traditional and tech-enabled opportunities. "We are rethinking employment—construction sites matter, but so do online work and innovation that can be run from any village in Kenya," he noted.

Collective Effort for Delivery

Owalo was accompanied by Migori County Commissioner Kisulu Mutua, Presidential Advisor Sylvester Kasuku, Kuria East MP Maisori Kitayama, former Migori MP John Pesa Dache, KIMC Director Bevin Bhoke, Street Children's Rehabilitation Fund Director Betty Oranga, KeRRA officials, county leaders, and officers from the Government Delivery Unit. Local leaders lauded the oversight mission for ensuring compliance and maximizing benefits for citizens. "The affordable housing project alone employs over 100 people undergoing induction," said County Commissioner Kisulu Mutua.

As the tour wrapped up, one message rang clear: stalled projects are being revived, promises are being kept, and completion is being fast-tracked—all to deliver a better future for Kenyan citizens.

Rusinga Ring Road Is A Gamechanger In The Lake Region

The newly completed Rusinga Ring Road is already transforming the story of Rusinga Island even before its presidential commissioning, Deputy Chief of Staff Eliud Owalo has said. The 19km loop, which traces the island's shoreline, will enable fisherfolk from multiple beaches to deliver their highly perishable fish to markets in record time - reducing losses and boosting household incomes. It is also expected to turbo-charge tourism and agriculture around Rusinga Island and the wider lake corridor.

The road, a KURA project is worth KES 1.3 Billion, and forms a critical segment of the wider 480km Lake Victoria ring-road network, a long-envisioned flagship project that is now taking shape on the ground.

"This is the first tarmac road ever built on this island, and it will undoubtedly be a game changer. Rusinga has beautiful beaches, abundant fish stocks,

and its proximity to Ruma National Park will now make it a top tourist destination," Owalo said.

The remarks came on day two of Owalo's Nyanza tour, where, in his role as Deputy Chief of Staff for Delivery and Government Efficiency, he led an intensive verification exercise of priority National Government projects in Homa Bay County. After paying a courtesy call on Governor Gladys Wanga, he was joined by County Commissioner Ronald Mwiwai for a full-day field inspection, accompanied by Presidential Advisor Sylvester Kasuku; Homa Bay CEC for Trade and Industry, Joash Aloo; and representatives from KURA, KCAA, KeNHA, MITI, KerRA, alongside officers from the Government Delivery Unit led by Olando Sitati.

Their mission: assess actual progress on the ground, resolve bottlenecks, and accelerate projects that power jobs and economic growth.



Among the projects inspected was the Kabunde Airstrip Runway Rehabilitation in Homa Bay Subcounty, a KES 216 million KCAA upgrade now at 65% progress and poised to significantly improve air connectivity while attracting new investors to Homa Bay and the wider lake region. In Rachuonyo West, the team

reviewed the Kadel-Alara-Pala-Kanyadhang Centre-Kilusi-Opanga-Ramba Roads, a 67km KeRRA network valued at KES 4 billion and currently at 7% progress, designed to open up rural areas and improve access to markets, schools, health facilities and other essential services.

In Riwa, Rangwe, Owalo

evaluated the Homa Bay County Aggregation and Industrial Park (CAIP), a flagship value-addition hub being developed by the National Government through MITI and the County Government at a cost of KES 498 million. The park is at 59% progress and is supported by a 3km KeNHA access road costing KES 424 million, now

40% complete. Together, the industrial park and access road are expected to reduce post-harvest losses, create jobs, and anchor blue economy and agro-processing opportunities for farmers and traders across the county.

Returning to the lakefront, the delegation also inspected the Rusinga Loop Ring Road in Mbita Subcounty—a 19.4km KURA investment worth KES 1.3 billion that is 99% complete and effectively ready for commissioning. Once fully opened, the loop is projected to accelerate tourism, fisheries, and agricultural activity around Rusinga Island and the broader lake corridor, turning what was once an isolated jewel into a seamlessly connected economic hub.

Owalo reaffirmed the Government's unwavering commitment to fast-tracking these transformative projects so that Homa Bay County and the entire Nyanza region can fully reap the benefits of improved infrastructure, enhanced investment, and high-quality public services.

Why Your Organization Needs Regular Security Assessments



By Major (Retired)
Dr. Mohamed Morowa

When threats outrun most organizations' ability to respond, regular security assessments and auditing are no longer optional but a strategic necessity. A proactive security posture protects assets, ensures business continuity, and builds stakeholder trust. Unfortunately, too many organizations operate under the dangerous mindset compelled by the idea that "security incidents have never occurred here, so they are not likely to occur in the future –

and if they do, we will address them then." This false sense of comfort often leads to regret, as waiting for an incident to occur exposes an organization to avoidable losses, expensive recovery procedures, and unnecessary reputational damage.

When organizations avoid undertaking such exercises, vulnerabilities pile up, remain unseen, and magnify the risks of operational disruption, financial losses, regulatory sanctions, and long-term erosion of trust. Often, most breaches occur not because attacks are specifically sophisticated, but because organizations fail to periodically evaluate and address weaknesses that may already be inherent in their systems, Personnel, and processes.

While the terms are used synonymously, security assessment and security audit have different meanings, but they complement each other. A



security assessment is a wide-ranging, exploratory review to identify vulnerabilities, threats, and overall risk exposure.

This assessment looks at physical security and cybersecurity maturity, personnel practices, access control effectiveness, emergency preparedness, integration of technology, and

procedural gaps. The main concentration is improvement: to understand the potential risks and to recommend proactive steps to improve protection.

Nevertheless, a security audit is a structured, compliance-driven activity that weighs the extent of an organization's adherence to set policies,

regulatory frameworks, or standards. This could involve document reviews, governance structures, access logs, security controls, and compliance with approved procedures.

The primary focus is verification: checking that the existing controls do not just exist but also meet

the required benchmark standards.

When conducted together, assessments reinforce security by discovering vulnerabilities, whereas audits validate the effectiveness of controls. Such organizations that invest in both significantly boost their resilience, decrease risk exposure, and sustain operational integrity in an increasingly volatile threat setting.

Major (Retired) Dr. Mohamed Morowa has a PhD in Governance, Peace, and Security, an MA in Security Studies and Conflict Resolution, an MBA, a BSc in Computer Science, and a Diploma in Certified Security Management Professional. With over 35 years of extensive experience, he is an expert in this field, yet his rates are budget-friendly. He can be reached on 0722 262639 or via WhatsApp at 0733 215351 or via email at morowa@msn.com.



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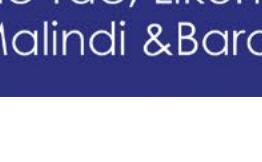


















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NOV/DEC 2025

The Passion That Propelled Ahmed Noorani to Table Tennis Heights

Sports is one super occupation that is passed down through families from one generation to the next.

This can involve shared experiences, passion, traditions, or specific activities that hold meaning for multiple generations.

Kenya's leading junior table-tennis player Ahmed Noorani (15) belongs to this exciting group of enthusiastic sporting families, who realized their games' potential across different generations.

With an apparently insatiable appetite for success, Ahmed follows the legacy of his great grandfather Abdulrehman Mohamed Noorani, one of the founding members of Nairobi Memon Sports Club and having received the title of "Father of Sports" by Nasserupuria Memon Jamat Nairobi.

Family Line Of Sports

His Grandfather Mohamed (Bapa) Noorani played Karate having attained the Brown Belt.

His father Adnaan and his uncle Kamran have played traditional Asian volleyball and have won various accolades including winning the most prestigious Kenya Open in 2008 with Memons.

Family Tradition

Ahmed's major inspiration is deeply ingrained in his late elder sister Khadija who was an Archery champion and her twin Noorbanu, a student at Statehouse Girls High School and national level swimmer and badminton player, now playing table tennis and archery.

Reminiscing about his family line of sporting personalities, Ahmed highlighted: "My zeal for sports is a cherished family tradition that has been passed down through generations, starting with my great grandfather, My grandfather also who drove a chase car for multiple Kenyan champion Sarbi Rai and late Supee Soin



and now dad introducing us to the games we love as a family. This legacy has since culminated into enjoyment of sports that continues to blossom, by and large. Dad has played a pivotal role in shaping our enthusiasm in sports."

A Jack Of All Trades

And asked why he loves multiple sports, Ahmed quips: "I think sports is in our family DNA, and for myself, I never engaged myself in any video games when I was young. I adored physical action because video games reduce one's IQ level. Our community engages immensely in matters of sports; Abdulalim Mohamed Bagha does triathlon and represented Kenya at the Commonwealth Games. I represented Kenya in back to back ITTF Africa Junior Table Tennis Championships in Tunisia 2022, and Botswana 2024 courtesy of Serena Hotels' sponsorship."

Swimming, football, Badminton and darts were previously Ahmed's preoccupation but not until he yielded to the lure of table tennis during the pre-covid period to become Kenya's leading junior player today.

Best Placed Kenyan in Regional Tourney

Ahmed was recently the best placed player at (position 4) at the recent East Africa

Commonwealth Games Junior table tennis Championship behind Ugandans Ali Kalisa, Evan Opio and Gilbert Gaga who beat him 1-3 in the position 4 and 4 playoffs.

Career Threatening Injury

In 2018, Ahmed quit football following a nasty injury he sustained in a football tournament, but that did not deter his passion for sports in any way.

"I sustained a serious hip injury in football which affected my general performance in sports. Two weekends before the recent East Africa Commonwealth event at Kasarani, I also underwent a appendicitis surgery which shot my weight up by some kilos. Swimming has also been one of my heart desires. I was headed to Dubai for an Aquatic Championship to represent the country in butterfly and backstroke, breaststroke events, but when covid happened it became a mission impossible."

Reminiscing Two Racquet Sports

Reflecting on his engagement in two racquet sports, and why he dropped badminton, Ahmed added: "Badminton needs speed and stamina, in table tennis you need speed and brain, so it was not easy playing both." Ahmed got introduced



to table tennis in 2019 but engaged in it proper in 2021. He would then play badminton and table tennis for the community, and through a friend called Bilal, Ahmed joined Coach Fahd Daim's stable at Oshwal.

Ahmed made his national team debut during the 2022 ITTF Africa Youth championships in Tunisia after qualifying through the national team trials.

"Fahd invited us to Oshwal and after the national trials I had to stop badminton because the emotions were different.

MORE ABOUT Ahmed Noorani

- DATE OF BIRTH: 28/11/2009
- YEAR COMMENCED COMPETITIVE TT: 2021
- NATIONAL JUNIOR TEAM DUBU: 2022
- ROLE MODEL IN KENYA: Fahd Daim
- TRAINING: Oshwal Sports Complex
- SCHOOL: Moi Educational Centre (Form 2)
- ROLE MODEL INTERNATIONALLY: Ma Long
- PLAYING STYLE: Hybrid twiddling to create a dynamic mix of defense and offense

CAREER HIGHLIGHTS

1. ITTF Africa Junior Championship Botswana -singles round of 16.
2. ITTF Africa Junior Championship Tunisia- mixed doubles quarter finalist, singles and doubles round of 16.
3. Uganda Team events 4th position.
4. East Africa Commonwealth Junior Championship Nairobi 2024-singles second runners up and team events runners up Mr. Rishi Arun Parikh

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NIGHTLIFE & ENTERTAINMENT

Saturday 13 | 12
Big Tree Beach Bar Bamburi Beach
 Beach Party with Shangatatu | MC Chapatizo | DJ Prince Amar
Travellers Beach Hotel
 Afro Piano Concert Njerae | DJ Otike
Kazi Kazi Hotel Diani
 Wavejam Diani
The Club Cocobongo Diani
 Jamhuri Fiesta with Arrow Bwoy | DJ Mufasa | VJ Rick | MC Konki
Santorini Lounge Sakagete Malindi
 Weza Sato with DJ Kaytrix
Leisure Village Mombasa
 Mugithi Live with MK Thiiru | Danny K
Friday 19 | 12
Swahilipot Mombasa Amphitheater
 "Kipwani"
Moonshine Beach Bar Nyali
 Coastal Take Over with DJ Ronyle | Jade The DJ | DJ Candie
Saturday 20 | 12
JJC Bar & Restaurant Gede
 Funga Mwaka Early Celebration with DJ Moscato | DJ Vatty

NIGHTLIFE & ENTERTAINMENT

Wednesday 24 | 12
Club Kavanya Kilifi
 Xmas Eve with Hosini Band | Bavyombo
Golden Gate Mtwapa
 Xmass-Eve Party with Mwanzele | Msenangu The Band
Bisaros Lounge Mariakani
 Christmas Eve Party with Kaya Int'l Band
Trucks Inn Kwachocha Malindi
 X-Mas Eve with Mjikenda Band | Ricky Melodies
The New Bigtree Bamburi Beach
 La Festa Xmas Eve with MC Chapatizo | DJ Ronyle | DJ Prince Amar
Thursday 25 | 12
Tudor Paradise Mombasa
 Xmas Night with Five Stars Band | MC Lemmy Litto | Santos
Club 28 Bondora
 Xmas Special with New African Sounds | Hosini Band
Soundwave Bar & Restaurant Kilifi
 Christmas Party with Msenangu Band | Mjikenda Band

NIGHTLIFE & ENTERTAINMENT

Thursday 25 | 12
Tunda Resort Tezo
 Christmas Vibes with Tabasamu Band | Rolex Ndundhi | Prince
Friday 26 | 12
Club Don Bay Rabai
 Boxing Day Special with New African Sounds | Hosini Band
Maasai Koroga
 Rhumba Pedeshee
Saturday 27 | 12
Pristine Ranch Watamu
 Club Azul
Saturday 27 | 12
Mnarani Ruins Kilifi
 Kwote Kilifi - Swahili Oontz Experience
Reef Hotel Nyali
 East Africa Dancehall Concert 05
Wednesday 31 | 12
Club Kavanya Kilifi
 New Year Eve with Hosini Band | Bavyombo
Breeze Point Hotel Malindi
 Crossover Party with Msenangu The Band | MC Chengo

ART EVENTS & EXHIB

Monday 22 | 12
Dr Kraph Grounds Rabai
 Rabai Art Festival 1st Edition

FAIRS & EXPOS

Saturday 13 | 12
English Point Marina
 The Wine Fair Mombasa Edition

BODYBUILDING

12 & 13 | 12
English Point Marina
 The Wine Fair Mombasa Edition

FILM SCREENING

Thursday 20 | 12
Big Wave Tamaduni Gardens Kilifi
 Amidzi - A Film By Christine Kache

SPORTS / ENVIRONMENT

18 & 19 | 12
Mnarani Community Ground Kilifi
 Zero Plastic Football Fiesta 2025

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FESTIVAL

12 & 13 | 12
Swahilipot Hub Foundation Mombasa
 Mombasa Talanta Festival

Saturday 13 | 12
Seclusion Diani
 Ghanian Food Fest

Saturday 20 | 12
Kesra Grounds Nyali

Mombasa Colour Festival 2nd Edition

25 | 12 to 01 | 01
Shelly Beach Grounds Likoni

Shelly Beach Festival

SINGLE MOMS

Saturday 20 | 12
English Point Marina
 The Wine Fair Mombasa Edition

THEATRE

Saturday 13 | 12
Little Theatre Club Mombasa
 Gor Mahia

Sunday 14 | 12
Little Theatre Club Mombasa
 Sera

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SHOWCASE / LIVE ACTS

Saturday 13 | 12
The Padel Point Nairobi
 Crossongs Points with | Steeeze | Tresoex | DJ Nayburn | Moha Mike | Dare To Dream
Muze Club Westlands
 Muze Open Air with Francis Mercier | Aahil | Big Nyagz | Foozak | Ghedi | La Dave | Njeri Wa Babaa | Vidza
Tuesday 18 | 12
Uhuru Gardens
 Soulfest 2025
Saturday 20 | 12
Junction Mall Silo Rooftop Parking
 Zenith Summer Bunnies Carnival with G Money
The Carnivore Simba Saloon
 Back & Forth Old School Party with DJ Ken | DJ Amor Thige | DJ Nijo | DJ Me Sufafly

SHOWCASE / LIVE ACTS

Sunday 21 | 12
Mass House Ngong Racecourse
 Gudah.Man Live
Thursday 25 | 12
Nairobi Street Kitchen
 Christmas Jazz & Brunch with Maestro Band
Friday 26 | 12
Shree Cutchi Leva Patel Nairobi West Ground
 Live Bollywood & Garba with Kiriti Varsani & Team
Wednesday 31 | 12
The Alchemist Westlands
 The Countdown NYE Crossover 2025 - 2026 with DJ Kace | Mix Master Lenny | Feischer | Jo Kisila | Mellow
Karen Country Club
 New Year's Eve Party

FAIRS & EXPOS

16 & 17 | 12
KICC Tsavo Hall
 Biofuel Expo Kenya
TRIVIA / QUIZ NIGHT
Thursday 12 | 12
Bar'dayez Bistro Strip Mall Muthiiti Rd Westlands
 Quiz Night with Mister Oyugi | Kalii | Hulk The DJ
Saturday 20 | 12
Bar'dayez Bistro Strip Mall Muthiiti Rd Westlands
 Curiosity Killed The Cat II
SPORTS / BOXING
Saturday 20 | 12
Charterhall
 Boxing Night Christmas Brawl

ART EVENTS & EXHIBS

06 | 12 to 16 | 01
Banana Hill Gallery
 Trails Of Africa Dawn by Rahab Shine
19 | 11 to 03 | 01
Circle Art Gallery
 We Belong to Time
23 | 11 to 05 | 01
Redhill Gallery
 Too Many Words - A Solo Exhibition By Onis Martin
Saturday 23 | 12
Trademark Hotel Village Market
 Where Dreams Gather - A Contemporary Art Group Exhibition
24 | 10 to 05 | 01
Kofisi Kaskazi
 The Middle Ground by Seven Artists Collective

BALLET

Saturday 20 | 12
Nairobi Natuinal Theatre
 From Russia With Ballet by Russian State Ballet

HORSE RACING

Sunday 14 | 12
Ngong Racecourse
 Uhuru Cup

SHOPPING

12 to 14 | 12
Kstvet Un Avenue Rd
 Bizarre Bazaar

Sunday 21 | 12
The Secret Garden
 Soko Social Christmas Edition

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