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 The focal role of government gazetted security service providers is to prevent, control, detect and investigate crime. It is charged with protection of life and property. Page 18

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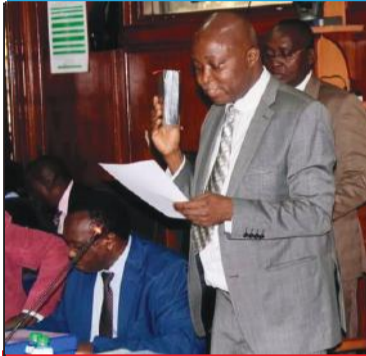
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Friday, May 12, 2023

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**News>>Audit Committee Adjourns Sitting With AFA For Third Time Following Change In Management**

P. 8. Curiously, committee members learnt that holding office for short stints was a norm at AFA.



**Motivation>>Indicators Of High Sensitive People**

P. 12. According to psychologist Elaine Aron a highly sensitive person has high innate levels of sensory-processing sensitivity and easily reacts to both internal and external stimuli like light

# CJ Koome Launches PLEAD II To Improve The Justice Sector

During the last five years, I have borne witness to your passion, valued partnership, and commitment to this country towards strengthening the rule of law and administration of justice by promoting ideals that are cohesive, accountable, and efficient in the justice system," said Koome



Chief Justice Martha Koome

STORY ON PAGE 9



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# Gov't Urged To Gazette Kamiriithu Community Theatre

By: Grace Naishoo

@themtkenyatimes

## Worth Noting:

- “The memory of Kamiriithu cultural and educational facility was almost erased following crack down of its activities and physical demolition of the open-air theatre space by the government,” said Nduta.
- She said the community theatre experience was about self-empowerment of communities from the feeling of self-worthlessness and low self-esteem as well as deflated confidence due to the struggles of colonial rule to pride emanating from fights they won.

Kiambu County Assembly Members yesterday passed a motion urging the National Government to declare Kamiriithu Community Education and Cultural Centre (KCECC) a National Heritage Site.

The historic Cultural Centre is an open-air theatre at Kamiriithu, in Limuru, formed in 1976, where the African language was recreated and celebrated in literature, through drama and musical productions, which included song, dance, and mimes illustrating the hardships Africans suffered under colonial rule.

Nduta Muongi a Member of the County Assembly (MCA) for Limuru Central Ward who moved the motion said KCECC carries historical significance of the role played by a community theatre in the service of social transformation and reformation of the community.

“The memory of Kamiriithu cultural and educational facility was almost erased following crack down of its activities and physical demolition of the open-air theatre space by the government,” said Nduta.

She said the community theatre experience was about self-empowerment of communities from the feeling of self-worthlessness and low self-esteem as well as deflated confidence due to the struggles of colonial rule to pride emanating from fights they won.

She added, “the continued lack of adequate documentation and preservation of the history of KCECC as a historical site risk burying the wider history of resistance which inspired anti-colonial resistance in Kenya and all over Africa.”

The MCA further noted that, by de-



*Kamiriithu Community Theatre.*

claring KCECC a national heritage site, would ensure that an important piece of Kenyan history is preserved for posterity hence serving as a reminder that ordinary Kenyans are makers of history.

“Declaration and preservation of KCECC as a cultural and heritage site would benefit from rehabilitation through heritage conservation plan and increase public awareness

of the site and of its outstanding values, thus boosting the tourist activities at the sites as well as becoming an economic hub for the locals,” she said.

Hon. Nduta said that the Kamiriithu idea continues to inspire millions in the world, as can be seen from numerous publications all over the world. But the inspiring history remains invisible to Kenyans that pro-

duced the idea in the first place.

The center which is most famous for its production of ‘Ngaahika Ndeenda’ (I will marry When I want) a theatrical drama by Professor Ngũgĩ wa Thiong’o before he went to exile from Kenya in 1977, housing an audience of at least 10,000 people was a livelihood to many.

The Mt. Kenya Times



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# Court Orders Chief Executive Officer IEBC, Chairman of National Lands Commission and Land Registrar To Appear In Court Over Land Boundaries Dispute



By: Elizabeth Angira

Nyamira Lands and Environment Court has ordered Chief Executive Officer of Independent and Electoral Boundaries Commission (IEBC) to appear in person before the court on 25th May for the mentioning of the petition case of dispute of boundaries of Keroka Town.

The matter was presented before Justice Mugo Kamau ordered National Lands Commission (NLC), Lands Registrar and lands surveyors both Nyamira and Kisii counties to appear in person with maps, records and reports indicating boundaries of Keroka Town.

The petitioner Nyambega Gisesa petitioned National Land Commission (NLC) to resolve the boundary dispute between Kisii and Nyamira counties and compelled the National Government to survey and erect visible beacons to clearly demarcate the boundaries issue.

Through his lawyer Justus Maeche about 212 residents of Keroka Market petitioned the petitioner citing harassment from revenue collection officers from both the Kisii and Nyamira counties.

The petitioner cited that there had been boundary dispute between the Nyamira and Kisii Counties disputes that threatened the peace of Keroka Market and are forced to pay the same taxes to two different counties and due to the confusion they do not know which county they should demand services and accountability for



Justice Mugo Kamau has ordered Chief Executive Officer IEBC, Chair National Lands Commission, Land Registrar and Surveyors to appear before the court over the matter of land dispute boundaries of Keroka Market photo /Elizabeth Angira.



## Worth Noting:

- The petitioner cited that there had been boundary dispute between the Nyamira and Kisii Counties disputes that threatened the peace of Keroka Market and are forced to pay the same taxes to two different counties and due to the confusion they do not know which county they should demand services and accountability for the taxes they pay.

- Also that there is no clear demarcation or beacons to show a clear boundary between the two counties at Keroka Market and the centre of the dispute is the revenue collection at Keroka Market and the leaders of the two counties have tried to resolve the dispute with no success.

the taxes they pay.

Also that there is no clear demarcation or beacons to show a clear boundary between the two counties at Keroka Market and the centre of the dispute is the revenue collection at Keroka Market and the leaders of the two counties have tried to re-

solve the dispute with no success.

The petitioner who is also Member of the County Assembly in Nyamira is aggrieved that his constituent cannot receive services from the county government as it is not clear which county government should provide services.

The petitioner is being represented by lawyers; Justus Maeche, Grace Bundi, and Mokaya Hillary.

Nyamira County represented by Erastus Orina, Rindley Nyambane and Willis Nyagarama.

Kisii County represented by Nyamweya Mosota said that the matter came before promulgation of Constitution of Kenya 2010.

Nyambega Gisesa said that there has been boundary dispute between Nyamira and Kisii Counties over the location of Keroka Market, which lies on what used to be the boundary between the former Nyamira and Kisii Districts of Kenya, whereas, on the one hand Nyamira County claims that over 90 percent of the town belongs to it, Kisii on the other hand claims that part of the town belongs to its pursuant to existing documentation and recent history and has since encroached into about 50 percent of the market.

Maeche being aggrieved by the said actions of the respondents has filed the application in court to seek redress from the honorable court pursuant to its jurisdiction to hear and determine disputes.

Mentioning of the case will be on 25th, May before court.



Nyambega Gisesa a petitioner with his lawyers outside Nyamira Law Court photo/Elizabeth Angira

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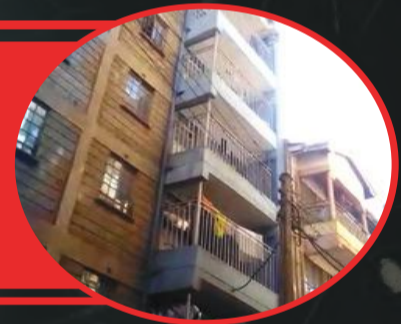
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# Thousands Of Students Get Free Software Development Training

By: Rolex Omondi

@themkenyatimes

Over 10,000 students from various universities and colleges are set to benefit from a free software development training course to widen their knowledge and skills.

The training courtesy of Power Learn Project, a Pan African impact organization aims at building capacity in technology through provision of software development scholarships.

Power Learn Project's Chief of Growth and Operations Mumbi Ndung'u said the initiative targets to equip the youths with skills required in the local and international market to compete for opportunities globally.

Speaking in Kisumu during the graduation ceremony of the first cohort of 50 youths trained in partnership with Compassion Kenya International, Ndung'u said the training has been designed to benefit youths at grassroots who hitherto could not afford the training.

This, she added, was being executed through partnerships with like-minded organisations to ensure that as many youths as possible benefit.

"This pilot programme with Compassion International Kenya is the first of many that we intend to do at Power Learn Project in line with our

mission to make digital skills accessible and affordable," she said.

Beneficiaries of the programme, she added shall be assisted to upskill and become data scientists, cybersecurity experts and entrepreneurs.

"We know the world is now technologically driven in every aspect. We need to make sure that we empower young people with these skills to enable them to compete globally," she offered.

The acquired requisite skills and brilliant ideas, she noted, will help them in the next level and we expect to go back to their communities and empower other young people with jobs.

She noted that the new graduates will now be able to immensely contribute to the economic development of the particular areas that they come from.

"Our recruitment is ideally not limited to the educational background in a sense of academic qualification. It is more of what skills they have. They must have basic computer skills regardless of where they are. It happens to be that most people in Africa with these skills are either in the universities, tertiary institutions or in urban centres," she observed.

The goal, she said, is to make Africa a hub of technology talent adding that the organisation targets to train one million software developers across Africa by the year 2027.

Youths in Kenya and across the



Power Learn Project's Chief of Growth and Operations Mumbi Ndung'u addressing the media.

continent, she added lack equipment adding that the cost of internet and bundles was a major hindrance in technology development.

Power Line Project, she said, has tried to alleviate these challenges by working with the different partners to offer tangible and lasting solu-

tions.

Agnetta Atieno, a Kisii University student, said the five months course entailed computer programming, web development and coding using the various languages.

"We have also done professional ethics and I am very happy that we

are graduating full of newly-acquired knowledge and various skills to use in the field," she said.

Hillary Ogutu, a medical engineering student said through the program he has been able to specialize in computer programming.

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# Audit Committee Adjourns Sitting With AFA For Third Time Following Change In Management

By: PSCU

Parliamentary Members of the Public Investments Committee on Social Services, Administration and Agriculture were surprised to learn that the Director General of Agriculture and Food Authority (AFA) an agency they had called to a meeting had left office the previous day.

The Committee chaired by Navakholo MP Emmanuel Wangwe met with Mr. Willies Audi the new acting Director General for the Agriculture and Food Authority instead of Ms. Beatrice Nyamwamu who had appeared in previous meetings.

Former MP Connelly Serem who chairs the new AFA board informed the committee that Ms. Nyamwamu had been recalled back to the Ministry of Agriculture after her tenure at AFA came to a close.

“Has the outgoing CEO handed over to you, do you have the instruments of the office?” Wangwe questioned the new Director General, to which he defended his suitability, arguing that the appointment letter will suffice, and that he has been attending previous meetings with the Committee as scheduled.

Curiously, committee members learnt that holding office for short stints was a norm at AFA.

Since the inception of AFA in 2014, a total of five CEOs had headed the entity that for the Financial Year 2018/2019 alone, 47 audit queries have been raised by the Office of the Auditor General.

Moreover, almost the entire list of directors for the seven directorates in



Acting AFA Director General Willie's Audi before the parliamentary committee yesterday

AFA are on acting capacity.

Maragua MP, Alice Wamaua expressed her fears that the situation of constantly changing AFA bosses might be more of a design, than by accident.

“How can the entity ensure they are out of the cycle of acting positions. The committee needs to be sure that it is dealing with someone who will be available in the near future to respond to matters raised by the com-

mittee,” she added.

AFA is facing a myriad of audit queries including the loss of land measuring 137.2 hectares out of the 236.35 hectares in Thika, Kiambu County, was registered in the name of a former chairman of the defunct Coffee Research Foundation.

Audit reports revealed that the Agency does not have a title deed for a piece of land worth an estimated 1.28 billion shillings.

AFA has also been unable to evict a private developer occupying its plots along Mombasa Road valued at 695 million shillings. Another piece of land in Embakasi, Nairobi worth Sh1.6 billion shillings belonging to AFA remains unutilized and prone to encroachment by informal settlements in the area.

According to the Auditor General, AFA also lost Sh52 million shillings in the defunct Euro Bank.

It could also not account for payments made to sugar farmers.

Available details indicate that sugar companies were paid a total amount of Sh267,162,688 for farmer's arrears through commercial banks and Sh234,190,618 was paid to SACCOs on behalf of farmers.

No returns from the financial institutions were provided.

It is on the basis of these and other issues termed as weighty by the committee that the matter of lack of a substantive Director General raised committee antennae.

“There is need for the new DG to familiarize himself with matters at hand,” said Saboti legislator, Caleb Amisi, also Vice Chair to the committee.

Agricultural and Food Authority was directed to return before the committee on June 14th and 15th to substantively respond to the audit issues before it.

## Worth Noting:

- “How can the entity ensure they are out of the cycle of acting positions. The committee needs to be sure that it is dealing with someone who will be available in the near future to respond to matters raised by the committee,” she added.
- AFA is facing a myriad of audit queries including the loss of land measuring 137.2 hectares out of the 236.35 hectares in Thika, Kiambu County, was registered in the name of a former chairman of the defunct Coffee Research Foundation.
- Audit reports revealed that the Agency does not have a title deed for a piece of land worth an estimated 1.28 billion shillings.



Maragua MP Mary Wamaua making her contribution as colleagues led by Othaya MP Wambugu Wainaina listens.

# CJ Koome Launches PLEAD II To Improve The Justice Sector

By: Phinta Amondi  
@themtkenyatimes



*Chief Justice Martha Koome*

## Worth Noting:

- Koome said that the end-term evaluation of PLEAD's first phase in 2022 attested to the power of collaboration and coordination under the National Council on the Administration of Justice (NCAJ), with relevance, efficiency, and flexibility being at its frontier in the justice sector for Kenyan society.
- Koome acknowledged that access to justice for the vulnerable has been an important cause, stating that since the initiative was introduced, Alternative Justice Systems (AJS), such as the framework policies, county action plans, and training of 354 Community Service Order (Probation) Officers, together with other national partners, have greatly benefited from its contribution, citing areas like child justice, technology, and sexual and gender-based violence.

Chief Justice Martha Koome has launched the second phase of the Programme for Legal Empowerment and Aids Delivery Programme (PLEAD) to resound in the justice sector by creating ripple change and reforms that will touch the lives of countless Kenyans.

Speaking during the event in Nairobi, the CJ said that PLEAD has been essential in the realization of strategic objectives in the justice sector within collective and individual institutions.

Koome noted that the partnership, with a total investment of EUR 35.3 million, would build on successes achieved during the first phase and support renewed collective quests as sectors in the justice sector deepen access to justice, consequently enhancing inter-agency collaboration and efficiency in the country's institutions.

"During the last five years, I have

borne witness to your passion, valued partnership, and commitment to this country towards strengthening the rule of law and administration of justice by promoting ideals that are cohesive, accountable, and efficient in the justice system," said Koome.

She added that the end-term evaluation of PLEAD's first phase in 2022 attested to the power of collaboration and coordination under the National Council on the Administration of Justice (NCAJ), with relevance, efficiency, and flexibility being at its frontier in the justice sector for Kenyan society.

Koome acknowledged that access to justice for the vulnerable has been an important cause, stating that since the initiative was introduced, Alternative Justice Systems (AJS), such as the framework policies, county action plans, and training of 354 Community Service Order (Probation) Officers, together with other

national partners, have greatly benefited from its contribution, citing areas like child justice, technology, and sexual and gender-based violence.

Further, she remarked that renewed focus on technology PLEAD I enabled the system to be people-focused justice, noting that during the height of the COVID-19 pandemic, the Judiciary transitioned to electronic justice as a primary mode of delivering justice for Kenyans with over 600 computers and video conferencing equipment that continue to facilitate access to justice, including for those imprisoned.

"PLEAD has shown us that when we pull together, we can indeed push the frontiers of justice for all," said Koome.

The Judiciary boss lauded the broadening of national beneficiaries in its second phase, akin to the Ethics and Anti-Corruption Com-

mission (EACC), National Police Service (NPS), Directorate of Children's Services (DCS), and Kenya Prison Service (KPS), affirming that the widened support would transform and expand the whole justice chain in nine additional counties as well as endorse inclusivity.

"Our strength lies in our unity and shared vision of a just and equitable society. As we move forward, let us remember that we are stronger together and that our collective efforts will yield far greater results than any one of us could achieve alone," the CJ maintained.

# Discipline Of Friendship Pt 1



**By: Eric Musa**  
 EMEA.ericmusa@gmail.com

FOR GOD’S HELP IN EFFECTING INWARD CHANGES THAT WILL EXPAND OUR CAPACITIES FOR FRIENDSHIP. And we must pray for the opportunity to develop friendships. Such relational requests may not occur naturally to the minds of most men, but they are prayers which God delights to answer, as my own experience, and that of many other Christian men, amply testifies. Need some good friendships? Spiritual logic demands that prayer is the place to begin. A wise old farmer was working beside the road when a family moving to a nearby town stopped and asked him if that town was “friendly.” The farmer said he could not really say. But the people pressed him for an answer, so he asked them what the town was like that they came from. They answered that it was terrible — the people were rude and small-minded. The old farmer replied, “That is just how you will find this town.” No matter what our disposition, we need to work at friendliness. We need to be



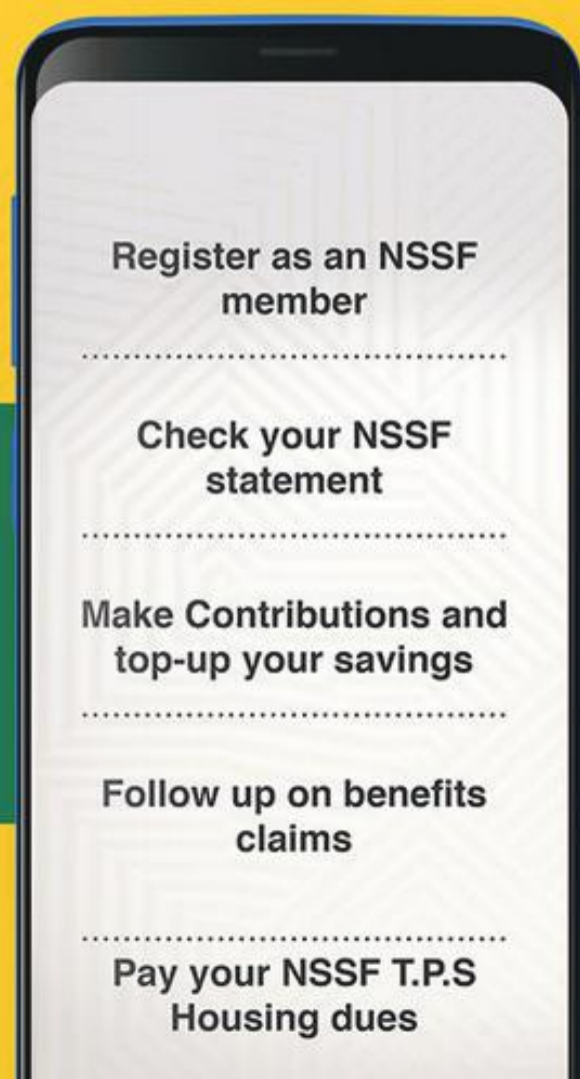
Today friendship has fallen on hard times. Few men have good friends, much less deep friendships. Individualism, autonomy, privatization, and isolation are culturally cachet, but deep, devoted, vulnerable friendship is not. This is a great tragedy for self, family, and the Church, because it is in relationships that we develop into what God wants us to be. But deep friendships and friendships in general (close friendships, good friendships, and casual friendships) are there to be made if we value them as we ought — and if we practice some simple disciplines of friendship. We MUST PRAY SPECIFICALLY

consciously cheerful. We need to ask questions. We need to place ourselves in situations where friendships happen. If you are a regular church attender but do no more than attend morning worship, you are depriving yourself and the church of the friendship so desperately needed by all. Men, we must place ourselves in the ways of friendship: an adult Sunday school class, a home Bible study, a men’s Bible study, a men’s breakfast group,

men’s retreats, and, especially, service in some ministry of the church. Women are so much better at this than men. We must learn from them to take the initiative. HALELUJAH, GOD HELP & ENABLE US ALWAYS. *References: The Living Bible Discipline of a Godly Man (Book by Kent Hughes) Evangelist Eric Musa: (My message continuously: If you*

*are not saved: Believe, accept, receive and confess Christ Jesus as your Lord and Saviour and be filled with the Holy Spirit, as it is written; “NOW is the acceptable time, TODAY is the day of SALVATION.- 2 Cor 6:2”. For prayers, devotion, and to support the ministry contact Evangelist on +254722157300 (Email: EMEA.ericmusa@gmail.com). Remember, God Loves you and I unconditionally, perfectly and always: SHALOM*

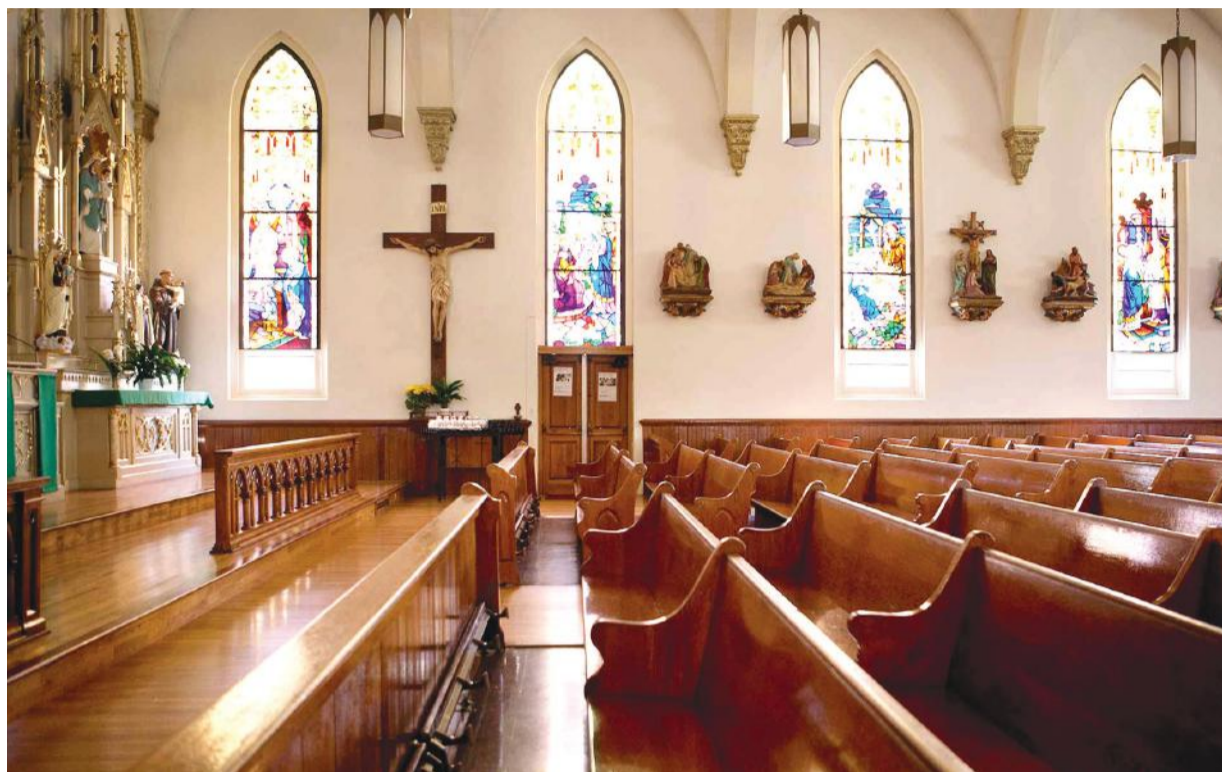
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# Govt Should Not Cave In To Threat And Blackmail By Some Churches Opposed To Regulation



By: Joseph Mutua Ndonga  
mutuandonga@yahoo.com



Church.

## Worth Noting:

- The Biblical teachings are very clear. A true man of God is supposed pray for the long life of his followers and keep giving them hope.
- For the sick, give them hope of healing. For those facing other challenges, give them hope that all will able well in the name of Jesus. You will get a job; you will be promoted; you will get school fees for your children; your business will thrive and so on.
- Mackenzie was doing the opposite of this. He was starving his followers, mostly children and women, to death and killing with a brunt object those who refused to heed his call.
- Speaking at the scene Interior Cabinet Secretary Kithure Kindiki, who immediately took over the role of coordinating the exercise of exhumation, stated?

The Shakahola cult massacre has ignited the debate on whether the government has a responsibility to regulate the churches and whether this is the right time to do so.

Pastor Paul Mackenzie of Good News International Church and Ezekial Odero of New Life Prayer Center have been at the center of the storm.

The duo had been identified as the pioneer and face of the cultic activities in Kenya.

Soon after the mainstream media revealed how they were luring gullible Kenyans to the death traps, President William Ruto came out gun blazing.

The teaching of these pastors bordered on religious radicalization and extremism.

This has led to the death of many Kenyans. More than 100 bodies have so far been exhumed.

They had been buried in shallow graves within the vast land measuring 800 acres which is owned by Pastor Mackenzie in Shakahola forest.

This is where his church was located. The local villagers later demolished this church. He had buried his two wives inside and the graves were left bare.

A pastor he had entrusted to run a church he had built in Marereni had also reportedly died.

For President Ruto, he roundly condemned this pastor and called him a terrorist. He has caused mass death.

I took the oath of office to protect the lives and properties of all Kenyans.

When it comes to these matters, there is no room for compromise. We cannot negotiate about this.

He directed the law enforcers to immediately swing into action and bring Mackenzie and his associates to book.

The place of this man is in jail.

The Biblical teachings are very clear. A true man of God is supposed pray for the long life of his followers and keep giving them hope.

For the sick, give them hope of healing. For those facing other challenges, give them hope that all will able well in the name of Jesus. You will get a job; you will be promoted; you will get school fees for your children; your business will thrive and so on.

Mackenzie was doing the opposite of this. He was starving his followers, mostly children and women, to death and killing with a brunt object those who refused to heed his call.

Speaking at the scene Interior Cabinet Secretary Kithure Kindiki, who immediately took over the role of coordinating the exercise of exhumation, stated?

What you are seeing here could be a tip of iceberg.

The police are currently looking for another pastor who preliminary reports indicate he is also running a cult and he has done worst things

than Mackenzie.

A few days later, Pastor Ezekial Odero was arrested. When he was arraigned in court, he faced almost similar charges to those filed against Mackenzie who had been arraigned earlier and denied bail.

He however faced a new count of selling body organs-a serious charge which falls in the category of capital offence.

The President had announced that he would expand the scope of tackling this problem that has been haunting our country for a long time.

I'm sure his memory had gone to back to late 90s. At the time, then President Daniel Arap Moi had set up a commission of inquiry into devil worshipping.

This followed the increasing disturbing cases of unrest in secondary schools and colleges.

Some of these institutions were razed down and tens of hundreds of students perished.

I remember the Kyanguli fire tragedy. The inferno almost wiped out all the students sleeping in one of the dormitory.

There were many unexplained deaths within the society. Some of victims' body organs were removed. Reports indicated the business of selling them had thrived and they were mostly bought for witchcraft purposes.

The road accidents had also increased and in most cases no blood

is seen at the scene.

It is worth to note the recommendations of the commission led by then Nyeri Catholic bishop Nicodemus Kirima were never implemented.

Right now, we are seeing a proliferation of the cults and fake prophets.

Many believe this could not have been the case if Kirima report was implemented.

President Ruto has demonstrated he is ready to deal with this matter to the bitter end.

A few days ago, he moved a step further when he formed a commission of inquiry and a task force.

As it turned out, this would not go down well with a good number of churches.

Initially, I thought it is only those promoting the doctrine of doomsday cults who would oppose the President's move.

I was however taken by surprise when I saw the leadership of Anglican Church of Kenya (ACK) echoing the same sentiments.

According to the ACK, the government's move to regulate the churches is ill-advised and will not succeed.

The state is a political unit and so you cannot legislate on spiritual matters.

Leave this matter to us. We have our own internal mechanisms of Self-Regulation. Why have they failed to tame cults?

Is what we are seeing in Shakahola reflect the will of God? No. I say this as a born again Christian.

For how long will government watch as innocent people lose their lives? I fully support the President. The time to act is now.

In Rwanda, President Paul Kagame had developed a similar script. His government deregistered 6,000 churches. A number of cultists were also rounded up; arraigned in court and jailed.

The story was the same in Uganda. President Yoweri Museveni cracked down rogue pastors and closed their churches.

Most of the churches had earned the names of briefcase outfits. This because they had been founded by an individual and if he is man, he would run it with the wife or a mistress and child.

If it is a woman, she would run it with a husband or a boyfriend and children.

Joseph Mutua Ndonga is a writer and political analyst based in Nairobi

# Indicators Of High Sensitive People

By: N. George

@themkenyatimes

## Worth Noting:

- **Worth Noting:** They record everything you say and deeply analyse it. Be cautious what you tell them as it will count when it comes to their decision making.
- **Creative and innovative:** Being critical thinkers highly sensitive people are likely to analyse situations using both emotional intelligence and general knowledge to come up with suitable solutions. They easily devise new ways of dealing with situations.
- **Their decision making process is lengthy:** This is due to their tendency to explore all options available; they test every aspect of every option and select the most favourable. They take into consideration complexity of issues, uncertainty, substitutes, social factors and consequences. To do all these analyses requires time.

According to psychologist Elaine Aron a highly sensitive person has high innate levels of sensory-processing sensitivity and easily reacts to both internal and external stimuli like light, smell, hunger, pain and noise. They also have emotional intelligence.

Highly sensitive people easily and quickly absorb information from the surroundings and analyse it more deeply and consciously and react to it.

Some indicators that you are a highly sensitive person

### Sensitivity

You are able to feel and then take the necessary measures. Ability to feel is a natural gift and those who possess it should be thankful. Eye-catching.

This is due to their great taste of fashion, style, care and in-depth understanding. This makes other people easily spot them admire them and be comfortable with them.

### They possess deep feelings and are highly reactive to emotions.

They are moody. They are quick to realise effects of their actions. They easily recommend or take blame for each and every hit or miss. Most HSP are able to differentiate between good and bad, right and wrong. They value integrity.

### They love excessively.

They have great loyalty and attention to details. Highly sensitive people go extra miles to please others. They are also sensitive to your emotions so they will try as much as possible not to hurt you.

### HSP are real and lively

HSP are able to identify what is presently going on and react towards it. They are able to enjoy the good occurrences of the present moment. They are able to react to bad things as they happen. They are current, lively and real.

### They are highly intuitive

This means that they easily and quickly read and understand both verbal and non-verbal communication. It is hard to hide a secret from them. Transparency, honesty and trust are important while dealing with them.

HSP are analytical that is they go deep inside trying to figure out issues.

They have great awareness of their surroundings.

The highly sensitive people naturally possess a heightened degree of sensitivity or fine-tuned senses which easily detects what is happening around them.

They can easily know when there are threats, decide when to change mood.

### Never give up easily.

Highly sensitive people try to figure out all available avenues to solve issues. They are detail oriented and take care of their interests with great passion.

### Avoid arguments

Instead of arguments HSP research root cause of conflicts and try not to hurt the emotions of. They are extremists who do not like to operate in confusion or unclear situations. They are definite with what they want.

### Prefer to exercise alone

This can be attributed to their relatively high levels of sensitivity and the rarity of such type of people to match them. They are easily overwhelmed making them to prefer sole places and events like running, biking or mountain climbing.

### They are enthusiastic.

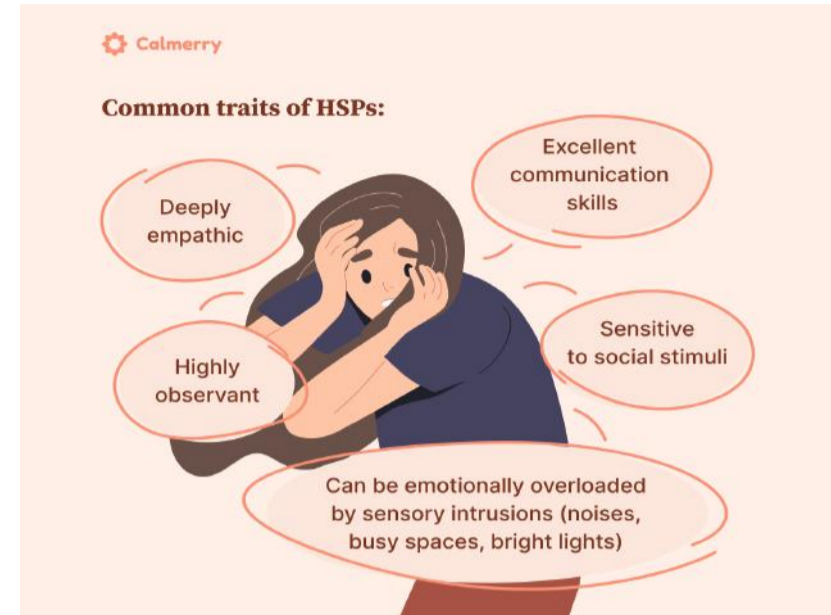
Highly sensitive people are extremists in whatever they do. What they love and are interested in they do so whole heartedly and whatever they dislike or are not interested in they ignore it completely.

### They are super listeners.

They record everything you say and deeply analyse it. Be cautious what you tell them as it will count when it comes to their decision making.

### Creative and innovative.

Being critical thinkers highly sensitive people are likely to analyse situations using both emotional intelligence and general knowledge to come up with suitable solutions. They easily devise new ways of dealing with situations.



### Their decision making process is lengthy.

This is due to their tendency to explore all options available; they test every aspect of every option and select the most favourable. They take into consideration complexity of issues, uncertainty, substitutes, social factors and consequences. To do all these analyses requires time.

### Attentive to details however minute they may be.

Highly sensitive people are able to detect even the small changes and react to them accordingly.

### They require lengthy downtime

This is due to their over active nervous system which exhausts them totally so they require relatively long period of time to recharge.

### They are able to read in between the lines.

Highly sensitive people not only analyse the situation but also dig deep to find the intention. They can also understand what is beneath the surface. It is hard to fool them. They easily join the dots.

### Possess polite mannerisms and are highly conscientious.

Highly sensitive people like convenience both for themselves and for other people. They are easy to excite and easy to hurt. When treating others they quickly read your emotions and reactions and try not to hurt you by acting and reacting in a polite way.

### High susceptible to anxiety and depression.

HSP are super when it comes to interpretation of issues and reaction to issues.

Violent and horror scenes or movies will make them think deep and react by instilling fear and general discomfort to them

Any episode of fear is expounded in their minds. It is recommendable to handle them with a lot of caution.

### Good peace keepers.

HSP are naturally advantaged in reading and understanding situations at ease. They can know both the intended and the implied meaning in every situation. In times of peace they are able to identify the possible threats and try to avoid such causes. In times of conflict they are able to come up with suitable peaceful solutions at ease.

### Good team players.

HSP are great researchers due to their ability to analysis issues in-depth.

Possession of emotional intelligence also help them to know when to act or react and in what way to do so.

Combination of both analytical and emotional intelligence put them ahead of the rest of the team members in understanding and presentation of issues.

When there is lack of clarity of information in the team HSP almost effortlessly connect the dots and see the full picture of what is missing.

# State Launches National Mapping Of Gender, Climate Vulnerabilities

By: Emma Jolly Wambui

@themtkenyatimes

The State Department for Gender and Affirmative Action has launched a National Gender and Climate Vulnerabilities Hotspot Mapping.

The launch marks a significant milestone in Kenya's efforts towards effectively addressing the impacts of climate change, particularly for vulnerable groups, in a bid to promote gender responsive planning and decision making in her response to climate change.

Speaking at the event in Nairobi, the Principal Secretary State Department for Gender and Affirmative Action Veronica Nduva said that the impact of climate change on vulnerable groups, particularly women and girls, could not be overstated.

Nduva revealed that without sex-disaggregated data, it was difficult to fully understand the gendered impacts of climate change and design effective climate policies and programmes that respond to specific

needs and concerns of men and women of different intersections.

She added that data is important in climate action because it enables policymakers and other stakeholders to identify appropriate policies and programmes based on actual needs.

"I am therefore excited that this mapping exercise will aid in providing data for implementation of some of the government's nine-point agenda for women, particularly aspects around a clean, safe environment and energy sources as well as secure land rights for all among others," stated Nduva.

The PS confirmed the hosting of the upcoming Africa Climate Summit here in Kenya from September 4 – 6 this year as well as the country's participation at the COP 28 in Dubai the following month.

Further, Nduva said that the State Department for Gender and Affirmative Action would soon develop a national Gender and Climate Action Plan, whose content would benefit greatly from this mapping exercise.

She also appreciated the African Group of Negotiators Expert Sup-



Principal Secretary State Department for Gender and Affirmative Action Veronica Nduva.

port (AGNES) for selecting Kenya to be one of the few countries in Africa to pioneer this exercise alongside Botswana and Uganda.

"I believe that undertaking this exercise concurrently will provide opportunities for cross learning and experience sharing for the good of our

nations," Nduva reiterated.

In his remarks, Dr George Wama-koya, the team lead AGNES, said that it is a requirement to domesticate the Gender Action Plan in order to access and catalyse climate finance since this would be difficult to raise the latter without domesti-

cating the international policy.

"Therefore, the aim of this work is to help domesticate the Gender Action Plan at the policy level and also at the county level," he added.

# Samburu School Reopened After Peace Was Restored

By: Robert Githu and Peter Mbitiro

@themtkenyatimes

The government has beefed up security and reopened schools along the volatile Malaso belt in Samburu West Sub County, on the Samburu-Baringo border, as schools reopen for the second term.

Addressing the press yesterday outside his office in Maralal town after chairing a security meeting, Samburu County Commissioner Henry Wafula confirmed that normalcy and calm has been restored in the area following a multi-agency security operation to flush out bandits and cattle rustlers.

Wafula said that Pura Primary School, which was closed down in 2021 after perennial banditry and cattle rustling, has been reopened, and 71 pupils and their teachers have already reported.

"Pura Primary School is a peace

model institution that was constructed for both the Samburu and Pokot children but was closed down in 2021 due to insecurity. Now that peace has returned, learning is ongoing," he said.

The CC noted that four trained National Police Reservists (NPR) have been posted to the school to ensure the safety of the pupils and teachers in case of any incidence.

At the same time, Wafula urged all residents of Poro, Pura, Loroki, Loosuk, Longewan, and all the way to Suguta Marmar to return to their farms and continue farming.

"The Malaso belt is very fertile, and it's the bread basket of Samburu County. I assure residents of their security as they go about their farming activities," he added.

The Commissioner also directed all chiefs and their assistants, together with NPRs, to move from house to house, urging parents to return their children to school.



Samburu County Commissioner Henry Wafula addressing the media while accompanied by other government officials.

# National Museums Of Kenya Calls For The Promotion Of Swahili Language, Culture

By: Mohamed Hassan

@themtkenyentimes



NMK acting Director General Stanvas Ongalo addressing a stakeholders forum.

## Worth Noting:

- “It is therefore an indispensable tool in achievement of the Sustainable Development Goals 2030 and in facilitating regional integration,” he said adding that the annual festival would be a stage to showcase the time-honored Swahili culture and heritage.
- He said to commemorate this important day, NMK in collaboration with the local Community Based Organizations and the Mombasa Old Town community at large, would be organizing lavish celebrations on July 7, 2023 to be held at the NMK Heritage Training Institute (NMKHTI) formerly Swahili Culture Centre.
- Ongalo says the aim is to highlight the importance of Kiswahili language globally and to revive dying traditional Swahili cuisine and handicrafts.

The National Museums of Kenya (NMK) is gearing up for the world Kiswahili Language Day celebrations slated for 7th July 2023.

The United Nations Educational, Scientific and Cultural Organization (UNESCO) set aside July 7 of each year as World Kiswahili Language Day.

Kiswahili, a Bantu language with Arabic influences, is the first African language to be recognized in such a manner by the United Nations (UN).

The language dates from the contacts of Arabian traders with the inhabitants of the east coast of Africa over many centuries.

NMK acting Director General Stanvas Ongalo has launched a series of curtain-raiser activities in the run-up to the Swahili Day celebrations at Swahili Pot Hub in Mombasa County.

Ongalo said Kiswahili language is one of the official languages of the African Union (AU), Southern African Development Community (SADC) and East African Community (EAC).

“It is therefore an indispensable tool in achievement of the Sustainable

Development Goals 2030 and in facilitating regional integration,” he said adding that the annual festival would be a stage to showcase the time-honored Swahili culture and heritage.

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The NMK official says the mission of the annual celebration is to promote the use of Kiswahili language as a beacon for unity, peace and enhanced multiculturalism.

The NMK DG says Swahili is among the 10 most widely spoken languages in the world, with more than 200 million speakers mostly in Africa and the Middle East.

Over the centuries, this Bantu lan-

guage has emerged as a common form of communication in many parts of sub-Saharan Africa, in addition to the Middle East.

Swahili speakers are spread out in more than 14 countries: Tanzania, Kenya, Uganda, Rwanda, Burundi, the Democratic Republic of Congo, South Sudan, Somalia, Mozambique, Malawi, Zambia, and Comoros and as far as Oman and Yemen in the Middle East.

Southern African countries such as South Africa and Botswana have introduced it in schools, while Namibia and others are considering doing so. More than 100 universities, colleges and schools in the US, Asia and Europe offer Swahili as a course.

“As the State Corporation that manages museums, sites and monuments, we are excited that Swahili has become the first African language to be honoured by the United Nations,” said Ongalo.

He says the international day would be celebrated by all stakeholders, in recognition of the global relevance of Kiswahili as a language of global communication and one that is growing in stature.

He said the theme for this year’s event would be “Kiswahili for Peace, Cohesion and Integration” by embracing, exploring and enjoying the cultural heritage of the Swahili speaking communities.

Ongalo urged Kenyans to embrace the Swahili language and unique culture noting that people are identified by their culture and language.

Swahili Heritage Training Institute Coordinator Khalid Kitito says the annual festival would be marked in a big way and would bring together Swahili speakers and enthusiasts.

Kitito says the Swahili community festival seeks to break diversity barriers, build a credible Swahili speaking people, and celebrate the Swahili culture and its authenticity around the globe.

“The weeklong celebrations will showcase the richness of the Swahili language and culture,” he said, adding that the event would be celebrating Swahili arts, cuisine, crafts, henna paintings, poetry, music, and literature.

Kitito says the festival provides an opportunity for Swahili speakers and enthusiasts to come together to network and celebrate their shared love for the language and culture.

A researcher with NMK Dr. Ahmed Yassin says the original dialects of Kiswahili are fast getting lost, hence they should be reclaimed and revived fast.

Dr. Yassin says there are three important dialects of Kiunguja, spoken in Zanzibar and in the mainland areas of Tanzania; Kimvita, spoken in Mombasa and other areas of Kenya; and Kiamu, spoken on the island of Lamu and adjoining parts of the coast.

“But the standard Swahili is based on the Kiunguja dialect,” he said and underscored the need to promote unity in diversity, understanding, tolerance and dialogue.

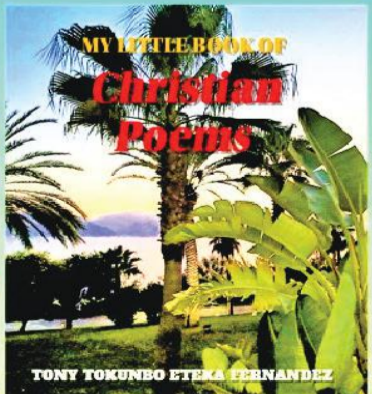
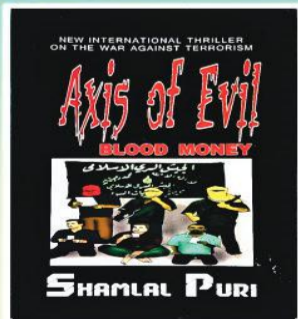
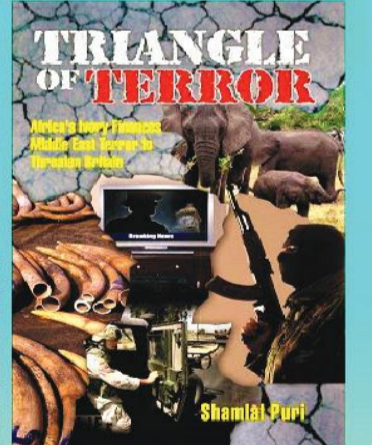
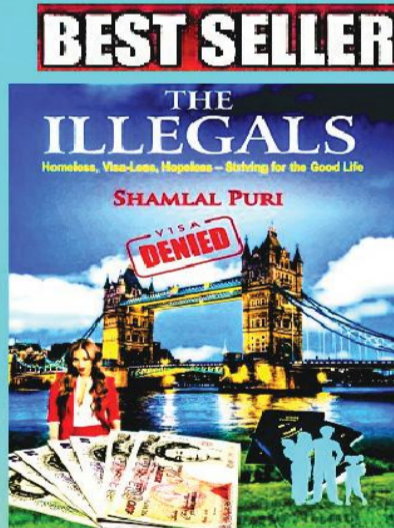
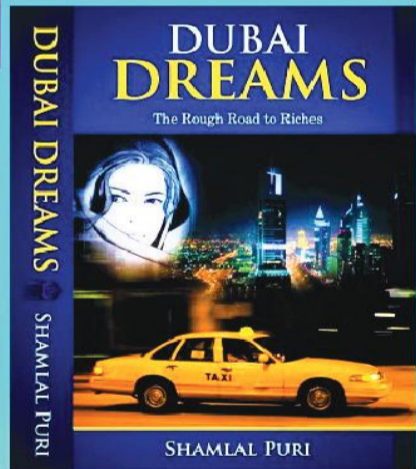
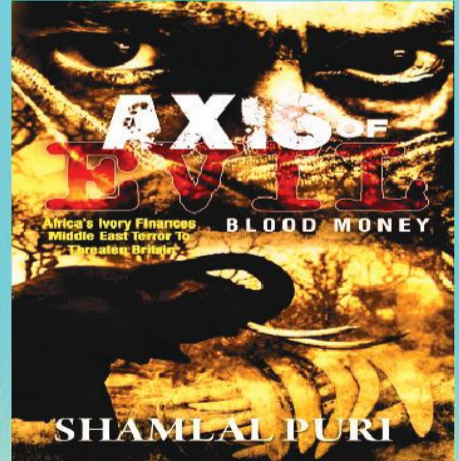
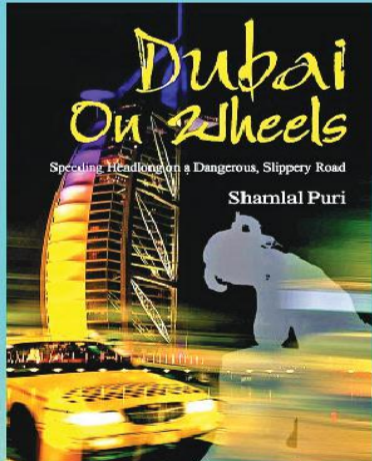
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# BUSINESS

## Officials Unearth Syndicate In Tea Buying Centres

By: Muoki Charles  
@themtkenyatimes

Tea farmers in Githunguri, Kiambu County have raised concerns that they have been losing millions of shillings in a dubious tea swindling syndicate involving factory clerks and corrupt tea farmers.

Consequently, their pleas paid off after officials from Tea Board of Kenya (TBK) in collaboration with those from Weights and Measures ambushed tea buying centres during an impromptu inspection exercise where they confirmed the theft and manipulation of records to the disadvantage of the farmers.

Preliminary examinations on the weighing scales tested indicated that the farmers were indeed losing at least 1.4kg for every 10kgs they take to the buying centres.

During the exercise, the manipulated scales were confiscated as most clerks disappeared in the thicket after getting wind that the government

officials were on the ground.

Samuel Njane, a Director TBK who led the exercise said the theft out of manipulated tea weighing scales has been reported in over 20 tea growing counties, with farmers losing millions of shillings through the syndicate.

Njane said several clerks found buying the tea using tampered weighing scales have also been arrested and their machines confiscated during their frequent raids.

He said clerks at the factories colluded with certain farmers at the buying centers to tamper with the scales and secretly transfer the stolen number of kilogrammes to them to be paid in return.

“Farmers should be strict at the centres and ensure that before they start weighing their tea, the scales are well calibrated because this theft is demoralizing. It is well calculated to deny the farmer maximum returns of their produce,” he said.

William Thuo Kamau, a tea farm-

er for over 20 years at K9 area in Githunguri, said that while they suspect the machines were tampered with, they did not have a concrete case of such theft.

“Last year, I produced over 5,000kg of tea and from the revelations, it looks like I lost up to 800kg through such theft. This means as farmers, we have been losing millions of shillings annually through such syndicates,” he said.

Cecilia Wairimu Chege, another tea farmer said she took close to 1,500kg last year and it seems more than 300kg was stolen from her, despite waking up during freezing morning hours to nurture and harvest the produce.

“It’s quite discouraging that people have been stealing our hard-earned cash using such dubious means. These criminals should be arrested and prosecuted accordingly,” she said.

Joseph Njaramba, an inspector from Weights and Measures, said they



Officials from the Tea Board of Kenya (TBK) and Weights and Measures ambushed tea buying centres in Githunguri, confirming theft and manipulation of records by factory clerks and corrupt tea farmers..

have seized the weighing machine to ascertain what caused the manipulations.

“If the clerk is found culpable, action will be taken against him,” he said.

## Amb. Karigithu Has President Ruto’s Blessing for Position of IMO SG

By: John Kariuki  
@themtkenyatimes

Kenya’s Ambassador and Special Envoy for maritime Affairs and blue economy Ambassador Nancy Karigithu now has the express blessings of the Head of State Dr. William Samoei Ruto, just under two months before she clinches the highly competitive position of Secretary General of the International Maritime Organisation (IMO).

President Ruto categorically described Ambassador Nancy Karigithu as an able, competent, dynamic, forthright and experienced.

“You are aware that the tenure of the current IMO Secretary General will come to an end in July this year. Consequently Kenya and the African Union has nominated Ambassador Nancy Karigithu as the candidate for

the position of Secretary General of IMO.

Currently Amb. Nancy Karigithu serves as an advisor for the blue economy in my office and is the government special envoy for maritime and blue economy.

In nominating Amb. Nancy Karigithu Kenya and the AU are presenting to the Global Maritime community a highly competent and qualified candidate who has immensely contributed to global maritime issues.

With experience spanning over 30 years in the maritime sector Ambassador Nancy Karigithu is a highly accomplished maritime expert with proven commitment to the course of global maritime interests.

She has built consensus on many complex issues which has enabled common action in favour of shared objectives of the IMO membership.

I wish to underscore that ambassador Nancy Karigithu has all it takes

to handle the challenges facing the shipping industry. These will include the adoption of cleaner energy for sustainable shipping, tackling decarbonisation through control and mitigation of greenhouse gas emissions, maritime environmental protection safety and security, governance, digitisation and ensuring fairness to all IMO member states.

Amb Nancy Karigithu is a recognised advocate of integration and empowerment of women in the maritime sector. In nominating her we appreciate that no African and no woman has ever held the position of Secretary General of IMO in the 70 years of the organisation’s existence.

With your support and vote her election will therefore be an affirmative action and will lend credits to the current global momentum of inclusivity and diversity in the international decision making process.

It’s my humble request to the mem-



Kenya’s Ambassador and Special Envoy for maritime Affairs and blue economy Ambassador Nancy Karigithu .

bership of the IMO and international community to back Ambassador Nancy Karigithu in the forthcoming election for the position of Secretary

General IMO.

I want to reassure you that her win will be a win for the common interest for the organisation



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# Stress, Depression Mirror Police And Private Security Force

By: Our Correspondent  
@themtkenyatimes



SGA Security Company Officers during the 2023 Labour Day Celebrations



GAS Security Company Officers during the 2023 Labour Day Celebrations



911 Security Company Officers during the 2023 Labour Day Celebrations.



Bro. Isaac GM Andabwa (OGW) National General Secretary - KNPSWU



## Worth Noting:

- Depression is a mental health condition that interferes with a person's ability to carry out his or her daily functions. It's characterized by feelings of sadness and a loss of interest in once enjoyable activities—either at the workplace or at home.
- Salary remuneration package remains a weighty and thorny matter; as these officers toil and brave under severe conditions day and night to render service in different sensitive assignments.
- There exists a difference between living wage and minimum wage. Minimum wage is an amount set by law, whereas the living wage is determined by average costs of expenses incurred to live, including housing, medical, food and transport costs.

The focal role of government gazetted security service providers is to prevent, control, detect and investigate crime. It is charged with protection of life and property. Private security officers posture as the first basic line of grip and render reciprocal roles to state security officers including information and intelligence gathering.

There is an upsurge in incidents involving security officers in killing each other, family members and themselves in suicide, femicide or homicide under bizarre cir-

cumstances. It is traumatizing and heart-breaking—with far-fetching and cross-cutting effects—to see those legally mandated to protect life and entrusted with firearms and other tools of trade acting contrary.

Several factors have been attributed to the increased levels of stress and depression among the security officers. It stands worthwhile refreshing ourselves on the same in the spirit and effort of seeking to highlight, recommend, generate opinion and seek solutions towards a problem that touches on life—at either indi-

vidual, institutional or national level—bearing in mind security officers originate from a family unit.

Stress and depression work-related challenges, among others, largely revolve around working conditions and aura, remunerations, housing, insurance, career stagnation, nepotism, tribalism, professional misconduct, welfare and love/marital-related crisis. Stress is not a mental health condition but tends to have an obvious trigger. Like any minor or major illness, it can resolve as life events change. However, stress can lead to mental health problems like anxiety and depression if it persists over long periods without relief.

Depression is a mental health condition that interferes with a person's ability to carry out his or her daily functions. It's characterized by feelings of sadness and a loss of interest in once enjoyable activities—either at the workplace or at home.

Salary remuneration package remains a weighty and thorny matter; as these officers toil and brave under severe conditions day and night to render service in different sensitive assignments.

There exists a difference between living wage and minimum wage. Minimum wage is an amount set by law, whereas the living wage is determined by average costs of expenses incurred to live, including housing, medical, food and transport

costs.

The minimum wage concept has failed. It has not kept pace with inflation and the rising cost of living, causing many security officers to live below the poverty levels.

The housing policy for the police service was timely. It provides for the management of housing in the National Police Service with a focus on decent accommodation for the officers. It seeks to ensure that all staff are adequately housed through direct provision of standard housing units and amenities or house allowances. It also provides a clear-cut criterion for the management and allocation of houses in the service. "All members of the National Police Service are entitled to provision of a standard house within the area of jurisdiction or their duty station. In the absence of above they shall be provided with flat rate house allowances at an approved rate based on rank," the policy reads.

"An officer shall be allocated a single house and shall not be required to share with any other officer. Officers not allocated police housing will be free to rent housing within their area of jurisdiction"

This has not been effective but is in limbo so far, with a majority of the

# Stress, Depression Mirror Police And Private Security Force

Contd from Page 18.

police officers still residing in camps sharing tiny rooms separated only by curtains. Such a housing environment poses threats to families lest the growing numbers of love triangle affairs, incest, teenage pregnancies and HIV-Aids infection within the force.

Corruption has been cited on the management and allocation of houses and allowances meant for that. While tackling the increase and in order to enforce the “minimum wage”, legislators should be taking a hard look at the amount of money required to live, not simply exist; with a focus on typical family, standard, extended and individual living wage.

The government has a legitimate role in setting up laws, sectoral policies and enforcement of the same to the latter.

Reform drivers should professionally and diligently execute their mandate devoid of corruption, victimization, intimidation and sexual advancement favors for promotions and career growth within the rank and file to ward off stress and depression catalysts.



Bob Morgan Security Company Officers during the 2023 Labour Day Celebrations.

They must foster virtues and programmes that bring down social psychological depression trends. Apart from physical, there is a need to reemphasize and allocate more resources for mental and emotional state training of the men and women in the security service, their general welfare, counselling, chaplaincy, conflict of interest and guidelines for engagement in trade and business as we seek to accommodate each other.

The current taskforce on police and prisons reforms ought to consider or otherwise advise the government to dedicatively address the growing plight of private security officers.

Private security officers’ terms of service and welfare regarding remuneration, overtime, allowance, training, career progression and empowerment should be scrutinized. Policing cannot thrive without involving and working with the people and in particular private security officers and nyumba kumi. We should abandon regime policing and embrace a democratic policing model that engages the community with accountability measures in place.

The stakeholders in the sector should focus on exploring avenues of strengthening and enforcing the private security regulation Act and



the associated laws. The need to fully operationalize the Private Security Regulatory Authority(PSRA) and professionalize the industry through establishment of a private security academy that will foster modern training and equipping, ranking and accreditation as well as a progressive career growth. There is a need to empower guards through establishment of a giant sector Sacco.

It is fair and humane for stakeholders to positively re-engage and hasten reforms in the private security sector. This will make the industry more competitive, attractive in the job market locally, overseas and

objectively address sectoral gap challenges. Reforming the private security industry will boost the fight against insecurity, terrorism, violent extremism, radicalization and banditry.

**Bro. Isaac GM Andabwa(OGW)**  
**National General Secretary**  
**Kenya National Private Security Workers’ Union**  
**Executive Board Member- COTU (K)**  
**Steering Committee Member- UNI Property Services**

# No Doing Liquor Business As Police Officer

By: James Wakahiu  
 @themkenyatimes

DCC Juja Sub-County Mr. Charles Muriithi accompanied by Subcounty police commander Madam Phillis Muthoni has warned that, no liquor joints within Juja area will be allowed to operate without a valid licence from next week. The leaders said these while addressing a public security baraza at Witeithie where they warned that, no police officers stationed by the government to work in any police stations within Juja that will be allowed to engage with any liquor business within Juja Sub-County.

Mr Muriithi said that his office has received numerous complaints of land grabbing on public utilities by

some individuals & including private developers & warned that any community land acquired illegally will soon be reclaimed & the documents be nullified to ensure that the land will only benefit the area communities in terms of building the health centres & public schools.

The leaders agreed to engage with KPLC to ensure that all cases of power outage in Muthaara, Maraba & Kibute including loose electric poles that are a major threat to the lives of the community will urgently be addressed. They warned that all residents operating with illegal power connections will be disconnected & culprits be prosecuted to avoid any loss of lives.

Madam Phillis also said that police are on a mission to nab a notorious suspected serial killer who is currently at large after being engaged with heinous criminal activities in

areas of Muthara & Maraba where several losses of lives was reported. The lone serial killer named “Wagathanwa” is alleged to have hacked several people at Muthaara area some months ago before he went into hiding.

During the meeting, the leaders introduced the new Witeithie police station OCS Mr. John Sankare who was posted from Kisumu to Witeithie a week ago. The officer assured the public that he will serve them faithfully & urged them to cooperate in order to reduce the rates of crime, illegal illicit and drugs within the area.



DCC Juja Sub-County Mr. Charles Muriithi .



15 & 16  
DEC  
2023

# Thembelani Majingo 4th annual tournament

## CHAMPION PRIZES :



### Prizez

- ✓ Soccer Kit Premier Set of 15 Branded TMT
- ✓ Trophy
- ✓ 20 Gold Medals
- ✓ Ball & 10 Beeps

### Time

09:00 AM

### VENUE

Green Central Sports Ground, Madibogo, NW

COME AND EXPERIENCE THE BEST FOOTBALL

# Types Of Car Tyres

By: Tsungirirai Demetria Kambayo  
 Email:tsungikambayo@gmail.com



Tsungirirai Demetria Kambayo.

## Worth Noting:

- The types of car tyres are as follows: Summer tyres are designed for temperatures above 7 degrees with a soft compound to cater for the gripping the road. These tyres have a thread that helps in aqua planing resistance and also the soft compound facilitates with good speed and agility. Winter tyres are for conditions less than 7 degrees.
- Elevated natural rubber makes the tyres flexible while the thread with deep and little grooves assists in grip and channeling away of water. A mixture of winter and summer tyre components makes up the all-season tyres. They are not quite fit for extreme weather events though if no peak conditions are reached, and commuting is the main usage of the vehicle then all-season tyres are the favorable move for you.

gesture to yourself and the rest of others, to have adequate knowledge of your cars tyres from size to functionality. It definitely saves you time and unnecessary drama on the road.

Tyres are chosen essentially due to difference in vehicles, purposes and situations. "Friends are like the tyres of a car, your dreams ride on the backs of your friends. Wrong sizes make the car wobble, flat tyre leave you stranded and could end in fatal accidents," a popular web page had to emphasize.

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"A bad attitude is like a flat tyre, you can't go anywhere until you change it," Simon Sinek. Temporary tyres are also known as space saver for they are used primarily when the main tyre has a puncture due to their smaller size and inadequate ability to carry load for prolonged periods.

Stock or Original Equipment tyres are given by manufacturers though they can be altered to suit your needs, it is best to be aware of their price and purpose of service on the vehicle.

Touring tyres have a wider tread to help keep up with balance when travelling miles, giving a comfortable and quite luxurious drive. Tyre management has always been part of the qualifying strategy and the race itself. I don't know about others; I just remember I always push much as I can to obtain the best result possible," Romain Grosjean. Sporty tyres have soft rubber and a wide tread for stability and high speed performance. "A racing car is an animal with a thousand adjustments," Mario Andretti. Predominantly, the tyres are not suitable to consume bumps and undulations on rough roads.

All terrain tyres are designed to strive on all topography. The broader and forceful tread patch with powerful shoulders can survive in roughest landscapes. Due to durability than normal tyres, are far more costly and noisier owing to the grooves to cater for tough environments. Off road or mud tyres having enormous tread blocks that poke intensely to grip and shove mud away, they are very noisy and get damaged easily when operating on smooth surfaces. It's always safe gesture to be caught on the right side than to regret on the road."Learn what is to be taken seriously and laugh at the rest," Hermann Hesse.

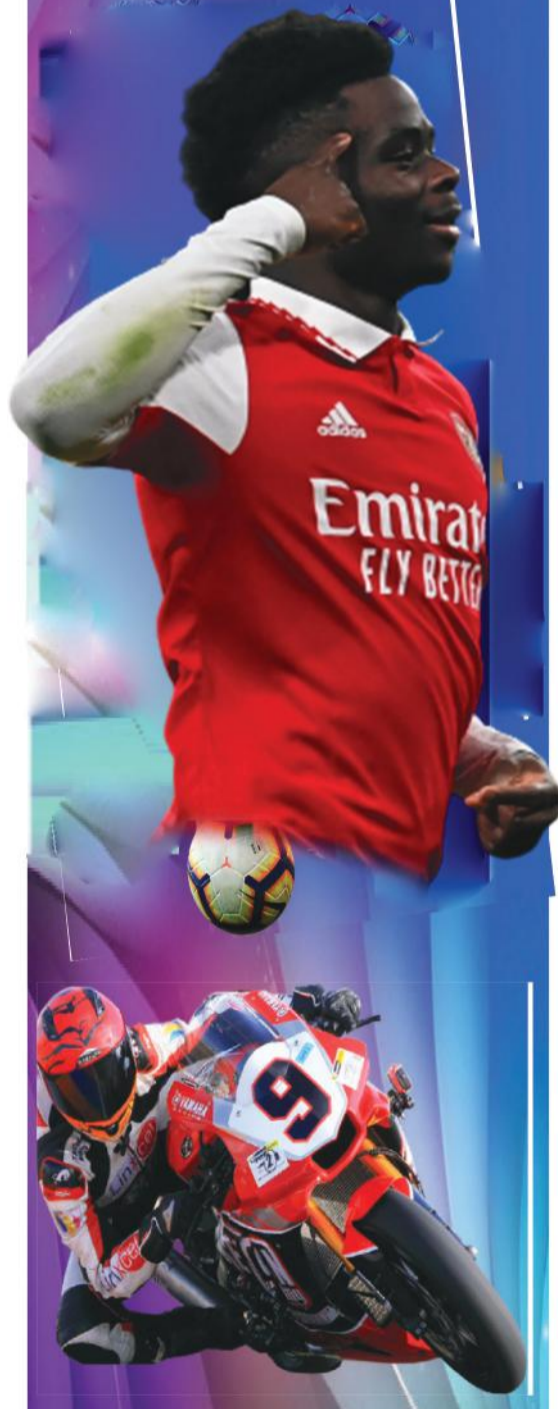


"A designer knows he has achieved perfection not when there is nothing left to add, but when there is nothing left to take away," Antoine de Saint-Exupery. The above statement applies to all circumstances of life

not to forget, the same is true for knowing your types of car tyres. Leonardo Da Vinci suggests that learning never exhausts the mind and I echo the idea in a loud voice. It is a wise decision and indeed a kind

# SPORTS NEWS

PHOTOS  
SCORES  
OPINIONS  
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SCHEDULES  
BREAKING NEWS



**Sports >>** \*Gor Mahia head coach Jonathan McKinstry has said Sunday's Mashemeji Derby against arch rivals AFC Leopards will be a tough duel, mostly because Ingwe will be coming into the match 'with nothing to lose'.

## AFC have nothing to lose, says McKinstry ahead of Sunday's Mashemeji Derby



Gor Mahia head coach Jonathan McKinstry. PHOTO/Raymond Makhaya

Gor Mahia head coach Jonathan McKinstry has said Sunday's Mashemeji Derby against arch rivals AFC Leopards will be a tough duel, mostly because Ingwe will be coming into the match 'with nothing to lose'.

Gor are looking to recapture the FKF Premier League title and the duel will carry huge importance for them, but McKinstry says it is on the contrary for Leopards.

"AFC are placed lower than us on the table and most likely they will finish around there maybe fifth or sixth when the season ends. So for them, they are not fighting for the league title and they will have nothing to lose. They will throw everything at us and that makes them a danger-

ous rival because for them this is a free hit," said the coach.

He added; "For us, we have to manage the game differently and we have to go and do what we can. If we play to our levels, we will collect the three points."

Gor hold a two-point lead over second placed Tusker, who play earlier on Saturday, and defeat would mean the brewers will move top if they accrue three points against Kariobangi Sharks.

McKinstry says with this in mind, the game holds even more importance for them; the league title and derby day bragging rights.

"A derby is a unique game and now in the context of the league with five games remaining, it

makes the battle even more intense. We have talked to the players about it and tried to make it clear to them that this is a game just like any other. As a coaching staff, we want to keep things the same like the other games," added the coach.

At the same time, McKinstry says the fact that they have had a week between their last games gives them more ease to prepare, as they have been faced with a tight schedule of a game every three days.

They come into the match from Muhoroni, where they played to a 0-0 draw with Wazito FC in their last match.

Meanwhile, striker Benson Omalla who has been in sizzling form this season hopes that he

can have a scoring account in the derby, having failed to find the back of the net when the two sides met in the first leg.

He believes it will be a tough encounter, but the players are ready.

"As a team we have been in good form and that is why we are top of the table. The results have given us a lot of morale. AFC is a good team and they also like to play the ball on the ground like us and this will make it an interesting game," he noted.

CAPITAL SPORT

# GET THE BEST OF WORLD

**Sports >>** \*Inter Milan have one foot in the Champions League final after an impressive 2-0 win over AC Milan in Wednesday's pulsating last-four derby.

## Inter eye Champions League final after seeing off Milan



Inter Milan celebrate their win over AC Milan

Inter Milan have one foot in the Champions League final after an impressive 2-0 win over AC Milan in Wednesday's pulsating last-four derby.

Inter have the upper hand ahead of Tuesday's second leg of the biggest Milan derby of a generation thanks to strikes in the first 11 minutes from Edin Dzeko and Henrikh Mkhitaryan.

Inter could have won by a wider margin as Hakan Calhanoglu smashed a shot off the post and Dzeko wasted a great chance early in the second half, but they are still heavy favourites to reach the final of Europe's top club competition for the first time since they last won it 13 years ago.

"Sometimes I don't score goals and that's all anyone talks about, but I also give something else," Dzeko told Prime Video after his third goal since January.

"Today I worked for the team and that was what was needed in such a big match."

Reaching the final would be extra sweet for Inter as it would avenge semi- and quarter-final eliminations at the hands of Milan in 2003 and 2005.

The winners of the tie will face holders Real Madrid or Manchester City in the June 10 showpiece in Istanbul. The first leg of that semi-final finished 1-1 in Spain on Tuesday.

Milan, who also struck the woodwork through Sandro Tonali, have their work cut out if they want to have a chance at being crowned European champions for the eighth time and will hope Rafael Leao is available for next week's decisive clash.

The absence of star man Leao left Milan without their key attacking threat and allowed Inter to play more on the front foot knowing their opponents didn't have the Portugal winger's pace in their armoury.

"We conceded two quick goals, and against Inter that's difficult

to come back from," Milan defender Fikayo Tomori told Prime Video.

"We're disappointed, we could have done better, especially at the beginning, but we need to believe if we're going to reach the final."

— One team in it —

A colourful San Siro was nearly full an hour before kick-off, with both sets of fans exchanging chants and insults before the huge displays traditional to the fixture were unfurled as the teams came out.

But once the match was underway there was really only one team on the pitch, with nominal away side Inter looking the more settled and dynamic off the back of five straight wins and the recent hot form of their attack.

It didn't take long for the away side to open the scoring and it was a fabulous Dzeko goal which did it in the eighth minute. The Bosnia striker held off Da-

vide Calabria and met Calhanoglu's inswinging corner with a perfect volley which left Milan goalkeeper Mike Maignan with no chance.

With their tails up and their fans falling over each other with joy in the Curva Nord, Inter went for Milan and three minutes later Mkhitaryan doubled their lead.

Federico Dimarco was set scampering down the left flank and his low cut-back was first left by Lautaro Martinez and then collected by Armenian midfielder Mkhitaryan, who smashed in his fifth goal of the season.

Milan escaped being three goals down after just a quarter of an hour when Calhanoglu nearly silenced the boos of his former supporters with a long-range drive which crashed out off the post.

And Martinez then won a penalty which was rightly overturned by referee Jesus Gil Manzano following a look at the pitch-side monitor.

Dzeko should have all but sealed the tie when one-on-one with Maignan in the 53rd minute and not long after, while Milan's fans unleashed a volley of flares and explosives, Tonali held his head in despair after striking the bottom of the post.

However that was the last major chance of the game for Milan as Inter comfortably held off their rivals for the final half an hour and then bathed in the applause of their supporters who are dreaming of a trip to Turkey.

AFP

# SPORTS NEWS



PHOTOS  
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# SPORTS AS THEY HAPPEN



## Hypocrisy Times

### Are You A Partial believer, Selective believer?



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Senior Editor Botswana & S. Africa



#### Worth Noting:

- If one fail on faith matters, the best they can do is to help their child be set for a better tomorrow by introducing faith to them!
- In the world with no trust and loyalty that is minimal, your child shall know that “he is God, the almighty, the one that suffices in tribulations and in plenty!
- Kids brought up on Godly foundation are warm, loving, respectful whether a person is dirty, needy, not fabulous looking or dressed badly or poor, they are not conditioned to adore only when circumstances allows them to.

Paul writes, “I can do all things through Christ who strengthens me” (Philippians 4:13). He believed and spoke that he could do whatever he needed to do with God’s help. The more we say something, the more we believe it ourselves.

Be a constant person, enjoy your youth, but remember the maker! Be kind, loving daily not only when circumstances favors you.

Remember each creation you mistreat it’s his creature, you can’t separate him from his other children!

Foundation of Torah, Qu’ran,Bible or any word in your child is greater gift you can ever give them to surf, survive and make it in the changing world.

In tough days and in good days there will be always a scripture like “the just shall live by faith!” In order to keep up or survive.

Selective believe is almost impossible in faith, lord said “how can you follow Baal and worship me?” Meaning double mindedness can never please the lord, one got to choose to follow him or go to the world, others simply are church goers, which no one condemns and so commendable, others are highlighted unpaid judges, they are commentators of the ones who openly do not go to church and are labeled heathens, but the author of Christianity, himself dined with tax collectors, thieves and stood on side of prostitute when multitudes wanted to stone her! He only wants the hearts and total commitment not partial believers or selective believers!

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In the world with no trust and loyalty that is minimal, your child shall know that “he is God, the almighty, the one that suffices in tribulations and in plenty!

Kids brought up on Godly foundation are warm, loving, respectful whether a person is dirty, needy, not fabulous looking or dressed badly or poor, they are not conditioned to adore only when circumstances allows them to.

The fear of the lord is the beginning



Paula. O. M. Otukile .

of wisdom, he gives you knowledge to be humble no matter who you are! To decrease so that he increases! That elevation that greed rude or arrogant touch someone have once they temporarily accumulate wealth or money which can easily go back to the bank where it belong, or liabilities thought to be assets that can be pushed by circumstances to separate from them is the worst attachment a human can have, hence we simply need to lay down beautiful foundation on our offsprings and future leaders!

There are certain individuals who thinks they can be staunch believers yet they illtreat the less fortunate, they shun drunkards and label bad behavior day in and day out. Believer means to walk and do righteousness to all and act on it, not just be committed to Sunday or church alone, some will miss out on a lot of things because of their conduct alone.

Detachment to worldly things does not mean detachment to his people, all you can do is love them, love is kind, love makes others comfortable, at peace, love make others flourish!

Check yourself, are you xenophobic? Are you racist? Are you pompous? Are you snobbish? Are you greedy? Are you moody?

Do right by others!

Walk and live your faith, stop it, mirror in the wall, as I check myself too I wish you a blessed day beloveds!

Love

Ze Paula!

Camera 📷:Bonni B Millias