



Gov't Spent Sh1.1B On Socio-Economic Projects In Marsabit To Accelerate Growth
The Equalization Fund earmarked for marginalized areas initiated over 100 projects in Marsabit County in 2017/2018 and 2018/2019 financial years, to accelerate growth and transform the lives of local communities.
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News>>Dorcas Rigathi Tours Mombasa Drug Dens, Promise To Rehabilitate Addicts

P. 8. The Spouse of the Deputy President Pastor Dorcas Rigathi spent the better part of yesterday morning visiting drug dens in Mombasa County.



Motivation>>Learn To Listen And Improve Your Skills

P. 12. Being human makes us social in nature. We regularly interact with other people as well and our environment.

Ruto Fires Public Health PS, Overhauls KEMSA Board

 **President William Ruto has cracked the whip and fired the Principal Secretary of State Department for Public Health Dr Josephine Mburu over alleged impropriety within the Kenya Medical Supplies Authority (KEMSA).**



Former PS Health Dr Josephine Mburu (inset) Irungu Nyakera new KEMSA board chairperson

STORY ON PAGE 9

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Kikuyu Elders Told To Crown DP Rigathi Gachagua As The Mountain Kingpin

By: Our Correspondent
 @themkenyatimes

Worth Noting:

- In a statement, Karweru said more than 80 per cent of the region's voters who turned up during the last General Election supported the Kenya Kwanza team, which made Gachagua the Deputy President.
- He said that when the third President of Kenya, the late Mwai Kibaki ascended to the highest office in the country, the Elders moved with haste to bestow him the honours and did the same with the recently retired President Uhuru Kenyatta.



Karweru Kiragu.

Senior Agiküyù community elders have been implored upon to declare and bestow Deputy President Rigathi Gachagua as the next regional kingpin.

Businessman cum Politician Karweru Kiragu want the Kikuyu Council of Elders and Kiama Kia Ma groups to hasten the crowning of the second most powerful political figure in the country.

Karweru says that Gachagua being the Deputy President, there no other senior most leader who should claim the kingpin position.

In a statement, Karweru said more than 80 per cent of the region's voters who turned up during the last General Election supported the Kenya Kwanza team, which made Gachagua the Deputy President.

He said that when the third President of Kenya, the late Mwai Kibaki ascended to the highest office in the country, the Elders moved with haste to bestow him the honours and did the same with the recently retired President Uhuru Kenyatta.

He said, with the same precision, they should work plans of bestowing



Deputy Presiden Rigathi Gachagua.

Gachagua the position.

Karweru who contested the Mathira constituency parliamentary seat in the last General Election but lost to UDA's Eric Wamumbi said the move will see the perceived tussle on who is the kingpin come to an end.

He said that although some Elders were supporting Azimio La Umoja coalition during the electioneering period, it is time they joined hands and supported the Deputy President for the betterment of region affairs.

In the recent past, several leaders have been jostling on who deserves the kingpin position, with some supporting Gachagua and others saying the honours should remain with the retired Head of State.

Since he became the Deputy President, Gachagua has been trying to consolidate date the Mountain leadership in a bid for the region to be speaking with one voice.

Apart from the political fronts, he has been fiercely fighting for the region in terms of government appointments, economic well-being, and social welfare.

Editor's Desk

The Mt. Kenya Times

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Last Mile Connectivity To Boost Sewerage Coverage In Thika Town

By: Muoki Charles

@themtkenyatimes

Thika Water and Sewerage Company (Thiwasco) is working on a programme to connect more residential houses to sewer lines in Thika, Weitethie and Kiganjo estates to improve sanitation and make the suburbs more habitable.

Thiwasco Managing Director Moses Kinya said the programme, dubbed the last-mile connectivity, will seek to bring on board areas and houses not connected to sewer lines into the system.

While noting that only 40 percent of houses in these areas have been connected to the sewerage system, Kinya said through the programme, more sewer lines are being dug and connections made to bring every house on board.

He said they are working with development partners to increase the areas under sewerage connectivity

and called on those not connected to sewer lines to fast-track connections by taking advantage of the programme.

“We have done a lot in sewerage connectivity especially in the upcoming estates of Weitethie and Kiganjo. We are also doing the last-mile connectivity to bring on board residential houses left without sewer connection,” Kinya said.

He was speaking during a tree-planting exercise at the company’s sewerage treatment site at Kangoki area in Thika town.

Besides, he said, they have streamlined exhauster services in areas that lack the sewer network as they work on how to have the areas connected to the sewer lines.

“Once you have a sewer pipeline passing close to your house, contact the company so that we can connect you. This will ensure more people are brought on board and that we keep the environment clean. On the exhauster services, we have streamlined them and given them emptying



areas at the sewer treatment plant,” he said.

Apart from the Kangoki site, the MD said they are in the process of constructing other sewerage treatment plants to effectively handle increased waste production in the area. The plants, being done by develop-

ment partners, will be at Pilot and Kilimambogo estates and will help increase sewerage connection by 7 million litres of sewer collection per day.

They will help in generation of electricity alongside other mini hydro-generation plants to reduce in-

ternal power consumption which the MD revealed during a stakeholders meeting was at 19 per cent of their revenue.

More electricity, he said, will also be generated through bio-digesters.

Nyeri County Advertises 200 Internship Positions In Various Departments

By: Wangari Mwangi

@themtkenyatimes

Nyeri County Government through the County Public Service Board has announced 200 internship positions in various county departments.

In an advertisement, the county is seeking to fill the positions which fell vacant in February this year when the fourth cohort of interns completed their one-year paid internship.

The board has advised interested applicants to download and fill the application form from the Nyeri County Government website, www.nyeri.go.ke.

“The opportunity is available to candidates who graduated and possess certificates from the year 2020 to date.

All hardcopy Internship forms together with the required documents should be sent or hand delivered on



Nyeri County governor Mwalimu Mutahi Kahiga signing a document in a past function

or before May 25.

The county government launched the programme in 2017 after formu-

lating the Internship Policy in September 2017.

During the launch, Nyeri Governor, Mutahi Kahiga described youth un-

employment is a ticking a time bomb adding that it was the motivation for

the county government to start the initiative.

Governor Kahiga, stated that he would be partnering with big companies doing business in Nyeri to provide more internship opportunities for graduates from the county adding that in addition to bringing in resources to the county, companies should impart knowledge and experience to the fresh graduates.

“The programme seeks to eradicate unemployment through provision of skills and experiences for fresh graduates so as to make them prepared to take up responsibilities in the competitive labour market,” stated the governor.

Since the launch of the internship programme, the county government has been setting aside Sh24 million annually to pay stipends to the 200 interns. Degree holders receive Sh12, 000 monthly stipend, diploma holders get Sh11, 000 while certificate holders take home Sh10, 000.

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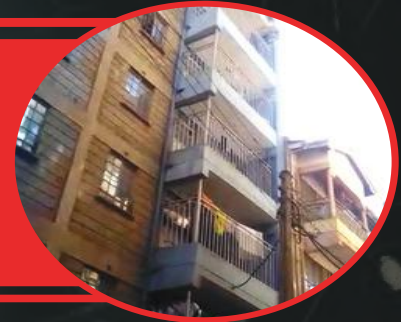
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Kisii County Launches Ajiry Program, Empowering Youth and Tackling Unemployment Crisis

Elizabeth Angira
@themkenyatimes

Worth Noting:

- However, for too long, youths and women have been marginalized and overlooked and it's time for us to change that narrative. To this end, The Ajiry Job Centre is a step in the right direction, by providing a platform for our young men and women to showcase and their skills, talents, expertise.
- He cited that it is important to note that with the advent of technology, digital skills have become an essential requirement for the job market.

Kisii County have launched of the Ajiry Job Centre a programme aimed opening avenues for the employment of youths.

Speaking during the launch of the Program supported by Mastercard foundation, Kisii County governor said that the program will address youth unemployment.

Governor said that the youth constitute over 20 percent of the population and this poses a challenge, with regard to training and employment opportunities, hence the need for us to think outside the box to enable the youth access the means to eke out a living.

Arati said that with the dynamic environment, where digital technological advancement has literary turned the world into a global village, it is important that youths are trained to embrace the uptake of new technology, so as to acquire skills to enable them cut a niche in the global job market.

"That is why, my administration has joined hands with Ajiry to establish this job centre here at the Gusii Stadium, to help equip the youth with online skills to enable them get job connections," he said.

Ajiry is a Progressive Web Application (PWA) designed to provide a platform for entrepreneurial youth to connect and network effortlessly, conveniently and free from the controls of third-part agents with employers.

He cited that the programme allows youth to cast a wider net in their search for job opportunities



However, for too long, youths and women have been marginalized and overlooked and it's time for us to change that narrative. To this end, The Ajiry Job Centre is a step in the right direction, by providing a platform for our young men and women to showcase and their skills, talents, expertise.

He cited that it is important to note that with the advent of technology, digital skills have become an essential requirement for the job market.

"The Ajiry Job Centre recognizes this and offers training and mentorship opportunities for our youth and

women to acquire these skills," he said.

This will not only make them competitive in the job market but also enable them to participate fully in the digital economy, globally.

He noted that digital economy is the future, and we must prepare our youth and women to take advantage of the opportunities that come with it, with the Ajiry Job Centre, we are not only creating jobs but also building a workforce that is equipped with the skills necessary to sustainably thrive in the digital economy.

The Ajiry Job Centre also offers



opportunities for entrepreneurship, providing a platform for our young people and women to start their businesses and create jobs for others.

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To Love & To Serve

Dorcas Rigathi Tours Mombasa Drug Dens, Promise To Rehabilitate Addicts

By: Our Reporter
@themtkenyatimes

The Spouse of the Deputy President Pastor Dorcas Rigathi spent the better part of yesterday morning visiting drug dens in Mombasa County. During her visit she interacted with addicts of various forms of drug abuse in their hideouts in Shimanzi area. She promised to rehabilitate many of the addicts who have voluntarily agreed to be assisted in quitting the vice. “Many have looked at you and see nothing good in you. But when I see you people, I see the future of this nation” she told them. During her interaction with them, the addicts promised to reform once taken through a rehabilitation process. Addressing journalists after the tour, she expressed confidence in the government winning the fight

against drugs and substance abuse. “We are going to win. The problem we had before is that we did not have a government goodwill. But this time round you have seen the efforts of the President, the Deputy President and everyone else,” she noted. Pastor Dorcas is working towards rehabilitation of drug addicts in the region who have expressed the willingness to be rehabilitated. “We need to treat them and rehabilitate them back in the society, and I can tell you I will push and do what I can to make sure we have a better generation in future,” she said. Mombasa County Women Representative Zamzam Mohammed who had accompanied Pastor Dorcas challenged the addicts to walk their talk in their reform agenda after many said they had been fired from their previous jobs due to drug addiction. The team later visited the Miritini rehabilitation Centre which she promised to spearhead its renovation in order to accommodate more ad-

dicts. “I call on all stakeholders to be part of the multi-sectoral response against alcohol and drug abuse and dignify lives in the coast and throughout the nation through partnerships with the Miritini Treatment and Rehabilitation Centre,” she said. The 2022 survey by NACADA that was released last Friday indicated that one in every 6 Kenyans aged 15-65 years are currently in at least one drug or substance of abuse, which translates to mean more than 4.7 million Kenyans are in the vice. The prevalence of traditional liquor in the coast region stands at 7.4 per cent while the prevalence of potable spirits is at 4.1 per cent.

The Spouse of the Deputy President
Pastor Dorcas Rigathi.



NGO Council Calls For Broad Deliberations On Proposed Tax Increments

By: Joseph Ng’ang’a
@themtkenyatimes

The Non-Governmental Organization (NGO) council of Kenya has called for broad discussions to achieve consensus in the proposed 2023-2024 Finance Bill that proposes tax hikes on various items. The Council’s National chairman Stephen Cheboi said that there is need for government to scale down unnecessary spending to save taxpayers from avoidable tax increases. “We urge that there should be an increase in development funding in the country and more so to the grassroots to benefit the citizens. The NGO council held discussions among its NGOs membership on the proposed bill that was tabled in Parliament and urges Kenyans to obediently play their part but the government should do away with any possible wastage in tax utilizations,” said Cheboi in a

statement. He added that the Council fully appreciates the Kenya Kwanza government for steps taken on economic transformation having inherited a battered economy rocked by galloping inflation. “We urge the government to freeze unnecessary expenditure as ordered by President William Ruto on being sworn in as Kenya’s 5th president on September 13, 2022,” said Cheboi. He continued, “The NGO Council notes the difficulties the government is facing in meeting its’ various obligations as required, especially in payment of debt and other important responsibilities. The NGO Council will always stand with Kenyans on issues of national interest.” Cheboi urged Kenyans to accord the bi-partisan team humble time as they deliberate on various issues affecting the nation and at the same time called on the selected parliamentarians to deliberate and agree on issues affecting the common citizen.



NGO Council national chairman Stephen Cheboi and other officials addressing the media..

Ruto Fires Public Health PS, Overhauls KEMSA Board

By: Margaret Kalekye

Worth Noting:

- KEMSA CEO Terry Ramadhani who has vehemently defended the procurement process maintaining no tax payers' money was lost has been suspended alongside top officials serving within the Ministry of Health (MOH) National Malaria Programme and KEMSA.
- Those affected are Martin Wamwea (MOH), Lenson Kariuki (MOH), Dr Pauline Duya (MOH), Livingstone Njuguna (MOH), Dr. Charles Kariuki Chege (MOH), Justus Kinoti (KEMSA), Cosmas Rotich (KEMSA) and Anthony Chege (KEMSA).
- Dr. Andrew Mutava Mulwa has replaced Ms Ramadhani in an acting capacity. as the Acting Chief Executive Officer.
- Also newly appointed to the KEMSA board are Hezbon Oyieko Omollo, Mr. Bernard Kipkirui Bett and Dr. Jane Masiga.



Former PS Health Dr Josephine Mburu (inset)

President William Ruto has cracked the whip and fired the Principal Secretary of State Department for Public Health Dr Josephine Mburu over alleged impropriety within the Kenya Medical Supplies Authority (KEMSA).

Through a notification of presidential action dated May 15, the Head of State has also reconstituted the KEMSA board by appointing former gubernatorial candidate Irungu Nyakera as the new chairperson and three other members whose names have been gazetted by Health Cabinet Secretary Susan Nakhumicha.

The changes come in the wake of yet another scandal by the state corporation involving a Ksh3.7 billion tender for the supply of treated mosquito nets intended to help millions of low-income households prevent malaria.

The Global Fund, the sole financier of the tender was forced to cancel citing a flawed procurement process. KEMSA CEO Terry Ramadhani who has vehemently defended the procurement process maintaining no tax payers' money was lost has been suspended alongside top officials serving within the Ministry of Health (MOH) National Malaria Programme and KEMSA.

Those affected are Martin Wamwea (MOH), Lenson Kariuki (MOH), Dr Pauline Duya (MOH), Livingstone Njuguna (MOH), Dr. Charles Kariuki Chege (MOH), Justus Kinoti (KEMSA), Cosmas Rotich (KEM-

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Maladministration

In the notification issued by the Head of the Public Service, Felix Koskei said the President had been briefed on the complaints of alleged impropriety within the Kenya Medical Supplies Authority (KEMSA) in its management and administration of various medical programmes being undertaken by Kenya in conjunction with our development partners.

“THE COMPLAINTS FOLLOW the regular verification of expenditure by the Global Fund with regard to the National Malaria Programme that targets millions of low income Kenyan households within our nation’s malaria endemic regions” it read.

“ The alleged maladministration on the part of KEMSA is with regard to the procurement of treated mosquito nets for those vulnerable households, which could have led to significant exposure to the disease and increase in its severity in the endemic regions” it explained.

It went further to state that the changes undertaken by the President were in affirmation of the adminis-



Irungu Nyakera new KEMSA board chairperson

tration’s commitment to entrenching ethos of good governance within our national life by promoting accountability and openness in the management of public affairs.

In 2021 under the Jubilee administration, the agency was embroiled in a similiar mega scandal at the height of the Covid-19 pandemic that cost taxpayers at least Ksh7.8 billion.

Amid mounting pressure and uproar, retired President Uhuru Kenyatta was forced to send the entire board packing.

The new management has been directed to assure propriety of procurement processes within the Authority.

Efficiency

“The Head of State and Govern-

ment is committed to heralding a new era in the management of our nation’s healthcare by ensuring that no Kenyan will be denied the dignity of affordable medical care due to corruption” the new members were advised.

The President assured no effort will be spared to ensure accountability and efficiency.

“Therefore, in keeping with the Administration’s Health policy of “leaving no one behind”, the Administration will spare no effort in rebuilding the KEMSA supply chain management system so as to secure efficiency and accountability in the provision of medical supplies to all health facilities across our nation.

Discipline Of Friendship Pt 2:



By: Eric Musa
EMEA.ericmusa@gmail.com

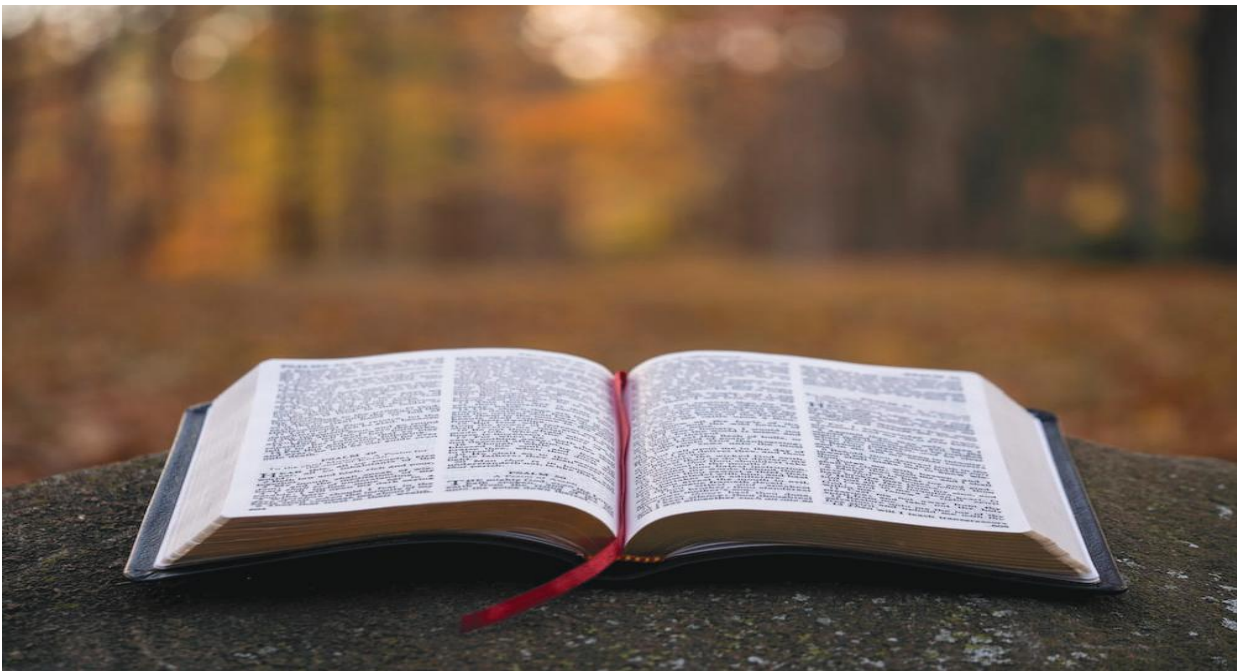
Few of the truly valuable things in life just happen. Usually when they do, it is because we recognize their value and go for it. You can have just about any thing you want if you work for it. If you want to make a million dollars badly enough, you can very likely do it. If you want to earn a Ph.D. and are willing to pay the price, you can do it. We generally get what we set our sights on. It is the same with friendship. Those who have friends place importance on them. This is why women have more friends than men.

If we will work at affirming others, we will have friends. Mark Twain said, “I can live for two months on a compliment.” He is right! I have a friend who sends me a note every

two or three months that is meant to affirm me and encourage my steadfastness. Compliments have huge buoying power. Be liberal with honest affirmations, and you will have friends.

Even more, men, if you will work at being a good listener, you will develop friends. The epigram “Eloquence is with the audience” is not only true of public speaking but of general conversation. Listen well, and you will be pronounced a “brilliant” conversationalist! What’s more, people will discover they are important to you, which is key to any friendship.

When we think of the Scriptural command to practice hospitality, we reflexively imagine a feminine mandate — “This is something my wife should excel at, or my mother, or my daughter. Women, hear God’s Word!” And they do, much to their souls’ benefit. But the command is for both genders. Men, you ought to take the initiative in practicing hospitality (see 1 Peter 4:9), whether you are single or married. If you do, you will not only begin to build friendships, but may even host some “angels without knowing it” (He-



brews 13:2). We must set ourselves against the cultural consensus and pursue and practice friendship if we are to be all God wants us to be. God’s Word demands a countercultural manliness which is capable of deep friendship.

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, TO-

DAY 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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Ruto’s Decision To Appoint Gen Ogola as Chief Of CDF Demonstrated He Is Not Vengeful And Vindictive



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com



Worth Noting:

- “Dr Ruto is just taking you for a ride. He does not believe in the vision of building a united and cohesive Kenya society. So, his promise to rollout development projects and address a myriad of challenges facing you (Kenyans) is just a pipe dream. He is, however, using this as bait meant to lure you to vote for him. This is because these issues can only be addressed when the country is united”.
- During the interview, the President took this opportunity to dismiss his critics.
- If I am vengeful and vindictive, I would not have appointed General Ogolla as the head of Chief of Defense Forces (CDF).

In the countdown to 2022 general elections, Azimio La Umoja One Kenya Coalition flag bearer Raila Odinga and his running mate Martha Karua used all the tricks in the book to cast Kenya Kwanza presidential candidate William Ruto as a person who is unfit to lead the country.

They repeatedly warned Kenyans that they will regret if they elect him. “Dr Ruto is just taking you for a ride. He does not believe in the vision of building a united and cohesive Kenya society. So, his promise to rollout development projects and address a myriad of challenges facing you (Kenyans) is just a pipe dream. He is, however, using this as bait meant to lure you to vote for him. This is because these issues can only be addressed when the country is united”.

To drive the point, they would repeatedly averred that one of the alleged weaknesses of Dr Ruto stood as being vengeful and vindictive.

But the more they attacked him, the more he gained political mileage.

By the time they realized this blunder, Dr Ruto has already become a household name.

Majority of Kenyans believed the allegations made against him were politically motivated and hence not based on truth.

This is because he had fallen out with his boss, President Uhuru Kenyatta.

The outgoing President had thrown his full weight behind the candidature of Raila Odinga.

Uhuru’s decision extremely angered his community, the Kikuyu. They would read it as a pure betrayal.

This is because he had signed a pre-election pact with Ruto which stated. He will run the country for 10 years and then pass the baton to Ruto to do his 10.

Rigathi Gachagua, now the Deputy President, would kick off and lead a vigorous campaign rallying the Mountain to abandon President Uhuru and reject his project. “Uhuru is now going home. He has no business to lecture and dictate to us where to cast our votes.

We could have listened to him if he kept his promise. We want to tell him Kikuyus are truthful people. They are not liar. So, they will overwhelmingly elect Dr Ruto to do his 10”.

Gachagua further stated. Raila candidature is unsellable in the Mountain.

Uhuru is totally misled because what he is doing is like selling pork



President Ruto

in Saudi Arabia.

Dr Ruto and Gachagua’s move to unveil the ‘Hustler Nation’ slogan bolstered their campaigns.

As they say in Aviation industry, this is the energy that would power the plane to takeoff. They rode on this wave all the way to ballot.

Since he assumed office, President William Ruto has made great strides to address the promises he made.

I’m sure many would agree with me on this.

During the electioneering period, the leading contenders would always promise the voters heaven on earth.

We heard this during the campaigns that catapulted honorable Mwai Kibaki to power and later his successor Uhuru Kenyatta.

The implementation plan would be categorized in two phases: Short and long term. As it turned out, none of them would meet timelines for the projects he had lined up.

Well, we are seeing the same thing happening in this government.

However, in my considered opinion President Ruto had made great progress.

We know he took over at time when the country was facing four main challenges: Drought and famine (the worst in 40 years), dilapidated economy, huge foreign debts, Russian-Ukraine war and at a time when the country was recovery from the devastating effects of Covid-19 pandemic.

A few days ago, the President had an interview with journalists drawn from mainstream electronic and print media houses.

This came in the wake of the public knowing what is contained in the Finance Bill 2023.

This Bill is insensitive to our plight. If it is passed by parliament, majority of them reasoned we will end up being overtaxed.

We have a good President who listens to the concerns raised by the public. He is always ready to respond to the issues in contention and not well understood.

This explains why he invited journalists to this interview at State House.

Responding to the questions related to the proposed new taxes, he stated. Let me start by giving comparative analysis of the taxes collected from the citizens in other countries across the world. It is very high compared to taxes that all of us are obligated to pay here in Kenya.

In countries like Turkey and France, the taxes deducted from each citizen were above 40 percent for salaried and those in business and informal sectors.

Closer home, in South Africa and other countries in the region, the percentage is very high.

In Kenya, it is very low at 14 pc. He further reiterated: A time has come for we Kenyans to live within our means.

The previous governments had developed insatiable appetite for borrowing foreign loans.

Borrowing is a bad idea. It does not help the economy to grow. So, my commitment is to drastically reduce the level of borrowing.

It is extremely wrong to borrow more than the total sum of the coun-

try’s wealth.

It is also wrong to borrow money to pay salaries and sort out other recurrent expenditures bills.

If we have to go for loan monies, let us take very little and spend the whole amount for development.

Here, the point is clear. For now, Kenyans should agree to tighten their belt.

This will not take long because the president is working hard to return the economy back on track.

As Deputy President stated. Kenyans will start to put money into their pockets after one year.

During the interview, the President took this opportunity to dismiss his critics.

If I am vengeful and vindictive, I would not have appointed General Ogolla as the head of Chief of Defense Forces (CDF).

You know he was one of those who wanted to overturn my victory at the Bomas of Kenya.

For this reason, I had been told not appoint him.

But I told myself, if I do this I will look petty. I will also do injustice to him.

I looked at chequered career. He had the best credentials. That is why I appointed him. I did not look his tribe.

However, contrary to the impression created, the President said.

14 Military Generals were qualified for the position of Chief of CDF. So I had an option to pick one of them.

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

Learn To Listen And Improve Your Skills

By: N. George

@themtkenyetimes

Worth Noting:

- Those with good listening skills should be happy about them while those with poor listening skills should come up with strategies than aim at improving or sharpening their listening skills. Some of the habits that they should incorporate are explain below.
- Non-interruption of others while speaking. Failure to interfere with the speaker or doer of an action plays several major roles which include helping the listener to hear maximum amount of information being transmitted, understanding the sequence of events as the narration continuous, letting the narrator or actioner to remain in focus due to non-diversion from your side, promote actioner to see patience in you with him which in turn builds trust and more and more information both in quantity and confidentiality is disseminated.

Being human makes us social in nature. We regularly interact with other people as well and our environment. Whenever we interact we hear and feel what is happening around us and react towards that. We may also be the initiators of actions or change so whenever we do this we expect response to our actions or inactions.

To arrive at the desired results we are required to research and understand thoroughly on the cause and effect of every action or inaction. Whatever the response we get aids us in knowing the next course of action. If the response is as per expectation then we are assured that we applied the correct methodology. Should the response deviate from our expectations it clicks into our minds that either the method applied was wrong or we have misinterpreted the outcome.

Why need to research? What is the importance of correct interpretation? We carry our research to learn about previous tendencies or behaviours of certain projects that are of great concern to us. Correct interpretation will help us ascertain the actual effects of processes under the study.

We may have the right results but poor interpretation may limit our understanding about the matter under study. This interpretation is heavily influenced by our knowledge about the subject matter, our body health more so the ears, eyes and the skin.

An additional factor is how attentive we are, good concentration with whatever we are doing helps us to leap maximum benefits for example keen listening will help us to hear every bit of audio communication, staying focused while observing an action will help us deepen our understanding of the subject for instance paying attention to body language will give more impact to the information which we have heard.

A happy football fan who is cheering his team for scoring a goal may be clapping his hands and broadly smiling to express his delight in the team. A teacher on duty cautioning late comers that in future they will be punished may put a stern face to show the seriousness of his assertions.

Those with good listening skills should be happy about them while those with poor listening skills should come up with strategies than aim at improving or sharpening their listening skills. Some of the habits that they should incorporate are explain below.

Non-interruption of others while



speaking. Failure to interfere with the speaker or doer of an action plays several major roles which include helping the listener to hear maximum amount of information being transmitted, understanding the sequence of events as the narration continuous, letting the narrator or actioner to remain in focus due to non-diversion from your side, promote actioner to see patience in you with him which in turn builds trust and more and more information both in quantity and confidentiality is disseminated.

Upon completion of narration you are able to ask relevant and comprehensive questions having taken your time to listen and think about the issue in depth.

Be sensitive to the issues being communicated. Becoming sensitive to the communicator builds a good rapport between the listener and the communicator. It helps the communicator to feel accepted, understood and friendly with you.

There is also relieve feeling in the side of the person talking after pouring out whatever was disturbing him. When you listen paying attentive to the required level of sensitivity and respond in a similar rhythm you will be able to give a highly impactful response.

Regulate your eye contact. Whenever facing someone who is talking to you, you should not stare at that person to avoid intimidating him. Much as you should look at him at times you need to shift your eyes up and down as well as sideways.

Looking at a person in the eye indicates that you are paying attention to the speaker and the message and you are caring about the communication.

Request for clarification. When listening to someone any unclear message or missing information should be sought from the speaker instead of making conclusions which at times may be misleading. Through

enquiry you will be able to enhance your level of understanding of what is being spoken. Asking for more information will also serve as a signal that you understand what is being discussed and also show that you are interested with the issue at hand.

Let your question be open ended. Asking non limiting questions will help you gather maximum information possible. It will also give more liberty to the speaker to explain the situation in broad sense. By becoming open in mind you position yourself at advantage when it comes to leaning new details and enhance you decision making abilities.

If you are poor in listening start learning new skills to become good, if you are already good there is a room for improvement and become better, if you classify yourself as a better listener learn more skills and be the best listener, retainer of information and thoughtful decision maker.

Women Senators Visit Langata Women Maximum Prison To Mark Mother’s Day

By: John Kariuki
@themtkenyatimes

The Kenya Women Senators Association (KEWOSA) today joined the world in celebrating mother’s day by visiting the inmates at the Langata Women Maximum Prison.

The members of the association, led by Chairperson Sen. Hamida Kibwana, celebrated the remarkable strength, resilience and unconditional love of mothers.

Freedom came early for 56 inmates after Senators paid fines for petty offenders.

In addition to their presence, the Senators presented donations as a token of their support to bring a ray of hope and provide some relief during the inmate’s time of confinement.

“We understand that many of you are petty offenders who have been unable to pay fines not exceeding Ksh 10,000 to secure your release. It is disheartening to witness individu-



als who could be leading productive lives trapped behind bars due to financial constraints. In light of this, we, the Kenya Women Senators Association, have decided to pay fines for some of the eligible petty offenders among you, offering you a chance at freedom and reintegration into society” Senator Hamida declared,

The Lawmaker further recognized

the men and women who work in the Prison and Police services who play a crucial role in maintaining public safety and upholding the rule of law. Yet, their own welfare, including housing conditions, often goes unnoticed and unaddressed.

“We must acknowledge that the living conditions of those responsible for enforcing justice impact their morale, well-being, and ultimately,



their ability to carry out their duties effectively.” She added.

The Senators appealed to the President to prioritize the improvement of the welfare of the Prison and Police service.

They noted that the uniformed forces are living in deplorable housing conditions.

As a day of celebration and reflection, the Senators honored the remarkable strength and resilience of mothers, both within these walls and outside.

On the same breath the officer in charge of the institution Madam Es-

ther Lochoto expressed her joy emanating from the kind gesture and called for more such acts of kindness.

She notes, “ I’m happy because the institution will be decongested and what gives me pleasure is that at least the 56 inmates whose fines are below 10000/= will be paid starting today and the 31 remandees with bonds below 5000/= will soon join their families. How i wish this could be done more oftenly,” she concluded.

Wa Muratha Is On The Frontline In Creating Mental Health Awareness

By: John Kariuki
@themtkenyatimes

May is Mental Health Awareness Month, which has been observed since 1949. This annual event serves as a platform to raise awareness about mental health and to combat the stigma surrounding Mental Health Issues.

Kiambu Woman Representative Ann Muratha is on the frontline making sure that issues of mental health wellness are well understood

For a long time, the stigma surrounding mental health issues have seen people shy away from discussing issues affecting them psychologically. Many cases of family break-ups, suicides, homicides and alcohol abuse can be avoided if handled early and professionally.

Hon Wa Muratha notes:



Kiambu Woman Representative Ann Muratha .

“Through education, advocacy, and support, we strive to create a more understanding and compassionate

society for those with mental health issues.

It is worth to note that 85% of all

diseases are psychosomatic by nature.

Wa Muratha is committed to pro-

moting mental health and wellness in Kiambu County. Her Desire as mama County is to see Mental Wellness addressed across the 60 wards in Kiambu County through advocacy and establishment of counseling and wellness units in all wards.

These units will provide psychological services and support to members of the public, bringing help closer to those who need it.

Wa Muratha concludes:

“We understand that life isn’t always easy, and there are times when we may need extra support. Remember, it’s natural to experience ups and downs in life, and it’s important to seek help when we need it. Let’s embrace the natural cycle of life and take care of ourselves and each other. Together, we can build a healthier and happier society for all. A problem shared is half solved.”

Mother as Young Always



Author: Til Kumari Sharma
Country: Nepal
Title: Mother as Young Always:

Always young mother
The duty of security to her children
Mother as our attached vein
No separable by outside knot
The beauty of essence
Mother as my heart and breath
The sound of healing
The universe of my birth

Mother as my high soul
The mother is foremost being of life
The genuine womb of her to make me
artist of earth.
Mother is my foremost soul of life
She is never old to me.
She is young always.
She is beauty to me.
Her age is never old to me.
She is young and beautiful to me.
I am like small child in front of you.
She is young From my early days to
now.
Mother, the healer of pain
The luck of womb
My soul mate as the mother
My words' statue she is.
She is beautiful like goddess.
She is queen of my father

May 14-2023
Parbat, Paiyun Hile
Nepal

Life



Life is like a wheel
A wheel climbing a hill
A wheel depending on thy will
So move fast as thy heel
And don't care about any I'll

There's really a creator
A creator who is an accelerator
An accelerator of our speedometer
Can rise or go down as thermometer

So, ye got to fear less and face more
Ye got to hear less and plan more
Ye got to talk less and hide more
More plans to make ye successful
More plans to make ye hopeful
More plans to make ye peaceful

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Written by Eric Kyalo

Butterfly

The life of a butterfly is one day
Isn't it hard for him?
Thinking of living one day after all
Is not the biggest concern

I thought once
A butterfly has no heart
Doesn't he cry
It hurts even if he has a heart

I have a question
Don't come
They are also each other
I will hurt your hearts

 Kasimova Parizoda the douhgter of
Fakhriddin



The Darkness Visits



The darkness visits,
Their tears raining,
Pain is all over,
Our soldiers are gone.

Nights of thoughts and memories,
And only pics has it all.

Cyra the poet
Dripping pen 

Days of pain and sorrow,
Cold nights of sadness,

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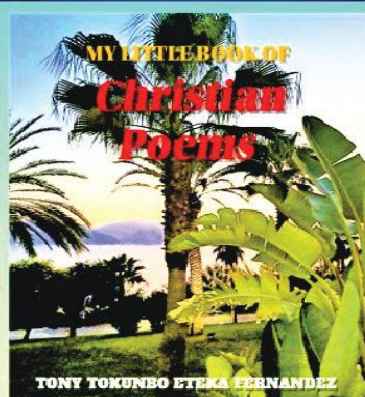
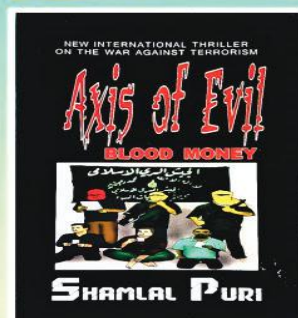
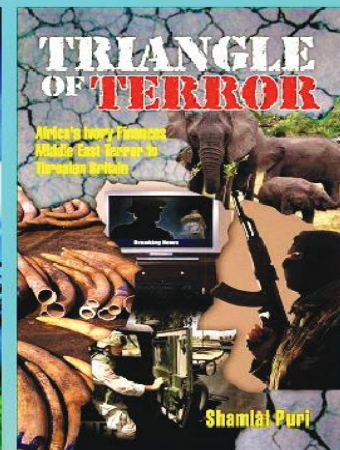
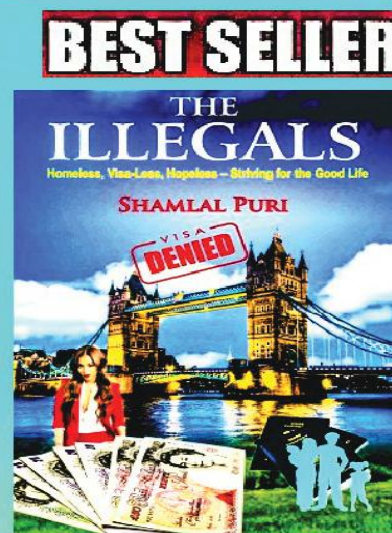
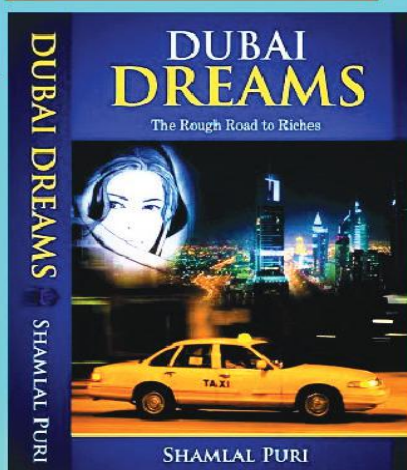
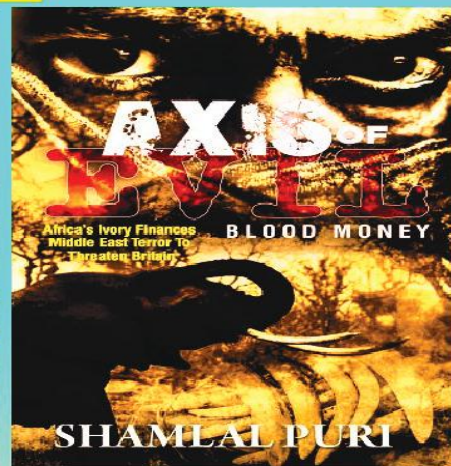
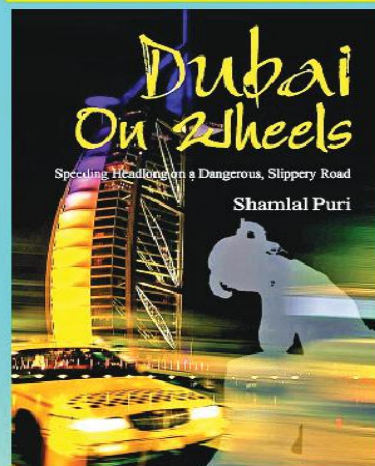
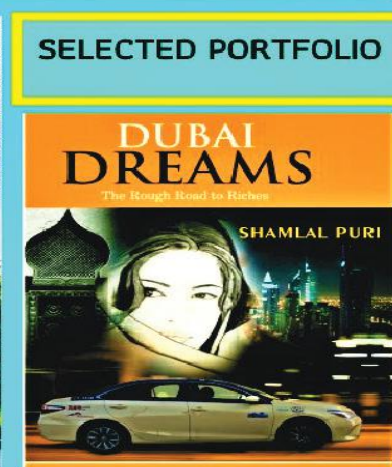
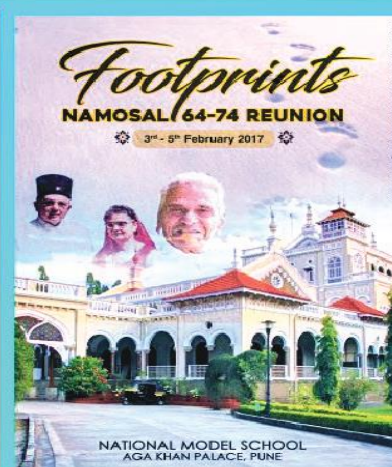
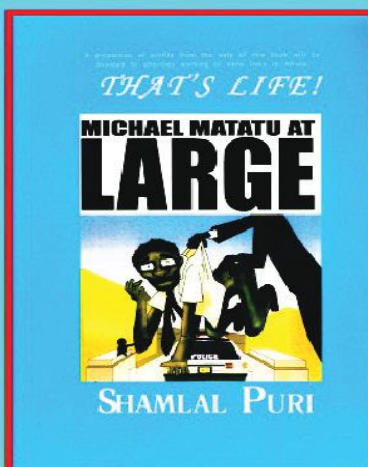
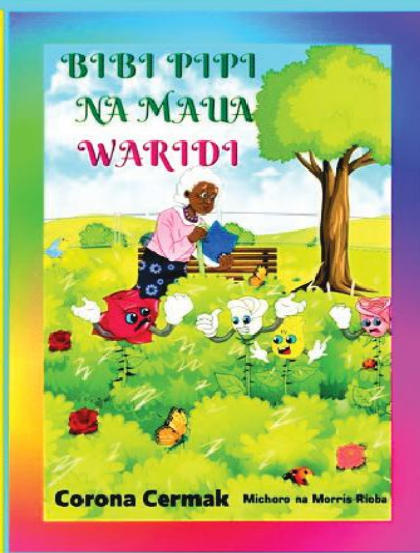
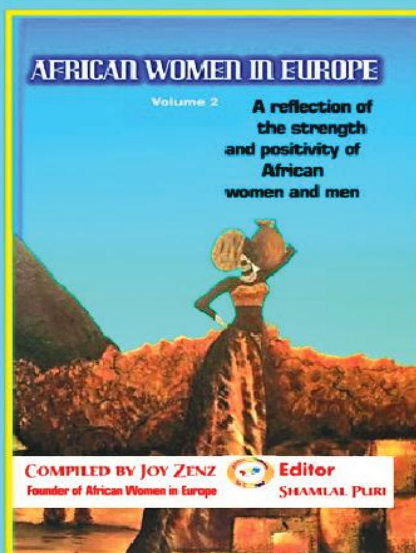
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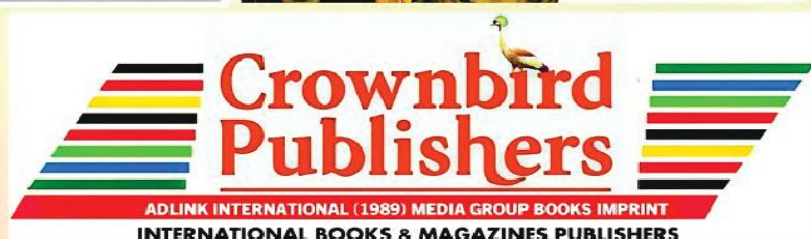
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BUSINESS

Tatu City Hosts EAC Member States Secretariat

By: Wangari Ndirangu
@themkenyatimes

Representatives from the East Africa Community (EAC) member states, including members of the Secretariat visited Tatu City, the 5,000-acre mixed-use Special Economic Zone (SEZ), for a familiarisation tour.

The purpose of the visit was to help the member states better understand SEZs and appreciate the challenges investors and operators in the SEZs face, particularly on regional market access and rules of origin.

These findings will inform the recommendations proposed in the upcoming EAC-SEZ Regulations review exercise.

Solomon Mahinda, Tatu City Executive Vice President said that following a recent knowledge exchange visit with the Secretariat of the Common Market for Eastern and Southern Africa (COMESA), it is evident that there is a shared interest in fostering regional integration by



Visiting officials pose for a photograph

establishing favourable and mutually beneficial trading policies

The delegation, under the auspices of the Special Economic Zones Authority (SEZA), had convened in Nairobi for a workshop to discuss

and finalise the proposed draft regulations for the EAC-SEZ policy, which will help promote trade and regional market access within the East Africa community.

Annette Kenganzi, Senior Exports

Promotion Officer Arusha, Tanzania said that visiting and interacting with the experts who have successfully established and operated a mixed-use SEZ is truly enlightening for the EAC Secretariat in attendance.

“The insights gained from this visit will be invaluable in guiding our efforts to streamline the EAC-SEZ regulatory framework,” Kenganzi added.

Late last year, Tatu City hosted Ugandan members of parliament for a learning tour on establishing mixed-use Special Economic Zones.

More recently, Kenya’s Ministry of Investment, Trade and Industry and the Council of Governors also visited the city as the government looks to develop industrial parks and SEZs in each of Kenya’s 47 counties.

Dozens of companies operate in Tatu City’s business-friendly location, including Kenya Wine Agencies Limited, Dormans, Copia, Cooper K-Brands, Grit Real Estate Income Group, Twiga Foods, CCI Global, Freight Forwarders Solutions, Friendship Group and Davis & Shirtliff.

More than 3,000 homes and apartments are occupied or under construction at Unity Homes and the Kijani Ridge neighbourhood.

Kenya, Somalia Agree To Reopen Borders In Three Months

By: KBC Digital

Kenya and Somalia have resolved to open the border in phases within the next 90 days.

Making the announcement Monday, Interior CS Kithure Kindiki who signed a joint agreement on cross-border cooperation with visiting Internal Security Minister for the Federal Government of Somalia Mohammed Ali said the Mandera/Belet Hawo will be the first to be opened in the next 30 days.

The second border point, which is the Liboi-Haraha-Dobley on the Somalia side, will be opened 60 days from now while Kiunga-Ras Kamboni border point in Lamu will be opened in at least 90 days.

He added that the government is exploring the possibility of adding a fourth border point into Somalia from the Kenyan side in Wajir County.

The two Horn of Africa govern-



The two countries will employ joint strategies to enhance cross-border activities.

ments agreed on cooperation in fighting terrorism, have security along their borders and liaise to fight crimes in the two countries.

Prof Kindiki stated that there is need to encourage cross-border businesses, approach cross borders challenges and coordination and enhance cross-border infrastructure and management.

“We recognise the efforts of our

partners in ensuring peace is restored,” said Kindiki as he addressed the press at Harambee House.

He added that the Government of Kenya is committed to developing partnerships to ensure security is achieved.

“After today, the two governments will undertake international relationships to meet with the joint partners and committees from various organ-

isations,” said Kindiki.

He disclosed that immigration arrangements have been put in place in order to make it easier for citizens to interact freely.

CS Kindiki added that there is need to strengthen cross-border communication between the two countries in order to develop modalities of how to address threats, develop and pursue cooperation and lastly need

to establish border management strategies.

He said that the two countries will employ joint strategies to enhance cross-border activities.

“We have agreed to open the borders between Kenya and Somalia that is the Mandera, Liboi and Kiunga in Lamu side with a possibility of adding a fourth border point in Wajir County which is being discussed,” said Kindiki.

Internal Security Minister for the Federal Government of Somalia Mohammed Ali thanked the government for hosting them for the fruitful talks.

“As the Somali government we have given our commitment to collaborate and partner with our Kenyan counterparts to ensure security along the borders of the two countries,” said Ali.

The two countries committed to enhance the cross-border activities and business.

Additional reporting by KNA



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Gov't Spent Sh1.1B On Socio-Economic Projects In Marsabit To Accelerate Growth

By: Sebastian Miriti
@themkenyatimes



Leaders from Marsabit County in a consultative meeting.

Worth Noting:

- Residents said they are able to draw water at the newly developed dams at Sarai and Irir constructed at a cost of Sh21 million and Sh27 million respectively while construction of Bagasi dam in Kargi location implemented at a cost of Sh30.1 million is ongoing.
- During the tour, it was noted that the distance to water points remains a challenge to many just as was the case with access to schools where pupils and students have to walk for between eight and 10 kilometers daily.
- This is a completely different scenario in Moyale and Saku constituencies where water projects were reportedly done without involving locals but do not exist on the ground.

The Equalization Fund earmarked for marginalized areas initiated over 100 projects in Marsabit County in 2017/2018 and 2018/2019 financial years, to accelerate growth and transform the lives of local communities.

The projects that spread across the four constituencies of Saku, Moyale, North Horr and Laisamis were allocated over Sh1.1 billion towards infrastructure development in the health, energy, roads, water and sanitation sectors.

In the last national population and housing census, the Kenya National Bureau of Statistics (KNBS) identified 102 areas in the county as marginalized which a team from the Commission on Revenue Allocation (CRA) ascertained to be correct.

The team headed by the Commission CEO James Katule conducted a one-week verification exercise by visiting project sites and holding focused group discussions with local residents to verify if the areas were indeed sidelined and whether the projects were done or not.

During the visit, the team established that many of the projects were initiated and financed to completion particularly in Laisamis Constituency, which forms the bulk of marginalized sub-locations, with 35, where the beneficiaries actively took part in public participation and acknowledged the existence of projects in the water and roads sectors.

Residents said they are able to draw water at the newly developed dams at Sarai and Irir constructed at a cost

of Sh21 million and Sh27 million respectively while construction of Bagasi dam in Kargi location implemented at a cost of Sh30.1 million is ongoing.

During the tour, it was noted that the distance to water points remains a challenge to many just as was the case with access to schools where pupils and students have to walk for between eight and 10 kilometers daily.

This is a completely different scenario in Moyale and Saku constituencies where water projects were reportedly done without involving locals but do not exist on the ground.

In Sololo sub-county's Borole area, the expansion of a rock water catchment project was not done despite records indicating that money to the tune of Sh53 million was released towards its implementation in two tranches.

In Marsabit Central sub-county, water piping from Kubi Qallo borehole to various estates in Marsabit town that include Boru-Harro and Manyatta Jillo did not happen although Sh85.6 million was released in two tranches.

Mr Katule noted that the picture was not very rosy in the health sector where health facility structures have been constructed all over but were not serving the intended purpose.

The CEO pointed out that the facilities lack personnel and drugs exposing the communities to suffering and despair.

He recommended that the many dispensaries and health centers as well

as four hospitals in the county be strengthened in terms of human capital, equipment and drugs to make them viable for the residents.

He singled out Jirime dispensary, which benefited from Sh29 million funding towards the construction of a maternity wing but the facility is still in a state of disuse after being turned into a store because the contractor is allegedly yet to be paid.

At the Kalacha Level 4 hospital in North Horr Constituency, the facility was allocated Sh51.5 million and Sh72.4 million for the establishment of a cancer screening centre and equipping wards at the hospital respectively.

A spot check by the team was shocked to find that the building that was to host the cancer-screening centre stood conspicuously in the compound with overgrown grass around it as it was never equipped while seven units of staff houses at the hospital were also not in use.

The same story repeated itself at the Laisamis sub-county referral hospital where Sh50 million was allocated to enable the upgrading of the facility.

Four staff housing units were left incomplete, elevation of a water tank abandoned half way while a theatre block was hardly done three years down the line.

The hospital chief executive officer Liban Golicha who is three months old at the facility said the contractor left never to return adding that the county government had to source for funds to connect the staff houses

with electricity.

Mr Liban said that they were unable to undertake operations with cases being referred either to Marsabit county referral hospital or to Meru County whenever they arose.

The road network in Marsabit County remains poor and the Commission could not visit most of the areas listed as marginalized with residents who are reeling under famine due to the recent prolonged drought complaining of being unable to receive relief aid as they could not be reached due to the bad state of roads.

The CRA chief executive officer observed that most of the projects in areas visited, were carried out without the knowledge of the locals who seemed to be hearing about the projects for the first time during the visit by the Commission.

Mr Katule expressed concern that members of the community were not able to tell who the actual implementers of the projects were, with some giving credit to CDF or non-governmental organizations.

"Projects should be implemented with the full participation of members of the public and the county government," he said, adding that the move would ensure prioritization and create ownership for sustainability.

The millions under the equalization fund were in an effort to spur development and bring the county at par with the rest of the country but the region remains largely not connected to electricity and off the national grid.

During the period in focus, Sh19 million was allocated to facilitate rural electrification but most villages and trading centres are not connected to electricity.

The few lucky ones like Marsabit town have to contend with rationing schedules for power supplied by the Kenya Power and Lighting Company (KPLC) supplied by private power providers using generators.

Local communities, according to Galma Dabasso from Sololo are seeking solutions through solar.

He appealed to the government to make a deliberate effort in order to get the local communities out of the bondage of poverty by ensuring that projects were carried out in a more prudent manner.

The kitty allocated Sh19 million to energy, Sh321.1 million to health, roads got Sh262.6 million while the water and sanitation sector received the lion's share of Sh534.8 million.

Nyandarua Residents Urged To Enroll With NHIF

By: Antony Mwangi
@themtkenyatimes

Nyandarua residents have been urged to enroll in the National Health Insurance Fund (NHIF) to ease their burden of paying for hospital bills and other health services.

Top officials in the Department of Health led by the County Executive, Dr Zakayo Kariuki Gichuki made the appeal as nurses week, marked last week ended.

Kariuki said that if the residents joined NHIF in large numbers, the county would be able to improve on health infrastructure because of the allocation they would receive from the health insurer.

“Residents can assist the County to fast-track improvement of our health infrastructure by enrolling in NHIF in large numbers like in other counties.

“The County will soon pass a bill to ring fence funds that the Health

department gets in NHIF reimbursements so that it is ploughed back to improve hospitals,” said Kariuki.

He, at the same time, lauded health workers saying they work under strenuous conditions but still deliver. “Ninety-nine per cent of patients who visit our hospitals walk home healthy. Let the people not castigate our workers because of the one per cent of patients who slip away,” he said.

The County Executive promised to push for promotion and re-designations of nurses as necessary and also allow them to go for training and further studies.

The nurses through their spokesperson said they felt in good hands since the health docket is headed by people who understand the health terrain of the county.

Purity Gichohi who heads Kasuku health centre in Ol Joro Orok sub-county said losing a patient is a traumatizing experience for health workers.

“People don’t know the stress we



Nursing in a march to mark their professional week

go through when we lose a child or mother during delivery, not just because of the written explanation we have to make, but because it robs

us of the joy of seeing a mother and child walk home healthy,” she said at the Ol Kalou AIC Church.

Government To Progressively Review Tax As A Percentage Of GDP, Says President Ruto

By: Christine Muchira

President William Ruto says his administration will progressively review tax as a percentage of the country’s growth domestic product-GDP to internally fund development projects.

Speaking during his second media round table interview at State House Nairobi, the President defended new tax proposals featured in the Finance Bill, 2023, saying they will push tax as a percentage of the country’s GDP from the current 14 to 16 percent.

He added that government will progressively review it over the years in order to ensure all Kenyans can access good road infrastructure, education, health, water, among other vital services.



President William Ruto .

The Head of State noted that his government in August last year found a 900 billion-shillings commitment on Kenyan roads which they have tried to cut down by stopping some of the roads that had not been constructed.

“But we still remain with about

close to 600 billion shillings that we have to manage,” the president said, adding that:

“If I have to complete these roads, I need extra money to do it so that whole equation changed. So I have said we increase the VAT by 8 per

cent because having differential rates of 8 and 16 per cent poses an integrity problem; people use it as a problem to manipulate numbers.”

He refuted the notion that Kenyans are over taxed, saying the tax rate in the country is way lower than in other countries both regionally and internationally.

“We are not overtaxing Kenyans. Our taxes are 16pc of GDP. Our peers like South Africa are at 22-28pc. If we have to measure up, we build roads, improve our education and health standards, then we have to pay taxes.” The President said.

He defending the proposed increase in Value added tax from the current 8pc to 16pc, saying the move will deal with tax cheats, and at the same time lower the cost of cooking gas to benefit the common mwananchi.

The president lamented that when he came into office, he found a huge crisis of fuel.

“That whole subsidy story you hear, it was just a pledge. One thing I did was to have an economic team around me. We discovered that there wasn’t a fuel problem, it was a mis-diagnosis. The problem was a dollar problem because there was fuel that had come but the oil marketers could not find the dollars to go and buy.”

To have a ‘balanced budget’, the president said he has cancelled the borrowing of 300 billion shillings by his predecessor Uhuru Kenyatta’s government, saying it could have taken the country down the cliff.

“I had to stop many of the subsidies that were being dished left, right and centre and make many changes to reorganise the whole budget because we found a country headed and sliding into bankruptcy,” Ruto said.



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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

CMC Remobilizes To Focus On Agriculture Mechanization Solutions

By: Christine Muchira

New Holland Agriculture’s local distributor in Kenya, the CMC Motors Group Limited (CMC) has announced a major shift in its business strategies which is to move away from the mass-market passenger vehicle segment in Kenya. For over 75 years, CMC Motors Group Limited has been a widely successful and established name in automotive and agricultural sector with presence in East Africa including Kenya, Tanzania and Uganda. Today, CMC continues to invest and refocus growth efforts towards the agriculture mechanization in its territory. CMC’s change in strategy follows closely on the heels of the Government agenda to transform and rapidly grow Kenya’s agriculture sector. The agriculture is the backbone of the East African economy, contribut-

ing approximately 33pc of Kenya’s Gross Domestic Product (GDP). CMC aims to further strengthen its agriculture sector interests in the region with plans to expand and continue selling its agricultural machinery portfolio. New Holland will continue to provide the same service, products and parts offerings currently received, and will be there every step of the way to support its customers through its ongoing partnership with CMC. There is no change concerning the availability of New Holland’s products in this region. Özkan Eren, New Holland Business Director, Middle East & Africa stated “New Holland has built a strong presence in Kenya, Tanzania, and Uganda through our long-term partnership with CMC. We have been at the forefront of the mechanization process, gaining an outstanding leadership. Now, we as New Holland are ready to meet the current growing demand in Kenya, Tanzania and Uganda. We will continue investing



CMC Motors Group Limited (CMC) remobilizes to focus on agriculture mechanization solutions in strategic change of direction in Kenya. .

in technologies and products that match the specific needs of our farmers and it is certain that we will support our local partner, CMC on their new business strategy to remobilize their focus on agriculture mechanization.”

Five Die At Sachang’wan Black Spot

By: KNA

Five people died on the spot Monday after a matatu they were travelling in was involved in an accident at Sachang’wan area along the Nakuru-Eldoret highway. Molo sub-county police commander, Mwenda Muthamia confirmed the 2:00 am incident and said the driver of the 14-seater PSV lost control of the vehicle and veered off the highway landing in a ditch. Among those who survived were two children and six adults who were rushed to Molo sub-county hospital where they are receiving medical attention. Muthamia said that the Nairobi-bound Eldoret Shuttle matatu from Eldoret was self-involved in the accident where it landed in a

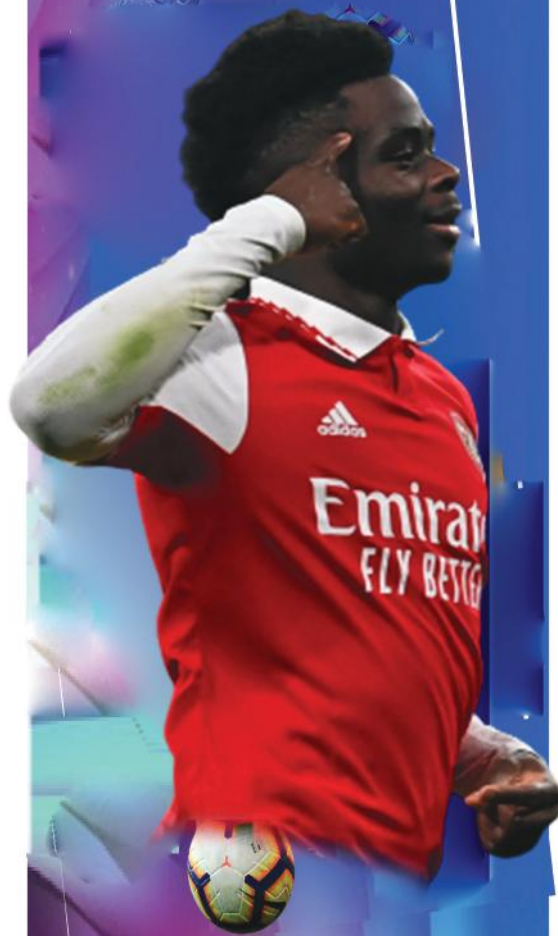
ditch at a black spot area. He urged motorists to be cautious along this highway that has several marked black spots adding that it is imperative for drivers of PSV vehicles to get ample rest after long drives to help avert such occurrences in future. Since the onset of the year, there have been several accidents along the highway with the latest one being at Mau Summit that claimed the lives of four among them a student. Bodies of the deceased are lying at the Molo sub-county hospital mortuary awaiting postmortem and identification.



Motorists using the Nairobi- Eldoret highway have been urged to be cautious .

SPORTS NEWS

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Sports Kenya Volleyball Federation (KVF) women's volleyball league champions Kenya Pipeline continued their winning start to the Africa Club Championships when they beat Algeria's MC Alger 3-1 in their second match on Monday evening in the Tunisian city of Nabeul.

Pipeline March On In Tunisia With Hard Fought Win Over Algeria's Mc Alger



Kenya Pipeline players celebrate during their match against MC Alger of Algeria. PHOTO/CONFEDERATION OF AFRICAN VOLLEYBALL

Kenya Volleyball Federation (KVF) women's volleyball league champions Kenya Pipeline continued their winning start to the Africa Club Championships when they beat Algeria's MC Alger 3-1 in their second match on Monday evening in the Tunisian city of Nabeul. Coach Paul Gitau's charges

edged a closely-contested first set 25-21 before the North Africans won 25-20 in the second one. However, the continental bronze medalists regained control of the match in the third set, winning 25-18 before sealing maximum points with a 25-21 win in the ultimate one.

The triumph followed their opening match against Nigeria's Chief of Naval, which they also won 3-1. Kenya's other representative in the women's competition, Kenya Commercial Bank (KCB), will play their next match on Tuesday evening against Senegal's Saltigue in Grombalia.

The continent's defending champions began their campaign with a routine straight sets win over Nyong of Cameroon and National Alcohol of Ethiopia.

Capital Sport

GET THE BEST OF WORLD

Sports >> *Commonwealth Games 100m champion Ferdinand Omanyala will make his third Diamond League appearance in Florence, Italy on June 2.

From Rabat To Florence: Omanyala Set For Another Diamond League Showdown With Kerley And Jacobs



Commonwealth Games champion Ferdinand Omanyala crosses the finish line ahead of Olympics 200m silver medalist Kenneth Bednarek at Saturday's Kip Keino Classic. PHOTO/RAYMOND MAKHAYA.

Commonwealth Games 100m champion Ferdinand Omanyala will make his third Diamond League appearance in Florence, Italy on June 2.

The African record holder for the men's 100m will once again race against Olympic champion Lamont Marcell Jacobs of Italy as well as world champion Fred Kerley of the United States, almost a week after the trio come up against each other at the Rabat Diamond League in Morocco.

Omanyala is a man high on confidence, having run a world lead of 9.84 to win the men's 100m at the past weekend's Kip Keino

Classic World Continental Tour Gold at the Moi International Sports Centre Kasarani.

A day to the fourth edition of this one-day meet, the African 100m champion allayed fears that he could burn out from the many races in which he is currently competing.

"This is what we have been praying for...to get as many events to compete in. So, when the chance comes, we take it...then again, we have a plan in place with the coach to ensure I don't burn out. After the coming month in the Diamond League, I am going to spend the next month recovering ahead of the World Champion-

ships. Nonetheless, the burnout is not a problem...I mean, I competed two hours after arriving in Oregon," he said.

Another chance to compete at World Athletics' most prestigious competition on its calendar of one-day meets is testament of the growing global reputation and recognition of a man who ran 9.77 seconds in 2021 to smash the African record previously held by South Africa's Akani Simbine (9.84 seconds).

Omanyala has continued with his record-breaking streak in 2023, clocking 14.89 to set a new national record for the men's 150m at the Adidas Atlanta City

Games and timing

Also in the startlist for the Florence meet is Olympics 200m silver medalist Kenneth Bednarek – who finished second to Omanyala in the past weekend – World 200m bronze medalist Erriyon Knighton, World Under 20 champion Letsile Tebogo and reigning Diamond League champion Trayvon Bromell.

Capital Sport

SPORTS NEWS



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BREAKING NEWS





Promise Little, But Do Much

By: Mamadaliyeva Sarvinoz
Azamat @themtkenyatimes



Worth Noting:

- But my great goal, which always motivates me and encourages me to move forward, is to study in foreign higher education institutions and teach the knowledge I have acquired to the youth of our country. It was also to justify the trust of my parents and teachers.
- Over the years, I have not only learned another language, but my thinking has also changed completely. One of the main reasons for this is that I read many books written in English.
- Also, as a result of my online conversations with my foreign friends and peers, I got a lot of information about their lifestyle and education system. My teachers and friends have often pointed out that my worldview has expanded a lot during this time.



Learning foreign languages is like becoming a completely different person. I understood the meaning of these words during my language studies.

In September 2015, from the 5th grade, we were taught English, and our first lesson began with the words of our teacher: “To have another language is to possess a second soul,” that is, “Knowing another language is having a second soul.” Although I did not understand the meaning of these words, which I heard for the first time in this language, they gave me a special feeling. From that day on, I had a desire to learn English perfectly and to become an expert in this subject in the future.

Over the past years, I have sincerely tried to learn the English language perfectly, and as a result, I have taken pride of place in many competitions and science Olympiads. In particular, during the 2018-2019 academic year, “What do you know about China?” was held at the republican level in cooperation with Dono Publishing LLC and the Embassy of the People’s Republic of China in Uzbekistan.

Participating in the competition, I

took pride in my place and received a diploma and two valuable gifts: a tablet and a printer. Also, in April 2020, at the initiative of President Shavkat Miromonovich Mirziyoyev, I took the proud 1st place in the online olympiad in the English language among 9th graders held by the Fergana regional administration and a number of other organizations, and I received a diploma, a letter of thanks from the governor, and a collection of more than 50 books, which are considered the most valuable and precious gift for me.

I started preparing for the international IELTS exam in January 2021, and in September I passed the exam to test my knowledge and got a B2 level. Of course, it was not easy to achieve all these achievements. I had a lot of sleepless nights when I struggled to learn.

But my great goal, which always motivates me and encourages me to move forward, is to study in foreign higher education institutions and teach the knowledge I have acquired to the youth of our country. It was also to justify the trust of my parents and teachers.

Over the years, I have not only

learned another language, but my thinking has also changed completely. One of the main reasons for this is that I read many books written in English.

Also, as a result of my online conversations with my foreign friends and peers, I got a lot of information about their lifestyle and education system. My teachers and friends have often pointed out that my worldview has expanded a lot during this time.

In order to take the first step toward fulfilling my dreams of several years, in April 2022, I applied and was accepted to the bachelor’s degree program at the University of Arizona in the United States of America.

At the same time, I became the owner of a grant in the amount of 88,000 US dollars. After that, I applied to the “El-Yurt Umidi” foundation scholarship competition and was accepted to the 2nd stage interview stage.

But for some reasons, I decided to study for my bachelor’s degree in Uzbekistan and then my master’s and PhD degrees abroad.

I don’t regret it too much, because in August 2022, after successfully

passing the university entrance exams, I was accepted to study at the Namangan State Pedagogical Institute on the basis of a 100% scholarship.

Even after entering the study, I achieved many achievements; for example, I participated in the “Speech Contest” organized by our institute in November, took pride in my place, and received a diploma and a present.

My first article was published in the 1st issue of 2022 of the “Education and Development” scientific-methodical magazine on the topic “Vocabulary Learning Strategies of Secondary School Students.” I also became a certificate holder by participating in an online course on Python at the “Digital Generation IT Camp 2023,” held on January 5–9.

Apart from this, I have become a certified WordUp coach on January 8th in 2023. Besides that during April 4-8 as part of the World Bank’s project “Strengthening the Social Protection System of the Population”, I participated in a 35 hour seminar-training on the topic “One step to entrepreneurship” and received a certificate upon completion.

In the future, I would be very happy if I could contribute to the education of young people in my country who want to learn the language, and at the same time, I could give them my modest support to develop and achieve high goals in this field.

The 21st century is the age of information technology. Currently, 63% of the information available on the Internet is in English, and the best literature in any field in the world is written in English. I also have the intention of skillfully translating this information and these books into Uzbek language.

In conclusion, as I literally open the window of opportunities in our independent Uzbekistan, I convince myself that I am not taking a step without a purpose and I keep walking up the stairs to achieve my goals. Mamadaliyeva Sarvinoz Azamat qizi

Student of Namangan State Pedagogical Institute