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Page 18

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# MT. KENYA TIMES

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# Heightened Optimism As Kenya Celebrates 60th Madaraka Day



**News>> Talks Stall Again As Ruto's Side Refuses 'Extra-Legal' Demands By Raila's Camp**

**P. 8.** The bipartisan talks between the Azimio and Kenya Kwanza teams have hit a snag against over a contest on fresh demands by the opposition side.



**Motivation>> Some Effects Of Anxiety**

**P. 12.** Anxiety refers to a mental condition that causes feeling of tension, fear and worry.

Yesterday, Kenya was marking the 60th Madaraka Day, one of the three national holidays created by article 8 of the Constitution of Kenya 2010. The day is meant to celebrate the definitive episode in 1963 that Kenya attained internal self-rule with Mzee Jommo Kenyatta taking the helm guided by a firm agenda of eliminating ignorance, poverty and disease.



Ruto led Kenyans in marking the 60th Madaraka Day (Photo/Selestus Mayira)

STORY ON PAGE 9



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# President Ruto Unveils Hustler Group Fund

By: Christine Muchira



President William Ruto..

**Worth Noting:**

- As a result, he says, Kenya's digital economy has received a tremendous shot in the arm as demonstrated by reports that Safaricom alone has enrolled at least 2 million new subscribers into its financial ecosystem courtesy of the Fund.
- "Today, as we celebrate progress in achieving economic freedom, we also celebrate our digital economy, powered by our famous fintech community. Kenya's legendary spirit of enterprise has entered the digital space." He said.

President William Ruto has officially launched the second product of Hustler Fund named the Hustler Group Loan. Chamas and other financial groups that enrol to the fund will receive a minimum of Ksh. 20,000 to Ksh. and a maximum of one million. Speaking during the 60th Madaraka Day celebrations in Embu Thursday, the President said the fund is a Financial Inclusion Fund, which is aimed at facilitating Kenyans to ac-

cess funding through groups. "I am glad that this launch of the group loan product is taking place against the backdrop of the phenomenal success of the Hustler Fund Personal Loan product. I expect that this product will encounter even greater appetite from the market." According to the President the credit score of an individual will determine the amounts one can access, and the group one is enrolled in will act as the collateral.

He said: "This means that your conduct as an entrepreneur, and as a member of community will begin to define your creditworthiness. But there will also be opportunities to rehabilitate defaulters if they demonstrate sustained behaviour change."

**Fintech**  
The President said the Hustler Fund turned around the country's fintech, transforming it from a predatory ecosystem to a more responsible

one. As a result, he says, Kenya's digital economy has received a tremendous shot in the arm as demonstrated by reports that Safaricom alone has enrolled at least 2 million new subscribers into its financial ecosystem courtesy of the Fund. "Today, as we celebrate progress in achieving economic freedom, we also celebrate our digital economy, powered by our famous fintech community. Kenya's legendary spirit of enterprise has entered the digital space." He said. Adding that: "Kenyans responded to this promise of economic freedom in unequivocal terms." Due to the high uptake of the fund, the total number of digital transactions stands at 42.5 million through which 20.2 million Kenyans have accessed nearly Ksh.30 billion, and repaid Ksh.19.7 billion, with 7 million being repeat customers. While lauding the fund's transparency, President Ruto noted that no funds have been stolen through corruption. "Not a single shilling has been stolen through corruption, and borrowers do not need to know anyone, bribe any official or go through complex bureaucratic procedures to access the Hustler Fund." Noted President Ruto. Adding that: "They only need a device, a little airtime and a few minutes, and they are able to get money wherever they are."

Editor's Desk

**The Mt. Kenya Times**

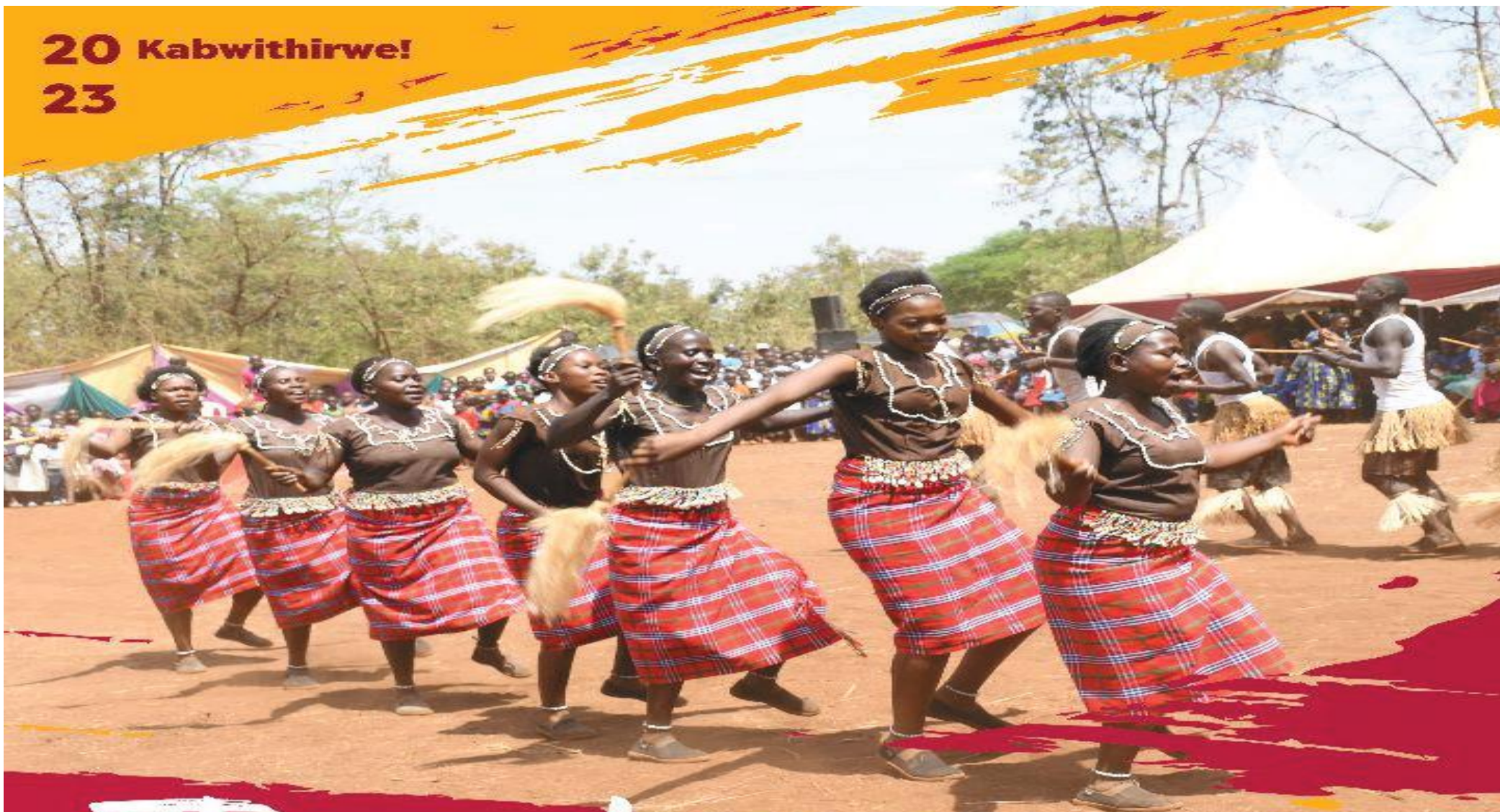
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# We're Behind You, Gachagua Assures President Ruto

By: Muraya Kamunde

Deputy President Rigathi Gachagua on yesterday assured President William Ruto of his support in the execution of his mandate towards the revitalization of the economy.

Speaking after joining the Head of State in marking the 60th Madaraka Day in Embu County, the Deputy President urged Kenyans to give the President time to steer the country.

"Millions of Kenyans, though quiet are confident that the measures you (President William Ruto) have come up with will improve their welfare," said DP Gachagua.

"Even as we mark the celebrations, I am here to urge all Kenyans to allow our President an opportunity to steer this country back to economic prosperity, He has a grand plan and if given a chance he will deliver," he said.

DP Gachagua also took time to champion for the proposed 2023 Finance Bill that has met widespread opposition amid the high cost of living and a growing debt crisis.

Gachagua asked the legislators to continue being steadfast to support measures that the Ruto led administration has proposed at the National Assembly.

The Finance Bill 2023 continues to elicit mixed reactions across the country.

While some Kenyans are for its implementation others are vehemently opposed to its adoption saying it will further hurt a struggling workforce.

Employers within the lending sectors say if passed they will have no choice but layoff a part of their employees.

Drumming up support for the Finance Bill, the President said it will among other things open up job opportunities for young Kenyans.

The Bill that is set to be debated in the bicameral parliament proposes a raft of taxation measures that have not been well received by the opposition.

Azimio la Umoja One Kenya Coalition leader Raila Odinga has threatened to mobilize Kenyans to go the streets if it sails through parliament.

Raila has argued if passed it will overburden an already overtaxed citizenry.



Deputy President Rigathi Gachagua addressing the Nation during Madaraka Day celebrations in embu County. PHOTO by Selestus Mayira.



## MARY EDITH KIMAMA MEDICAL APPEAL

The family and fundraising committee invites you to a fundraising function in aid of Mrs. Mary Edith Kimama's hospital bill and care amounting to Ksh 5Million. The fundraising will be held on Saturday 3rd June 2023 at the Holy Family Basilica (St. Johns Hall) in Nairobi CBD starting at 2pm.

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# We Will Not Tolerate Resurgence Of Proscribed Groups: Kindiki

By: Capital News

## Worth Noting:

- He pointed out that the government will not allow the country to slide back to the dark years when outlawed groups terrorized the country.
- “Any person who thinks that we can go back to the years when terror groups hiding behind culture raped our women and children as well as extorted money from businesspeople, that person is dead wrong,” Kindiki said.
- “All those who could be recruiting unsuspecting youth to join proscribed organizations are enemies of Kenya and for the sake of Kenya we have to come for you and we will get rid of you so that you go where criminals go.”



Speaking Wednesday when he issued a public accountability statement Kindiki expressed concern over what he described as the resurgence of cultural extremism in Kenya/MINA..

Interior Cabinet Secretary Kithure Kindiki has warned that the government will not tolerate the resurgence of proscribed groups in the country, including the outlawed Mungiki sect.

Speaking Wednesday when he issued a public accountability statement Kindiki expressed concern over what he described as the resurgence of cultural extremism in Kenya.

He singled out parts of Central Kenya, Upper Eastern and Northern Rift Valley as the areas on the spot.

“In Central Kenya, we have seen

during the period under review a re-emergence of cultural extremism by groups which are proscribed under the law of Kenya and which some people would like to revive. We saw them chanting the other day outside the DCI when we arrested a suspect. And you can see the courage, the demeanor, the impunity of these criminals,” Kindiki said.

The Interior CS emphasized that those found guilty of recruiting youth into illegal outfits will face legal consequences.

He pointed out that the government will not allow the country to slide

back to the dark years when outlawed groups terrorized the country.

“Any person who thinks that we can go back to the years when terror groups hiding behind culture raped our women and children as well as extorted money from businesspeople, that person is dead wrong,” Kindiki said.

“All those who could be recruiting unsuspecting youth to join proscribed organizations are enemies of Kenya and for the sake of Kenya we have to come for you and we will get rid of you so that you go where criminals go.”

## Mungiki resurgence

Kindiki’s warning shot came days after former sect leader Maina Njenga who has been linked with the resurgence of Mungiki activities was charged with seven counts related to the outlawed sect.

He denied all the charges when he appeared before Nakuru Principal Magistrate Kipkurui Kibelyon on Monday.

Njenga was charged with being a member of an unauthorised group namely Mungiki, having records relating to the group and addressing an illegal meeting at his home in Wan-yoro area of Bahati Sub-County in Nakuru.

He is said to have committed the offences between May 11 and 12 together with 11 others not before court.

The 11 were charged on May 9.

Another charge stated that he attended the said illegal meeting, allowed the meeting to take place at his home and provided his premise for the meeting.

Njenga was released on a conditional bond of Sh100,000 with an alternative of Sh50,000.

The court restrained him from making statements relating to the matter in court or contacting the prosecution witnesses failure to which the bond would be cancelled.

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# Talks Stall Again As Ruto's Side Refuses 'Extra-Legal' Demands By Raila's Camp

By: IRENE MWANGI

The bipartisan talks between the Azimio and Kenya Kwanza teams have hit a snag against over a contest on fresh demands by the opposition side.

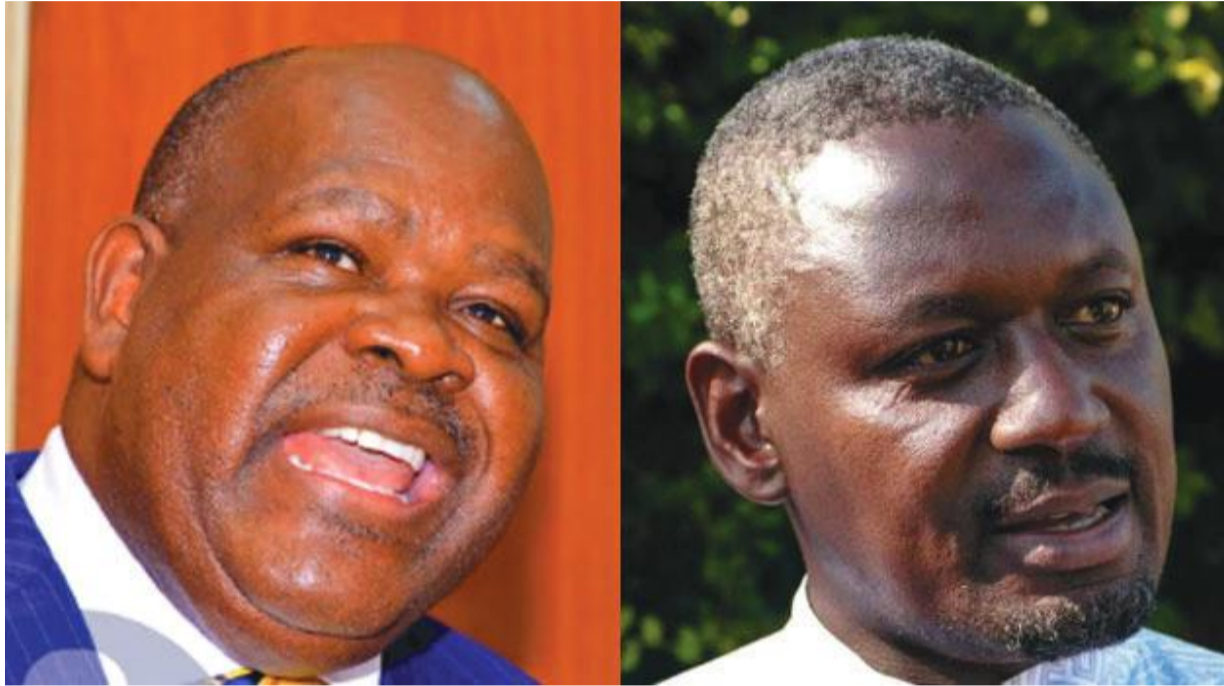
The bipartisan committee co-chair George Murugara (Tharaka MP), lifted the veil on infighting on Wednesday terming Azimio's demands as extra-legal signaling a fresh stalemate.

The contest was triggered over Murugara's hesitation to co-sign a joint letter ostensibly giving directives to the Independent Electoral and Boundaries Commission.

Kenya Kwanza Alliance termed the move by Otiende Amollo-led side as a gross violation of the constitution.

"We do recognize IEBC just like other independent bodies such as Judiciary and other independent bodies. They are not subject to orders and direction from other bodies," Murugara noted.

"It is therefore came to us as a surprise that our colleagues want us to participate in fundamental violation



Bipartisan committee joint chairperson George Murugara (Kenya Kwanza) and Otiende Amollo (Azimio)/CFM.

of the constitution," he affirmed.

## IEBC demands

The communication came hours after Amollo announced the indefinite suspension of talks after the contest on the letters.

Azimio Coalition sought to compel

IEBC CEO Marjan Hussein Marjan to provide information regarding the 2022 presidential election servers, and the data contained therein.

"In the circumstances, it is our considered opinion that the appropriate action is to adjourn the talks sine die, in accordance with Clause 36 of the framework Agreement, which we

hereby invoke," said Amollo.

The Raila Odinga-led coalition had issued an ultimatum for the demands to be met by midnight on Tuesday, May 30, a notice they latter vacated before announcing a stalemate again.

The fresh demands emanated from an Azimio Parliamentary Group which demanded the withdrawal of

the Finance Bill 2023 citing untenable tax proposals.

House Minority Leader Opiyo Wanjayi explained that the decision was arrived at after a realization that Kenya Kwanza was unwilling to concede to key demands.

He said Azimio MPs will take public oaths committing themselves to rejecting the Bill when the vote is called before Parliament.

"We have agreed that MPs will sign a public pledge as a commitment until the Bill is withdrawn and be replaced by a bill that appreciates and is sensitive to the suffering that the people of Kenya are going through," Wanjayi stated.

The coalition said the bipartisan talks will stand suspended until their demands, which include by-elections in constituencies whose MPs defected from Azimio Coalition, are met.

"We have agreed that MPs will sign a public pledge as a commitment until the Bill is withdrawn and be replaced by a bill that appreciates and is sensitive to the suffering that the people of Kenya are going through," Wanjayi stated.

# Scrap Metal Dealers Pledge Support For Ongoing War On Vandals

By: Sally Namuye/KNA

Traders under the United Scrap Metal Association (USMA) umbrella body are engaging stakeholders in the sector as they seek to find lasting solutions to the vandalism menace.

Through their chair Joseph Wandaka, the group met with top officials from Kenya Power, Kenya Electricity Transmission Company Limited (KETRACO), Ministry of Roads, Transport, and Public Works to come up with the most effective ways of stopping vandalism of government infrastructure.

The dealers who were meeting in Nakuru agreed to expose any suspected vandalized property in the supply chain to relevant state agencies and hand over culprits to author-

ities for further action.

"If we find any of our members with scrap metal suspected to have been vandalized from public infrastructure, we will take them to the police ourselves. We have put our members on notice not to buy stolen materials." Said Wandaka.

He termed vandalism of power lines and other investments as economic sabotage and called for stiffer penalties against those found engaging in the vice even as he urged state agencies to embrace innovation by deploying Information Communication Technology to protect critical government infrastructure.

While expressing their intent to support ongoing efforts by the government to crack down on vandals, USMA vice chairperson Samuel Wanjine however called on the two levels of government to harmonize licensing of scrap metal business to



The government has warned that it will revoke licenses of scrap metal dealers engaging in vandalism.

make it sustainable noting that it was a source of direct and indirect employment for thousands of Kenyans.

"Scrap Metal Council domiciled in the Ministry of Trade and Industrialization charges Ksh. 50,000 for

one to operate a yard, the County Governments demand payment of at least Ksh.100, 000, while the National Environmental Management Authority's scrap metal dealership license costs 30,000 shillings, "he

lamented.

The Ministry of Energy and its agencies have been the most affected with key critical infrastructure being the target.

# Heightened Optimism As Kenya Celebrates 60th Madaraka Day

By: Nicholas Kigundu and Margaret Kalekye



*This year's Madaraka day celebrations was marked at the Moi Stadium in Embu County, the first time the County is hosting such a major national event.*

Yesterday, Kenya was marking the 60th Madaraka Day, one of the three national holidays created by article 8 of the Constitution of Kenya 2010.

The day is meant to celebrate the definitive episode in 1963 that Kenya attained internal self-rule with Mzee Jommo Kenyatta taking the helm guided by a firm agenda of eliminating ignorance, poverty and disease.

The ceremonial swearing in of Prime Minister Jommo Kenyatta was met with optimism for opportunities represented by a new dawn without the burden of colonizers, with Kenya gaining full independence later in the year on 12th December.

As thousands gather at the Moi stadium Embu to celebrate the historic day, millions of Kenyans are following proceedings amid high expectations that solutions to their concerns will be articulated during the celebrations.

But amid the pride of an independent people and expectations of a better future, concerns over a myriad of issues key among them the cost of living abound.

The celebrations come in the wake of the Azimio coalition's decision to suspend bipartisan talks with the government aimed at addressing contentious issues. Representatives of the coalition in the talks are accusing the government of not being sincere in addressing substantive issues including lowering the cost of living, audit of electoral commission servers, interference with its affiliate parties and the reconstitution of IEBC. The talks had seen the opposition halt weekly protests it had called to protest against the Kenya Kwanza government.

This as sections of the Finance Bill 2023 continues to draw public outrage. Dubbed as among the most radical in the country's history, the bill, which was tabled before the national assembly on May 4th for

the first reading, has ignited varied reactions with civil servants' unions threatening to stage a strike if the government fails to shelve a proposal to deduct a three percent levy on their salaries as a mandatory contribution to a housing fund as contained in the Finance Bill 2023. The Bill has a timeline of approval of 30th June to coincide with the enactment of the Appropriation Law, 2023.

The most important part of yesterday's celebrations was the Madaraka day speech by the President which addressed the country's struggle for freedom. Among areas of focus will be the struggles and the sacrifice of freedom fighters to have the country free as well as other issues affecting the country.

## Ruto highlights three strong points for housing levy

Ruto said the Kenya Kwanza vision for the Affordable Housing Programme is premised firstly on the economic objective of creating a million direct and indirect employment opportunities throughout every value chain in the housing development ecosystem.

"A single housing unit is capable of employing 3-5 workers directly, and an additional 8 workers indirectly, in the manufacturing of construction products, transport and logistics"

The second objective of the Affordable Housing Programme he said is to increase the number of homeowners and transition more Kenyans from rent-paying to homeownership. "The Affordable Housing Programme aims to enable mama mboga access and afford a mortgage and embark on a feasible journey towards home ownership. Beyond the cost of houses, the programme therefore entails an entitlement aspect, which gives priority to the commu-

nities resident where the projects are situated" he said.

He said the programme will raise the bar in terms of quality at the bottom.

The third objective of the Affordable Housing Programme he explained is human dignity, and entails the liberation of millions of people who live in unhygienic environments without proper sanitation.

"We did not fight for independence to relegate our innocent compatriots to a life of suffering, exclusion and indignity in slums" he concluded.

Kenyan workers including the employer will contribute three per cent in order to support the government's low-cost housing programme.

## Big win for boda boda operators as Govt. announces entry of electric motorcycles

The government announced plans to transform the boda boda sector with the introduction of more efficient and affordable clean energy motorcycles by September this year. President William Ruto said the motorcycles will be financed through a mechanism that takes care of the interests of the buyer.

He said the government's decision

to initiate the new transport system was advised by the increasing cost of petroleum products.

"As international petroleum prices continue to rise beyond reach, the cost of fuel locally rises steeply. Transport, as a component of household budgets, is affecting the cost of living. We have to liberate Kenyans from reliance on transport that depends on petroleum." Observed the president.

He said the move will ensure that the industry witnesses a more inclusive transformation through the introduction of more efficient, affordable and clean vehicles.

"Owning and operating a boda boda will become affordable, secure and profitable. I am eager that this information reaches the seconder of my presidential nomination, Mr. Calvin Ochieng, who operates in Kilimani, so that he can escalate his hustle to the next level," said the president.

The boda boda sector has proved a critical segment of the economy providing job opportunities for thousands of unemployed young Kenyans. With the absence of a reliable, efficient transport across the country both in both urban and rural areas, the sector has acted to fill the gap.



*This year's Madaraka day celebrations was marked at the Moi Stadium in Embu County, the first time the County is hosting such a major national event.*



*Boda bodas filled a gap in the absence of reliable, efficient transport across Kenya, in both urban and rural areas.*

## Worth Noting:

- But amid the pride of an independent people and expectations of a better future, concerns over a myriad of issues key among them the cost of living abound.

- The celebrations come in the wake of the Azimio coalition's decision to suspend bipartisan talks with the government aimed at addressing contentious issues. Representatives of the coalition in the talks are accusing the government of not being sincere in addressing substantive issues including lowering the cost of living, audit of electoral commission servers, interference with its affiliate parties and the reconstitution of IEBC. The talks had seen the opposition halt weekly protests it had called to protest against the Kenya Kwanza government.

# The Discipline Of Meditation Is A Must



By: Eric Musa  
EMEA.ericmusa@gmail.com

The effects of meditation are super-natural (heavenly, exceptional, bringing: 1.) Revival — “The law of the Lord is perfect, reviving the soul” (Psalm 19:7).

2.) Wisdom — “The statutes of the Lord are trustworthy, making wise the simple” (Psalm 19:7); “Oh, how I love your law! I meditate on it all day long. Your commands make me wiser than my enemies, for they are ever with me” (Psalm 119:97, 98).

3.) Increases in our faith — “Consequently, faith comes from hearing the message, and the message is heard through the word of Christ” (Romans 10:17).

We may be challenged, convicted, and exhilarated with the call to meditation. The question is, how is this to be done? The Scriptures say it should be continual, telling us we ought to meditate “day and night” (Psalm 1:2; cf. 119:97), and even while we lie awake at night (Psalm 63:6; 119:148). Ideally, we are to make meditation part of our regular devotion, giving hidden time to reverently muttering God’s Word. But even our busy schedules can be punctuated with Scriptural meditation — in the car, at lunch break, or waiting for a bus. Select a choice text, write it on a card, and slip it into your pocket. Pull it out in those spare moments. Murmur it. Memorize it. Pray it. Say it. Share it.

The discipline of meditation is a must. Moses told Israel as he finished the “Song of Moses”: “Take to heart all the words I have solemnly declared to you this day. . . . They are not just idle words for you — they are your life” (Deuteronomy 32:46, 47, italics added).



Noteworthy, and very critical, is to know there can be no ongoing devotion without confession, which can take place anytime. Ideally it ought to take place whenever we sin. But all too often we are too proud and emotionally charged to acknowledge our sin at the time we commit it — for example, when we lose our temper in an argument. But devotion is impossible if we are overloaded with

guilt.

SELAH! HALELUJAH.

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

# Government To Recruit Community Health Promoters For Healthcare Management

By: Christine Muchira

The National government has collaborated with county governments to recruit community health promoters (CHP) throughout the country.

The promoters will facilitate early detection of conditions for referral to comprehensive attention for effective healthcare management.

The government aims to achieve in such numbers as will make available one promoter for every 100 households.

Speaking during the 60th Madaraka Day celebrations President William Ruto noted that each promoter will be tasked with visiting Kenyans at their homes to determine whether any conditions need to be managed through healthier lifestyle or basic medical attention.



President Ruto says Kenya has crossed a fundamentally decisive threshold in the history of its political freedom and democratic maturity.

Similarly he says, the promoters will also be tasked with enabling patients with chronic conditions manage their medication, diet and gener-

al wellbeing in a manner that makes hospitalisation unnecessary.

Additionally the president said government is reforming the National

Health Insurance Fund to meet the urgent needs of Kenyans at the bottom of the socioeconomic structure by actualising its purpose as a social

medical insurance facility.

“A healthy nation is liberated from human suffering and empowered to pursue their livelihoods and dreams without the hindrance and underperformance associated with ill-health.” Said the President.

Adding that: “A healthy nation is a happy nation. Freedom from disease is therefore a primary plank of our agenda to perfect self-government.”

He said his administration is committed to providing affordable healthcare that is inclusive and in a manner that enables Kenyans to receive quality medical attention from the comfort of their homes.

“We are committed to deliver universal health coverage that enables every Kenyan attain dignified healthcare at the minimal cost of a subscription fee.” Said President Ruto.

# Ruto's Madaraka Speech Reaffirmed His Commitment To Turn Around The Economy



By: Joseph Mutua Ndonga  
mutuandonga@yahoo.com



President William Ruto

## Worth Noting:

- The previous government had developed insatiable appetite for borrowing. I said I will do things differently.
- In Embu, the President fell short of telling Kenyans to tighten their belt but this will not take long.
- In the next few months, you will start to reap the fruits; put money in your pockets and smile all the way to bank.
- On Affordable Housing Plan, he rightly stated. Majority of the 'hustlers' were jobless and living in abject poverty.
- The project will create 1 million jobs for them every year. Besides when the construction of these houses is completed, the government will give priority to 'Hustlers' to buy at affordable cost and own them.

Embu County played host to President William Ruto as he led the nation in celebrating 60th Madaraka Day. Having been at the helm of power for eight months, this is the first Madaraka he addressed as the President.

I had an opportunity to listen to his speech. One thing was clear. He knew what Kenyans wanted to hear from him.

Topping the list was the measures that his government had put in place to address the high cost of living.

Besides this, the proposal to deduct 3 per cent from salaried employees in civil service and private sector to support his flagship project, the Affordable Housing Plan.

The president defended his decisions, stating. We inherited an economy that was in bad shade. I'm committed to rebuild and return our economy back on track.

He enumerated the bold moves he has taken in these endeavors.

This success of this revival plan is hinged in using our own resources.

Previously, the president reiterated.

A time has come to live within our means. If we opt to borrow foreign loans, we shall hurt our economy even more.

The previous government had developed insatiable appetite for borrowing. I said I will do things differently.

In Embu, the President fell short of telling Kenyans to tighten their belt but this will not take long.

In the next few months, you will start to reap the fruits; put money in your pockets and smile all the way to bank.

On Affordable Housing Plan, he rightly stated. Majority of the 'hustlers' were jobless and living in abject poverty.

In the slums where they lived, the conditions were deplorable; no water, no toilets, no roads.

These informal settlements were also filthy and prone to communicable diseases. The rate of crime was also high.

During the campaigns, he promised millions of hustlers that I will address these challenges.

Dr Ruto said the housing plan is one of the strategies that I have crafted.

The project will create 1 million jobs for them every year. Besides when the construction of these houses is completed, the government will give priority to 'Hustlers' to buy at affordable cost and own them.

This will elevate them to the new status. They will live in decent houses just like those who hail from rich and wealthier families.

If my salary is deducted, how am I going to benefit? This is how President Ruto responded.

If those who fought for our independence would have asked the same question, we could not be where we are today. We are celebrating the 60th anniversary of Madaraka Day.

This is when Kenya attained self-internal rule. This was a culmination of a fierce bloody war that the Mau Mau freedom fighters had waged against British colonial government.

Patriotism and love for their country is what drove the fighters to go to the forest to fight for land and freedom.

So, they were not doing this to

achieve selfish and personal interests. They looked forward to liberate the country for the betterment of all Kenyans. That is why they succeeded.

This is the point that President William Ruto put across. When you contribute to the housing plan, I call upon you to stop asking this question. How will I benefit? Some of you are already homeowners and so you may not need these houses.

However, I urge you to contribute in good faith. Here, we shall be helping millions of jobless youths who are living in deplorable conditions. Remember these are our children. So, this is a noble course.

It is worth to note this. This government is partnering with real estate developers to build these houses. 250,000 housing units will be constructed every year.

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

## Some Effects Of Anxiety

By: N. George

@themtkenyatimes



### Worth Noting:

- In some circumstances people develop nervousness and feel physically weak so they try to seek for reinforcement, in case there is a wall near them then they lean on it for support.
- Whether listening to people who are issuing threats, animals which are screaming, buildings which are collapsing or observing awful events happening and one is instilled with anxiety, loses the need to concentrate on what is happening and directs the energies to either fight or flight options to secure life.
- Fear of what will be the outcome of an exercise may result to a last minute cancellation of an event. Anxiety compels people to avoid taking action in what one doubts.

Anxiety refers to a mental condition that causes feeling of tension, fear and worry.

It is normal and common experience which is important in preparing our bodies to deal with threats by taking either fight or flight option.

It is a reaction to life events that we are uncomfortable with due to unfamiliarity to such events or uncertainty of the outcomes more so when we fear if the results may be negative. It can affect our productivity levels, relationships and health.

Some common causes of anxiety are uncertainty, stress, personality, trauma, genetics, drug abuse and conflicts.

Symptoms of anxiety include sweating, nausea, shortness of breath and irregular heartbeat.

Some of the common effects in people who are experiencing anxiety include.

#### Failure to participate

People with fear of making mistakes fail to participate in activities. This denies them a chance to exploit their potential.

They are also not in position to improve themselves since they do not attempt hence unable to measure their strengths and identify the weak

points.

#### Excessive quietness

Extreme fear of what others will hear and opine makes anxious people to remain quite. They shy away from making contributions even in topics they have good mastery in. They fail to defend themselves even in situations which they have water tight evidence.

#### Babble a lot

People who are worried about opinions of others usually babble a lot in either acceptance or rejection of the message being transmitted. Their failure to come out openly and either approve and disapprove the message is the cause of these undertones.

#### Exiting an event or venue without stating reasons

In some situations fearful people feel oppressed and unconvinced by an environment or an event and opt to quit instead of airing their grievances. They walk out quietly, unimpressed and feeling frightened.

#### Keep on fidgeting.

Nervous people tend to play with their hairs, fingers, legs and other objects like pen, stick and glasses in

an attempt to release tension.

#### Leaning on the wall

In some circumstances people develop nervousness and feel physically weak so they try to seek for reinforcement, in case there is a wall near them then they lean on it for support.

#### Lose focus

Whether listening to people who are issuing threats, animals which are screaming, buildings which are collapsing or observing awful events happening and one is instilled with anxiety, loses the need to concentrate on what is happening and directs the energies to either fight or flight options to secure life.

#### Last minute cancellation of plans

Fear of what will be the outcome of an exercise may result to a last minute cancellation of an event. Anxiety compels people to avoid taking action in what one doubts.

#### Inconsistency in performing tasks

Anxious people are moody and doubtful and as such they have divided attention whether what they are doing is acceptable or not, well represented or poorly represented.

These mood swings makes them change mode of operation from time to time bringing inconsistencies and incoherencies.

#### Eating, drinking, urinating and bloating frequently.

Nervous people have hormonal imbalances that make them eat and drink frequently plus bloat their stomachs what some people refer to as "having butterflies in stomach"

The muscles tense and pressure builds up in abdomen and bladder making a nervous person to urinate frequently.

If the anxiety continues for a long period of time then it becomes an anxiety disorder.

Some simple ways of managing anxiety include

- o Managing work and life balance
- o Regular exercises
- o Observing a balanced diet
- o Maintaining a regular sleep pattern and ensuring the sleep is adequate.
- o Healthy relationships
- o Develop optimism in life.

# 5M Farmers Registered For Subsidized Fertilizer, Ruto Says

By: Muraya Kamunde

President William Ruto said. As a result of his administrations measures, he said Kenyan farmers have been able to plant 200,000 additional acres of food this year and used 2 million more kilogrammes of seed.

A total of 5 million farmers have been registered countrywide for the subsidized fertilizer as the Government ramps up efforts to boost food production.

Speaking in Embu Thursday, President William Ruto said his administration will continue subsidizing food production to create job opportunities and increase productivity in the country.

Termining agriculture as the country's biggest employer, the Head of State said enhancing food production will also help promote access to affordable and subsequently lower the cost of living.

"These farmers immediately became eligible to receive subsidised fertiliser, and those who stepped forward received their full fertiliser requirement unlike in past seasons when the allocations were rationed,"

President William Ruto



# Arati Calls on Riders to Resist Manipulation by Self-Serving Politicians

By: Elizabeth Angira

@themkenyaintimes

Governor Arati called on security officers to be vigilant and apprehend the politicians involved in such behavior, ensuring that they are brought to justice.

He accused some security officers of protecting those who break the law.

Arati alleged that certain local politicians fund individuals who masquerade as boda boda riders and incite chaos.

He claimed that some of these riders have multiple warrants for their arrest but are shielded by corrupt officers.

The governor appealed to boda boda riders to embrace peace and avoid getting involved in acts of violence.

He requested Interior Minister Kithure Kindiki to investigate criminals pretending to be boda boda riders and receiving protection from the police.

Kisii County Governor Simba Arati has urged boda boda riders not to be manipulated by certain politicians for their own personal gain.

This comes after the death of 28-year-old rider Justine Momanyi, who was allegedly injured during clashes between rival factions of boda boda riders in Kisii.

During the burial of Justine Momanyi in Emenwa village, Nyamache sub-county, Governor Arati strongly condemned the attack and the killing of riders by politicians.

He stated that some individuals exploit boda boda riders to settle personal scores.

"I besiege you riders, do not be misused by some selfish individuals," he said.



Kisii County governor Simba Arati addressing the mourners during the burial of Justine Momanyi rider in Emenwa village, Nyamache sub-county. Photo/Elizabeth Angira

# Happiness

The season of dreams is over for me,  
 Cloudy days and dark nights.  
 Victory over friends and enemies  
 Mother, your daughter is also a student.

Sorrows are over, sorrows are gone,  
 The dust from the heart is completely removed.

One wing is the teacher's training,  
 Mom, your daughter is also a student.

Studentship is a beautiful period of my life,  
 An opportunity to make dreams come true.

Here I am reading, searching  
 Mom, your daughter is a student now.

Now I have no dreams,  
 Of course, sleepless nights.  
 Trials and hardships are left behind,  
 Because your daughter also became a student!



Great achievements are still ahead,  
 Happy days await us.  
 In return for the trust you have given me, mother,  
 God willing, your daughter will become a master...

Dilnurabonu Vajisova,  
 Student of Bukhara State University,  
 Uzbekistan, winner of many competitions.  
 Holder of the Badge of the Republic of Kazakhstan "For International Services",  
 Member of the Union of Writers "Double Wing"

# Raja The Bilingual Poet



I am Dr. R. Raja MA BEd MA MPhil PhD PGELT working as a post graduate assistant in Government Higher Secondary School Sripuranthan Ariyalur Dt.

I attended creative writers' award function on 21/05/2023 at John Dewey Matric Hr sec school Panrutti in Cuddalore dt.

It was a wonderful moment which I cannot forget in my lifetime because it was a wonderful and auspicious function which was conducted by Mrs Brinda

mam. The chief guests were patience enough to participate at the end of the function.

A number of poets from all over Tamil Nadu and India eagerly participated in the function. A number poets and writers published their books. It was a nice plot form to expose their talents.

The day has gone with different programs. As a bilingual poet I published two books in the function. The students from the school have done their wonderful compering.

The principal of the school and the dignitaries in the stage have given awards to the poets. The correspondent of the school who was with us at the end of the function.

I thank the juice team and ICT team. In the afternoon a delicious lunch with ice cream to all the participants.

It was a wonderful day in my life. I once again than our creative writers' admin and founder Mrs Brinda mam who motivated all the writers to publish their books and also arranged the great function.

# When Dreams Turn Into Goals



Every person is born and begins to live with their dreams and hopes. Thanks to these dreams, people understand why they came to life and try to change themselves. When do dreams turn into goals? When we truly desire our goals, take the time to reach them, and chase them wholeheartedly, our dreams will surely turn into goals. A person without a goal never moves, he gets stuck in one place. A dream is only our desire, the purpose is to pursue it. Every A person who is determined and active achieves success. After reaching his goals, his

self-confidence increases and he always looks to the future. A person with a clear goal is not afraid of falling in life, even if he falls, he gets up and starts walking towards his goals. The essence of life is to fall seven times and get up eight times. Always remember to turn your dreams into goals. Dreams only exist in dreams, their realization is shown with a goal, that is, our goals lead to results. Get motivation from successful people, exchange ideas with them, it's up to you to change your life. Always look at life with a smile. The key to success is in your hands. The whole world is with you. It's time to act..

QURBONOVA GULSANAM was born on April 16, 2006 in Dehkanabad district of Kashkadar'ya region. She is currently a grade 10 student at school number 68 in Dehkanabad district and is proud of the regional German language. She has also achieved many results in sports, table tennis, chess, checkers.

# You are the flower of my life



Mamadaliyeva Nargizabanu

You are the flower of my life, you are a woman.

Woman, the flower of our life,  
 Your beauty is all over the world.  
 You are the sun of our life,

Our hearts have been illuminated by your love.

You are a mother, a soul mate,  
 You have the image of angels.  
 You are a pain in the ass,  
 He could talk to everyone.

You are the meaning of our life,  
 He created the ground for our pursuit.  
 you are welcome  
 They said that they could not sleep at night.

You are incomparable  
 An example for children  
 You are a mysterious necklace,  
 The whole world is embodied in your heart.

You have courage  
 The one who shows his strength through his sword.  
 Be patient,  
 He who gives birth to the great.

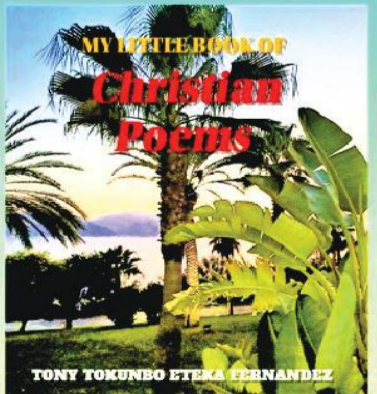
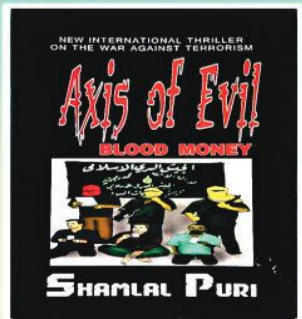
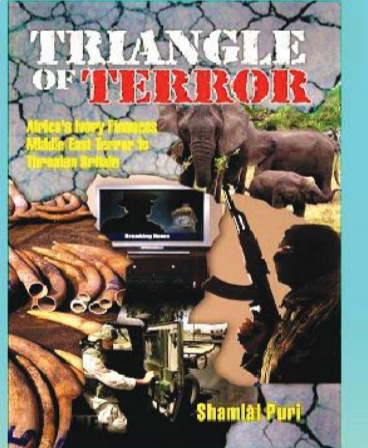
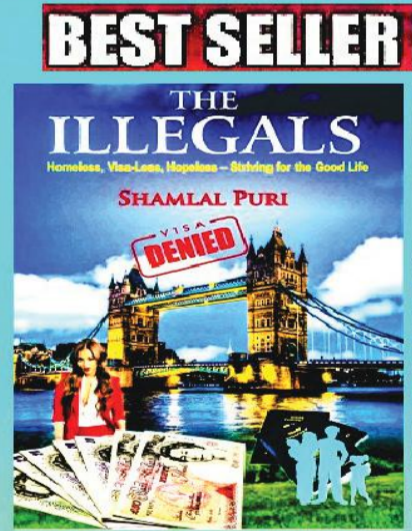
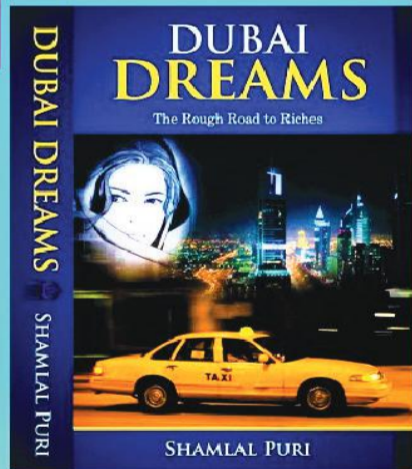
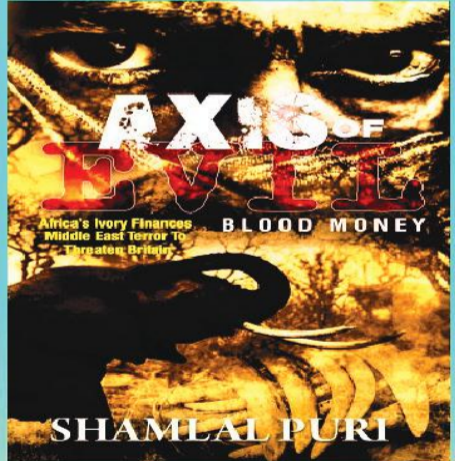
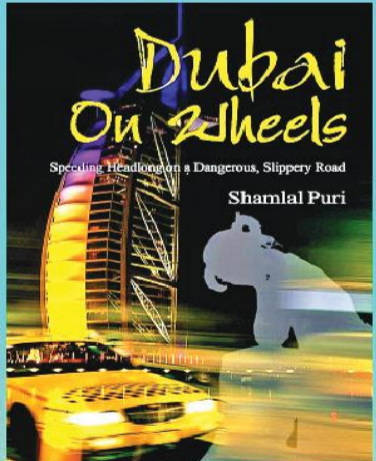
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# BUSINESS

## Let's Power Kenya To The Top Of The Global Superfoods' Exporters' Table

By: Business Reporter  
@themtkenyatimes



*Kakuzi, PLC is Kenya's biggest agribusiness company...*

### Worth Noting:

• However, we have many examples of Kenyan Companies doing the right thing and doing it well, but what we don't do well is publicize this. We (private sector, public sector, academia, national branding agents etc.) don't tell our story loud enough, and we don't explain to the World what sets us apart. For example, as superfood producers, we do not plant our crops in sensitive ecosystems and don't abstract irrigation water from fragile water sources.

• At Kakuzi, we have invested heavily in irrigation and green technology-based systems to mitigate the worst impacts of drought. We have invested in the necessary irrigation capacity to irrigate 1,600 hectares of macadamia, avocado and blueberry crops. We learnt a while back from several countries, including Israel, Australia, and the United Kingdom, among others, and replicated their success right here in Murang'a County.

The global trade agenda is changing quickly from where product and price dominated the conversation to a more holistic approach where a company's values and purpose in today's World are intertwined, and quite correctly, a big part of the decision to purchase products.

In the international market, Kenya now takes its place as the largest Avocado exporter in Africa, which is no mean feat. But let's put that in perspective, imports of Hass into Europe alone last year were approximately 728,000 tons, and Kenyan exports accounted for 40,000 tons, about 5%. But what's our competitive advantage with other producing countries, what sets us apart, and why should consumers favour our products over others?

The World is demanding that businesses demonstrate values and purpose aligned to more than just products to climate action, sustainability, quality agricultural practices and, notably, that we recognize our roles and responsibilities as good corporate citizens have to be at the forefront of business strategies.

We also know that agricultural businesses have complexities, which by their very nature mean that at times we can't always get it right, and we

do have to course correct and reflect.

However, we have many examples of Kenyan Companies doing the right thing and doing it well, but what we don't do well is publicize this. We (private sector, public sector, academia, national branding agents etc.) don't tell our story loud enough, and we don't explain to the World what sets us apart. For example, as superfood producers, we do not plant our crops in sensitive ecosystems and don't abstract irrigation water from fragile water sources.

At Kakuzi, we have invested heavily in irrigation and green technology-based systems to mitigate the worst impacts of drought. We have invested in the necessary irrigation capacity to irrigate 1,600 hectares of macadamia, avocado and blueberry crops. We learnt a while back from several countries, including Israel, Australia, and the United Kingdom, among others, and replicated their success right here in Murang'a County.

We have constructed 19 separate earth dams holding 12 million cubic meters of water. These dams are filled through natural runoff from our water catchment areas during the rainy seasons. Filling up dams takes sacrifices that may not be visible to

all, such as ensuring that the water catchment zones must be left undisturbed. Unfortunately, in some quarters, these water catchments are considered idle land but nothing can be further from the truth. If there were no water catchments at Kakuzi, there would be no water in the dams, and this would severely limit agricultural production and the ability to do what we do, thus the sacrifice to conserve water catchment areas.

Still, superfood production is much more multi-dimensional than just water; it is also about being able to answer the call for climate action, amongst other vital topics.

Agriculture accounts for between 13 to 21 per cent of greenhouse gases, and we, as superfood producers, must be able to demonstrate we are playing our part otherwise. To be quite frank, what's the point of growing amazingly healthy food at the expense of our planet?

By scientifically measuring our carbon footprint and understanding where emissions are being created, we can see where we can reduce them. The question must, however, be, is it enough that we try and reduce? The simple answer is no. We must, and we need to be doing more. Investing in agriculture and technol-

ogy that not only reduces our emissions but removes carbon from the atmosphere must be our goal.

At Kakuzi, we started this journey in 2019 by measuring and reporting our Scope 1 and Scope 2 carbon emissions. We are now embarking on measuring Scope 3.

In Kenya, we have a conducive environment to competitively and sustainably grow superfoods, including fruits and nuts such as Avocados, Macadamia, and Blueberries, among others. According to the Superfoods Global Market Report 2023 published by ReportLinker, an award-winning market research solutions provider, the global superfoods market grew from \$177 billion in 2022 to \$190.48 billion in 2023 at a compound annual growth rate (CAGR) of 7.6% and is expected to grow to \$256.27 billion in 2027 at a CAGR of 7.7%.

The superfoods bid may sound ambitious, but the journey of a thousand miles begins with a single step. Still, we must be committed to undertaking this in a manner that enshrines the commitment to quality, sustainability and traceability.

It is, however, not enough to plant millions of avocado trees if we are not going to support our farmers, small and large alike, with the information on what the market wants from us. It's a lot more than just growing a fruit to ensuring good practices including phytosanitary standards.

For a listed firm such as Kakuzi and the wider Kenyan export-focused farming fraternity, we should focus on enhancing our competitiveness through product diversification and showcasing our sustainability values better including adherence to the UN Guiding Principles on Business and Human Rights, climate action and governance.

Undoubtedly, Kenya is well placed to have its voice heard and to demonstrate best practices. Kenya is well placed to be a thought leader in so many of the conversations of the now. The only question is, are we willing to go out there and tell our story?

The author is the Managing Director of Kakuzi Plc. [www.kakuzi.co.ke](http://www.kakuzi.co.ke)

# Ruto: Housing Fund Contribution A Moral Obligation, Backers Are Patriots

By: BRUHAN MAKONG



President William Ruto/PCS.

## Worth Noting:

- The Head of State stated that the vision for the Affordable Housing Programme is premised firstly on the economic objective of creating a million direct and indirect employment opportunities throughout every value chain in the housing development ecosystem.

- “A single housing unit is capable of employing 3-5 workers directly, and an additional 8 workers indirectly, in the manufacturing of construction products, transport and logistics,” he said.

- Ruto stated that the Affordable Housing Programme is an intervention to support the local construction industry, including the Jua Kali sector, to create high quality and competitive opportunities for manufacturers and jobs for citizens.

President William Ruto has termed contributing to the proposed Housing Fund as a moral obligation for Kenyans in formal employment.

Speaking Thursday when he presided over the 60th anniversary to mark the country’s attainment of internal self-rule — Madaraka Day — in Embu, President Ruto said supporting the initiative is a patriotic duty for every Kenyan.

Ruto who acknowledged opposition to the plan termed the vibrant public debate on the matter as a pointer to stakeholder-driven public engagement even as he pledged transparency if the initiative goes through.

“There is a fundamental level at which we are morally obligated to think about our duties to the unemployed youth, vulnerable communities struggling in slums and other people at risk of exclusion. Their struggle for dignity as human beings appeals to our duty of moral consideration,” Ruto said.

The Head of State went on to add: “We did not fight for independence to relegate our innocent compatriots to a life of suffering, exclusion and indignity in slums.”

## Arresting unemployment crisis

Ruto’s remarks came amid heavy criticism from the Raila Odinga-led and former President Uhuru Kenyatta-backed Azimio opposition.

However, the President highlighted the potential complications that arise when vulnerable members of society struggle to make a living, stating that addressing their welfare is essential for the betterment of society as a whole.

Ruto said through national unity, Kenya could unlock immense potential.

He drew parallels to efforts by freedom fighters who made sacrifices for the sake of fellow countrymen and future generations.

“Those earning Sh200,000 monthly will pay only KSh 2,500 to a fund that helps create jobs for millions of youth and brings a meal on the tables of many hustlers,” Ruto said.

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ment ecosystem.

“A single housing unit is capable of employing 3-5 workers directly, and an additional 8 workers indirectly, in the manufacturing of construction products, transport and logistics,” he said.

Ruto stated that the Affordable Housing Programme is an intervention to support the local construction industry, including the Jua Kali sector, to create high quality and competitive opportunities for manufacturers and jobs for citizens.

## Productivity boost

By catalysing the construction of hundreds of thousands of affordable housing units, Ruto said that the government shall also be stimulating productivity and competitiveness in the manufacture of cement, steel, paint, nails, ballast, timber, roofing materials, windows and doors, among many other products.

“In enhancing Kenya’s industrial productivity, our export performance will increase and have a positive impact on our balance of trade, employment creation and the growth of wealth,” he added.

Ruto said availing Kenyan indus-

trial output to the continent will unleash vast untapped potential.

He added that the second objective of the Affordable Housing Programme is to increase the number of homeowners and transition more Kenyans from rent-paying to homeownership.

Ruto went on to say that the Affordable Housing Programme aims at enabling persons at the bottom of the pyramid — the mama mbogas (vegetable vendors) — access to affordable mortgage and embark on a journey towards home ownership.

“The housing programme will raise the bar in terms of quality at the bottom,” he said.

Ruto asked Kenyans to remain vigilant and guard against graft even as he vowed zero tolerance to the vice in public sector adding public resources must “solely and exclusively [be utilized] for purposes that serve the interests of the people.”

He pledged to use all instruments and authority at his disposal to curb waste and theft.

“I will not permit greed, lawlessness or impunity,” Ruto said.

Capital News

# EAC Summit Extends Regional Force Mandate In DRC To September 8



*The Heads of State including Kenya's William Ruto and his Burundi counterpart Évariste Ndayishimiye lauded Congo's Felix Tshisekedi for his commitment to restoration of peace in Eastern DRC and pledged to support him in the efforts/EAC.*

## Worth Noting:

- The Heads of State including Kenya's William Ruto and his Burundi counterpart Évariste Ndayishimiye lauded Congo's Felix Tshisekedi for his commitment to restoration of peace in Eastern DRC and pledged to support him in the efforts.
- "The summit reiterated its call to all parties to de-escalate tensions and to use established regional, continental and international mechanisms to resolve any disputes in the implementation of peace in Eastern DRC," a joint communique circulated on Thursday read in part.
- Notably, the event was attended by only two Presidents, while the remaining leaders, Yoweri Museveni (Uganda), Samia Suluhu (Tanzania), Felix Tshisekedi (DRC), Paul Kagame (Rwanda), and Salva Kiir (South Sudan) sent representatives.

The East Africa Community Regional Force (EACRF) in the Democratic Republic of Congo will remain in place until September 8 after an EAC Summit in Bujumbura resolved to extend its mandate.

The mandate of the EACRF forces had expired on March 8.

The resolution was made Wednesday during the 21st Extra-Ordinary Summit of the EAC Heads of State in Burundi's Capital Bujumbura

The move is aimed at consolidating the gains made by the EACRF forces who have been battling the M23 rebels in Eastern DRC.

The Heads of State including Kenya's William Ruto and his Burundi counterpart Évariste Ndayishimiye lauded Congo's Felix Tshisekedi for his commitment to restoration of peace in Eastern DRC and pledged to support him in the efforts.

"The summit reiterated its call to all parties to de-escalate tensions and to use established regional, continental and international mechanisms to resolve any disputes in the implementation of peace in Eastern DRC," a joint communique circulated on Thursday read in part.

Notably, the event was attended by only two Presidents, while the remaining leaders, Yoweri Museveni

(Uganda), Samia Suluhu (Tanzania), Felix Tshisekedi (DRC), Paul Kagame (Rwanda), and Salva Kiir (South Sudan) sent representatives.

Tanzania sent Vice-President Dr Isidori Mpango. Others were Prime Minister of Rwanda Dr Édouard Ngirente and First Deputy Prime Minister of Uganda Rebecca Kadaga.

### Reviewed progress

During the event the Heads of State received and adopted the reports on the peace and security situation in the Eastern DRC submitted by the facilitator of the EAC-led Nairobi process and the chairperson of the EAC chiefs of Defence Forces.

The summit congratulated the East African Community Regional Force for its achievement towards restoration of peace and security in Eastern DRC and acknowledged Kenya's Major General Aphaxard Muthuri Kiugu as the new Force Commander of EACRF.

It took note of the progress made by the facilitator and the EAC regional force in the implementation of the EAC-led Nairobi process and condemned the ceasefire violations.

"The Heads of State condemned in

the strongest terms the ceasefire violations in Eastern DRC and directed the EAC regional force to take measures to stop their recurrence," the communique reads.

They further called on the DRC to facilitate full deployment by the Republic of South Sudan.

### M23 engagement

The summit further directed the EACRF to safeguard and maintain the areas vacated by M23 and other armed groups and to sustain the orderly withdrawal of M23 and other armed groups from the remaining occupied areas.

They also called on the peace keeping forces to protect civilians and support the return of internally displaced persons (IDPS) to the areas vacated by armed groups.

The summit also agreed to work with Chiefs of Defense Forces, MONUSCO and other stakeholders to visit and verify within three weeks the suitability of Rumangabo camp for pre-cantonment of M23 and other armed groups.

It directed that communications with M23 should be handled by the facilitator of the Nairobi-led peace process, former Kenyan President

Uhuru Kenyatta.

The summit urged the DRC and South Sudan to engage in bilateral discussions to resolve the issue of negative forces on the border between the two partner states.

The summit directed the EAC secretariat to constitute a technical evaluation team by June 15 to evaluate the implementation of the mandate of the EACRF.

The team to be composed of an officer at the rank of Brigadier General from each partner state will report to the sectoral council on cooperation on Defence Affairs within 90 days after the extension of the Status of Forces Agreement (SOFA).

The summit reiterated its call to all parties to de-escalate tensions and to use established regional, continental and international mechanisms to resolve any disputes in the implementation of peace in Eastern DRC.

*Capital News*

# Neither Is Disability Nor Ableism A Cute Little Joke

By: Brenda Holo

@themkenyatimes



## Worth Noting:

- Sure enough, when the matatu come around, it stopped right in front of us, there was only one empty seat with assuring of clutching to the rails of the matatu if one misses it.

- With the memory of having to stand all the way, I barely had enough time to look across at my closet rival. (The Godfather Kofia guy) before we began an epic struggle to access the matatu.

- For someone like him to put up a fight! We each had one foot inside the matatu and a tenuous grip on the door frame. I bellowed and fought my neck bulging with veins, elbowing my competitor until I secured the empty seat. To yours truly that was hell kinda of a struggle.

When it rains hell breaks loose! In Nairobi the only mode of transport if you don't have the luxury of owning a vehicle is opting for the matatu. I had been standing at the bus stop for around 30 minutes eagerly awaiting for a matatu back home from work.

I was becoming increasingly desperate to get on the matatu that will slide by. I deftly elbowed my way through the crowd and positioned myself as close to the road as I could.

A short man with gamey thighs in one of those unnecessarily Godfather Kofia's also emerged from the crowd and took up a position to my right.

He too had concluded that the greater proximity to the roadside offered the best chance of success.

I nodded a greeting in his direction. The ancient theory of matatu hoping during rush hour should never go unappreciated.

Sure enough, when the matatu come around, it stopped right in front of us, there was only one empty seat with assuring of clutching to the rails of the matatu if one misses it.

With the memory of having to stand all the way, I barely had enough time to look across at my closet rival. (The Godfather Kofia guy) before we began an epic struggle to access the matatu.

For someone like him to put up a fight! We each had one foot inside

the matatu and a tenuous grip on the door frame. I bellowed and fought my neck bulging with veins, elbowing my competitor until I secured the empty seat. To yours truly that was hell kinda of a struggle.

I got on. Not that I am proud of it, but these were, as they say, desperate times.

## BACK TO THE STORY AT HAND

Before I could start dozing off as a winner of the empty seat, due to the soothing motion, halfway to my destination, shit hit the fan!

The conductor hit the space above the door with a coin. The driver pulled over and a passenger boarded the matatu.

An enthusiastic guy jumps up his seat and decides it's his moral duty to assist a "helpless blind", man who has just boarded the matatu and supposedly looks lost.

As he makes his way down the aisle which is swarmed by travelers, he is loudly asking other passengers, "Where is he going?"

The visually impaired guy does not realize at first he is the recipient of the "Anaenda Wapi?" (loosely translates to Where is he going?)

Until those other passengers closest to him say "I don't know, why don't you ask him?"

I wonder who told Kenyans that

when speaking to a visually impaired person you have to be louder, it's their eyes, not their ears that don't work. Amen!

A short while after the supposedly peaceful resolution of the desperate good Samaritan to help out the "hapless blind fella", peace was restored to the matatu., .....or so I thought.

A squabble over bus fare erupted between the conductor and a middle age lady. The passenger claimed that she always pays 50 shillings on this route and was wondering why the conductor has raised the fare to 70shillings. The conductor to his defense mumbles something in the spirit of rush hour and rain.

The woman reluctantly removed an additional 20 shillings coin from her purse and offered it to the conductor citing all manner of ways that 20bob coin would not help HIM get a better lifestyle.

"Enyewe hata hiyo 20bob haitamsaidia", said the woman. These conductors are always lame.

At this point, everyone in the matatu had been drawn into the conversation. One guy who was deep asleep abandoned his sleep to ensure he did not miss a word. The conductor did his best to carry on as if he didn't hear the slur, "lame" but it must've been difficult to ignore the chuckles and giggles from the rest of the passengers in the matatu.

## STEPPING BACKWARDS WITH DISABILITY HUMOUR

Once again, disability rears its head in our daily encounters and invokes what we call a two side coin. On the other hand, disability is something REAL. it's experienced by real people and treated seriously by people who don't experience it. It's like people with disability always need help and sympathy because that's what a benevolent society does. But this right here is not respect but Ableism

And on the other hand, we have the NOT REAL kind of disability. The one we make cheap jokes to settle a personal vendetta.

Ableism is a set of beliefs or practices that devalue and discriminate against people with physical, intellectual, or Psychiatric disabilities and often rest on assumptions that people with disabilities need to be fixed and not equal to non-disabled individuals.

Language matters, Anytime you use a word like lame, retarded, dump, crazy, or insane to mean terrible you are reinforcing the connection. Language is. A powerful tool that can dehumanize anyone.



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

# Ola Energy Kenya Launches O’Lab Clinic To Provide Mobile Equipment Diagnostic Services For Customers

By: KBC Digital

OLA Energy Kenya has launched the O’Lab Clinic, a pioneer mobile quality control equipment that modernizes vehicle testing by conducting rapid tests conveniently at a customer’s location and giving a snapshot of the condition of their vehicle equipment. The mobile clinic will serve both industrial and automotive customers.

The O’Lab clinic has equipment to help in condition monitoring and diagnostics. It includes a battery tester to check battery health, an emissions tester to check the health of the vehicle exhaust systems, an engine diagnostics tester to check for errors within the engine, and an infrared thermographic imager to give a spectrum of temperature within operating equipment. It has an oil filtration unit to test for oil viscosity and clean oil that may have dirt.

The lab also has a vibration meter, a stroboscope, and a vehicle electronic diagnostics kit.

During the launch held at the oil marketer’s head office in Muthaiga, vehicle diagnosis and testing, battery and emissions testing were carried out for the OLA Energy staff vehicles. This was done to ensure their safety and educate them on best practices in lubrication. The launch was also held for the staff to appreciate the lab’s benefits and to enlist them as O’Lab brand ambassadors among customers.

“At OLA Energy, we provide services and products that keep our customers going. The launch of this O’Lab Clinic is one such product that was developed to give a proactive approach to our client’s needs. We can now take tests on-site, do condition monitoring of equipment, and offer technical support to inspect equipment and give recommendations,” said the OLA Energy Kenya General Manager, Dr Yousef Elhemalli.



The clinic will enable the OLA Energy team to serve its customers at their locations and thus offer a convenient solution to equipment diagnosis. The equipment operators will also be able to give recommendations on how customers can improve their processes and reduce their

downtime. O’Lab is a highly specialized tool that was added to OLA Energy Kenya to enhance Field Engineering Services and provide value-added services to its current and prospective customers. The lab enables rapid tests to be carried out as opposed

to previously when the OLA Energy team had to take samples to a stationary laboratory in Mombasa and wait for days to receive results. O’Lab is part of OLA Energy Kenya’s after-sales Technical Support Service that are offered free of charge to customers.

# YEGO Taxi Big Bet As It Rolls Out Operations In Mombasa

By: Ronald Owili

YEGO Taxi App has commenced operations in Kenya’s second largest city, betting on its competitive driver reward to clinch the market.

The ride-hailing firm has rolled out operations in Mombasa City after a launch in Nairobi City where Chief Executive Officer Karanvir Singh says YEGO Taxi managed to register more than 15,000 drivers who have ferried at least 75,000 passengers.

“We aim to liberate drivers from the chains of the gig economy. We’re putting control back in the hands of drivers. Our low-friction approach ensures fairness to both drivers and passengers, promising sustainability for decades to come,” said Singh.

The firm is seeking to increase its driver subscription base in its expansion



PHOTO | Courtesy.

drive through its instant payment to drivers upon completion of

the ride.

“Other apps pay drivers on a weekly basis and charge an early withdrawal fee from drivers who struggle with a hand to mouth existence. Being a double bottom line company and Kusema na Kutenda, YEGO pays drivers instantly after every ride and without any surcharge. We are clear on why we have entered this market” said Singh.

In its quest to capture the market, YEGO boasts of the lowest commission at the rate of 12pc with all payments being processed locally, a fact Singh says ensures transparency and tax compliance.

The firm also provides personal accident insurance to qualifying drivers besides an insurance cover and a 10pc annual dividend to the YEGO Drivers SACCO.

To ensure passenger safety, Singh says YEGO has stringent verification of drivers, a 24hr call centre,

and strategic partnerships for emergency response.

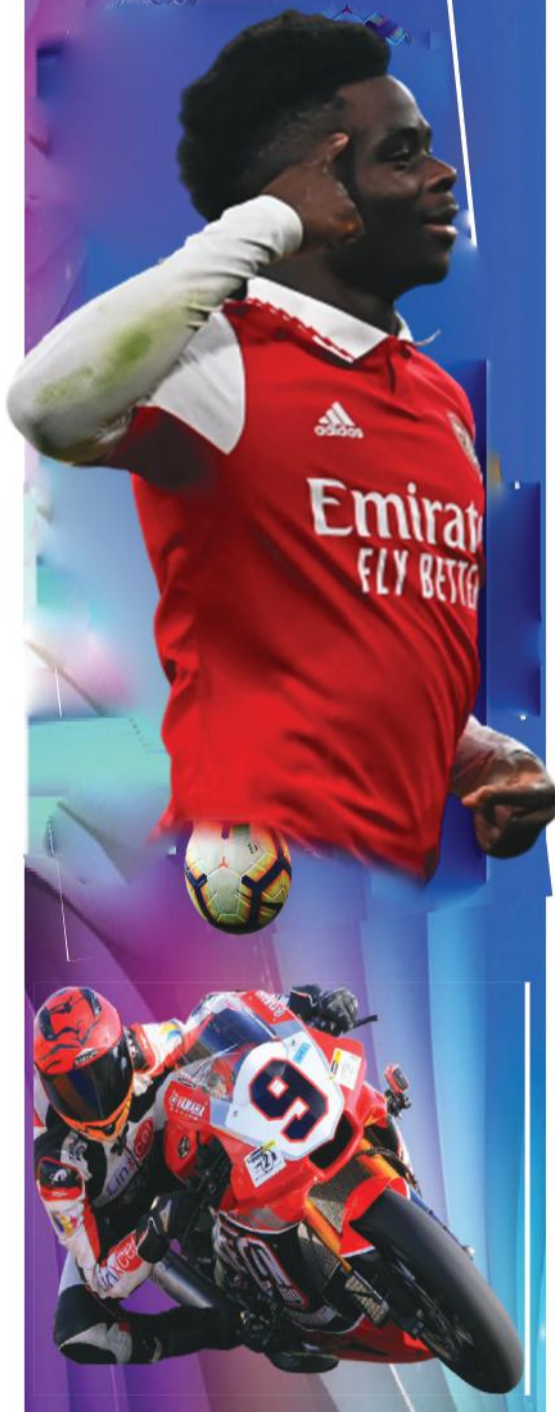
Through its Pair Ride features, passengers are able to start a ride by scanning a QR code which transfers their destination and preferred payment option for navigation and fare calculation.

The in-app wallet also allows passengers to disembark at journey’s end without the need for cash or change.

“The future of Kenya’s transport lies in the balance between the well-being of our drivers and the safety of our passengers. Our launch in Mombasa is a significant stride in this direction,” he added.

# SPORTS NEWS

PHOTOS  
SCORES  
OPINIONS  
STATISTICS  
SCHEDULES  
BREAKING NEWS



**Sports >>** \*Paris Saint-Germain coach Christophe Galtier said on Thursday he hopes fans will give Lionel Messi a cordial reception in his final game at their Parc des Princes home

## Adios Leo? – PSG coach hopes Messi will get good welcome in ‘last game’ for club



*Lionel Messi.*

Paris Saint-Germain coach Christophe Galtier said on Thursday he hopes fans will give Lionel Messi a cordial reception in his final game at their Parc des Princes home.

The game on Saturday against Clermont will mark the end of Messi’s two-year stay at Qatar-backed PSG, who have already been crowned Ligue 1 champions for a record 11th time.

The Argentinian World Cup winner has been booed by the club’s supporters on more than

one occasion following PSG’s elimination from the Champions League by Bayern Munich in the last 16.

“(It) will be his last game at the Parc des Princes and I dare hope he will get the best possible welcome,” Galtier said at a press conference.

“He has been important, always available.”

Galtier said he “never found” the criticism of 35-year-old Messi justified, pointing to his statistics at PSG this season of 21 goals and 20 assists.

“He has always been at the service of the team, as the passer and finisher,” Galtier said.

“I have had the privilege to coach the best player in the history of football. It has been a great privilege.”

The chances of Messi returning to his former club Barcelona appear to be fading.

One possible destination is Saudi Arabia, where he would join his former Real Madrid sparring partner Cristiano Ronaldo in a deal potentially worth hundreds of millions of dollars.

A source close to the negotiations told AFP in May that the forward had an agreement to move to the Saudi Arabian league, without specifying which club he would join.

AFP

GET THE BEST OF WORLD

**Sports >>** \*Twelve years ago, Manchester City triggered a seismic shift in English football by beating treble-chasing Manchester United at Wembley. Now City's own treble bid will come under threat from resurgent United in Saturday's FA Cup final.

## United aim to rewrite history with FA Cup glory at City's expense



Manchester United's manager Erik ten Hag (Asanka Brendon Ratnayake/AP) (AP).

Twelve years ago, Manchester City triggered a seismic shift in English football by beating treble-chasing Manchester United at Wembley. Now City's own treble bid will come under threat from resurgent United in Saturday's FA Cup final.

With the Premier League wrapped up for a third successive season, City are two victories away from becoming only the second English club — after United in 1999 — to win the English title, the Champions League and the FA Cup in the same campaign.

City's current success and United's status as hopeful challengers would have been unimaginable when they last met in the FA Cup at Wembley in the 2011 semi-finals.

Just a few weeks after that showdown at the national stadium, United would clinch the Premier League title for the fourth time in five years, while also reaching the Champions League final.

In stark contrast to United's

golden era under boss Alex Ferguson, City were still scarred by decades of disfunction and they headed to Wembley in the midst of a trophy drought that had become a source of embarrassment.

Such was United's superiority over their neighbours that fans cheekily displayed a banner in the Stretford End at Old Trafford which showed how many years it was since City last won a trophy. To the intense frustration of the blue side of Manchester, the number on the banner was 35 by 2011.

Yet by the time they left Wembley on a grey April afternoon, City had delivered a statement of intent that would soon render that mocking banner redundant.

The first Manchester derby to be played at Wembley was an appropriate setting for a defining moment in English football.

Since City were taken over by Sheikh Mansour's Abu Dhabi-based group in 2008, their vast spending on new players had become the talk of the Pre-

mier League.

Ferguson had dismissively waved away talk of City posing a threat to United when he dubbed their rivals "noisy neighbours" in 2009.

But City were gradually improving under boss Roberto Mancini and the FA Cup semi-final served as their coming of age.

After United missed several chances, Yaya Toure, one of City's expensive recruits, scored the only goal of a fiercely-contested clash seven minutes after half-time.

The defeatism that had plagued City for so long was removed in one fell swoop.

— 'A real turning point' —

Joleon Lescott was part of the defence that kept United at bay and the centre-back recalls the match as game-changer for both clubs.

"That FA Cup semi-final was a real shift in belief as a club, for us as players and the fans, but also for United," Lescott said.

"They realised we were a real

threat. That was a real turning point. It really propelled us."

City would go on to win the FA Cup final against Stoke, banishing the trophy taunts from United and setting the stage for the start of a blue dynasty in Manchester.

Mancini's men thrashed United 6-1 at Old Trafford the following season and won the title at their rivals' expense thanks to Sergio Aguero's unforgettable late goal against QPR on the final day.

"We weren't just the noisy neighbours anymore, we were very loud!" Nigel De Jong, a member of that title-winning team, said.

Since beating United in the 2011 semi-final, City have won 15 major trophies, including seven Premier Leagues, as Pep Guardiola arrived to lead them to new heights with five titles in the last six seasons.

United have won only six major trophies in the same period with their last title coming in Ferguson's final season in 2013.

However, a revival could be brewing after United boss Erik ten Hag ended the club's six-year trophy drought this season.

Winning the League Cup and finishing third in the Premier League are encouraging signs, but beating the champions in the first all-Manchester FA Cup final would be an even more significant milestone.

"It's obvious we play against probably, at this moment, the best team, but still there is a chance. We have to give everything," Ten Hag said.

And with their club seemingly on the verge of being bought by a wealthy new owner, United fans can dare to dream of emulating the City surge that started with an unexpected victory at Wembley over a decade ago.

Capital Sport

# SPORTS NEWS



PHOTOS  
SCORES  
OPINIONS  
STATISTICS  
SCHEDULES  
BREAKING NEWS



# SPORTS AS THEY HAPPEN



## Mourinho Raises Further Doubts Over Future After Europa League Heartache

Jose Mourinho threw his future as Roma manager into further doubt on Wednesday, saying he was “too tired” after the bitter pain of losing his first major European final to Sevilla.

The Spanish team triumphed 4-1 on penalties after the game in Budapest finished 1-1, with Paulo Dybala’s opener cancelled out by an own goal from Roma defender Gianluca Mancini.

Such a defeat is a new experience for Mourinho, 60, who had won all five of his previous major European finals, including last year’s inaugural UEFA Conference League final with the Italian side.

“I’m too tired to do the job as a trainer, as a spokesman of the club, to fight every time,” he said in the immediate aftermath of the defeat.

Mourinho told reporters that questions over his future were “not important at the moment”, adding he was looking forward to going on holiday at the end of the season.

Roma are sixth in Serie A with one match remaining.

The Portuguese said he was disappointed with the officiating during the final and felt a number of decisions went against his men.

“We felt pressure against a team that has more talent than us,” he said. “We lost a game but not dignity.”

“I’ve never gone home prouder than today, even when I won. We had also worked hard on penalties but we missed two — but all together, not only the penalty takers.

“Congratulations to Sevilla, but also congratulations to my players. The boys must go home peacefully, with pride for having done what they have done. These are my boys from Budapest.”

AFP



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### Worth Noting:

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