



Gachagua Urges Maa Community To Promote Girl Child Education
Deputy President Rigathi Gachagua has urged the Maa community to promote education for the girl along side that of the boy and shun child marriage.

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News>>Gov't Spent Ksh 147M To Facilitate Kenya's Participation In The World Athletics Championship - CS Namwamba

P. 8. The Cabinet Secretary for Youth Affairs and Sports, Ababu Namwamba told the Senate that the Government spent KSh147,299,127 for the facilitation



News>>Joy For Mothers As Waiguru Opens New Maternity Ward In Mwea

P. 12. Kirinyaga County Governor Anne Waiguru has opened a 21-bed capacity maternity ward at South Ngariama Health Center in Mwea constituency ahead of the rolling out of the M-Mama emergency referral system for pregnant mothers and newborns.

Pastor Dorcas Rigathi Opens Wellness Rehab Facility In Laikipia County

⚡ This place (Wellness and Rehabilitation Centre) we are going to do something that has not been done before that is going to be done by the national government, the county governments and the judiciary where our children who are in schools and have been arrested in other petty crimes and they are in prisons, we want to have a detention center here where they will join the others for rehabilitation where they will also be skilled. By the time they are done, they will be productive to society," she said.



Deputy President Rigathi Gachagua's spouse Pastor Dorcas yesterday launched a Rehabilitation and Wellness centre in Laikipia county

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Promoting A New Era In Healthcare Workforce Development

....During the event, the Cabinet Secretary For Health Susan Nakhumicha announced that the ministry will not renew the agreement with the Cuban doctors

By: MoH

Worth Noting:

- During the event, the Cabinet Secretary announced that the ministry will not renew the agreement with the Cuban doctors.
- “Our very own healthcare professionals are committed to the cause,” she said.
- Chapter Four of the Kenyan Constitution guarantees the right to the highest attainable standard of health for all citizens, emphasizing the pivotal role of the Ministry of Health in collaboration with the Council of Governors and County Governments to ensure the delivery of safe, effective, and quality health services.



Participants pose for a photo after the event.

The official opening of the Pre-National Human Resources for Health Dialogue meeting marked a significant step forward in Kenya’s healthcare system. The event, graced by Susan Nakumicha, Cabinet Secretary for Health, brought together a diverse group of healthcare professionals, signaling the beginning of a series of dialogues aimed at enhancing the development and management of the country’s healthcare workforce. During the event, the Cabinet Secretary announced that the ministry will not renew the agreement with the Cuban doctors.

“Our very own healthcare professionals are committed to the cause,” she said. Chapter Four of the Kenyan Constitution guarantees the right to the highest attainable standard of health for all citizens, emphasizing the pivotal role of the Ministry of Health in collaboration with the Council of Governors and County Governments to ensure the delivery of safe, effective, and quality health services. Acknowledging the multifaceted challenges facing healthcare workers, including training, welfare, performance management, safety, and mobility, the government places its faith in collaborative efforts to identify pragmatic solutions through ongoing dialogues.

In recognition of the complexity of healthcare policy and the need for a centralized coordinating mechanism, the Kenyan Health Human Resource Advisory Council (KHHHRAC) was established under the Health Act of 2017, filling a crucial gap in HRH coordination. Over the next two days, the dialogue seeks to amplify the voices of health workers, educators, and policymakers, emphasizing the importance of listening and co-creating solutions and setting the stage for the National Dialogue on Human Resources for Health in Kericho, planned for Wednesday next week.

Dignitaries, including Dr. Abdourahmane Diallo, WHO Country Representative, Ms. Mary Muthoni, PS for Public Health and Professional Standards, and Dr. Patrick Amoth, Ag. Director of Health, addressed the delegates.

Editor's Desk

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NEWS IN BRIEF



The CEO of Health X Africa, Roy Bore, has emphasised the importance of inclusive and affordable healthcare for people with disabilities in Kenya. According to the 2019 census, 2.2 per cent of Kenyans live with disabilities, but 80 per cent lack access to quality primary healthcare services. Bore believes telemedicine is the key to unlocking healthcare access for all, regardless of their abilities. Health X Africa offers a wide range of services, including medical consultation, mental health counselling, and nutrition services, available 24/7 through toll-free calls.



Peninah Malonza, incoming Cabinet Secretary for the East African Community, Arid and Semi-Arid Lands (ASALs) and Regional Development (seated), signs the visitors' book yesterday at the Ministry offices, Cooperative Bank building, Nairobi, as she was ushered in by the outgoing Cabinet Secretary, Rebecca Miano, who has been taken to the Ministry of Investment, Trade, and Industry. Malonza was the immediate CS for Tourism, Wildlife, and Heritage. Right is the outgoing Principal Secretary of ASALs Idris Dokota. Photo/Kibet Cheptumo/KNA



Maize farmers in Juja Sub-County in Kenya have received a boost following the distribution of free certified seeds and fertilizers by the County Government. The initiative aims to increase land under maize crop and address food shortages. The program targets 100,000 vulnerable farmers across Kiambu County, aiming to assist them in engaging in meaningful farming activities. The seeds are certified and developed by researchers to address factors such as altitude, rainfall, soil type, temperature, and other climatic conditions that affect the region. The initiative has been praised by farmers for ensuring the seeds are planted at the right time and ensuring better harvests.



Medical Services Principal Secretary Harry Kimtai has urged Kenyans to take responsibility for their mental well-being and mobilise those with disorders for assistance. He called for renewed efforts in the implementation of the World Health Organisation's Quality Rights initiative to reorient mental health services and adopt a human-rights-based approach. The Quality Rights initiative will bring a paradigm shift to embrace human rights and fundamental freedoms as a precondition of care, address social justice, and reduce stigma and discrimination towards people with mental health issues. In Kenya, mental illnesses are a significant cause of morbidity, with an estimated 25% of outpatients and up to 40% of inpatients suffering from mental conditions. The pervasive culture of denial, silence, and stigma surrounding mental health has hindered many from seeking timely care and achieving their full potential. The Ministry of Health is implementing Universal Health Coverage as a key pillar of the Bottom-up Economic Transformation Agenda, with mental health being integral to the attainment of this agenda.



Sports and Youth Cabinet Secretary Ababu Namwamba has announced plans to construct a national stadium in Murang'a to support sports activities and promote the talents of young people. The government will start with building one county stadium and roll out improvements to sports infrastructure in every sub-county. Namwamba also launched the county youth service programme, which will engage over 4,000 young people in short-term jobs for three months, aiming to reduce unemployment and provide them with capital and skills to venture into projects. Area governor Dr Irungu Kang'ata who hosted him said the initiative is expected to continue annually.



A lightning strike at Triangle Shopping Center near Maasai Mau Forest in Narok South Sub County has resulted in one death and another in hospital. Victor Bii, 34, and his friend Weldon Mutai, who sought shelter in a hotel, were struck by lightning. Narok South Deputy County Commissioner Felix Kisalu called on the public to be on high alert during heavy rains season to avoid deaths and property losses. The incident occurred during the county's launch of an emergency and response center. Most parts of the county are expected to receive rainfall.

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Fish Stakeholders Air Their Views For a Better Sector

By: John Kariuki
@themkenyaintimes

Worth Noting:

- Train and equip fishers on world-class Japanese methods of post-harvest fish handling known as Ikejime. Train and equip communities level dealers and agents on optimal fish packing techniques. Train all BMU members on proper catch data documentation.
- Create tax break incentives for fishing companies so that they implement vessel monitoring and traceability systems for their network of harvesters. This opens up high value, high demand markets for Kenyan seafood, improves sustainability and fisher safety, and enables the Kenyan government to receive lots of foreign trade currency as a result.

Stakeholders in fish processing and trading have forwarded their Recommendations and inputs for the consultative meeting of stakeholders in the Fish Value Chain.

These recommendations were addressed to the office of the Director General of Kenya Fisheries Service. The stakeholders were led by Abdikhadar Farah, the Managing Director Simple Life Processing and services Ltd.

The recommendations are categorized as follows:

Marketing and branding

Marketing campaign for "Kenyan Seafood" as world-class, to debut at Boston and Barcelona seafood expo. Bring along a consortium of seafood suppliers from Kenya sponsored by the government to promote a national seafood image and create market access opportunities.

Value-addition and Training

Train and equip fishers on world-class Japanese methods of post-harvest fish handling known as Ikejime. Train and equip communities level dealers and agents on optimal fish packing techniques. Train all BMU members on proper catch data documentation.

Create a national initiative to heavily subsidize or create favorable tax breaks or access to capital for value-added seafood initiatives such as pre-cooked meals, fillets/saku blocks/poke cubes, and then valuable products from fish waste such as fish oils, supplements, collagen, etc. (a highly lucrative endeavor).

Traceability & VMS

Create tax break incentives for fishing companies so that they implement vessel monitoring and traceability systems for their network of harvesters. This opens up high value, high demand markets for Kenyan seafood, improves sustainability and fisher safety, and enables the Kenyan gov-



Abdikhadar Farah (2nd left), MD Simple Life Processing and Services Ltd alongside Mining CS Salim Mvurya and other officials on Wednesday.

ernment to receive lots of foreign trade currency as a result.

Food safety and sustainability certifications

Kenya invests in more FIPs and MSC certification efforts. These are compulsory to be competitive in the Global North seafood market and have to be initiated by the government.

Kenya finances and supports fish plants in getting proper international food safety certifications so products can be exported to high value, high demand markets more easily.

Input cost reduction, subsidization, and financing

Kenyan government purchases coolers and gear in bulk from international company and sells them at a reduced cost compared to local prices while still earning profit for itself.

Kenyan government offers massive tax incentives and access to capital for light industrial manufacturing facility that makes coolers, killbags, and oth-

er gear for the industry so as to avoid paying exorbitant high prices for inputs in Kenya.

International Logistics

Make it incredibly easy for Kenyan fresh and frozen seafood exports to leave the country from a documentation standpoint so as to encourage international trade.

Cold chain infrastructure - Build ice plants all across the coast and offer their management not to local communities but to private sector actors, providing opex capital at first and training to ensure the success of the business and its active running.

Off taker financing and lines of credit -Offer attractive A/R financing for large-scale buyers and distributors of locally sourced, sustainable seafood as well as newly purchases vessels.

Fisheries management policies, sustainability, governance and enforcement

Create tax breaks for submitted catch

records so as to provide ample data to transition fishery into quota-based system

Enforce migrant fisheries and ensure they pay BMUs extra money per KG of fish landed than domestically licensed fishers

Providing proper interventions such that the prawn blockade in Kenya is listed by the American import body.

Alternative livelihoods - Develop the seaweed sector including value-added processing related to cosmetic inputs, sea moss gel, etc.

Create loan programs that encourage female participation in seaweed farming and fishing so as to increase gender inclusivity in Kenyan fishing.

Develop more mariculture finance, training, and market access initiatives related to prawns, mud crabs, etc. on the coast."

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Gov't Spent Ksh 147M To Facilitate Kenya's Participation In The World Athletics Championship – CS Namwamba

By: PSCU

The Cabinet Secretary for Youth Affairs and Sports, Ababu Namwamba told the Senate that the Government spent KSh147,299,127 for the facilitation of Team Kenya's participation in the World Athletics Championship in Budapest.

While responding to Nandi Senator Samson Cherarkey's question on the Floor of the House, the Sports CS notified the Honourable Senators that his Ministry has already paid allowances and cash rewards to all the athletes who participated in the championship where Kenya emerged 1st in Africa and 5th in the world.

He further clarified that the Ministry of Youth Affairs and Sports didn't provide uniforms to the Kenyan athletes as earlier alleged since Team Kenya is kitted by NIKE.

"My Ministry spent KSh36,697,296 on allowances for teams;



Cabinet Secretary Ababu Namwamba when he appeared before the Senate yesterday.

KSh76,856,450 for return air tickets to and from Budapest; KSh11,679,381 to cater for accommodation expenses; KSh466,000 as homecoming expenses; and, KSh21,600,000 on cash rewards," he said.

In addition, Namwamba notified the Senate that upon assuming office, his Ministry revised the rewards scheme

for the entire sports ecosystem by raising rates for both allowances and cash rewards and has since introduced the Hongera Awards to reward Kenya's sporting and creative legends.

He made it clear that his Ministry has used Hongera Awards kitty to pay KSh25 million in cash rewards arrears going back 11 years and reward legends going back to the 1960s.

"Honourable Speaker, it's important for the Senate to note that we have introduced a new cash award of KSh5 million for breaking a world record. We have also significantly raised rewards for medal winners to KSh3 million, 2 million and 1 million for gold, silver and bronze respectively," the Sports CS added.

The Cabinet Secretary for Youth Affairs and Sports was making his inaugural Question Time appearance before the Senate to answer questions asked by Senators regarding his ministry.

Unleash Your Inner Gamer At The 2nd Annual Crawford International School Student Game Jam

By: Our Correspondent
@themtkenyatimes

Crawford International School is proud to announce the upcoming 2nd annual student Game Jam later this month.

The event is scheduled to take place from Thursday 26th to Saturday 29th. An empowering e-gaming event that brings together students between the age 12 to 18 in groups of 2 to 4 to make a video game from the scratch based on a theme that will be unveiled two days before the competition.

The top three achievers will be awarded cash prizes, the 1st place securing KSh100,000, 2nd place KSh60,000 and the 3rd place KSh30,000.

Gaming students from all corners of the country are encouraged to register and connect with like-minded enthusiasts.

"Game jam emphasizes the importance of rapid prototyping and iteration. Participants learn how to quickly build and test game ideas; refine them based on feedback and make necessary adjustments. This iterative process is valuable in game development and many other fields," said Jyotkanwal Singh Bhambra, Game Jam Project Manager.co.

"Completing a game jam project provides students with a tangible product for their portfolios. This can be especially beneficial for those pursuing careers in game development, programming, art, or design, as it showcases their skills and demonstrates their ability to work on real projects," concluded Jyotkanwal.



Pastor Dorcas Rigathi Opens Wellness Rehab Facility In Laikipia County

The Rumuruti Municipality Based Rehabilitation Unit Will Have A Dentition Centre

By: Our Reporter
@themkenyetimes

Deputy President Rigathi Gachagua's spouse Pastor Dorcas yesterday launched a Rehabilitation and Wellness centre in Laikipia county's Rumuruti area in her quest to seek rejuvenation of the boy child. The centre will be unique as it will have a detention centre where youngsters arrested for various crimes will be held. Speaking during the ground breaking ceremony for the construction of the facility at Kandutura ground in Rumuruti area, Pastor Dorcas has said that her office will collaborate with the Judiciary and the County governments to set such centres. "This place (Wellness and Rehabilitation Centre) we are going to do something that has not been done before that is going to be done by the national government, the county governments and the judiciary where our children who are in schools and have been arrested in other petty crimes and they are in prisons, we want to have a detention center here where they will join the others for rehabili-

tation where they will also be skilled. By the time they are done, they will be productive to society," she said. The Wellness and Rehabilitation Centre will incorporate a health facility, a rehabilitation Centre, a digital hub, a sports academy, a vocational training and a prayer Centre among other activities. Those in the Centre will also be skilled in agribusiness and entrepreneurial skills. The facility will also offer free therapeutic services for those suffering from cerebral palsy and autism patients. "This facility will also house one of the largest occupational therapies for those with cerebral palsy, those suffering from autism will be coming here and we will be giving them treatment for free," she disclosed. Laikipia Governor Joshua Irungu who hosted the Second Lady welcomed the construction of the facility adding that it will go a long way in equipping the local youth with vocational skills as well as offer job opportunities for the locals. Pastor Dorcas has been in the forefront in rehabilitating the youth hooked in drugs and substance abuse. She has so far rehabilitated more than 200 youth in a rehabilitation Centre in Timau, Meru County, Nairobi's ASK



Pastor Dorcas Rigathi shakes hands with Governor Joshua Irungu after launching the Rehabilitation and Wellness Centre as other leaders led by Grace Wakahora and Deputy governor Reuben Kamuri (right) looks on.

Showgrounds, Limuru in Kiambu County, Donholm and Bomet County. During yesterday's event, the duo were accompanied by among others Laikipia First Lady Grace Wakahora, area Deputy Governor Reuben Kamuri, County Secretary Koinange Wahome, CECMs, Chief officers, Mem-

bers of the Clergy and other National and County government officials.

Union Protests Poaching JSS KNUT Members To Rival

By: KNA

The Kenya National Union of Teachers (KNUT) has protested against a decision by the Teachers Service Commission (TSC) to allegedly have Junior Secondary School teachers registered under Kenya Union of Post Primary Education Teachers (KUPPET) rather than KNUT. Mercy Ndung'u, the KNUT's 2nd National Women representative termed the alleged decision by TSC to remove the newly recruited JSS teachers from KNUT membership to KUPPET as 'a provocation of the highest order'. She said the JSS teachers who were deployed to teach in public primary schools should automatically be under the membership of KNUT, and

only leave to join KUPPET on their own volition. "We are telling TSC to stop meddling in the affairs of teachers' trade unions in the country and let the newly recruited JSS tutors join a union of their choice as members," said Ndung'u. The alleged move by TSC, Ndung'u lamented, was not only unjust but also aimed at weakening their bargaining power as KNUT when fighting for the rights and welfare of its members. She threatened that KNUT would seek legal redress from the courts unless TSC stopped its intention to remove the more than 30,000 JSS teachers from KNUT membership. The unionist was addressing the press at Bishop Delany Mixed Secondary School in Eldoret town during the Eldoret West Knut branch Annual General Meeting where she was the chief guest. The event was graced by the union



Mercy Ndung'u, the KNUT's 2nd National Women representative .

branch leaders drawn from the South Rift and North Rift regions led by Sammy Bor, the National Executive Council Rift Valley regional representative.

The outcry from KNUT was sparked by claims that hundreds of JSS teachers who had enlisted as KNUT members were allegedly removed from the union's database.

In his remarks, Bor, who is also the union Eldoret East branch Executive Secretary, said TSC was out to deprive the union of resources to run its affairs for the benefit of members across the country. "KNUT is going to write to TSC Chief Executive Officer Dr. Nancy Macharia demanding an explanation why JSS teachers who had enlisted as members were moved to KUPPET without their consent," said Bor. Bor claimed TSC was being cheeky by employing dubious means to defraud their union of its newly recruited members to strengthen other unions, which he stated was unacceptable. "TSC should be neutral on matters related to trade unions for the sake of industrial harmony," advised Bor.

What You Accomplish When You Physically Attend Church Pt 1



By: Eric Musa
EMEA.ericmusa@gmail.com

So many today need to be blasted from their delusions by an understanding of the great doctrine of the Church. There is no text that will ignite one's soul more than Hebrews 12:22-24, which describes the seven stupendous meetings which the Christian experiences in the Church: But you have come to Mount Zion, to the heavenly Jerusalem, the city of the living God. You have come to thousands upon thousands of angels in joyful assembly, to the church of the firstborn, whose names are written in heaven. You have come to God, the judge of all men, to the spirits of righteous men made perfect, to Jesus the mediator of a new covenant, and

to the sprinkled blood that speaks a better word than the blood of Abel.

First, we come to the city of God — “But you have come to Mount Zion, to the heavenly Jerusalem, the city of the living God.” Mount Zion was the location of the Jebusite stronghold which David captured and made the religious center of his kingdom by bringing to it the golden Ark of God's presence. When Solomon built the Temple and installed the Ark, Zion/Jerusalem became synonymous with the earthly dwelling-place of God. In Christ we have come to its heavenly counterpart, the spiritual Jerusalem from above. In one sense it is still to come, but at the same time we have already arrived there in spirit. Christians are now citizens of the heavenly city and enjoy its privileges.

Second, as the Church we meet angels — “You have come to thousands upon thousands of angels in joyful assembly.” Moses tells us that “myriads of holy ones” attended the giving of the Law (Deuteronomy 33:2), and from Daniel we hear that “Thousands



upon thousands attended him [the Ancient of Days — God]; ten thousand times ten thousand stood before him” (Daniel 7:10). David said, “The chariots of God are tens of thousands and thousands of thousands” (Psalm 68:17). In the Church we come to these dizzying thousands of angels, all of whom are in joyful celebration. They are everywhere — mighty flaming spirits, “ministering spirits sent to serve those who will inherit

salvation” (Hebrews 1:14), passing in and out of our lives, moving around us and over us, just as they did to Jacob of old.

BLESSED BE THE NAME OF THE LORD, GOD, WHO TEACHES US NEW THINGS PERFECTING OUR KNOWLEDGE CONTINUOUSLY. SELAH!

Evangelist Eric Musa:

(My message continuously: If you are not saved: Believe, accept, re-

ceive and confess Christ Jesus as your Lord and Saviour and be filled with the Holy Spirit, as it is written; “NOW is the acceptable time, TODAY is the day of SALVATION.” - 2 Cor 6:2”. For prayers, devotion, and to support the ministry contact Evangelist on +254722157300 (Email: EMEA.ericmusa@gmail.com). Remember, God Loves you and I unconditionally, perfectly and always: SHALOM



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Ruto's Decision To Sign The Privatization Bill Into Law Marked Yet Another Milestone Of His Administration



By: Joseph Mutua Ndonga
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Worth Noting:

- The Privatization Bill originated from the cabinet in line with the rule of collective responsibility.
- This reaffirmed the commitment of President Ruto to walk the talk. This is in terms of following the dictates of the constitution and law to the letter and spirit. The Bill is now the law after President assented to it a few days ago.
- The value of at least 11 richest State Corporations and Agencies stands at Sh6 trillion. According to the Finance Law 2023, 10 of them have been lined up for privatization
- It is worth noting former President Mwai Kibaki was a renowned economist but he failed to resuscitate them.



President William Ruto

During the electioneering period, the mind of United Democratic Alliance (UDA)/ Kenya Kwanza presidential candidate William William was very clear.

If he wins the elections, he will give priority to the issue of privatization of the loss-making State Corporations and Parastatal plus those that had already collapsed and shut down.

The leadership of the previous governments fully bore the brunt.

They just watched helplessly as these state entities crumbled down due to four main reasons: High levels of corruption, mismanagement, laxity and don't care attitudes. These vices would be committed by big fish entrusted to manage them.

To make the matter worse, the previous governments resorted to bailing out the entities.

Billions of shillings of taxpayers were being pumped but none of them will get back to its feet. Kenyans would not get value for their hard-earned monies. As such, they would end up being the biggest losers.

For Dr William Ruto, he had conceived a workable plan which would be a

game-changer in terms of changing this narrative. God heard his prayers and he won the elections.

He knew the power to make this decision lied with members of the National Assembly.

He was however optimistic that he will succeed to lobby members to support and adopt this proposal.

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The value of at least 11 richest State Corporations and Agencies stands at Sh6 trillion.

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It is worth noting former President Mwai Kibaki was a renowned economist but he failed to resuscitate them.

He was unable to deal with vested interests which were out to make a kill.

Reason? The political class played a key role in the appointment of the chairpersons and chairmen of these State Corporations.

As a result, the holders of these offices owed their loyalties to them. This cleared the way for each to dip their fingers into cookie jar and get a share of the looting.

Kenya Cooperative Creameries (KCC), Kenya Meat Commission and pyrethrum Gineries were among profit making factories that had collapsed.

Given this background, President William Ruto is on the right course.

Having served the previous governments, he understands where the problem lies.

Once advertised, the bidders' history should be thoroughly scrutinized.

The two main considerations should be. First, the proprietors of the firms that qualify have the interest of the Kenyan people at heart.

Secondly, the investors have success stories of managing and turning around the fortunes of similar entities that had been run down by the state.

You would expect the multinational companies to buy some of the State

Corporations.

For them, their success stories would go beyond the border.

Besides, the government would be expected to review the tax regime and enact laws that will attract both local and foreign investment.

As I conclude, allow me to say this. The good thing with privatization is that this creates room for competition.

So, the new owners will work very hard. This is because they want to make profits out of this. They know the Kenya government will also collect a huge chunk of monies as taxes.

Again, if the entity collapses, they will become the biggest losers. They will not only lose the capital but also the assets which they had acquired through sweat.

To avoid these pitfalls, I'm sure they will manage the entities in a professional, disciplined and precision manner.

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

Joy For Mothers As Waiguru Opens New Maternity Ward In Mwea

By: Christine Muchira

Worth Noting:

- “The 21-bed capacity will particularly be of great benefit to around 530 women of child-bearing age from the area who will receive skilled delivery, ante-natal, postnatal as well as Mother and Child Health services. They will also be accorded timely and appropriate referral services when need arises.” Said the Governor.
- She added that to further improve the delivery of mother and child healthcare services, the county government has introduced M-Mama program that will enable expectant mothers to digitally seek free transportation services to hospital for emergency services through an emergency hotline number.
- South Ngariama Health Center serves a population of about 7,000 people from Morgan, Ikulungu, Itangi, Kadawa, Miatuini, Makuti, and Kiumbu villages.



Kirinyaga County Governor Anne Waiguru has opened a 21-bed capacity maternity ward at South Ngariama Health Center in Mwea constituency.

Kirinyaga County Governor Anne Waiguru has opened a 21-bed capacity maternity ward at South Ngariama Health Center in Mwea constituency ahead of the rolling out of the M-Mama emergency referral system for pregnant mothers and newborns.

Waiguru said the county has started enrolling women of childbearing age into the program that seeks to swiftly seek to transport pregnant women and newborns facing complications to appropriate healthcare facilities.

During the launch, governor Waiguru termed the maternity project as a great milestone towards the achievement of Universal Health Coverage goals for Kirinyaga.

She said the maternity has brought great relief to mothers in the far flung Murinduko Ward who have now been saved from travelling long distances in search of maternity services.

Waiguru noted that accessible and affordable maternal and neonatal services will ensure that babies are not delivered at home which in turn will reduce maternal and neonatal mortality.

“The 21-bed capacity will particularly be of great benefit to around 530 women of child-bearing age from the area who will receive skilled delivery,

antenatal, postnatal as well as Mother and Child Health services. They will also be accorded timely and appropriate referral services when need arises.” Said the Governor.

She added that to further improve the delivery of mother and child healthcare services, the county government has introduced M-Mama program that will enable expectant mothers to digitally seek free transportation services to hospital for emergency services through an emergency hotline number.

South Ngariama Health Center serves a population of about 7,000 people from Morgan, Ikulungu, Itangi, Kadawa, Miatuini, Makuti, and Kiumbu villages.

The maternity project becomes the 10th health sector project that Waiguru has launched in the last one and a half years, increasing access to quality healthcare services for thousands of Kirinyaga residents.

Those previously launched include Kerugoya Level Five Hospital Complex, Kiamwathi, Joshua Mbai, Kamwana, Kianjiru, Kiaumbui, Umoja, Matandara Dispensaries and Riakithiga Laboratory.

Others lined up for opening include: Mucagara Kavote, Kiarukungu, Kan-



dongu laboratory, Njegas female ward, Kiamuruga, Kiandieri and Kiandai-Baragwi.

Upgrading of Kianyaga and Kimbimbi Hospitals from Level 3 and Level 4 to enable them offer more comprehensive services to the residents is also at advanced stages.

Waiguru said that the County Government has an elaborate plan of implementing Universal Health Coverage which includes the enhancement of primary healthcare.

She noted that apart from developing the infrastructure, her administration is empowering about 1,000 Community Health Promoters (CHPs)

through training after which they will be issued with basic medical kits and enlisted for a monthly stipend to ease their operations.

She noted that CHPs play a critical role in reducing the disease burden and will greatly help in educating Kirinyaga residents on dealing with lifestyle diseases which are highly prevalent in the county.

Waiguru said that President William Ruto will officially roll out the Universal Health Coverage program towards the end of this month, noting that all the 47 counties were in full support of the program.

President Ruto: Forest Rangers To Drive Kenya’s Climate Change Action

By: PCS

President William Ruto has said the Government has enhanced the capabilities of forest rangers to protect the country’s forests.

The Government, he added, has invested in technology to improve operational capabilities in surveillance, data collection and evidence-based forestry management.

The President cited the revamping of rangers’ training and the upgrading of their equipment to align with the demands of their roles.

The goal, he explained, is to curb illegal logging, charcoal burning and other forms of interference with the integrity of forests.

“Our increased vulnerability to extreme weather and climate change is the consequence of negligent and dangerous human activity, such as the wanton destruction of forests,” he added.

The President made the remarks on Wednesday during the pass-out pa-

rade of forest rangers in Gilgil, Nakuru County.

The Head of State asked the rangers to champion the National Landscape and Ecosystem Restoration Programme and lead the country in the realisation of its ambitious plan to grow 15 billion by 2032.

President Ruto observed that the nation’s development agenda relies on its climate action initiative to mitigate climate change.

“Our lives and livelihoods depend on the protection and sustenance of our biodiversity and the mitigation of climate change,” he said.

He noted that Kenya is a strong champion of climate action with a track-record of Pan-African and global leadership and participation in such frameworks, programmes and initiatives that have shaped global climate action.

Cabinet Secretary Soipan Tuya, Governors Susan Kihika (Nakuru) and Andrew Mwadime (Taita Taveta), MPs led by the host Martha Wangari, MCAs and other leaders were present.



President William Ruto (L).

CS Kindiki Addresses Ketamine Abuse And Rehabilitation Efforts

By: PSCU

Cabinet Secretary for Interior and National Security, Prof. Kithure Kindiki yesterday appeared before the Senate where he responded to growing worries over the misuse of Ketamine, often referred to as “Kete”, especially prevalent in the Mt. Kenya region.

This concern was brought to the floor by Senator John Kinyua, who questioned the steps the government was taking against the drug’s misuse and the creation of rehabilitation centres for the victims.

Prof. Kindiki emphasized the difference between “Kete” – a blend of heroin combined with various ingredients like Bhang, Miraa, Taptap, and Paracetamol – and Ketamine, a distinct prescription medication known for its hallucinogenic effects.

“Recent data highlighted an alarming trend; there was an increasing confiscation of ‘Kete’ in several counties,

with Nyeri, Kiambu, and Murang’a recording significant seizures from January to June 2022,” he informed the Senate.

Yet, he also expressed concerns regarding the absence of clear data on Ketamine misuse in the Central region.

Understanding the gravity of the “Kete” misuse problem, the government has taken numerous actions.

These steps encompass launching public educational and awareness campaigns that address the repercussions of drug consumption, targeting various groups from schools to workplaces. They’ve also facilitated training for addiction experts in rehab centres to apply evidence-backed interventions, set up National Standards for Treatment and Rehabilitation for those suffering from Substance-Use-Disorder, and created inspection guidelines for rehab facilities.

These facilities are now subject to accreditation, guidance, and potential closure if they fail to meet the given standards.



Cabinet Secretary Prof. Kithure Kindiki when he appeared before the Senate yesterday.

To directly counter Ketamine misuse, the government has amplified public education in partnership with the Ministry of Health, focusing on the drug’s risks.

They have restricted its over-the-counter sale without suitable prescriptions and instituted stringent penalties for any health regulation violations concerning the drug.

On the rehabilitation front, Prof. Kindiki noted, “the National Government has formed partnerships with numerous County Governments to establish or equip rehabilitation facilities. Some of these facilities include Koiwa Treatment Centre in Bomet, Kiamwasi Treatment Centre in Kisii, and Kakamega County Rehab in Kakamega.”

In his concluding remarks, Prof. Kindiki reinforced the government’s dedication to confronting drug abuse and guaranteeing the provision of essential support and rehabilitation for the affected populace.

Girls that we are

Happy International Girl's Day



As we come into the world
Stealing the hearts of many
Pink barbies
We have a great mission

Walk on our own two feet
Learn from our mistakes
Care for those who need us
Angels of empathy

Standing up for ourselves
In every space we find ourselves in
Juggling the balls life throw
In the end, winning and queening

Misogynists our arch enemies
Feminists doctrines our daily bread
Girl power unifying us all
The little girl in every woman clamoring
For identity

You and you, are the enlightened girl child

@ Abigirl Phiri
International Girl Child Day 11 October
2023 with Mt Kenya Times

Words are Forever 2023

Broken

Poet: Golden Maxxy

At first our love was unassailable,
Loved each other without a reservation
We were profoundly in love
That we could scarcely detect a sound
Suddenly, she left a shadow before my
eyes

I couldn't believe her heart was made of
Sinews

I started drowning in a river of ill-fated
love

My arms were heavysset
It was difficult for me to cross the river
lone

Like a hollowed drum, I couldn't make a
sound

No beginning, no ending like a merry go
round

Last love shattered with no bound

She dismantled my heart and I was
tattered

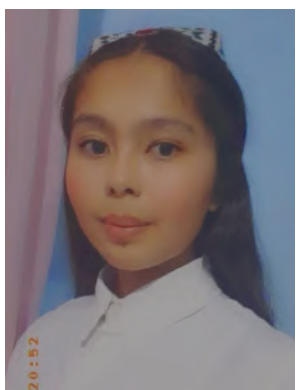
I wouldn't see myself as an all-rounder
All the pain I found to be strong
But she left me with fatigue fractures
and
Debilitated!

Seriously, I lost a lover in Chiredzi Triangle
Mathematically, I had to know,
 $\frac{1}{2}$ base X height to find the area
-Of a Triangle to find my love
Genuinely, my lover was already my ex
Obviously, I tried to find the value of X
Unknowingly, Without an equation I would
never find the value of X

But I found myself single and broken
Broken like Kenny Rodgers' old guitar!

<https://www.1sailart.org>

To My Dad



Shabbona Fayzullaeva

Faizullaeva Shabbona Sirojiddinovna.
She was born in Narpay district. She is
currently a student of the 55th general
secondary school of Narpay district,
Samarkand region. She won the 1st
place in the district stage of the 2022
"Young Reader" competition and was
awarded a diploma. Happy birthday to
Ms. Zulfiyakhanim He was awarded
by the district administration in the
competition. He won the pride of place
in the competition under the slogan "My
army is my pride" held at the republic
stage. His creative work was published.

2 poems were published in the book
"Magic of Creativity". She was awarded
a certificate at the republic stage held
on the occasion of the October 1st
holiday in 2023. Recently, she received a
badge and awarded with a certificate.
Also the owner of many certificates
and diplomas.

The mountain you lean on is my loving
garden
Advice, your words are a necklace in my
mouth
We are not always together, my love
I love you, dad

You are a Family man and a true
professional
Motherland and parents are dear to us
Shabbona misses your daughter every
moment
Stay healthy, dear dad

She Is Naughty Narrative What To Do



By: Paula .OM Otukile

A child of 12 years to 18 years is still under
the supervision of adults, no one must take
advantage of the child.

At grade six, girls tend to have puberty earlier
than boys because their body developments
seem to be more visible.

However puberty stage comes at the same
age but different times on various people.
The hormonal changes will make a girl child
to change in her body, and obviously some
behavioral change can occur too.

In Africa it is not common to talk to children
about their body changes, their emotions
and even sex education, hence making
this stage very confusing and hard. Some

see for themselves and the rest use the
little information from school about what
is happening. A few lucky ones get proper
enlightening of what is transpiring.

More than a half of teenage girls have
children or unwanted pregnancy because they
lacked knowledge of contraception and sexual
awareness.

Some act out, date early and are very
rebellious but this naughty child could be
tamed if intervention was done earlier
through behavioral change education and
emancipation message of waiting for being an
adult before indulging in Pre-marital sex.

In some social circles a fourteen year old can
be deemed to be naughty, when the daughter
is simply on the wrong path of trying to
experiment with sex, alcohol, dating at a very
tender age. Some bigger boys tend to sleep
or entice the so called naughty girls, and the
abuse goes on without any intervention. We
must protect a girl child.

You must be a brother's keeper, and a sister's
keeper, not a future destroyer. There can be a
narrative that the girl is loose, how can a teen
be loose, yes she can be lost, but as village or
ward brother, isn't this your niece or child? If
we can be responsible for our homes, ward,
community, village, country, then world shall be
a better place.

Stop abusing girls and rendering them
naughty.

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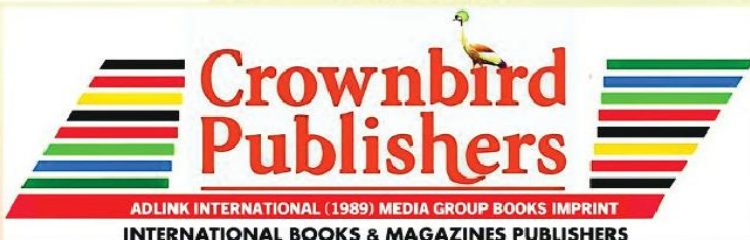
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MINING

PS Mwangi on Mining Reforms

By: John Kariuki
 @themkenyentimes

Worth Noting:

- The PS alluded that the Department has developed several legal regulations to govern gemstones, identification and value addition, licences and permits, dealing in minerals, royalty collection and management, and mine support services, which he noted are at an advanced stage of approval.
- The PS said the government has lifted the moratorium it imposed in December 2019 to undertake significant reforms.
- He said for transparency in the issuance of mineral rights, the State Department of Mining has taken measures to ensure that the online mining cadaster is operational, a move he said will enhance accountability and openness in the process of awarding licenses and permits.



Principal Secretary for Mining Elijah Mwangi in his office.

Principal Secretary in the State Department for Mining Elijah Mwangi has taken a moment to share with us some key reforms being undertaken to streamline this very important sector.

In a candid one on one interview in his office, the PS highlighted some of these reforms:

“We have been conducting ground truthing and confirmatory fieldwork on the identified 970 mineral deposit occurrences across the country.

The fieldwork aims to confirm the mineral’s existence, quality, and quantities.”

The Mining, PS said that in a bid to improve the mining sector and ensure it contributes the targeted 10 per cent to the country’s gross domestic product (GDP) by 2030, the government has undertaken various reforms to make the sector viable and economical.

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tion and value addition, licences and permits, dealing in minerals, royalty collection and management, and mine support services, which he noted are at an advanced stage of approval.

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He said for transparency in the issuance of mineral rights, the State Department of Mining has taken measures to ensure that the online mining cadaster is operational, a move he said will enhance accountability and openness in the process of awarding licenses and permits.

“Over 3000 illegal operations have been issued with stop orders. The Ministry has also profiled illegal miners and mineral dealers in view of closing all their operations,” disclosed the PS.

The PS said his ministry is setting up an enforcement team in collaboration with other government agencies to

stop illegal mining deals, adding that plans have also been initiated to encourage in-country mineral processing and value addition.

He said the moratorium that was lifted on October 3, 2023, on all construction and industrial minerals shall enable Strategic Minerals Mining rights to be processed on a case-by-case basis as per the Mining (Strategic Minerals) Regulations, 2017.

“To enhance compliance, a special police unit shall be seconded to the State Department for Mining to deal with mineral smuggling,” he said.

The PS announced that artisanal mining activities have been decriminalised and directed artisans to form marketing cooperatives for consideration of the issuance of artisanal mining permits by artisan mining committees.

He at the same time directed that all transporters of minerals must obtain road transport permits from the regional mining offices, for which loading of the minerals and sealing

of the containers must be witnessed by the regional mining officers.

The department has also directed gemstone dealers in Voi to operate from the Voi Gemstone and Value Addition Centre and mining officers at all points of entry and exit to authenticate mineral consignments.

“Mineral markets shall be opened in all regions to facilitate trade, and all mineral dealers shall be required to operate from the set markets,” emphasised the PS.

The PS thanked all investors and players in the sector for their patience during the period when the department was undertaking reforms while encouraging them to adhere to regulations as the ministry continues to enhance service delivery.

The State Department of Mining is rolling out a stakeholder engagement in the next two weeks to discuss how the reforms in the sector can be improved.



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Gachagua Urges Maa Community To Promote Girl Child Education

By: Beth Nyaga

Deputy President Rigathi Gachagua has urged the Maa community to promote education for the girl along side that of the boy and shun child marriage.

Speaking yesterday in Narok West constituency, the Deputy President said practices such as child marriage and failure to enroll girls in school were retrogressive and that Government was committed to wipe them out to encourage education for all and empower young people.

“Girls must be given a chance to go to school and be supported to fulfill their dreams,” he said at the launch of the constituency’s Strategic Plan (2023-2027).

He added: “The Maa community has to drop the practice of early marriages as it is overtaken by time. Let us invest in education so that girls can be independent in future and helpful to the community. Girls should be in school.”

The Deputy President also presided over the commissioning of 38 mobile laboratories for Junior Secondary Schools and the official opening of Kishermoruak Boys Secondary School.



Deputy President Rigathi Gachagua (C).

The Deputy President directed National Government Administration Officers led by the county commissioner and chiefs to ensure unlawful and retrogressive practices are wiped out, noting that child marriage is a violation of children’s rights.

“Let us put more investment in education and shun bad cultural practices. The County Commissioner and chiefs should monitor and enforce laws which protect children’s rights. We must end child marriage and ensure all girls are in school,” said Mr Gachagua.

Among the top female leaders from the Maa community is Cabinet Secretary for Environment, Climate Change and Forestry Soipan Tuya.

The Deputy President, praised CS Tuya, a lawyer, as a mentor and inspiration to young girls in the community.

He said she had performed well and earned the country respect in addressing climate change, especially after the Africa Climate Summit in Nairobi last month.

Gachagua lauded the Cabinet Secretary as a demonstration that women have equal space for leadership.

He commended the Narok West MP Gabriel Tongoyo for the Strategic Plan, saying it is a people-centered approach to development.

The Strategic Plan prioritizes education initiatives, road infrastructure, security, among others.

He said the mobile laboratories will plug in the deficit in infrastructure as the government rolls out the competency based curriculum.

He encouraged the Narok County leaders to continue working in unity for development.

The Deputy President was accompanied by a host of leaders led by Narok Governor Patrick Ole Ntutu, host MP Gabriel Ole Tong’oyo, Member of East Africa Legislative Assembly (EALA) David Ole San-kok.

MPs Gitonga Mukunji (Manyatta), Benjamin Gathiru alias Mejja Donk (Embakasi), Nimrod Mbai (Kitui East), Francis Sigei (Sotik) and Daniel Wanyama (Webuye West).

Others present were members of Narok County Assembly led by Majority Leader Dominic Sonkoi Lemein.

The leaders praised President William Ruto and DP Gachagua over their bid to unite the country and initiating development in all regions.

Government Commits To Transform NGAOs For Enhanced Service Delivery

By: KBC Digital

The Government is committed towards creating a visible transformation in the operations and workings of the National Government Administration Officials (NGAOs) across the country.

In pursuit of this commitment, the national government has embarked on a journey to equip administrators with the tools and expertise they need, to succeed in the execution of their mandate.

Principal Secretary for Internal Security and National Administration Dr. Raymond Omollo has disclosed that the government has initiated a re-training program for NGAOs with the goal of further strengthening their capacity to provide effective, efficient and responsive services to Wananchi.

“We have to ensure that every interaction our NGAO officers have with

mwananchi is marked by timeliness, credible information and a genuine understanding to the needs and concerns of respective jurisdiction,” PS Omollo said Wednesday.

He made the remarks when he presided over the opening ceremony of the re-orientation training forum for Regional and County Commissioners at the Kenya School of Government in Lower Kabete, Nairobi.

The PS said that the training is closely aligned with the Government’s recent organizational restructuring and shift in its approach to governance.

As the government is progressively accelerating the implementation of its visionary blueprint on socio-economic empowerment and inclusive prosperity under the Bottom- Up Economic Transformation Agenda (BETA), PS Omollo stressed urgent need for the NGAOs to understand the Plan and its impacts.

Further, the Internal Security PS emphasized the Government’s commitment to raising the bar in Performance and Delivery Management.

“There is need to enhance multi-sectoral coordination in planning, monitoring and delivery of Government programmes and projects,” he said.

To effectively address peace, security and climate change, the PS highlighted the need to improve the Inter-governmental relations and stakeholder engagements at the devolved units.

PS Omollo challenged government officials at the grassroots level to take the lead in conducting regular public participation for National Government projects and programs to ensure transparency and accountability.

“We have an obligation to the people. It must not be lost to us that it is the public that funds public services and, therefore, a justifiable expectation on quality and timely services as well as information,” he said.

The PS called upon the senior administrators to cascade the lessons learnt and experiences shared in the training to all the NGAO cadres, for

purposes of creating synergy, unity of purpose and to enhance service delivery to the citizenry.



Principal Secretary for Internal Security and National Administration Dr. Raymond Omollo

He further called on government officials to fully adhere to the country’s legal and regulatory frameworks on governance, financial management, and reporting. Being the government’s first point of contact with the grassroots, PS Omollo noted that NGAOS play a pivotal role in transforming and maximizing the impact of its targeted investments.

“You are therefore called upon to provide the requisite leadership during the roll-out of the reorientation programme.”

The PS reiterated the government’s zero-tolerance stance on corruption within the public service. He warned that the vice will not be tolerated maintaining that their jobs are pegged on the fidelity of being incorruptible.

“Take note that corruption is not a choice for public officers,” the PS warned.

Kenya Women Parliamentary Association Initiates Renewed Effort Towards Achieving A Gender-Responsive Legislature

By: PSCU

The Kenya Women Parliamentary Association (KEWOPA), have embarked on a process to validate their strategic objectives, with an aim of establishing a Gender-Responsive Legislature.

During a breakfast meeting convened by the African Centre For Parliamentary Affairs, the leaders deliberated on the challenges facing women leaders in the two Houses of Parliament and explored possible solutions.

Leah Sankaire (Kajiado), the KEWOPA Chairperson, underlined the unwavering commitment of the caucus to empower their members.

“We are focused on building the capacity of women legislators of the 13th Parliament to be more effective leaders in their triple role of legislating, oversight, and representation,” she stated.

“We are committed to making the 13th Parliament a gender-responsive

institution and, most importantly, participating in the discussions on making gender-responsive policies for our beloved country,” added Sankaire.

One of the issues that took center stage during the discussions was the stark underrepresentation of women in pivotal leadership positions within political parties.

Beatrice Elachi (Dagoretti North), the KEWOPA Vice Chairperson, emphasized the urgent need for greater female representation in decision-making roles within political organizations.

She pointed out that the leadership of nearly all political parties in the country is predominantly composed of men, a factor that has contributed to the marginalised status of women politicians and aspirants.

“I do not think that just having the Party Women League is enough. We need women in substantial party positions, such as chairpersons or secretary generals, to effectively champion the interests of the gender group,” said Elachi.



Leah Sankaire Kewopa chairperson.

Government To Feed Primary School Students

By: Our Reporter
@themtkenyetimes

Gatanga Member of Parliament Muriu Wakili Edward has tabled a motion that seeks to raise money allocated by the ministry of education to pupils from Kenya shilling 1,420 per student to Kes 7,760 which according to the legislator will be used on the feeding program for those in E.C.D.E., Primary and Junior secondary school and other essential amenities like infrastructure and reading materials.

According to Muriu the motion seeks to authorize National Government constituency development fund constituency committee (NGCDFC) to support feeding program and entitle the NGCDFC issue bursary to students in primary and junior secondary schools that are currently in front of high cost of partaking the C.B.C curriculum.

While addressing members of the fourth estate at parliament buildings Gatanga legislator Muriu Motion, aims to elevate review of the scope

on education bursary scheme under the NGCDF and Capitation for learners in primary and junior secondary schools.

“Section 48(A) of the NGCDF allows affirmative action to allocate more funds to cater for education scheme and other teaching and learning related activities ,if you take a case a study of my own constituency in Gatanga only 10% out of 3000 candidates managed to score 300 marks and above .This I believe if there was quality nutrition on our education system then more students would have scored high marks in my constituency .” lamented Muriu.

Article 27 of the Kenya constitution state that every person is equal before the law and has the right to equal protection and equal benefit of the law where Equality includes the full and equal enjoyment of all rights and fundamental freedoms a statement that MP Muriu is assuring being captured on the motion.

These motion comes in at a time when many Kenyans are crying on high cost of pursuing the new CBC curriculum for the primary and junior secondary students a matter that



Gatanga Member of Parliament Wakili Edward Muriu.

Muriu has taken hands on and expound that by ensuring availability of food in our institution will retain students in schools and enhance the performance retention to students.

Despite having no laws in place to back the resolution of this motion, A bill on Basic education Act is in place that will adopt the recommendation where by students will be feeding at schools.

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Horse Riding Safari



By: Memory Phiri
@themkenyetimes



Worth Noting:

- Thus, you are never too old to learn. Ladies and gentleman, the idea of having some horseflesh at a destination shows that the tourism operations with the package in tow are clear cut venerable. Infact, these places of interest are top notch because horses are very expensive to buy and to breed.
- For all this to be realised, tour operators are audaciously keeping tabs with what is trending inorder to give us a taste of the big apple. Let alone inducting us into this hall of fame.
- Each and every visitor is in for a big surprise at destinations like the Steven Margolis Resort in Waterfalls, Harare that specialises in this activity.



Horse Riding Safari.

If wishes were horses beggars would ride. The equestrian cluster keeps on making moves that are introspectively propelling the tourism circle to the next best level. Adroitly, it's a typical accolade to be a certified jockey when we equate it with skills like cycling, swimming and driving inter alia.

Tourists will feel some type of a way for they will have the chance to harness the stirrup and horse around a destination in the name of a tour. In accordance, the tourism industry is dropping such activities like a hot potato because they have no effect on the ozone layer.

Holding our horses at this point in time is imperative for we are talking about zero gas emissions. Suffice to say, horseback riding is in favor of our ecological footprint thus it will patch up this taxing dent in our armor for good.

Tourists are galloping away their excursions and the construction of barns with everyone adorning some cowboy hats and boots is making it authentically a reality for them. Talk about an unforgettable dude farm experience.

The visitors will have to live this memorable experience so as to tell the tale of the wild wild west. Horseback rides are up for grabs and the voice of reason is saying that all tour operators should take them under their wing.

Dear readers, the OK Grand Challenge portrays the lucrativeness of horse racing when explored for the better. Notably, the event rakes in huge sums of money so we are guilty as charged for following suit on behalf of our itineraries.

Moreover, equestrian is quite popular



in most 'A' schools that is why the WinterFair is being held at Hillcrest College this month.

However, if your school did not offer horseback riding lessons then its fair enough to giddy up with tourism by taking advantage of this our crash course. Technically, it gives one a chance to trot around a destination on top of a majestic stallion or mare.

Thus, you are never too old to learn. Ladies and gentleman, the idea of having some horseflesh at a destination shows that the tourism operations with the package in tow are clear cut venerable. Infact, these places of interest are

top notch because horses are very expensive to buy and to breed.

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Each and every visitor is in for a big surprise at destinations like the Steven Margolis Resort in Waterfalls, Harare that specialises in this activity.

Allow me to reiterate that in the throes of a horseback ride one will get to engage and bond with the thoroughbreds as they are pretty much intelligent and very loyal. There is more to equestrian

than what meets the eye.

Needless to say those tourists will have to speak some pony-horse lingo by using their hands to tug the reins and legs to make the horse run faster or stop for a breather. Finally, you will have the power to take the horse to the stream and make it drink.

Anything is possible at these expeditions. To set the record straight, tourism is giving you the green light to put on your riding habit, saddle up and spirit away on your high horse with aplomb.

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BREAKING NEWS

Sports >> *Double World record holder and double World Champion Faith Kipyegon leads the list of 11 nominees released by World Athletics on Wednesday afternoon, for the 2023 female athlete of the year award.

Double World Champ Kipyegon Leads List For World Female Athlete Of The Year

Double World record holder and double World Champion Faith Kipyegon leads the list of 11 nominees released by World Athletics on Wednesday afternoon, for the 2023 female athlete of the year award.

Kipyegon had a brilliantly successful 2023, breaking three world records in her 1500m specialty, the track mile and the 5,000m, though the latter has since been broken by Ethiopian Gudaf Tsegay.

She also went on to become the first woman to win three World Championship titles consecutively in the women's 1500m and topped it up with the 5,000m global crown in Budapest in August.

Kipyegon also recently closed down her season with a bronze medal in the mile at the World Road Running Championships.

With the success she has amassed over the year, the 29-year old Kenyan is seen as the leading candidate for the crown. Tsegay, who won the Diamond Trophy as she broke Kipyegon's record on top of a 10,000m world title has also been nominated.

Kipyegon's ambition for the trophy will come under sharp competition as she will battle it out with Kenyan-turned Bahraini Winfred Mutile Yavi who won the steeplechase world title as well as the Diamond Trophy in Eugene.

Ethiopian marathoner Tigist Assefa who broke the world record recently as she won the Berlin Marathon has also been named in the provisional list of 11. Also nominated is American Sha'Carri Richardson who won the 100m world title, as well as bronze in the 200m.

Other nominees are Venezuelan Yulimar Rojas (triple jump world champion, Diamond Trophy winner), Spanish racewalker



Faith Kipyegon admires her 1500m gold medal at the World Championships in Budapest. PHOTO/World Athletics.

Maria Perez (20km, 35km world champion and 45km world record holder), Ukraine's Yaroslava Mahuchikh (high jump world champion and Diamond Trophy winner), Haruka Kitaguchi of Japan (javelin world champion, Diamond Trophy winner), Jamaican Shericka Jackson (200m world champion, 100m silver medalist, Diamond Trophy in 100m and 200m) and Netherlands' Femke Bol (400m hurdles world champion, 400m world indoor record).

A three-way voting process will determine the finalists.

The World Athletics Council and the World Athletics Family will cast their votes by email, while fans can vote online via the World Athletics social media platforms. Individual graphics for each nominee will be posted on Facebook, X, Instagram and YouTube this week; a 'like' on Facebook, Instagram and YouTube or a retweet on X will count as one vote.

The World Athletics Council's

vote will count for 50pc of the result, while the World Athletics Family's votes and the public votes will each count for 25pc of the final result.

Voting for the World Athletes of the Year closes at midnight on Saturday 28 October. At the conclusion of the voting process, five women and five men finalists will be announced by World Athletics on 13-14 November.

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Sports >>> *The coach of newly crowned marathon world record holder Kelvin Kiptum says the 23-year-old was on the verge of withdrawing from the Chicago Marathon due to a slight tonsillitis.

Why Kelvin Kiptum Almost Withdrew From Chicago Marathon Before Clocking A World Record



Kelvin Kiptum crosses the finish line to win the London Marathon. PHOTO/COURTESY.

The coach of newly crowned marathon world record holder Kelvin Kiptum says the 23-year-old was on the verge of withdrawing from the Chicago Marathon due to a slight tonsillitis.

Gervais Hakizimana revealed that they had to convince Kiptum that all was going to be well before the marathoner eventually agreed to proceed with the race.

“He wanted to withdraw from the race because one week before the competition, he had tonsillitis as well as a thigh injury. He had called the manager expressing his intention but we managed to convince him not to do so. We told him that with the right medication, he would recover in two days and indeed, in two days he was ready and raring to go,” Hakizimana said.

The Rwandese further narrated that Kiptum’s vigour and hunger for the world record was renewed as soon as they landed in Chicago.

“When we got there, he told me that he was optimistic that the

world record will come. Indeed, from the first time he competed in the marathon in Valencia (December last year), the desire for the world record began from there. That is my history with him,” the coach said.

Describing Kiptum as his ‘killing machine’, Hakizimana delved into how their association began from a young age on the way to birthing a world record.

“I have known him since childhood when I used to train near their farm in 2009. He would usually come and join me although by then he would not go the full course. We met again in 2015 when I was struggling with injuries and was contemplating hanging my spikes. He asked me for advice on how to train and I would send him training programmes from my base in France where I was training other athletes,” Hakizimana explained.

The kingmaker
The coach went on to explain

how he eventually took up the mantle of forging Kiptum from an upcoming athlete to a world beater who now sits on throne of the men’s 42km road race.

“There were two races (21km) in which he participated in a space of one week. In the first one, he clocked 60:00 and then the second one timed 59:00. It was then that I saw that he had the potential and the endurance and so we started working together,” Hakizimana narrated.

Nonetheless, Kiptum was hesitant to transition to full marathon until he was convinced by the Rwandese to dive head first into the 42km, convinced that the 23-year-old had the pair of lungs and strong legs to make a huge splash.

“During the coronavirus period, we worked with him because, luckily, the pandemic had locked me here in Kenya. I knew that he could hack it in the 42km but he was reluctant at first. In fact, he would have started running in

the full marathon as early as 2020 if not for his dithering,” he explained.

As they say, the rest is history; in his third full marathon race of his career, Kiptum smashed fellow Kenyan Eliud Kipchoge’s world record by clocking 2:00:35 on Sunday to beat the tape.

Hakizimana said he was a proud and privileged coach who had received a once-in-a lifetime chance to stand before ‘kings and queens’ by virtue of his athlete’s amazing feat.

“I am so happy to stand here before you all...government ministers, AK officials and the media. It is truly an amazing feat for someone who was hitherto unknown. I am a foreigner in this country and this is such a huge thing for me,” Hakizimana, whose family lives in Kenya, said.

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Kenyan Moi University Student Aaron Mutongoi The Poet



By: Abigirl Phiri
@themtkenyetimes

Worth Noting:

- My full name is Aaron Mutongoi, and my stage name is Aaro etic. My poetry journey began when I was 12 years old, back in 2016, as a primary school kid in Class 6.

- I am a professional poet and have not won any awards yet. However, I was an undisputed poet back in high school during poetry competitions. My high school name was Malenga.

- In the near future, I want my poetry to reach the entire country and the rest of the world. I believe my poetry can help many people, especially those with talents who lack the support they need. I want to encourage them not to lose hope.



Aaron Mutongoi.

Aaron is a Kenyan poet who has been in the game since he was young. Like most poets, he can't bring himself to stop penning his thoughts down because it's an innate talent. The beauty of poetry is that it accommodates everyone from different walks of life. Thus, even if you don't get instant recognition as a poet still you need to continue doing what you know best. Even Shakespeare himself, his writing journey at the start was characterized by much disapproval from his audience. Yet ultimately up to now, he is one of the greatest writers to be ever read in the world. Below is what Aaron had to say about his poetry journey factoring the good and bad times he has gone through.

Please tell us your name and how your journey started in poetry?

My full name is Aaron Mutongoi, and my stage name is Aaro etic. My

poetry journey began when I was 12 years old, back in 2016, as a primary school kid in Class 6. That's when I wrote my first piece, and the art of poetry was born in me. I attended Mbooni Boys in Makueni and later graduated to Moi University, where I am currently pursuing a degree program in biochemistry.

Have you won any major accolades for yourself in poetry?

I am a professional poet and have not won any awards yet. However, I was an undisputed poet back in high school during poetry competitions. My high school name was Malenga.

Who is your inspiration?

My inspiration comes from my mum and dad, who supports me a lot. In terms of major poets, my role models are Teardrops and Mumbi Macharia.

Where do you see yourself in the near future?

In the near future, I want my poetry to reach the entire country and the rest of the world. I believe my poetry can help many people, especially those with talents who lack the support they need. I want to encourage them not to lose hope.

What problems have you faced as a poet?

As a poet, I have faced many challenges. Firstly, poetry is not widely recognized, and people have not realized the joy it brings. This results in limited platforms for poets to perform, which discourages many aspiring poets. Secondly, there is a lack of funds to record pieces in the studio.

What is one of your best poetry pieces?

I have a piece called "Kuza Ta-

lanta," which is about encouraging people to pursue their talents even when others bring them down. You can find it on YouTube under the title "Kuza Talanta" by Aaroney 4L.

Kindly share your social media handles

You can find me on social media:
Instagram: @_aaroney.4l
YouTube: @aaroney.4l

Any word of advice to other individuals who would want to venture into poetry

I would encourage those who are passionate about poetry and those who want to venture into poetry to keep working on their craft. Read a lot of books to expand your knowledge, and don't give up on your passion just because the journey of poetry is not easy.