



In Pictures: President William Ruto With King Charles III At State House, Nairobi
 King Charles III and Queen Camilla's have commenced their historic four-day state visit to Kenya.
 The commencement of the royal visit was marked by a grand welcoming ceremony held at the State House in Nairobi.

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News>>First Lady Rachel Ruto Hosts Queen Camilla At State House, Nairobi

P. 8. The First Lady yesterday hosted Her Majesty Queen Camilla, who is in Kenya accompanying His Majesty King Charles III for a 4-day state visit.



News>>NG-CDF Committee Former Githunguri Legislator Kago Mukuha

P. 12. NG-CDF which is chaired by Musa Sirma of Eldama Ravine yesterday vetted former Githunguri legislator Gabriel Kago Mukuha following his nomination as a member of the NG-CDF Board.

King Charles III Acknowledges 'Painful' Past British Atrocities In Kenya

It is the intimacy of our shared history that has brought our people together. However, we must also acknowledge the most painful times of our long and complex relationship. The wrongdoings of the past are a cause of the greatest sorrow and the deepest regret," King Charles III said.



King Charles III, Her Majesty Queen Camilla, President William Ruto and First lady Racheal Ruto at State House

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Kenya Partners With Germany's Bavaria State To Accelerate Bottom-Up Agenda

The deal Was Sealed By The Deputy President Rigathi Gachagua

By: DPCS



Deputy President Rigathi Gachagua and his spouse Pastor Dorcas in Bavaria, Germany.

Worth Noting:

“The opportunities in Kenya are immense. For example, we are establishing Aggregation and Industrial Parks in all our 47 Counties and are looking for partners to invest in specialized areas. I wish to reaffirm that we have taken the relevant measures to ease doing business and our administration is ready to support investment ventures into the country,” said Mr Gachagua.

He was accompanied by his Spouse Pastor Dorcas, Baringo Central MP Joshua Kandie and Kenya's ambassador in Germany Tom Amolo.

President William Ruto's Bottom Up Economic Transformation Agenda has received a boost after the state government of Bavaria, Germany, supported his plan to create jobs and promote innovation and machinery.

The Free State of Bavaria yesterday adopted Kenya into its (Bavaria's) partnership Strategy for Africa and pledged to support Kenya's plan for sustainable economic growth.

The development resulted from a meeting between Deputy President Rigathi Gachagua and Minister for European and International Affairs of the Free State of Bavaria, Ms Melanie Huml in Munich, Germany.

Mr Gachagua, who was representing President Ruto, said that Bavaria agreed to partner with Kenya in various areas of interest such as commerce since the Kenyan Government has put in place both fiscal and non-fiscal incentives to attract Foreign Direct Investment.

“I commend the state of Bavaria for economic development and for agreeing to partner with us in various areas of interest. I also had very meaningful discussion with business people in Bavaria

and we have invigorated a mechanism on how to continue working on various areas of cooperation between the State of Bavaria and Kenya,” said the Deputy President.

Since Bavaria is among the wealthiest states in Germany, the Deputy President wooed manufacturers and investors from the region to set up businesses in Kenya.

“The opportunities in Kenya are immense. For example, we are establishing Aggregation and Industrial Parks in all our 47 Counties and are looking for partners to invest in specialized areas. I wish to reaffirm that we have taken the relevant measures to ease doing business and our administration is ready to support investment ventures into the country,” said Mr Gachagua.

He was accompanied by his Spouse Pastor Dorcas, Baringo Central MP Joshua Kandie and Kenya's ambassador in Germany Tom Amolo.

Discussions between Gachagua and Ms Huml also touched on cooperation in other sectors like renewable energy, manufacturing, tourism, labour migration, sports development, education and exchange programmes. The two agreed

on enhanced cooperation on development and trade relationship.

“Kenyan Government under President Ruto is implementing Kenya Kwanza Bottom-Up Economic Transformation Agenda (BETA). The areas that make Bavaria what it is – ICT, innovations, manufacturing – are our priorities in BETA. We, therefore, are keen to learn from the success stories in the State of Bavaria as a key driver in the German economy. Today's meeting gives us an opportunity to explore how we can advance our cooperation,” said the Deputy President.

He noted that some of the ongoing engagements between Kenya and Germany have touched local lives in Kenya. They include Technical and Vocational Educational Training (TVET) Centres in Kenya, many of which he said have grown with Germany support.

He added that the German government has also promoted the growth of Micro, Small and Medium-Sized Enterprises (MSME) and created employment for Kenyans.

“We recognize Germany support and seek to broaden this cooperation as we

work towards a labour mobility programme that will see some of the TVET graduates providing the requisite skills in Germany in the new future, hence, filling the labour deficit in Germany. We deeply value and treasure the great cooperation between Kenya and Germany that is based on very strong historical ties. As you know, on attaining independence in 1963, Germany was the first country to recognize Kenya's independence as a free state,” the Deputy President.

He added: “Kenya is keen on establishing cooperation with German SMEs to enable capacity building of Kenyan MSMEs, knowledge exchange and technological transfer between our two countries and today's meeting gives us an opportunity to move forward on this momentum”.

The Deputy President also held talks with Mr Michael Worle, the Mayor of Gersthofen city.

He noted that the Gersthofen city had established twinning partnerships with Kisumu City and Baringo Counties to accelerate development.

“We are committed to deepen these engagements with the City of Gersthofen. I also encourage your residents to explore the untapped investment opportunities in Kisumu, Baringo and beyond that will complement the country's Bottom-Up Economic Transformation Agenda which is geared towards managing unemployment and inclusive economic growth for all,” he stated.

In addition, the Deputy President said the Kenya-Germany Climate and Development Partnership (P+) has now become the model of climate action partnerships.

“The Partnership is now being executed at the grassroot level and it is expected to unlock many new opportunities. Through German cooperation, including the Geothermal development and other projects, Kenya is inching closer to achieving 100 per cent renewable energy by 2030. We, therefore, need to work together to explore more green energy transition strategies and reduce our carbon footprint,” he said.

Editor's Desk

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NEWS IN BRIEF



The National Cereals and Produce Board (NCPB) is urging farmers and other interested parties to utilise their facilities for grain post-harvest needs. The board offers post-harvest solutions such as grain-drying, aflatoxin testing, grain grading, general warehousing, pest control services, weighing and bagging, and standardisation at competitive rates. The services are available in silos and selected depots at affordable rates. The board also provides grain drying services at fixed driers in Nairobi, Eldoret silos, Kilgoris, Nakuru, Narok, Kisumu, Moi's Bridge, Kitale, and Bungoma. The government has distributed over 4 million bags of subsidised fertiliser for the 2023 long rainy season, leading to a bumper harvest. However, the board emphasises the need to minimise post-harvest losses and maintain food safety through good post-harvest management and practices. Poor post-harvest management results in approximately 30% of the country's harvest loss annually, affecting farmers' income and food security.



A team of engineers from Sports Kenya and Athletics Kenya (AK) has inspected the ongoing refurbishment of Afraha Stadium in the Rift Valley region. The team emphasised the importance of providing athletes with top-notch facilities that enhance sporting performance and inspire future generations to pursue sports. The Nakuru City Manager, Gitau Thabanja, praised the team's dedication to improving sports infrastructure in the region, which has elevated the country to international standards. The City Board acknowledged the collaborative efforts of Sports Kenya and Athletics Kenya, reaffirming Governor Susan Kihika's commitment to promoting sports and physical fitness in the county. The team expressed satisfaction with the progress made so far on the revamping of the Afraha Stadium, which will have a holding capacity of 20,000 people. The contractor is currently working on levelling the pitch, spreading marram on the track, casting the internal drainage, and constructing the perimeter wall before the stadium's reopening. Sports have become an integral part of people's lives, providing a wide range of activities for the youth to make money and live more comfortably than even white-collar jobs.

Cabinet Secretary for Public Service, Performance, and Delivery Management Moses Kuria addresses partners on his vision for the ministry. He said that under his watch, public service must be accountable to the public, noting that going forward he will be taking different ministries to the public where they will field questions from the people. He observed that it is not right for ministries to rate themselves as is the case; "My ministry will report to the nation every month what the public thinks about our services", he added. The CS was disappointed that ministries and government agencies had concentrated on what the Head of State wanted to implement to the detriment of other priorities touching on the public. "We will ensure things are done right, whether they are on the priority list of our bosses or not", promised the CS. To bring services closer to the people, the CS pledged to increase Huduma centers from the current 52 to at least 1000 nationally during his tenure

Nairobi-based Benchmark Solutions Limited has signed a funding arrangement agreement worth \$11.633 million with Uganda's Mbarara Makhan Singh Market Landlords Association (limited by guarantee). The agreement, signed by Benchmark Solution CEO Laura Akunga Muriithi Mwenje and Mbarara Makhan Singh Market Landlords Association Chairman Thomas Mukundane, aims to revitalise the iconic trading center. The market, which has been a cornerstone of Mbarara's regional commerce since 1960, is located on 1.67 acres of land in the city's central business district. The US\$11.633 million Real Estate Project Financing will be used to transform the existing market into a modern, seven-story shopping center. The renovation work is expected to be completed within 28 to 36 months. The signing was witnessed by representatives from the Office of the President (Uganda), Planbuild Technical Services Director, Dennis Wandera, and Planbuild Technical Services Finance Officer.

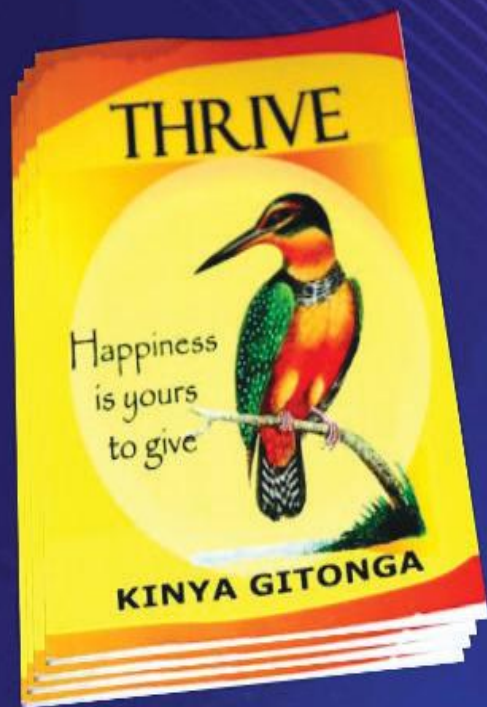


A centenarian in Karia village, Gikondi division, Mukurwe-ini, Nyeri county, has paid tribute to the renowned Italian nun, Sister Irene Stefani, for treating her and her siblings of a deadly disease suspected to be leprosy. Milka Wambura Itundu, 105, recalls how she and her two siblings contracted the disease, mainly affecting their toes, and how Sister Stefani came and washed them affectionately without fearing being infected. Wambura, the only credible living witness of the saint-to-be Italian nun, paints Sister Stefani as having been of unmatched kindness to all, irrespective of their religious affiliations. She is nicknamed Nyina wa Tha (mother of mercy) and loves and cares for everybody. Sister Irene Stefani was beatified on May 23, 2015, in Mathari Nyeri County, in a colourful ceremony presided over by Dar es Salaam Cardinal Polycarp Pengo on behalf of Pope Francis. Wambura composed a song in her honour during the beatification celebrations at Gikondi Catholic Parish, where Nyaatha served last before succumbing to the bubonic plague. She asked Nyeri County and the national governments to consider establishing a modern hospital in Gikondi division in honour of Sister Irene Stefani, emphasising that a health facility would best keep her memories alive.



Kingya N. Gitonga

PSYCHOLOGIST, AUTHOR, MENTAL HEALTH ADVOCATE
& FOUNDER SOUND MENTAL HEALTH FOUNDATION
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Kingya N. Gitonga

Help Stabilize The Depreciating Kenyan Shilling, Finance Committee Urges The Kenya Bankers Association

By: PSCU

Worth Noting:

- In response, the Association told the lawmakers that they were not to blame on the matter as they only hold deposits on behalf of their customers.
- They held that the depreciating shilling was a result of the dynamics of demand and supply for the US dollar especially. They avered that the best remedy would be for the government to urge those hoarding dollars for speculative purposes, to release them.



National Assembly Finance Committee Urges The Kenya Bankers Association.

With Kenya's forex reserves having hit an 8-year low, and the shilling fast losing ground due to low foreign exchange inflows, a situation that has also put the Kenyan shilling under intense pressure against other major currencies, legislators now want bankers to help in stabilizing the Kenyan shilling.

Speaking during an engagement with the Kenya Bankers Association (KBA) yesterday, the Kuria Kimani-led Committee underscored the crucial role of the 46-Member Association in helping mitigate the situation.

"As a Committee we are concerned that the Kenyan shilling has continued to plummet against the dollar and other major currencies. We would like to urge you to help mitigate the situation. Inasmuch as we are aware that

you charged with generating profits for your shareholders, there's need to be patriotic", Kimani told the Association's team led by the Chief Finance Officer, Mr. Kennedy Mutisya.

During the meeting, Committee Members also faulted some banks for exacerbating the problem through hoarding of dollars, a move they noted had posed a big challenge to importers.

In response, the Association told the lawmakers that they were not to blame on the matter as they only hold deposits on behalf of their customers.

They held that the depreciating shilling was a result of the dynamics of demand and supply for the US dollar especially. They avered that the best remedy would be for the government to urge those hoarding dollars for

speculative purposes, to release them.

Last week, perturbed that if no intervention is made, the exchange rate could spiral to uncontrollable levels, the Departmental Committee on Finance and National invited the Central Bank of Kenya Governor Dr. Kamau Thugge to apprise the Committee on the steps the bank had taken to address the matter.

In his submissions, Dr. Thugge told legislators that the demand for foreign exchange had outweighed supply in most months leading to the depreciation of the shilling that has since officially crossed the Ksh150 mark against the US dollar. He argued that the Kenyan shilling had been overvalued as the country fought to maintain an artificially strong exchange rate.

At the same time, KBA has urged

the Committee to consider reviewing the law to address the rising cost of administrative costs while enforcing compliance. Banks act as agents of the Kenya Revenue Authority (KRA) whereby they collect Withholding Tax on behalf of the Authority.

Asked by the committee to share their viewpoints over the recent abandonment of mobile payments by traders who have now reverted to cash payments, the Association observed that the usage of a combative approach by KRA rather a facilitative one was proving to be counterproductive. They told the Committee that there is need to socialize Kenyans on the importance of paying taxes first, so as to encourage them to comply.

The association which was meeting the committee to review the performances of the banking sector in the wake of hard economic times, further called on the committee to make legislative interventions to expand the tax base rather than rely on the traditional contributors to shoulder the tax burden.

They informed the lawmakers that the sector contributed a total of Kshs. 181.27bn, representing 8.93% of total taxes collected in Kenya in 2022. This translates to a growth of 39.94% from the previous year.

From the total tax contribution made by the sector in 2022, Kshs. 87.71bn was drawn from Corporate Income Tax, while Employee Taxes accounted for Kshs. 23bn. Additionally, the industry contributed Kshs. 70.56bn through various other taxes such as VAT and Withholding Tax excise duties.

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First Lady Rachel Ruto Hosts Queen Camilla At State House, Nairobi

By: Our Reporter
 @themtkenyatimes

The First Lady yesterday hosted Her Majesty Queen Camilla, who is in Kenya accompanying His Majesty King Charles III for a 4-day state visit.

The First Lady took her Majesty on a showcase of her programs including Joyful Women, a table banking-based financial inclusion model that enables women to save and access credit, and Carakana, which enables vulnerable women to earn income through the art of cross-stitching.

Her Majesty was given a tour of the

“Tree of Hope”, a symbolic tree that brings together collective aspirations towards environmental conservation and climate action.

Mama Rachel Ruto later accompanied the President and their Majesties for a tour of the Uhuru Gardens National Monument & Museum, Langata.



No One Will Be Evicted, Squatters In Embu Assured

By: Our Correspondent
 @themtkenyatimes

Embu Governor Cecily Mbarire has assured thousands of squatters living in the disputed 44,000-acre Mwea Settlement Scheme in Mbeere South Sub-county that they will not be evicted. She stated that the land belongs to them, and everyone has a right to live there by adverse possession.

The dispute over land ownership was suspended by the government in 2018 after chaos erupted, leading to the death of one person and scores of injuries. Mbarire emphasised that

anyone born, lived, and married here must be given their rightful share of the land inheritance and title deed.

Priority will be given to settlers who have been in occupation for decades.

A joint committee involving the national and county governments has been constituted to amicably settle the matter.

The Ngome Council of Elders, part of the claimants, gave the government a 60-day ultimatum to settle, but the squatters have resisted.

In February 2020, the Environment and Land Court nullified 9,233 titles issued and ordered fresh subdivisions and the allocation of new ones.



Government Partners With Huawei And KCSFA To Bolster Cybersecurity In Kenya

By: Cynthia Masibo
 @themtkenyatimes

In a concerted effort to safeguard Kenyan citizens from online vulnerabilities and emerging threats, the Kenyan government has accelerated its cybersecurity initiatives. This move is in line with the government’s commitment to expanding online services to its citizens.

The Communications Authority of Kenya, in collaboration with Huawei

Kenya and the Kenya Cybersecurity & Forensics Association (KCSFA), has been actively involved in a comprehensive cybersecurity program over the last several months. This initiative focuses on enhancing cybersecurity skills and knowledge among students from various regions across the country.

The program includes intensive training activities, e-learning courses on cybersecurity, virtual lab exercises, and mentorship from industry experts. The objective is to equip participants with the expertise and capabilities needed for a successful ca-

reer in the field of cybersecurity. It’s worth noting that a similar initiative in the previous year resulted in many students securing job opportunities in various sectors.

In conjunction with these efforts, the October Cybersecurity Awareness month (OCSAM) was held, during which participants from Nairobi, Kisumu, Nyeri, Eldoret, and Mombasa took part in a highly competitive process. The winners selected from these regions will now compete for the prestigious top prize at the national level.

The government’s commitment



to cybersecurity and its collaborative approach with industry leaders demonstrate a proactive stance in en-

sureing the security of online services and protecting the interests of Kenyan citizens.

King Charles III Acknowledges ‘Painful’ Past British Atrocities In Kenya

By: Joseph Muia

King Charles III has acknowledged the painful past and especially the pain inflicted on Kenyans in the struggle for freedom more than 60 years ago.

Speaking during a dinner at State House in Nairobi yesterday, the King said he is seeking to better understand Kenya’s painful past and will interact with communities affected.

“It is the intimacy of our shared history that has brought our people together. However, we must also acknowledge the most painful times of our long and complex relationship. The wrongdoings of the past are a cause of the greatest sorrow and the deepest regret,” he said.

“In coming back to Kenya, It matters greatly to me that I should deepen my own understanding of these wrongs and that I meet some of those whose lives and communities were grievously affected.”

King Charles also highlighted the atrocities meted on Kenyans especially the Mau Mau terming it ‘abhorrent and unjustifiable’ saying that the two nations should strive to live past the painful history.

“There were abhorrent and unjustifiable acts of violence committed against Kenyans as they waged a painful struggle for independence and sovereignty,” he noted.

“None of these can change the past but by addressing our history with honesty and openness. We can perhaps demonstrate the strength of our friendship today. And in so doing we can I hope continue to build a bond for the years ahead.”

The King’s remarks followed similar calls by Kenyans to apologise for the colonial brutality.

President William Ruto had also asked the King to address the issue further asking the two nations to put the past behind in order to achieve a better future relationship.

“We cannot live as prisoners of the past. Neither can we go far into the future if we turn our backs on his-



King Charles III and Queen Camila visited Kenya on October 30, 2023.

torical actions and omissions whose legacies encumber our present,” he stated.

“While there have been efforts to atone for the death, injury and suffering inflicted on Kenyan Africans by the colonial government, much

remains to be done in order to achieve full reparations,” President Ruto noted.

UK High Commissioner Neil Wigan, speaking on Citizen TV’s JKLive show last week remained coy on whether the King will actu-

ally offer a personal apology for the brutality meted on Kenyans during the period, rather stating that the country had always “expressed regret” over the issue.

His Majesty King Charles III Visit To Boost Trade

By: Christine Muchira

Kenya will escalate its relations with the United Kingdom to boost trade and investments.

President William Ruto said the two countries share rich, steady and historical ties, which must be explored for their shared interests.

He noted that Kenya and the UK are keen on working together to broaden their cooperation in strategic areas.

These, he noted, include defence and security, education, environmental conservation and climate change.

He made the remarks on Tuesday during a tête-à-tête with His Majesty King Charles III at State House, Nairobi.

Earlier, in the company of First Lady Rachel Ruto, Prime Cabinet Secretary Musalia Mudavadi, and

other leaders, the President welcomed Their Majesties as they began their tour of Kenya.

The President told the King that he is not a stranger to Kenya, having visited in 1971, 1977, 1978 and 1987.

However, this is His Majesty’s first visit to a Commonwealth nation as King.

It is Kenya where Queen Elizabeth II’s reign began, having acceded to the throne in February 1952.

“We appreciate the efforts you have made to establish, maintain and grow your connection with us,” explained the President.

The Royal Family, in a statement, noted that the visit is nostalgic and seeks to celebrate the warm relationship between the two countries.

At the Uhuru Gardens, His Majesty paid his respects to Kenya’s fallen heroes by laying a wreath at a tomb.



His Majesty King Charles III.

There Is No Spiritual Leadership Apart From The Fullness Of The Holy Spirit



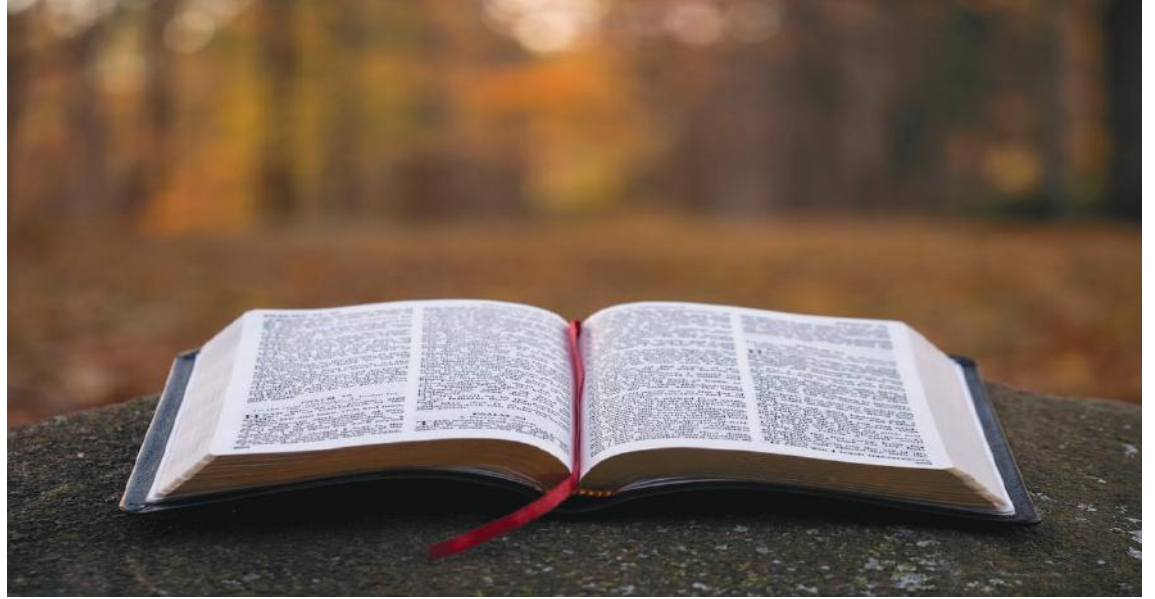
By: Eric Musa
 EMEA.ericmusa@gmail.com

After the forty years of wandering, it came about on the plains of Moab that, according to Numbers 26:65, “not one of them was left except Caleb son of Jephunneh and Joshua son of Nun.” It was time for Joshua’s commissioning: “So the Lord said to Moses, ‘Take Joshua the son of Nun, a man in whom is the Spirit, and lay your hand on him; and have him stand before Eleazar the priest and before all the congregation; and commission him in their sight’” (Numbers 27:18,19, NASB).

Notice that the Spirit, capital S — that is, the Holy Spirit — was upon and in Joshua. He had the indispensable qualification for all spiritual

leadership. J. Oswald Sanders says: “Spiritual leadership is not a matter of superior spiritual power, and it can never be self-generated. There is no such thing as a self-made spiritual leader.”⁹ The New Testament agrees: “Brothers, choose seven men from among you who are known to be full of the Spirit and wisdom. We will turn this responsibility over to them and will give our attention to prayer and the ministry of the word.” . . . They chose Stephen, a man full of faith and of the Holy Spirit. . . (Acts 6:3, 5)”

There is no spiritual leadership apart from the fullness of the Holy Spirit. Therefore, it follows that if we aspire to leadership in the Church, we must be full of the Holy Spirit. Practically, this means that we must continually confess our sins, keep ourselves in God’s Word, and continually submit to God, asking the Spirit to fill us. The telltale sign of this will be that we effervesce Christ (Ephesians 5:17-20). As we walk and serve in the Spirit, the Spirit will ordain us



to specific tasks in the Church, and these will be tasks of leadership at all levels, be it waiting tables or heralding the gospel.

SELAH! GLORY BE TO GOD ALMIGHTY. SHALOM

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

Kikuyu Council Of Elders Visit Nyeri Governor Over Prayers

By: Our Correspondent
 @themtkenyatimes

Nyeri County governor Mwalimu Mutahi Kahiga yesterday hosted a section of Kikuyu Council of Elders (KCE) over their planned end of year prayers.

The team, led by Eng. David Muthoga disclosed that they intend to organise a prayer day to pray for the country.

The prayer meeting will also address issues such as combating alcoholism, joining hands in unity of purpose and fostering unity among other pertinent issues.

Eng Muthoga is the KCE Nyeri County chairman and also the Vice Chairperson of the National Kikuyu Council of Elders.

He noted that it is estimated that 3,000 people will attend the event. Others who were part of the KCE team were the National Treasurer of the KCE Eng. Peter M. Mundinia, KCE Nyeri County Payron Wilson Gituru, KCE’s Kieni

East region chairman Stephen Gichuki, his Nyeri Town area counterpart Charles Muriithi, the organisation County Whip Daniel Kang’ang’i and a member Rev. James Ndirangu.

Apart from the governor, the county team also included Deputy Governor David Kinaniri.

The governor pledged to support the team in organising the prayers as well as other initiatives that are beneficial to the locals.

Nyeri County governor Mutahi Kahiga poses for a photograph with Kikuyu Council of Elders officials who paid a courtesy call on him yesterday..



King Charles 11 Visit, A Clear Confirmation That UK Monarch Recognizes Ruto Presidency



By: Joseph Mutua Ndonga
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President William Ruto, King Charles III, Her Majesty Queen Camilla and First lady Racheal Ruto at Uhuru Gardens, Nairobi.

Worth Noting:

- Laying a wreath at the tomb of Unknown Soldier at the Garden is one of the activities lined up for King Charles 111 and his wife, Queen Camilla.
- I'm sure the King also remembers Kenya with nostalgia. Reason? His mother, Queen Elizabeth 11, became the Princess in 1952 while on a visit to Kenya. She was at the Treetop hotel in Nyeri when she received the sad news of the death of her father, the King. She was the one lined up to take up the throne.
- The King's visit to Uhuru Garden is to be preceded by bilateral talks with his host President Ruto which will cover a wide range of issues including climate changes, youth and women empowerment, sustainable economic growth and development.

The United Kingdom Royal Couple is currently in Kenya for a four-day state visit.

To me, this is a great honor to President William Ruto and a confirmation by British Monarch they recognizes his presidency.

The visit comes just a few months after Dr Ruto invited the King to visit Kenya. Dr Ruto made this passionate call during his official visit in UK.

For starters, Kenya is among the 54 countries across the world that was under the colony of Britain.

Kenya goes down in the annals of history as the first Commonwealth country he visited after being crowned as the King and Camilla as the queen.

In the eve of this visit, President William left nothing to chance in terms of ensuring everything would go on as planned.

Besides chairing a meeting at State House Nairobi attended by the British High Commissioner to Kenya and top Embassy officials, he led a high powered team of Kenyan state officials in an inspection tour of Uhuru Gardens.

Laying a wreath at the tomb of Unknown Soldier at the Garden is one of the activities lined up for King Charles 111 and his wife, Queen Camilla.

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The King's visit to Uhuru Garden is to be preceded by bilateral talks with his

host President Ruto which will cover a wide range of issues including climate changes, youth and women empowerment, sustainable economic growth and development.

The King is also scheduled to meet representatives of the youth, women, faiths and other organized societal groupings.

The Royal Couple is also expected to visit Mombasa.

The Leaders of the Muslim community will receive them and thereafter hold talks with them at a famous Mosque located at Old Town area.

This Mosque was built during the colonial era and this is where Oman Arabs used to worship.

It is worth noting that during the scramble for Africa Kenya became one of the countries in Africa that fell into the hands of the British authorities.

Kenya first become their protectorate and later a colony. This occupation spanned between 1895 to 1963.

This leaves the King with no option but to respond to concerns raised mostly by human rights bodies, surviving Mau Mau freedom fighters and faith based organizations.

Apart from offering a direct and unconditional apology on behalf of British government, the groups expect the King to announce the plan they had put in place to compensate the victims. How long will this take?

Notably, this is not the first time that the victims are seeking compensation and reparations from the former colonial ruler.

Reports indicated that the UK had previously released thousands of pounds but the monies were diverted to line up

pockets of top state officials and lawyers.

This happened during the reigns of founding President Mzee Jomo Kenyatta and third President Mwai Kibaki.

Some historians argue that this could have been one of the reasons why JM Kariuki was assassinated.

He was the secretary of the funds the UK gave to compensate the Mau Mau fighters.

Reports indicated that JM was totally opposed to the diversion and stealing of these funds.

Remember he was assassinated when his popularity had gone up across the country. He was touted as the successor of the ageing President Kenyatta.

He was then serving as a Member of Parliament for Nyandarua North.

Sources indicated that Kenyatta's cabinet had been instructed not to play any role in JM's burial preparations and barred from attending the funeral.

It is only former President Mwai Kibaki, then Minister for Economic Planning, who ignored the call and attended the burial.

In his speech, Kibaki stated. We will finally know who killed this great and visionary leader even it takes 100 years.

Reports indicated that Kibaki and JM Kariuki hailed from the same constituency of Othaya in Nyeri District.

The rumors doing round at the time indicated that Mwai Kibaki was immediately summoned to Kenyatta's Ichaweri home in Gatundu and given a thorough beating. This was because of failing to heed Mzee Kenyatta's call.

Later, during the Kibaki presidency, the Mau Mau fighters renewed the

clamor for the British government to compensate them and offer apology for the atrocities the UK soldiers meted on them.

While being represented by a group of lawyers, they successfully filed a case before the Royal Court of London.

After hearing all the parties involved, the court ruled in favor of the fighters. The British government reportedly had no option but to obey the orders of the Royal Court.

Reports later indicated that most of surviving former fighters and siblings of the deceased ones did not receive the compensation. The lion share of the money was diverted, stolen to bankroll the pockets of the lawyers and 'elitist freedom fighters'. This is as it happened during the Kenyatta's era.

The current visit by King Charles seems to have opened a new chapter in Kenya's history.

For the first time, I'm hearing the leaders of many communities in Kenya claiming that their sons and daughters also participated in the freedom struggles.

They are seeking reparations and want King Charles 111 to pay them on behalf of British government.

The earlier documented history suggested that it is only Kikuyus who fought the war of independence. This calls for this history to be re-written. That is if their sentiments are factual. I leave it to the historians.

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

NG-CDF Committee Former Githunguri Legislator Kago Mukuha

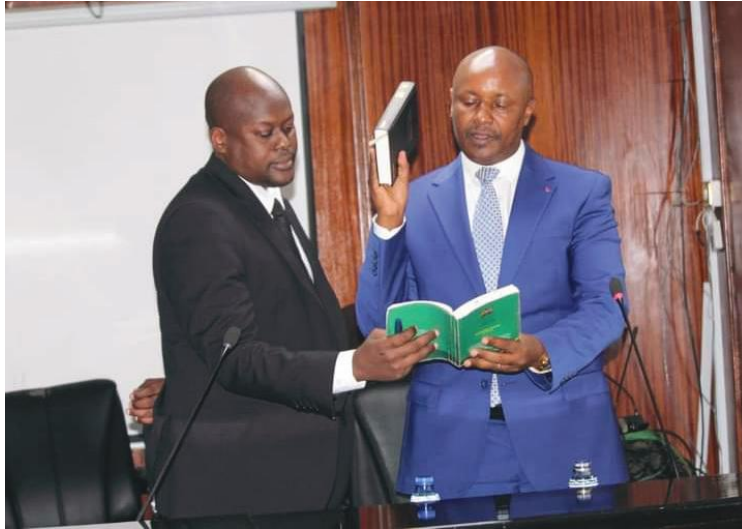
By: PSCU

National Assembly Committee on National Government Constituencies Development Fund (NG-CDF) which is chaired by Musa Sirma of Eldama Ravine yesterday vetted former Githunguri legislator Gabriel Kago Mukuha following his nomination as a member of the NG-CDF Board.

The committee inquired about the experience that Kago, the immediate former MP for Githunguri, would bring to the board if approved to assume the position.

In his response Kago said, being a former MP, he has experienced challenges with the constituency fund first hand and he is well-placed to provide solutions as a member of the board.

“As a former MP, I can relate to where the NG-CDF fund has taken my constituency. In Githunguri with the Fund, we were able to start ICT



Former Githunguri MP Gabriel Kago Mukuha swearing before being vetted by the committee.

hubs and Technical Training Institutions. If approved I will come in with the vision of how NG-CDF should transform all constituencies,” Kago told the committee.

Through the chairperson, the committee also asked the nominee how he will ensure that a possible case of conflict of interest in the Githunguri Constituency will not interfere with the current MP, Gathoni Wamuchomba who oversees NG-CDF in the constituency.

“You served Githunguri constituency as their MP for one term during the last parliament then Wamuchomba replaced you, if appointed to the NG-CDF board, there could be a

possible case of conflict of interest with her. How are you going to navigate it?” Sirma asked.



Kieni constituency MP Anthony Njoroge Wainaina making his contribution during yesterday's committee session..

The nominee assured the committee that he has no interests in his constituency politics at the moment and he is going to ensure that all constituencies pursue the structure of NG-CDF.

The nominee also told the committee that as a board member, he will propose an increase of NG-CDF from the current 2.5 per cent to at least 5 per cent to serve its purpose fully.

The committee will retreat to write a report on the suitability of Kago, thereafter it will be tabled before the House for debate and consideration.

The committee will retreat to write a report on the suitability of Kago, thereafter it will be tabled before the House for debate and consideration.

The CEOs Of Galana Energies, Oryx Energies Kenya And Gulf Energy Meet Senate Committee On Energy

By: Our Reporter
@themtkenyatimes

The Senate Standing Committee on Energy chaired by Nyeri Senator Wahome Wamatinga held a meeting with Mr. Paul Limoh the CEO of Gulf Energy, Angeline Maangi, the CEO/MD of Oryx Energies K. Ltd, and Anthony Munyasya the CEO of Galana Energies to deliberate on the agreement signed by the three companies and oil suppliers in the Government to Government oil agreement.

The three Chief Executive Officers were required by the committee to submit copies of the signed commercial agreements between their companies and the oil suppliers; copies of the signed financial agreements between the companies and the Commercial Banks guaranteeing the agreements; and indicate the total amounts paid to the oil suppliers and what is owed for the oil which has already been supplied.

The companies presented their Master Frameworks (MFA) governing the terms and conditions of the Government to Government agreement, The Letters of Support from the Government of Kenya; and The Tripartite Agreements between the Government, the Nominated OMCs, and the financier of all products imported under the Government to Government Framework.

Oryx Energies reported that to date the total invoiced amount is USD. 247,773,379.26 out of which USD. 85,853,379.26 has been paid while USD. 161,920,000.00 is the amount of cash in the bank to be paid to the IOC once the payments fall due.

Galana Energies on their part submitted that the fuel supplied to the company to date amount to USD. 478,064,249.96 out which USD. 76,528,736.20 has been paid leaving an outstanding balance of USD. 401,535,513.76.

Lastly, Gulf Energy has received fuel supplies amounting to USD. 2,816,481,260.06 to date, USD. 686,580,960.06 have been paid while USD. 1,071,882,153.89 is unpaid.



Nyeri Senator Wahome Wamatinga (right) with other members during yesterday's meeting

The committee noted that some vital documents such as the financial agreements with Commercial Banks had not been provided, and resolved to give the Chief Executive Officers time to submit the same after which another meeting will be set to conclude on the matter.

Also present during the session included the committee Vice Chairperson, William Kisang and members Ledama Olekina, Dr. Boni Khalwale as well as Abass Mohamed.

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Nyaore TVET Principal, Fred Ombuna, Encourages Kisii County Youths To Pursue Technical And Vocational Education For Improved Employment Opportunities In Today's Economy

By: Elizabeth Angira
@themkenyatimes

Youth in Kisii County are being urged to enroll in Technical and Vocational Education and Training (TVET) institutions to acquire valuable technical skills that can enhance their employment prospects in the current economy.

During the July series exam celebrations at Nyaore TVET, Principal Fred Ombuna emphasized the importance of parents encouraging their children to join vocational training institutions and called upon eligible individuals in the county to consider enrolling in TVET institutions to gain technical expertise.

Notably, the school achieved remarkable results, with 137 candidates, including 102 distinctions, 28 credits, and 4 passes.

Ombuna attributed this success to the unity and cooperation of all stakeholders, resulting in exemplary out-



Nyaore TVET Principal, Fred Ombuna addressing the media during the celebration of July Series Exam.
Photo /Elizabeth Angira

comes.

Ombuna encouraged the youth to enroll in these institutions to acquire skills necessary for their livelihoods.

He noted the growing number of unemployed young people and those struggling to obtain certifications for their existing skills.

He urged youths to embrace the opportunities for skill development provided by TVET courses, emphasizing the need for innovation and the ac-

quisition of skills for personal growth. Furthermore, Ombuna challenged the youth to think creatively and consider technical institutions for skill acquisition.

He emphasized that to succeed, it is essential to think beyond conventional paths.

He urged them to embrace courses offered at Technical and Vocational Education Training (TVET) institutions as these skills are critical for the country's attainment of Vision 2030.

Ombuna emphasized the need for a change in attitude, dispelling the misconception that TVETs were only for students who had failed their exams.

He clarified that TVET programs are not for failures; instead, they equip trainees with the skills and knowledge required to become job creators.

"Let's not look down upon blue jobs they pay good money," he said.

Nyaore TVET has consistently excelled in national examinations, and the candidates are determined to continue this tradition of excellence.

Youths And Women In The Gusii Community Are Being Encouraged To Run For All Elective Positions

By: Elizabeth Angira
@themkenyatimes

Youths and women in the Gusii community are being encouraged to run for all elective positions, not just limiting themselves to the seat of Women Representative, in order to secure adequate representation and address their concerns.

Dorice Donya Aburi, the Member of Parliament for Kisii County, emphasized that women and youth make up the majority of voters and can win these seats if they choose to contest.

She highlighted the misconception some women have that they can only vie for the Women Representative seat and stressed that women can also contest for Senate, Member of Parliament, Governor, and Member of the County Assembly positions.

Donya mentioned her collaboration with organizations such as the Kenya Young Parliamentarians Association (KYPA) and Mzalendo Trust to

encourage women and youth to seek elective office.

She urged young people not to be manipulated by politicians during campaigns but to seek substantive solutions to improve their lives.

The MP emphasized the importance of addressing the gender disparity in political representation,

"We have only one woman, Beatrice, was elected to the Kisii County Assembly from Bombaba, while Nyamira had no female representatives, I call for a reversal of this trend," she said.

Anthony Samba, the CEO of the Kenya Young Parliamentarians Association, called on MPs to advocate for the concerns of youth and women in the legislative bodies to alleviate their hardships.

He noted that community dialogues like the one held in Sensi Ward provide a platform for leaders and the public to exchange ideas and develop solutions.

Local Ward Representatives, Onchonga Nyagaka and Dennis Ombachi, encouraged leaders to



Kisii woman rep Dorice Donya (middle) Onchonga Nyagaka and Dennis Ombachi addressing the press at Sensi Ward have urged youths and women to run for elective seat. Photo/Elizabeth Angira.

empower youths and women by providing them with loans and promoting investment to enhance their livelihoods and support political campaigns.

Nyagaka emphasized the financial

aspect of politics and urged young people to invest in income-generating projects.

Ombachi emphasized the importance of value addition and marketing to generate funds for political

campaigns, noting that youth can excel in marketing agricultural produce from Gusii both locally and globally to improve their livelihoods.

Why Is My Poem So Simple Now?



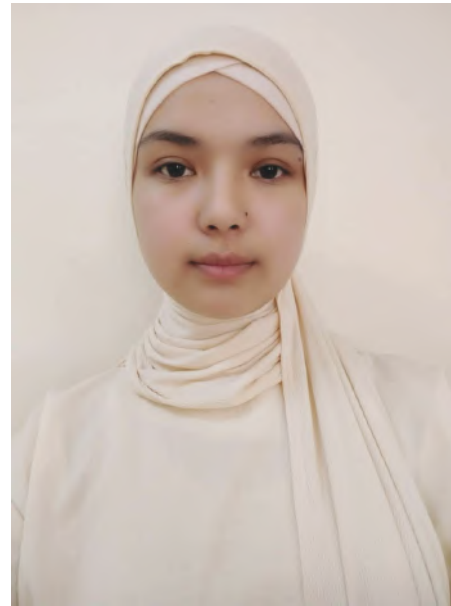
Are you wearing a dress made of
ordinary dew?
I'm in a line in the sky,
My heart is broken because I can't love
you.
I can't sing
Are the lines running away?
Eh, why is it that I don't have a
headache?

Scattering the jewelry on my way?
My poem makes the world laugh,
My poem ascends to the throne of
simplicity.
I know, it takes time, one day
My poem amazes the earth.

Tuliyeva is the daughter of Sarvinoz Abdulla. He was born on November 8, 1999 in the Beruni district of the Republic of Karakalpakstan. Graduated from Alisher Navoi Tashkent State University of Uzbek Language and Literature (2023).

The winner of the state award named after Zulfia (2019).
Teacher of native language and literature at Shaikhontohur District Vocational School, Tashkent.
She is the author of the poetry books "Song of Peace", "I am a Girl of Truth", "Morning Poem".

The Teacher Is The Heart Of The Educational System



We all have our favorite teachers in our life, but do we know about the role of teachers in our life? How can we grow, how can we be good at our field, how can we become successful without them? As everyone knows it is impossible to imagine our world without our teachers. The main reason is that the influence of a good teacher can never be erased.

Because they open minds, inspire dreams, build confidence, and shine a light on the path towards leading a great life. Teachers are the most important and valuable part of our society, as they provide the state with knowledgeable generation.

The main function of teachers is that they teach children to set a goal in life, encourage them to do well and be successful in life. The youth of today are the creators of tomorrow and teachers are the most essential point that make children to get ready for their future. We said about teachers a lot, but why they are so important in life?

As Nelson Mandela said "Education is the most powerful weapon which you can use to change the world." The main basis of education system is obviously teachers. They have ability to change the pupils' mind positively, teachers educate children and pupils carry the knowledge they are taught by their teachers for the rest of their life.

More importantly, teachers make all other professions, namely other people who have different types of professions are also educated by teachers. Therefore, people admit that teaching is the profession that train all other professions.

I often call my teachers "superhero" for a range of reasons. They have a huge impact on my life and I believe the

creators of my achievements are my teachers. They always provide guidance to me in every path of my life, not only in academic purposes, but also in life experiences.

Teachers are able to see students' strength and weakness, and they try to give assistance or guidance according to these features whether get them up to speed or push them higher.

They often help their student to reveal their best skills, teach about not only school subjects, but also valuable life skills such as communication, organization, following directions, giving a helping hand to people in trouble, being a beneficial individual for public and so on.

Teachers are also source of motivation and inspiration for their students, as they motivate students to work hard, dedicate their time to gain well-rounded knowledge in order to achieve impressive accomplishments in life and in their academic career.

Teachers also play a role of mother or father when their students need. They can be a good listener and you can tell them all of your secrets and problems, as they only try to help you. Mustafa Kemal Ataturk once said "a good teacher is like a candle.

It consumes itself to light the way for others." It is undeniable that they are ready to dedicate their time, their life and everything for their students in order to see them to succeed in life. Therefore, people have a saying that not all superheroes have capes, some have teaching degrees. In conclusion, I want to offer a few statements of my own that I'm always obsessed with.

I do not want to call my teachers as a "teacher", but I prefer to use the term "educational rock star" for them. Because my teachers are the star who taught me how to shine.

She was born in 2004 in Fergana in Kokand. She graduated high school in 2022.

Second-year student of Uzbekistan State World Languages University. She entered the university in 2022 as a candidate for president grant scholarship owing to high entrance exam score. Owner of around ten scientific articles. Participants of several foreign projects. Owner of B2 CeFr certificate and Band 6.5.

THE TRUTH CANNOT BE AVOIDED



The world is full of riddles,
But not all can be opened.
A lie is actually a dream,
There is no escaping the truth.

He has seen hard work.
With the one who eats a lie.
With white as black.
There is no escaping the truth.

You can't bear the pain.
There is a stone in your mouth.
If you know, the lie will be exposed.
There is no escaping the truth.

The word weaves all kinds of tales.
When the dark day comes, swim away.
You must be deceiving yourself.

There is no escaping the truth.

Your dreams are in vain.
The day will come.
No force can be destroyed.
There is no escaping the truth.

If you find value, you are free from lies.
Bend your waist slowly.
It does not break when bent.
There is no escaping the truth.

Where do you go with a mask on your face?

This soul will pass away trembling.
If you hide it, it is obvious to Allah.
There is no escaping the truth.

Lying and pleasing everyone
Unable to unlock Kungil.
When you close your eyes, look backwards,
There is no escaping the truth.
BIOGRAPHY

DO YOU WANT TO GET PUBLISHED?

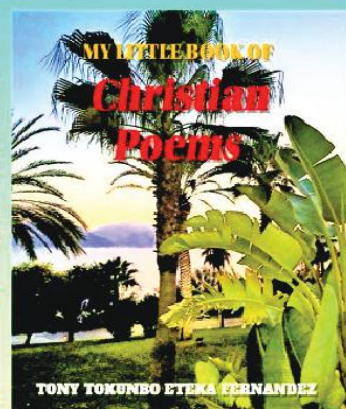
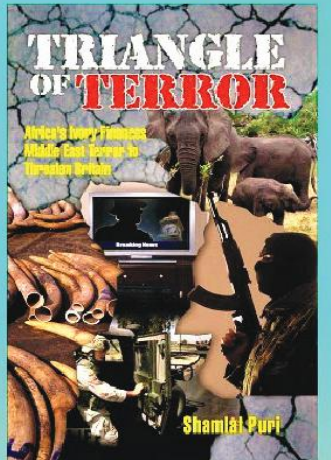
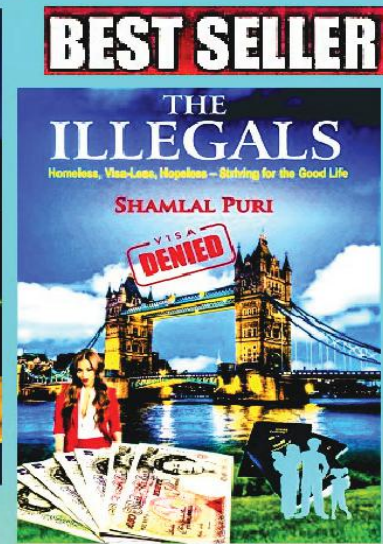
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Trans Nzoia County Residents Applaud Governor George Natembeya For Remarkable Development Progress In Latest Infotrak Report



By: Sefu Sabila
 @themkenyentimes



Governor George Natembeya during the launch of community health promoters in Trans Nzoia. The governor alongside Homabay governor Gladys Wanga have been ranked as the best performing governors by Infotrak Report on Monday.

Stalled projects in the county have been revived, and some under construction. During his campaign, the governor has pledged to finish working on the ongoing project before initiating his own projects. Among the long term stalled project that was costing mwananchi taxes, but no service delivery was the current Kijana Wamalwa Teaching and Referral Hospital, which was handed to the county government, with the governor ascertaining the operations are ongoing along completion to the few remaining departments.

“His efforts also in completing stalled project has played a major role. His presense in comissioning development projects in the county also has contributed to faster completion of projects in the county.” Sylvester Mbugua further said.

Agnes Kirigo a community health promoter in Tuwan ward based in Tom Mboya facility, says the construction of the mother baby unit at the facility has given is another reason to appreciate the efforts by the governor in service and health service delivery to residents of Trans Nzoia.

In the report the “Recently we received promoters kit, this will enhance our work. The construction of the mother baby unit will also reduce incidents of infant mortality in slum areas around like Mitume, Mau Mau, Matisi and Kisumu Ndogo. This is what we have been yearning for years and it’s in actualization.” She joyful said.

The county also was among best performing in roads, sports and culture and education at 56%, 54% and 58% respectively.

Worth Noting:

- The former Rift Valley regional commander is known for calling out lazy county employees, joy-riding on the efforts of others at the expense of mwananchi taxes who are not receiving services. His recent warning being on Senior county Surgeons whose report indicated low performance while earning huge salaries.
- The county was also ranked among the best counties in fighting corruption at position three. Mr. Rufas Maina a long term native of Trans Nzoia county says he is confident of the governor reinstating the golden days of Kitale as an agricultural town. Trans Nzoia came second positiat 62% in terms of agricultural development. The governor has recently been championing for diversification of crop farming in the region, apart from maize production.

In the latest Infotrak Report on county performances, Trans Nzoia county has made a huge turn around from among the least performing counties in 2020 at position 45 to position 3 in 2023.

According to the report, Trans Nzoia county is among counties which have improved in service delivery to common mwananchi. Trans Nzoia is among the Rift region counties topping the development list at number 3 with 62% behind Uasin Gishu and Elgeyo Markwet both at 63%.

Sylvester Mbugua a politician and former Member of County Aspirant, commended on governor Natembeya’s performance, he alludes the improvement in tough warnings by the governor to county employees to deliver service to common mwananchi, and working on the failures of the last government.

“Well first I wish to congratulate the governor for his efforts in mending the problems caused by the previous administration. Natembeya has improved service delivery. His tough warnings on implementors to ensure timely service delivery have also been a major contributor.” Mr. Mbugua said.

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report indicated low performance while earning huge salaries.

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“These are the things we wanted to

see in the first phase of devolution. Sadly as a county we are witnessing the fruits of devolution 10 years later. We must give score where is due. From the investments and attraction of investors that the governor is doing, we are bound to restore Kitale town in the agricultural sector. In October we were among the first counties to receive sunflower seeds in the country. I’m very confident that the governor is duly delivering in his promises, and we can see it from the works currently across the county.” Mr. Maina said.



The construction of the state-of-the-art County's new Headquarters and Mother Baby Unit in Tom Mboya Health Facility are currently ongoing.

The Royal Visit: 21 Gun Salute For King Charles III

By: Prudence Wanza

King Charles III and Queen Camilla arrived at State House, Nairobi yesterday morning for a formal ceremonial welcome.

Their majesties were received by President William Ruto, First Lady Rachel Ruto and Prime Cabinet Secretary Musalia Mudavadi.

King Charles and Queen Camilla were honoured with a 21-gun salute before planting ceremonial African fern pine trees in State House lawns.

The King and Queen then retreated for talks with President Ruto and members of the Cabinet.

King Charles III will proceed to lay a wreath at the Tomb of the Unknown Warrior at Uhuru Gardens.

Later in the evening, President Ruto will host the King and Queen for a



State Banquet.

During their four-day state visit to Kenya the King and Queen will visit Nairobi City County, Mombasa County and surrounding areas.

They will also meet Kenya's young tech entrepreneurs and creatives.

His Majesty the King will visit the United Nations (UN) Headquarters.

In Mombasa, the King and Queen



will visit Mtongwe Naval Base to highlight areas of collaboration in defence.

The Queen will meet survivors of sexual and gender based violence.

This will be the first official visit by the King Charles and Queen Camilla to an African nation since their coronation in May 2023.

Petitions Committee Engages Telkom Engages Telkom CEO On Funds Spent By The National Government Contrary To Law

By: Our Reporter
@themtkenyatimes

The Telkom CEO Mugo Kibati yesterday revealed to the Public Petitions Committee that his was not privy to the transactions done by the Government and Jamhuri Holdings Limited (JHL).

He informed the committee that the board was made aware vide a letter by the National Treasury dated 19th August 2022 to the chairman informing him that JHL/Helios had decided to exit Telkom Kenya and transfer 60 per cent shareholding to the government.

The committee led by the Vice Chairperson Janet Sitienei put to task Kibati on the transactions made last year by the National Treasury to JHL and the role of the CEO as an advisor and member of the Board.

He intimated that the transfer of funds in question was in exchange for the shares, a process that is yet



Telkom CEO Mugo Kibati (centre) and other officials when he appeared before the parliamentary committee yesterday.

to be completed and that the transaction was done between Jamhuri Holdings and the National Treasury with the CS and Mr Paul Cunningham from JHL as interlocutors.

Kibati informed the committee that his Board couldn't convene to pass resolutions to facilitate the completion of the transaction citing a lack of quorum and that the directors required all the necessary information to process the request among other

reasons. Members of the committee expressed concern about what ought to be done in terms of legislation to mitigate future occurrences of a similar impasse.

"Could there be regulations/amendment proposals that you would like put in place to guard future happenings?" Asked Sitienei.

In response, Kibati suggested consideration of the Legal and Policy



The Petitions Committee Vice chairman Janet Sitienei (centre) with other members during yesterday's session.

framework while nationalizing Private companies.

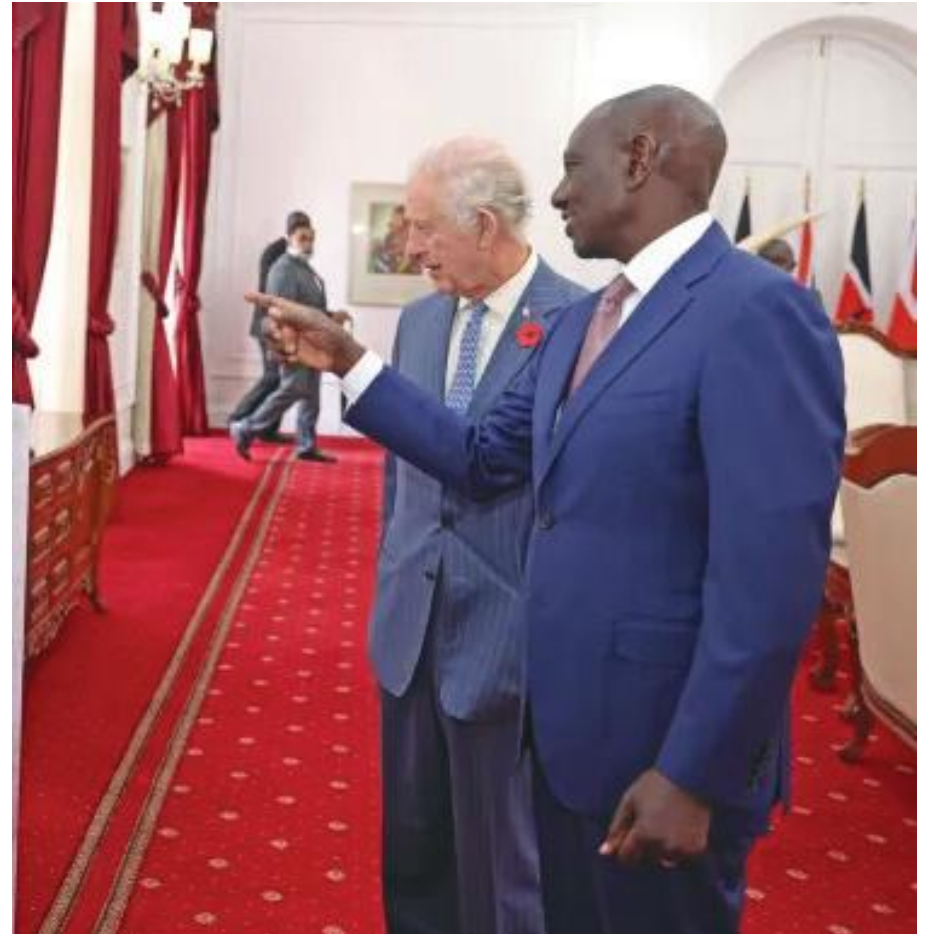
Members of the Petitions Committee were also made aware by the CEO that Telkom Kenya has received a communication from the National Treasury on the intention to secure a new investor to take over Jamhuri Holdings Limited's Shareholding.

Furthermore, the committee engaged Human Rights Organisations

namely; HAKI Africa, MUHURI, Human Rights Agenda (HURIA) and SEMA UKWELI on the enactment of legislation to criminalise and prescribe penalties for the crime of enforced disappearances.

The organizations shared their memoranda with the Committee to assist in the legislation.

In Pictures: President William Ruto With King Charles III At State House, Nairobi





LETTERS TO THE EDITOR

Encouraging Constructive And Useful Activities For Students During The December Holiday

Dear Editor,

As the December holiday is here, it is crucial to guide and encourage students to make the most of their time off from school. This period offers a valuable opportunity for personal growth, skill development, and relaxation. To ensure that students engage in constructive and useful activities during this break, I would like to offer some advice.

1. Pursue Intellectual Enrichment

The holiday season provides an ideal time for students to expand their knowledge and explore new interests. Encourage them to engage in activities that promote intellectual enrichment, such as reading books, participating in online courses or workshops, or even starting a personal research project. By engaging in these activities, students can enhance their critical thinking skills,

broaden their horizons, and develop a love for lifelong learning.

2. Volunteer and Give Back:

The holiday season is also an excellent opportunity for students to give back to their communities. Encourage them to volunteer at local charities, shelters, or community centers. By engaging in acts of service, students can develop empathy, compassion, and a sense of social responsibility. Additionally, volunteering can provide valuable experiences that foster personal growth and help students understand the importance of making a positive impact on society.

3. Engage in Physical Activities:

While it is essential to focus on intellectual and social development during the holiday break, it is equally important to prioritize physical well-being. Encourage students to engage in physical activities such as

sports, hiking, yoga, or even regular exercise routines at home. Physical activities not only promote physical fitness but also contribute to mental well-being by reducing stress levels and improving overall mood.

4. Spend Quality Time with Family and Friends:

The holiday season is a time for connection and bonding with loved ones. Encourage students to spend quality time with family and friends by organizing gatherings or participating in shared activities. These interactions foster strong relationships, provide emotional support, and create lasting memories.

5. Reflect and Set Goals:

The December holiday break offers a natural pause for students to reflect on their achievements and set goals for the upcoming year. Encourage them to take some time to evaluate

their academic progress, personal growth, and areas of improvement. By setting realistic goals, students can develop a sense of purpose and direction, which will motivate them to strive for success in the future.

In conclusion, the December holiday break presents an excellent opportunity for students to engage in constructive and useful activities that promote personal growth, skill development, and relaxation. Encouraging intellectual enrichment, volunteering, physical activities, spending time with loved ones, and reflecting on goals will ensure that students make the most of this valuable time off from school.

Sincerely,

Rebecca Nyakoboke

You can write letter to the Editor on any subject through:

news@mountkenyatimes.co.ke

Email Us:

news@mountkenyatimes.co.ke

Empowering Women In Media: Becoming The Voice Of Voiceless

Dear Editor,

I am writing to raise awareness and advocate for the transformative role women can play in the media industry. By empowering women and providing them with a platform to express their perspectives, we have the opportunity to magnify their voices and ensure that all members of society are represented.

Who can deny the power of a woman's voice? Women possess unique insights, experiences, and talents that are often overlooked and dismissed. To truly reflect the diverse communities we live in, it is imper-

ative that we eliminate the gender disparity in media and encourage women to amplify their voices.

By engaging women in media, we can foster a more inclusive society. When women have an active role in shaping narratives, they not only challenge stereotypes but also give voice to marginalized and underrepresented groups. This inclusion inspires empathy, understanding, and progress in our communities and helps break down the barriers that limit opportunities for women.

Through the media, we have the power to address social issues that

have long been ignored. When women are given equal representation, they can bring attention to matters that truly affect our society. They can advocate for gender equality, fight against discrimination, and shed light on issues such as sexual harassment and domestic violence that disproportionately impact women.

Empowering women in media is clear—fostering gender equality and equal representation. We should engage in this now within our media outlets be it newsroom, movie studios or online platforms a collective, responsible for making this change.

We can start by creating mentorship programs and scholarships for aspiring women journalists and content creators. We can establish quotas and guidelines for gender diversity in media organizations. We can create safe spaces for women to share their stories and provide them with opportunities to contribute to mainstream media.

We should emphasize the power and responsibility media outlets hold in shaping the narratives of our society. By empowering women and giving them the platform they deserve, we not only break the silence

but also pave the way for a more equitable and just world.

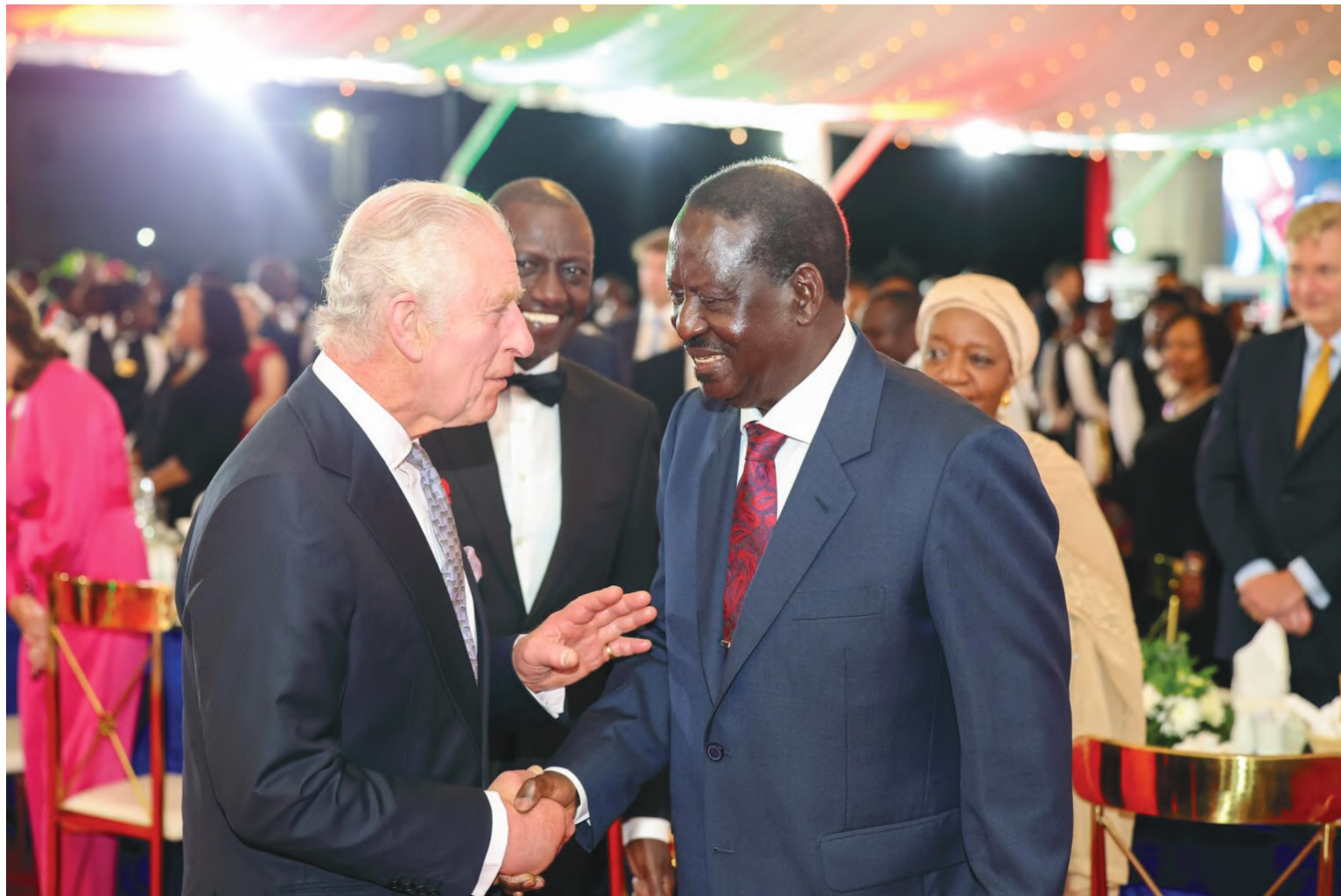
Together, let's be the change we wish to see, fostering gender equality and amplifying women's voices in the media. Our society will be richer and more enriched when all voices are heard, and talents are allowed to flourish regardless of gender.

Sincerely,

Rebecca Nyakoboke

Raila And President Ruto United In King Charles III Visit As He Attends State Banquet

By: Capital News



King Charles III chats with Kenya's Opposition leader Raila Odinga as President William Ruto looks on during His Majesty's visit to Nairobi on October 31, 2023..

Worth Noting:

- Yesterday, King Charles and Queen Camilla had a busy day that started with a ceremonial welcome event at State House, Nairobi where he received a 21-gun salute.
- The King later held bilateral talks with President Ruto before he was taken to Uhuru Gardens where Kenya declared independence in 1963.
- At Uhuru Gardens, the King and The Queen were taken on a tour of the museum to appreciate Kenya's history.
- The King was later taken to Eastlands Library which was built by the Council in 1969 and later visited the Nairobi Garage where he was wowed by the brains behind graffiti in the city. King Charles and Queen Camilla are crowning the day with a banquet at State House, Nairobi hosted by President William Ruto and First Lady Rachel.

King Charles III visit to Kenya appears to have united President William Ruto and Opposition chief Raila Odinga who was among the dignitaries at the State House Banquet yesterday night.

President Ruto and First Lady Racheal hosted a state banquet for King Charles and his wife Camilla on their first state visit to Kenya.

Their Majesties arrived in Kenya on Monday night for a four-day state visit to Kenya, the first in Africa since King Charles ascended to the throne last year on the death of his mother Queen Elizabeth.

Odinga's presence at State House during the King's visit was particularly important given his frosty relations with President Ruto who defeated him in the August 2022 elections.

Odinga led a series of protests across the country in mid this year before the president formed a committee to address his grievances which does not include a power-sharing agreement.

Their Majesties are on a four-day visit to the country where the King is expected to acknowledge "painful aspects" of the UK's colonial past.

The King and the Queen have an elaborate itinerary in Nairobi and Mombasa in the historic visit aimed at solidifying Kenya-UK relations.

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The King was later taken to Eastlands Library which was built by the Council in 1969 and later visited the Nairobi Garage where he was wowed by the brains behind graffiti in the city. King Charles and Queen Camilla are crowning the day with a banquet at State House, Nairobi hosted by President William Ruto and First Lady Rachel.

The royal's visit to Kenya is however, overshadowed by atrocities of the British government in the 1950's when more

than 10,000 people were killed and others tortured during the brutal suppression of the Mau Mau uprising.

Their Majesties will continue their state visit itinerary on Wednesday with several events lined up, including a tour of the United Nations.

They are also expected to visit the National Park to appreciate Kenya's wildlife diversity before they head to Mombasa on Wednesday.

At the Coast, Her Majesty will spend time with survivors of gender-based violence, while His Majesty will engage with religious leaders who are working with UK-funded programs to promote community cohesion.

More than 10,000 people were killed and others tortured during the brutal suppression of the Mau Mau uprising in the 1950s, one of the British Empire's blood-

iest insurgencies.

The resistance group remained outlawed and was designated a terrorist organization by the colonial government and subsequent administrations in independent Kenya which did not overturn the ban.

It was only in 2003 that the law was changed, and members of the Mau Mau were finally recognized as freedom fighters.

The British government has expressed regret and paid the compensation to some of the Mau Mau veterans but remains for the King to publicly apologize and offer more reparations.

Rights groups and survivors have exerted pressure since last week, demanding a public apology and reparations in billions.



Ambassadorial Nominees Out To Task By Defence, Intelligence And Foreign Relations Committee

By: Our Reporter
 @themkenyatimes



Worth Noting:

- Amb. Cherwon has been the chief protocol officer at the Ministry of Foreign and Diaspora Affairs since 2019 and has previously served as Counselor at Kenyan Embassy on Berlin, Germany.
- Defending her suitability for the job, Amb. Cherwon said she would pursue economic diplomacy to bridge the balance of trade between Kenya and France by marketing Kenya as a favourable trading partner in Paris.
- Amb. Cherwon also pledged to anchor Kenya on the counter climate change efforts, given that Paris is host to many agencies dealing in climate change affairs, and also enjoys cordial relations with Kenya.

Four Presidential nominees for positions of Ambassadors, High Commissioners and Permanent Representatives were yesterday subjected to vetting by the Departmental Committee on Defence, Intelligence and Foreign Relations.

The four who appeared before the Nelson Koech (Belgut)-led MP are Ms. Fouzia Abdirahman Abass (Bern, Switzerland), Amb. Betty Chebet Cherwon (Paris, France) Amb. Fredrick Lusambili Matwanga (Rome, Italy) and Amb. Angeline Kavindu Musili (Stockholm, Sweden).

During the vetting, members interrogated the nominees on their past performance in public service and gauged the scope of their knowledge on current diplomatic issues of interest to Kenya in destinations to which they have been nominated for appointment to.

Among these, were questions on what strategies the nominees would employ to achieve better balance of trade between Kenya and the respective countries, as well as unique social-economic areas of collaboration which they would pursue if approved for appointment.

Amb. Cherwon has been the chief protocol officer at the Ministry of Foreign and Diaspora Affairs since 2019 and has

previously served as Counselor at Kenyan Embassy on Berlin, Germany.

Defending her suitability for the job, Amb. Cherwon said she would pursue economic diplomacy to bridge the balance of trade between Kenya and France by marketing Kenya as a favourable trading partner in Paris.

Amb. Cherwon also pledged to anchor Kenya on the counter climate change efforts, given that Paris is host to many agencies dealing in climate change affairs, and also enjoys cordial relations with Kenya.

Ms. Abass on the other hand has previously worked in the United Nations in different capacities; including as Chief Procurement Officer handling the UN Disengagement Force for Israel & Syria between June 2006 and November 2007.

She said she would use her vast diplomatic skills honed at the UN, to pursue strategic partnerships between Kenya and Switzerland in trade, scientific research and education.

Amb. Matwanga is the current Director for Economic and Commercial Diplomacy at the Ministry of Foreign and Diaspora Affairs, and has previously served at the Kenyan UN Mission in Geneva.

The nominee said he would foster mediation between Kenya and Italian authorities over the controversial Malindi Space Centre to pursue mutual interest. The Centre is currently at the centre of a dispute that has occasioned queries before the National Assembly for possible revocation of a Defence-Cooperation Agreement between Kenya and Italy.

He further said that if approved to serve the country in Rome, he would use diplomatic channels to rejuvenate Italians' interest in Kenya as a leading tourism destination for its citizens

Ambassador Musili on the other hand has been the Director for the Americas and Carrebean Directorate at the Ministry of Foreign and Diaspora Affairs since May 2022.

She told the committee, that if approved, she would use available diplomatic avenues to pursue deeper collaborations with Swedish authorities on matters of water, sanitation and hygiene, especially for Kenyan slum dwellers.

Koech noted that the work would be clearly cutout for the nominees if approved, especially on the front of international trade, industrial collaborations and positive diplomatic ties.

"It is important that if you are appoint-

ed, you do as much as possible to help ease the pressure back home. We, for instance, are having a strain with the dollar. You will have your work clearly cut out if you are approved. However, we wait for the collective wisdom of this Committee when we retreat to draft a Report on your suitability," said Koech. The approval hearings for all the 27 nominees are expected to close on Thursday 2nd November, 2023.

The committee, is subsequently expected to table its Report before Wednesday next week November to enable the House consider the matter within the Statutory timelines.

Sports >> *Spain and Barcelona midfielder Aitana Bonmati has won the Women's Ballon d'Or for the first time.

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Spain And Barca Midfielder Bonmati Wins Ballon d'Or For First Time



Aitana Bonmati and Lionel Messi. PHOTO/Ballon d'Or/Twitter

Spain and Barcelona midfielder Aitana Bonmati has won the Women's Ballon d'Or for the first time.

The 25-year-old enjoyed a hugely successful year as she helped her club triumph in the Spanish top flight and Champions League, and her country win the World Cup in the summer.

She was also crowned Uefa's player of the year in August.

England goalkeeper Mary Earps achieved a fifth place finish while team-mate Rachel Daly was 10th.

Fellow Lionesses Millie Bright and Georgia Stanway were also among the nominees.

Sam Kerr of Chelsea and Australia finished second, Barcelona and Spain teenager Salma Par-

alluelo was third, and Fridolina Rolfo of Barcelona and Sweden finished fourth.

"I'm very proud to win the Ballon d'Or," Bonmati said.

"Football is a collective sport so I'd like to extend this prize to my team-mates and staff."

She added at the end of her speech in English: "Finally congratulations to the other nominees. They're great footballers."

"As role models we have a responsibility on and off the pitch. We should be more than athletes and keep leading by example and fighting together for a better, peaceful and equal world."

Spain's World Cup win was overshadowed by the fallout from Spanish football federation president Luis Rubiales kissing

Jenni Hermoso after the final, which she said was not consensual.

Bonmati scored three goals at the tournament in Australia and New Zealand as Spain went on to beat England in the final.

She has now won four league titles with Barcelona and two Champions Leagues.

This was the fifth edition of the Women's Ballon d'Or, with Bonmati's Spain and Barcelona team-mate Alexia Putellas winning the past two.

Ballon d'Or top 10

1. Aitana Bonmati (Spain and Barcelona)
2. Sam Kerr (Australia and Chelsea)
3. Salma Paralluelo

4. Fridolina Rolfo (Sweden and Barcelona)
5. Mary Earps (England and Manchester United)
6. Olga Carmona (Spain and Real Madrid)
7. Alexandra Popp (Germany and VfL Wolfsburg)
8. Patricia Guijarro (Spain and Barcelona)
9. Linda Caicedo (Colombia and Real Madrid)
10. Rachel Daly (England and Aston Villa)

-By BBC Sports

GET THE BEST OF WORLD

Sports >>> *The penultimate round of the 2023 Kenya National Rally Championship gets underway at this weekend's prestigious Guru Nanak Rally (4 – 5 November) – and this year's edition boasts a suitably star-studded entry.

Guru Nanak Rally To Host Penultimate KNRC In Soysambu



By: **Capital Sport**

The penultimate round of the 2023 Kenya National Rally Championship gets underway at this weekend's prestigious Guru Nanak Rally (4 – 5 November) – and this year's edition boasts a suitably star-studded entry.

Newly crowned champion Jasmeet Chana tops the entries in his championship winning Mitsubishi Lancer Evolution X, and will be joined in the cockpit by his elder brother Ravi Chana.

Also in the Guru Nanak mix is legendary Ian Duncan who has won the Guru Nanak a record 12 times. Duncan will pilot a Nissan 280Z classic car navigated by Jaspal Matharu.

The rally- which is sponsored by CFAO Motors (formerly Toyota Kenya)- has also attracted talented youngsters including Neel Gohil who is entered in the second-tier clubman category.

Gohil- son of retired rally driver Sushil Gohil- which will be making his debut in the training event which is run alongside the main KNRC.

Former multiple KNRC navigators' champion Piers Daykin is entered in the classic category.

Daykin won the Guru Nanak

twice navigating Lee Rose in a Mitsubishi and will be returning to the bucket seat of his car this time on the drivers seat.

Daykin will be navigated by Tariq Malik in a Datsun 280Z that he will be testing for this year's East African Safari Classic Rally later in the year.

Samman Vohra, winner of last month's KNRC7 KMSC Rally, returns with a Skoda Fabia Rally 2 car, and there are entries too for youngster Rajveer Thethy in a Subaru, Nikhil Sachania in a hand-controlled Evolution X and Jose Sardinha (Mitsubishi Pajero SPV).

The fabled rally, which is one of the oldest on the calendar, gets underway from the Service Park in Elementeita.

A total of four stages will be repeated to make up scintillating seven speed tests of which Soysambu and Sleeping Warrior will be repeated twice and Mbweha thrice.

The third run of Mbweha stage (the last stage on the itinerary) will serve at the Power Stage where three fastest drivers will be awarded bonus points on the KNRC points table.

"The event is an exciting run on

the WRC Safari route and will run entirely on private land," Clerk of the Course Qahir Rahim revealed.

Event Director Onkar Kalsi, on his part, promised competitors a spectacle in the great rift valley.

This year's Guru Nanak Rally will count as the eighth round of the Kenya National Rally Championship

The event will feature a clubman category where greenhorn entrants will savour an opportunity to hone their skills in a proper rally set-up.

According to Qahir, the Clubman (which is basically a training rally) will be run in compliance with the FIA International Sporting Code, its appendices, the KMSF National Sporting Regulations and the National Rally Sport Regulations which comply with the FIA regulations and these Clubman Regulations.

The total Competitive distance for the Clubman rally is 69.48 km with a transport road section of 16.16 km and a total distance of 85.64 km.

The main class will feature a competitive mileage of 160.11km and a liaison distance of 32.8km.

Meanwhile, Rajveer Thethy's navigator Wayne Fernandes have pronounced themselves ready for

the event.

Fernandes first entered the Guru Nanak Rally in 2017, the year he started his rallying career.

"I took part in Guru Nanak of 2017 with Daren Miranda in a 2WD Subaru Impreza, where we finished 3rd in class. Guru Nanak Rally holds a special place in my heart. I have had the honor to be awarded the Randeep Lochab Memorial trophy 3 times, twice with Daren and once with Rajveer Thethy." Fernandes explained.

This year Rajveer and Fernandes will be entering a Subaru N10 in the B13 class.

They both went out testing last weekend, and are looking forward to the Warrior and Soysambu stages.

"We are both looking forward to a great rally. Soysambu is always a fun, fast and flowing stage rally. And Sikh Union team of Onkar Kalsi, Rahim and Pipi Renu always put up a great show," said Fernandes.

"We are also looking forward to being on the stage with upcoming youngster Neel Gohil who will be competing in his first ever KNRC Clubman and wish him all the best."

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Parents Advised On Their Roles During The Long December Holiday

By: Paul Wanjohi
@themkenyatimes

Worth Noting:

- For young learners, setting goals can be a remarkable motivator during the holidays. Consider objectives related to reading a specific number of books, acquiring a new skill, or completing a personal project. Goals can help learners stay productive and focused on self-improvement. The holiday season provides an excellent opportunity to explore personal interests and hobbies, whether it's painting, writing, music, or a sport. It's the perfect time to discover new passions or hone existing skills.
- To keep the flame of curiosity alive, young learners can continue their love for learning. Visits to museums, science centers, or historical sites can be both enjoyable and enriching.



Sharp Education Center.

As the holiday season draws near, there's an undeniable sense of excitement and anticipation in the air. In Kenya, schools are on the verge of closing for the extended Christmas break, marking a time when both parents and students can embrace a different pace of life. The holiday season is truly a time for treasured moments with family, joyful celebrations, and a well-deserved break. However, it can also present challenges in terms of keeping young learners engaged and ensuring they make the most of this prolonged school hiatus.

As parents, it's crucial to strike a harmonious balance. Craft a daily schedule that encourages structured activities, moments of free play, and relaxation. This approach not only guards against excessive screen time but also keeps children actively engaged in constructive pursuits. While the holidays are a time for rest, they are also a golden opportunity for continual learning. Encourage your children to dive into books, embark on creative projects, and explore their personal interests. Enrolling them in holiday programs or camps that combine education with fun experiences can be a fantastic way to enrich their break.

Moreover, this holiday season provides the perfect occasion to

strengthen family bonds. Plan exciting outings, evenings dedicated to board games, and activities that foster togetherness, all of which create enduring memories. In addition, parents should carefully monitor their children's screen time, ensuring a healthy equilibrium between online and offline activities. Encourage physical activity and social interactions. Don't forget to maintain attention to your child's nutrition and well-being during the holidays to ensure they sustain a balanced diet and stay active and healthy.

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be a remarkable motivator during the holidays. Consider objectives related to reading a specific number of books, acquiring a new skill, or completing a personal project. Goals can help learners stay productive and focused on self-improvement. The holiday season provides an excellent opportunity to explore personal interests and hobbies, whether it's painting, writing, music, or a sport. It's the perfect time to discover new passions or hone existing skills.

To keep the flame of curiosity alive, young learners can continue their love for learning. Visits to muse-

ums, science centers, or historical sites can be both enjoyable and enriching. Effective time management is crucial, and learners can practice allocating specific time slots for study, leisure, and physical activity. This approach ensures a balance between relaxation and learning. Additionally, they might contemplate volunteering or contributing to their community, gaining insights into empathy and social responsibility.

Let's remember that the holiday season isn't just about academic achievements; it's also about personal growth and strengthening family bonds. As Dr. Wanjohi eloquently expressed during the launch of The Sharp Education Centre Youth Empowerment Solution on October 19, 2023, in Kayole, Nairobi: "The holiday season is a time of transformation and unity. It's our chance to inspire and be inspired, to connect and grow." This program, which has already enrolled over 186 out-of-school youth aged between 13 and 35, aims to empower these young individuals through mentoring and training, striving to bring equity and inclusivity to the education sector.

In the spirit of the holiday season, let's cherish the opportunities for growth, togetherness, and learning, and make the most of this special time of the year.

Dr. Paul Wanjohi Director, Sharp Education Center Email: paulwanjohi63@gmail.com



Murang'a Governor Irungu Kang'ata addressing media.