



Inclusivity In Action: Citizen Governance As A Catalyst For Climate Change Mitigation In Kenya
Climate change is an omnipresent global challenge, impacting nations across the globe, and Kenya is no exception. In recent years, the East African nation has experienced the adverse effects of climate change, including erratic weather patterns

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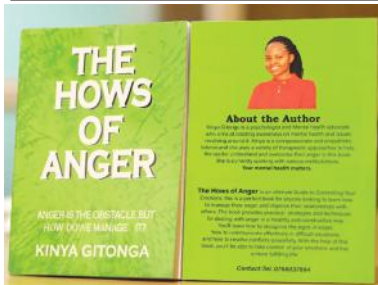
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News>>ILAM Fahari IREIT Receives Regulatory Nod To Delist From The Main Market Segment

P. 8. ILAM Fahari Real Estate Investment Trust has received the regulatory approval to delist from the Main Investment Market Segment (MIMS)



Motivation>>Anger Is Very Healthy, How We Respond Counts

P. 12. Anger is a fundamental human emotion characterized by feelings of displeasure, frustration, or hostility in response to perceived threats, injustices, or conflicts.

Nakuru Plans For Artificial Intelligence In Healthcare

 The County Government of Nakuru is seeking partnerships towards incorporating Artificial Intelligence (AI) and other emerging technologies in operations of its hospitals and dispensaries to help identify health trends, anticipate disease outbreaks and optimize resource allocation.



Nakuru Governor Sussan Kihika

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Law is Lenient on the Drug War - Pastor Dorcas Rigathi

By: OSDP

Worth Noting:

- The 6th Bishop of Mt. Kenya South, Canon Charles Muturi, under the Anglican Church who hosted her commended her for the fight against addictions.
- The Anglican Church in that region has also started two programs seeking to empower the boy child and fight alcoholism. The programs are dubbed 'Kanisa Madukani' and 'Kanisa Mashinani'.
- "We do not seek fame but we must fight for our children and save our brothers and children, for the glory of God. As the church, for many years, we kept quiet and watched as alcohol was brought to our neighbourhoods, and sold to our children," said Bishop Muturi.



Dr Grace Kibathi, Kabete MP Githua Wamachukuru, Pastor Dorcas Rigathi and Deputy Governor Kiambu Rosemary Kirika during the Kabete Medical Camp against alcohol, and drug addictions at the Kibichiku Secondary School Grounds on Tuesday 6th Feb 2024. The camp attracted hundreds of people from Kabete and her environs who underwent different medical checkups. Photo/OSDP

The spouse of the Deputy President Pastor Dorcas Rigathi expressed concern that the laws in the country were soft on drug peddlers, drug barons, brewers of illicit brews, and sellers of second generation brews.

Speaking during a clergy meeting at a church in Kabete, Kiambu County, yesterday, Pastor Dorcas said, "The law is very lenient to the murderers of our children."

She vowed to push against the tide of addictions through the campaign she initiated last year dubbed 'the boy child program' with both preventive and curative programs.

"If the law does not fight it, we shall fight spiritually. We must give hope, strengthen and encourage them," she said.

Already, the office of the spouse of the

Deputy President (OSDP) has rehabilitated tens of men from addictions from different parts of the country.

She also challenged the church to speak out against the vices working against the welfare of Kenyans, especially the youth.

"A mature church speaks the truth, and the church must start speaking," said Pastor Dorcas.

The 6th Bishop of Mt. Kenya South, Canon Charles Muturi, under the Anglican Church who hosted her commended her for the fight against addictions.

The Anglican Church in that region has also started two programs seeking to empower the boy child and fight alcoholism. The programs are dubbed 'Kanisa Madukani' and 'Kanisa Mashinani'.

"We do not seek fame but we must fight for our children and save our brothers

and children, for the glory of God. As the church, for many years, we kept quiet and watched as alcohol was brought to our neighbourhoods, and sold to our children," said Bishop Muturi.

Bishop Muturi reminded the church that 'it is easier to build a boy than repair a man'.

Deputy Governor-Kiambu Rosemary Kirika warned the residents against consuming alcohol because of the health ailments the drinks caused the body.

Kabete MP Githua Wamacukuru said that alcohol had robbed the area of their fathers, sons and children.

Area MCA Grace Hinga decried the alcoholism in Kabete, speaking for hundreds of mothers and fathers in the area who had buried their children because of illicit brews.

"I buried my eldest son last year because of alcohol, and the wound is still very fresh. We are burying our soul, and blood. As you (Pastor) Dorcas fight this dragon, know it is a big dragon. We are very bitter as mothers of Kabete," said MCA Hinga.

Pastor Dorcas and the OSDP also held a medical camp targeting those in addictions at the Kibichiku Secondary School Grounds in Kabete.

Hundreds turned up for the exercise that included VCT, eye checkups, ENT, blood pressure, and general body checkups, among others. Similar medical camps have been held in Kisii, Nairobi, Mombasa, Kiambu, and Embu.

Editor's Desk

The Mt. Kenya Times



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Group Executive Chairman
M. Danson

Our Contacts

P. O. Box 101 675 - 00101 Nairobi, Cell: 0700 161 866, 0705 215 262

Editorial Desk: editorial@mountkenyatiimes.co.ke, Adverts: ads@mountkenyatiimes.co.ke,

News Desk: news@mountkenyatiimes.co.ke, Web: www.mountkenyatiimes.co.ke

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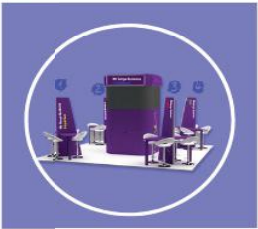
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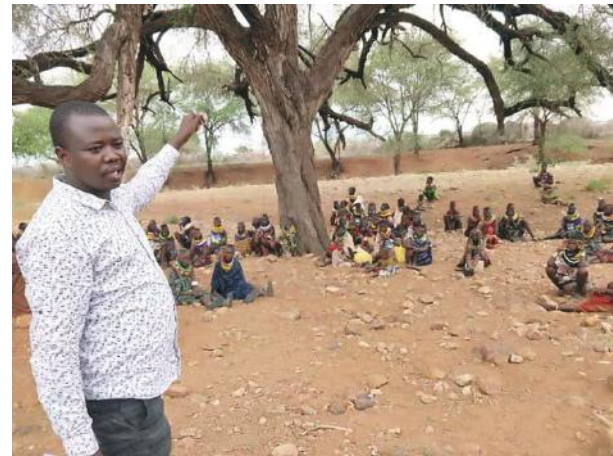
Rita C. Kotut:

+254 724 439 949
rita@mountkenytimes.co.ke | ritzkotut@gmail.com

NEWS IN BRIEF



The Fred Hollows Foundation has organised a free eye medical screening for Mander East residents to prevent eye-related diseases. The camp, titled “Restoring Eyesight,” aims to benefit over 500 residents of varying ages. Dr. Francis Ochieng, an ophthalmologist, highlighted the prevalence of eye infections in the area due to poor hygiene and living conditions. The County Executive Committee (CEC) for Health Services in Mandera County, Mohamed Ali, expressed gratitude for the Foundation’s timely assistance. The free camp, scheduled from February 5th to February 9th, is aimed at addressing eye problems among pastoralist communities.



is estimated to take six months to complete, and the county government has been steadfast in implementing irrigation projects to ease food production in the county. The project is expected to take six months to complete.



ing and sometimes interference, trivialization, and politicisation of corruption cases. He advised Kenyans to elect leaders of integrity to get the services they deserve and protect their resources. The Justice and Legal Affairs Committee Chair, George Murugara Gitonga, is meeting with various government agencies to strengthen the war on corruption. Gitonga said that the Committee will use legislative means to seal loopholes exploited to siphon public funds in both the National and County governments. He praised EACC for its continued anti-corruption crusade, which has seen the successful recovery of grabbed public assets and funds worth billions of shillings. The EACC Chair, Bishop (Dr.) David Oginde called for a multi-agency approach to fight corruption and ensure Kenyans get value for their money.

Kenya’s Ethics and Anti-Corruption Commission (EACC) CEO, Twalib Mbarak, has voiced concerns about the implementation of prosecutorial powers by the Commission. He emphasised that the Commission has a cordial relationship with other government agencies, including the Office of the Director of Public Commission (ODPP) and the Office of the Director of Criminal Investigations (DCI), and believes they are slaying the dragon of corruption. However, Mbarak noted that the Commission is currently facing inadequate fund-



South Rift leaders, led by Kericho Governor Dr. Erick Mutai, Kericho Senator Aaron Cheruiyot, and Emurua Dikir Legislator Johana Ngeno, have emphasized the importance of prioritizing development, education, and social welfare over political rhetoric. They urged leaders to focus on their pledges to the electorate and not dwell on immature campaigns that benefit fewer people. Cheruiyot and Ngeno agreed to work together for the benefit of Wananchi. The trio also emphasised the need for affordable housing programmes, which will be built in Kericho and extended to Litein and Kapkatet urban centers. They announced a public participation forum in the Litein Center and called on residents to attend. AIC Bishop Paul Kirui called on the church faithful to practice sharing with the less fortunate. The leaders also announced plans to organise a major fundraiser to rebuild a bigger and more modern church.

Chief Justice Martha Koome has commissioned a multi-agency team to resolve land disputes in Nairobi City County. The Nairobi Land Justice Working Group, comprising key players in the land justice sector, will identify root causes and address systemic challenges in land justice administration. The group will engage with the public and stakeholders to secure lasting solutions to land disputes and foster a prosperous future. The initiative aligns with the Social Transformation through Access to Justice (STAJ) blueprint, aiming to reduce cases in court for more than three years. The group will examine delays, streamline case management processes, and adopt innovative justice delivery mechanisms. The initiative is a testament to the commitment of the Environment and Land Court (ELC) to expedite land justice in Nairobi.



The Social Health Insurance Fund (SHIF) will provide more benefits to vulnerable people, according to Health Cabinet Secretary Susan Nakhumicha. The fund will provide money for screening, dialysis, kidney transplants, drugs, equipment provision, and health worker recruitment. The insurance will offer solutions that the National Hospital Insurance Fund (NHIF) could not provide to Wananchi when they most needed them. The new laws include the Primary Insurance Act, the Social Health Insurance Fund, and the Emergence Critical and Chronic Illness Fund, which will cater to cancer, diabetes, and hypertension. Digital systems will be used to ensure the use of funds and curb the use of other people’s data without their knowledge. The new insurance will also cater to people with disabilities. Makueni County Governor Mutula Kilonzo Jr. emphasised the need to solve the high cost of treating chronic illnesses and urged Kenyans to seek health services in hospitals.



NEWS IN BRIEF



The Hass Land price index for the Fourth Quarter of 2023 revealed that the average price of an acre in Nairobi’s suburbs has grown at the fastest pace since 2015. The quarterly price increase of 3.3% was the highest since the First Quarter of 2015, indicating the property sector’s recovery from the COVID-19 pandemic dip. Muthaiga, Ridgeways, and Loresho stood out in quarterly price growth at 3.7%, 3.6%, and 3.1%, respectively. The average price per acre in the suburbs has now crossed the Sh200 million mark, thanks to the affordability, ease of access, and mixed-use zoning in areas like Langata, Ridgeways, Loresho, and Muthangari. In Nairobi’s satellite towns, prices increased by 3.7% in the quarter, the fastest growth since the Second Quarter of 2022. Satellite towns with better access infrastructure along Thika Road, Mombasa Road, and Ngong Road arteries continued with steady price growth. Kiambu, which has recently experienced overpricing due to high speculation, jumped to the head of the queue in quarterly price growth at 9.4%. On an annual basis, land prices in the suburbs rose by 4.0%, with satellite towns seeing a price gain of 9.3%.



The Principal Secretary for Medical Services, Mr. Harry Kimtai has inaugurated the nationwide distribution of 150,000 blood bags and essential supplies at the Kenya Blood Transfusion Centre headquarters in Nairobi, enhancing the country’s blood collection efforts. This initiative marks a significant stride towards a healthier Kenya, ensuring a robust and accessible blood supply vital for medical emergencies and surgeries. Kimtai emphasized that by securing blood resources, lives are preserved, strengthening the foundation of a resilient society. Additionally, Kenya’s Blood Ambassadors, including Charlene Ruto, Caroline Wang’amati, Aisha Daffalla, and Kennedy Sanya, were introduced during the event. These ambassadors will play a crucial role in raising awareness and promoting voluntary blood donation, fostering compassion and solidarity within communities across the nation.



In an effort to tackle the challenges surrounding access to cancer care in the country and align Non-Governmental Organization initiatives with the National Cancer Agenda and the Ministry’s Cancer Strategy, Mr. Harry Kimtai, the Principal Secretary of the State Department for Medical Services, convened a strategic meeting today. Joined by City Cancer Challenge CEO Isabel Mestres, Chair of NCI-Kenya Board and Chief Executive Officer (CEO) of Amref Health Africa Dr. Githinji Gitahi, and NCI CEO Dr. Elias Melly, the discussion centered on the progress of the City Cancer Challenge Nairobi initiative and its alignment with the Ministry’s Cancer Strategy. Mr. Kimtai highlighted the Ministry’s collaboration with the Nairobi City County Government and City Cancer Challenge through an MOU, aiming to coordinate the health sector’s response to Kenya’s escalating cancer burden. He emphasized ongoing efforts to conduct a city-wide needs assessment in Nairobi, seeking to identify capacity and challenges in accessing cancer care and address them with locally-driven solutions.

Ogiek And Endorois Communities Protest Against Land Injustices

By: Stacie Ang’aya and Sharon Otieno
@themtkenyatomes

Members Economic, Social and Cultural Rights ESCR-Net members, Endorois, and Ogiek communities held a peaceful procession to seek justice for their seized lands and torched houses from the Attorney General.

The two communities and the ESCR-Net members intended to deliver a call-to-action letter to the Attorney General’s office demanding the government to immediately implement the Commission and Court rulings to ensure justice and reparations for the communities. Hence, the communities have been protesting government neglect and forced evictions from their ancestral lands, demanding the fulfillment of promises made to them.

The Ogiek and Endorois communi-

ty is awaiting plans from the Attorney General to address the ongoing protests due to recent house burnings and slow court proceedings.

Further, through its representative, the Ogiek community noted that the National Land Commission, in a visit to their land, promised to address the contentious issues but are currently disappointed to learn that the community has been accused of living in and destroying the Mau forest, allegations they vehemently deny.

The communities also cited the issue of carbon grading which they suspect could be the underlying motivation for the forceful eviction and therefore, appealed to the government to sensitize everyone involved for better understanding through information, awareness, education, and training as it relates to carbon grading.

They added that their people lack basic facilities such as schools and hospitals where the former have been burnt down and the latter devoid of



Members of Ogiek and Endorois communities protesting yesterday.

amenities and specialists needed to effectively take care of members of the communities. A representative from Sheria House assured the group that their issues would be promptly addressed.

IT Experts Call For Dismissal Of Robotics And Artificial Intelligence (AI) Society Bill, 2023

By: PSCU

Worth Noting:

- On her part Ms. Elizabeth Mutua, lecturer at Dedan Kimathi University and who was part of the delegation, stated that the Bill lacks the aspect of Gender Equality since it has no provision for women participation and space for the old people.
- After the presentation, the committee acknowledged that the delegation's opinion was an eye opener assuring them that once the Bill is presented before it, they will conduct public participation before rejecting or amending it.



Committee members pose for a photo after the session.

Experts on Information Technology now want the Robotics and Artificial Intelligence (AI) Society Bill, 2023 dismissed arguing, that it has a lot of glaring gaps and could lead to a national disaster.

The delegation from American Chamber of Commerce (AMCHAM) was appearing before the National Assembly Departmental Committee on Communication, Information and Innovation chaired by John Kiarie who is also the Dagoretti South to consult on AI and Emerging Technologies for Safer Internet Day that was marked yesterday.

Mr. Alex Gakuru, who is the Director Center for Law in Information Technology and leader of the delegation, told the session that was chaired by a nominated MP Irene Mayaka that stakeholders were not involved at any stage before coming up with the Bill.

"This specific Bill was conveyed to the Parliament through a citizen petition under public Petition NO. 75 of 2023. It was filed by Fred Ondieki Sakwe and is now before the Public Petitions Committee," Mr. Gakuru told the committee.

On her part Ms. Elizabeth Mutua, lecturer at Dedan Kimathi University and who was part of the delegation, stated that the Bill lacks the aspect of Gender Equality since it has no provision for women participation and space for the old people.

After the presentation, the committee acknowledged that the delegation's opinion was an eye opener assuring them that once the Bill is presented before it, they will conduct public participation before rejecting or amending it.

The members also took the delegation to task to explain to them how the

country could position itself to benefit from AI and minimize the its risk of potentially replacing the Human Re-

source aspect.

"Conversations around AI are in two distinct brackets. One majors on AI solving all problems and the second one is AI is spelling doom, but as experts what are the global conversations happening around it? And how can we leverage on it as a country so that we are not left behind," Kiarie posed.

In their response the delegation told the Committee that there was a mid-point framework that exists in every sphere and that the major fear of AI replacing HR cannot be accurately predicted however, there was also a possibility of it creating more jobs once incorporated and the right framework put in place for its implementation.

The committee also met a delegation from Huawei Kenya to deliberate on its role in the government's Digital Superhighway Agenda.



Committee chairman John Kiarie during the meeting.

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Price: KSH.4,500.00 PERCOUPLE

Served with chapatti, Risibi Rice, Potato Wedges
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glasses of Red wine and a rose flower.

Nothing But You Platter

Pork Chops, Kienyeji Chicken, Beef Tenderloin Steak

Price: KSH.5,500.00

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Kirinyaga Bar Selling Killer Brew Had Not Been Issued With Operating License By County Government

By: Our Reporter
@themkenyatimes

A liquor outlet blamed for selling illicit alcohol that caused death of six people at Kangai area of Kirinyaga county yesterday had no operating license.

The County Executive Committee Member (CECM) for Sports, Culture and Social Services Dennis Muciimi said the County Liquor Licensing Committee had rejected application to license California Bar in December last year.

Six people are reported to have died while five others had lost eye sight after consuming the illicit brew at the bar.

The brew is suspected to have been laced with ethanol.

Muciimi said the application for the bar license was rejected on basis of allegation of selling of illicit brew, insecurity and poor sanitation.

“This particular outlet was operating illegally; it had not been issued with license by the County government

because of failing to comply with the County Alcoholic Drinks Control Act No. 3 of 2014 and all the requisite Regulations,” said Muciimi.

He said the county has a rigorous liquor licensing system meant to protect consumers of alcoholic drinks by ensuring fair and ethical business practices related to production, distribution, promotion and sale of alcoholic drinks.

The County Executive Committee Member for Health, George Karoki said the five who had lost eye sight were being treated at Njegas Health Centre.

Karoki said the victims were brought at the hospital with symptoms of blurred vision which is an indication of cirrhosis and other nervous system problem.

“We are suspecting they could have taken an illicit brew with high content of ethanol; we know very well this kind of chemical will cause issues in the liver,” Karoki said.

He said among the deceased was a patient who had been taken to the Kerugoya County Referral Hospital but died on arrival. The rest of the victims are reported to have died at



Residents mill around the controversial outlet

their homes.

“We have other unconfirmed reports from relatives of people who died at home and were taken directly to the mortuary,” Karoki added.

Mwea West Deputy County Com-

missioner Teresia Wanjiku said owner of the bar has been arrested and taken to court on several occasions for selling illicit brew and operating unlicensed liquor outlet only to be released for lack of sufficient evidence.

Wanjiku said efforts by police to close down the bar have been frustrated by the court and the owner who is on the run has been having his way out.

ILAM Fahari IREIT Receives Regulatory Nod To Delist From The Main Market Segment

By: Michael Omondi
@themkenyatimes

ILAM Fahari Real Estate Investment Trust has received the regulatory approval to delist from the Main Investment Market Segment (MIMS) of the Nairobi Securities Exchange (NSE), effective Monday, next week.

Thus, the last day of trading will be Friday.

This follows the resolution by unitholders of IFIR to restructure and delist and the subsequent approval for delisting by the Capital Markets Authority (CMA).

On November 24 last year, the unitholders, during a special Extraordinary General Meeting (EGM), approved all the resolutions recommended by the management and approved by the Board of Trustees.

In a press statement, ILAM Chief Executive Officer (CEO), Mr. Einstein Kihanda, revealed that IFIR is in the process of applying to have its

securities admitted for trading over the counter on the Unquoted Securities Platform (USP) of the NSE.

“We welcome the approval by the Capital Markets Authority. This decision aligns with our commitment to enhancing value for our unitholders, ensuring a more agile and efficient operation and pursuing a more focused investment strategy that aligns with the evolving needs of our unitholders,” stated Kihanda.

The delisting from the MIMS of the NSE and the subsequent trading over the counter on the USP of the NSE will provide greater flexibility in managing the REIT’s portfolio and will not affect the unitholders’ ability to trade their units, with Non-Professional investors bundled into a Nominee Account.

Nevertheless, the REIT will consider relisting on the NSE after 3 years upon successful implementation of the strategy.

“Trading over the counter on the USP will allow us to serve the long-term interests of our unitholders better and provide the unitholders with



(L-R) ILAM Fahari I-REIT CEO Raphael Mwito, Dyer and Blair Investment Bank Director Cynthia Mbaru, and ILAM CEO Einstein Kihanda during the announcement of the ILAM Fahari I-REIT conversion and redemption offer.

a high-quality investment experience whilst the REIT remains regulated by the Capital Markets Authority. We are thrilled to embark on this restructuring journey to fuel our growth and deliver exceptional returns to our unitholders,” said Raphael Mwito, ILAM Fahari I-REIT’s Chief Executive Officer.

ILAM will be seeking high-quality assets in prime locations with strong tenants and aims to double its portfolio value from Sh3.5 billion to Sh7 billion within the next three years.

The restructuring is expected to create several benefits for unitholders, including increased flexibility to pursue a broader range of invest-

ment opportunities, including direct real estate acquisitions and developments, improved ability to align the REIT’s investment strategy with the long-term needs of its unitholders, and reduced costs and administrative burdens associated with being a listed REIT.

Nakuru Plans For Artificial Intelligence In Healthcare

By: Jane Ngugi and Jedidah Gitau
@themkenyetimes



County officials during the forum.

data. Furthermore, it is imperative to bridge the digital divide and ensure equitable access to these technologies. Investments should be made in infrastructure development and digital literacy programs to enable widespread adoption and prevent the aggravation of existing health-care disparities,” stated Dr Lawal.

The integration of these technologies, he observed, also has the potential to expand access to underserved populations, and ultimately, save lives.

The Mayo Clinic representative noted every medical facility has tons of records, which, if digitized, will help machines to make accurate assessment of disease patterns.

“Diagnostic areas such as a medical laboratory would perhaps experience the greatest transformation of AI and improve the quality of care. Greater impact will be felt if we understand the disruptiveness of AI and work towards encouraging responsible data sharing to boost data availability for training AI systems,” he stated.

Mr Okello observed that the World Health Organization (WHO) is releasing new guidance on the ethics and governance of large multi-modal models (LMMs) – a type of fast growing generative artificial intelligence (AI) technology with applications across health care.

The guidance, explained Mr Okello, outlines over 40 recommendations for consideration by governments, technology companies, and health care providers to ensure the appropriate use of LMMs to promote and protect the health of populations.

LMMs can accept one or more types of data inputs, such as text, videos, and images, and generate diverse outputs not limited to the type of data inputted. LMMs are unique in their mimicry of human communication and ability to carry out tasks they were not explicitly programmed to perform.

LMMs have been adopted faster than any consumer application in history, with several platforms – such as ChatGPT, Bard and Bert – entering the public consciousness in 2023.

“Generative AI technologies have the potential to improve health care but only if those who develop, regulate, and use these technologies identify and fully account for the associated risks,” said Dr Jeremy Farrar, WHO Chief Scientist. “We need transparent information and policies to manage the design, development, and use of LMMs to achieve better health outcomes and overcome persisting health inequities.”



Worth Noting:

- Speaking at the County Headquarters during a consultative meeting with Dr Luqman Lawal from Mayo Clinic and the Managing Director, Standard Medical Group (STANMED) Mr Ian Okello, the Deputy Governor observed that adoption of AI and other evolving technologies in healthcare access is ushering in a new era of innovation, efficiency, and accessibility, revolutionizing healthcare services for the people of Africa and beyond.
- “In Kenya, the integration of AI signifies not just technological advancement but a transformative leap forward. With its ranking as Africa’s fifth most AI-ready nation, as per Oxford Insights’ 2022 report, Kenya is poised to leverage AI in reshaping its public services and beyond. The effective utilization of AI in healthcare is intrinsically linked to the vast amounts of data being generated every day,” he explained.

The County Government of Nakuru is seeking partnerships towards incorporating Artificial Intelligence (AI) and other emerging technologies in operations of its hospitals and dispensaries to help identify health trends, anticipate disease outbreaks and optimize resource allocation.

While noting that the future of health care is data-driven, bolstered by analytics and fueled by artificial intelligence (AI) and machine learning (ML), Deputy Governor Mr David Kones stated that by leveraging machine learning algorithms, AI systems can swiftly identify patterns and predict diseases, assisting healthcare professionals in making accurate diagnoses and recommending personalized treatment plans.

Mr Kones indicated that due to scarcity of healthcare professionals in some parts of the devolved unit, AI-enabled technologies can fill the gaps. For instance, he added chatbots and virtual assistants that can take preliminary medical advice and information to patients, reducing the burden on overstretched healthcare facilities.

“Further, remote patient monitoring devices equipped with AI capabilities can track vital signs, detect abnormalities, and promptly alert healthcare providers, ensuring timely interventions and better patient outcomes. Newer AI such as voice-to-text and generative AI tools for summarizing patient data have also proven useful for health workers in the field,” he stated.

Speaking at the County Headquarters during a consultative meeting with Dr Luqman Lawal from Mayo Clinic and the Managing Director, Standard Medical Group (STANMED) Mr Ian Okello, the Deputy Governor observed that adoption of AI and other evolving technologies in healthcare access is

ushering in a new era of innovation, efficiency, and accessibility, revolutionizing healthcare services for the people of Africa and beyond.

“In Kenya, the integration of AI signifies not just technological advancement but a transformative leap forward. With its ranking as Africa’s fifth most AI-ready nation, as per Oxford Insights’ 2022 report, Kenya is poised to leverage AI in reshaping its public services and beyond. The effective utilization of AI in healthcare is intrinsically linked to the vast amounts of data being generated every day,” he explained.

According to the Deputy Governor, by harnessing big data and analytics, healthcare providers can gain valuable insights into disease patterns, epidemiology, and treatment effectiveness, allowing for evidence-based decision-making.

AI is the simulation of human processes by machines, especially computers, through the use of captured data. The objective of AI is to make computer systems simulate human thinking in solving complex problems.

In healthcare, AI has been credited for improving clinical workflows while simultaneously contributing relief and prevention of burnout. It can also help pinpoint the number of hospital-acquired infections to patients.

In the health care sector AI can be deployed for diagnosis and clinical care, such as responding to patients’ written queries, Patient-guided use, such as for investigating symptoms and treatment and clerical and administrative tasks, such as documenting and summarizing patient visits within electronic health records.

The technology is also used for medical and nursing education, including providing trainees with

simulated patient encounters and scientific research and drug development, including identifying new compounds.

Mr Kones who was flanked by Chief Officer in charge of Medical Services Dr John Murima and County Director for Medical Services, Dr Daniel Wainaina observed that with its ability to analyze vast amounts of medical data and generate valuable insights, AI is revolutionizing diagnostics, treatment, and healthcare management, including analyzing X-rays, ultrasounds and Magnetic resonance imaging (MRI).

The Deputy Governor further disclosed that through the partnership with Mayo Clinic and Standard Medical Group (STANMED) County Health care facilities will benefit with expertise in latest digital technology tools that will enhance the quality and efficiency of the health care services provision.

“The implementation of these technologies is also expected to streamline operations, thereby reducing the financial burden to the patients and easing the workload of the healthcare professionals. Further, the partnership will explore setting up an exchange program that will offer physicians the opportunity to be trained on the latest medical technologies,” stated Mr Kones.

Dr Lawal indicated that while the integration of AI and emerging technologies in healthcare brings forth numerous benefits, it was crucial to address ethical considerations and overcome challenges. He affirmed that privacy and data security must be prioritized to ensure the confidentiality of patients’ sensitive information.

“Robust regulatory frameworks and stringent data protection measures should be in place to safeguard patient privacy and prevent misuse of

Beulah Land



By: Eric Musa
EMEA.ericmusa@gmail.com

Satan agenda is clear and known, be alert and be on your guard. He hates every child of God. I have said it before and I will say it again. Satan kills, steals, and destroys. But Jesus said, "I am come that they might have Again, I emphasize. Don't quote me as saying we can use some magic word or incantation and we will be magically transformed to a utopia. We are still living in a world of sin and iniquity. Satan is still the prince of the powers of the air and the god of this world. There is misery and heartache around us.

The Word tells us not to think it strange concerning the trials and fiery darts that are thrown at us by the wicked one. But the point to be

emphasized is this: In many cases where Satan runs over us, we can have victory if we will use the authority God has given us. In many problems plaguing our nation, if only the children of Almighty God would band together in unity and agree, tremendous things could happen. World events could be changed. Victory is ours—in the Lord Jesus Christ.

Meditate on this song:

"Far away the noise of strife upon my ear is falling,

Then I know the sins of earth beset on every hand;

Doubt and fear and things of earth in vain to me are calling,

None of these shall move me from Beulah Land."

Chorus

"I am living on the mountain, underneath a cloudless sky,

I am drinking at the fountain that never shall run dry,

O yes, I am feasting on the manna, from a bountiful supply,

For I am dwelling in Beulah Land." AMEN, AMEN, HALELUJAH.



Evangelist Eric Musa:

(My message continuously: If you are not saved: Believe, accept, receive and confess Christ Jesus as your Lord and Saviour and be filled with the Holy Spirit, as it is written; "NOW is the acceptable time, TODAY is the day of SALVATION.- 2

Cor 6:2". For prayers, devotion, and to support the ministry contact Evangelist on +254722157300 (Email: EMEA.ericmusa@gmail.com). Remember, God Loves you and I unconditionally, perfectly and always: SHALOM

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Ndindi Nyoro Will One Day Become The President Of Kenya



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com



Worth Noting:

- The supremacy battle for Mount Kenya kingpin had taken a new turn when Ndindi hosted twice dozens of members of parliament drawn from different parts of the country.
- This was during the launch of Kiharu Masomo Bora Initiatives.
- The first meeting was attended by 15 MPs and the number rose to more than 20 MPs in the second one.
- The MPs were reading from the same script. God loves you the people of Murang'a because He has given you a great leader in Ndindi Nyoro. He bears the qualities of person poised to become the President of Kenya.
- Apart from being youthful and well-educated on matters of good governance and civil rights, he is a development conscious and has never been implicated in corruption.



Kiharu MP Ndindi Nyoro

A few days ago, a friend of mine told me that Kiharu MP Ndindi Nyoro is poised to become the President of this country.

Hon Ndindi will one day become the President of Kenya. While citing his credentials, he further stated that he was the best-suited to succeed President Ruto in 2032.

When I referred him to the remarks that the President had made few days earlier during which he asked the leaders to stop engaging in early and premature succession politics, he said. This did not amount to reprimanding Ndindi. Infact, he said the Kenya Kwanza government will continue to mentor upcoming youthful leaders.

The President spoke at a time when the supremacy battle pitting Deputy President Rigathi Gachagua and Ndindi had gone a notch higher.

Yes, we agree with our beloved President that this is the time of delivering on promises each leader made to electorates during the campaigns.

Come 2027 polls, Kenyans will judge them based on the work they have done. But looking at Ndindi's track record in Kiharu, he is far much ahead of them. Elected leaders from different parts of country had been trooping there for study and benchmarking.

Earlier, I had written an article that goes.

The supremacy battle for Mount Kenya kingpin had taken a new turn when Ndindi hosted twice dozens of members of

parliament drawn from different parts of the country.

This was during the launch of Kiharu Masomo Bora Initiatives.

The first meeting was attended by 15 MPs and the number rose to more than 20 MPs in the second one.

The MPs were reading from the same script. God loves you the people of Murang'a because He has given you a great leader in Ndindi Nyoro. He bears the qualities of person poised to become the President of Kenya.

Apart from being youthful and well-educated on matters of good governance and civil rights, he is a development conscious and has never been implicated in corruption.

He also believes in building a united and cohesive nation of Kenya.

In light of this, we want to reiterate he is the best suited to succeed President William Ruto in 2032.

Meanwhile, we fully support the candidature of Ndindi in the race to succeed former President Uhuru Kenyatta as Mount Kenya region kingpin.

Though Ndindi always steered clear of the debate and instead focussed on development agenda for his Kiharu constituency, DP allies were following and monitoring his activities very closely.

The pronouncements in the second meeting rattled them to a point of launching a fierce fightback.

The first strategy saw Gachagua allies dragging the name of President Ruto by claiming he had a hand in Ndindi's

heightened development activities in Kiharu.

They would not mention the President by his name. They would only talk about a hidden powerful hand being behind Ndindi. The widely held view was that they were referring to the President.

For Gachagua team, the second strategy was to escalate the matter to State House.

This left no doubt they felt the threat posed by Ndindi is real and cannot be taken for granted.

Many believed that this is what prompted the President to wade into this matter.

First, he set the record straight that he has not taken side. We all know both Gachagua and Ndindi were his close allies. He also took this opportunity to caution the leaders against engaging in early succession politics.

This time, our focus is to deliver on what we promised Kenyans during the campaigns.

I urge to refrain from engaging in activities designed to divide and polarize our country.

Earlier on, during a working tour of Western Kenya, the President gave a similar advise.

Senator Bonny Khalwale had introduced the debate of Ruto succession. He had told Gachagua to forget ever becoming the President of Kenya. You are unfit to lead this nation. President Ruto will pass the baton to ANC leader Musalia Mudavadi in 2032.

So, Dr Ruto was responding to these claims. He told Khalwale. We have no time for sideshows. We are here to do development.

At this juncture, allow me to focus on the two grounds cited by those opposed to Ndindi Nyoro's bid to take the mantle of the Mount Kenya kingpin.

One, that he is too young. Two, he has no experience. In my view, the two arguments do not make any sense.

If you are able to meet the expectations of the electorate, it means you have experience. The age also does not matter. A young person can do better than an old man. Ndindi is in this category.

The opinion polls conducted in recent past rated him as best performer in the country.

He has so far done a lot for the people of Kiharu.

Ndindi has also been honoring invitations from elected leaders drawn from different parts of the country. He would join them as a chief guest to launch the projects similar to those he had pioneered in Kiharu.

Joseph Mutua Ndonga is a Writer and Political Analyst based in Nairobi

Anger Is Very Healthy, How We Respond Counts

By: Kinya Gitonga
@themkenyentimes

Anger is a fundamental human emotion characterized by feelings of displeasure, frustration, or hostility in response to perceived threats, injustices, or conflicts. It is a natural and adaptive response that serves to protect us and assert our boundaries in situations where we feel threatened or mistreated. When people talk about anger, they often focus on the negative aspects, but there is also a positive side to it.

At its core, anger is triggered by a perceived violation of our values, needs, or expectations. This trigger can arise from various sources, including interpersonal conflicts, perceived injustices, personal slights, or frustration with obstacles or setbacks.

Physiologically, anger activates the body's stress response system, leading to a surge of adrenaline and other stress hormones. These results in physical changes such as increased heart rate, elevated blood pressure, muscle tension, and heightened arousal, preparing the body for action.

Anger can manifest in different ways, ranging from mild irritation or annoyance to intense rage or aggression. It can be expressed through verbal outbursts, physical confrontation, passive-aggressive behavior, or internalized resentment.

While anger itself is not inherently negative, how we express and manage it can have significant consequences for others and ourselves. Uncontrolled anger can lead to destructive behaviors, strained relationships, and negative impacts on mental and physical health.

What makes up anger?

Anger is a multifaceted emotional experience that involves various psychological and physiological processes, including perception, sensation, and expression.

Perception

Perception plays a crucial role in the experience of anger. It involves how we interpret and make sense of the events, circumstances, or interactions that trigger our anger. Our perceptions are influenced by factors such as experiences, beliefs, values, and expectations. For example, another, leading to differences in anger responses, may interpret what one person perceives as a minor inconvenience as a significant injustice.

Sensation

Anger is accompanied by distinct

physiological sensations that are part of the body's stress response system. When we experience anger, our bodies undergo changes such as increased heart rate, elevated blood pressure, muscle tension, and the release of stress hormones like adrenaline. These physiological changes prepare us for action, priming us to respond to perceived threats or challenges.

Expressions

Anger can be expressed in various ways, ranging from subtle cues to overt behaviors. Verbal expressions of anger may include yelling, shouting, or expressing hostility. Non-verbal expressions can include facial expressions like scowling or glaring, body language such as clenched fists or pacing, and aggressive behaviors like slamming doors or breaking objects. However, it is important to note that not all anger is expressed outwardly; some individuals may internalize their anger, leading to passive-aggressive behaviors or emotional withdrawal.

Understanding the interplay between perception, sensation, and expression is essential for effectively managing anger. By becoming aware of our triggers, recognizing the physiological signs of anger, and learning constructive ways to express and cope with our emotions, we can develop healthier responses to anger-inducing situations.

Managing anger

Managing anger is essential for several reasons, particularly for safeguarding our mental wellbeing. There are reasons include

Stress Reduction

Uncontrolled anger triggers the body's stress response, leading to physiological changes such as in-

creased heart rate, elevated blood pressure, and muscle tension. Chronic anger contributes to prolonged periods of stress, which can have detrimental effects on both physical and mental health. Managing anger helps reduce the body's stress load and promotes relaxation, thus protecting against the negative consequences of chronic stress.

Emotional Regulation

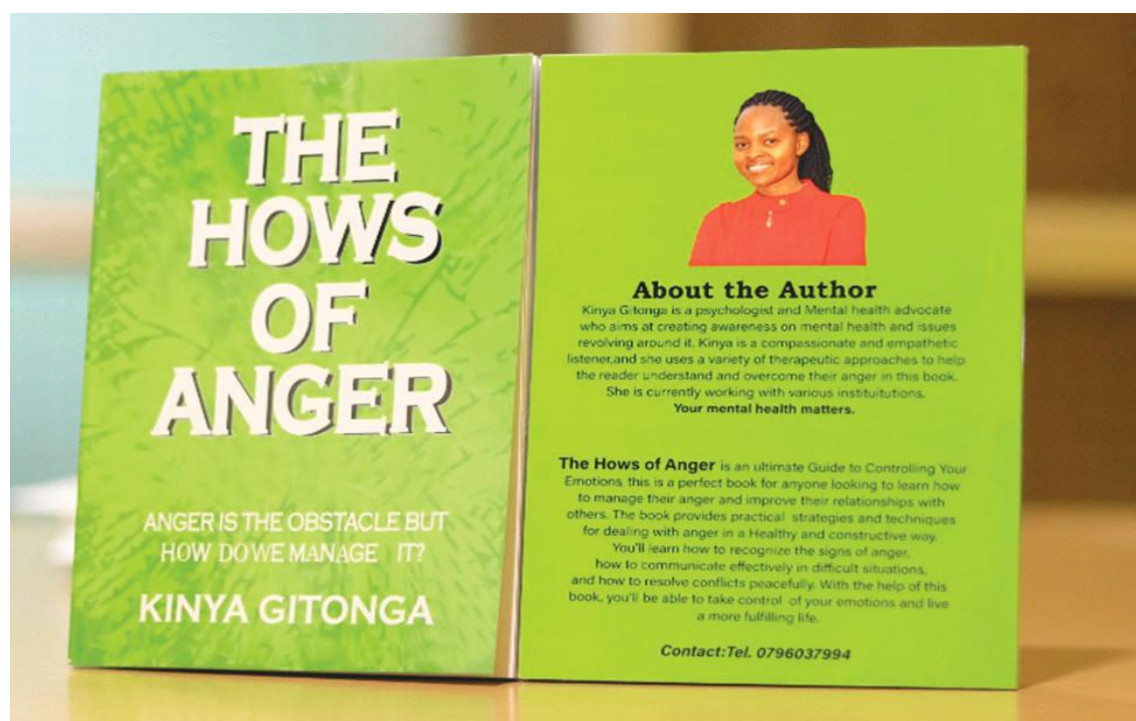
Anger often arises in response to perceived threats, injustices, or frustrations. When left unchecked, it can overshadow other emotions and interfere with our ability to regulate our moods effectively. Learning to manage anger involves developing skills in emotional regulation, which allows for a more balanced and adaptive response to a wide range of situations and emotions.

Improved Relationships

Anger can strain relationships with friends, family, and colleagues. Uncontrolled anger may lead to conflicts, misunderstandings, and breakdowns in communication. By managing anger effectively, individuals can express their feelings and needs assertively but respectfully, fostering healthier and more constructive relationships with others.

Enhanced Problem-Solving

Anger often clouds judgment and impairs decision-making abilities. When we are angry, we are more likely to react impulsively and make decisions that we later regret. By managing anger, individuals can maintain clarity of thought and approach problems with a calm and rational mindset, leading to more effective problem solving and conflict resolution.



the issue.

Use Cognitive Restructuring: Challenge irrational or distorted thoughts that contribute to anger and reframe them in a more rational and constructive way. Replace negative or hostile thoughts with more balanced and realistic perspectives.

Improve Communication Skills: Learn to express your feelings and needs assertively but respectfully. Use "I" statements to communicate your emotions without blaming or accusing others. Active listening skills can also help you understand others' perspectives and resolve conflicts more effectively.

Seek Support: Reach out to trusted friends, family members, or mental health professionals for support and guidance in managing anger. Talking to someone you trust can provide validation, perspective, and coping strategies.

Engage in Physical Activity: Physical activity can help dissipate excess energy and reduce feelings of tension and aggression. Engage in regular exercise, such as walking, running, or practicing yoga, to promote overall well-being and stress relief.

Practice Assertiveness: Assertiveness involves expressing your needs and boundaries in a clear and respectful manner while respecting the rights of others. Learning assertiveness skills can help you assert yourself effectively without resorting to aggression or passive-aggressive behavior.

Use Humor and Distraction: Sometimes, humor or distraction can help diffuse anger and shift your focus away from the source of frustration. Find activities or hobbies that you enjoy and engage in them when you are feeling angry to help distract your mind and lift your mood.

Seek Professional Help if Needed if you find that your anger is significantly impacting your life, relationships, or mental health, consider seeking help from a therapist or counselor who can provide specialized support and guidance in managing anger and addressing underlying issues.

By incorporating these strategies into your daily life, you can develop healthier ways of managing anger and responding to challenging situations with greater composure and resilience.

Alternatively reach out to Kinya Gitonga for counselling sessions on anger management. Also, get a copy of her book to learn more.

Excerpt from The How's of Anger by Kinya Gitonga. 0796037994

Preservation of Mental Health

Chronic anger has been linked to various mental health issues, including anxiety, depression, and substance abuse. By managing anger, individuals can reduce their risk of developing or exacerbating mental health problems and promote overall psychological well-being.

In summary, managing anger is crucial for protecting our mental health and well-being. By learning to regulate our emotions, communicate effectively, and approach challenges with a calm and rational mindset, we can reduce stress, improve relationships, enhance problem-solving abilities, and safeguard our overall psychological health.

However, how do we manage it?

Managing anger involves a combination of self-awareness, emotion regulation techniques, and healthy coping strategies. Here are some effective ways to manage anger:

Recognize Triggers: Become aware of the situations, events, or interactions that tend to trigger your anger. By identifying your triggers, you can anticipate and prepare for potential anger-inducing situations.

Practice Relaxation Techniques: Engage in relaxation techniques such as deep breathing, progressive muscle relaxation, or mindfulness meditation to reduce physiological arousal and promote a sense of calm. These techniques can help counteract the body's stress response associated with anger.

Take a Time-Out: If you feel yourself becoming angry, take a break from the situation to cool down. Remove yourself from the environment if possible and take some time to regain perspective before addressing

eco.Business Fund And Family Bank Bolster Partnership With Further USD 5 Million Loan For Agribusinesses

The financing is dedicated to promoting sustainable use of natural resources, biodiversity preservation, and climate change adaptation across agricultural value chains in Kenya

By: John Kariuki
@themkenyetimes

The eco.business Fund has extended a USD 5 million loan, equivalent to KES 805 million, to its partner in Kenya, Family Bank to bolster sustainability-certified companies, small-holder farmers and other agribusiness value chain actors embracing eco-friendly and climate-smart approaches to enhance the competitiveness of agribusinesses.

In 2022, the fund invested USD 10 million in the Bank which was directed towards fostering sustainable practices in agribusiness value chains.

Expressing enthusiasm for the collaboration, Michael Evers, Chairperson of the Board of Directors of the eco.business Fund, stated, “We are delighted to strengthen this promising partnership with Family Bank Kenya. Together, we aspire to enhance support for agribusinesses in Kenya. We seek to adopt sustainable practices, playing a pivotal role in biodiversity conservation, sustainable resource

utilization, and climate change mitigation and adaptation in this biodiverse region.”

Food and Agriculture Organization of the United Nations statistics show that despite agriculture being vital to Kenya’s economy by contributing 33 per cent of the Gross Domestic Product, the vast majority of Kenya’s 7.5 million smallholder farmers, according to the International Fund for Agricultural Development, still live on less than USD 6 a day, just half the country’s living-income threshold.

“The agricultural sector is very crucial to the achievement of meaningful sustainable development. As a home-grown Bank, we have been deliberate in widening our capital base and scaling up lending to this sector, particularly through partnerships,” said Family Bank CEO Designate Nancy Njau.

“Our partnership with eco.business fund has been a testament to our continued commitment to supporting the growth of local markets by providing end-to-end value. We have recorded a significant increase of 25 per cent in our agribusiness portfolio following

such partnerships and we are confident that now we can scale up lending to agribusinesses and bridge their financial need to scale climate-smart agriculture technologies to enhance climate resilience,” she concluded.

By backing certified and sustainable agricultural producers in crucial exporting nations like Kenya, this investment aims to establish a consistent demand from developed markets, steering local producers towards more sustainable production methods. Notably, this partnership aligns with the eco.business Fund’s mission to combat climate change and preserve biodiversity, as it enables the fund to engage with a diverse range of agribusiness value chains and actors and promote sustainable practices across them.

Shedding light on the partnership, Maxine Chehab, Investment Manager at the fund’s advisor Finance in Motion said “We are impressed with the growth potential and dedication of Family Bank as it has managed to not only grow but diversify its portfolio significantly since the beginning of



Family Bank Acting MD& CEO Nancy Njau.

our partnership. We’re glad to keep supporting them on their growth journey through financing and tailored technical assistance in areas like implementing a robust Environmental and Social Risk Management System (ESMS), and overall strategy implementation.”

Seven Twenty Holdings Founder Beams Hope To Youths

By: John Kariuki
@themkenyetimes

His name is Mr Kenneth Karuri. A kindhearted, humble composed and very industrious gentleman.

Nine years ago, he started from very humble beginnings when, using his savings, he purchased a welding machine and Kick-started his vision of leaving a mark.

After careful calculations and iterations in metal fabrication he embarked on the fabrication of curtain rods, in his establishment in Mwioko.

When the Mt. Kenya Times E-paper visited him in his workshop, Mr. Kenneth Karuri was all smiles when he narrated how he has seen his business grow.

Other than curtain rods, he has now ventured into the manufacture of architectural paints. That’s not all he

says his vision is endless. He has lots of ideas bombarding his head just to make a positive impact in society and create employment through manufacturing.

Mr. Karuri called upon the youths to embrace technical courses which will propel them to achieve their dreams other than just waiting for white collar jobs.

He hailed the Government for extending opportunities to Micro Small and Medium Enterprises to participate in the Affordable Housing projects.

He called upon the Government to create incentives that will facilitate ease of doing business and eventually see to it that the economy of our country grows by double digits.



Kenneth Karuri.

Maybe, I Open My Eyes In The Morning And I Find You



By Tajalla Qureshi

Maybe I open my eyes in the morning and I find
you
on the right o cf my bed seating beside
embracing my face with the divine light
eyeing on every silky pour, whom you left at
night
lips lie down for a humble apologize
and the fingers holding my hands to heal the
broken diet
Keep latching the head to my forehead
Asking for infinite love to unfold you in arms

May be I open my eyes in the morning and I find
you
Saying the hecticness hits last night
But you were there in my eyes, blinking quite
You were there when I breath and beating
uprise
Saying, can't forget your innocence
Your cunning lots, bright cheeks, divine lock
and rosy lips
You are a valley of red roses and white lilies
Feel the heaviness but all went dark last night

Maybe I open my eyes in the morning and I find

you.
Smile at my smile and hear the heart's height
I swear, I let you know the unbearable flights
Where the demon dwells over the thoughts at
night
You embrace me with the hug of divine
and I clasp the walls of senseless wine
The magic begins with the sense you are mine
All end up with the heart-to-heart line
Without you the world is beyond the sign

Maybe I open my eyes in the morning and I find
you
Watching the white tissues around the bed
Food still on the rest, unwrapped and uncapped
Mess that never seen before, you glanced
And the swelon eyes, red nose and scramble
hairs echo the echo of night
Like someone stuck deep into dark zone
Maybe, the heart tries to hide but what about
the eyes, the moves, and the loops
Get up and drink the honey from the honey hive
Eat the ripped grapes and red pomegranate

Maybe I open my eyes in the morning and I find
you
Asking to declare the inner urges and merge
Wipe the salt and acid off my wounds to
diverge
And let me know the place I have is above-line
Hold me as strong as you can to heal the define
Then offer me the breakfast you, especially
design
And then my heart says: You know, You are
mine.

Soibnazarov Navruz



In a world of knowledge, where minds are set
free,
A noble profession, a teacher, that's me.
With passion and purpose, I step through the
door,
To mold young minds, forevermore.

In classrooms filled with curiosity and glee,
I embark on a journey, to help them see,
The wonders of learning, the joy it brings,
Unleashing their potential, like soaring wings.

With patience and care, I guide their way,
Nurturing their growth, day by day.
I ignite their minds, like a flame ablaze,
Opening their hearts to endless ways.

Through words and stories, I paint a scene,

Inspiring their dreams, like a timeless dream.
I impart knowledge, like a cherished gift,
Planting seeds of wisdom, spirits to uplift.

In the realm of education, I hold the key,
To unlock their minds, and set them free.
I am a teacher, shaping futures bright,
Empowering young souls, with all my might.

Through trials and triumphs, I never cease,
To believe in their potential, their inner peace.
For in their success, my purpose is found,
A teacher's impact, forever profound.

So let us celebrate the noble role we bear,
As teachers, with hearts full of care.
For in shaping minds, we shape the world,
Guiding future generations, as they unfurl.

My job is a teacher, a calling so grand,
To lead, inspire, and lend a helping hand.
With passion and dedication, I'll always be,
A beacon of knowledge, for all to see.

Soibnazarov Navruz
Jizzakh State Pedagogical University, Faculty of
Foreign Languages, Teacher of the Department
of English Language Practical Course



Rain began to fall from the dark clouds covering
the sky. Couples who went out for a walk
hurriedly grabbed umbrellas and some took
cover from the rain with their outerwear. And
the surroundings were instantly covered in the
pleasant light of the rain. Despite the rain, the
streets of the city are full of people. Some are
rushing to get to their warm homes as soon as
possible. How about reading a book while drinking
delicious coffee next to Kamen in a warm house
while watching the rain.

It was one of those rainy days. The children
sleeping in the cold room of the orphanage began
to wake up slowly. Leyla woke up again in the
same mood as usual. He hates rainy days. Because
she believed that the rain was responsible for the
death of his mother and father.

Two years ago, Leyla and her family were going
to her grandmother's house to celebrate Leyla's
birthday. Being the only child in the family, Leyla
was a very cheerful, manly and unique girl. The
family members agreed to do whatever they
were told so as not to hurt Leyla. They set out
despite the bad weather. It was raining outside.
The roads were becoming increasingly difficult to
see due to the rain. Leyla's parents wanted to go

Rainy Day

home but Leyla begged them to go on and they
decided to go on. Even after two hours, the rain
did not stop. Leyla's family did not reach their
intended destination either. At that moment, a
truck suddenly appeared in the middle of the road.
Leyla's father lost control due to the hail and
crashed into a truck. Leyla immediately passed
out.

He opened his eyes two months later in the
hospital. When she regained consciousness, she
asked where his mother and father. The doctor
was afraid to tell her the news of her parents'
death. But he had to say it anyway. Leyla's
eyes darkened after hearing this news. She
cried day and night for a week. She did not
leave the hoshospital. She didn't even eat. After
losing her family members, he was taken to an
orphanage. Because he had no one apart from her
grandmother and parents. Then she heard, the
grandmother, who could not bear the death of her
son, also died of a heart attack.

Two years have passed since then. Leyla, who has
experienced the most difficult years of her life,
celebrated her 18th birthday today. An 18-year-old
girl who has no trace of her former cheerfulness
and masculinity... A girl who lost everything in one
night...
Strange... It seems that someone has lost a loved
one today.....

Keldibekova Laziza daughter of Ilhom was born on
November 6, 2006 in Jizzakh region. My nationality
Uzbek, and she knows english, russian, and turkish
languages. I studied lycem. I started writing
articles and stories at the age of 16.

The Castle Of Happiness...



Sometimes I get caught up in my thoughts,
I'll build my dream there myself.
Someday in the future, I will too,
I will build a beautiful house for my mother.

It was raining endlessly in the castle,
High doors with big windows.
There may be a special place on the home
network,
My parents will have a place there.

A castle is like a wound made of bricks of love,
Our devotion is like a lamp.
The symbol of love will be the column,
Never leave us.

In the yard we will have a wonderful garden,
Nightingale puts our happiness in tunes.
What a great day we have,
Our name will be The Happiest Family...

My name is Jorayeva Marjona. I was born on
October 18, 2003 in Termiz District, Surkhondaryo
Region of the Republic of Uzbekistan. I am the
2nd child in the family, I have a sister before me
and then 2 brothers. In 2010, I was admitted to
the 1st grade at school No. 6 in Termiz district. In
the year I graduated, the name of our school was
changed and it became a school with advanced
subjects in some subjects. From the 5th to the
11th grade, I actively participated in the Knowledge
Competition and Science Olympiads in the subject
of mother tongue and literature. I won the proud
1st place in the district level from 7th to 11th
grade. I graduated from school in 2021 with a
certificate of allows level and a medal. In 2022,
I was accepted to study Uzbek language and
literature at the Faculty of Philology of the Termiz
State Pedagogical Institute on the basis of a
state grant. Now I am a 2nd year student. I thank
God for everything...

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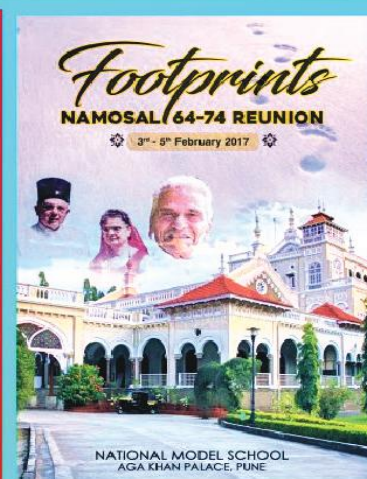
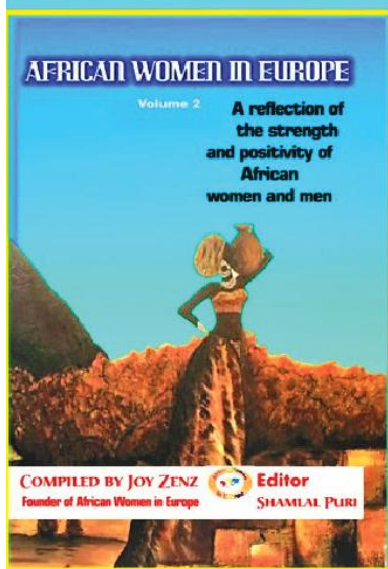
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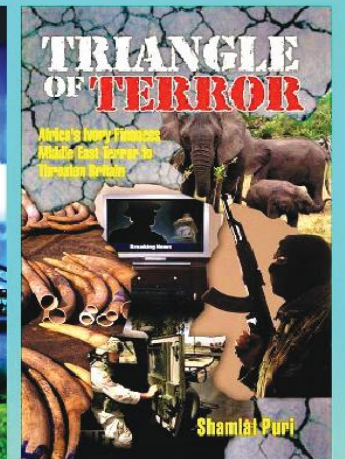
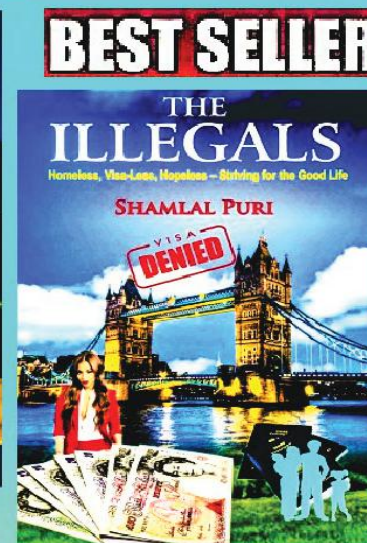
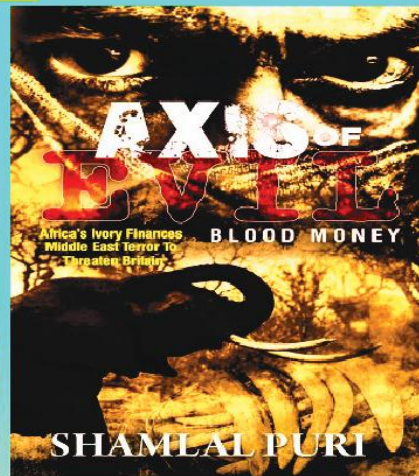
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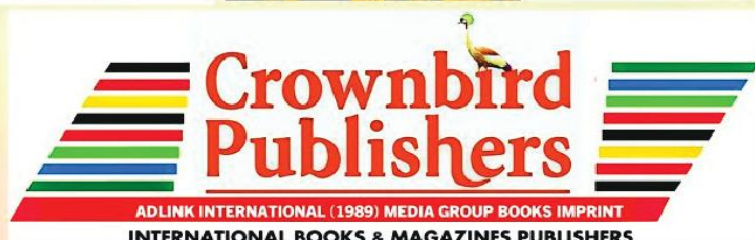
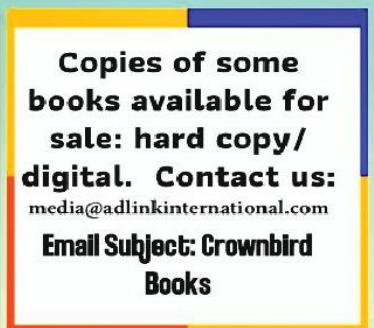
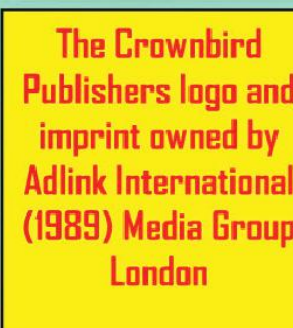
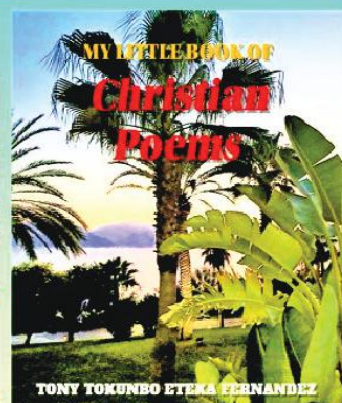
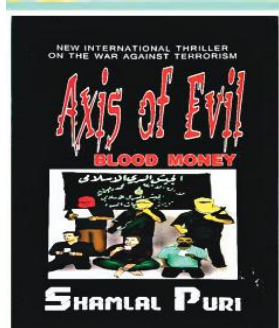
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Paradigm Initiative Is Concerned Over The Increase In The Use Of Surveillance Technologies

By: John Kariuki
@themtkenyetimes



As countries worldwide commemorated Data Privacy Day, Paradigm Initiative (PIN) expressed concern over the increase in some governments' arbitrary reliance on surveillance technologies to violate privacy. In November 2023, Uganda launched its Intelligent Transport Monitoring System, which uses Closed Circuit Television (CCTV) cameras to track real-time location of all vehicles in the country, with concerns over the potential of this technology to undermine the human rights of citizens in Uganda. In Zimbabwe, cities such as the City of Bulawayo have announced plans to install CCTV cameras in the central business district in February 2024, to curb crime and enhance the easy flow of traffic. The installation of CCTV cameras, while it can enhance security, may also be abused to intrude into the lives of ordinary people as they go about their day-

to-day activities, posing threats to human rights such as freedom of assembly and association and freedom of movement.

PIN is concerned about surveillance initiatives being undertaken by governments across the Global South (developing countries), many of which are being undertaken without conducting public consultations, as they threaten the right to privacy, which is guaranteed by Article 17 of the International Covenant on Civil and Political Rights (ICCPR).

"Privacy is an important right that must be limited only where there are guardrails to ensure the right itself is intact. This calls for a balancing

act that infuses human rights in the process. Data protection should be prioritised, and surveillance tools must not be weaponised against human rights defenders. India has for instance, been consistently targeting journalists using invasive Pegasus spyware, a concern that has also been echoed in countries like Zimbabwe and Nigeria while in Egypt spyware has been targeting government critics," said Thobekile Matimbe, PIN's Senior Manager Partnerships and Engagements.

Tanzania gave a directive on 14 October 2023 calling for private users and businesses to disclose Virtual Private Networks (VPNs) usage and

their IP address or face a hefty penalty. With this tendency of governments to rein in private communications and activities, human rights are fundamentally threatened," added Matimbe.

Individuals are less likely to participate robustly in democratic activities when they are being watched or when they feel they are being tracked in the context of repressive regimes where abductions and arbitrary arrests have followed human rights defenders and journalists. Public-facing CCTV installations should safeguard the interests of those that they are meant to protect. Legal safeguards should be estab-

lished in order to protect data. While the technology may guard against criminal activities, its arbitrary deployment may have a chilling effect on fundamental rights and freedoms. In view of these concerns, Paradigm Initiative calls for the following;

- Surveillance technology developers should prioritise security by design to reduce the risk of their products posing privacy risk or being susceptible to hacking. Governments should enact laws that promote data protection practices that create trust in the digital environment.
- Governments should embrace policy guidelines such as the African Union's Data Policy Framework in Africa, aligning national policies with them.
- Governments should not use surveillance technologies to target human rights defenders.
- Government agencies and the private sector should conduct public consultations and human rights impact assessments prior to installing surveillance technologies, promoting transparency and accountability

Despite the Hard Times, Disciplined Saving Culture Breeds Wealth

By: Muthoni Muuo
@themtkenyetimes

Renowned billionaire-entrepreneur Warren Buffett is celebrated globally for his well-documented 82 year wealth building journey best summarised by his famous quote, "Do not save what is left after spending, but spend what is left after saving. While America suffered a devastating economic depression, Mr Buffett continued saving cash which he subsequently spent on buying stocks from different companies, amassing wealth worth billions of dollars.

With Kenyan families hardpressed by dwindling incomes, the hand-to-mouth approach has seen families concentrate on putting food on the table while disregarding an important aspect of human existence, saving for a rainy day.

By adopting a saving culture, individuals create a financial fortress that

provides a buffer against unexpected challenges such as job loss, medical emergencies, or economic downturns resulting in business closure among other scenarios. Embracing a saving culture not only serves as a personal safety net but also contributes to the overall resilience of the economy.

The 50/30/20 Rule

One of the strategies to manage your finances wisely is by employing Senator Elizabeth Warren's 50/30/20 rule. This means allocating 50% of after-tax income to basic needs, 30% to wants, and the remaining 20% to savings, which sets a structured path towards financial stability. This rule acts as a compass, guiding individuals to make informed financial decisions and cultivate a habit of mindful spending.

Modern Saving Methods

Gone are the days of hiding money under your mattress. Today, financial apps offer secure avenues for saving and investing at competitive

interest rates that ensure your money continues to grow. These platforms provide not only security but also the potential for substantial wealth growth. Automating savings payments ensures consistency, allowing individuals to grow their wealth systematically.

Diversifying your Savings models

Kenyans traditionally relied on fixed deposits, savings accounts, saccos, and chamas. However, the financial landscape now offers a myriad of options. Money market funds present an attractive alternative for both short-term and long-term investors looking for low risk avenues. With flexible access to funds, this option serves as a pragmatic tool to mitigate the impact of economic uncertainties. For instance, CIC's Money Market Fund gives you the opportunity to create a wealth basket while also being a proactive step toward financial security in today's volatile economic climate.

As the swahili saying goes, "Haba na haba hujaza kibaba," the result



Muthoni Muuo.

of monthly saving habits lies in the ability to foster financial discipline, security, and long-term wealth accumulation.

Whether through regular contributions to investments or retirement plans, consistently setting aside a portion of your income is a fundamental step toward achieving finan-

cial goals and building a successful future. As we navigate the tough economic terrain, embracing a saving culture stands as a powerful tool to secure tomorrow's financial well-being.

The writer is the Portfolio Manager at CIC Asset Management



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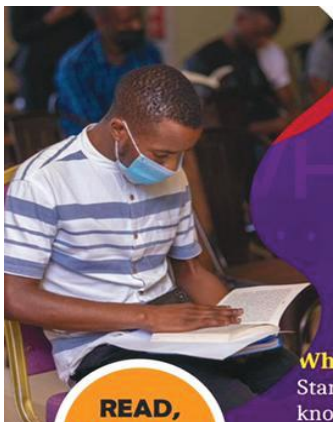


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THE EL-TABLAZ ANNUAL READING CONTEST 2024

Attention, High School Students!
The El-Tablaz Books, in partnership with Read-Us Africa and Literature & English Forum – Uganda, invite you to enter their 1st annual reading contest.

What is The El-Tablaz Annual Reading Contest?
Starting this year, 2024, a reading and writing contest known as The El-Tablaz Annual Reading Contest shall be held nation-wide for high school students in Forms 1-6. Students are asked to READ and REVIEW a given book, clearly explaining how the text affected them personally. Reviews shall be judged on national level.

How to enter the contest:

- * Buy and read the novel, *The Spirit Whisperer* by Nassur Tab'an El-Tablaz.
- * Write a review of the given novel (at least 2 pages, typed; Times New Roman, font 12, 1.15 line spacing)
- * Take a photo clearly showing you in your school uniform reading the given novel
- * Clearly indicate your full name and school

ENTRY LEVELS
Submissions are accepted starting 1st March, 2024. Prizes will be awarded in April, 2024, in each of the three competition levels:

- Level 1: Form 1 – 2 (Submission deadline: Mar. 15, 2024)
- Level 2: Form 3 – 4 (Submission deadline: Mar. 15, 2024)
- Level 3: Form 5 – 6 (Submission deadline: Mar. 15, 2024)

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Inclusivity In Action: Citizen Governance As A Catalyst For Climate Change Mitigation In Kenya



By: Odhiambo Jerameel Kevins Owuor
@themtkenyetimes

Worth Noting:

- Citizen governance intersects with climate change mitigation through advocacy and awareness campaigns that mobilize communities to adopt eco-friendly behaviors. Non-governmental organizations (NGOs) and community-based organizations play a crucial role in educating citizens about the impacts of climate change and the importance of sustainable living.
- Grassroots movements, driven by passionate individuals and community leaders, are instrumental in raising awareness about the nexus between human activities and climate change. By fostering a sense of responsibility and environmental stewardship, these initiatives contribute to behavioral changes at the individual and community levels, reducing carbon footprints and promoting sustainable consumption patterns.
- In addition to shaping policies and practices, citizen governance also holds governments and corporations accountable for their environmental impact.



Climate Change.

Climate change is an omnipresent global challenge, impacting nations across the globe, and Kenya is no exception. In recent years, the East African nation has experienced the adverse effects of climate change, including erratic weather patterns, prolonged droughts, and increased frequency of extreme weather events. Recognizing the urgency of addressing this crisis, Kenya has embarked on a multifaceted approach to climate change mitigation, with a crucial emphasis on citizen governance. This essay delves into the intricate interplay between citizen governance and the mitigation of climate change in Kenya, exploring how the active involvement of citizens in decision-making processes and sustainable practices can contribute to a more resilient and environmentally conscious nation.

Kenya's commitment to citizen governance in the context of climate change mitigation is evident in its efforts to promote inclusivity and participation. The country has established platforms for public engagement, encouraging citizens to actively participate in the formulation of climate change policies and strategies. Through town hall meetings, community forums, and digital platforms, the government seeks to tap into the collective wisdom of its citizens, ensuring that diverse perspectives are considered in the development of climate action plans. This inclusive approach not only fosters a sense of ownership

among citizens but also leverages local knowledge and traditions to tailor mitigation strategies that align with the unique challenges faced by different communities.

Furthermore, citizen governance plays a pivotal role in promoting sustainable practices at the grassroots level. In rural areas, where a significant portion of the population relies on agriculture for their livelihoods, citizens are actively involved in agro-ecological initiatives that prioritize climate-resilient farming practices. Through community-based organizations and cooperatives, farmers collaborate to implement sustainable agricultural techniques, such as agroforestry, crop diversification, and water conservation measures. These efforts not only contribute to climate change mitigation by sequestering carbon and enhancing ecosystem resilience but also empower local communities economically.

Citizen governance intersects with climate change mitigation through advocacy and awareness campaigns that mobilize communities to adopt eco-friendly behaviors. Non-governmental organizations (NGOs) and community-based organizations play a crucial role in educating citizens about the impacts of climate change and the importance of sustainable living. Grassroots movements, driven by passionate individuals and community leaders, are instrumental in raising awareness about the nexus

between human activities and climate change. By fostering a sense of responsibility and environmental stewardship, these initiatives contribute to behavioral changes at the individual and community levels, reducing carbon footprints and promoting sustainable consumption patterns.

In addition to shaping policies and practices, citizen governance also holds governments and corporations accountable for their environmental impact. Through civic engagement and advocacy, citizens can influence policymakers to prioritize sustainable development and enact stringent environmental regulations. Moreover, the active participation of citizens in monitoring and reporting environmental violations acts as a deterrent, encouraging industries to adopt cleaner technologies and adhere to environmentally friendly practices. This collaborative approach fosters a culture of transparency and accountability, reinforcing the connection between citizen governance and effective climate change mitigation strategies.

Despite these positive strides, challenges persist in fully integrating citizen governance into climate change mitigation efforts in Kenya. Limited access to information, especially in marginalized communities, poses a barrier to effective citizen participation. Additionally, issues related to socio-economic disparities and unequal distribution of resources

can hinder the implementation of inclusive climate policies. To address these challenges, there is a need for targeted capacity-building programs, improved infrastructure for information dissemination, and the creation of mechanisms that ensure the equitable distribution of resources for sustainable development.

In conclusion, the nexus between citizen governance and the mitigation of climate change in Kenya is a dynamic and multifaceted relationship that holds significant promise for building a resilient and sustainable future. Through inclusive decision-making processes, sustainable practices at the grassroots level, advocacy campaigns, and accountability measures, citizens actively contribute to shaping climate policies and fostering a culture of environmental responsibility. However, addressing existing challenges and fostering greater inclusivity in climate change initiatives are essential to harness the full potential of citizen governance in mitigating the impacts of climate change in Kenya. By strengthening the bonds between citizens, government, and environmental organizations, Kenya can pave the way for a more sustainable and climate-resilient nation.

Jerameel Kevins Owuor Odhiambo is a lawyer and legal researcher with interests in interdisciplinary nature of law, environmental law and data privacy

Misplaced Buck Passing & Blame Games



By: William Waithaka
@themtkenyatimes



Worth Noting:

- Namely Paul Ongili aka Babu Owino, as captured in a recent social media interview with Kenya's controversial vlogger Kibe, Babu was quoted as shifting the presidential win of Ruto to Uhuru Kenyatta. **This is misplaced**
- President Uhuru's brevity is only emerging now and scholars can now associate his prowess and strategies as having very high selfless considerations
- Kenyatta had to tackle the Political Pillar or Kenya's Vision 2030 (even his predecessor shied away and bypassed tackling this pillar)
- Uhuru's brevity is unmatched and ahead of his time as a key strategist and political commando

Ancient politiqué came up with a declaration that "Our hands are too short to box with God", however modern politics seems to stretch the limits to this

Kenya's 2022 General Elections was historic in nature and in various ways, a first for the country if not for Africa.

This general election was the country's second most expensive electoral process and undoubtedly one that observation missions termed as fluid and unflawed process

Going to the politics of the process, the two main contesting coalitions were Azimio Coalition and Kenya Kwanza Coalition.

The Kenya Kwanza coalition having begun its campaigns well in advance and that found its way into clinching the top seat had

On the opposing side is the Azimio Coalition which received endorsement from the outgoing President Uhuru Kenyatta.

Some who rode on the endorsement and support from President Uhuru Kenyatta to clinch their seats are angling for higher positions come 2027.

However as the ancient saying on politics goes, they are forgetting and overstretching the set limits

Namely Paul Ongili aka Babu Owino, as captured in a recent social media interview with Kenya's controversial vlogger Kibe, Babu was quoted as shifting the presidential win of Ruto to Uhuru Kenyatta. This is misplaced

President Uhuru's brevity is only emerging now and scholars can now associate his prowess and strategies as having very high selfless considerations

Kenyatta had to tackle the Political Pillar or Kenya's Vision 2030 (even his predecessor shied away and bypassed tackling this pillar)

Uhuru's brevity is unmatched and ahead of his time as a key strategist and political commando

The deliberate decision by president Uhuru not to interfere in the democratic process was a first for Kenya and Africa. This will not be wellbeing within the grasp of emerging ambitious politicians such as Babu Owino. He has been cited giving direction of how then president Uhuru should have interfered by directing government officials to manipulate the electoral process.

Not knowing that the executive was midwifing a new phase for Kenya's democracy (as envisioned by the political pillar and CoK2010)

The formation of Kenya Kwanza was populist and hyperbolic in nature which is now evident in the eyes of the citizenry:electorate

Azimio on the other hand was formed from the backdrop of "unity, democracy, Prosperity". The Azimio ideology remains a true vision for Kenya's take off (where and what president Uhuru had placed Kenya).

The political contest of 2022 became a battle between "Wrong vs Right", "Immoral vs Moral", "Pop-

ulist Vs Leadership", with Kenya Kwanza Vs Azimio respectively.

The ignorance portrayed by Ongili is ungrateful, dismal and lacks basic veneration owing to the fact that he was a beneficiary of Jubilee parties' confessions between inter parties of Azimio coalition namely Jubilee Party and ODM.

Consensus gave Ongili a direct ticket. He seems not to recount this. However as is the case of blind drive of ambition, Ongili must not be scolded but must get informed of heat the process of GE 2022 was meant to achieve for the country's growth, and that was crafted by Azimio's presidential candidate Mr. Raila Odinga and Azimio Coalition Chairman Then President Uhuru Kenyatta.

Owino's Nairobi's gubernatorial ambitions may see or not the light of day dependent on very many factors and the overall dynamics of the upcoming national electoral cycle of 2027.

His track record, at times very wanting, Ongili must not forget he has benefited in enjoying a limelight despite him being dogged by so many controversies.

His name calling previously in the 2017 campaigns directed to Uhuru. He is a byproduct of the "Handshake" which gave his political life-line an extension. Least he forgets

The other bitter and ungrateful politico is Kabogo. He is lamenting and is buck passing. However and understandably his moves are quite

similar as ogles and it may seem as to exonerate oneself in and by blaming President Uhuru. President Ruto made a funfair out of this and many are following suit it may seem, for the sole intentions and purpose of political survival.

However and lastly, most youthful leaders in Kenya must take into consideration the need to acquire mentorship and also sanitize themselves from the electoral process that demands many to resort to "pitiful populist" campaign conducts solely for the purpose of "winning".

Kenya's politics is demanding a catharsis (purification process). The Moi era gave us a clarion "siasa mbaya, maisha mbaya" and the political players must allow the thrust of patriotism (love for the republic) to become the guiding beacon.

The Ongilis and Kabogo's must acknowledge the fact that during the 2027 GE cycle, the underlying influence was laced with integrity, morality, and that wanted to demonstrate to Kenya(ns) and the rest of the world that we must build and show confidence in our institutions, which rightfully was what the Azimio Chairman was doing.

Those with ambitions must respect Uhuru's role in midwifing the political sanity in our country. Let them draw influence from other sources for the sake of campaigning but all must protect the core.

The Author is Gatanga Sub County Jubilee Party Chairperson

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Sports >> *Harambee Stars defender Erick 'Marcelo' Ouma is hopeful more Kenyans will join him at his new club, Raków Częstochowa.

Polish Giants Raków Częstochowa Seek More Erick Oumas In Kenya



Defender Erick Marcelo Ouma is tackled by Yuel Kuach. PHOTO/Timothy Olobulu.

Harambee Stars defender Erick 'Marcelo' Ouma is hopeful more Kenyans will join him at his new club, Raków Częstochowa.

Ouma said the Polish giants are interested in signing more African players and would not mind scouting Kenya for more talents like him.

"They were telling me they want to invest in Africa, especially Kenya and that they will be coming to look for players. That's what we agreed and they assured me that they will come and check out the local scene. They want to build a formidable team," Ouma said.

The 27-year-old encouraged Kenyan footballers back home to grab the opportunity by working hard on their trade.

"Just play your own game...it is

very difficult to move from Kenya to Europe so if you get such an opportunity it's a plus for you. Just keep working hard and you never know...maybe they are already in Kenya," the Kakamega High School alumnus said.

The leftback joined the Polish side at the beginning of the year, transferring from Swedish giants AIK for a reported fee of 10mn Swedish Krona (Approx Ksh158mn).

Ouma said Częstochowa's ideals fit in with his personal goals, pointing out their winning mentality and achievements over the years.

"It's a big team because if you look at their success over the past two or three years, they were champions last year and have been winning trophies. They are

a team with a vision for the future," he said.

Częstochowa won last season's Polish top tier, the Ekstraklasa, for the first time and qualified for the UEFA Champions League although were unsuccessful in making it to the group stages.

Eager for Afcon 2027

Ouma is expected to be one of the mainstays of the national team when Kenya co-hosts the Africa Cup of Nations in 2027 along with Uganda and Tanzania.

He is under no illusion over what needs to be done to ensure Stars are a formidable force at that edition of the continental competition.

"I think we need to start building a team first because you

cannot go beyond your limit. We need to build a team first then we have the actual first XI then add more players to the team gradually. After that, then we can start to look forward to it," he said.

Ouma also pointed out the need for infrastructural improvements in order to host an unforgettable edition.

"We also need to work on the facilities because if you look at Ivory Coast, for example, they have a lot of world class facilities. Even if you look at their pitches, it shows how much they are organised. So, for us, it is not about talking but actually putting everything into action," he pointed out.

Back to the roots

In the meantime, Ouma has been channeling his resources back to the local community to enable young footballers cope with the perils of the sport.

He said his efforts are borne out of the fact that he empathises with the challenges bedeviling a footballer's life in developing countries.

"The project I am carrying out is to help the footballers back home in any way I can. Whenever I am on holiday or post-season break, I always go back to the local community...maybe building a gym or a physiotherapy centre to aid with recoveries from long term injuries," Ouma explains.

He added: "Many players back home struggle with access to quality physiotherapy services and are unable to get back to their pre-injury fitness levels. I know how it feels because I have been in the same position. With this physiotherapy centre, they are able to recover well and at subsidised rates.

Capital Sport

GET THE BEST OF WORLD

Sports >>> *South Africa are quietly confident they have Nigeria’s strikers well scouted ahead of the Africa Cup of Nations semifinal on Wednesday, with video analyst Sinesipho Mali being hailed as the team’s “secret weapon.”

Bafana Confident They Have Answers To Super Eagles’ Strikers



South Africa head coach Hugo Broos. PHOTO/CAF.

By: AGENCIES

South Africa are quietly confident they have Nigeria’s strikers well scouted ahead of the Africa Cup of Nations semifinal on Wednesday, with video analyst Sinesipho Mali being hailed as the team’s “secret weapon.”

Bafana Bafana had Mali to thank after advancing past Cape Verde 2-1 on penalties in Saturday’s quarterfinal in Yamoussoukro, as goalkeeper Ronwen Williams pulled off four shootout saves after a 0-0 draw to set up the meeting with Nigeria.

Now, Mali and head coach Hugo

Broos are confident the analyst’s work behind the scenes will help them get the better of the three-time champions.

“Nigeria are a team who become better and better every game, and again [vs. Angola] they are a good team with a great striker [Osimhen],” Broos told ESPN.

“We’re going to have to analyse a little bit more now. We have the [time before the match], so we’ll start and see how we can exploit the weaknesses in the team, but also be aware of their qualities.

“We prepare everything so well, and [Mali] does fantastic work.”

Williams, who became the first

keeper to save four spot kicks in a single AFCON, also praised Mali after the quarterfinal vs. Cape Verde, having also made several big stops during the course of the encounter.

“I give credit to the analyst and the goalkeeper coach as well,” Williams said. “They prepare me, they cut so many videos, study the clips, pick up the trends, send them to me, so credit to them.

“My phone is full of penalty kicks, and it’s not easy to get footage of some of these players, playing all over the world, so big ups to the analyst for prepping me.

“It makes my job 50% easier to

know which way they’re going.”

Broos said: “In the end, it’s Ronwen who decided in the moment, but he had all the information, and it helps. Very nice work by the video analyst.”

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Civil Society Demands Governor Kihika To Respect Court Orders

Nakuru Civil Society Organizations Forum (NACCSOF), Demand County Government of Nakuru under the leadership of Governor Susan Kihika to respect court orders



Brenda Holo
holobrenda878@gmail.com

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...



Worth Noting:

- “It has been alleged that the management of hospital forged documents and as a sector we are keen to know if indeed that is true and the only place we can get that information from is once the court proceedings are finalized and determination made. What disturbs us is the direction the matter is taking with the government continuing to disobey court orders. And as Civil Society that worries us the most because our work is to promote constitutional principles and standards”.
- As a representative of NACCSOF, Paul Masese stressed that the Nakuru County government's failure to comply with court orders is a cause for concern. He urged both the National and County government to respect the rule of law to prevent a breakdown of social order.



The county government has come under scrutiny for ignoring court orders stopping it from taking over and interfering with the management of the Nakuru War Memorial Hospital over claims of forging a lease document for the land on which the facility stands acquiring a 50-year lease extension.

Speaking during a press conference held in Nakuru county, Paul Masese the convener of Nakuru Civil Society Organizations Forum (NACCSOF), expressed his distaste on the prolonged nature of the dispute and the directions taken in settling the matter. According to Mr Masese, arbitration by the court is the only way of coming up with a solution on the conundrum facing the county and the War Memorial Hospital.

“As a forum we are quite disturbed by time the dispute is taking to be settled and the direction it is taking. From the onset we want to be very clear that as long as the issue is being arbitrated by the court we just wanted to go that way”.

One of the key points raised by Masese during the press conference

is the concern over the direction the matter is taking, particularly with the government's reported lack of adherence to court orders. Masese emphasized that the ongoing disregard for court orders by the government raises serious questions about the rule of law and could potentially lead to anarchy. He called upon the government to respect court orders, highlighting the importance of upholding the principles of justice.

“It has been alleged that the management of hospital forged documents and as a sector we are keen to know if indeed that is true and the only place we can get that information from is once the court proceedings are finalized and determination made. What disturbs us is the direction the matter is taking with the government continuing to disobey court orders. And as Civil Society that worries us the most because our work is to promote constitutional principles and standards”.

As a representative of NACCSOF, Paul Masese stressed that the Nakuru County government's failure to comply with court orders is a cause

for concern. He urged both the National and County government to respect the rule of law to prevent a breakdown of social order. Masese emphasized the significance of elected officials and those with sovereign power respecting the legal process. He stated that as civil society, they cannot stand idly by and watch the erosion of the country's legal and judicial foundations.

Enforcement of Laws and Press Freedom

Brian Tome, a member of NACCSOF, echoed Masese's sentiments, calling upon the county commander to enforce the laws impartially. He accentuated the importance of law enforcement in maintaining order and ensuring that court orders are respected. Additionally, Brian stressed the importance of press freedom, urging journalists to report fairly without coercion. He emphasized the role of the media in keeping the public informed and holding those in power accountable.

“We are disturbed by the fact that rule of law is being taken into their

own hands and we would like to encourage the County commander to be able to enforce the law and came out clear and tell us if they are not enforcing the court's decisions that are being given then whose orders are they taking. And journalist should have the freedom to be able to provide information to the public they should not be coerced by anyone”. Brian reinforced.

As the land lease saga becomes a matter of grave concern, the Nakuru Civil Society Organizational Forum(NACCSOF) call on the Nakuru County Police Commander, Mr. Samuel Ndanyi, to inform the public under whose order he is working by not interrupting the unbecoming works of persons who took control of the hospital thereby without any intervention from the police, obstructing health service delivery at the facility and the County Government of Nakuru under the leadership of Governor Susan Kihika to respect court orders pertaining to the hospital.