



Sunflower Farming Launched in Mukurwe-ini Constituency

Hundreds of farmers in Mukurwe-ini Constituency yesterday joined Sunflower farming project. The initiative was launched during a colourful ceremony at Thangathi Shopping centre where targeted farmers were issued with certified seeds.

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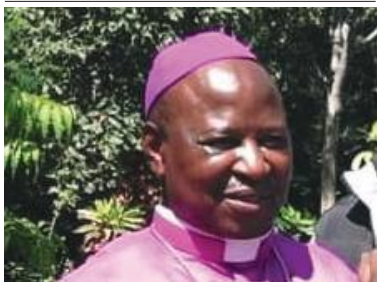
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News>>Nyeri County Launches Network Of Psychological First Aiders, Guidelines Booklet

P. 8. Nyeri County has launched a network of Psychological First Aiders (PFA) to offer initial intervention in case of a terror attack.



News>>Mbeere ACK Establishes Youth Outreach Programme

P. 12. The Anglican Church of Kenya (ACK) Mbeere Diocese in Embu has established a youth and sports outreach programme to engage and change the lives of young people in the community.

Fighting Alcohol & Drug Abuse in High Schools

⚡ The campaign against alcohol and drug abuse was intensified during a meeting of more than 7,000 high school students at the Thika High School Grounds on Sunday.

As the students met for the Kiambu Annual Prayer Rally, the messaging was heavily integrated with advocacy against the psychoactive and addictive substances.



Pastor Dorcas Rigathi

STORY ON PAGE 9

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Pastor Dorcas' Dedication In Fighting For The Youth Is Inspiring - Rachel Ruto

By: OSDP



First Lady Rachel Ruto (centre) with Second Lady Pastor Dorcas Rigathi and Nyeri County governor Mutahi Kahiga arriving at Nyeri Golf Club during the county's 10th Prayer day..

Worth Noting:

- She said the family unit, the church and the government as institutions established by God must work together to transform the lives of people.
- Pastor Dorcas said children must be protected as a destiny of the community and a future generation.
- “Children are a symbol of a future and the destiny of a nation. It is the children who will propagate the next dispensation and if the children are dead, a community will be dead,” she said.

First lady Rachel Ruto has lauded the efforts of the Spouse of the Deputy President Pastor Dorcas Rigathi in the fight against alcoholism, drugs and substance abuse among the youth.

Speaking yesterday during the 10th Annual Nyeri County Prayer Breakfast in Nyeri County, the First Lady said the dedication and commitment of Pastor Dorcas in saving the young generation is admirable.

“I commend the efforts of Her Excellency my sister Pastor Dorcas Rigathi who has been at the forefront in addressing the challenges facing our young men in combating alcoholism and drug abuse. Your dedication and commitment inspire us to

fight for our youth,” she said.

She further called on Kenyans to embrace the family unit as the basic unit of a strong nation.

She said the family as a fundamental unit of the society plays a vital role in shaping the future of our country and must be protected.

She said the family unit, the church and the government as institutions established by God must work together to transform the lives of people.

Pastor Dorcas said children must be protected as a destiny of the community and a future generation.

“Children are a symbol of a future and the destiny of a nation. It is the children

who will propagate the next dispensation and if the children are dead, a community will be dead,” she said.

“I believe that is why our mother (Rachel Ruto) is here after wailing and praying to God now she can come and stand here, give thanks to God because our children are not going to die anymore,” she added.

Our expectations cannot be cut short. Anyone who wants to cut short your expectations, children are the future of destiny and generation. If the children are dead, a community is dead, our children will not die anymore.

Nyeri Governor Mutahi Kahiga urged stakeholders to work together in saving

a generation.

Nyeri Town MP Duncan Mathenge said the fight against illicit brews will only succeed when all players come together.

“We can put our efforts together and eradicate the vices that are threatening our generation and our future. (Illicit brews),” Mathenge said.

His sentiments were echoed by his Mukurwe-ini counterpart John Kaguchia who lamented the high number of licensed bars in his constituency.

“How can we have 210 bars in Mukurwe-ini alone? This means in each sub-location of Mukurwe-ini there are more than 8 bars. It is time to face this problem head-on and face it at the root,” Kaguchia said.

Nyeri County Commissioner Pius Murugu pledged to continue with the ongoing crackdown on establishments selling illicit brews within the county.

He said so far more than 100 establishments illegally operating near learning institutions have been closed down.

The crackdown is also targeting chemists and grocers that have been involved in the sale of illicit drugs among the locals.

“We have been able to achieve an 85 per cent success in the fight against alcoholism, drugs and substance abuse in this region since we started the fight last year as directed by the Deputy President Rigathi Gachagua,” he said.

He also lauded the efforts taken by the Pastor Dorcas in the fight against alcoholism across the country and called on other stakeholders to join in eradicating the menace and urged the County governments to fast-track the process of harmonizing the laws in the fight against alcoholism, drugs and substance abuse.

Others present included Nyeri Deputy Governor David Warui, Tana Water Works Development Agency chairman Wanyaga Gathaka, Members of the Judiciary, dozens of religious leaders from Nyeri County among others.

Editor's Desk

The Mt. Kenya Times

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NEWS IN BRIEF



Lack of proper storage facilities and modern fishing techniques are some of the problems blocking fishermen in Migori County from penetrating international markets. Others are the current big shortage in fish stock in Lake Victoria, increased arrests and harassment of Kenyan fishermen by authorities from Uganda and Tanzania over alleged trespass offences and, the intensive exploitation by middle men. Fishermen from Lake Victoria's Muhuru, Aneko, Sori and Mingingo beaches also claim that stringent consumer requirements by the European Union (EU) apparently as a result of lack of modern fishing techniques for post-harvests have resulted in a remarkable decline in fish production. "Requirements for high quality fish at both local and world markets and, access to storage facilities are locking out most fishermen from venturing into large scale fish business," said a beach management unit (BMU) official, Mr Willis Okello.



Uasin Gishu Governor Jonathan Chelilim, has called on farmers in the county to embrace climate-smart agricultural technologies in order to increase productivity to address food security in the country. The governor was speaking during the Agricultural Society of Kenya (ASK) National Show, Eldoret showgrounds, Uasin Gishu county. He noted that this year's theme of Promoting Climate Smart Agriculture and Trade Initiatives for Sustainable Eco-

nomic Growth, underlines the crucial role of climate-smart practices as major drivers in enhancing food and nutritional security, fostering agricultural growth, and bolstering trade. "As a country, we continue to witness the impact of climate change best explained through erratic weather patterns making it impossible for our hardworking farmers to make a solid decision on when to plough and when to plant," he said. "That is why it is imperative for all of us to adopt practices that are sustainable and resilient in the face of environmental challenges," added Dr Chelilim. He commended the national government for the steps laid and initiatives rolled out in ensuring that farmers are cushioned amidst the adversities of climate change, like provision of fertilizers at subsidised and timely moments making it possible for proper planning in the adoption of climate smart agriculture.

The Government has distributed foodstuffs worth Sh23, 052,000 to vulnerable Muslim households during the Ramadhan period to 16 counties across the country. Principal Secretary (PS) of Culture and Heritage Ummi Bashir said the government started the initiative to have the vulnerable access nutritious meals, as a way to promote religious observance, reduce financial strain, encourage social inclusion, to demonstrate the government's dedication to fairness, empathy and unity among all citizens. Speaking during the flagging off of the Ramadhan Special Relief Allocation and commencement of the distribution initiative for Wajir County at the County Commissioner's Office, PS Bashir said the foodstuffs include 320 bags of rice (50kg each), 800 bags of beans (50kg each), 10 cartons of vegetable oil, boxes of Sardines, 10 bales of Pasta and 120 tons of Kenya Meat Commission corned beef. "Food will never be enough, but the fact that we have thought of you as the government and made time to come and distribute this food is a very big message we are sending to the people of Wajir," she stated. PS Bashir, who was accompanied by Wajir County Commissioner Karuku Ngumo and Wajir East MP Mr. Adan Daud, underscored the importance of assisting the needy and vulnerable, stating, "For us as the government, these are people who mean a lot to us, and the fact that we have recognized them and supported them through Ramadan is something worth noting."



Employees Sensitized On PSSS, Car Loan Scheme
A team from the National Treasury and Economic Planning Ministry led by Principal Administrative Secretary (PAS) Samson on Friday held a forum in Eldoret, Uasin Gishu County to sensitize government employees on the new Public Service Superannuation Scheme (PSSS) and Civil Servants Car Loan Scheme. Speaking during the forum, Principal Pensions Officer, Carol Nyukuri explained that in 2010 the National Treasury introduced a reform that required all public institutions to convert defined benefit schemes (DB) to defined contribution schemes (DC) leading to a decision to kick start the Public Service Superannuation Scheme (PSSS) on 1st January 2021. She noted that the government established a Contributory scheme for teachers, civil servants and the disciplined services personnel through enactment of the PSSS. She added that the scheme operates as a trust managed by a board of trustees who have engaged the service of other professionals including (CFP) financial services, Gen Africa and NCBA bank.

Education Cabinet Secretary (CS) Ezekiel Machogu has neutralised a row over the site of proposed Nyamira University that has caused divisions among area politicians. Mr Machogu who was presiding over a fundraiser in aid of completion of the headquarters of Nyamira Conference of the Seventh-Day Adventist Church told area politicians who were on a standoff over the actual location of proposed University in the county to leave that mandate solely to the Ministry of Education. The Cabinet Secretary dismissed the politicians whom he said only wanted to serve their selfish interests by demanding that the university be set at each one's electoral area. It compelled the CS to call for further clarification over the matter about establishment and more especially the location of the institution, from Kisii University Vice Chancellor Prof Nathan Ogechi in whose hands the formation of the campus was bestowed.



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New Honey Distribution Outlet Opens At Business Bay Square Mall In Eastleigh:

A Step Towards Economic Transformation In The Kerio Valley Region

By: Cynthia Masibo and Wendy Keziah @themkenyaintimes

Worth Noting:

The significance of this initiative extends beyond mere commercial interests. It is rooted in a larger vision of economic transformation and community empowerment. Traditionally, the KVDA region has relied heavily on traditional cattle keeping as a primary source of livelihood. However, this practice has often been fraught with challenges, including conflicts over resources and limited economic opportunities.

The promotion of beekeeping as an alternative economic activity holds the promise of addressing these challenges while fostering sustainable development. By encouraging local communities to engage in beekeeping, the KVDA aims to diversify income sources, reduce dependency on traditional practices, and promote environmental conservation.



Mr. Mark K. Chesergon. The Chairman of Kerio Valley Development Authority addressing the media at BBS Mall. .

The Kerio Valley Development Authority (KVDA), a State Corporation under the Ministry of East African Community, ASALs, and Regional Development, took a significant stride towards fostering economic development and sustainability in the Kerio Valley region with the official opening of their new honey distribution outlet. The outlet, situated at the bustling Business Bay Square Mall in Eastleigh, Nairobi, aims to serve not only the Eastern part of Nairobi but also North Eastern Kenya, expanding the reach of the acclaimed Kerio Valley Pure Natural Acacia Honey.

The KVDA holds a crucial mandate

of undertaking River Basin conservation and management through integrated River Basin-based development programs. At the heart of their objectives lies the aspiration to propel development and improve the region's per capita income. With this in mind, the expansion of the clientele base for Kerio Valley Pure Natural Acacia Honey represents a strategic move towards achieving these goals.

For years, Kerio Valley Pure Natural Acacia Honey has been among the leading brands in the market, renowned for its quality and purity. However, its availability has been limited to certain regions, hindering

its potential for broader market penetration. The decision to establish a distribution outlet at Business Bay Square Mall is part of a broader strategy to bring the product closer to the people, tapping into new markets and demographics.

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The promotion of beekeeping as an alternative economic activity holds the promise of addressing these challenges while fostering sustainable development. By encouraging local communities to engage in beekeeping, the KVDA aims to diversify income sources, reduce dependency on traditional practices, and promote environmental conservation.

The official opening of the honey distribution outlet at Business Bay Square Mall was attended by esteemed guests and dignitaries, highlighting the significance of the occasion. Leading the event was the East African Community, ASALs, and Regional Development, underscoring the commitment of regional authorities towards supporting initiatives that promote economic growth and sustainability.

Accompanying the East African

Community was the Permanent Secretary of the State Department for ASAL and Regional Development, Kello Harsama, whose presence underscored the government's support for initiatives aimed at transforming livelihoods in arid and semi-arid regions. Also in attendance was the President of the Kenya National Chamber of Commerce and Industry, Dr. Erick Rutto, who commended the KVDA for its efforts in promoting sustainable economic practices.

The opening of the honey distribution outlet represents a milestone in the journey towards economic transformation in the Kerio Valley region. It symbolizes a shift towards more inclusive and sustainable models of development, where communities are empowered to harness their natural resources for economic gain.

As the honey flows from the shelves of Business Bay Square Mall to homes and markets across Nairobi and North Eastern Kenya, it carries with it the hopes and aspirations of a region striving for prosperity and sustainability. With initiatives like this, the KVDA paves the way for a brighter future, where economic growth is synonymous with environmental stewardship and community resilience.

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Nyeri County Launches Network Of Psychological First Aiders, Guidelines Booklet

By: MKT Correspondent and The Star

@themkenyentimes

Nyeri County has launched a network of Psychological First Aiders (PFA) to offer initial intervention in case of a terror attack.

The 200 members' network spread across the county will initially be coordinated from both the county and sub county levels.

Psychological First Aid is an acute intervention to help in the immediate aftermath of a disaster, terror attack or emergencies to minimize initial distress as a result of traumatic events and foster short-term and long-term adaptive function and coping.

Also launched was a booklet of Referral Guidelines for Survivors of Violent Extremism, which will act as the PFA providers' Bible in the course of their work.

This makes Nyeri the first county in the country to form such a network as well as prepare and publish guidelines.

Nyeri Deputy Governor David Kinaniri while launching the two at Cultural Centre Hall, last Wednesday termed the training of PFA providers and the formation of the network as crucial.

"The training you have received is very crucial in helping those traumatized in case of an attack, disaster or emergency," he said.

He called on the PFA to ensure they cascade the knowledge gained down to their fellow community members who may be unaware of how to react in case of an attack.

Nyeri Central Deputy County Commissioner Joseph Mwangi termed the move as a great stride and attributed the success to the cordial working relationship between the Nyeri county and national governments.

He said once terrorism takes place,



Stakeholders pose for a photo after the launch.

there are always victims who need Psychosocial support and commended PFA providers for volunteering to offer the services.

Foundation For Dialogue (FFD) Programme Director Michael Mugo said the network will be self coordinated and will be offering its services when need arises.

"These are members of the community who are able and ready to offer PFA as part of the process to enhance healing and coping," said Mugo.

Plans to prepare the booklet started after the Mandera quarry and bus terror attacks in 2014 that left more than a dozen of Nyeri residents dead.

Some residents had moved to the county in search of greener pastures when terrorists struck severally.

The traumatized survivors received no immediate intervention and had to heal naturally.

"We did a survey together with the National Counter Terrorism Centre (NCTC) and realized that all the

survivors had either healed naturally, moved to other counties or went back to Mandera," Mugo said.

As a result, a plan was born to train community members on how to respond in case of a terror attack or if survivors are psychologically traumatized.

Psychosocial pillar members were trained on PFA before the training of community members identified by National Government Administrative Officials (NGAO).

Those targeted for PFA training included chiefs and their assistants, Community Health Promoters, village elders, Nyumba Kumi and community policing officials.

These are groups that do other community jobs and the supposition is there will always be someone nearby who can respond to a community need requiring PFA.

The Referral Guidelines booklet was also prepared by members of the pillar with guidance from FFD officials.

Psychosocial pillar is one of the pillars of the Nyeri County Engagement Forum (CEF) that implements a devolved national strategy on countering violent extremism through the County Action Plan (CAP).

The CEF is co-chaired by the governor and the county commissioner.

Other pillars are Education, Economic, Law Enforcement, Political and Ideological and Media and Online.

The program was supported by Global Community Engagement and Resilient Fund (GCERF) through Act Change Transform's (ACT) Accelerated Response Initiative against Violent Extremism (ARIVE) project, National Counter Terrorism Centre (NCTC) and FFD.

The Psychosocial pillar head Gama-liel Gitonga said 40 community members were trained in four focal areas

of Kieni East, Mathira East, Tetu and Nyeri Central sub counties and ten from other four sub counties of Othaya, Mukurwe-ini, Mathira West and Kieni West.

"This has ensured that there is good representation in the community to ensure that they are able to offer the services across the county," he said.

A Psychosocial pillar member Laurence Kinyua termed the journey of preparing the booklet and forming the network as long but fulfilling as members now have the knowledge and capacity to steer the network.

The CEF secretary Lucy Mwaura said it has been a privilege to have made such a stride of formulating the referral guidelines and the subsequent formation of the network.

Foundation For Dialogue Ltd is a non-state, non-partisan and non-profit organization that aims to promote peaceful coexistence through constructive approaches to peace building and human rights transformation, advocacy and good governance.

It is the lead Civil society Organisation in implementation of County Action Plans on Prevention of Violent Extremism in Nyeri and Laikipia Counties.

The organization has partnered with Central Kenya Development Network (CKDN) to provide technical assistance and administrative support to Central Region Economic Bloc (CEREB) and it operates in the 10 counties.

Worth Noting:

- Nyeri Deputy Governor David Kinaniri while launching the two at Cultural Centre Hall, last Wednesday termed the training of PFA providers and the formation of the network as crucial.
- "The training you have received is very crucial in helping those traumatized in case of an attack, disaster or emergency," he said.
- He called on the PFA to ensure they cascade the knowledge gained down to their fellow community members who may be unaware of how to react in case of an attack.
- Nyeri Central Deputy County Commissioner Joseph Mwangi termed the move as a great stride and attributed the success to the cordial working relationship between the Nyeri county and national governments.



Foundation For Dialogue (FFD) Programme Director Dr Michael Mugo (left) with Nyeri County Deputy Governor David Kinaniri during the event last week.

Fighting Alcohol & Drug Abuse in High Schools

By: OSDP



Pastor Dorcas Rigathi addressing the forum

Worth Noting:

- “Young men, listen to me. I visited your brothers in the drug dens of Shimanzi in Mombasa, and they have injected themselves with drugs everywhere, and they are now injecting themselves through the chest, waiting to die,” said Pastor Dorcas.
- She painted the sorry state of the boys and men in the country, saying, “You will find them in the drug dens, in prison with a majority because of defilement cases, others are in hospital wards because of broken limbs from accidents, and also HIV/AIDs, and others have died and are in the mortuary,” she said.

The campaign against alcohol and drug abuse was intensified during a meeting of more than 7,000 high school students at the Thika High School Grounds on Sunday.

As the students met for the Kiambu Annual Prayer Rally, the messaging was heavily integrated with advocacy against the psychoactive and addictive substances.

The NACADA 2022 Survey on the Status of Drugs and Substance Use in Kenya revealed that Central Kenya, where Kiambu is located, had the highest prevalence of portable spirits at 4.1%, and highest use of tobacco 11.9%. The survey also indicated that one in every 11 youths aged between 15-24 years was using at least one drug or substance of abuse, the age of high school students in Kenya.

The spouse of the Deputy President Pastor Dorcas Rigathi, who was the Chief Guest, narrated about her visits to the drug dens of Mombasa, and rehabilitation centres across the country in great detail to inform the students about the dangers of the alcohol and drugs.

She told of those in the drug dens of Shimanzi, Mombasa County, who had injected every part of their body, and were now pushing drugs

through their chest area.

“Young men, listen to me. I visited your brothers in the drug dens of Shimanzi in Mombasa, and they have injected themselves with drugs everywhere, and they are now injecting themselves through the chest, waiting to die,” said Pastor Dorcas.

She painted the sorry state of the boys and men in the country, saying, “You will find them in the drug dens, in prison with a majority because of defilement cases, others are in hospital wards because of broken limbs from accidents, and also HIV/AIDs, and others have died and are in the mortuary,” she said.

“If you are 25 years old, and imprisoned for 50 years, you will be released at the age of a grandfather or even die in prison,” Pastor Dorcas warned the students. She urged the students to focus on their studies and avoid negative peer pressure.

She, however, told the students that the Kenya Kwanza Government had every intention, and had showed goodwill to fight alcoholism and drug addictions in the country, but urged the students to say no to the destructive substances and focus on their education.

Different counties are working on legislation to regulate the consump-

tion of alcohol in their jurisdiction, in addition to the directives given by the Cabinet Secretary Interior Prof Kithure Kindiki during a meeting convened by Deputy President Rigathi at the Karen Residence days ago.

The Regional Director Education, Sabina Aroni, present during the rally commended the government efforts to fight the consumption of illicit brews and drugs.

“Your fight against alcohol and drug abuse has had a big impact. There are two schools where we struggled with high incidences of alcohol and drug abuse, but they have gone down significantly. When

the students turn away from this destructive behavior, then generations will be safe,” she said.

The move to target schools is strategic since the students are young and have not experimented with the addictive substances.

KSCF Kiambu County Chair Richard Mureithi said the formation of clubs and societies in schools was instrumental in the growth and development of students, facilitating such rallies to impact the students.

Mr Mureithi said the rally was the 5th County Annual Prayer Day that began in 2018, but was not held in the years 2021 and 2022 because of the Covid-19 pandemic.



Dealing With Ungodly Patterns Pt 2



By: Eric Musa
 EMEA.ericmusa@gmail.com

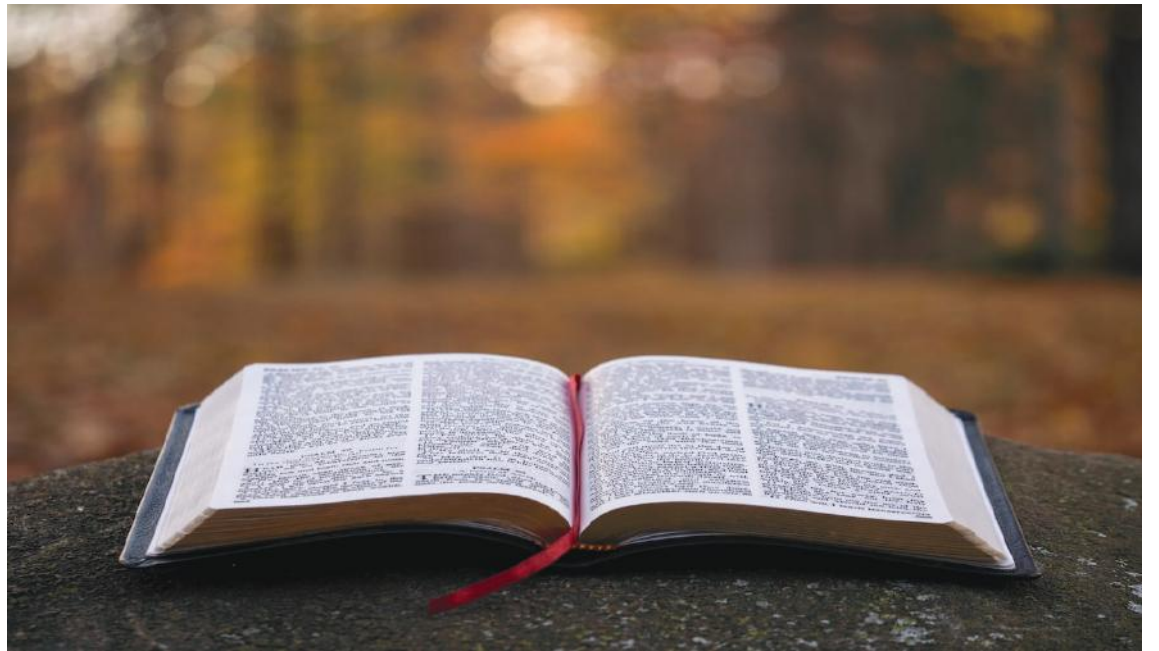
In this life journey, you can get to discern that, your life is coded in some way which is not right! To overcome this, there must rise a person who can **BREAK** the demonic programming. I declare this is your portion. There are ways to deal with ungodly patterns. First, seek the root cause of the problem of the evil cycle. It can be revealed to you, through prayers, of what the problem is. In Matthew 15:13 “He replied, “Every plant that my heavenly Father has NOT planted will be pulled up by the roots.” We see how God dealt with correcting the destiny of Gideon(Judges 6). In Deuteronomy 30:19 it is written, “This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses, now choose LIFE, so that

you and your children may live.”

Secondly, apply targeted prayers and fasting. See in Isaiah 58: 6, “Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?”

Thirdly, by the hands of a prophet or a spiritual authority. Consider Hosea 12:13 “ The LORD used a prophet to bring Israel up from Egypt, by a prophet he cared for him.” This you ought to be very cautious! Choose very well who speaks or lays hands on you; some can exploit, confuse or even damage you.

Fourthly, Prophetic actions can be taken by a family through the guidance of God. For example a family can do some acts in unison in a family gathering. Fifthly, enter/ immerse into a deeper and higher covenant with God, which is found in the precious blood of Christ Jesus. This we see in Psalm 50:5, “Gather to me my consecrated ones, who made a covenant with me by sacrifice,” . You should know how to enforce the **FINISHED WORK OF CHRIST JESUS**



AT THE CROSS in our lives, because when Jesus was crucified at the cross, he fulfilled this “having cancelled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross (Colossians 3:14-15).” Every demonic code in

your life was cancelled, every evil cycle is broken in the name of Christ Jesus and by the blood of Christ Jesus: AMEN & AMEN.

Evangelist Eric Musa:

(My message continuously: The best decision in this earthly life is to receive Christ Jesus as your personal Saviour: Believe and confess Christ Jesus as your Lord and Saviour and

be filled with the Holy Spirit: AMEN). As it is written; “NOW is the acceptable time, TODAY is the day of SALVATION.- 2 Cor 6:2”. For prayers, devotion; to support Evangelism contact Ev. Eric Musa on +254722157300 (Email: EMEA.ericmusa@gmail.com). Remember, God Loves you unconditionally, perfectly and forever.

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Contrary To His Critics, Ruto Have No Hand In The Adoption Of NADCO Report



By: Joseph Mutua Ndonga
mutuandonga@yahoo.com

President William Ruto is not a member of parliament. Therefore, those claiming that he was brain behind the process that culminated to the adoption of the National Dialogue Committee (NADCO) report were misleading Kenyans by playing cheap politics. Equally, claims that Azimio La Umoja One Kenya Party leader Raila Odinga was his co-partner did not also hold any water.

From the onset, the position of the President was very clear. The proposed amendments of the constitution must be done in full compliance of the existing law.

There is no shortcut. As the law making body, parliament must take full charge.

A few days ago, Ruto's word came to pass when members of parliament (MPs) concluded the debate on NADCO report and overwhelmingly adopted it.

As required by the law enacted to spearhead the process, the report was submitted to the Senate for concurrence.

This means a new bill capturing the proposals presented during the public hearings held at the Bomas of Kenya has been prepared. Just like Ruto, Raila was also upbeat when the MPs adopted the NADCO report

The law requires the Speakers of the two houses to submit the Bill to the President for assent.

When the committee released the final NADCO report, the President immediately endorsed it.

Noting that we are a country governed by the rule of law and constitution, he termed this as a move in the right direction.

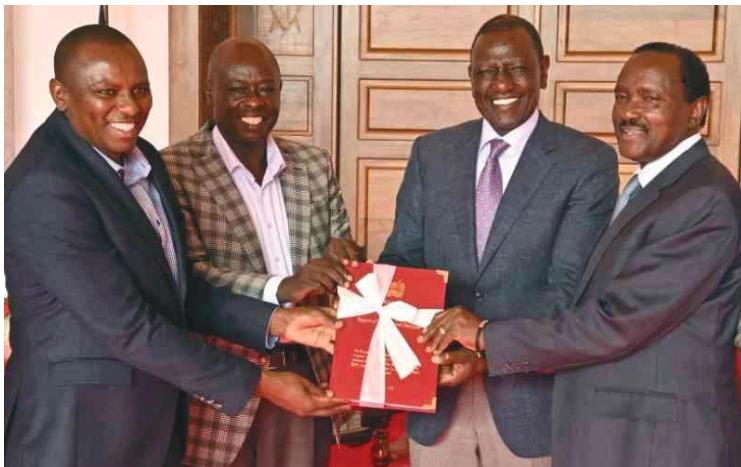
As your president, my wish is to see MPs adopting his report.

As a writer and a political analyst, I wrote an article in this column soon after President Ruto endorsed the report. These were my observations.

Speaking during a Sunday service at Priesthood church in Kahawa West, Nairobi, President William Ruto expressed gratitude to the National Dialogue Committee (NADCO) co-chaired by Wiper leader Kalonzo Musyoka and Majority leader Kimani Ichungwah for completing their job and presenting the final report.

I have read the report I want to say this. I totally agree with the recommendations.

As you know, the 10-member committee was set up to address the issues raised by other side. We are now reading from the same page.



President William Ruto and DP Rigathi Gachagua receive the Nadco report from the Co-Chairs Kalonzo Musyoka and Kimani Ichung'wah at State House Nairobi. [PCS]

So, having this report is a key milestone in fostering peace and unity of our country.

The recommendations will now be tabled on the floor of Parliament and senate for debate and adoption. This is in line with one of the clauses contained in an agreement unanimously passed by the two houses. It is worth noting the motion for establishing the bipartisan talks team had received massive support.

Thereafter, the two Captains-President William Ruto and Azimio La Umoja One Kenya Coalition Raila Odinga-did not raise any objections. The duo immediately endorsed it.

Therefore, President Ruto's decision to support the final report did not come as a surprise.

He had all along supported this process. But as it turns out, the opinion is divided. I have been following with keen interest mixed reactions that the final report continues to elicit. This is good and healthy for our democracy. It shows that our democracy is maturing.

I would not expect Parliament to let down the President whose vision and mission is clear.

His main focus is to build a united and peace full Kenya and rid the country burden of foreign debts.

At Priesthood Church in Kahawa West, he was therefore happy to note that one of the recommendations in NADCO final report stated. The monies allocated for the local and foreign travels of the government officials should be cut by 50 percent and 30 percent respectively. For 50pc cut, i have already done that.

For 30pc, I have no problem. I wish they could have pegged it at 50pc.

Notably, the recommendations had been informed by the views and memoranda submitted by the people of Kenya during the public hearings.

One of the issues agreed upon is the creation of the Office of Leader of Opposition. This is another key recommendation.

The bipartisan talks were being held at Bomas of Kenya. The opinion of the polls conducted by Trends and Insights for Africa (Tifa) had shown that majority of Kenyans supported the proposal

by President William Ruto on creation of this Office.

This would leave no doubt that they rightly viewed President Ruto as a true democrat and statesman.

During the Raila- led demonstrations, Azimio leader wanted Kenyans to believe that the MPs cannot be trusted to lead the talks. He would allege that this was because they were fighting for thier own stomach.

He would mainly target those who belonged to his Azimio Coalition who changed the tune by opting to work closely with President William Ruto.

The position of these MPs would be clear. We are doing this for the sake of the people who elected us. They have been telling us the time of politics is over. They want us to roll out the development projects we promised them during the campaigns.

In our context, the government of the day plays a leading role when it comes to sharing of the public resources.

The President is the CEO of this great Nation. So you can only ignore him at your own peril.

This however should not be misconstrued to mean that the President had compromised and silenced us.

In some quarters Raila's turnaround would be interpreted as self indicting and incriminating.

As we know, he had played a key role in clearing these people to run for thier respective parliamentary seats and other elective positions on Azimio tickets. Does it mean he gave his supporters the wrong choices? If yes, then it means he is an enemy of the people. You never believed in the course that you wanted them to believe in.

I'm sure if Raila won the elections, he could have done the same thing. This is by reaching out and rallying members of Dr Ruto's United Democratic Alliance (UDA) to support his development agenda inside and outside parliament.

It is worth noting Dr Ruto started rooting for a system of governance anchored on tenets of democracy and constitutionalism long before he become the President.

This is the first time in Kenya's history that the sitting head of state is rooting



Azimio leader Raila Odinga receives the NADCO report from co-chairs Kalonzo Musyoka and Kimani Ichung'wah on March 8, 2024. PHOTO | COURTESY

for the creation of the Office of Opposition Leader.

The previous administrations feared and were opposed to formation of a strong and vibrant opposition.

At a time, the government resorted to using crude and cruel means to counter and weaken the outfits.

President Ruto is rooting for the opposition that engages the government in a structured constructive and honest dialogue.

I remember a powerful speech he made at Chatham House in the United Kingdom (UK) in the countdown to the 2022 General Election.

He told his attentive audience who comprised political leaders, diplomats, scholars and professionals drawn from all parts of the world that he totally detested the system that was being embraced back home in Kenya.

As you are aware, the 'handshake' government of President Uhuru Kenyatta and his partner Raila Odinga was at the helm of power.

He described it as a mongrel kind of thing. This system lacked consistent, direction and focus. It is an animal that one cannot understand.

This system has caused a lot confusion and stagnated the progress and wellbeing of our people.

In a functioning democracy, the government and opposition are supposed to operate as distinct entities.

If I win the elections and become the President, I want to assure Kenyans that I will strive to provide leadership on this matter.

Initially Raila and his brigade had resorted to throwing the spanners in the work by holding bloody and destructive demonstrations. He never wanted Ruto to succeed. He had previously used the same card to intimidate and blackmail presidents Daniel Arap Moi, Mwai Kibaki and Uhuru Kenyatta.

He hoped this card will work even this time. The strategy flopped because Dr Ruto stood his ground.

Besides, majority of Kenyans also realized that Raila was taking them for a ride. He did not believe in thier course. He was just using them in pursuit of his selfish and personal gains.

Raila's endgame was to force President Ruto to share the rulling Kenya Kwanza government with him.

Dr Ruto remained firm telling Raila. I defeated you at the ballot. Accept the bitter truth that you lost and move on.

For now, your role is very clear. As an opposition leader, you job is to criticize my government.

Many Kenyans believe Raila was yet to accept the outcome of 2022 presidential election results because of one main reason.

He never thought he can lose because for the first time the outgoing President, the deep state and system was fully backing his candidature.

He however forgot this. Dr Ruto, his main competitor was on the other hand enjoying God's favor and support of the majority of Kenyans.

Raila's association with the outgoing President had been identified as his Achilles heel.

We know that Kenyatta's victories in both 2013 and 2017 was attributed to the popular support he had received from his strongholds of the Mount Kenya and Rift Valley regions.

He had already lost the two blocs and the voters were now rallying behind Ruto.

Dr Ruto had also raided and penetrated Raila Odinga's strongholds and he had managed to sway a huge chunk of votes to his side.

With this, where did Raila expect to get votes?

For Raila, there is always another day and chance. Try your luck in 2027. Put God first in all this.

The Good Lord is the one who blesses and anoints leaders.

Seek comfort in the Verses that saw David being anointed as a King of Israel.

This happened before his mother carried him in her womb.

David had been abandoned and despised by his siblings and his father.

Dr Ruto suffered the same fate. He had been abandoned by the outgoing President and his top state officials.

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

Mbeere ACK Establishes Youth Outreach Programme

By: MKT Correspondent
 @themkenyatimes

The Anglican Church of Kenya (ACK) Mbeere Diocese in Embu has established a youth and sports outreach programme to engage and change the lives of young people in the community.

The Diocese head, Bishop Dr Moses Masamba, said they want to use the power of sports to drive social change in the community among the target population of boda boda operators and young men and women in the community.

The approach, according to Bishop Masamba, will go a long way in enhancing gifts and talents of young people as well as instilling family values to young couples and families.

Speaking while unveiling the committee that will oversee the implementation of the program on Sunday,

the man of the cloth said the initiative will also help reduce antisocial behavior.

“We feel this is an attractive way of engaging the attention of young people to create a platform to promote prevention of social vices such as crime, alcoholism, drug abuse and teenage pregnancies.

He said the church has for long not been actively involved in community affairs resulting in a greater disconnect of the church from the community.

“We want to bring the church and local communities together in changing the life-path of young people as well as spread the love of God to them,” he said.



Mbeere ACK Establishes Youth Outreach Programme.

Women In Kenya Forced To Adjust Their Expenditures To Cope With Difficult Financial Times

By: John Kariuki
 @themkenyatimes

Old Mutual has launched its latest Financial Services Monitor, which offers invaluable insights into the financial behaviours and attitudes of Kenyans, with a particular focus on women.

This second edition of the Old Mutual Financial Services Monitor (OMFSM) provides a comprehensive analysis of the Kenyan economy, highlighting key trends and challenges faced by individuals, especially women. “The report comes in the wake of International women’s day, which is focusing on the economic empowerment of women to accelerate gender equality,” cited Anne Nyamu, Patron of Old Mutual Women’s Network.

According to the report, only 16% of women in Kenya express confidence in the country’s economy, with a staggering 54% reporting significant financial stress, a figure notably higher than their male counterparts, standing at 41%. The impact of the COVID-19 pandemic on earnings is also evident, with 9 out of 10 Kenyan consumers (91% women;

90% men) experiencing stagnant or decreased income levels.

The Monitor also sheds light on expenditure patterns, revealing that 60% of household income is allocated to living expenses, 12% to debt, and one-fifth to savings. Notably, access to healthcare remains a challenge, with over half of Kenyan women lacking medical insurance and two-thirds not covered by their employer. To cope with financial pressures, 41% of Kenyan women have tapped into their savings, while 30% have resorted to borrowing from savings clubs (chamas).

In terms of retirement savings, while 8 in 10 women acknowledge its importance, only 2 in 10 are actively saving for retirement, highlighting a significant gap that needs to be addressed.

Despite these challenges, there remains a beacon of optimism, as almost three-quarters of Kenyan women believe their financial situation will improve in the next six months. This optimism is accompanied by adaptive strategies, with 60% of women adjusting their expenses, including cutting down on house-holds and switching to cheaper brands. Meanwhile, 36% of women are actively working to secure their investments.



The entrepreneurial spirit among Kenyan women also continues to thrive, with over half owning businesses. However, most of these enterprises are small-scale, with 72% being proprietor-run and 28% employing five or fewer individuals.

Commenting on the report, Old Mutual East Africa Group CEO, Arthur Oginga, said: “The insights provided

by this edition of the Old Mutual Financial Services Monitor emphasize the urgent need for tailored financial solutions and support mechanisms, particularly for women in Kenya. The Old Mutual Group is keen on stepping in to offer the financial services that will help this important demographic cope effectively.”

Starting January 2024, Old Mu-

tual’s Financial Services Monitor serves as a comprehensive resource for policymakers, industry stakeholders, and individuals alike, offering invaluable insights into the dynamics shaping the Kenyan financial ecosystem.

Government Launches Safer Project To Boost Msmes Access To Finance And Fuel Post-Pandemic Recovery

By: John Kariuki
@themkenyatimes

The Government of Kenya, through the Kenya Development Corporation (KDC), the Ministry of Investment, Trade, and Industry (MITI), and the National Treasury, has launched the Supporting Access to Finance and Enterprise Recovery (SAFER) Project.

The project seeks to increase access to financial services, enhance capabilities, and support the recovery of Micro, Small, and Medium Enterprises (MSMEs) after COVID-19, and foster long-term growth.

“The SAFER project will break down financial barriers for MSMEs through policy reforms, innovative financing, and capacity building. We are confident that through this initiative, we will ignite a spark of economic revitalization across Kenya,” Cabinet Secretary, Ministry of Investments, Trade and Industry Rebecca Miano said.

SAFER will provide innovative financial solutions and support to MSMEs through a combination of market instruments channeled via the private sector and the Government.

The funds will be channeled from the National Treasury to an apex financial institution (KDC), which will on-lend to several Participating Financial In-

stitutions (PFIs), including Licensed Micro Finance Institutions, Central Bank of Kenya Licensed Digital Lenders and SACCOs, who in turn will on-lend to MSMEs.

Formally referred to as Nawiri wholesale Loan, KDC will disburse this facility to SASRA-regulated SACCOs, Licensed Micro Finance Institutions and Tier III commercial banks focused on lending to MSMEs. “Through SAFER, we aim to address market failures in access to finance by MSMEs in Kenya.

This project comes at a crucial time as businesses continue to grapple with the economic fallout from the COVID-19 pandemic and multiple economic shocks occasioned by geopolitical tensions across the world,” KDC Director General Norah Ratemo Said.

SAFER project is designed to address the pressing needs of MSMEs by providing essential financial support for their working capital requirements, including salaries, rent expenses, and more.

“Interventions will be tailored to address the specific needs of MSMEs across various sectors and regions. This may involve enhancing financial literacy, facilitating credit access, or fostering partnerships with financial institutions. Our goal is to equip MSMEs with the tools and resources they need to succeed,” Cabinet Secretary

Co-Operatives & Micro, Small, And Medium Enterprises Simon Chelugui said.

Through SAFER, individual micro-enterprises will access loans ranging from KES 7,000 to KES 150,000, while small enterprises can avail themselves of loans ranging from KES 150,001 to KES 250,000. Microloans will have a tenor of up to 18 months, while small loans will extend up to three years, empowering MSMEs to manage their cash flows effectively and pursue growth opportunities.

“This Project represents a significant step towards supporting MSMEs in Kenya during these challenging times. By providing access to finance and fostering enterprise recovery, we aim to create a more resilient and inclusive economy,” KDC Chairman of the Board of Directors Dr. Bunyasi Sakwa said.

Key components of the SAFER Project include:

Innovation and liquidity support to MSMEs: This component focuses on providing immediate response to the COVID-19 pandemic by offering resilient recovery support to formal and informal sector MSMEs, especially those owned by women and youth, in sectors severely affected by the crisis.

De-risking lending to MSMEs: This component aims to mitigate the risks associated with lending to MSMEs



Investment, Trade and Industry CS Rebecca Miano

post the COVID-19 crisis. A portion of the fund will be used to bolster the national Credit Guarantee Scheme (CGS), while the remainder will facilitate the establishment and capitalization of a Credit Guarantee Company (CGC) based on Kenyan law.

Technical Assistance and Project Management: This component, with a budget of US\$15 million, will provide technical support to various stakeholders involved in the delivery of the project. It will also focus on building resilience capacity within the MSME finance ecosystem beyond the life-cycle of SAFER, ensuring sustained growth in MSME lending.

Since its inception, KDC has been

at the forefront of mobilizing funds and fostering economic growth in Kenya. Through strategic initiatives like SAFER, KDC aims to further its mission of catalyzing sustainable socio-economic development in the country.

The SAFER Project has already garnered support from key stakeholders, including the National Treasury, World Bank, and Participating Financial Institutions (PFIs). Through collaboration with these partners, SAFER aims to have a tangible impact on the lives of MSMEs across Kenya.

SASRA To Lend “NAWIRI” Loan to MSMEs

By: Our Reporter
@themkenyatimes

The impact of the Sacco movement in enabling economic growth and development of a nation cannot be underestimated. Saccos in different sectors have enabled millions of Kenyans to access credit with reasonable interest rates and a flexible repayment plan. Underscoring the same impact and reiterating it, The Chief Executive Officer (CEO) of the Sacco Societies Regulatory Authority (SASRA) - SASRA is a statutory Authority charged with the responsibility to license, supervise and regulate all DTS (Deposit Taking Saccos) & specific NDTS (non-deposit taking Saccos) Peter Njuguna, noted that Saccos have been at the center of the realization of SAFER (Supporting Access to Finance and

Enterprise Recovery (SAFER) Project. He added that the same initiative of Saccos has contributed enormously to the Bottom-up Economic Transformation Agenda (the BETA plan).

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CEO SASRA Peter Njuguna.

Motherland Madhi



They ask what happiness is for you
Every morning I say wake up in good health
If you go away for a moment, it's your birthplace
I say longing for the Holy Fatherland
Pushing the soil he stepped on in my eyes
I will glorify the value of Karagda
I am writing the tariff of my country
I can't give enough praise
Thank you, it's so beautiful
I am a dear child in a unique land
Scientists are wise, great geniuses
I love the country where I live
I am proud to visit all destinations
I have pride in my heart
The name Uzbek is known to the world
I have a special meaning

My love is endless to my dear friend
Every line is decorated with courage
It is a new amulet of Uzbekistan
May there always be peace in our country

Mahkamova Maftuna Odiljon's daughter was born on February 20, 1995 in Baliqchi district of Andijan region. He graduated from the 41st general secondary school in Balzchi district with excellent grades and entered the Chinabad Construction Vocational College. He graduated from college in 2013. And he started working in the college where he studied. In 2020, the Faculty of "Informatization of Industry" of the Namangan Institute of Engineering and Construction was recommended to students in the direction "Information Systems and Technologies". Until now, several of his poems have been published in regional newspapers. He was also awarded by the Minister of Higher Education, Science and Innovation in October 2023. Currently, she is working as a poetess, a student, and a young teacher at Baliqchi District Vocational School No. 1.

Interest In Language



In 2013, the girl, who just turned 5, knows how to read and write, these interests lead her to school, and she goes to school with her brother. But his teacher doesn't pay attention to him at school, and he is very upset about it. He is expelled from school because he is not yet 7 years old.

In 2014, he wants to go to school again, and his teachers accept him out of desperation. He is one of the best students at school. The little girl who wanted to become a teacher in the future had many dreams. The reason for this is her grandmother, who told this girl from a young age that in the future you will be beautiful, lucky, an entrepreneur, you will have a car, a driver, and a house. It's been 9 years since this little girl

has become a strong girl who is moving towards the goals she knows, and her dreams have changed along with it. In the near future, he plans to enter UZJTU (Uzbekistan State University of World Languages). Her interest in the language was fueled by her mother, who enrolled her in a Russian language club since the 6th grade, and she is currently working to improve her English and score an 8.5 in IELTS.

Hop What opportunities will English open up for him "first" he can translate "second" he will not have trouble going to any country to study or travel "third" he can also become a teacher "fourth" he will be financially independent "fifth" his thinking will change and he will start setting more ambitious goals I cannot count these possibilities. Father's mother's pride will be his pride.

The main goal is "she wants to be a proud girl that Uzbekistan and the people need

Rasulova Mehribon was born on July 5, 2008 in Bulung'ur district of Samarkand region. His nationality is Uzbek. He is a 10th grade student of general secondary school No. 47 in Jomboy district.

Don't Make My Mother Cry



My mother is my Jannah,
My mother unique in the world.
My mother who loves me,
Don't make my mother cry, world!

When my mother is happy, I am happy,
I love her so much.
God, I ask you:
Don't make my mother cry!

My mother is light in my eyes,
My mother is soul in my body.
My mother is very kind to me,
Don't make my mother cry, world!

Shonazarova Parizod Ravshanbek's daughter from Uzbekistan. She was born on 22nd December of 2005 in Khorezm region, Khanka district. Presently, she studies at 41-school in Khanka.

My Wealth And Heaven



I will kiss your every trace .
You are worth golden crowns,
I will take you to Haj , Inshaaloh !

Always wait with longing,
Mother with aroma of Heaven.
Always kiss my face and eyes
The river-heart is my kind .

My father says well done, daughter,
Don't do two words of mine !
You are the light of my eyes ,
My heart is for you, my daughter.

I am your pretty daughter ,

Yusupova Sevinch daughter of Bakhriddin was born on 3th September , 2005 in Yakkabog' District , Kashkadarya region of the Republic Uzbekistan . Currently, she is a student of the Faculty of Medicine of AlFraganus University in Tashkent . She is coordinator of "Super Zakovat AFU" at the university . Her creative works were published in "O'ZBEKISTON RESPUBLIKASI EZGULIK GAZETASI" newspaper , Republican "SMILE" magazine and twice in "International RUSSIA scientific" magazine . "Active seeker" badge holder. Winner of the 1st place in the "Student of the Year" Olympiad held on February 5, 2024 at the national level , as well as in the challenge of the Zahreddin Muhammad Babur competition held by the Youth Union of Andijan State University.

KNCHR Calls For Just Energy Transition

By: Anne Sabuni
@themkenyatimes

Human rights defenders have intensified their calls for a just transition into renewable energy, even as businesses seek counsel on potential areas of violation.

Kenya National Commission on Human Rights (KNCHR) Central Region Coordinator Ruth Getobai, extended a leaf to enterprises and businesses in renewable energy sector to seek counsel on potential areas of risk, to avert heavy losses and unending legal battles.

Getobai noted that businesses were susceptible to legal battles in their pursuit for clean energy sources, emphasizing the need to respect the rights of their workers as well as communities where they work.

“We are training businesses and companies involved in renewable energy on their connection with human rights, drawing their attention to the National Action Plan on Businesses and Human Rights policy framework,” she noted.

Speaking in Nakuru during a one-day workshop to sensitize renewable energy companies and flower farms on the need to adhere to the law, the Commission emphasized the need for a meaningful community en-

agement and public participation exercises, that were inclusive.

“Businesses have the potential to impact on the rights of communities as they positively contribute to development. Our concern is their understanding of how they could affect human rights.

“We are also placing an emphasis on the need to bring everyone on the decision-making table, including women and any other vulnerable members of the communities; in line with the Sustainable Development Goal’s clarion call, not to leave anyone behind,” added Getobai.

The human rights defender also called on companies to have mechanisms in place to address any grievances that may arise in their operations, with plans to offer remedy.

The UN Guidelines on Businesses and Human Rights require businesses to conduct free and prior informed consent and get the social license to operate, while ensuring that the communities around projects share in the prosperity.

African Regional Director for the Business and Human Rights Resource Centre, Dr Joseph Kibugu, noted the need to capacity built businesses of all cadres, as a way of cushioning them too against unintended losses and costs.

“There are material risks to failure to respect human rights in terms of reputation, damage, legal risks and



Kenya National Commission on Human Rights (KNCHR) Central Region Coordinator Ruth Getobai during the event.

litigations. These may slow down the renewal energy transition that the country has envisaged, if businesses are interrupted and their licenses withheld by the regulator,” noted Kibugu.

Dr. Kibugu noted that rights to access reliable power supply and green energy was crucial for Africa that was well endowed with geothermal and solar energy as well as wind power.

“The transition to these renewable energy sources demands some transition minerals that are also found here in Africa like Cobalt, Lithium,

Graphite among others. Mining of these has traditionally not respected human rights, with cases of workers exploitation and child labour cited as some of the violations that extractive companies engage in.

“We don’t want to transpose this model to the renewable energy, but have the communities benefited largely in harnessing of these energy sources,” noted Kibugu, regretting that pollution and lack of information would be detrimental to human lives.

The International Human Rights lawyer called for access to remedy

for those impacted negatively by implementation of the renewable energy projects, suggesting company-based grievance mechanisms that were credible and impartial in cushioning the society from harm.

Kenya boasts of having more than 80 per cent of its energy sources as renewable with more companies plugging into production and availing solar and wind power. Nakuru based Geothermal Development Corporation (GDC) and Kenya Electricity Generating Company (KEN-GEN) produce 949 MW and 1904 MW of green sourced energy.

EALA Members Stress Need For Integration And Development

By: John Kaleke
@themkenyatimes

Visiting members of the East Africa Legislative Assembly (EALA) who held a plenary session in Nairobi Kenya have stressed the need for a spirit of a united East Africa to promote integration and development.

The Seven representatives on a routine regional tour led by South Sudan’s Sakai Deng who are in Kenya on a meet the people tour said their engagement was key in defining available opportunities for domestication into the East African community

Deng noted that boundaries should not define Africa and lauded the increased number of women in elective positions in Kenya under the leadership of President William Ruto.

The leaders were speaking at a Hotel in Ewaso Nyiro in Narok county where they were hosted by Kenyan representative to the regional Assembly David Sankok.

Sankok assured Kenyans of EALA’S full support for Hon Raila Odinga for the African Union Commission Chairman’s seat saying the former prime Minister understands Africa and previously met senior Pan Africanists and has what it takes to deliver on the Chairman’s seat.

George Odongo from Uganda stressed the need to empower locals through provision of employment opportunities.

Zipporah Kering from Kenya and James Millya from Tanzania echoed President William Ruto’s support for Women especially for Gubernatorial positions in Kenya.

Their sentiments were shared by Machano Ali Machano a Member



East Africa Legislative Assembly members and their hosts during the tour of Narok.

from Zanzibar, Francis Ngate from Democratic Republic of Congo and Victor Burikutie from the Republic

of Burundi. The EALA meet the people tour started on Sunday last week and is

expected to end on Wednesday next week.

Mount Kenya

Exploring The Utilization Of Cosmic Energies By The Most Successful Business Magnates From Mount Kenya



By: Erick Kamau Kahura
@themtkenyatimes

Worth Noting:

- In recent years, Mount Kenya has attracted visionary business leaders who recognize the potential of harnessing its natural beauty and spiritual energies. These entrepreneurs understand that success in business requires more than just financial prowess—it demands an intimate understanding of the cosmic energies that permeate our universe.
- The most successful business magnates from Mount Kenya understand that cosmic energies are not merely abstract concepts but tangible forces that can be harnessed for practical purposes. Drawing upon ancient wisdom and cutting-edge technology, they integrate these energies into their business practices in innovative and transformative ways.



Cosmic Energies .

Mount Kenya, a majestic landmark in East Africa, not only captivates with its physical beauty but also resonates with a deeper, more profound essence. Beyond its towering peaks and serene landscapes lies a source of cosmic energies that some of the region's most successful business magnates have tapped into. In this exploration, we delve into how these visionary entrepreneurs harness the cosmic energies of Mount Kenya to propel their businesses to unparalleled heights of success.

The Mystique of Mount Kenya

Mount Kenya holds a mystical allure that extends beyond its physical presence. Revered for centuries by indigenous communities like the Kikuyu, Embu, and Meru, it is seen as a sacred site where the spiritual and earthly realms converge. According to local beliefs, the mountain is imbued with cosmic energies that emanate from ancestral spirits and divine beings, offering blessings of clarity, creativity, and abundance to those who are receptive to its vibrations.

These cosmic energies serve as a wellspring of inspiration and guidance, guiding the endeavors of both spiritual seekers and pragmatic entrepreneurs. They represent a pathway to success that transcends conventional wisdom, tapping into the inter-

connectedness of all things and the unseen forces that shape our world.

Visionary Business Leaders

In recent years, Mount Kenya has attracted visionary business leaders who recognize the potential of harnessing its natural beauty and spiritual energies. These entrepreneurs understand that success in business requires more than just financial prowess—it demands an intimate understanding of the cosmic energies that permeate our universe.

By aligning their businesses with the cosmic energies of Mount Kenya, these visionary leaders unlock new realms of creativity, intuition, and innovation. They recognize that true success arises from harmonious alignment with the natural rhythms of the universe, rather than from forceful action alone.

Harnessing Cosmic Energies

The most successful business magnates from Mount Kenya understand that cosmic energies are not merely abstract concepts but tangible forces that can be harnessed for practical purposes. Drawing upon ancient wisdom and cutting-edge technology, they integrate these energies into their business practices in innovative and transformative ways.

From sustainable agriculture and

eco-tourism to holistic wellness and renewable energy, these visionary entrepreneurs pioneer new approaches that honor the sacredness of the land and the interconnectedness of all life. By aligning their business activities with the cosmic energies of Mount Kenya, they create enterprises that are not only financially profitable but also socially and environmentally responsible.

Empowering Local Communities

A defining characteristic of the most successful business magnates from Mount Kenya is their commitment to empowering local communities and preserving the region's cultural heritage. They recognize that true prosperity arises when all members of society are uplifted and given the opportunity to thrive.

These visionary leaders invest in initiatives that promote education, healthcare, and economic development, benefiting not only their businesses but also the broader community. By fostering an environment of collaboration and mutual respect, they create a thriving ecosystem where everyone has the chance to succeed.

Leaving a Lasting Legacy

As Mount Kenya continues to emerge as a hub of commerce and

innovation, the legacy of its most successful business magnates will be measured not only in terms of financial wealth but also in their impact on the spiritual and cultural landscape of the region. They will be remembered for their vision, courage, and compassion, as well as their commitment to honoring the sacredness of the land.

Their businesses will serve as models of conscious entrepreneurship, inspiring others to follow in their footsteps and harness the cosmic energies of Mount Kenya for the greater good. Their legacy will endure as a testament to the transformative power of aligning with the natural rhythms of the universe and driving positive change in the world.

Conclusion

In conclusion, the most successful business magnates from Mount Kenya are more than just entrepreneurs—they are visionaries and stewards of the land. By harnessing the cosmic energies of Mount Kenya, they create businesses that are financially successful, socially responsible, and environmentally sustainable. In doing so, they leave a lasting legacy that honors the sacredness of the land and ensures a prosperous future for generations to come.



**6TH, APRIL
2024**

**NGA'RISHA JIJI (MERU
EDITION 1)**

MEETING POINT

*** Greenwood Mall.**

Time:

8:00 am to 11:00am

**DONT BE AN APRIL FOOL PLANT A
TREE AND MAKE IT COOL**

THEME:

Reduce, Reuse, Recycle: Encouraging individuals and communities to minimize waste by adopting practices such as reducing consumption, reusing materials, and recycling.

SPONSORS:



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Sunflower Farming Launched In Mukurwe-ini Constituency

By: WILLIAM MUCHIRI

@themkenyatimes

Hundreds of farmers in Mukurwe-ini Constituency yesterday joined Sunflower farming project.

The initiative was launched during a colourful ceremony at Thangathi Shopping centre where targeted farmers were issued with certified seeds.

Businessman and former nominated Nyeri County Assembly MCA Patrick Mutahi Muthoni who is behind the initiative promised the farmers ready market for their product which is expected to be harvested in three months time.

Mukurweini Sunflower oil business was mooted as a two-faced social enterprise, modeled to address food-security and job creation.

“We foresee that the sunflower oil business will address food insecurity and joblessness by promoting the growth of sunflower as a cash crop, encouraging bee keeping, encour-

aging intercropping with other food crops, and steering value addition to enhance food security among local farmers,” said Mutahi, adding, “This will create jobs in the value chain, especially for women and youths”.

Yesterday’s launch was preceded by farmers training which has been taking place in various places where the farmers also signed contracts with a firm that will be paying them after delivering their harvest.

The project is set to address the growing demand for cooking oil where production had dropped following the war between Russia and Ukraine.

Farmers praised the initiative saying it will serve as an alternative cash crop in the area that relies on coffee and dairy sub-sectors.

Sunflower does well in a well ploughed Sandy loam soils supplemented with three tons of manure. The manure and sand should be mixed evenly well to avoid seeds scorching.



Patrick Mutahi Muthoni (in white dust coat) presenting certified sunflower seeds to one of the farmers. With him is Kijana Steve Nderi and Rev. Peter Donavan Maina among others.

KURA On Course To Tarmac Nine Roads Connecting Murang’a Town

By: Bernard Munyao

@themkenyatimes

The Kenya Urban Roads Authority (KURA) is on course to upgrade nine roads connecting Murang’a town to neighbouring areas and within the Murang’a town.

The project, which will cost about Sh1 billion in total, is targeted to improve infrastructure within the county headquarters and roads connecting the town and neighbouring areas.

Kiharu MP Ndindi Nyoro has underscored the project saying it would boost the status of Murang’a town and boost businesses and attract investors.

During public participation forums held at areas where the roads traverse on Monday, Nyoro argued that for many years, Murang’a town has lagged behind in terms of development due to poor infrastructure.

He observed the terrain where the

town is located is hilly saying improvement and upgrading of infrastructure would ensure development advancement and make the county headquarter conducive destination for investments.

“Already, construction of some of the roads has kicked off and we are targeting that before closure of this financial year, some roads will be completed. These roads will be of great benefit to the people of Murang’a town and the surrounding environs since the value of land at the outskirts of the town will go up,” stated Nyoro.

He added that upgrading of Mukuyu open air market was factored in the project saying cabros would be fitted in all pavements to enable traders conduct their businesses in a conducive environment.

“Once the project is completed, the face of Murang’a town will change and more economic activities will come up thus helping our local people,” he noted.

The legislator called upon people

who were neighbouring the said roads to give way for the construction works saying the roads would be of great benefit to them.

“Some residents may think construction of the roads will take up their land but the design ensures construction will be done on road land. No one’s land will be taken for the project. Majority of local residents have supported the project during ongoing public participation and without hindrances, the project will be completed on specified time,” he added.

Director of KURA Abdul Rashid explained that the project would provide employment for hundreds of local people.

He said they have instructed the contractors to give priority to locals when employing their workers.

Rashid urged the locals who have put up structures at road reserves to clear them so as to give a chance for upgrading the roads.

“This is a big project which will transform the status of Murang’a



Kiharu MP Ndindi Nyoro addressed the media

town. We urge the locals not to think of objecting to the works through court suits. We want the roads to be done at the given period of town.

“A year ago one of the local roads stalled after some residents blocked the construction by a court injunction. If you feel you are affected, seek help from KURA and local leadership but not to stop the works,” appealed Rashid.

A local resident, Winfred Wangu lauded the project saying their land

would be more valuable and locals would invest in residential premises at the outskirts of the town.

She argued that some roads were impassable especially during the rainy season thus discouraging investments in the areas surrounding the town.

“We appreciate the government for considering the development of this town. More investors will be attracted by improving infrastructure,” she added.

Women In Leadership Versus 2/3 Of Gender Rule?

By: Kinya Nin Gitonga
@themkenyatimes



On March 8th, Kenya among other countries in the globe celebrated International women’s day. It is a day where individuals worldwide reflect on women and their contributions. This does not mean that men are not celebrated; they are celebrated annually on November 16th.

This year’s theme resonated with my book; African Daughters whose theme was “Empower Her. “The global theme of the marked day was” Invest in women. Accelerate Change”

In a world brimming with potential, the narrative of empowering women stands as a beacon of progress, promising transformative change and societal advancement. In the heart of Africa, where tradition intersects with modernity, the call to invest in women and accelerate their ascent to leadership positions resonates with profound significance.

Set against the backdrop of Kenya, my book “African Daughters” is

more than just a book; it is a manifesto for change, a testament to the indomitable spirit of African women, and a rallying cry for gender equality. At its essence, the book delves into the theme of empowerment, urging society to recognize the immense value of investing in women and harnessing their potential as catalysts for progress.

In the pursuit of gender parity, one cannot overlook the pivotal role of political representation. The question lingers: Have we achieved the two-thirds gender rule, ensuring ad-

equate representation of women in the Kenyan Parliament? This inquiry serves as a poignant reminder of the challenges that persist in the realm of politics, where women continue to confront barriers to entry and advancement.

A critical examination of Kenya’s journey toward embracing women in leadership positions reveals both strides and setbacks. While there have been notable achievements, including the adoption of progressive policies and the rise of influential female leaders, the path to gender

equality remains fraught with obstacles. Deep-seated cultural norms, systemic biases, and institutional barriers often impede women’s progress, perpetuating a cycle of inequality.

Despite these challenges, “African Daughters” offers a message of hope and resilience. Through the compelling narratives of women who have defied the odds and shattered glass ceilings, the book highlights the transformative power of empowerment. It celebrates the triumphs of trailblazers who have paved the way for future generations, inspiring a new wave of change agents to rise and claim their rightful place in society.

Indeed, the call to invest in women is not merely a moral imperative; it is a strategic imperative with far-reaching implications for the prosperity and stability of nations. Studies have consistently shown that societies that empower women tend to experience greater economic growth, improved social cohesion, and enhanced resilience to crises. By harnessing the talents and perspectives of all its citizens, Kenya stands

poised to unlock its full potential and chart a course toward a more inclusive and equitable future.

As readers immerse themselves in the pages of “African Daughters,” they are invited to reflect on their role in shaping a more just and equitable society. The book serves as a catalyst for dialogue, sparking conversations about the barriers that hinder women’s progress and the collective actions needed to dismantle them. It is a call to action, urging individuals, communities, and policymakers to commit to tangible steps toward gender equality and women’s empowerment.

As the world navigates the complexities of the 21st century, let us heed the call to empower her, invest in women, and accelerate change. For in their empowerment lies the promise of a brighter tomorrow for all. Yes Women can lead when given a chance too. It’s not about gender, it is uniting together for better results.

Miss Kinya is the founder to Sound Mental Health, a psychologist , author and Trainer; kinyanina51@gmail.com

Opposition Legislators Challenged To Support Government’s Development Agenda

By: Deborah Bochere
@themkenyatimes

National Assembly Majority Whip and South Mugirango MP Sylvanus Osoro has told opposition legislators to slow down on criticizing the government and instead support it in delivering its campaign manifesto to improve the country.

Osoro made these remarks in Nyamira County on Sunday when he joined Education Cabinet Secretary Ezekiel Machogu who was presiding over a fund drive for the completion of the construction of the Nyamira Seventh Day Adventist Church conference headquarters.

The Chief Whip was responding to nominated MP Renee Mayaka’s concerns and remarks over the high cost of living through high taxes allegedly imposed on Kenyans by the Kenya Kwanza administration since it came into office.

She observed that the government is overtaxing Kenyans unnecessarily and opposition legislators should boldly condemn it because Kenyans are truly suffering and economically overburdened by hefty taxes.

Osoro in his response said the opposition Members of Parliament should not be whining and making unnecessary criticism about President Ruto’s administration which he affirmed has comparatively done much better than previous governments.

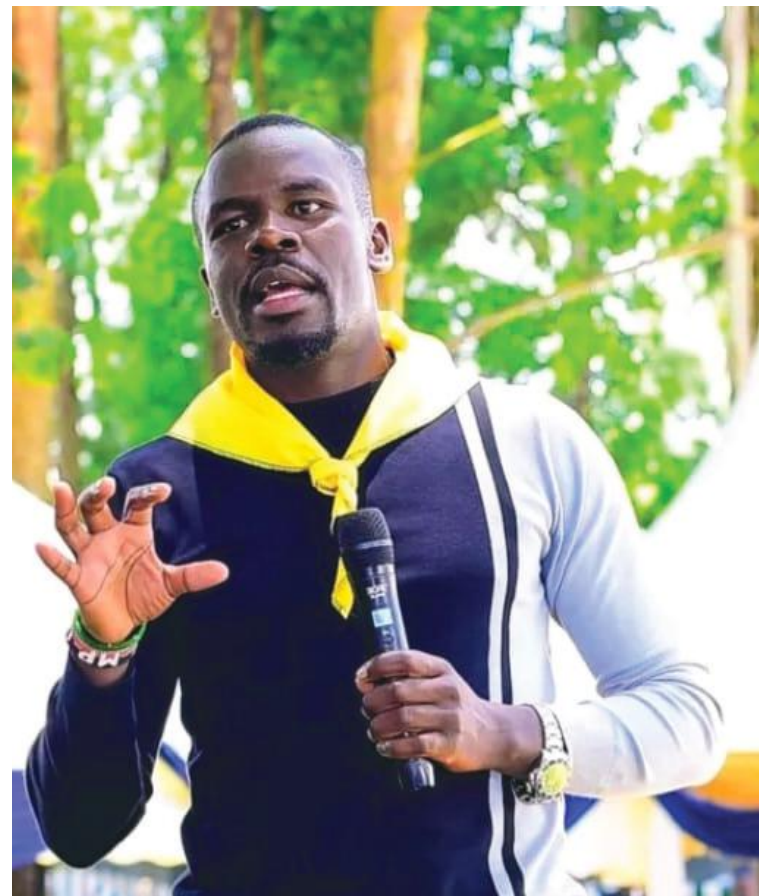
“Your criticism should be based on the development agenda pointing out what has not been done or initiated as was promised by our President during his campaign manifesto. The President has put his best foot forth in initiating and delivering numerous development projects to Kenyans and has been rated to have performed better compared to previous governments,” stated the Chief Whip.

“Your criticism should be issue-based and not just petty public

heckling about non-performance by the government,” Osoro said.

The South Mugirango MP hinted that the Opposition Chief Raila Odinga would at the end of the day need President Ruto’s vote for him to succeed in his bid to take over as AU boss early next year, hence urging the Opposition to be objective when criticizing government’s performance pointing out that ironically, they were equally benefiting from the same government they are criticizing.

Sylvanus Osoro.



Governor Kihika Announces Multi-Million Plan To Provide Fluoride Free Water

By: Anne Mwale
@themkenyatimes

Over 500,000 residents of Naivasha have a reason to smile as Kenya Informal Settlement Improvement Project (KISIP) and the Nakuru County Government, embark on putting in place a system that will supply them with fluoride free drinking water.

Governor Susan Kihika announced that she would, in coming weeks, launch the multi-billion water reticulation and defluoridation project that would entail 7.8 kilometers of piping, backfilling, and field coating from Naivasha Law Courts to Karagita low-income settlements.

Kihika indicated that overreliance on underground water sources by residents, particularly in Longonot and Maai Mahiu areas within the Sub-county had exposed them to a high risk of suffering from dental fluorosis and crippling skeletal deformities.

The State Department of Housing and Urban Development has pumped Sh1 billion towards upgrade of informal settlements in Nakuru, under the Second Phase of the Kenya Informal Settlement Improvement Programme II (KISIP).

The State under the World Bank funded programme, has granted the County Government of Nakuru Sh1 billion towards ongoing projects, to improve access to basic services in the low-income settlements of Karagita slums in Naivasha and Kwa-Murogi, London and Lake View within Nakuru Town.

Governor Kihika said there were plans to increase the number of alternative fluoride-free water sources in the devolved Unit, noting that there were high concentrations of fluoride in the county's boreholes, sometimes way above the 1.5 milligrams per litre allowed by the World Health Organization (WHO).

"Residents of Naivasha will for the first time enjoy piped fluoride-free water from Malewa River. In the meantime, our experts have been working round the clock in all the 11 Sub-counties to identify fluoride-free areas that will see more boreholes established, to help meet rising water demand," stated the Governor.

KISIP II is domiciled at the State Department for Housing and Urban Development and is implemented through participating county governments.

The funding has been given out by the World Bank (\$150 million or Sh24.1 billion) and the French Development Agency (43 million Euros or Sh7.6 billion) to address infrastructure, water, lighting and social inclusion in 33 counties.

Underground water sources in Naivasha, Njoro, Nakuru Town West,

Gilgil, Nakuru East and Bahati Sub-Counties have been singled out as having high concentrations of fluoride in Nakuru.

The situation is worse in Naivasha where boreholes were the main source of water with a recent study done on the area's boreholes last year indicating that most of the private boreholes in Naivasha have fluoride levels way above the recommended 1.5 mg/litre.

According to the study commissioned by the County Government, fluoride levels range between 2.15mg/Litre to as high as 6.5 mg/Litre in the fifteen boreholes sampled during the analysis carried out at the water quality testing laboratory.

Kihika said that her Administration is also committed to minimizing the impact of fluoride in all the Sub-counties, by ensuring that its Water Service Providers were supplying "blended water" to the residents which is within the recommended levels by WHO.

"We have two river sources, one emanating from Dundori where at the moment, we get about four million litres per day and the other water from Malewa. The water from these rivers is channeled into our main treatment works where we do the blending with water from underground sources," she explained.

Nakuru Water and Sanitation Services Company (Nawassco), sources its water from 25 boreholes; one in Kiondo, eight in Kabatini, three in Nairobi Road, five in Baharini, and eight in Olobanitaa within the county.

Governor Kihika said the company serves a population of more than one million during the day and approximately 530,000 people during the night.

The Naivasha Water and Sanitation Company Limited (Naivawasco) gets its raw water from 13 boreholes, located in six production sites. It serves a population of about 170,000 out of the 198,444 people, according to the 2019 census.

Kihika further stated that her administration was supporting initiatives towards developing water distribution networks that includes water kiosks fitted with defluoridation filters using "local bone char technology."

The bones are put through four steps to transform them into defluoridation material. First, they are burnt, then crushed and sieved before being washed and then dried.

The final product is a greyish and porous granular material whose main components are calcium phosphate, calcium carbonate and activated carbon, and it is this peculiar chemical composition, the developers believe, that gives the char its specific ability to absorb fluoride from water.

"These filters have reduced fluoride

levels from 9 mg/litre to below 1.5 mg/litre, greatly improving the quality of consumption water and reducing the risk of fluorosis and a host of other harmful health effects. We are encouraging adoption of these small bone char defluoridation units, some which can be used at home," stated the County boss

Settlement Executive Committee (SEC) Senior Planner Ms. Jane Muriuki assured that local youth would be hired to dig trenches for laying the water pipes in the project.

"Families in this Sub-County have endured untold suffering for many years and this water project comes as a major relief for them," she added.

Fluoride is a chemical compound that occurs naturally on the earth's crust. It is formed during rock formation and is a chemical ion of chlorine.

"All rocks have fluoride but the quantity differs, depending on where the rock is located. During water formation within the rocks, fluoride naturally becomes one of its components," says County Chief Officer for Environment, Energy and Natural Resources, stated Ms. Muriuki.

However, the quantity of fluoride in the water depends on the saturation of the chemical compound in the rock or layer. So, some have very high concentration while others have only small amounts," Ms. Muriuki added.

Scientists say millions of Kenyans are at risk of serious bone defects and dental discolouration as a result of high levels of fluoride in their drinking water.

The risk is made worse by the fact that as the rest of the world moves to treated and piped water systems, more than half of Kenyans (56 per cent) still rely on underground water, which the Kenya National Bureau of Statistics (KNBS) defines as, among others, water fetched from wells and boreholes.

Data from Kenya Society for Fluoride Research further shows that 19 million Kenyans suffer from fluorosis, affecting the teeth and/or skeleton, depending on the length of time one has been exposed to water with a high concentration of fluoride, and their geographical location.

Three years ago, scientists conducted a study on the levels of fluoride in Gilgil and Njoro Sub-counties.

The research conducted by Patrick Kirita Gevera and Hassina Mouri both of Department of Geology, University of Johannesburg and Godfrey Maronga from Department of Restorative Dentistry, University of Western Cape sampled dental patients at St. Mary's Hospital-Gilgil and Egerton University-Njoro Dental Clinic.

The findings were startling with the prevalence of patients with dental fluorosis who visited St. Mary's Hospital-Gilgil for dental health care



Governor Susan Kihika

hitting 86 percent, where 54percent of the patients suffered from mild to moderate dental fluorosis. 32 percent had severe dental fluorosis, whereas the prevalence of dental fluorosis in patients below the age of 14 years was higher at 92 percent than in older patients which the study established stood at 85.56 percent. Dental fluorosis mainly affects children with developing teeth, although it affects adults as well.

"There is no cure for dental fluorosis. It can only be prevented. The condition of damaged teeth cannot be restored. In adults, the teeth lose their white colour and develop yellowish spots within two years," the researchers noted.

"Depending on the quantity of the fluoride, the effects may begin to show two years after one starts consuming water with high levels of fluoride," states the research report.

At Egerton University's Njoro Dental Clinic, a comparative analysis revealed a much higher dental fluorosis prevalence rate of 100 per cent for patients below the age of 14 years relative to the older patients at 79.49 percent.

"While a high number of cases of dental fluorosis from both healthcare facilities were reported in patients residing in Njoro, Nakuru town, Gilgil and Bahati, some cases were reported from Solai and Rongai. The results seem to suggest a much higher occurrence of dental fluorosis within the younger population group.

This implies that rapid population growth and urbanization puts more pressure on public water resources which leads to a strong reliance on fluoride contaminated groundwater

and the concomitant increased cases of dental fluorosis.

"There is a need for a change of County Government policy to enhance access to safe water and public education on fluorosis in the areas that were under investigation," recommends the research team.

According to the WHO, ingestion of excess fluoride, most commonly in drinking water, could cause fluorosis which affects the teeth and bones.

"Moderate amounts lead to dental effects, but long-term ingestion of large amounts of fluoride can lead to potentially severe skeletal problems," says the WHO.

The WHO says dental effects of fluorosis develop much earlier than the skeletal effects in people who have been exposed to large amounts of fluoride.

"Clinical dental fluorosis is characterized by staining and pitting of the teeth. In more severe cases all the enamel may be damaged," says the WHO.

The global health body however adds that fluoride may not be the only cause of dental enamel defects.

"Enamel opacities similar to dental fluorosis are associated with other conditions, such as malnutrition with deficiency of vitamins D and A or a low protein-energy diet. Ingestion of fluoride after six years of age will not cause dental fluorosis," states the WHO.

Over 600 Households To Be Connected To Electricity In Sh75.2 M Partnership

By: me Alwanda and Victoria Magar
 @themtkenyatimes



REREC Acting General Manager for Information, Education, and Communication Mrs. Beatrice Njuguna with Busia governor Paul Otuoma and other leaders

At least 667 households are set to be connected to the national grid following the launch of an Sh75.2 million electrification programme that will be facilitated through a partnership between the Busia County Government and Rural Electrification and Renewable Energy Corporation (REREC).

Within the partnership, the County Government has committed Sh40.2 million with Rerec matching the fund to the tune of Sh35 m to light up 24 schemes in Samia, Matayos, Teso North, Teso South, and Butula Sub counties within the next three weeks.

In his address to the press during the unveiling of the shilling-for-shilling collaboration, Busia Governor Paul Otuoma said that the project would see 667 households connected with electricity.

“We still have got many areas to cover,” he said appreciating the National government through REREC for the Sh360 million projects they were intending to support in the County within this financial year.

Otuoma urged other counties to come on board to collaborate with the National government through REREC so that they could be connected to the grid.

“This is because we are coming up with Industrial Parks and Export Processing Zones which require energy,” he said adding that the rural areas which wanted to carry aggregation through value addition also required energy.

The governor further said that there was a need to develop skills among youth in vocational training centres hence the need for electricity and renewable energy.

“Ward-based economic revitalization cannot take place without energy,” he said adding that the blue economy that was a flagship project for the County also required reliable energy.

Otuoma urged the residents to protect and own the government-funded projects so that they could serve the intended purpose.

“We don’t want our transformers to be vandalized. We don’t want illegal connections,” he said adding that such activities made the County lag. He at the same time appealed to REREC to liaise with the Kenya Power Company and fast-track the

metering process immediately after a scheme is connected to the grid.

“So we will be looking forward to seeing whether a collaborative effort can be developed between REREC, KPLC, and the Counties to ensure that once the project is completed, the metering process should not take too long for people to start using electricity,” he said.

The governor further said that the Department of Energy especially the technical team would in the future be involved in the entire process to ensure ownership.

“We want County officers to be accountable for the project because both the County and National Government have injected some money into the project,” he said.

REREC Acting General Manager for Information, Education, and Communication Mrs. Beatrice Njuguna expressed the corporation’s commitment to the partnership with the counties and constituencies adding that the move would help accelerate electrification in the country.

Mrs. Njuguna reiterated that Busia has injected Sh40 million into the project while the corporation has matched it with Sh35 million,” she said adding that the corporation will be undertaking a project worth Sh75

million.

“We have other Counties which have come forth for the matching programme like Kiambu, Uasin Gishu, Makueni among others,” she said adding that REREC is also implementing another project worth Sh360 million in Busia County.

The benefitting wards include Nambuku/Namboboto, Bwiri, Busibwabo, Bukhayo West, Angurai East, Angurai South, Malaba North, Malaba Central, Amukura West, Chako North and Marachi West.

The schemes involve primary school electrification, mini-grid development, electrification of markets and water points, dispensaries, network boosters, churches, and other public facilities.

Since 2016/2017 FY, Rerec has implemented 116 schemes and connected over 2,200 households.

Until 2021 a total of Sh143m had been committed by the county government with Rerec matching with Sh136m to tally the project cost at Sh292m.

Further, the county government has already committed Sh53 m in the Financial Year 2023/24 to expand the project that is currently at the design stage.

Funds Allocated To Absorb 26,000 Teachers Into P&P Terms Of Employment

By: Kiptanui Cheronu
 @themtkenyatimes

Twenty-six thousand intern teachers will be absorbed under Permanent and Pensionable (P&P) terms in the 2024/25 Financial Year, the National Assembly Budget and Appropriation Committee Chairman Ndindi Nyoro has revealed.

The Budget and Appropriation Committee chair also said the government through the Teachers Service Commission (TSC) would hire an additional 20,000 intern teachers during the next financial year.

He said Sh26.3 billion has been budgeted by the National Assembly during the financial year to factor in the hiring of the new interns as well as for confirmation of the current in-

tern teachers on Permanent and Pensionable terms.

Speaking during a church fundraiser in aid of AIC Annex church in Kesses Sub County, Uasin Gishu county Nyoro said the Kenya Kwanza government was determined to address the shortage of teachers in all public primary and secondary schools in the country given the 100 percent transition policy.

“All the current 26,000 intern teachers will be confirmed on Permanent and Pensionable employment as promised by President William Ruto, and an additional 20,000 interns will be recruited in the next financial year,” said Nyoro.

Nyoro was also categorical that no region would be discriminated against in terms of employment and development based on how they voted during the last general elections.

“The Kenya Kwanza government under the leadership of President Ruto will ensure development projects are spread across the country regardless of how the people cast their votes in the 2022 polls,” assured the Kiharu Constituency Member of Parliament.

The fundraiser was attended by a cross-section of leaders including Oscar Sudi (MP Kapsaret), Johana Ngeno (Emurua Dikir), Josses Lemengit (Emgwen), Joseph Wainana (Nominated), Peter Salasya Mumias East, and David Kiplagat (Soy).

Uasin Gishu Senator Jackson Mandago, his Trans Nzoia counter Allan Chesang were also in attendance, Uasin Gishu Governor Dr. Jonathan Bii, and Principal Secretary for Immigration Julius Bittock.

The Kenya Kwanza leaders dismissed assertions that there were



President William Ruto with Kiharu MP Ndindi Nyoro in a past function.

rifts in the party, with those from the Mt Kenya region terming the allegations as propaganda aimed at causing disunity in the party.

Nominated MP Joseph Wainaina said that all Mt Kenya leaders were

united under Deputy President Rigathi Gachagua contrary to claims that the second in command was losing his grip in Mt. Kenya.

SPORTS NEWS

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Sports >> *Spain based duo of defender Amos Wanjala and goal poacher Aldrine Kibet have earned call-ups to the national Under-20 team, Rising Stars ahead of the Four Nations Tournament slated to be held March 18-26 in Lilongwe, Malawi.

Spain Based Duo Of Wanjala, Kibet Earn Call Ups To Rising Stars Provisional Squad For Four Nations Tournament



Aldrine Kibet wheels away in celebration of his goal and Kenya's fourth of the match..

Spain based duo of defender Amos Wanjala and goal poacher Aldrine Kibet have earned call-ups to the national Under-20 team, Rising Stars ahead of the Four Nations Tournament slated to be held March 18-26 in Lilongwe, Malawi.

The tournament will consist of Kenya, hosts Malawi, Zambia and Zimbabwe.

Wanjala was the captain of the national Under-18 team, Junior Stars, where Kibet was the top scorer during last year's CECAFA Under-18 tournament that saw Kenya bag silver after losing to Uganda in the final.

Wanjala and Kibet, who are the products of Nastic Sports Academy in Tarragona, Spain are among 12 players from the Junior Stars in the provisional squad of 46 players named by head coach Salim Babu today.

Adding to the roster are players from the FKF Premier League, including Gor Mahia's Mark

Shaban and Paul Ochuoga, as well as Bidco United's Francis Kamau, Kakamega Homeboyz Junior Masinza, and Ulinzi Stars' Lucas Maina, providing invaluable experience.

FKF National Super League players like Rainbow FC midfielder Tyson Kariuki and Migori Youth midfielder Elly Owade, and FKF Division One club players like MOFA duo Joseph Bate and Syphus Otieno were also included in the squad.

The team is scheduled to report to camp today, on Monday, March 11.

This tournament holds significance as it aims to develop and expose elite youth talent, while also serving as preparation for the upcoming 2024 AFCON Under-20 qualifiers later this year.

Ibrahim Wanjala (Kakamega Homeboyz), Junior Odhiambo (Migori Youth), Joshua Keya (Rainbow), Kevin Alloys (Mathare United), Issa Emuria

(Ulinzi Stars).

Defenders

Nesta Olum (AFC Leopards), Sigmund Maina (Kariobangi Sharks), Junior Masinza (Kakamega Homeboyz), Baron Ochieng (Sofapaka), Francis Kamau (Bidco United), Fidel Otieno (Mathare United), Paul Ochuoga (Gor Mahia), Faiz Opande (Elite Falcon, Dubai), Daniel Odhiambo (Mombasa Elite), Joseph Bate (MOFA), Grant Odiero (Mombasa Elite), Amos Wanjala (Nastic Sports Academy), Mansur Okwaro (Unattached), Collins Ochieng (Kariobangi Sharks).

Midfielders

Linus Munyao (Rainbow), Hamisi Otieno (Homabay), Lucas Maina (Ulinzi Stars), Bernard Ouma (Nairobi United FC), Ryan Wesley (Rainbow), Zechariah Obiero (Leyton Onorient FC), Stanley Wilson (AIK, Swe-

den), Kevin Wangaya (Apollonia FC, Albania), Kelly Madada (AFC Leopards), Brian Kamau (Rainbow), Aldrine Kibet (Nastic Sports Academy), Elly Owade (Migori Youth), Andreas Onyango (Kariobangi Sharks).

Forwards

Delphine Omuri (Shabana), Hassan Beja (AFC Leopards), Brian Mboya (Bidco United), Adrian Oloo (Nairobi United), Umar Rajab (Apollonia FC, Albania), Oliver Machaka (Kakamega Homeboyz), James Gachago (St Andrew's United), Clinton Asiago (Bidco United), Mark Shaban (Gor Mahia), Louis Ingavi (Montvarde Academy, USA), Syphas Otieno (MOFA), Tyron Kariuki (Rainbow), Javan Omondi (Ulinzi Stars), Christopher Koloti (AFC Leopards).

Capital Sport

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Sports >>> *Jurgen Klopp and Pep Guardiola face off for the final time in the Premier League on Sunday with the title on the line for two coaches who have defined an era in English football.

Klopp, Guardiola Set For Premier League Last Dance With Title At Stake



In this combination of file images created in London on March 8, 2024, Manchester City's Spanish manager Pep Guardiola (L) gestures on the touchline during the English Premier League football match between Newcastle United and Manchester City at St James' Park in Newcastle-upon-Tyne, north east England on January 13, 2024 and Liverpool's German manager Jurgen Klopp (R) gestures on the touchline during the English Premier League football match between Brentford and Liverpool at the Gtech Community Stadium in London on February 17, 2024. Liverpool host Manchester City in a defining moment in the Premier League title race as Jurgen Klopp and Pep Guardiola conclude their top-flight rivalry on Sunday. (Photo by Oli SCARFF and Adrian DENNIS / AFP)

Jurgen Klopp and Pep Guardiola face off for the final time in the Premier League on Sunday with the title on the line for two coaches who have defined an era in English football.

Klopp's Liverpool lead Guardiola's Manchester City by one point in the latest title tussle between the two clubs since the inspirational managers arrived in the north-west.

The Reds' first league crown for 30 years in 2020 is the only blip in City's record of five titles in the past six years.

But twice Guardiola's men have won by a solitary point against a Liverpool team who both times amassed more than 90 points.

Klopp is leaving Liverpool at the end of the season and champions City can expect an emotion-fuelled cauldron at Anfield, where even Guardiola has not won in front of fans.

City's only away league win against Liverpool since 2003 came three years ago behind closed doors due to coronavirus restrictions.

Despite working with a smaller

budget at Liverpool and previously Borussia Dortmund, compared with the backing Guardiola has enjoyed at City and Bayern Munich, Klopp has the better personal head-to-head record.

The German has 12 wins to Guardiola's 11, with six draws in 29 meetings between the pair.

But despite having the edge, Klopp hailed Guardiola as the standout coach of his generation.

"In my lifetime he's the outstanding manager, definitely," Klopp said at his pre-match press conference on Friday.

"In this moment I have a positive record against Pep," he added. "I have no clue how that happened to be honest but it is all fine.

"I know I'm quite good at what I'm doing as well. I don't want to sound like somebody who is happy to be here but you ask me about the best and for me he is the best."

- Heavy metal v symphony orchestra -

With contrasting styles, both coaches have rewritten the record books to set new standards in the Premier League.

Six of the nine highest points tallies in Premier League history have come from Liverpool and City over the past six years.

Klopp once described his football as "heavy metal" and his high-energy, pressing game has blended perfectly with the Liverpool support to make Anfield a bear pit for visiting sides.

By contrast, Guardiola's attention to detail has turned City into a finely tuned symphony orchestra, where the collective system rules.

Liverpool have lost only one home league game in front of a crowd since 2017.

The Reds will need to feed off the fizzing Anfield atmosphere if they are to end City's 20-match unbeaten run and they are boosted by the return of key players in time for the title run-in.

Mohamed Salah made his return from a hamstring injury off the bench in Thursday's 5-1 thrashing of Sparta Prague.

Darwin Nunez and Dominik Szoboszlai, both recently returned from injury, were on target in the Czech capital.

However, Alisson Becker, Trent

Alexander-Arnold and Diogo Jota are among those who are still sidelined.

Alexander-Arnold riled City this week by claiming Liverpool's trophies won under Klopp "meant more" than Guardiola's due to Abu Dhabi-backed City's deep pockets.

Star striker Erling Haaland hit back, boasting about City's treble triumph of the Premier League, Champions League and FA Cup last season and they remain on track to repeat that incredible feat.

City's next two league games, on Sunday and at home to third-placed Arsenal on March 31, will go a long way towards deciding the title race.

One more restless night lies ahead for Guardiola, who admitted he will "sleep better" once Klopp leaves as facing his side caused the Catalan "nightmares".

Their rivalry is rooted more deeply in respect than rancour, but for two managers not accustomed to losing, victory on Sunday will hold special significance.

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Mt Kenya Bloc Swimming Gala Held In Nyandarua

By: Antony Mwangi
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Parents have been called upon to encourage their children to indulge in swimming both as a sport and as a disaster preparedness measure.

Speaking in Nyahururu over the weekend during the Mt Kenya Bloc Aquatic Championships held at the Nyahururu Elite School, Aquatic Kenya officials said that swimming is no longer a sport for the rich but should be trickled down to all cadres of life especially in public schools.

According to Aquatic Kenya officials, swimming as a sport is not so popular in the region and hence the Association targets to spread the sports to different parts of the country and in rural areas to help nurture and develop young talents for a better tomorrow.

The Mt Kenya regional swimming gala attracted seven counties among them Nyandarua, Laikipia, Kiambu, Meru, Nyeri, Kirinyaga and Murang'a and was used to sensitise on

the need to embrace the sport like any other.

"Though this is not a popular sport in Nyandarua, organisers and participating teams put in a tremendous effort to ensure fans get entertained and inspired by the sport.

Participants took the opportunity to showcase their prowess in the sport and this is one of the best in keeping body fitness and as a competitive sporting activity," said Simon Kaberu the Aquatics Kenya vice chair

According to Tabitha Waitaha and George Munene, this is one of the sports that is underrated and underscored the need to popularise as it also goes hand-in-hand with the new Competency-Based Curriculum (CBC).

The duo said that the participating teams dedicated themselves to showcasing their skills and determination, making the event exciting.

On her side, Dr Priscila Maina from Pearl Hospital observed that swimming is one of the sports that help in keeping fit as it helps to exercise all the body muscles and assist in relieving muscle tension.

"Swimming as a sport helps keep



Swimmers during a competition.

heart rate up while taking stress off the body, builds endurance, muscle strength and cardiovascular fitness and also helps maintain a healthy weight, healthy heart and lungs," said Dr Maina.

Dr Maina added that swimming skill can also be beneficial especially when one drowns as it assists victims to navigate through the water to safety.

During the day-long event, spec-

tators got the opportunity to enjoy thrilling swimming action hosted in a high altitude area of over 2,300 m above sea level.

Kajiado Women Embrace Pasture Production And Conservation

By: Rop Janet
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In a bid to combat the adverse effects of climate change, a group of women from Kyulu Hills in Kajiado County have embraced pasture production and conservation to ensure their livestock have enough even during the drought season.

The women, who lost thousands of livestock during the drought last year, embarked on growing grass as a means of restoring degraded pasture and earning an income for themselves through the sale of grass seeds.

Justdiggit, a Non-Governmental Organization (NGO) in conjunction with Maasai Wilderness Conservation Trust, Amboseli Ecosystem Trust, and Conservation International has trained over 18 women groups in Kajiado South on how to grow

and maintain the grass seed banks.

According to Hillary Rotich, Justdiggit Landscape Manager, grass seed banks are a landscape restoration method where small parts of communal land are used for the production of grass and grass seeds.

Rotich said the aim of the project is to improve economic opportunities for local communities while restoring degraded landscapes.

"This is a community-driven initiative where the women carry out planting, weeding, and harvesting. The harvested grass seeds are sold for other re-greening projects thus earning the women an income," said Rotich.

Ann Gatheru, Project Manager Conservation International, reiterated the importance of involving women in conservation efforts.

Gatheru revealed that through the grass banks, the women have become financially independent and are able to provide for their families.

The project also helps to maintain indigenous rangeland grasses, which are often neglected and underdeveloped in terms of market and conservation.

"In Kajiado County, where the majority of the population are pastoralists, hay is always in demand. This guarantees a steady income for the women," she added.

Mary Nkao, a resident of Itilal, revealed that since the women started growing and selling grass, their lives have changed for the better.

Nkao said that through the income earned from the sale of hay and grass seeds, she has been able to pay school fees for her children and even start a small business.



A Maasai woman in a field.