The Socio-Economic Newspaper with Anything & Everything from the Kenya

Issue 008 - June 2019

Registered at the G.P.O as a Newspaper

Vendor Distribution - Ksh 20/- Complimentary Distribution - Free

HOPE TO THE INJURED: The Cluster Foundation organized a one week long fully paid recreational therapy holiday for its members. This monthly motivation and inspiration experience has ensured a remarkable decline of depression.

The Cluster Foundation inspires people with spinal cord injury to find hope



Some of the 45 Members of The Cluster Foundation (TCF), non-profit organization that inspires people with spinal cord injury (SCI) to find hope in seeing the possibilities of leading an active successful life beyond their fears or barriers by "rallying them out their homes" where study show 99% most of them go into seclusion after discharge from hospital thereby losing self-confidence and experience depression arrive for their holiday at sarova Whitesands in Mombasa county. TCF organized a one week long fully paid recreational therapy holiday for its members. This monthly motivation and inspiration experience has ensured a remarkable decline of depression, a factor common to all of them when they first joined TCF according to the organization's trustee Nick Kirathe. By Andrew Kilonzi

QNET IRs Engage In Ramadhan Charitable Event



"This is arguably the best act of goodwill we have ever received... We are very humbled by the support and grand donation received – never have we been the beneficiary of such a big act of kindness...

The children in the Home will forever remember this Ramadhan and what it brought us," said the management of Tree House Children's Home in Nairobi, Nicholas Omondi, as he received a generous donation from QNET Independent Representatives (IRs) on 24th May,2019.

Tree House Children's Home was first incepted in 2005 in Mathare Slums, before moving to its current location n Lucky Summer in 2009.

The Home supports 56 children and is predominantly run on donations and the support of well-wishers.

"There have been days where we have gone without food and other times, we have managed on one meal a day... This donation will take us through approximately four months," added Omondi.

Among the items donated to the Home included beans, rice, maize flour, sugar, cooking oil and bales of clothes.

A band of QNET Independent Representatives partook in the auspices of the Islamic holy month of Ramadhan by making donations to a needy Home. "Ramadhan is a pious month for the Muslim fraternity and it presents another opportunity for self-reflection as we, as Muslims, continue devoting ourselves to faith. However, it also provides another avenue to further goodwill, righteousness and acts of charity. Thus, as IRs, we have gathered to support a cause and share the joy with the less privileged community," said one of the IRs. Hussain Haii.

QNET Limited was established in Hong Kong in 1998 and has over the years, seen its operations branch out to over 100 countries globally. Its grass-root model of business provides a unique opportunity for serial entrepreneurship with minimal overheads through its direct-selling approach.

>>> STORY ON PAGE 2







QNET IRs Engage In Ramadhan Charitable Donation

NAIROBI



"This is arguably the best act of goodwill we have ever received... We are very humbled by the support and grand donation received never have we been the beneficiary of such a big act of kindness..

The children in the Home will forever remember this Ramadhan and what it brought us," said the management of Tree House Children's Home in Nairobi, Nicholas Omondi, as he received a generous donation

from QNET Independent Representatives (IRs) on 24th May,2019.

Tree House Children's Home was first incepted in 2005 in Mathare Slums, before moving to its current location n Lucky Summer in 2009.

The Home supports 56 children and is predominantly run on donations and the support of well-wishers.

There have been days where we have gone without food and other times, we have managed on one meal a day...

This donation will take us through approximately four months," added Omondi.

Among the items donated to the Home included beans, rice, maize flour, sugar, cooking oil and bales of clothes.

band of QNET Independent Representatives partook in the auspices of the Islamic holy month of Ramadhan by making donations to a needy Home. "Ramadhan is a pious month for the Muslim fraternity and it presents another opportunity for self-reflection as we, as Muslims, continue devoting ourselves to faith. However, also provides another avenue to further goodwill, righteousness and acts of charity. Thus, as IRs, we have gathered to support a cause and share the joy with the less privileged community," said one of the IRs, Hussain Haji. QNET Limited was

established in Hong Kong in 1998 and has over the years, seen its operations branch out to over 100 countries Its grass-root globally. model of business provides unique opportunity for serial entrepreneurship with

minimal overheads through its direct-selling approach. The charitable activity complements the worthy efforts of QI Group's social impact initiative via its charity foundation, RYTHM (Raise Yourself To Help Mankind), which works with developing countries within which operates through strategic partnerships, employee volunteering, and community service. The Foundation aligns its efforts with some of the United Nations' Sustainable Development Goals (SDGs), including SDG 4: Ensuring inclusive and equitable quality education promote lifelong and learning opportunities for all; SDG 5: Achieve gender equality and empower all women and girls and SDG 8: Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work

For more information, feel free to contact: Allim Jamal MOBILE NUMBER: +254 733 501 501 E-MAIL ADDRESS: allim.jamal@gmail.com









Siri Guru Singh Sabha Celebrates 550th Anniversary of Siri Guru Nanak Devji by Donating a Borehole to a Kanamai Church called the Everlasting life and Restorations Ministry





FROM TOP LEFT: The Chairman of Siri Guru Singh Sabha Mr. Nirmal Singh Danja [second left] his Vice Dr. Davinder Sur [left] Pastor Bernard Mulwa [second right] Samwel Lewa [right] of Everlasting life and Restorations Ministry church [second right] in Kanamai Kilifi County tests water from the borehole, inaugurated at the church by Singh community Mombasa Members to Mark the 550th Anniversary of the Siri Guru Nanak Devji. The Chairman of Siri Guru Singh Sabha Mr. Nirmal Singh Danjal [right] and the Pastor Samuel Mulwa of Everlasting life and restorations Ministry church [second right] in kanamai Kilifi County tests water from the borehole, inaugurated at the church by the Singh community Mombasa Members to Mark the 550th Anniversary of the Siri Guru Nanak Devji.





The indigeneousity of the Coast of Kenya: The Case of Waswahili (Part 2)



Group picture, The Omani and Baluch: The Baluch/Balochi People (North-coastal region of Makran (a semi-desert coastal strip in the south of Pakit to the Omani sultans as soldiers, sailors and bodyguards for pay.

BY STAMBULI ABDILLAHI NASSIR

'n as far as our real history, as a people is concerned, it is hard for both Waswahili as well as others to imagine that before the Portuguese. Arab and British colonial impacts on our shores and ourselves, the entire coastal area from Mogadisho to Sofala was inhabited by one people who spoke one language (though in different dialects) and belonged to one culture and civilization. These people were there before the birth of Jesus Christ or that of Prophet Muhammad (Peace be upon them all). Yes, it is possible that there were ancient Waswahili who were neither Christian nor Muslim. These people moved along the coast and its immediate hinterland trading and exchanging values and traditions. In fact, in those days the Red Sea was more of a link than a barrier between the peoples of Arabia and beyond. And, the Indian Ocean was and has ever been an area of active trade between India, southern Arabia, the East African Coast, and as far as Sumatra and China. In this respect, the Indian Ocean was very different from the Atlantic before the arrival of Christopher Columbus. In other words, maritime trade in the Indian Ocean developed much earlier than in the Atlantic Ocean.

Indeed, the Swahili coast consisted of a string of settlements or towns in an otherwise sparsely and unevenly populated coastal strip. These settlements were what one can call citystates. Some of the most important citystates during those days were Mombasa Kilwa, Zanzibar, Pemba, Malindi, Lamu, Pate, and Siu. Hence, when Vasco da Gama and his Portuguese contingent arrived during the late 15th century, they were astonished to find these city-states thriving. These Swahili city-states were established trading powers in the sub-region. They were enterprising, prosperous, independent, self-governing and very proud of their abilities to sustain themselves. They had their own systems of government which were meaningful to the people, responsive to their needs and aspirations and effective in solving their problems.

They were not democratic in the modern liberal and pluralistic sense of the word, but certainly democratic in the sense of being responsive, responsible and accountable within the prevailing traditional Swahili setting.

And, like the city-states of medieval Europe, the Swahili city-states fought intrigued amongst themselves, against each other and undermined one another, forged alliances among themselves against common external enemy or, if need be, against another city-state. These were essentially mercantile trading principalities, each jealous of its own trade and prosperity and envious of the prosperity of the next city-state. And, as they all traded with the same commodities competition amongst themselves was inevitable, and conflicts of interest could not be avoided. Thus, due to the situation mentioned, they fought wars against each other but, eventually, settled for peace without any outside interference or intermediaries. They could establish their own, as it were, 'regional stability' through negotiations and reconciliations. Military Pate was the most powerful city-state

Having stated that, it is also imperative for all to understand that even before the Portuguese arrival, city-states such as Mombasa and Kilwa were reputed to be the most prosperous and sophisticated along the Swahili Coast. For instance, Mombasa was first mentioned in the 2nd Century A.D. by an unknown Greek maritime writer in his book Periplus of the Erythraean Sea. Eight centuries later, Islam and Muslims arrived on the shores of the Lamu Archipelago (i.e. in a town known as Shanga, on Pate island). Then, during the tenth century, an Arab Geographer, Al Idrisi, specifically mentioned Mombasa as a prominent land-mark along the Swahili Coast. However, a more vivid description of Mombasa was provided by Muhammad bin Abdallah (better known as Ibn Batuta), a well-known North African $traveler\,from\,present\hbox{-}day\,Morocco,\,who$ visited the city-state in the 14th Century (1331 A.D.). He was very impressed with the lay-out and the cleanliness of the town, the manners and the prosperity of the people. Mombasa had its own Ruler and a system of government. It

was an independent city-state and not a colony or settled out-post of any foreign country or people.

The following is a Portuguese description of Mombasa in 1505:

"Mombasa is a very large town and lies on an island from one and a half to two leagues round. The town is built on rocks on the higher part of the island and has no walls on the side of the sea; but on the land side is protected by a wall as high as the fortress. The houses... some of them are three storeyed and all are plastered with lime. The streets are very narrow, so that two people cannot walk abreast in them: all the houses have stone seats in front of them, which make the streets yet

The Waswahili Civilization:

good knowledgeable historian can definitely attest to the fact that the Waswahili civilization reached its peak during the last two centuries before the Portuguese arrival in East Africa, namely between 1300 and 1500 A.D. The Waswahili, as a people, were then in control of their 'world' and destiny. They were the first people to be urbanized in this part of Africa. They lived in stone-houses which they built to their own specifications and taste. And they decorated their houses with furniture, artifacts and other kinds of decorations unique to the Swahili culture. They imported luxury goods, like porcelain, silk, perfume, incense exotic furniture from Persia, India and the Far East. The Swahili homes were comfortable and comforting.

Most prominent historians who have researched and written about them reckon the Waswahili as a people who "attired themselves with clothes of their own designs and tastes made from clothes manufactured by them or imported from India, Persia, the Levant or China". They also acknowledge that the Waswahili were literate, wrote prose and poetry, and their scribes recorded in writing the happenings of their towns, described the changing patterns of relationships between and amongst the city-states, in peace and in war; in general, they left for posterity and the world at large is full of an impressive literature and a record of their activities, how they lived, worked, played, prayed and died. Because they were literate, the Waswahili were able to nourish their culture and civilization. Literacy also enabled them to have contacts with the outside world.

In the course of the long and extensive interactions with other peoples the Waswahili developed formidable mercantile traditions: they were great sailors, traders and the most experienced and trusted middlemen in the trade between the East African Coast and its interior. It was, indeed, the goods from the interior which attracted the foreign traders, like the Portuguese and the Arabs, to East Africa. And, the Waswahili mastered that trade. The Waswahili created civilization based on settled urban life, with life-style and standards of living that equaled, and in some cases rivaled those of contemporary Europe. It is noteworthy to remember that these city-states existed centuries before Christopher Columbus 'discovered' the Americas

As a mercantile trading people, the

Waswahili evolved their appropriate means of transportation. They designed and built the 'Mtepe' (a sewn Dhow), invented the triangle sail, and sailed along the Swahili Coast and beyond wherever the Monsoon winds took them in pursuit of trade and profit or mere adventure. They visited other people in distant places and were themselves visited by foreign traders and travelers. The visitors included Greeks, Arabs, Persians, Malays and Chinese. These contacts and exposure to other parts of the world enriched the Swahili culture, enhanced knowledge, skills and experience which could not have been obtained locally.

At the height of their civilization the Waswahili were able to absorb the best from the outside world and at the same values and civilization. They were able to do this because they were self-confident and comfortable with their own culture and civilization. And as they were in control of their own affairs and destinies they could not be subverted by foreign powers or seduced by their culture, lifestyles or values. But once the means by which they could control their affairs and destiny- their skills, ability and preeminence as middle-men in the trade along the Swahili Coast- were and finally destroyed, the Waswahili as a people experienced decline and were ultimately virtually destroyed as major political actors. This process began with the Portuguese naval forces, reinforced by the Omani Arabs and completed by the British colonial rule

The Portuguese Period and its Legacy:

The history of the Portuguese in East Africa (i.e. 15th-18th centuries) was/ is without doubt not a happy or in any way useful to the Waswahili as a people. The Portuguese were indiscriminate predators and plunderers. They were ruthless in their determination to monopolize the Indian Ocean route to the East and its lucrative trade. With very powerful weapons, bigger and faster ships, they plundered and destroyed all that which was not useful to them, or appeared to be rivals. They arbitrarily called at the Swahili city-states for re-supply and tributes. If they were met with resistance or semblances of reluctance brutal force was used. In this manner they extracted tributes from the prosperous Swahili city-states and other towns in Southern Arabia, indeed from all areas which were covered by the Swahili traders

Mombasa was the most hostile city-state and the one that gave the Portuguese a lot of troubles. The Portuguese were never sure of the loyalty of the Mombasa Swahili people, whether in formal treaties of friendship or in maintaining a conventional 'civilized' state of peace between two civilized peoples. The distrust between them was deep and profound. It was a real distrust between a foreign, brutal tyrant, and a self-respecting people who valued their freedom and way of life. And, because of that Mombasa suffered a lot from Portuguese punitive attacks. Only Malindi was friendly with Portuguese. But this was largely due to the fact that the two city0states were historic enemies and the King of Malindi befriended the Portuguese simply in order to use them as allies in future wars from there that

they organized their plundering and punitive expeditions against the other city-states. In 1505 they invaded and pillaged Mombasa, Kilwa and Pate; and Mombasa again in 1528.

The Portuguese were manipulative, engaged themselves in intrigues and in fomenting hatred and hostility amongst the city-states, with the objective of divide and rule. Because the Swahili citystates were all involved in the mercantile trade and dealing with virtually the same commodities naturally there were a lot of envies and jealousies between them. These were fully exploited by the Portuguese. Sometimes the Portuguese would attack a Swahili city-state for no apparent reason than an explicable anger or temper, frustration of sort. or just an exercise in disciplinary action. Mombasa and Kilwa were the main victims of these wanton attacks. The Portuguese were the proverbial bully in the neighborhood.

Wherever they went along the Swahili Coast, the Portuguese left destruction in their wake. They had very little respect for local peoples or their cultures. The Portuguese attitude towards the local people, and the brutal manner in which they dealt with them, can best be explained by the religious factor. The Portuguese were fanatical Catholics and the inhabitants of the Swahili citystates were devout Muslim. It should be recalled that one of the reasons why the Portuguese ventured into the Indian Ocean was trade; the other was to fight Islam and spread the Gospel of Christianity. Before they came to East Africa the Portuguese had already been engaged in bitter religious wars with the 'Moors' of North Africa. Thus, the Swahili were not only rivalries in trade but also religious enemies whose destruction was a cardinal obligation of the Catholic Church and a great Christian virtue.

Here are three examples of the Portuguese predatory pillages and brutalities described by Portuguese eyewitnesses. Approaching the Malabar Coast in 1502, Vasco da Gama sighted a large dhow carrying Muslim pilgrims home from Mecca. He demanded all the treasures on board, but when the owners were slow to deliver what followed was described by one of Vasco da Gama's crew thus: "We took a Mecca ship on board of which were 380 men and many women and children, and we took from it fully 12,000 ducats, and goods worth at least another 10,000. And we burned the ship and all the people on board with gun-powder, on the first day of October

On October 30th of the same year, when off Calicut, Vasco da Gama ordered the King of 'Samuri', to surrender, and demanded the expulsion of all Muslims from the city. When the King hesitated and attempted to negotiate for peace, da Gama responded with characteristic Portuguese brutality. He caught a number of fishermen and traders whom he casually saw at the harbor and hanged them at once. Then he cut up their bodies, and tossed hands, feet, and heads into a boat, which he sent ashore with a message in Arabic suggesting the King use these pieces of his to make himself curry!

(Daniel I. Boorstin, The Discoverers, Random House, New York, 1983, p.177).

>>> FROM PAGE 4

DENTAL ADVISE ••••



>>> FROM PAGE 4



When the Portuguese invaded and pillaged Mombasa on August 15th, 1505, the following is part of what happened to the inhabitants and their properties

"The Grand-Captain ordered that the town should be sacked and that each man should carry off to his ship whatever he found; so that at the end there would be a division of the spoil, each man to receive a twentieth of what he found. The same rule was made for gold, silver, and pearls. Then everyone started to plunder the town and to search the houses, forcing open the doors with axes and iron-bars. There was a large quantity of cotton cloth of Sofala in the town, for the whole coast gets its cotton from here. So the Grand-Captain got a good share of the trade of Sofala for himself. A large quantity of rich silk and gold embroidered clothes were seized, and carpets also; one of these was without equal beauty, was sent to the King of Portugal together with many other

On the morning... they again plundered the town, but because the men were tired from fighting and from lack of sleep, much wealth was left behind apart from what each man took for himself. They also carried away provisions, rice, honey, butter, maize, countless camels and a large of cattle, and even two elephants. They paraded these elephants in front of the people of the town before they took it, in order to frighten them. There were many prisoners, and white women among them and children, and also some merchants from Cambay".

(G.S.P. Freeman-Greville; 'The East African Coast'... Oxford University Press, 1962, p.110).

Such brutalities of the Portuguese were well known along the Swahili Coast. The Portuguese were feared and loathed. Thus, in 1660, for the first time, a group of Mombasa Swahili elders (and a Mijikenda elder known as Kubo wa Mwamzungu) travelled to the Imam of Muscat and pleaded with him, as a fellow Muslim, to help them expel the Portuguese from Mombasa. In 1729, another group of Swahili and Mijikenda Elders travelled to the Imam of Muscat and pleaded with him. as a fellow Muslim, to help them expel the Portuguese from Mombasa. The Omani Arabs were then the rising naval power in the region and had recently effectively expelled the Portuguese from their territory. The Omanis obliged. The Portuguese were expelled from Mombasa and eventually from other parts of the Swahili Coast. They regrouped in Mozambique and stayed there for years, and only after a prolonged, bitter and violent war of liberation waged by African nationalists in Mozambique and Angola did their colonization come to an end.

Therefore, by the end of the 17th century what were once considered prosperous and proud independent Swahili city-states were virtually destroyed by the Portuguese. Although the Portuguese were the first representatives of international merchant capitalism in East Africa, and the first Western European to trade by naval force in the Indian Ocean, it is incredibly strange that they left no enduring commercial legacy, naval traditions or loan words. But they did change the pattern of the Indian Ocean trade permanently. They enabled other European trading powers to enter the Indian Ocean and thus enhanced the competition against the Swahili traders.

In the last analysis the Portuguese legacy for the Swahili people, and in particular those in Mombasa, is bitterness, hatred and despair. The Portuguese came to the Swahili Coast and saw thriving societies and unrivalled prosperity, organized and sustained by a people who were enterprising, independent, selfgoverning, and proud of their culture and civilization. When they were finally expelled they left nothing but ruin, bitterness and despair. That, in fact, is what Fort Jesus or 'Jesus of Mombasa' symbolizes for the Waswahili of Mombasa. It still evokes pain and nostalgic thoughts of what the Waswahili might have been had the Portuguese not appeared on the Swahili

Dental Health: Overview



BY DR. LUVAY HAMID

Introduction

Dentistry involves the diagnosis, prevention and treatment of diseases of the oral cavity, the soft tissues surrounding the oral cavity and the temporomandibular joint (TMJ). The medical term for the upper jaw is called the maxilla while the lower jaw is known as the mandible

Parts of a tooth

The visible part of the tooth is the crown while the roots of the tooth are below the gums and embedded in

A tooth has various layers:

- Enamel: this is the top-most outer layer of the tooth. It is translucent and one of the hardest tissues of the human body
- Dentine: this is the middle layer of the

tooth below the enamel. Dentine is sensitive to change temperature especially when exposed.

- Pulp: this is the softer inner structure of the tooth that contains nerves and blood vessels.
- Cementum: this is the mineralized connective tissue layer surrounding the outer surface of the roots.
- Periodontal ligament: These are fibers that run along the roots and hold the tooth to the gingiva (gums) and the jawbone

Kinds of Teeth

A normal adult has 32 teeth (including 4 wisdom teeth which can grow up to the age of 25years) whereas a normal child develops 20 deciduous (milk) teeth which are

eventually replaced by the age of around 13years.

There are different types of teeth in a normal adult:

- Incisors: these are the front four teeth in each jaw. They are chisel shaped and are used for cutting and biting food.
- Canines: these are the pointed sharp teeth adjacent to the incisors. There are 2 in each jaw and are used for tearing food.
- Premolars: these teeth are behind the canines. There are 4 in each jaw.
- Molars: these are the broader teeth in the rear of the mouth. There are 6 in each jaw. The molars and premolars are best used for grinding of food. The wisdom teeth (also known as the 3rd molars) may have to be removed if they haven't erupted in the correct position.

We hope to enlighten you on various dental issues in the upcoming magazines. I shall discuss oral hygiene care and maintenance in the next MADAFU NEWSPAPER Edition...Do not miss it!

Dental & Implant Surgeon at Royal Crown Dental Care (Mombasa)

For enauiries: luvavhamid@ hotmail.com

MADAFU NEWSPAPER

Editor@madafu.biz Website: www.madafu.biz



The Socio - Economic Newspaper

The Business & Service Classified with Anything & Everything from Kenya



editor@madafu.biz www.madafu.biz

MADAFU NEWSPAPER

Madafu Newspaper is owned and Published by Madafu Publications Limited. P. O. Box 80518 - 80100 GPO Mombasa

Editor@madafu.biz Website: www.madafu.biz

For Advertisements, Articles, Notices, Distribution, Sales and General Inquiry you may contact the above address for now.

Design by: Madafu Publications Team

Printed By: Nation Media Group Ltd - Nairobi

CONTRIBUTORS:

Cover Photo / Event Photos by Mr. Andrew Kilonzi & Mr. Titus Musau

Mr. Nabil Sansool - Madafu Website Administrator

Madafu Publications Ltd. is the leading provider of event and lifestyle information in Kenya. Through our Newspaper and Website, we provide the most comprehensive and accurate information about what's happening around Kenya in sports, nightlife, music, theatre, movies, the arts, kids events and more. We also provide business listings, movie reviews and updates. To advertise with us, Email: editor@madafu.biz Madafu Publications Ltd. P. O. Box 80518 - GPO 80100, Mombasa, Kenya visit our Updated Website: www.madafu.biz

SALES, MARKETING & OPERATIONS

Mr. Reishi Arun Parikh, Mr. Nabil Sansool, Mr. Dietmar Roselier

EDITOR: Mr. Reishi Arun Parikh

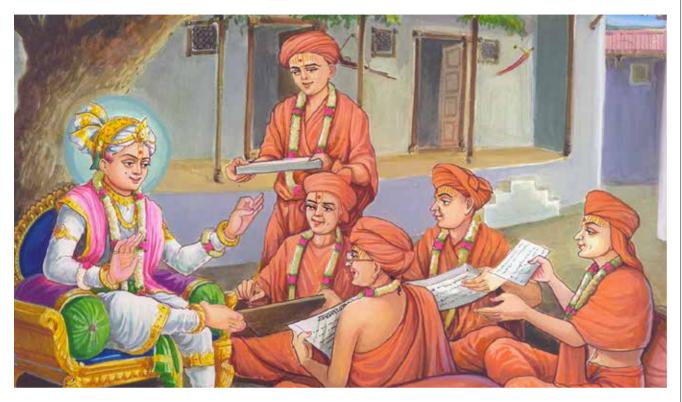
Head Office: K. T. Plaza, Haile Selassie Avenue, Mombasa, Kenya. P. O. Box 80518 - 80100 GPO. Nairobi Office: Mr. Satyen Shah & Mr. Rushil Shah of **Bunny Industries Ltd**

All Advertisements are accepted subject to the Madafu Publications Ltd Terms and Conditions and Guidelines. The Publisher cannot be held responsible for the accuracy of the information contained in the Advertisements and does not enter into disputes on behalf of third parties.





The Vachanamrut



BY KARAN KAMLESH PANDYA

he Swaminarayan Sampraday founded by Bhagwan Swaminarayan (1781 – 1830 CE) in Gujarat, India at the age of 21. He was born in the village of Chhapaiya, near Ayodhya in Gonda district of Uttar Pradesh, into a Brahmin family. He travelled, by foot, at the age of eleven, around the whole of India, and finally decided to settle in Gujarat after seven years of travel.

The Swaminarayan Sampraday belongs to the Vaishnava denomination, which is predominantly inclined towards devotion to God. The Sampraday believes in a living Guru tradition in which the Guru is considered to be the representative of God and the ideal and inspiring force for all spiritual endeavours and means of realsing God.

The philosophy of this sect is based on the Vedas, Upanishads, Bhramasutras and Bhagawad Gita. Its moral texts are derived from the Dharma scriptures.

Bhagwan Swaminarayan was a torch bearer of Hinduism and Indian culture. He revived and promoted the core beliefs of Hinduism. He preached to His followers these fundamentals which are recorded in the main scripture of this Sampraday - The Vachanamrut.

The Vachanamrut is a foundational and fundamental theological and philosophical text of the Swaminarayan Sampraday. It is a compilation of 262 discourses delivered Bhagwan Swaminarayan Himself, with an additional eleven discourses noted. They are based mainly on the Vedas and the Upanishads, Bhagwad Shrimad Bhagwat (collectively known as Prasthantrayi) and Mahabharat and Ramayan. The discourses in the Vachnamrut are a unique contribution and revelation by Bhagwan Swaminarayan.

The discourses are in Gujarati and had been delivered during the last ten years of His life, between 1819 CE and 1829 CE. They were compiled by four great scholar saints of Bhagwan Swaminarayan, namely, Muktanand Swami, Gopalanand Swami, Nitvanand Swami, and Shukanand Swami who were sadhus of such great integrity that they noted even their own failings which Bhagwan Swaminaravan pointed out. Secondly, they were present throughout the discourses which they heard first hand. Thirdly, in every Vachanamrut they noted details such as the date, location, time, the clothes Bhagwan

Swaminarayan had worn at the time of the discourse, mention of types of instruments played during the assembly and the people present in the assembly during the discourse. After compilation, the four scholarly saints showed the collection of the Vachanamruts to Bhagwan Swaminarayan for scrutiny. We glean this from Vachanamrut Loya 7, in which Nityanand Swami shows the collection on 8th December 1820, Magshar Sudi 3 Samvat 1877 (as completed up to that date) to Bhagwan Swaminarayan, who examines it and is greatly pleased with it.

Bhagwan Swaminarayan conducted his discourses through dialogues, much like the Upanishads. In the Vachanamrut the questions occur as follows:

- 1. Bhagwan Swaminarayan to Saints
- 2. Saints to Bhagwan Swaminarayan
- 3. Devotees to Bhagwan Swaminarayan
- 4. Devotees to Saints
- 5. Saints to each other.

Chapters of the Vachanamruts are based on the Villages in which the discourses were delivered. These include: Gadhada. Sarangpur, Kariyani, Loya, Panchala, Vadtal and Amdavad. The extra eleven Vachanamruts were delivered in Amdavad. Ashlali and Jetalpur. The discourses were noted down, on raw paper using quilt pens and sesame oil ink, by the four scholarly saints, as Bhagwan Swaminarayan would recite them.

The topics dealt within the Vachanamrut range deeply from phiolosphical and theological subjects, such as the nature of God, creation of the cosmos, liberation of the soul, the Vedantic Hindu philosophies of the various Acharayas, to practical subjects such as good and bad company, concentration, eternal happiness, stress management and many others. In one

of His discourses. He candidly expresses that whatever He says is out of His own experience and inner purity, "What I am about to say to you, I say, not out of any pretence, or out of and self-conceit, or to spread my own greatness. Rather, it is because I feel that amongst all of you sadhus and devotees, if someone can understand my message, it will tremendously benefit that person; that is my purpose in narrating it. Moreover, this discourse is based on what I have seen and realised through my own experience." He mentions this in Vachanamrut Gadhda II-13, and thereafter reveals His indifference to worldly objects and pleasures and His glory as the supreme God.

The Vachanamrut is the essence of all the Hindu scriptures. In the realm of literature, it is the first literary work of modern prose in the Gujarati language, thus providing a good specimen of the written language nearly two centuries ago. It is a lofty gift of the Swaminarayan Sampraday to Gujarati literature.

Spiritually, the Vachanamrut is the divine nectar - 'amrut' - in the form of statements 'vachan', from the mouth of the supreme God Himself. Just as 'amrut' has the distinct property of bestowing immortality on anyone who drinks it, the words of Bhagwan Swamianarayn also have the power to liberate anyone who strives to imbibe them and secure freedom from the cycle of births and deaths.

Imagine life as a mountain. A mountain we are trying to climb. However, it has its challenges - mental, physical, emotional, educational and financial. How do we cope? Do we give up? What if we fall? But we have a lifeline. It is timeless. It is priceless. It is ours, whenever we need it, 24/7 - The Vachanamrut. Wherever we go, it is just a tap away, providing the key to all our problems. It contains the answers, the truth, and the essence. The essence of all essences. So the big question is, why not read it? The Vachanamrut is our Guide to God. The Vachanmrut is our Lifeline from God. During this current year, as we celebrate the bicentenary of the Vachanamrut: 1819-2019, let us pledge to forever keep The Vachanamrut as the centre point of our lives.

EYESIGHT: 25 years of fighting blindness

Diani Rules Charity Sports Event on the Beach



Some of the thousands of happy people who can see again because of Diani Rules

80% of blindness in Kenya is preventable! Give the Gift of Sight Support Diani Rules





Diani Rules has raised over Ksh15m for Kwale Eye Centre!

This charitable Eve Centre, whose mission is to offer affordable, comprehensive (ie also helping those whose vision cannot be restored) Eye Care, recognised from the start that a strong grassroots community based approach was the only way to reach poor people

Over 35,000 eye operations have been performed, of which 4,000 were funded directly by Diani Rules.

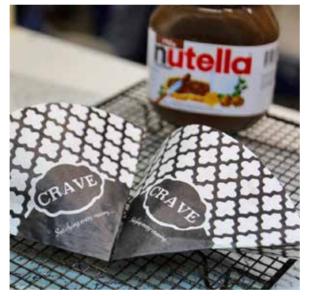




INNOVATION: Innovation and experience are the drivers in increasing revenues.







Innovation and experience are the drivers in increasing revenues. Our mandate to create experiences for local residents and tourists is a great avenue to promote tourism. On Friday 24th May, CECM of Department of Trade, Tourism and Investment Fawz Rashid did courtesy call to Crave to oversee the newly build food kiosk.

Crave is a kiosk located on Bawazir lane at Makadara which opened its doors last year has introduced a different approach to Mombasa's food culture. It has the best delicious amongst other snacks.

Karibuni Destination Mombasa for a chance to savour and sample our sumptuous cuisines and as well visit our historical sites.

Be "You" – An Original

BY ATIYA MUGHAL

ach of us are unique and different from the rest of the world, we possess a quality that not everyone around us has. Even those around us have unique qualities that we don't possess. So why should we even try to copy them? What will we get if we did? Nobody likes the idea of being copied.

It's okay to take ideas from those we surround ourselves with or even from celebrities, but the idea of copying the very same thing is not good at all. This will result into you not being liked at all by many people because nobody wants a copy cat as their friend now would

And nobody would even like to share an idea with you in case you decide to

Yes we all tend to admire someone, in the way they dress or wear their accessories and hair, in the way they match they outfits to work and for occasions, or even how they interact with people. But when we start doing stuff like for example someone who is your friend decides to take up a cooking class because he/she loves to cook, you also do the same and yet you hate cooking, but something urged you into doing this just so you can be recognized.

But why? All this comes about when we start feeling insecure about ourselves and feel that our friends can do stuff that we can't, so we go and do the same thing just to show everyone out there we can also do those things, even if it makes us uncomfortable doing them. Another reason we do so is

because we get jealous and want to be known and praised.

Be "you" that is the true personality and it has all the originality, that way you will attract people towards you more naturally. If you like to wear baggy and long clothing, then by all means wear it. If you like to wear huge spectacles, go ahead wear those, if you like to laugh really loudly in a crowd, just do it.

That is you, the original you. Never pretend to be someone or something you are not because at one point all the pretence disappears and the real you appears. We should not think about what others will think of you, as they will never think well anyway so why fake it.

"An original person is more valued then one who portrays another's

6 tips to save money while Adulting

BY FARZEEN WILSON

The verb 'adulting' has gained notoriety in pop culture as young adults in their early 20's wade through the waves of change in their lives. It's being pegged as a stage where you're expected to have your life sorted out while still not being taken too seriously because "you haven't seen enough of life" to form a credible opinion about anything. Our early 20's are filled with fun adventures and lots of drinking so here are some tips to save money while adulting but they can necessarily be used by anyone.

- 1. Eliminate all accounts that have high transaction fees There are a tonne of banks out there that charge different transaction fees per transaction and for monthly maintenance. Sign up for or switch to accounts with low monthly charges and stop using accounts that don't have their ATMs close enough to your place of work or near your home because why do you want to spend 4 times the fee to at another ATM. If you pay for several items using a form of payment that charges you every time you carry out a transaction (i.e. M-Pesa) you should switch to cash, aimless transaction fees really do add up in the long run.
- You don't need that subscription If you have decent internet then you don't need to waste money on subscription services like Netflix or Show max. I don't have anything against these companies but there are so many different websites where you can stream the shows you love and even watch live sporting events. It may involve trying out a few streams and enduring some pop-ups BUT it's free. Try out sites like 123Movies or Project Free Tv.
- Eat healthier This one might seem a little out of place but think about it. really think about. If you're healthy and don't fall sick a lot, you save money that you would have spent seeing a doctor, buying medicines and missing work to recover from whatever sickness you have. With a little more attention to what you eat and exercising you can be more productive and not have to spend on money on seeing the doctor.
- Spend less time on social media We all know the feeling of scrolling down our feed and seeing a friend on a fancy holiday or something that's out of YOUR budget. Seeing such posts just add to the societal pressures that tell us we need to spend to feel adequate. Resist the urge of logging onto social media when you have nothing to do or and feeling bad about yourself. Your time will come and you know that.
- Defer spending on a BIG purchase Now I know there might be instanceswhere you need to make a big purchase and you need to make it right away, like a new laptop for work or a new TV to watch the World Cup (just kidding). I'm not talking about this kind of purchase; if you want to buy something that you need (but not urgently), hold off buying it for at least 2 weeks. This way you'll realize how badly you need it and if it's worth spending so much on that item (or if you can make do with a cheaper option). Also, we have the Internet now so we can know when the prices of something we like drops.
- Pay yourself first You'll see this piece of advice in 95% of all personal finance books and there's a reason for it. Once you are able to build a culture of paying yourself first and working with a little less money every month, you're able to better manage your money AND you'll have some money for emergencies that are a part of this beautiful thing called life.

KPLC PREPAID AND POSTPAID SERVICE

Buy your KPLC Prepaid meter tokens or pay your KPLC Postpaid meter bills with ease. No standing in tiresome queues. No worrying of Mpesa vendor delays. Prompt service. Pay via till number so no transaction charges. WhatsApp on 0729423830, send account number, send amount on till number (buy goods) 958222. Receive your token or postpaid bill receipt within minutes. Discounts also available on airtime for all networks as well as data bundles. Nairobi Water bill services also available. Other amazing services coming soon. Get in touch NOW! Contact Abdulrazzaq Salyani - 0729423830 / 0738390097. If you want to become an agent like then visit - bit.ly/kuairtime





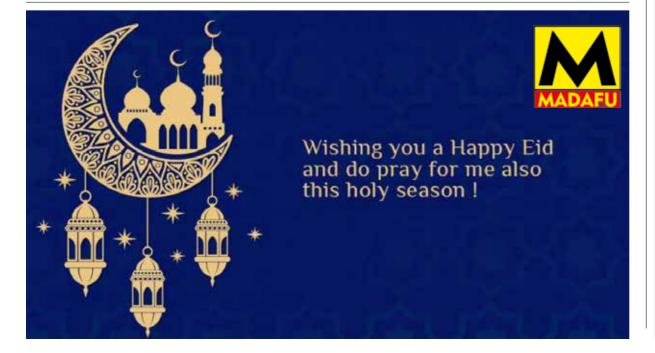
Mombasa Women's Association CSR





Mombasa Women's Association visited the Shanzu Transitional Workshop for disabled girls. These girls are taught for two years at STW, they are making beautiful bags, poaches, dresses etc with Kenyan clothes, one must visit to appreciate their superb Craft. MWA sponsored three disabled girls for tailoring courses. MWA also donated Ksh. 100.000 for water storage tanks from MWA charitable trust.

Seen from right Vice Chairlady Mrs. Sadhna Doshi, Treasurer Mrs. Daminiti Ved, Shanzu Centre Head Madam Elizabeth, ex officio Mrs Suman Kanji Chairlady Mrs. Harminder Kandhari presenting a cheque of 100,000/ hundred thousand to Miss Agnes Nyanju Chairlady of STW, students and staff of STW, MWA Mrs. Rashida Anjarwalla, Mrs. Gurmeet Kaur, Hon Secretary Mrs. Sital Sagoo, Hon. Joint Treasurer Mrs. Illa Shah.



Memorable Medical Moments

BY DR KISHOR

he important message to all is that the most effective thing that heals almost all patients is-one medicine for all diseases-and that is-TLC—Tender Loving Care !!!

So instead of writing the theory and philosophy about this method,let me give a few examples which I encountered in my general practice in Likoni a rural setting,many years ago,but,I firmly believe,that this method or technique is still valid in today's time-that is-even now.!!

But let me start with my last trip by ship after completing my studies.

I had completed my degree course in Medicine, and one year Internship and one year House post, and decided not to do post graduation and took a ship back to East Africa. As most of the students from all other colleges were traveling by Bunk class,I also decided to join them as it was also much cheaper and lots of fun. Nowhere on my documents or passport or the bags was mentioned that I was a doctor!

The ship left Bombay and was sailing towards East Africa but after about two days an announcement came over the loudspeaker that there is some problem and we are proceeding back towards Bombay. After about half a day of sailing we came to know that one of the crew members, who was a relative of the an Executive of this Shipping Company,was taken ill and was in a serious condition.

A friend of mine told the Purser -the customer service officer-that I was a doctor. He was surprised as he had gone through the whole list of passengers and had not seen that there was any doctor on the Ship.

I saw the patient, together with the very elderly ship's doctor. The patient was unconscious, responding only to the painful stimulation. No one knew the exact history as to what had happened to this young man of Twenty Five. There were no external injuries or any bleeding any where. All the limbs were moving. Breathing was labored as he was chocking on his own saliva. The doctor had put him on intravenous fluids-but took me on the side and anxiously confided in me that he had only one more bottle of the fluid left.

My first concern was to clear the patient 's throat. One young engineer crew told me that he can assist us in this and in half an hour he used one small gadget which was used to blow air to clean the other machines and changed the mechanism inside it so now this could suck air in-a suction

I immediately used it to suck the fluid from the patient 's throat and immediately noticed that the patient felt much better. Now I was very confident that he will survive this journey back to Bombay. Fortunately this patient had a very close friend and he told us that he was generally very healthy and did not suffer from any chronic disease. This young man was with his friend all the time talking to him at times-and I encouraged this as we had seen many patients in the hospital who come out of coma and tell us that could hear everything happening in the hospital ward.

We were told that one another ship was coming from Bombay towards our ship and that a Helicopter would take the patient on to that ship,back to a hospital in Bombay. The medical team came with the helicopter and took the patient away. All the passengers were there to see this once in a life time live experience. They all were clapping. The captain thanked me and the now exhausted ship 's doctor. The doctor came to me later and gave me a bottle of whiskey as a gesture of appreciation. I kept this bottle as a souvenir for the following two years or so and then I do not know where it disappeared.!

The ship turned its course and started sailing towards Mombasa. The Public Relation Officer came to me and told me that the Captain had decided to upgrade me to a Cabin Class and also sent me two bottles of wine. He was waiting to carry all my luggage to the cabin as he had brought two of the crew members to help me. I told him that my friends will help me with the bags .I gave the two bottles of wine to my friends-they had a great party. And then they helped me carry my one small bag to the First Class cabin .

As this was my last trip I had carried all my luggage on the ship-including a big metal trunk and the traditional bedding.

I kept these in the bunk class only, as I did not want to be seen traveling with such items -a big celebrity that I was now!!!!!! It was so good to have breakfast,lunch and dinner in the posh dining room. I was treated like a VIP -everyone greeted me and I was really humbled by the attention and affection.

At times a few friends from the Bunk class would sneak in the cabin to relax and read magazines. In Mombasa I went to the shipping office, which was situated near the famous tusks. The manager had heard the whole storyhe informed me that the patient was now alright ,but did not know the details-I was pleased that the patient was fine .

The manager gave me a letter stating that anytime in the future whenever I wanted I could be their medical Officer of their company to look after their staff and also all the crew members coming to the shores of Mombasa. But after my internship at the Coast General Hospital, I started my private clinic at Likoni-crossings the Ferry onto the other side as it were !And after two or three years the office closed down as there were not many students using the ship to travel to India. The planes were better and quicker.

Fortunately there is still a friend in Mombasa who was on that trip and was witness to the whole event so at times we talk and refresh this special memory and keep in alive!!!

By Dr Kishor



COOKING: 75 Hours non-stop cooking

Mombasa Chef looking to break Guinness World Record



Chef Mohamed is aiming to cook for 75 hours non-stop breaking the current world record which stands at 68 hours

BY TITUS MUSAU

wani Oil will officially sponsor Mombasa based Chef Maliha Mohammed who has been nominated by the Guinness World Record to attempt to break the world record for most hours spent cooking.

The sponsorship will see the Mombasa-based cooking oil and detergent maker Pwani oil will help her cater for all her expenses in the competition which is set to take place in August 2019, as well as preparations for the event. The 36-year-old, Chef Maliha, is aiming to cook for 75 hours nonstop to break the current record held by Rickey Lumpkin from California, USA who cooked for 68 hours 30 minutes and one second in December 2018.

Rajul Malde, Pwani Oil's Commercial Director, said the company had seen the plight of Chef Maliha in the local media

last month, where she called upon well-wishers to support her to bring the title to Kenya, and saw it as an opportunity to help develop local talent.

"We are excited to be part of Chef Maliha's journey to break the Guinness World Record and bring the title to Kenya. Further, it is our hope that the support we give helps her realize her potential as a chef," said Mr Malde.

"Pwani Oil will help cover chef Maliha's costs including charges to be paid to Guinness World Record, equipment required, food to be prepared, her team's recruitment and coordination, support including doctors, timekeepers, cameramen and technicians," added Malde.

The sponsorship also includes assisting the Chef do a couple of runs where she will cook for thirty-six (36) hours as part of her preparation before the scheduled

date for the attempt to break the world record.

"I am grateful for the support from Pwani Oil, I am looking forward to breaking this world record and have been investing my own resources to ensure that I will be able to bring this record home, and more so to Mombasa," said Chef Maliha. "I will be looking to cook a mix of dishes including local and international cuisines. I must showcase what Kenya has to offer especially Swahili dishes."

She is self-taught and currently works as a chef for a leading non-Organization governmental based in Mombasa.

The Guinness Book of World Records, is a reference book published annually, listing world records both of human achievements and the extremes of the natural world.

Safaricom: Andrew Kilonzo's snapshops on Chapa Dimba



CAKE FEEDING: Ngong Hill Hotel General Manager Grace Ogolla feeds members of Chapa Dimba Na Safaricom All Stars with a "welcome back home" cake shortly after cutting it at the hotel to celebrate their performances in Spain shortly after the team jetted back from Barcelona Spain where they played six friendly matches with Spain's Division-2 teams. The 32-members team comprising of girls and boys teams aged 16-20 won 2 matches, got 2 draws



CAKE CUTTING: Ngong Hill Hotel General Manager Grace Ogolla (centre) joins the members of Chapa Dimba Na Safaricom All Stars lead by their coach Hassan Omondi (right) in cutting a welcome back home" cake at the hotel to celebrate their performances in Spain shortly after the team jetted back from Barcelona Spain where they played six friendly matches with Spain's Division-2 teams. The 32-members team comprising of girls and boys teams aged 16-20 won 2 matches, got 2 draws and lost 2 matches

CO-OP BANK CEOS WORKSHOP



Co-operatives Bank head of wholesale banking Dorcas Mugambi (left) with the Principal Secretary for Co-operatives Ali Noor Ismail (right) after the PS officially opened this year's National Co-operatives CEOs workshop at the Travellers Beach Hotel, May 14, 2019. The theme of the three days workshop was 'Technology and Innovations for sustainable and inclusive development

PHOTO BY TITUS

HOTEL VACANCY IN TANZANIA

General Manager

SUNRISE BEACH RESORT LTD in **Dar-es-Salaam** is looking for a dynamic person for the Position of the General Manager. The requirement is adequate Hotel Industry Qualification and must have worked in a Beach Resort for not less than Seven Years.

Contact with your detailed **CV** via email to:

prashant.c@sunrisebeachresort.co.tz

YOGA: VOC Nairobi Seniors Conduct A Sitting Yoga Activity



The Senior Social Committee of Visa Oshwal Community Nairobi conducted a sitting yoga and breathing exercise workshop followed with a luncheon on Wednesday, 22nd May 2019 at the Visa Oshwal Mahajanwadi, Limuru road. The yoga and exercises were conducted by Mr. Watson for the senior members of the community. PHOTO CAPTION: Bindi Shah, Shaina Shah, Mr. Watson, Bindu Shah and Mina Shah



Professional Criminology Association of Kenya - PCAK

Professional Criminologists Association of Kenya

Southern Sun Mayfair Suites
Parklands Road, Westlands
P.O Box 1742 - 00606 Nairobi, Kenya
Email: pcakcriminologists@gmail.com
Phone: +254 788 511 838 / +254 717 419 945







he Professional
Criminologist
Association of
Kenya (PCAK) is a nonpolitical organization
that aims at promoting
the professionalism and
practice of Criminology by its
members.

The Association will continually position itself in the quest for professional knowledge concerning the prevention and control of crime in the country, with agencies across East Africa and with other global partners. The aim of the organization is to seek to promote & bring about professionalism within the Criminology Fraternity & also to engage & challenge our

members/peers to embrace professionalism in the industry.

This group does not seek any political power/office, but rather to influence policies that will enhance professionalism within the Criminology sector of the economy.

OBJECTIVES

- Examination and licensure of PCAK members
- 2. The supervision, control and regulation of the practice of Criminology;
- 3. The development of the professional competence

- of Criminologists through the Continuing Professional Development (CPD) program;
- I. The integration of all Criminology professional groups under PCAK
- 5. Traffic Response and Updates
- To contribute to the broader transformation of society through equity and endorsement of values enshrined in the Kenyan Constitution.

The Cluster Foundation (TCF): Giving hope to the communities



BY ANDREW KILONZI some of the 45 Members of The Cluster Foundation (TCF), non-profit organization that inspires people with spinal cord injury (SCI) to find hope in seeing the possibilities of leading an active successful life beyond their fears or barriers by "rallying them out their homes" where study show 99% most of them go into seclusion after discharge from hospital thereby losing self-confidence and experience depression arrive for their holiday at sarova Whitesands in Mombasa county. TCF organized a one week long fully paid recreational therapy holiday for its members. This monthly motivation and inspiration experience has ensured a remarkable decline of depression, a factor common to all of them when they first joined TCF according to the organization's trustee Nick Kirathe.

PICTURE STORIES



BY ANDREW KILONZI

Great Minds Challenge (GMC) Co-founders Peter Ndungu (left) and Peter Njoroge (2^{nd} right) explains a point to coaches Decimar Ogutu (2^{nd} left) and Susan Wamae at USIU-Africa in Nairobi on Friday May 17, 2019 during the 4^{th} annual Sustainable Inclusive Business (SIB) conference. GMC is aimed at nurturing a transformative new generation of leaders with new mindset who will forge a new frontier and horizon for business and the society. The Theme of the meeting was: A new generation leaders thrives on purpose and new mindset.







HRSC provided a package to about 100 elders comprising of Flour, Grains, Maize, Beans and Rice.They were also provided with clothes and baby's were given baby stuff, toys, shoes & diapers, as shown in the picture



COFFEE BREAK!



HOT. STRONG. INTERESTING & STRANGE

Weird, strange, & Bizzare...



Not in the mood for a chatty driver? Uber is giving its customers the option to avoid small talk during their ride. The Uber app will now allow passengers to select a "quiet preferred" option.

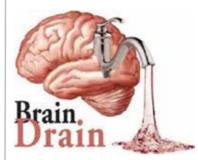
It is currently only available to users of its luxury Uber Black services, costing the passenger extra. Good stuff uh!!Not sure but what the heck!!

DuckDuckGo vs Google

Bet that you didnt that know now there is new search engine called "DuckDuckGo" and its cooler than the all time famous Google. Some of the main reasons that its highly touted is; it operates a so-called Tor exit enclave, which means you can get end-toend anonymous and



encrypted searching. Simply it means that its a search engine that emphasizes protecting searchers' privacy and avoiding the filter bubble of personalized search results. Find out what that means on www. duckduckgo



So what is brain drain? The main causes include seeking employment or higher paying jobs, political instability, and to seek a better quality of life. Causes of brain drain can be categorized into push factors and pull factors.

Skewed thoughts of the month

Does this sound familiar? A year ago, you would have died for certain people!!IJune 2019 half of them are dead to you?

Maybe money cant buy happiness...but i think its only fair that you give me some and let me learn the lesson myself



🥮 uh!!

I told my friend that she is drawing her eyebrows too high. She looked surprised!

Tease your brain!

- When is 99 more than 100?
- ▶ I am dirty when I'm White.
- Throw me off the highest building, and I will not break. But put me in the ocean and I will!

TO whom it may concern

You will never understand the damage you did to someone until the same thing is done to you! Thats why am here!

Love Karma

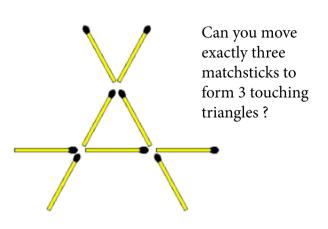
Meme Land. These caught our attention

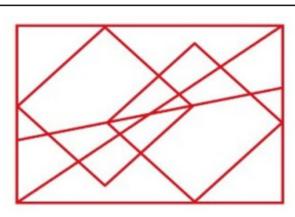




Dear all.If you are planning to talk to Governor Sonko please use sign language or smoke signals!



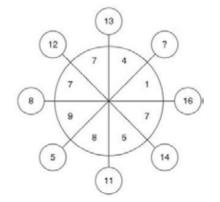




Count the number of triangles

SUDOKU'

		3		1	
5	6		3	2	
	5	4	2		3
2		6	4	5	
	1	2		4	5
	4		1		



Which number should replace the question mark In The Circle.



PROMOTING EDUCATION:

Department Development had on Wednesday 15th May 2019 observed International Day of the Family at the KICD Premises by holding seminars and meetings with the members of the society. Hon.

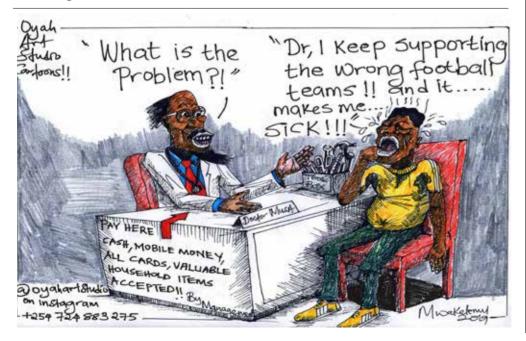
(Amb.) Mr. Ukur Yatani Cabinet Secretary and Mr. Nelson Marwa Sospeter Principal Secretary of the Ministry of labour and social protection were briefed about various projects that are being undertaken, in the

betterment of the lives of thousands of school children, by Hindu Religious & Service Centre by Mr. Sonvir Singh & Mr. Nilesh Bhaysar.





Top Photo HRSC Officials at KICD, Sonvir Singh & NIlesh Bhavsar with the CS & PS explaining HRSC projects. In the second photo: HRSC members Nilesh Bhavshar, Paresh Shah and Jagdish Shah at the HRSC



Rihanna Success Secret!



"Work, work, work, work, work." That's the opening line of Rihanna's 2016 dancehall anthem titled, appropriately, "Work." It could also serve as her personal motto.

Famous first as a singer, Robyn Rihanna Fenty, age 31, has since evolved into a style icon and makeup entrepreneur—and soon she'll be the first black woman in charge of a major luxury fashion

All those efforts add up to a \$600 million fortune, making her the wealthiest female musician in the world, ahead of the likes of Madonna (\$570 million), Céline Dion (\$450 million) and Beyoncé (\$400 million). Most of that comes not from music but from her partnership with LVMH, the French luxury goods giant run by billionaire Bernard

Rihanna (pronounced Ri-Ann-ah, not Ri-Ahnah as she recently clarified) and LVMH co-own the makeup brand Fenty Beauty. It launched in September 2017 at Sephora, another LVMH brand, and online at FentyBeauty.com, quickly becoming a viral success. Fenty Beauty racked up a reported \$100 million in sales in its first few weeks, propelled by Rihanna's fame and 71 million Instagram

The entire personal care industry in America has grown huge in recent years. According to Grand View Research, it could swell to more than \$200 billion in sales by 2025, up from closer to \$130 billion in 2016. The market saw a record 134 M&A deals last year, including P&G's \$250 million purchase of 10-year-old First Aid Beauty.

Perhaps the most telling data point: 11 of the 80 women on Forbes' list of the Richest Self-Made Women made their money in beauty or skincare

Many did what Rihanna did, turn to the low-cost marketing opportunity presented by social media. That works best for existing celebrities, as Kylie Jenner and her Kylie Cosmetics proved out, who can $push\ their\ new\ products\ at\ their\ existing\ followers.$



PHOTO STORIES



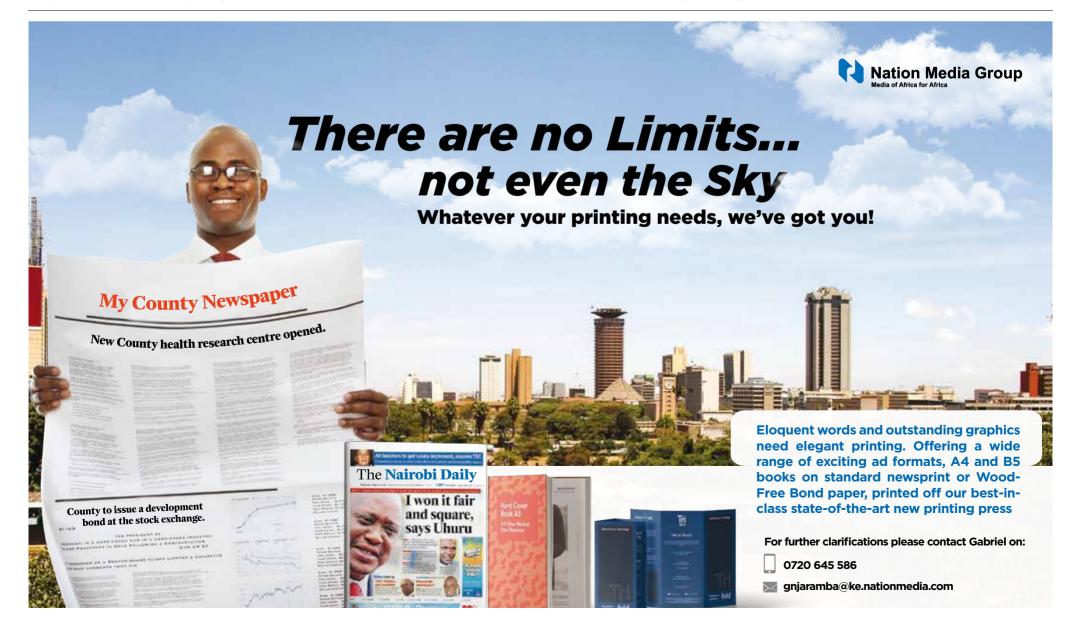
SNAPSHOTS: up and abouts in Mombasa County



Saturday Club Managing Committee 2019-2020: Sitting From Left: Sat.chaitanya Shah – Treasurer, Sat Kalpesh Doshi – Vice Chairman, Sat Mahul Doshi- Chairman. Sat Rajesh Shukla – Immediate Past Chairman – Standing Behind Are Other Managing Committee Members. The Saturday Club Held Its Induction Dinner Meeting On Saturday 27Th April 2019 At Lions Audiorium Centre, Mombasa, To Iduct Incoming Chairman Sat Mahul Doshi For Year 2019-2020. The Saturday Club Was Formed In 1947. It Has A Membership Of 50+ Members. This Is A Charitable Club Giving School Fees To About 200 Plus Students. The Saturday Club Charity Also Does Eye-Camps, Water Boreholes, Distribution Of Sanitary Pads To School Girls, Stationery Materials And Sporting Equipment To Schools And Orphanages



Hindu Religious & Service Centre (HRSC) on Tuesday 7th May 2019 paid a visit to Mukaa Primary School in Nunguni, Makueni County where we received by Mr. Charles Mulandi our field coordinator with 23 schools representative where we have school feeding project. The convener of HRSC School Feeding Project Mr. Paresh Shah gave a motivational talk and explained in detail the activities of HRSC Schools received Exercise Books, Dustless Chalks donated by Twiga Printers & Stationers and Early Child Education books donated by Oshwal Academy Nursery and 3 secondary schools received text books donated to HRSC by Oshwal Academy Junior High. The team also did an impromptu visit to four schools where we have feeding projects and were satisfied the way it is being implemented.





RAMADHAN: Muslim Association MombasaDistributes Ramadhan Food Ration in Kwale



Shaahid Sheikh hands over Ramadhan Food Ration to a resident of Moyeni Village, Kwale

MADAFU REPORT

caring and being compassionate for fellow humanbeings is a central part of the teachings of Islam. Shortage of nutritious food is a terrible

reality for the fasting Muslims of Kwale. It is a great relief for the poor residence of the area when Shaahid Sheikh of the Muslim Association of Mombasa arrives with a truck load of food and distributes nutritious food ration for a full month to the deserving families in Moyeni, Kwale.

Community elder, Ustad Matata, thanked Shaahid Sheikh who with the help of his family members and friends has been providing food rations for over 10 years during the holy month of Ramadhan for the fasting families. He further stated, in areas of the Coast where food is scarce, it helps the residents to fulfill their fasting rituals with great ease and comfort.

During the month of Ramadhan your

generosity ensures that no family in our neighborhood is left behind. May Allah (SWT) bestow His mercy and blessings upon you and your families.

In conclusion, he expressed his personal thanks and gratitude to Shaahid Sheikh, the former Chairman of the Association Mombasa, the current Chairman of the Association, Dr. Ajmal Fazil, members and generous donors for their continued help and support.

> FROM CLOCKWISE:

Ramadhan Food

Ration to Henny's









Orphanage in Kwale. Looking on is Ustad Matata and Essak Dawood (right); Shaahid Sheikh hands over Ramadhan Food Ration to Moyeni Primary School, Kwale. Looking on is Ustad Matata Saleem Adam Ramadhan Food at Moyeni Village Ramadhan Food Ration to Senio Sargent Raisi of Kwale Prison ooking on is nd Ustad Matata

One on one with Kalpa Padia - RAKA



How would you briefly describe yourself? I can say that I am a Manager - Manage Work, Manage family, Manage Home and Manage the Social Life. A balancing act that has to be flawless so that none suffer because of the other. Difficult to say if I am an artist, A mother or an Entrepreneur?

Q: How did your passion for Cheese develop? It was someone else's dream, Rajesh had always had a passion for Cheese and wanted to be the producer and supplier of the Best Cheese in Kenva, hence the Tag Line, Kenya's Finest Cheese. His love and Passion for Cheese is what had me develop a passion for Cheese. The Flavours, the tastes, the various varieties and the diverseness of Cheese was an instant attraction

Q: Briefly take us through the journey of Raka. RAKA was born out of Love for Cheese, in 2003, 17 years ago with 2 staff members and a capacity of processing 200 liters of Milk per day. Housed in a Shed of 6 x 6 meters, Raka was started. It reached a stage where we had 7 tons of Cheese in Stock (that's 7,000 Kgs in Stock) and we were wondering if that would be the end of RAKA. In 2003, Innscore, Our first large consumer, Provided us with our first large break and and this also lead us to our first inhouse innovation. The RAKA Pizza Cheese, and thereafter, we have never looked back From 200 liters per day, 17 years ago, to 10,000 Liters per day today. Overtime we have increased our product profile and today we have 14 different cheese products

Q: What challenges did you face in bringing up Raka - Éver since inception, we never faced any challenge but more of hurdles in the growth of business. The First Challenge, and a really tough challenge, I faced was when Rajesh passed on. Here I was, having only handled the financial department of the company, the introver that I was, was in-charge of the company, in-charge of

ensuring that 40 members of my staff can continue feeding their families, responsible for making the right decisions, BUT, here we are today, 9 Years after the biggest loss of my life, the hardest challenge one could face, keeping the dream alive and growing.

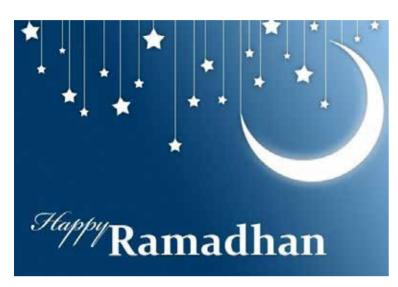
Q: Being a successful lady entrepreneur, what would you say to aspiring lady entrepreneurs? The Issue is not about Gender but how one applies themselves to the situation at hand. Why is it that a Woman (a Wife) can run the house (and the Kids) better than a Man (the Husband)? It's not that the Wife went to House Management School. It's all about Application of the Self and the willingness to evolve into New concepts and Situations. You have an idea, be the catalyst and give that idea a life, after that, it's all worth the effort, time and energy expended into the

Q: Raka Cheese is a well-known name; what are your plans for the next 5 years? The world we live in today leaves no room for predictability but that has not stopped anyone from having dreams and wishes. The dream of Rajesh, My late Husband, was, to make RAKA a household name synonymous with taste and quality. Today, we have achieved that and the next move would be to have this brand, RAKA, available to every East African Resident in every corner of East Africa, keeping in mind the legacy Rajesh Dreamed 17 Years ago when he decided to "dive into Cheese", Raka "Kenya's Finest Cheese", The choice of Every Cheese Lover

Q: Finally, what message would you like to share with the MaDaFu Newspaper readers? Limitation is what you stop yourself from Doing. I majored in Fine Arts, Loved creating Art and working with Fine Jewellery. Cheese making was a concept which I had never even dreamed off, yet, here I am today, at the Helm of one of the Top 2 Cheese houses in Kenya. It is not about being Male or Female, not about being Financially Gifted or being in the right Circles. It's all about you and what you want to Achieve. I shared a dream and I focused and put my energy into making that dream come alive. Self-doubt is the biggest destroyer of a person, cast doubt aside, join hands with those who believe in you (like I have) and live your dream. We learn to crawl before we can run, similarly, start small but start and grow big you will..... that's a guarantee.



Muslims And The Holy Month Of Ramadhan.



BY AHLAM MANSUR.

asting is the fourth pillar of Islam amongst the five pillars and Ramadhan is the 9th month in the Islamic lunar calendar where fasting has been ordained where each pillar denotes an obligation of living a good Muslim life.

To God, The All Knowing are certain secrets pertaining to His laws, objectives in His creations and insights in His rulings. In them, some can be perceived by our minds while others are beyond our comprehensiveness. Nevertheless, all of the benefits of the humankind.

Fasting is the way to piety and God consciousness where The Almighty declared:

"O you who have attained faith! Fasting is ordained for you as it was ordained for those before you, so that you may remain conscious of God." (2:183)

During Ramadhan, Muslims around the world do not eat or drink from dawn to sunset. It does not only consist of fasting of the stomach rather also includes fasting of the tongue from evil speech, the eyes and ears from looking at and listening to any inappropriate information.

Muslims abstain from things that most of us take for granted such as water and by this process, it is believed that one will be moved to reflect on the purpose of life and grow closer to the Creator and Sustainer.

At sunset, Muslims break the fast with dates and water which is known as Iftaar, pray the after sunset prayer (Maghrib) to reconnect to our Lord then gather for a meal.

The Holy Qur'an and Ramadhan:

"It was the month of Ramadhan in which the Qur'an was (first) bestowed from on high as a guidance unto man and a selfevident proof of that guidance, and as a standard to discern the true from false." (2:185) God chose the Holy month of Ramadhan, on a special night of power know as 'Leylatul Qadr' to reveal His last book to the final Messenger Muhammad Peace Be Upon Him. This is in the last ten days of this amazing month of abundance blessings and rewards.

Muslims therefore spend a lot more time in reading the Qur'an, understanding its meaning, contemplating on its message and acting upon it.

Ramadhan; The Month of More Mercy and Generosity:

Muslims are always urged to be kind, generous and merciful towards the fellow creations. However, more emphasis has been placed in this month. Fasting more than any other time of the year, calls for feeding of the hungry, giving to the needy and offering to the poor.

Muslims offer food , not only to the needy Muslims but also non-Muslims as Islam has always taught and encouraged peaceful co-existence.

A famous Emirati YouTuber and Vlogger by the name Khalid Al Ameri states with regards to co-existence in the month of Ramadhan;

"The thing I love the most about an 'open iftaar', an Iftaar where everyone is welcome, no matter if they are fasting or not, is that this is where they can learn about the culture and the religion that we love so dearly. It is where our values and who we truly are, are magnified. Where there is a stronger sense of community and love and togetherness in our society and to me, that is the true essence of Ramadhan."

Ramadhan is but a season for the open-handed and a well-timed

opportunity for sacrifices. It is part of the Islamic belief that the rewards of good deeds are more in this Holy Month of fasting.

Ramadhan and Worship:

This is the time of levelling up in different forms of worship such as the night prayers. Since Ramadhan is mostly about God Consciousness and Piety, these worships enable one to come closer to God and elevate their status.

This is also the time to seek repentance for the sins that we commit on a daily basis and by His Mercy, our sins are able to be forgiven as well.

Eid Day:

This is an occasion which marks the end of fasting. Fasting can either be 29/30 days depending on the moon sightings.

It is an occasion of gratitude to The Beneficent and The Most Merciful, it is to acknowledge His tremendous blessings and His Infinite Mercy upon us.

Ramadhan is about going back to our sense, our purpose of creation, to the good of who we actually are and how much goodness we can do to our own souls, the people we love and those around us.

Ramadhan is a form of cleansing and a training to our souls and minds into becoming a better person for the rest of the month in our lives.

O you who fast! May the peace, blessings and mercy of God be upon you. May your fasting, good deeds, forgiveness and standing in night prayers be good and accepted.

Enjoy what you have striven for and have a blessed and joyous Eid.

FOOD CORNER



Vegetable Pulao

BY SATYEN SHAH (BUNNY)

Preparation Time: 7 minutes Cooking Time: 5 minutes Serves: 2

Ingredients:

1 cup Basmati rice

1 medium size onion, sliced

1 tablespoon ginger, chopped

1 cup mixed vegetables (cauliflower, French beans, carrots, green peas, corn etc) tablespoons curd 1 teaspoon biryani masala powder 2 tablespoons chopped coriander A

1 teaspoon oil, 1 teaspoon butter Salt to taste, Optional: garlic, chopped cashew nuts, whole, bell peppers

Preparation:

pinch of sugar

- 1. Wash the rice and put to boil in 2 cups of water
- 2. Heat the butter and oil in a pressure cooker, add onion slices, ginger, garlic (optional) and stir fry for a few minutes till the onion slices start to turn brown
- 3. Add mixture of the vegetables and mix well
- Finally, add the boiled rice, curd, biryani masala powder, coriander, sugar, 2 cups of hot water, and salt
- 5. Pressure cook for one whistle
- 6. Allow the steam to escape before opening and Garnish with cashew nuts and serve hot

Handy tip

Serve with plain yogurt, sliced onions (raw), chillies (raw), lemon pieces etc

SNAPSHOTS:



Hotel Marks Mothers Day: Sarova Whitesands Restaurant Manager Robert Kimotho (right) presents a surprise gift of bottle of wine and a Kikoi to Purity Wanjiru Nyaga, a Kenyan born German citizen working at the American Germany Base in German Sales office on holiday at the hotel as the hotel marked Mothers' day with its in-house guests.with her his her baby Noel Fuchs.



SOCIAL RESPONSIBILITY:

Centre (HRSC) Nakuru Chapter on Monday 13th May 2019 donated various Trophies and Text Books of Standard one to Standard Eight to the pupils of St. Teresa Primary School in Nakuru. In the picture HRSC Nakuru co coordinator Divyaben Shah with the pupils of the school holding the Text Books and Trophies.

HRSC has started a feeding project in this school from the beginning of this year and another school has been added in the second term.

Citizens of the country your valued support to carry out HRSC philanthropic activities to the people of Kenya would be most appreciated.

Thanking you Regards Babu Shah HRSC Co-convenor School Feeding Program





SNAPSHOTS: up and abouts in Mombasa County



HOTEL WAITERS: Radisson Blu hotel waiters in Nairobi prepare to serve Nutripro Family Porridge during its launch by Tropikal Brands (Africa) Ltd in Nairobi on May 16th, 2019. Nutripro porridge is flour from high quality graded grains produced in an FS 22000 certified state of the art plant which is valuable rating in food management standards.



STAFF: Tropikal Brands (Africa) Ltd staff during the official launch of Nutripro Family Porridge at Radisson Blu in Nairobi on May 16th, 2019. Nutripro porridge is flour from high quality graded grains produced in an FS 22000 certified state of the art plant which is valuable rating in food management standards.



CAKE CUTTING: Tropikal Brands (Afrika) Ltd Chairman Linus Gitahi (3rd left) is joined by media personality Julie Gichuru(second left) and the company's product distributors in cutting a cake to officially launch Nutripro Family Porridge at Radisson Blu in Nairobi on May 16th, 2019. Nutripro porridge is flour from high quality graded grains produced in an FS 22000 certified state of the art plant which is valuable rating in food management standards.





Sarova Whitesands Chef de Partie Martha Mbindyo (left) and Swahili Chef Mwanaharusi Juma (second left) takes the hotel guests through the steps of preparing a Swahili delicacy, chicken in coconut sauce popularly known as "Kuku wa Kupaka" during a cookout event organized by the hotel to mark mothers' Day on May 12, 2019.



PHOTOGRAPHY: Photography rules are arbitrary

Tips for wildlife photography



Think before you shoot – Think of the image you want to portray, the story you want to tell, and then click. Don't just shoot for the sake of shooting. I have seen too many photographers just clicking away without much thought.



Make sure you have the best Guide. Someone who understands and is able to effectively communicate animal behaviour is vital. A Guide who understands photography is a huge bonus. Choose a Guide

who comes with good referrals. Lighting is so key. Try and get out early in the morning and stay till late in the evening to capitalise on the golden light. Either shoot with the light behind you, or infront of you. Avoid shooting in overhead light.

Throw away all previous rules you have learnt about photography. Rules are arbitrary. They are meant to be broken. Some of the best images I have captured are when I have

broken photography rules.

Think before you shoot – Think of the image you want to portray, the story you want to tell, and then click. Don't just shoot for the sake of shooting. I have seen too many photographers just

clicking away without much thought.

Patience is vital. You have to be patient on safari. Things don't just pan out as you see them on TV. To get that perfect shot, you need to sit it out. Don't rush from one sighting to another. Several times, we have waited over 7 hours for a kill.

Look for details to shoot cat's paws, bird's feathers, leopard's tail, elephant's tusk etc. Sometimes you can draw a viewer in to your image by featuring on a particular aspect of an animal.

When shooting, keep your camera and lens dead stable – you can do this by supporting your equipment with a beanbag, making sure the car is turned off, breathing techniques etc.

Try and keep your backgrounds simple and non-distracting. Photos with cluttered backgrounds can cause your subject to get lost in the frame. Less is more.

Step away from shooting the boring ordinary images – Most photographers have photos of lions yawning, cubs hugging etc. Dare to capture a different aspect. Be unique

Carry lots of water and snacks with you in the car. You never know how long you will be out in the field for!

Pareet Shah from Cheka Wild (@ chekawild on Instagram) leads customised photosafaris in the Maasai Mara. Rates start from \$2,000 a 5 day trip.

Nokia showcases how 5G technology can transform human experiences in Kenya



NIXON KANALI

okia yesterday hosted a series of Innovation Days in Nairobi to showcase how 5G technology can transform the way people live and work as well as enhance the industrial productivity in Kenya.

At the event, which was held on May 29, Nokia will be presenting how this technology can immensely benefit telecom operators, enterprises and individuals.

Nokia's showcase at the event included connected conservation, retail, industries, entertainment and education. In the connected conservation use case, Nokia used high definition 360° capable cameras with pattern recognition,

Artificial Intelligence (AI) and software solutions to monitor the movement of intruders at fences and send alerts when anomalies are detected. This can be used to prevent poaching, which is a major challenge across the African continent.

In the connected industries use case, self-learning AI video solutions will be used to monitor the manufacturing process to improve quality control and efficiency in factories, while the connected retail solution aims to assist online fashion retailers to reduce the percentage of returns due to incorrect sizing, while bringing the physical retail industry closer to online.

Nokia also demonstrated the unique benefits of Ultra-Reliable Low Latency Communications

(URLLC) through consumer applications such as online gaming, immersive entertainment, haptic capabilities (touch, feel) and e-health. Visitors also experienced how private LTE can streamline operations for both mines and airports as well as how Nokia's worldwide IoT network grid (WING) as a service enables rapid IoT revenue expansion with minimal investment and less

In addition, Nokia showcased its agriculture-as-a-service solution, which makes IoT more accessible to small-scale farmers. In another demonstration, the company showed how its cloudnative core is fundamental to enable bandwidth-intensive and low-latency use cases in the

areas of industrial automation, public sector and consumer entertainment. 5G has certainly moved beyond just being an industry-talk, and leading operators around the globe are moving fast towards the launch of commercial services.

Kenya is one of the pioneers in the continent to adopt latest technologies for advanced communications. Nokia, as one of the world leader in 5G with its end-to-end 5G portfolio and 37 5G commercial contracts – 20 with named customers including T-Mobile, AT&T, STC, and Telia says it is committed to bringing 5G to Kenya to unlock new opportunities and further the socio-economic development.

www.nokia.com







BY PARESH MORJARIA

ne of my favourite joke is about a guy who asks his doctor that were he to give up smoking drinking and womanizing, would he live longer? "No! "The doctor replied "it will just seem like it!" While I still chuckle every time I think about it, it also has an important lesson on how one can make life less of a drag.

I don't know if I have a twisted mind but I subconsciously tend to look for a funny side of any given situation, whether good or bad. It's not something I deliberately do but an automatic act. Even at funerals, whilst others are doing their best to look sombre, my eyes are searching for mourners wearing socks with holes in it or mentally awarding medals to the individuals who are trying to look as sorrowful as possible... and failing. Its not that I lack sympathy for

NTACT: SHIMA: 0721 348333 | AHMED: 0724 491149

the departed or their grieving family but it's just the way a small part of me operates.

Maybe that is the reason I am able to shake off my blues faster then many most. This part of my nature has helped my in many a set-backs in life. Like most of us (some lucky ones have the hand of God on them or just stinking rich Dads) I went through many setbacks in life and some have been really overwhelming. I had two choices; go into the vicious spiral of self pity or fight, however strong the odds were against you. The way I figure it, there is really only one choice if you really think about it.

The route to self pity really holds no hope at all so the only way is to put up a fight, even if there is a bare minimum chance of success. At least, there is a chance. In these trying times, my nature of finding things to smile at from these desperate situations really helped in keeping my sanity intact. While on the subject of set-backs let me add that set-backs are the best universities in the world. If you are willing, you can learn more about life including and especially about human nature during your tying times then any other university in the world and faster too. The lessons you learn on human nature during your bad times will probably shatter you but the idea here is to forgive but not to forget.

I know many feel this type of attitude

is downright disrespectful or against the basic etiquettes of social teachings but actually what does one gain by donning dark glasses in a moonless night? Happy people light up the world while no one really cares for surly ones. People always fondly remember those who gave them those moments of mirth long after they are gone.

Look how long the likes of Charlie Chaplin or Benny Hill and their likes have been living long after they are departed but no one spares even a thought for the likes of Pradeep Kumar, Nassir Hussein or A.K Hangal (very very depressing characters from bollywood). My maternal grandmother had some superb adages which she used to hand down with a tinge of humour. Once she had me in splits when told me that if you break a bone in your body, it would ultimately heal but once you break a thousand shilling note, it would never be whole again. It was her way of encouraging me to save money. Another time I asked her if she thought the incoming president was better then incumbent to which she had a cryptic reply "Have you ever seen a zebra without stripes?" The point I am making is these people cut a niche in our lives by giving us an unforgettably moment two of joy and they were able to do so because they could conjure humour from the most trying of situations. They not only made their own lives bright but

also spread their radiance to brighten up many others.

It is a proven fact that people who laugh readily live longer then the surly ones. Scientist say that this is because when one laughs the body releases something called endorphins which are like feelgood hormones. This is why after a good laugh one feels warm and cuddly. While this could be true I find it too vague and wrapped in a medically legal lingo which is open to denial on a challenge.

I have a more logical explanation which is easier to swallow. My take on this is that your body is a big factory run by many organs which form a part of the labour force. The vital organs like heart, liver, kidneys, etc are the union leaders akin COTU. Every once in while they must be holding meetings to chart policies for the way forward and if you are one of those happy and amusing types they could be saying something like "this guy is real fun to hang out with, lets just keep ticking and see what he comes up with next!" I think my take on this makes better sense then the medical mumbo-jumbo the scientist would want us to believe.

No wonder they are called crack-heads! As I said at the start, learn to find reasons to smile always or your life will be like one of those long and boring movies that you (and your body's labour union) are "dying" to get out of long before the actual end.

It's a Selection of Style





he MaDaFu - Mombasa & Coast Event Guide June/July 2019

Mondays

Bunga Bunga Nyali

Crazy Mondays with DJ Geeps Jakablack

Club Hypnotica Nyali

Bring Your Own Monday Booze

Tuesdays

Bob's Bar Nvali

Talent Tuesdays with Johny Skani | DJ Eddirah | Mr. Vice | Jeff Medley

Danka Lounge & Grill Mtwapa

Total Tropical Reggae

Wednesdays Apollo Club Changamwe Soul Night with DJC-Mple Ken

Klub Zero 4 Mombasa

Girls & Cocktails with Silva Sly | DJ Havvy | DJ Mems | DJ Masha

The Lounge Nyali Fashion Wednesday with DJ Crownbee | DJ Michizan

Thursdays

Bunga Bunga Nyali

Soul Train with DJ Frankie | DJ Geeps Jakablack

Club Hypnotica Nyali Miss Bum Bum Thursday

Club Zero 4

Dread Waves Reggae Thursdays with DJ Daddy Silk | MC Blackrose | Selekta Adam

Palm City Grill Bamburi Throwback Thursdays with DJ Smith

Sheba Lounge Nyali Thirsty Thursdays

Supersport Lounge Likoni

High Grade Reggae Thursdays with Tha Bishop



Fridays

Club Hypnotica Nyali Freaky Fridays with DJ Teebone | DJ Hans | DJ Prince

Dan's Lounge Mobasa

After Work Party with DJ Kronikx | DJ Sammyblez

Klub Zero 4 Mombasa Friday Afterwork Plan with DJ Havvy I DJ Mems

Sheba Lounge Nyali Friday Night Live with DVJ Dammy | DJ Cos

The Lounge Nyali
Buy 1 Get 1 Free Fridays with DJ Crownbee | DJ Michizan

Saturdays Club Zero 4

Super Hype Saturday with DJ Hans

Palm City Grill Old School Fridays with DJ Frankiee

Sheba Lounge Nyali

Saturday Night Live with DJ Cos | VDJ Dammy | DJ Mvp

The Lounge Nyali

Silent Disco Saturday with DJ Crownbee | DJ Michizan

Sundays

Bunga Bunga Nyali 3 pm That Sunday Plan with DJ Phauz | DJ Geeps Jakablack

Club The Place Bamburi Redemption Reggae Sundays with Tha Bishop

Club Zero 4

Rhumba Sunday with VDJ Edu Kenya

Danka Lounge & Grill Mtwapa
Soul Rhumba Sundays with Benz The

New Samba Sports Bar Bamburi Carribean Reggae Sundays with Dr Fred | MC Warrior

Sheba Lounge Nyali Sheba Sunday Service with DJ Cos | MVP I VDJ Dammy

Tapas Cielo Nyali Sunday Afternoon Affair with DJ Electrick | Aj The DJ | DJ Flaxx | DJ Blaiz

whats-on-mombasa.com

Tuesdays

Klub Zero 4 Mombasa Band Night wuth Juukua The Band

Safari Inn International Meeting **Point Shanzu Tourist Road** Maranda & Band

Sheba Lounge Nyali

Mombasa Roots Band

Wednesdays
Club Hypnotica Nyali Juukua The Band

Thursdays

Danka Grill & Lounge Mtwapa Safari Sound Band Live

Fridays

Safari Inn International Meeting **Point Shanzu Tourist Road** Jambo Africa Band

Cheers Bamburi Live Band Night

Sundays

Club Hypnotica Nyali Juukua The Band

Danka Grill And Lounge Mtwapa

Ricky Mulolo ft. Idiologia Band Moonshine Beach Bar Nyali



Saturdays

Azura Lounge Kengeleni The Afternoon Soired

Sundavs

Mtwapa Country Resort Pool Fun Days

Tuesdays

Bunga Bunga Nyali

Karaoke with Soni Ment I Kowa The

Club Hypnotica Nyali

Tuesdays with Titia Tola

Klub Zero 4 Moi Avenue Live Band Karaoke with Juukua The

Band

Mtwapa Country Club

Joly Karaoke Tuesdays Sheba Lounge Nyali

Mombasa Roots Band



Wednesdays

Danka Lounge & Grill

Ladies Night out Karaoke Night with

Samantha Wendy

Thursdays

Apollo Club Changamwe

Thirsty Thursday Karaoke with Njeri **Cheers Bamburi**

Karaoke Night

De Coffee Pub Kilifi

Karaoke Night Dekis Lounge Nyali

Karaoke Night with Mum Nade

Mtwapa Country Resort Karaoke Fridays with Joe & Lydia

SINGLE EVENTS

NIGHT LIVE & ENTERTAINMENT

Wednesday 19 | 06

Steam Bar & Grill Nyali Mombasa Fusion

Saturday 29 | 06

Club Zero 4 Mombasa

Last Saturday with DJ Joe Mfalme Skylux Sports Pub & Grill



Friday 28 | 06

Tamarind Mombasa

Stories Of Significance with Petronilla Nzomo 5.30 pm

SPORTS

Sunday 07 | 07

Early Birds Banda Nyali Beach Beach Triathlon 9 ar

Saturday 22 | 06

Mikaye Restaurant Nyali Cooking Demonstration

19 & 20 | 06

Sarova Whitesands Beach Resort & Spa Bamburi

Water & Food Security Summit (IV) 2019

Thursday 27 | 06

Licodep Mombasa (Near Mt. Sinai

Academy) 2.30 pm International Day Against Drug Abuse

The MaDaFu - Nairobi Event Guide June/July 2019 - Kenya's leading event guide!

Special

Saturday 06 | 07

The Blues Bar & Restaurant Saturday Night Comedy - Doug Mutai

Saturday 13 | 07 **Amnesty Lounge**

Comedy Night

POETRY & MUSIC

Sunday 22 | 06 Alliance Française de Nairobi

Rise in Love

Thursday 27 | 06

United Nations UN Avenue Talk & Tour: Responsible Consumption



FATHERS DAY

Sunday 16 | 06

The Carnivore

Fathers Fun day with Tetu Shani

The Lord Erroll

Father's Day 12 DANCE

23, 29 & 30 | 06 Braeburn Garden Estate Theatre

A Dance For Love 4 p

LIVE MUSIC

Saturday 22 | 06

Thursday 20 | 06 J's Fresh Bar & Kitchen Sarabi

Muze ClubCirque De L'Afrique Nairobi Edition with Freak De L'Afrique (Berlin) | Walter Griot (Berlin) | Suraj | . Coco Ém | Bambubelo <mark>6 pn</mark>

Crooked Q, Woodvale Groove 7 pm Zainab Sule - Soft Rock from Nigeria

Sunday 23 | 06 Whiskey River Lounge

Thursday 27 | 06 J's Fresh Bar & Kitchen Sereetsi & The Natives

The Gogosimo Band

Saturday 29th | 06 Diamond Plaza Atif Aslam Live In Nairobi 7 pm

Hornrables Band Thursday 04 | 07

Bega Kwa Bega

J's Fresh Bar & Kitchen Anto Neosoul 8 Thursday 11 | 07

J's Fresh Bar & Kitchen Vivian Olang - A Tribute To Tina

Saturday 29 | 06

Alliance Française Random Stories Of Kauzi 6 pm

06 & 07 | 07 Kenya National Theatre



Friday 28 | 06

Muthaiga Country Club

Muthaiga Fest with Nameless | Jua Cali | Nazizi | Sanaipei Sande | Jason "Samaki Mkuu" Dunford I Romantico I DJ Foozak | MC Alisha

BOOK LAUNCH

Surday 29 | 06 Goethe-Institut Raising A Sun by Mufasa 6 pm

POETRY & MUSIIC

Sunday 22 | 06 Alliance Française Rise In Love

Saturday 22 | 06 German School Organic Market 10

whats-on-nairobi.com

Fête De La Musique with Gato Preto &

CONCERT

Friday 21 | 06 Alliance Française

Local Artists 5 pr Saturday 06 | 07

Western Heights



FESTIVAL

Saturday 22 & 23| 06

Karura Forest

Bizarre Bazaar Summer Craft Festival Saturday 29 | 06

Carnivore Grounds The Cake Festival 2019 10 am 05 to 07 | 07

Trademark Hotel Nairobi Wine Festival

NIGHTLIFE & ENTERTAINMENT

Sunday 16 | 06 J's Fresh Bar & Kitchen

The Sunday Festival with DJ Vadim 16 & 23 | 06

Taurus Lounge Reggae Sundays with Muzikal Sheriff | DJ Krunchy | DJ Mahlev | MC Lunatic |

MC Ingah Wednesday 19 | 06

Saturday 22 | 06

Ankole Grill Ankole DJ Wednesdays with Jack

Cloud Hotel & Suites Altitude

lounge We Love 90s Night with Alisha Popat |

Rooster

Norah

DJ Deshal Muze Club Karyendasoul with Euggy | Dylan-S |

XS Nightclub The Best Of Naija

Saturday 29 | 06

The Alchemist Bar Kenyanights Presents Walshy Fire Of Major Laser

FAIRS & EXPOS

19 to 21 | 06

Kenyatta International Conference Centre KICC

Agritec Africa Thursday 20 | 06

African Farm Resource Centre 5th Eastern Kenya Poultry & Dairy

all events without warranty