

THE NAIROBIAN



**INSOMNIA:** Why couples no longer hug and sleep soundly, **P22**

# THE NAIROBIAN

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## KENYA IS A DRINKING NATION

### CORONA MY FOOT:

Addicted politicians, military bosses, magistrates, cops and villagers risking quarantine, prison to get drunk, **P4**



**Twendi twendi**  
My mother-in-law threw me out, **P29**



**Paka power:**  
Randy husband bites relative's nose over sex, **P8**



**Ashes to ashes:**  
Famous Ghanaian pallbearers to grace Kenyan funerals, **P27**



## City Weather

<b>Fri</b>	<b>24</b>	<b>16</b>
<b>Sat</b>	<b>20</b>	<b>17</b>
<b>Sun</b>	<b>23</b>	<b>16</b>
<b>Mon</b>	<b>23</b>	<b>17</b>
<b>Tue</b>	<b>24</b>	<b>16</b>
<b>Wed</b>	<b>24</b>	<b>16</b>
<b>Thu</b>	<b>24</b>	<b>17</b>



## It's life

## 10 exciting things about working from home

BY SILAS NYAMWEYA

Because of the Coronavirus, working from home has become the new normal for those in automated sectors. Sorry guys of mjengo, guards, touts, cops and those who load letters at the postal corporation. You have to report to work. Working from home has seen many turning some corner of their houses into in-house offices from where they work while wiping the noses of their homebound, wandering brats who are out of school. Others are being forced to work from nearby cyber cafes which are against social distancing but those without home internet and laptops have no choice. Here are 10 reasons why working from home is as exciting as getting a pay rise or bonus...

## 1. Working in your ngotha

There is nothing like ironing clothes and going through that fashion headache of selecting which shirt or blouse matches which trousers. You simply sit and start working in your underwear or without. Also you don't have to shower or shave!

## 2. No more traffic jams

You no longer need to wake up at 5am to beat traffic jams to work. Here, you sleep mpaka 11am, but before lunch time for late breakfast, flip through mushene ya social media before embarking on the day's schedule, but first check mail to see if your nasty boss has fired a memo of "not locating you on phone."

## 3. New friends

Yes, you never knew your neighbour works for a gun company until she popped in to work from your place when her internet was down. That means you are safe incase thugs come calling. The jirani downstairs also does printing, but you didn't know but now you are friends who often drink while working from your dining table since your Internet is just the mother.

## 4. No office politics

It is not uncommon to find yourself being dragged into a gossip session by kamati ya roho chafu where some lazy butt boss is unmasked. Working from home shields you from negative office politics, gossip, unnecessary meetings and annoying workmates.

## 5. Freedom galore



You have time to fix the broken toilet seat or shower, check on that 40x80 plot in Kisa-Ju or dying your pubic hair yellow. You can also give instructions to the farm hand in shags for hours on end without worrying about that hawk eyed supervisor who is always "on my case." You don't need permission to take your toto who just swallowed her tongue to the clinic!

## 6. Homemade meals

You can eat every hour of the day and no one will accuse you of wasting company time on your stomach. You save time spent traveling long distances for good food away from the month old refrigerated stuff served at the company canteen. This means saving money while avoiding expensive carcinogenic foods that can get you hospitalized during a pandemic.

## 7. Custom made work environment

You can work while listening to loud, adult mugithi songs. You can work in darkness with computer light only. You can work from your car or your backyard. You can stop, do laundry, have a siesta then call your cucu who has a weak heart. You can also not

work at all, after all, you are not even sure next month's salary will land!

## 8. Office bar and office

Booze is among the 'essential services' of a lockdown which means you can work with a bottle of whiskey for company — which only happens in advertising agencies. Your house is the smoking zone and there is no worrying about road accidents, alcoblow, curfew and you can deal with the hangover at 11.30 am the following day.

## 9. You don't have to be at home!

Home can be in the studio apartment of your mistress or that bachelorette pad of Gina from accounts. Maybe lockdown found you in shags in Igambang'ombe from where you are working remotely using portable internet. Ah! the beauty of technology!

## 10. No nagging boss

Saving the best for last. There is no boss checking arrival and departure times or breathing down your neck, fuming over three hour long lunch breaks. You can also ignore email and calls with "network ni mbaya kwangu!"

## Updates &gt;&gt;&gt;

**Nairobi Movement Cessation:** Movement within the Nairobi Metropolitan Area is permitted except for the national curfew period of between 7pm and 5am. Movement in and out of Nairobi is prohibited for a period of 21 days.

**Extension of International Flights Ban:** The Government has extended the ban on international flights for another 30 days. The ban does not apply to cargo flights



and those evacuating foreign nationals. However, flights coming for evacuations should provide a strict 72 hour notice prior to their arrivals.

**Prison Visitation Suspension:** The Government has suspended prison visits for another 30 days.

**Public Gatherings Suspended:** The government has with immediate effect suspended public gatherings as it intensifies efforts to tackle the global Corona virus pandemic. The suspension will affect church services, political rallies, prison visits and inter-school games.

— Compiled by Geoffrey Kario



@NairobiianToday  
Nairobiian Today

## TOP PIC

Teacher: And now MAY THE GRACE...  
Mdegwa:  
See the ngres of a red njisa kre  
An the lafo go  
An the felosip e the cly spiri  
Mbee with as na  
Am fereba meh  
Assmen



## CORONAVIRUS

TOLL FREE  
NUMBER

719

MINISTRY OF HEALTH HOTLINES:

0732353353 / 0729471414

## Crime WATCH



**March 20:** A man who operates a boda boda was arrested for allegedly raping a woman before stealing her personal belongings. The lady is said to be a foreigner.

**March 15:** Police rescued 29 women aged between 21 to 40 years who were being trafficked to the Middle East and had been held in a house in Dandora.



# Welcoming Smiles



1. Vera Malinga
2. Laureen Isimili
3. Shauline Thuo
4. Emma Chege

Who, among these ladies, would you wish to hang around with? Send your feedback to: [thenairobiian@standardmedia.co.ke](mailto:thenairobiian@standardmedia.co.ke)

Imagine stepping into a function only to be met by these dazzling smiles...



# Kenya: our nation of hopeless drunks

When mourning, Kenyans drink to cope, when there is nothing to mourn or celebrate, Kenyans drink to relax. It is in the blood

By DAVID ODONGO

Few Kenyans have been sobered up more by the ongoing dawn to dusk curfew than drunkards. Bars and entertainment spots are closed. The habitués of the drinking tables have to be home by 7pm in time for the corona curfew.

And it is sending drunks hopping mad. Locked up in their houses, stressed out by fear of coronavirus and impending job cuts and losses, they badly want to jump out for a drink, but they can't — unless they cower in dark dens like chang'aa addicts.

Rona has melted global economies including drying up collective throats that keep barley farmers, breweries, beer distributors, beer stockists, beer transporters, bar owners and waiters in business.

But governments know that alcohol is a sedative when citizens are happy or sad and is thus an "essential service" during a pandemic that has

placed most under involuntary house arrest. And "sedated population" can hardly riot, organise civil disobedience or engage cops in running battles.

Something else. There are reported cases of rising insomnia among Kenyans going through various stages of withdrawal symptoms in areas where the aforementioned "essential services" are hard to access either through curfew or staggered deliveries owing to logistical nightmares.

The Nairobiian engaged a psychiatrist, sociologist, financial analyst, security expert and a health researcher to dissect this inebriated state of affairs.

City psychologist Faith Atsango argues that "Kenyans are generally alcoholics, and this explains why there are more bars than any other businesses."

In fact, Nairobi has 10,000 more bars than New York city in the USA and Toronto in Canada. Such data coupled with Kenya's rising middle class saw Ken-

ya becoming the third country in the world where the Jameson Select Reserve was launched seven years ago.

Ken Ouko, a sociologist at the University of Nairobi, reckons that the perceived irrationality of Kenyans regarding alcoholism in times of curfew to curb a pandemic are perfectly in line with the nature of human beings.

Ouko pegs boredom as the chief driver of drinking since most Kenyans hardly have variegated outdoor recreational activities, yet "African men also never stayed at home," he

explains. "They were usually out gathering or hunting. The only time they spent with their families were nights. So when you place a curfew on them, and they can't leave the house, the Kenyan man doesn't know what to do. So they know the risks but keep getting out of the house to go drink with their friends. They simply can't drink in the house."

Ouko adds alcoholism in major towns has to do with the way cities are built since "once you leave your house, which is in the middle of the concrete jungle, you either let your chil-

dren play in the balcony or the car park, or take them out of Nairobi where they can stretch their legs. And for you, the only place you can go is a pub."

And the lengths to which Kenyans are taking to cut a drop is instructive on how alcoholic beverages bottles up a country's sanity. When not drinking under the foliage of tea plantations in Tigoni, Limuru, some urbanites are holing up in vehicles at the parking lot and swilling akin to the Prohibition era in 1930s America.

You must have heard of the Kenya Defence Forces officer

and a city magistrate who were among the 30 arrested while partying past curfew hours a few Fridays ago in Nairobi.

Then there were the cops who arrested three General Service Unit (GSU) officers in Ruaraka in Nairobi during a drinking spree past curfew hours. Police constables Kibe Ndiema, Daniel Kabiru and Maxwell Muriuki had locked themselves inside Legend Pub within Drive-In area and it's not just in Nairobi where that is the case.

Hussein Abdulahi, a Police Inspector in charge of Segla Police post in Siaya County was recently arrested for drinking during curfew hours and is under investigation after he was accused of assaulting a colleague during the arrest.

Abdulahi was on a drinking spree but caused a scuffle, threatening to shoot the arresting officers. Officers from the DCI in Siaya launched investigations into the incident where the officer is said to have injured his colleague in charge of Ukwala Police Station.

Another officer, a corporal attached to a Cabinet Secretary and two KDF warrant officers, were also recently arrested at a bar on Kangundo Road and were taken to Buruburu Police Station on charges of being "drunk and disorderly."

Then there is the case of for-

**Kenyans are generally alcoholics, and this explains why there are more bars than any other businesses- Psychologist Faith Atsango**



Ken Ouko. (PHOTO: COURTESY)





mer world marathon record holder Wilson Kipsang who spent the night as a guest of the state after he was arrested in Iten town while drinking and playing pool with patrons at his night club during corona curfew.

Authorities said the 2012 Olympic Bronze medalist was among more than 20 revellers who had locked themselves in the company of a local politician. Kipsang, who was provisionally suspended over doping related offences, is a police officer.

So there you have it; a magistrate, mili-

tary offices and police who are all part of law enforcement all arrested breaking the law to get high like kites. And that is just the tip of the tippie.

And we haven't touched on how majority of Kenyans are engaged in-house boozing through the now lucrative door step deliveries with WhatsApp groups posting updates on the safest panya routes.

Israeli trained security expert Richard Tutah observes that majority of curfew related arrests happen in bars where either police officers, politicians and senior government officials are found drinking without observing social distancing rules imposed to curb the spread of a virus that has infected over two million people globally with tens of thousands dead.

In Kenya, the corona virus has led to more than 10 deaths and with positive cases nosing beyond 300 victims.

Tutah reckons the curfew would work very well if the law was applied equally to everyone.

"You can see the government has tried. Even high ranking government officials are being arrested for flouting the curfew," says Tutah. He adds that people are using their positions to aid and abet law breaking, like the seven police officers were among scores of drinkers recently arrested after locking themselves inside Maximum Bar in Mbotela estate at 10pm.

Siaya County police commander Francis Kooli laments that, "we have noted a level of defiance among the elite and middle class and some elected leaders who tend to use their positions to frustrate these directives."

Psychologist Atsango says this goes on to show the type of society we live in since, "In Kenya, everything is about who you know. So if you know a cop, you can merri-ly drink in the same bar with him because nothing will happen to you. If you know a judge, you can go to court and nothing will happen, if you know a politician, you can use his name to get out of sticky situations."

Even prostitutes are in for a hard time, as their business has gone limp. In Makueni, County Commissioner Mohammed Maalim carried out a Monday night operation at Emali township where 14 night nurses were arrested at Kanini Kaseo bar while drinking with patrons past the 7pm curfew.

More night nurses workers were arrested at Kilungu Lodging while 16 others were arrested at Under 18 Lodging and will be quarantined at Mulala Girls and Matiliku Boys for two weeks before being charged in court.

## Nairobi has 12,000 bars, New York only 2,000

City psychologist Faith Atsango argues that Kenya is a drinking nation with exhibits being the many bars and wines and spirits shops on the ground floor of most high rise residential buildings; especially in densely populated areas like the Eastlands of Nairobi where malls are not spared either. For a glimpse into the alcohol situation, just consider a 2016 report which pegged the number of bars in Nairobi at more than 12,000. Compare that to other cities in the world: Toronto in Canada, over 480 bars or New York city with slightly over just 2,000 pubs.

Atsango uncorks the alcoholism to the nature of Kenyans which sees them drinking during celebrations and "when mourning. Kenyans drink to help them cope, when there is nothing to mourn or celebrate, Kenyans drink to relax. Our habits actually

needs a study."

She adds that there are five types of alcoholism and Kenyans swing in between the five: Young adult subtype, Young antisocial subtype, Functional subtype, Intermediate familial subtype and Chronic severe subtype.

Kenyan public health researcher, Rahma Mkuu, in a study of alcohol consumption on Kenya, pointed out that while in First World countries like the USA consumed alcohol is recorded, regulated and controlled, the same is not in Kenya and other developing countries where homemade brews are not recorded or regulated. "Yet, it is reported to be the most consumed type of alcohol but it cannot be traced or regulated as it is made and purchased in homes," reads part of the report.



## Hard drinkers are young, married or cohabiting

The billions of shillings raked in by alcohol manufacturers speak volumes about Kenyans love for the tippie. Take East African Breweries which recorded a 58 per cent rise in net profit to Sh11.5 billion in 2018.

The significant growth was attributed to continued traction of new brands via product diversification, but finance expert Vincent Abwao argues that in the past few years, "the number of people with disposable income has risen, and after taking care of basics, most people, unwisely, invest that money in the 'drinking sector'."

According to Euromonitor International data a few years ago, Kenya's middle class was projected to grow by 28 per cent from 2011 to 2020, one of the highest forecasts in the world. Abwao explains that this is the class that drinks daily "because they now have disposable income and can afford such a lifestyle."

The highest number of hard drinkers in Kenya, according to a recent study by the Ministry of Health and which appeared in the scientific journal BMC Public Health showed that most are young males aged between 18 and 29 and most likely are married or cohabiting.

The study showed that extreme high drinking happens most Saturdays and is mainly driven by the 2010 Alcohol Control Act which limited the hours of drinking on weekdays. Most drinkers take more than four drinks on Fridays, more than five on Saturdays and around two on Sundays, the study showed, adding that Tuesday, Thursday, Wednesday and Monday as the days with the least excessive drinking in that order. Alcohol related deaths were four out of every 100 in Kenya from 2016 with 28 per cent due to injuries, from violence, traffic crashes and self-harm, 21 per cent due to digestive disorders; 19 per cent due to cardiovascular diseases, and the remainder due to infectious illnesses, cancers and mental disorder. According to the WHO, alcohol directly or indirectly killed more than three million people, translating to one out of any 20 deaths worldwide being caused by alcohol with more than three quarters being male. WHO in a 2018 report also raise alarm about the rising cases of minors engaged in routine alcoholism.





# Sonko's gorgeous aide wants to be Msambweni MP

The youthful activist will however face an uphill task in her quest for the seat

By Solomon Koko

Sharlet Mariam, a 29-year-old woman from Ukunda in Kwale County is a little known female activist based in Msambweni where she runs a charity organization. Sharlet who previously worked as Head of Protocol at Nairobi Governor Mike Sonko's office, has now declared her bid for the Msambweni parliamentary seat which fell vacant after the death of area MP Suleiman Dori of ODM on March 9.

The youthful woman activist will however face an uphill task in her quest to represent the people of Msambweni Constituency considering the number of political heavyweights who have already declared support for preferred candidates. Sharlet who enjoys the support of Sonko is planning to vie the seat on an ODM ticket, but she's facing stiff competition from other party members in ODM. ODM nominated Senator Agnes



Sharlet Mariam with Nairobi Governor Mike Sonko and Wiper Leader Kalonzo Musyoka. [Inset]: With Bungoma Senator Moses Wetang'ula.

Zani is said to be fronting her brother Nicholas Zani, a move which has angered locals since Dr. Zani has been nominated to parliament by ODM twice. Kwale Governor Salim Mvurya has also joined the Msambweni Constituency wars after he declared support for his Finance CEC Bakari Sebe who is also eyeing the seat on a Jubilee Party ticket — although he has been criticized for starting early campaigns for the seat despite having not resigned as Kwale County Finance boss. Sebe's

critics allege that he's using public resources in the early campaigns. Mvurya has reportedly approached Deputy President William Ruto to endorse Sebe to carry the Jubilee party ticket during the by election. Another aspirant is former Gombato MCA Omar Boga who served in the Kwale Assembly for ten years. Boga has been defeated twice by the late Dori in his attempts to be Msambweni MP. Boga is reportedly enjoying the support of former Kwale Woman Representative Zainab Chidzuga. Others who have also declared interest in the seat include Coast Development Authority Director Mshenga Ruga, Charles Bilali, a member of the Estates Agents Registration Board, former Kinondo MCA Juma Moane, and Msambweni KNUT Secretary Bashiri Kilalo. Gombato, Bongwe and Ukunda

Wards have the highest number of voters in Msambweni standing at 17,589 and 21,577 respectively, followed by Kinondo (11,050) and Ramisi Ward (9,760) voters. The indigenous voters are about 20 percent of the total voters; meaning that the majority of voters are "Watu wa Bara". As it stands, Sharlet remains a threat and Kwale leaders are trying their best to front a stronger candidate to face her in the ODM nominations. Mariam is a communication and governance expert with rich knowledge in organizational skills.

She previously worked at the National Construction Authority as Corporate Communication Officer. IEBC has already postponed plans for a by election in Msambweni due to the Coronavirus pandemic which has paralysed operations across the globe.



## Pombe ya Sonko: You are 'mean', former Nairobi deputy governor told

By Pkemoi Ng'enhoh

Some Nairobians have taken a swipe at former Nairobi deputy governor Jonathan Mueke describing him as 'stingy' following his updates on governor Sonko's decision to include alcohol in his Covid-19 relief package.

In one of his recent posts Mueke stated: "Be careful my friends, do not put your lives in danger. The World Health Organization says drinking alcohol does not protect you against Covid-19 and can be dangerous. We need you alive and well."

But some of his followers turned guns on him accusing the former second in command during Kidero's regime of stinginess — and telling him to make his donations instead of criticising Sonko.

One Michael Ndeti asked Mueke thus: "I'm wondering why you didn't reach him and give brotherly advice instead of all the noise you are making."

"Brother all the time you're just fighting sonko, you just did nothing — nothing at all. Do your part as a leader; we will give a credit to you. Don't fight others," Dennis Kimanzi added.

Another follower posted "you are stingy, maybe Sonko made mistake but he is just a human being like you, at least those who don't drink, what have you done?"

In his defense, Mueke quoted the Bible (Mathew Chapter 6, verse 2-4), saying, "So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others."

Going ahead "Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you."

Last week Sonko was captured on video quoting the World Health Organization that alcohol kills Coronavirus disease, he partly stated, "alcohol plays a big role in killing any sort of virus." However the French distiller has since distanced itself from Sonko's claims that their drink can help in killing Coronavirus.



## Kanjo cats starving on deserted streets



Tens of stray cats living around City Hall have been left with nothing to eat after several hotels closed down in line with government directive that the restaurants close until further notice to curb the spread.

Initially, the cats were feeding from leftovers dumped by the joints — before disappearing at their hideouts around City hall and other places around Central Business District.

"The cats are starving. Before they would roam around searching for food, but that is not the case today since coronavirus came

knocking on our doors," James Mulwa, a security guard in Nairobi told The Nairobiian.

"Sometimes with feed them with bread; not long ago I found a dead cat around Nyayo house. I think it died out of starvation. For the first time, a dog was spotted along Moi Avenue. It is starvation," adds Mulwa.

These stories lend much credence to the recent announcement by the Kenya Society for the Protection & Care of Animals that some animals under their care risk starving during this

period. The organisation cited lack of food donors and minimum movement around the city.

The society announced that at the moment it has 170 dogs, 105 cats, 4 horses and 9 donkeys.

"We are expecting extra strain on our shelter as volunteers are unable to work. We have also had to postpone fundraising events and face to face meetings with potential donors that were planned," said the organisation in their communication.

— Pkemoi Ng'enhoh



# Yes, I carried the white empty coffin and clothes: Homa Bay driver

He claims that security officers harassed and locked them inside a morgue

By JAMES OMORO

The nine mourners from Homa Bay County who were cornered by Health officials are currently quarantined. Eight are putting up at Homa Bay KMTC, while their driver, Kelvin Aura, who tested positive for Covid-19 is isolated at Malela Covid-19 treatment and isolation centre in Ndhiwa Sub County.

According to Aura, contrary to what the Health Cabinet Secretary Mutahi Kagwe reported in his press briefings, he did not test positive for Coronavirus.

"My brother, I have not shown any signs and symptoms of Coronavirus. I have not received medication since I was brought here on Friday and I am not sick," Aura said

on phone.

The driver confirmed to this writer that they indeed travelled from Huruma in Nairobi to Homa Bay County on Tuesday last week to attend the burial of Joyce Opar whose body was lying at Kendu Adventist Hospital mortuary.

Unlike what the CS reported, Aura said they were real mourners and they shipped the coffin used to bury the body of the late Opar.

"I carried the white coffin and clothes for the deceased. We arrived at 12pm, took the body to the mortuary and returned home in the evening," Aura told *The Nairobi*.

The mourners who became the butt of all jokes were mocked for shipping an empty coffin. But one of Opar's close relatives also quarantined at Homa Bay KMTC explained that, "We wanted to beat the deadline for burial but did not trust the people at home with the money. We had good intentions of buying the coffin from Nairobi," she said.

Meanwhile, the driver reported harassment by security officers who arrested them from the bereaved family's home and locked them inside an old mortuary.

"We were locked in a building with three beds at Rakwaro health centre Rachuonyo at about 2am. I sneaked out through the window and opened the door to allow my colleagues go for nature calls," Aura said.

When reached for comment, Homa Bay County Commissioner David Kipkemei accused the infamous nine mourners of forging a travel permit. Additionally, Kipkemei accused the nine of giving false information to security officials, that they had shipped the body of the deceased from Ma-



Kelvin Aura and ABOVE: the vehicle that transported the coffin. [PHOTO: JAMES OMORO AND COURTESY]

ma Lucy Hospital morgue in Nairobi.

"They lied to security officials that they had a body in the coffin yet the coffin was empty. Their forgery was meant to violate the government regulations of partial lock-down in Nairobi," Kipkemei said.

Last weekend the CS condemned Aura and his companions for transporting the first case of Covid-19 to Homa Bay County.

Kagwe said, "These people travelled in a private vehicle pretending that they were attending a funeral, fully equipped with an empty coffin to illustrate that they were mourners. Today I can confirm that their driver is covid-19 positive, meaning this person has transported the disease to Homa Bay where we now have the first case."

As at April 22, 296 Kenyans had tested positive for Covid-19, 74 had recovered but unfortunately the virus had claimed 14 lives.

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## Going gets tough for Mombasa sex workers

It is midday and an the unforgiving sun forces Stella Mueni to hide under an umbrella as she heads to a Mnazi joint in the sprawling Mshomoni estate in Kisauni Mombasa County.

The 23 year sex worker never imagined that her posh self would step inside a mnazi joint or partake of the local brew. But tough times call for tough measures.

Following the nationwide curfew, Mueni who has for the last four years plied her trade in big night clubs in the up-market estate of Nyali found herself jobless and with no means to feed her three-year-old son. Like most of her colleagues, Mueni had no savings.

"I had no food in the house and when I spoke to my colleagues, I realised that they too were caught unawares," she said, adding that, "I started sleeping with estate hustlers in Mnazi dens, like the neighbour I had dismissed as Malaya Mbwa."

Mueni who was servicing loaded men in flashy clubs only weeks ago has now found herself in unfamiliar waters scavenging for the few drunks who frequent the dens commonly known as Mangweni in the Coastal region.

To make ends meet, she now seduces cart-pushers, jobless Matatu conductors and scrap metal collectors. And for what in return?

"I consider myself lucky if a man parts with

Sh100 for a five minute romp in the toilet. Many of these men prefer to buy you 500 ml bottle of Mnazi in exchange for sex," Mueni told *The Nairobi*. Besides, "most of the men here hardly bathe and it is traumatizing to sleep with them."

If she makes Sh200, she considers it a lucky day, although it is way below the Sh3000 she used to pocket only weeks ago.

Mueni's sorry predicament is not an isolated case. A tour by this writer to the Mnazi dens in Kisauni, Likoni, Changamwe and a section of Nyali constituencies revealed how high class call girls formerly based in Mombasa Central District, Nyali and the infamous township of Mtwapa in Kilifi County are now scrambling for local drunks with a penny to spare. So dire is the situation that 26-year-old Suzy Karimi whose hunting ground for the past six years has been a popular night club in the CBD has contemplated suicide.

"I never imagined I would bend over for a Matatu tout in my life. Now the situation is grim. I am servicing all manner of rude dirty customers for as little as Sh50. Were it not for me two children, I would have committed suicide," she said.

Suzy explains that getting well to do customers during the day is a tall order since many are pre-occupied with their jobs or trying to fend for their families. Those who worked in the hospital-ity sector have been laid off, truck drivers who

come to collect cargo at the Port of Mombasa are also nowhere to be found.

"Majority of my colleagues are now in these dens or doing grocery business. Others are selling all their household goods including their own beds," she said.

But as the going gets tough for sex workers, some clients including 47 year old Salim Kalama are enjoying the golden opportunity. The water seller told this writer that he is having a time of his life.

"Hawa maslay queens walikuwa wanatuningia sana hapa mtaani. Sasa wanatuta futa hadi Mangweni (these slay queens were full of themselves but now they are seeking us out in the dens)! I only give them 50 bob and no more for a shot!" he exclaimed.

A secondary school teacher based in Mvita who has had previously suffered in the hands of call girls argues that the girls are reaping what they sowed.

"These are the women who drug men in bars and steal their salaries. I am one of their victims. They have also broken up families after luring men to desert their wives and forsake their families. I am not shedding any tears for them. What goes round comes round," he said.

— John Kamau





## Court News

[PHOTOS: LILIAN CHEPKOECH]



## Married man arrested for biting relative who denied him sex

By LILIAN CHEPKOECH

A middle aged man risks jail for allegedly assaulting a female relative in his house. Kuloba Samwel Ben (pictured) is alleged to have bitten the said woman on the nose before punching her in the face after she turned down his sexual advances.

Samwel is also facing an alternative charge of attempted rape and indecently touching the said woman's privates without her consent.

Police said the complainant who is related to Samwel's wife had been living with the family of the ac-

cused person at their house in Mathare — where she used to sleep on the sofa.

On the said night, Samwel is said to have waited until his wife left for work at night before strategically moving to occupy the sofa set at 10pm. Samwel is said to have turned on the complainant when she went to wake him up.

Police said that Samwel demanded for sex, but she turned him down. A determined Samwel allegedly groped the woman; touching her breasts and other body parts without her consent. He allegedly asked her to be his mistress claiming the wife had become a nuisance.

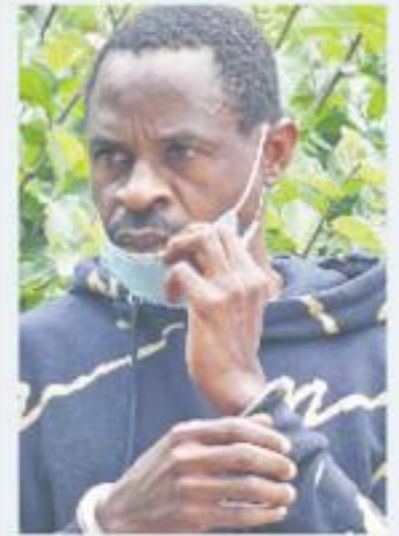
The victim however rejected his proposal something that saw Samwel attempt to force his way with the complainant.

Police said the woman put up a fight, and that's when he allegedly assaulted and injured her on the nose and mouth.

She was reportedly rescued by neighbours who heard the commotion. She was then rushed to hospital.

Samwel denied the accusations in court and was released on a personal bond of Sh200,000.

The matter shall be mentioned on April 28.



## Pipeline estate: Congolese man in court over murder of Kenyan lover

By Lilian Chepkoech

Police are investigating a Congolese musician in connection with the death of his Kenyan lover.

The musician, whom police identified as Mwanza Ukadidi Didier (pictured), is alleged to have assaulted Catherine Syove Mwove on the night of April 9 at Amazon area of Pipeline estate.

Police said that Catherine had gone to visit Ukadidi in his house accompanied by another man — who appeared drunk. An argument is said to have ensued between the two lovers leading to a fight. The court heard that Ukadidi was not impressed when he saw Caroline in the company of another man. He is alleged to have assaulted Caroline forcing her to leave for her house.

The court heard that an unrelenting Ukadidi met Caroline the following day at a hotel within the estate, and went on to beat up some more.

Catherine was found dead in her house three days after the alleged assault.

Preliminary investigations revealed that she died as a result of multiple injuries inflicted to her head, chest and rib.

Ukadidi denied the accusations saying: "She came to my house with some men. They had drinks together before one of them left just before the curfew began. One of the men remained behind, he assaulted Caroline, and when I tried to rescue her, the man turned on me. She came in between us as we wrestled and was hit so hard by the man that she fell to the ground."

The court granted the investigating officer 14 more days to complete the investigations. The court also directed that the suspect be taken for mental assessment. The matter shall be mentioned on May.

## Salonist and husband in court for beating up client



By Lilian Chepkoech

A man and his wife have been charged at a city court with assaulting a client in Nairobi's Soweto area.

Police said that Fatuma Niyonsaba and her husband Munyaneza Godefroid (pictured) both from Congo jointly assaulted Esperez Nyamagirwe occasioning him bodily harm.

Police said that Esperez walked into Fatuma's beauty shop to have his hair dyed. After making the hair, Fatuma is said to have demanded her rightful dues for a job well done.

The court heard that Esperez paid less than the agreed amount, prompting an argument. Matters

came to a head after Esperez told Fatuma that he had no extra money to pay her.

Police said that Fatuma called her husband for back up; and that's when the couple jointly assaulted Esperez who sought refuge in a nearby church.

The couple allegedly followed him to the church, beating him up to a pulp. He was rescued by some of the church members.

The two suspects denied the charges in court. Fatuma told court that Esperez refused to pay for her services as well as for the products she had used to make his hair, prompting an argument.

The couple were released on a cash bail of Sh10,000 pending hearing on June 19.

## Prison break: It's one more year in jail for daredevil who escaped through toilet

By LILIAN CHEPKOECH

A prisoner has earned himself one more year in jail after escaping from prison.

Pius Kariuki Waihera pleaded guilty to the charge of escaping lawful custody of police in July 2019 at the KDF Kahawa Barracks in Kasarani.

At the time of escape, Kariuki was serving a three years' jail sentence for possession narcotics. Police said that Kariuki was being held at the Kamiti medium prison when he escaped.

On the material day, Kariuki, alongside other inmates had been assigned duties at the Kahawa Barracks. He is said to have walked into a toilet carrying a bucket, but took eternity in the happy room. The officer in charge went to check on him only to find him gone.

The officer then made a report to his seniors back at the prison, and who in turn ordered for a search. Kariuki's prison uniform was found dumped near Kenyatta University's perimeter wall. Kariuki was arrested nine months later.

He was sentenced to one year in prison for the offence. The good news is that the sentence will run concurrently with his initial imprisonment of three years so





# We have no one to cook for, funeral caterers wail

They charge between Sh150,000 to Sh200,000 to feed mourners

By EDWIN NYARANGI

The government directive limiting burials to a handful of people has resulted to loss of business in Homa Bay.

Prior to breakout of Covid-19, mourners used to attend funeral services in multitudes and this meant booming business for caterers.

Families set aside huge budgets for food, tents and other necessities.

However, all that has changed. According to Edwina Odeny alias Atwech, a renowned catering service provider in Homa Bay, catering services cost between Sh150,000 to Sh200,000 depending on the number of mourners.

Odeny told The Nairobiian that the residents no longer hire their services due to the new restrictions.

"The sanctions have adversely affected us because any family that hires our services will have to surpass the required number of mourners during a burial. For instance, my catering team comprises more than 10 people who perform various roles," Odeny said.

She said the directive had rendered them jobless.

"We now have to stay in doors because there is no business for us," she added.

Most residents told The Nairobiian they are not happy with the new directive.

We met Tom Mboya, a resident of Naya Village in Rarieda sub county, Siaya county.

Mboya, buried his paternal uncle, Caleb Owino, last Monday. He was part of the 15 mourners who attended the burial.

"The mourners were with our village elder who represented the area assistant chief, a Seventh Day Adventist Church pastor and family members," said Mboya.

Contrary to tradition when the family could have spent more than Sh400,000 on burial arrangements, the family spent less than Sh30,000.

"We only ate fish during the burial day and called it a day," he added.

Chairman of the Luo Council of Elders Nyandiko Ongadi said they are complying with government directives, during funerals, but it does not mean they have lost respect



Tom Mboya, a resident of Naya Village in Rarieda sub county. (PHOTO: JAMES OMORO)

for the dead.

Ongadi said the community has room for bending some of its cultural

practices on burial during outbreak of an epidemic disease.

He said the current situation is similar to days when the community used to isolate families which were affected during the first outbreak of *nundu* (a contagious killer skin disease) and cholera.

"When *nundu* and cholera broke out many years ago, the community practised isolation. Funerals were left for a few people in the affected villages to avoid spread of the diseases. That situation is similar to what is happening now does not mean we are losing respect for our dead friends and relatives," Ongadi said.

Council Secretary in Homa Bay county Joram Okola said in any case, the huge expenses on burials is not a cul-

tural thing, but a way to show off.

"Luos never used to cook in a home where someone had died. The bereaved family used to be cooked for by their neighbours and given food. The expensive cooking arrangements witnessed these days is just meant for showing financial capability of the families," Okola said.

Homa Bay Bunge La Wenye Nchi Speaker Walter Opiyo decried how burial arrangements had become expensive in Luo Nyanza.

"Luos spend a lot of money on feeding mourners. This increases poverty because a cow that should be used for paying school fees for an orphaned child is slaughtered to feed mourners," Opiyo said.

But George Awuor, a sales executive with an insurance company in Homa Bay town, said the government directive will discourage people from insuring their lives.

Awuor argued that many people insure their lives to enable their families claim for money to be spent on meeting their burial expenses.

"The duration for processing compensation on one who insured his life is 48 hours. But the government wants people to be buried in 24 hours. Nobody will go for life insurance," Awuor said.

George Amboga, Homa Bay resident, said some people were taking advantage of burials to solicit funds from friends for their personal benefit.

## Walevi should seize closed bars opportunity to quit alcohol, Embu County boss says

Kenyans addicted to the bottle should take advantage of the government's imposed bar shutdown to quit booze, Embu County Commissioner Abdullahi Galgalo has advised.

Galgalo observed that some men were so addicted to alcohol that they neglect their families.

He raised concern that the drunkards were even risking their lives to be allowed by unscrupulous bar owners to enter pubs through back doors and be locked inside.

The commissioner said such men were at higher risks of contracting the Covid-19 because they don't observe social distancing rules in a cramped up space and while drunk.

"If I were a drunkard, I would have seized advantage of the situation to stop hitting the

bottle. This is the time for those struggling with alcohol addiction to stop drinking," he said.

Some bar owners in Embu and other parts of the country have devised tricks to continue illegally selling their stuff away from the prying eyes of law enforcers.

According to Galgalo, the alcohol traders carted home the beer stock in their bars and they are selling it to their loyal customers at home.

Others hawk the inebriating drinks on boda bodas, which deliver to their faithful clients.

Illicit brewers have not been left behind and they are selling their concoctions on the banks of rivers from where they can easily flee in case police officers come calling.

According to a resident, Dennis Fundi, some villagers who previously were not engaged in alcohol trade have started the business from their homes to quench the thirst of the many men who have nowhere to buy alcohol.

Galgalo said police are working their best to arrest errant bar owners and other persons selling alcohol illegally.

He said apart from being charged, the bar owners would have their licenses cancelled.

Embu Trade Executive Jamleck Muturi said they were ready to cancel licenses of such bar owners, adding that they were working closely with national government administrators on the matter.

— Joseph Muchiri





# Uhuru milking pandemic tit dry

From castrating Sonko, President is also holding bloggers, media by the balls

By ERIC NYAKAGWA

You might think political games were stopped dead on their tracks by the coronavirus, but we invite you to think again. The Covid-19 pandemic has not pushed high octane politics to the back burner. In fact, all indications are that increased political machinations are taking place behind closed doors after the 7pm curfew.

And even as nabobs in government keep you busy with cases of corona tests, recoveries and fatalities, the pawns on the political chess board are being moved towards desired goals while Kenyans are busy self-isolating.

Indeed, among others, President Uhuru Kenyatta knows no politician is foolish enough to waste a disaster. And they don't come better than a pandemic for which there is no precedent.

Uhuru, whose final term was in the political doldrums, is ensuring the corona pandemic is milked to its flaccid tits. Just consider.

The government recently sneaked in regulations on the sale of raw milk, which had earlier been successfully resisted.

The new Dairy Industry Act and Dairy Industry (Raw Milk Sales Contract) regulations state that one needs a contract to sell raw milk failure to which there is a Sh10,000 fine or two years in jail. This will greatly affect those engaged in the business of selling milk via dispensers.

With the entire country engaged at skirting coronavirus, few have noticed the entry of this Act which was withdrawn last April in response to a huge public outcry, including a trending hashtag #Kenyattamilk in view of the fact that the President's family runs the country's largest milk processor.

During curfews, partial lockdowns and with many self-isolating at home, the likelihood of turning into keyboard warriors against the government are high.

That might not have the reason, but unknown to many, the

Computer Misuse and Cybercrimes Act is back. President Uhuru Kenyatta assented to it in May 2018, but the Bloggers Association of Kenya filed a petition challenging the constitutionality of specific provisions of the Act. The bloggers were granted conservatory orders for suspension of Act pending determination of the Petition.

But the Petition by bloggers was dismissed this February on the basis that the contentious provisions of the Act were not unconstitutional, signaling enforcement of the Act. There is no better time to use it than during a pandemic. After all, any appeals will have to wait until the courts are opened for business again.

The Act is merciless: Anyone who publishes false, misleading or fictitious data is liable to a fine of Sh5 million, two years in jail or both.

The above provisions criminalise defamation and are a departure from the celebrated case of Jacqueline Okuta vs Attorney General which declared Section 194 of the Penal Code which criminalised defamation as unconstitutional.

This Act is a serious affront to the freedom of the media and bloggers who call out on the government in the digital space.

The raw milk Act and the Computer Misuse and Cybercrimes Act were enforced 'under the water' when they were unlikely to cause any uproar, but they can see Kenyans cooling their heels in the slammer.

Other ways the pandemic is being taken advantage of are open.

Like allies of Uhuru recently attempted to take over the ruling Jubilee party in a well-oiled move at cutting the legs of Deputy President William Ruto, but alas! that came a cropper, at least for now.

Before then, and as part of creating order in Nairobi County, President Uhuru created the Nairobi Metropolitan Services (NMC), which now presides over key functions in the capital effectively rendering 'Half-Governor' Mike Sonko a lame duck county chief.

The Nairobi Metropolitan under Military Governor, Maj General Mohammed Badi, also had its boundaries stretched, eating into Machakos, Kiambu and other counties.

The takeover of key functions from the Nairobi County Government by the NMC were somewhat largely eased, thanks to the coronavirus.

The new entity was created on March 18 as the country was getting into the pandemic's grip with the President tasking it with resolving challenges city dwellers face such as piling solid

garbage and water scarcity.

Uhuru asked Maj Gen Badi to end the rampant corruption in the county and cartels who run important functions, rendering slow growth in the county.

"In recent weeks, we have witnessed a lot of uncollected garbage in some streets in the CBD. These cartels either controlling water supply or issuance of permits have made service delivery almost impossible," he said.

Though the Deed of Transfer of functions was executed on February 26, Sonko formally handed over the functions at the State House function.

The creation of the NMC, however, appeared to have surprised Sonko who has been resisting empowering the new entity to execute its mandate.

This includes transfer of 6,052 county staff to NMC by the Public Service Commission and the Nairobi County Assembly's decision to reallocate Sh15 billion to the new body.

He asked the staff to ignore the PSC notice, but the ignored him and moved to their new boss.

Though the transferred services include Health, Transport, Planning and Development, and Public

Works, the deed of transfer also includes ancillary services, which include the inspectorate department, which is now answerable to the county police commander.

At the same time, Sonko has declined to sign the Bill reallocating the county funds to NMC.

However, Speaker Beatrice Elachi has refused to commit his memorandum to the committee of the whole house citing the protocols set out to contain Covid-19

such as working from home and social distancing.

It also remains to be seen who between Elachi and Sonko will carry the day.

However, Sonko's communications advisor Josiah Murigu says the governor remains unperturbed as he has fought bigger battles in the past and triumphed.

"This is a small war. The Governor remains strong. He has won bigger battles in the past including attempts by cartels to remove him from office," Murigu told The Nairobiian.

"These are just teething problems, which are normal whenever there are changes in any institution. At the moment, Sonko's focus is on the welfare of Nairobians, including how to contain Covid-19," he added.

As part of measures taken to curb the spread of Covid-19, President Uhuru ordered the cessation of movement into and out of Nairobi, Mombasa, Kilifi and Kwale.

This saw the boundaries of Nairobi Metropolitan Area expanded to include huge parts of Kiambu, Machakos and Kajiado counties.

Jubilee Party has also taken advantage of the Covid-19 crisis to effect changes to the County Assembly's leadership following last year's fallout that resulted in pro-Sonko and anti-Sonko camps.

## Power Play

Politician fails to release campus girlfriend from forced quarantine

A politician was recently heard making high voltage phone calls in an attempt to free his campus lover from a quarantine facility. His efforts however hit a giant wall even after his fellow politicians, friends in the police service and parliament failed to help secure her release and that of her three friends. Power play has learned that the said woman and her friends were nabbed at a house party imbibing way beyond curfew time. They were arrested by police after being tipped by Nyumba Kumi officials. Bwana mkubwa won't wait his beak in a while!

\*\*\*\*\*

Mheshimiwa fears corona is killing his political future

A renowned politician from Western Kenya has been scratching his head in an attempt to reinvent himself during this time of pandemic.

The man recently sort the services of deep thinkers tasked to come up with waterproof formula that will guaranty him political mileage and not rebuttal during this period. The politician has already made a few moves; especially on social media, all of which have been overshadowed by the ever pounding chorus of coronavirus. People are too busy worrying about pay cuts, job losses and landlords to even take notice. It's a difficult time for everyone, no doubt. The politician had perfected the art of attending funerals in villages on weekends, political rallies to gain the most needed political bonga points.

\*\*\*\*\*

Constituents laugh at former MP for losing weight, and going broke

A former member of parliament has become the subject of trolls on social media. The former MP posted a picture of himself dressed in an oversized shirt and trouser. Social media users did not fail to take notice. Some claimed the only thing that seemed to fit him were his shoes. The shiny face that had been part of his dressing for the ten years he was in parliament was gone. His constituents made his new features their subject of discussion, citing numerous instances when he would treat them like trash in public.

**Few noticed the sneaking in of the new 'Raw Milk Sales Contract' which will hit milk dispensers hard**





# Married boda in deep shit for luring school girl into sex

Local administrator warns parents to monitor their children or risk unwanted pregnancies and STIs

By JAMES OMORO

A middle age man is currently remanded at Homa Bay Police Station for defiling a class seven girl at an estate in Homa Bay town.

The 25-year-old married boda boda rider was caught red-handed engaging in a sexual act with the underage school girl.

A group of security officials led by Arujo Location Chief Bob Lang'o busted the rider at 3pm inside his house following a tip off from neighbours.

"We rushed to the rider's house and found them naked. I arrested and handed them to police at Homa Bay Police Station where they were detained for legal action," Lang'o said.

The girl had gone to Homa Bay town to visit her sister after schools closed.

The boda boda rider who hails from Suna, Migori County is married with one child; but at the time of the incident his wife and child were away.

"The man relocated his wife on grounds that they were prevent-

ing chances of Coronavirus infection yet that is not true. What we have witnessed shows it was a scheme to create chance for defiling this girl," Lang'o told *The Nairobi*.

Lang'o added that many people were taking advantage of the medical emergency to indulge in illicit sex.

"Some people believe that our attention is on Coronavirus only, they imagine they will go scot free if they commit other crimes," the administrator said, urging locals to observe social distancing.

"Coronavirus fight should not make someone feel that this is an opportunity for sexual intercourse. Let people keep distance," he added.

Further, he asked parents to monitor their children as many of them were wandering in streets



INSET: Arujo Location Chief Bob Lang'o. He has asked parents to monitor their children. (PHOTO: JAMES OMORO)

and estates unattended; a habit which has been condemned by several Homa Bay residents.

According to the chairman of the Interface Community Help Desk Evans Oloo, if this habit is not contained, many girls will either contract sexually transmitted infections or get pregnant.

Gor referred to another case in which a form four student aged about 22 years eloped with a form two girl a week ago.

The boy who hails from North Kabuoch ward in Ndhiwa constituency eloped with the 14-year-old girl from Homa Bay Town. Security officials tracked them to a village in the neighbouring Rongo sub-county.

"Irresponsible men in this county will interfere with the wellbeing of many girls during this time when children are at home over Coronavirus. Some of them will be infected with STIs, others will be impregnated or will be affected with both problems," Gor said.

He blamed parents for the mess.

"Let parents control behaviour and movement of their children. The government should also come up with stringent measures for preventing children from interacting with other people," said Gor.

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# Defender THE NAIROBIAN

By Yvonne Kawira

## Mbao Pension Plan, Michael Oduor needs his refund

Dear Nairobiian Defender,

My name is Michael Oduor Oloo. I have been an avid reader of the Nairobiian newspaper and I am always pleased to see how you and your team has helped many in difficult situations.

I hope you will help me in my situation too. In March 2014, I registered for Mbaao Pension Plan savings scheme.

I have been consistent with my savings ever since but I went through some challenges with my income because I am in the informal sector.

Therefore, last year (2019), having considered all options, I felt I couldn't continue saving as I initially used to due to pressing needs and lack of regular income. Thus on December 11, 2019, I lodged a request to withdraw my savings as per the stipulated period which can be after three, five and so on years of saving with the scheme.

I gave them a grace period to process my request and by January 2020 I made a follow up with the Mbaao agents to figure out the status of the request. I had the contacts of the agents who registered me so I reached out to them and was told that the process would be completed after two months. This was contrary to the registration form I had filled which read that withdrawal process would take two weeks only.

I have since been following up on this matter every month to find out how far they are. In the beginning of March I just saw a withdrawal notification form that I signed and scanned it and sent it back to them.

I am now waiting to hear the next step after I complied with all their requirements to process my



withdrawal. My emails to them seeking to find out when I would receive my payment are not answered.

Please help me get justice in this predicament as I need the savings urgently.

It has now been more than four months and still there is not a single communication from them informing me about what is happening.

The amount I expect them to refund me after the withdrawal is Sh52,000. Kindly help me get to the bottom of this matter.

I have forwarded you the contact details of the agents who signed me up too so you can follow up with them. Looking forward to your prompt assistance.

**Steps taken by the Defender:**

On April 14, The Nairobiian

Defender sent an email to the organisation seeking to find out where the matter stands with regard to the refund. We got no response.

We sent them another reminder on April 21. We expect to hear from the organisation with an update on this issue. The Defender will not rest until Oduor gets justice.

### Defender OB

## Jacob Abado vs Kenya National Bureau of Statistics (KNBS)



Hello Defender,

I really need your help. I am Jacob from Siaya County. I worked for the Kenya National Bureau of Statistics (KNBS) in last year's August Census Exercise as an Enumerator in Siaya County, but unfortunately I have not been paid till now. It is now almost nine months since we finished the job but I am yet to be compensated.

I have tried so hard to do the follow up and all my efforts have ended in vain, in fact I have used over Sh10,000 in trying to do the follow up, which is almost half the money they are supposed to deposit in my account.

Each time I try to enquire from them I always get a generic response of "Wait till next week." This has been going on since January this year. I have tried to reach out to the directors concerned with payment and I feel they are not taking this matter with the seriousness it deserves.

I am in need of this money especially now that everything has slowed down due to the Coronavirus pandemic. Kindly help me talk to this organization to pay me my money.

I feel this is very unfair considering the challenges I went through during the exercise and even more painful starting to imagine that I might not get anything from it.

**Steps taken by the Defender:**

The Nairobiian Defender has forwarded this complaint to the Kenya National Bureau of Statistics (KNBS). We are expecting to hear from them on where this matter stands and when Abado will get what he is owed.

### Defender OB

## Trident Insurance Company, where is Antony Warui's missing file?



Dear Nairobiian Defender,

My name is Antony Warui Gitundu and an employee of Othaya Mukurweini Water Services. I had an accident in 2018 while at work and was admitted at the Outspan Hospital in Nyeri. My employer had taken WIBA (Workman Injury Benefit Act) with Trident Insurance Company Ltd. I lodged a claim with directorate of occupational health and safety services and they awarded me Sh1,598,016 as shown on the attached DOSHA/WIBA 4 form. This

award was granted to me on 19th September 2019.

I visited the offices of Trident Insurance Company Ltd and they gave me a claim form which I duly filled and submitted in their offices as shown on the attached workman's compensation claim form.

I have since made several trips to their offices but they claim my file is either lost/misplaced and therefore my claim cannot be processed. The claim manager now no longer answers my calls and anytime I

visit their offices, I wait for long hours as they search for my missing file. I hereby request for your intervention and assistance to get my rightful compensation.

**Steps taken by the Defender:**

The Nairobiian Defender has been in touch with the underwriter twice on this matter and still there has been no response from them.

We are keen on getting to the bottom of this matter and will keep firing until Warui gets what is owed to him.



**ANITTA LUMALAS** ditched law to work with street families. She tells **LILIAN CHEPKOECH** about her fears should pandemic spread to the 60,000 street families in Nairobi

# Pray corona doesn't hit street families

## How are street families coping with coronavirus?

Generally, there is a problem of access to clean water. Street women who live in Uhuru Park shower with stagnant water at 4am as they wait for the sunrise to go wash their clothes and children at the same place. But we have asked the Red Cross to sensitise them about control measures in stopping coronavirus spread. In my team, I have doctors, lawyers, psychologists and other professionals who also help in looking for donor funds and other donations like food, clothing, medicine, sanitizers and face masks for sustaining vulnerable street families who also comprise the elderly and small babies to keep the virus at bay.

## Few street families are being quarantined over corona virus, yet most rarely observe social distancing and hardly use masks or sanitizers. How come?

On the streets, it is a simple choice of survival, and in this case one is better off buying food than masks. The same goes for sanitary towels. As for sanitizers, even those considered poor, but can afford decent accommodation can hardly afford them.

## How many street families are in your project?

Within Nairobi, there are over 60,000. But those who accepted to be in our programme are only 140 both in town and Kawangware since many are into drugs and can't follow our routine programme.

## Survival means hanging out together and sharing, which is against self-isolation. If Covid-19 hits street families, there will be a huge problem since the 60,000 are in Nairobi alone, right?

This is true. There is very little we can do, however, we are trying to

talk to other organisations to see if we can lobby the government to help even if it is to take some to a government facility. Although from past experience, most of them leave and do not like being confined.

## With no homes to go to, how are street families observing curfew?

Most of them sleep at Mlango Kubwa area within Eastleigh. So they make sure they get there before time. Those stranded find themselves within the CBD.

## You plan to get street families off the streets to where exactly? The Nairobi County government has been unable to do that with all its resources and social welfare facilities...

We have a programme called Alternative Livelihood meant to help take them to different trainings like driving school, carpentry and beauty. We identify different talents. As at now, it's just football and one of our partners has a football club where they train. We are also helping them get casual jobs as cleaners because with a source of income, they can exit the streets.

## There was a time there were very few street families. Where had they been taken to and how did they return?

They had been taken to government rehab facilities. However, we have learnt some return to the streets because of drug addiction.

Others are looking for freedom, which they feel they can only get from the streets.

## Street families are a complex social problem ranging from dysfunctional families, broken homes and drug abuse. What are the underlying issues and how is giving them food and clothes a solution to deep-seated social issues?

The aforementioned are most common issues, but we also have those born and raised in the streets, which is the only home they know. The feeding programme is just one intervention that helps us approach and introduce them to other programmes. You cannot ask them to go to the clinic, yet the last meal they had was two nights ago. They can hardly join any programme unless they know they can get food. After feeding them, we realised they needed interventions like good health, counseling, rehabilitation, alternative livelihoods, motivational

advocacy and love. We thus incorporated medicine, psychology, sports, legal aid, civil society and entertainment as different departments headed by our partners.

## You pay bail to get them released from remand prisons. What are their commonest crimes and how do you ensure they're not repeat offenders?

Possession of bhang is the most common. We are trying introduce a programme for rehabilitation by partnering with rehab centres and we also let them know that they can only access our services if they accept to start rehabilitation, especially for those breastfeeding while on drugs

## You have doctors, lawyers, psychologist and other professionals. Who pays them... or who exactly funds you?

All those on board at Nilishe offer their services for free. We have a few monthly donors but all are individuals.

## What is the one reason it's been hard getting street families off the CBD?

The biggest problem is that some choose to be in the streets. But most are in the streets because of economic hardships and poverty. Therefore, unless poverty eradication is taken seriously, the problem will persist for a long time

## Why are the streets so addictive despite challenges like rape, police arrests, crime and drugs?

Drugs in the street are easy to access due to peer pressure. Others gave up on life. There is a new wave of those born in the streets and it is hard for them to leave because drugs become a normal way of life.

## When street people look at 'normal Kenyans', what goes through their minds...

Well, perspectives are different depending on how they got to the streets. Those going through tough economic times wish to be noticed and helped while those who were raised in streets and are always high on drugs will always see others as targets to get what they want.

## How long have you been volunteering and what's the mission?

I started the project two years ago after witnessing the challenges faced by street families with few caring much about their welfare. I registered 'Nilishe', a project focusing mainly on mental, physical and emotional health by providing food, clothing, alternative livelihoods, medication, toys and counseling. My mission is to find ways of getting them off the streets and to better their lives.

## How do you collaborate with the County government?

So far, we have no collaboration, but we are working on it. However, street families should be considered when the government is distributing food, water, masks and medicine to vulnerable groups. They also require accommodative rehabilitation. Rehabilitating them on the streets is not easy as they easily "backslide".

“On the streets, it is a simple choice of survival, and in this case one is better off buying food than masks





## The Nairobiian InDepth

# Labour Day: From where will you

Workers have constantly accused COTU of being a toothless bulldog that barks without biting

By HUDSON GUMBIHI

This is the first time since independence in 1963 when Labour Day will not be the same worker's holiday as we knew it.

Due to social distancing over coronavirus, there will be no mass gathering at Uhuru Park where Central Organization Trade Union (COTU) Secretary General Francis Atwoli engages his audience in outlandish theatrics including frenzied dancing and singing.

Labour Day, marked on May 1, is also the time when the government dishes out salary increments to low cadre workers. But will that happen with a near broke government battling a pandemic of biblical proportions?

Well, for some Kenyans like Charo Mwange, Labour Day does not matter. Even the Coronavirus, which has led to tens of thousands of deaths around the world and over two million infected, is the least of his concerns.

His main worry is getting the Sh126,000 awarded to him for unfair dismissal.

Last year, the Employment and Labour Relations Court ordered his former employer, a printing firm along Mombasa Road in Nairobi, to pay him the amount as severance package, but the company has since collapsed, and Mwange's former bosses cannot be traced.

Every month, the 47 year old has been shuttling between Kwale and Nairobi to check on progress. Mwange entrusted Kenya Engineers Workers Union (KEWU) to look for the former employer, without success.

The travels have taken a toll on him. The current dawn to dusk curfew imposed by the government to curb the spread of COVID-19 made the situation tricky for Mwange. The cessation of movement in four counties; Nairobi, Mombasa, Kilifi and Kwale means that Mwange cannot leave Kwale!

"I badly need that money. It is the only thing that can make



a difference in my life," says Mwange.

Asked if he would like to celebrate the 2020 Labour Day, Mwange says: "What is there to celebrate when I am in despair? The day lost its meaning long ago. People are losing jobs everyday, and neither the government nor the unions are doing anything to protect workers."

Mwange is among thousands of Kenyans who have lost their jobs in the recent past. The most affected are in the private sector where dwindling revenues have led to job cuts after demand for goods and services nosed south.

The outbreak of the Coronavirus globally has led to disruption of supply chains, movement of people and services after a medical emergency turned into an economic nightmare. The ensuing economic meltdown has seen companies having little choice but cutting more jobs, issuing redundancy letters and where God of small mercies still lives, some are smarting from a 25 per cent chop on monthly salary.

As Labour Day fast approaches many workers, ex-workers and job seekers are finding themselves in Mwange's shoes.



*Giving a worker half salary will not motivate an employee, neither are lay-offs good for sustainability of business - Dr Samuel Nyandemo, senior lecturer, University of Nairobi*

Labour Day has been used to inspire hope among workers and potential employees. When not announcing a pay increment, the government uses it to outline job creation and protection measures. But outbreak of the pandemic saw COTU suspending Labour Day prepa-





# dance, Bro Atwoli?



Charo Mwange

ronment is not conducive.

"I don't think it will be possible, though this is not the official position, but under the current circumstances we find ourselves in, the day will be marked quietly," said Okwaro, also COTU's Deputy Secretary General, adding that COTU and the Ministry of Labour are coming up with a Labour Day message.

"The theme of communication will basically centre on COVID-19 and work environment," he said further.

Workers have constantly accused COTU of being all bark and no bite. They are hoping this time round, the umbrella union will push the government and employers for a level playing field.

According to Dr Samuel Nyandemo, senior lecturer at University of Nairobi, Labour Day celebrations will be a mock-

ery to workers as "the atmosphere is gloomy, coated with uncertainties with workers unsure of what the future holds."

Nyandemo also faults employers for targeting workers and blames government for its inability to weave together job protecting packages.

Nyandemo feels it's uncaring, during a calamity, for workers to become sacrificial lambs and terms job and salary as cuts irrational measures that will cultivate low morale and apathy as "employees are the engine sustaining organizations."

Nyandemo says instead of severe measures with potential of ruining families, companies keen to remain in business should reach out to the government for soft loans with zero rated interests.

"They should also diversify in their activities. I don't think giving a worker half salary will motivate such an employee, neither are lay-offs good for sustainability of business," he adds.

Churchill Ogutu, head researcher at Genghis Capital, also reckons that under these "unprecedented circumstances, people are willing to pay attention to Labour Day because they are angry and taking each day at a time."

Ogutu argues that to cushion workers and protect jobs, the government needs to give companies bailout funds that can be used to pay salaries until the situation improves. If push comes to shove, he says,

he would rather advocate for unpaid leave even though this isn't the best option."

Federation of Kenya Employers (FKE) did not respond to our queries regarding plans for Labour Day, layoffs and pay cuts, number of jobs lost and workers' grievances. The Federation's executive director, Jacqueline Mugo, did not pick calls. "I am in a tele meeting. I have received the issues you raised," she responded in a text message.

Nyandemo and Ogutu think the income tax relief and corporate tax breaks and the stimulus package issued by President Uhuru Kenyatta as measures to combat the vagaries of the pandemic are not enough.

For the economy to normalize, focus should be on agriculture, manufacturing with money set aside for infrastructural development pumped into the two sectors which create more employment opportunities.

Nyandemo argues "a re-look into the supplementary budget is needed with focus on financing essential key sectors to jump-start the economy. This can be achieved by investing more funds in agriculture and manufacturing sectors."

Ogutu concurs as agriculture and manufacturing are consumer-driven hence the need to invest in them.

Cognizance of the COVID-19 challenges, the don also wants more money put into health as "a healthy population is a health productive population."

## Fighting for jobs in zombie companies a waste of time - Aly-Khan Satchu

Labour Day comes at a time when hospitality, aviation, tourism, manufacturing, logistics, services and horticultural sectors are almost grounded with workers sacked and others on unpaid leave.

Financial analyst Aly Khan Satchu, however, thinks Labour Day in times of global depression, can never be wished away since human capital is still needed to meet production and consumption demands.

"I think this is probably the most important Labour Day in our lifetimes. I appreciate the virus is not correlated to endogenous market dynamics but is an exogenous uncertainty that remains unresolved. But what is required is leadership at this very fluid moment," says Satchu, the CEO, Rich Management Ltd.

Satchu is challenging the labour movement to direct its energy towards increasing agility and skills while the government should focus on agriculture and improving on rural roads to model an autarkic (self-sufficient) type of economy.

"I left Nairobi and sought solace upcountry hoping things will improve but I was wrong. Instead the projections are that the situation might not improve soon," says Victor Kisa, a leader with one of the airlines at Jomo Kenyatta International Airport (JKIA). He is currently on unpaid leave and does not know when he will resume duty.

But Satchu reckons that "fighting to stay employed in zombie companies is a waste of time," and without sugarcoating issues predicts that "workers have to be prepared for job losses since the resource envelope cannot support the current size of the labour force."

With more and more people being sent into inflation, the situation can not be any better when about 800,000 youth join the labour market annually. Satchu warns that "those hoping to enter the job market need to thoroughly ponder over post COVID-19 because we know a page is being turned."

The same is the case in other parts of the world. In America, where President Donald Trump thought coronavirus was "just a flu that will go away", over 20 million jobs have been lost in four weeks, most of them in hotels and restaurants which have been affected by social distancing, self-isolation and restricted movement. Trump has banned further immigration to protect remaining jobs.



Aly Khan Satchu

## Kenya can prosper with homegrown solutions — Phyllis Wakiaga

The pandemic is biting against the background of massive layoffs with several companies shutting operations, citing tough economic times. About 388 companies closed last year within a span of six months between March and August.

Some of the reasons advanced for dissolution to Registrar of Companies included ceasing operations, poor performance, relocation and reorganisation. This happened against the background of dwindling job opportunities.

Phyllis Wakiaga, the CEO of Kenya Association of Manufacturers (KAM) told The Nairobiian that her organisation conducted a survey among its members which revealed that over 80 per cent of local manufacturers source their inputs or export to China, and the pandemic has had negatively disrupted supply chains with the most affected sub-sectors being textile and apparel, food and beverages, plastics and rubber and building, mining and construction.

Wakiaga reckons that as things stand about "65 per cent of manufacturers foresee a shortage in production likely to result in reduced output as firms downsize their operations."

Mitigating measures taken by KAM include engaging government and relevant departments to "improve production and supply effectiveness" through tax relief to ease cash-flow problems, reduction in VAT to reduce cost of goods and cushion customers besides establishing policies and practices



es like flexible worksites like working from home, employees having staggered shifts for social distancing and replacing face-to-face meetings with virtual communications."

On how local industries will survive beyond August 2020, Wakiaga explains that KAM is working with the government to promote longevity of industries and measures like "sourcing raw material locally are yielding fruits which we hope will be sustained after the covid-19 pandemic". The Ventilators unveiled by automakers are indicators "Kenians have the capacity to prosper with the homegrown solutions," she says.

According to Kenya National Bureau of Statistics (KNBS) Economic Survey, the Gross Domestic Product (GDP) expanded in 2018 by 6.3 per cent from 4.9 per cent in 2017 as a result of increased agricultural production, which was accelerated by manufacturing activities, vibrant service sector and sustained growth in transportation.

These little achievements have been eroded by COVID-19. For a majority working in agriculture, transport, manufacturing and service sectors, this is the worst Labour Day; it has found them desolate, disoriented and broke. KNBS indicates that job creation fell from 910,000 to 841,000 between 2017 and 2018. The informal sector, which controls over 80 per cent of the labour force, was the hardest hit.

Central Bank of Kenya (CBK) Governor Patrick Njoroge is predicting an economic slump to 3.4 per cent from a projected 6.2 per cent in 2020.



## Opinion

## THE NAIROBIAN

## Kenya's conservation soul is dead and buried

On December 16 each year, Kenya Wildlife Service (KWS) celebrates 'heroes' day in honour of serving and fallen rangers who lost their lives in the cause of duty.

A ranger's statue, and a monument upon which the names of those who lost their lives protecting wildlife is inscribed, serves as a "constant reminder of the sacrifices conservationists make to secure wildlife for the current and future generations".

Unfortunately, recent actions by our policy makers must cause the rangers who paid the ultimate price protecting Kenya's wildlife to turn in their graves. First was the decision to hive off part of Nairobi National Park for the construction of the Standard Gauge Railway. In the days when Kenya Wildlife Service was respected globally, this decision would have been laughed into the nearby Langata Cemetery.

It is instructive to note, however, that this happened when KWS was under the helm of a district commissioner whose training and experience was obviously ill-suited for the job at

hand and an officer who inadvertently ended up presiding over the worst spate of elephant and rhino poaching in decades.

Then there was the decision to construct a road through the Aberdare National Park moorland, described by conservationists as "fragile". How the National Environment Management Authority (Nema) approved this project boggles the mind.

Hot on the heels of this was a bizarre decision to hold a noisy music bonanza in Hell's Gate National Park. This, mercifully, never came to pass.

And now is the decision to construct a big hotel in Nairobi, Kenya's oldest and perhaps most iconic and fragile national park, a decision that has even lay people with no grounding in conservation wondering what the hell is going on at Langata.

It doesn't make the least sense for rangers to risk their lives protecting rhinos and elephants from poachers when policy makers are signing off development ventures that destroy critical wildlife habitats.

Either conservation sold its soul to the devil, or something really weird is getting smoked out there.

## Shameless, lawless society

It has been amusing watching the pained and shocked expression on Health CS Mutahi Kagwe's face each time he explains the shenanigans Kenyans go to break the law in the face of the coronavirus pandemic that has panicked global leaders shitting bricks. Why are you shocked, Bwana Waziri?

Kenya is a lawless jungle, where everyone, from religious

leaders, legislators, party leaders, law enforcers, lawyers to parents and children, take an extremely dim view of right and wrong and where breaking rules and laws is a given so long as one thinks they can get away with it.

This our culture. It is rooted in our shambolic upbringing and schooling, and corruption and lack of role models. Deal with it, sir!

## This week

On April 26, 1985, hawkers evicted from Nairobi's central business district took to the streets to express their distaste at how certain stalls had been distributed out. The demonstrations were partly prompted by banning of hawkers on the streets by then Nairobi City Commission. This was done to allow smooth flow of human and vehicles.

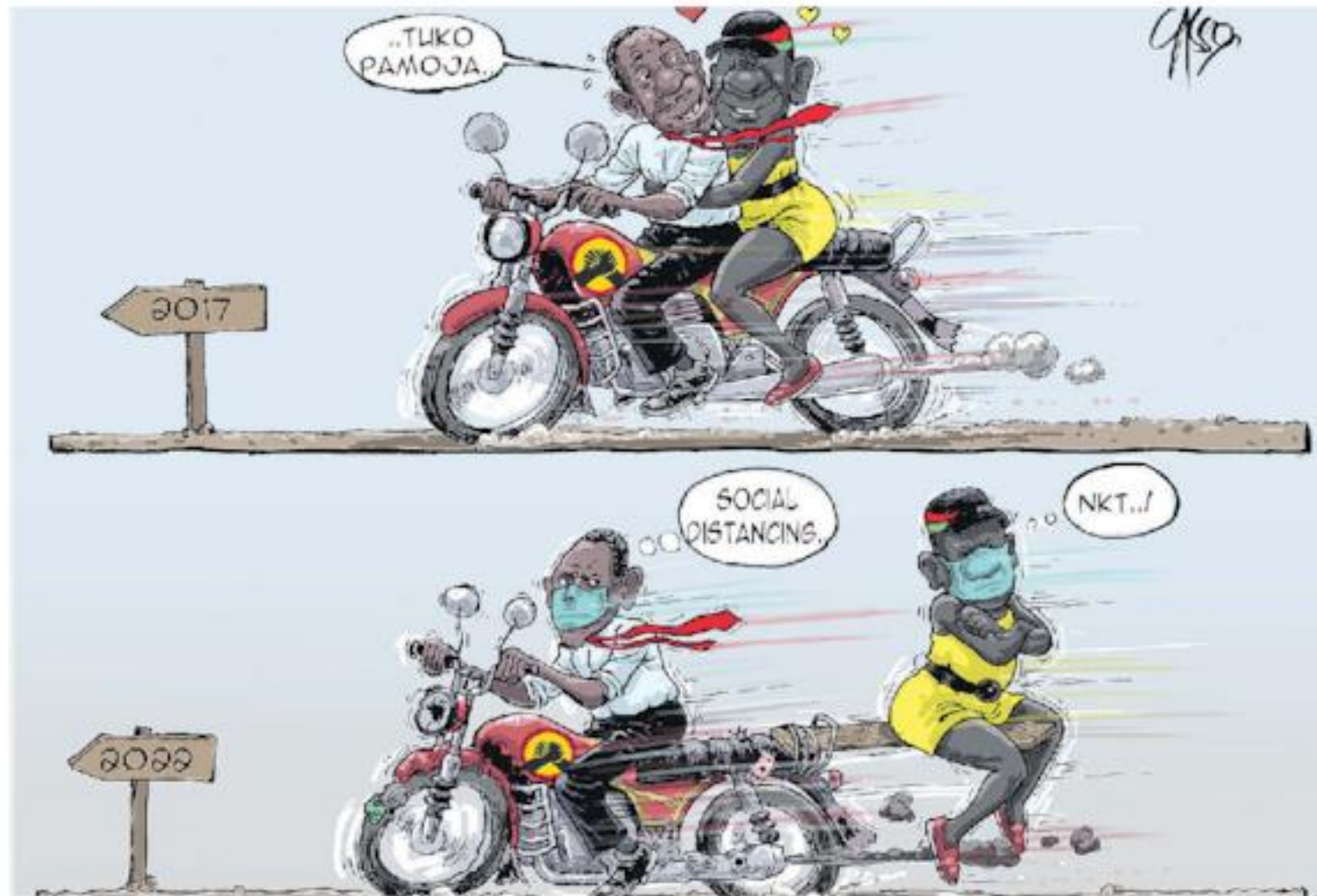
The decision to ban hawkers attracted anger from all quarters, with hawkers accusing the Nairobi City Commission of highhandedness. The Commission, then set up by the Kanu government to manage the affairs of defunct Nairobi City Council, maintained that the

hawkers were a nuisance and an eyesore in the city. The city was temporarily turned into a battle ground between council askaris and traders. The county askaris were under firm instruction from the town clerk's office not to assault the traders even as they carried out the evictions.

The hawkers in their hundreds stormed the city centre, paralysing business in the CBD. The Commission was in the process of allocating the hawkers stalls but was strained by the increasing numbers of traders.

The authority was planning to relocate the traders to newly created markets in Karen, Dandora, Githurai and Kahawa.

— Nicholas Mureithi



## Cosmas Butunyi

In this part of the world, people have been known to metamorphose into celebrities, for all sorts of odd reasons. For instance, being spotted passing time on a voting queue while snacking on nyoyo

## It is hell being a celebrity in Kenya

Living in the public eye is a lot of work. The cost of being a celebrity is steep, with privacy heavily mortgaged. It is amazing how one could comfortably live, aware of intense, constantly prying eyes.

It is akin to constantly walking on eggshells, taking extra care not to run into trouble. It is always looking over the shoulder all the time, just to be sure who is seeing you. It is second-guessing your choices and decisions, and imaginong what the blogs and trolls of social media could be saying about you. It is totally losing touch with feelings, because of the stream of hurtful words.

In many days gone by, it took a stroke of luck, smarts or infamy to make it into the hallowed hall of fame. There were few narrow roads to attaining status, of course, besides being born in the right lineage. Just like the greatness Shakespeare famously spoke about, some are born, others achieve it and yet others have it thrust upon them.

Ascending to a position of political leadership was one such avenue, guaranteed to bestow status earning respect and admiration. It helped that in those

days, elective positions were few yet not that competitive because even fewer people were interested. Stories are told of how communities sometimes had to send delegations to plead with individuals to represent them. Acceding to these requests made the leaders instant celebrities of sorts.

Also, in those days of old, huge accent was placed on academics. It was everything. The only way to have a 'good life' was by acing examinations and landing a great job (read career in law, medicine or engineering). Good grades in national primary and secondary school examinations were not as commonplace. Making it for the few slots in national secondary schools and a few more provincial schools was a huge feat. Securing a place in public university was a big deal and getting accepted into the prestigious courses was exhilarating, similar to breaking an Olympic record, straight ticket to celebrity status.

The other way celebrities were minted in the past was through the bizarre. Remember that man whose claim to fame was a botched attempt at milking an elephant?

Ultimately, becoming a celebrity was, and is, about courting attention. Only that previously, this was a huge task in itself. It took a lot to make it to the news, which was the only way to get the nation talking.

Not anymore. The barriers to entry into celebrity status have been insanely lowered by the proliferation of technology. Becoming a celebrity, like many other things, has been greatly democratized. Indeed, dreams are not just valid, it does not take much to breath life into them. Just a gadget connected to the internet is all it takes to address the world and get it to take notice. It does not matter what moves from the gadget to the wild wide world — some scandalous images and videos or rarely seen talent.

Like everything else, there are those who try too hard to attain fame, but like the puppy that chases its tail, it evades them. For these, desperate attempts at popularity seeking even have them buying social media followers.

Then there are also those who, for whatever reason, find themselves famous overnight, bump-

ing into their photos turned into memes and videos in snack-able GIFs on every WhatsApp group.

In this part of the world, people have been known to metamorphose into celebrities, for all sorts of odd reasons. For instance, being spotted passing time on a voting queue while snacking on a maize and beans mixture. So great sensations do these individuals become that they even make to the list of national honours.

However, when it finally happens and the celebrity status is in the bag, the thing to remember is that it is not an easy road. Some never-do-wells, in their true evil nature, seem to get a kick from making others suffer. Who is easier to target than the celebrity, who seems to be doing better — in reality or thanks to the filters of social media?

Playing to the gallery is the fastest way to burst a hernia. The secret of life is that it is not possible to please everyone all the time; do you. After all, fame is not just for its own sake; properly harnessed, it does pick the tab.

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## Fireworks with Nancy Roxanne

Ramming and thrusting in a confined space surrounded by hard surfaces and a floor slick with soap while being pelted by a constant stream of water is a recipe for broken bones and spines

# Keep steamy sex out of sowers, horny

There are a lot of things that happen in movies that just don't wash in real life. I was watching this mushy rom-com recently where the lead couple engages in the steamiest, most sizzling shower sex I have ever seen. I have to laud the phenomenal acting because it was so realistic! Except, I know better.

When it comes shower sex, sadly, life really doesn't imitate art. Guys, anyone who has ever told you that shower sex is sexy and romantic has never had shower sex. You can take that to the bank. I know I have always encouraged couples to expand their sexual repertoire by taking their sexual relations out of the bedroom. In hindsight, I should have added a caveat: do it literally anywhere else except the shower. Shower sex is awkward, unpleasant and potentially hazardous.

Besides, I find even simply the act of co-showering tremendously problematic and unromantic. First, most shower stalls are built with one person in mind so you will feel cramped and uncomfortable. Secondly, even if there is a little wiggle room in your shower stall, there is only space for one person under the shower. This means your co-showering session will be spent standing, awkwardly, covered in soap, getting bitterly cold as you wait for your turn. Lastly, if you like to shave everyday to keep your lady parts smooth, the last thing you want is a spectator. Shaving your lady parts is awkward enough as it is! First you have to prop up your foot on

something then hold your labia taut with your fingers with one hand as you shave with the other hand. This is not a pretty sight! The people who thought up his and hers bathrooms certainly knew what they were doing. Showering is supposed to be a solitary affair!

Now, you want to tell me that you can add penetrative sex into this already nightmarish situation? Heck, even engaging in oral sex under these conditions is tricky. Now, I am not saying that shower sex is impossible: it is certainly doable if you are sufficiently motivated. Thing is, is it worth the drama? Nah! Sex in the shower is fraught with danger. Let me paint that picture for you: Ramming and thrusting in a confined space surrounded by hard surfaces and a floor slick with soap while being pelted by a constant stream of water does not make for a safe nor a pleasurable encounter. In fact, it is the perfect recipe for a disaster. If you have ever fantasized about death on the saddle, sex in the shower is perhaps the surest method!

Thanks to the squeezed conditions, the number of sex positions you can attempt in the shower are severely limited. For the record, I have seen all of the suggested sex positions for shower sex and they hardly inspire confidence. Pro tip: if you are planning on trying shower sex, you might want to start some core exercises because it requires a lot of strength, balance and endurance! Ninety per cent of the positions involve standing.

There was only one suggested position that sounded somewhat less risky. It involved sitting on the shower floor. The germaphobe in me recoiled in horror but I can see why this position would be preferred by some people. It effectively eliminates the risk of slipping and falling but let's not forget about the very real threat of drowning. There is still that relentless flow of water flooding every orifice in your body. I guess the couple could always turn off the water but that defeats the whole purpose of shower sex. I mean, they might as well just go do it in the bedroom floor instead. It is basically the same thing just without the germs and a whole lot more leg room. But let's just say you have circumvented all these problems and you have found a way to safely and comfortably have sex in the shower. It is still going to be an excruciating ordeal for the woman.

Water washes away the lubrication the vagina produces naturally to facilitate sex so you will be dealing with a very sore vagina after your shower sex session. No, water isn't a lubricant. (Neither is spit by the way, sincerely, every woman ever). So, to conclude, shower sex is a terrible idea. I think while attempting shower sex is the only time a couple would be grateful that the man is a 'one-minute man' because from what I have seen, both parties would want it to be over as fast as possible!

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## The Retrosexual with Brian Guserwa

That a stranger online, that man or woman who has never made anything except a chubby baby, is somehow allowed to shit on another person's creative output, and that that is apparently okay is crap

# Ugh... The stupidity that passes for Online criticism!

There are a lot of things Kenyans have trouble with. The concept of time, for example. Or civility, good-manners, personal space, the democratic process, superhighway exits, strange and puzzling ideologies like 'minding your own business' and 'forsaking all others'. The list is endless. But to this day, I don't think there's anything we struggle with more than freedom of expression.

You see, we have this thing called the Constitution. Millennials think of it like the Terms and Conditions you have to click 'agree' on before installing that pirated copy of Microsoft Office. Of course you didn't read it. No one reads those things, no matter how long they've been in quarantine. But the document details the legal framework of everything that happens with the product, and if you violate it, there will be consequences. Katiba isn't any different.

The Constitution allows every Kenyan the freedom of expression, which, among other things, means you're free to offer up your unsolicited opinions as you see fit. You're also allowed to express yourself creatively, which means, for example, that gengetone is here to stay.

The progression of this, and a statement ignorant people like to throw out before proceeding to be ignorant, is that 'Everyone has a right to their opinion'. We have even been graced with various adjustments to this tenet, mostly from people who find creative ways to mention they went to Alliance whenever they speak. 'You don't have a right to

your opinion', they will insist, taking their iPhones out from their Gucci sweatpants so they can use them to point. 'You have a right to an informed opinion'.

The fact is, no matter which district school you went to, you're allowed to say whatever you want. It doesn't matter whether you're right or wrong. Stupidity is not a crime, you see.

But most Kenyans have taken this to mean they are free to criticize, and bully, and take down people who don't share their opinions or look and sound the way they want them to.

In the good old days, if you had something to say about someone, you whispered it to yourself, or when emboldened by local spirits (the liquid ones, not the undead ones), you shouted it into the night. You didn't show up to that person's house and tell it to their face. Today, all you need is a decent internet connection and a shameless sense of entitlement.

Every other day, we witness a case of Kenyans attacking someone online for no apparent reason. Because the world is a village now, and everyone's hut is right next to each other, we feel confident enough to direct our entitlement right into strangers' windows.

The global culture of lashing out when things don't go your way, the idea that the world cares enough about what you think to like and retweet even your most asinine content; it has allowed the keyboard critic to thrive like never before.

I'm convinced most people don't understand what constructive criticism is. They don't see how fine the line is between genuine negative feedback and malicious attacks. And, more importantly, they don't understand the simple fact that not everything deserves commentary. If a popular comedian releases content online does not appeal to me, then I'll simply scroll past it and seek out whatever tickles my funny bone. What I won't do is barge into that comedian's personal space and tell him his shirt looks very flammable.

Making art is an incredibly difficult business. You're pouring yourself into something you lose control over the minute you're done with it; in the process, you're putting yourself at the mercy of people you've never met and praying they will be kind with it. But they rarely are. That stranger online, that man who has never made anything except a chubby baby, is somehow allowed to shit on another person's creative output, and that's apparently okay.

See if you can spot the difference: 'This content isn't for me, but I can appreciate what you're trying to do.' 'You're a talentless individual who should stop subjecting the world to this sewage.' One of these actually accomplishes something; the other only tells the world you're one of the victims of 8-4-4. But even that doesn't give you a free pass to be stupid and cruel.

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## Commentary

### The Vigil

City police squeezing bribes from masks



Fredrick Ochieng is not happy with the way police have been operating since they were ordered to arrest those who don't wear face masks to ward off Coronavirus.

He claims he was 'arrested' after alighting from a matatu near Nairobi's City Stadium by police who found him adjusting his face mask. He says the boys in blue bundled him into their van and demanded Sh1,000 to set him free.

"We were about 15 people in that police vehicle. All coughed Sh1,000. I was only released after parting with Sh250, which is all I had on me, never mind that I arrested while adjusting my mask after alighting from a matatu.

"It is a shame that people who should be protecting Kenyans are instead using this pandemic to harass and extort wananchi who have been pushed to the wall by economic effects of this virus," he told Vigil.

IG Mutuyambia, are you sure these filthy rackets play out without the connivance or knowledge of your station commanders? Just asking.

## Ngong Hills lovers smooching coronavirus

Joyce Kibe from Ngong wants concerned authorities to monitor the hundreds of nature lovers who throng Ngong Hills for picnics.

Joyce reports that some of the visitors are spitting on the social distancing rule while others go up in the hills to engage in wild drinking sprees.

"I was there over the weekend and I bumped into youths who were drunk and doing all kinds of 'Okwonko' things without caring whether they will come down the mountain laden with Coronavirus," she wrote.

Joyce says concerned authorities should bar such jokers from climbing Ngong Hills in large numbers or quarantine those found flouting the rules.

Who bewitched Kenyans jamani?

## Let's tear used face masks to avoid recycling

Still on coronavirus, S Mutuku thinks the best way to beat those recycling face masks is to tear them in parts after use.

"We have all seen photos of unscrupulous hawkers washing all manner of face masks and selling them to unsuspecting Kenyans. These are peddlers of death. The best way to beat them is to tear them in parts before disposal.

"We cannot allow a few selfish people to risk our lives for money. These masks are not supposed to be recycled. We should also been keen to ensure that sellers are unpacking them from original boxes," he advises.

We ask again, who bewitched Kenyans?

— Compiled By Pkemoi Ng'eno

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Connect on Twitter: @NairobiToday



## Feedback

### I would gladly travel anywhere with girls number one and two

Last week's Page 3 was lovely. I choose to travel with lady number one because judging from the background in the picture, she is lady with great taste. Further, the way she is looking at the sky says the sky is the limit, to fly high up to a paradise she is envisioning in her mind.

Kefa.

I vote for girl number 2. She is beautiful and can make one change their hobby from farming to travelling without thinking twice. Her idyllic physique and composure speak volumes about her love for travel. Clearly a soul that will make you wish not to end your vacation just to continue spending time with her.

Hillary Ochieng



### Marriages glued with good communication can survive Corona pressure

This is feedback to the piece, *You are likely to divorce your wife or hubby due to Corona pressure.*

I read this piece and I was taken aback. Couples should not get a divorce due to spending too much time together. The fact that this season, couples are forced to face each other, when they could avoid each other before is laughable. Marriage is a Godly institution, not just a mere relationship. One principle for relationships that can sustain pressure is effective communication. Good businesses that make important breakthroughs invest in proper communication. Marriage is no ordinary business and therefore, there's no reason to avoid your spouse. You have to talk to them — it's one of the principles of making a connection. When you don't talk, problems slowly fester from within and soon puff into a large wound. That's when divorce happens. You've been hiding things from each other for so long, they explode all of a sudden and soon you can't handle it. Marriage is not the period of experimentation and trying to

#### You might divorce your wife, hubby due to Corona pressure

With social media's constant stream of relationship advice, it's easy to get caught up in the idea that marriage is a business. But marriage is a relationship, not a business. It's about love, respect, and communication. When you don't talk, problems slowly fester from within and soon puff into a large wound. That's when divorce happens. You've been hiding things from each other for so long, they explode all of a sudden and soon you can't handle it. Marriage is not the period of experimentation and trying to

figure it out, that should have happened at the dating stage. Discussions on how you both handle finances, careers and how you respond to each other without hurting each other, should have been done at dating. Divorce is never the option even on the grounds of infidelity. Many people enter into marriage with only love and a lot of other unrealistic expectations and misconceptions.

A marriage that can stand through times is built on mutual respect, same dreams and vision. Marriages fall apart because people wade in blindly. They easily give up when tough times call and trouble sets in because that they can't handle difficulties. You see marriage is not a honeymoon, but requires commitment and sacrifice.

Tevin

### Asante sana Hassan Mwana Wa Ali

Nitakushukuru vipi Hassan Mwana Wa Ali, kweli mola ndiye mpaji wa talanta, baraka na yale yote ya kumfaa binadamu na kweli hakukunyima mojaapo.

Nikichukua muda wangu kusoma kurasa uliyotiwa wino kutokana na mawazo yako yenye hekima na ukweli tendeti.

Unavyopeperusha mawazo yako kwa lugha kavu ya kiswahili, wafanya nijihisi mkongwe ata bila kujua yachukua nini kua mfaris wa lugha hiyo.

Vilevile unavyozingatia spoti kwenye makala yako ya Chemsha Bongo yanapendeza mno.

Umekua chanzo changu kikuu cha lugha yangu kuimarika, kweli umenifanikisha katika kuikua.

Mathalani, unapotumia misamiati mbalimbali na ustadi unaofaa, napata ule motisha wa kuwa na kamusi yangu mkononi ili angalau usiniache nyuma, bali tushikane tako kwa tako.

Zidi kutuimua na kutusaidia sisi wakenya na vijana katika kuikua lugha hii maarufu.

Jikinge vilivyo wakati huu wa janga linalotukumba la ugonjwa wa virusi vya korona.

Hillary Ochieng

#### Chemsha Bongo

### Jubilee inamezwa na virusi vya korona!

M... (The text is partially obscured and blurry, but appears to be a commentary on the political situation during the COVID-19 pandemic.)

#### Instagram



social\_line  
#iamnairobi

#### Social Buzz

**Boniface Mwangi:** Kenyatta Hospital is a national shame. Used to be the best referral hospital in East and Central Africa but because government doctors can openly work in private practice and private hospitals, they hang their lab coats there and go make money somewhere else. Profit before life.

**Sen. Ledama Olekina:** This #COVID19 is expensive, someone must pay for it! Kenya has lost over \$ 1.2b in tourism revenue, \$2B in diaspora remittances, the NSE has tumbled. Our entire economy has shrunk and someone must pay for it! State House Kenya please send a bill of \$100B to China to pay!

**Dominic Walubengo:** Dear #KOT, some Kenyan politicians are desperate. This #StayHome is making them to develop strange symptoms. The reality has sunk in: many of them are non-essential.

**Eric Wainaina:** If we can't rid society of the evils that have a lifetime effect on us why should the youth listen to us? We are speaking as who? They're saying to us 'clean up your act before you tell us to clean up ours'. We still won't have national healthcare in 10 years way after the lyrics of these songs are dead and gone. Remember when Circuit & Joel released 'Manyake'? Everyone lost their minds. The song came and went. Our unemployment is worse in the age of Ethic.

-Brian Guserwa

Dear reader, welcome to your feedback page that incorporates social media, e-mail, snail mail and SMS.  
thenairobiian@standardmedia.co.ke



**@DonaldBKipkorir**  
In Kenya, Public Office has never been Public Service. People lobby & jostle to be Ministers, PSes & CEOs for personal aggrandizement. Public Service presupposes Moral Integrity which is alien ideology in Kenya. KNH CEO isn't an alien.

**@LarryMadowo:**  
I know we're washing hands, but when do we go back to taking showers?

**@Benogola:**  
An ambulance abandoned a severely injured Ken Wallibora by the roadside and went to pick up a drunken child of some "boss" to take him home! I don't know where y'all kawaika Kenyans find the energy to be proud of Kenya

**@diana\_omondi**  
I am failing to understand the urgency in drinking with your friends that can't wait until all this is over! Someone make it make sense to me please...

**@gaetanokagwa:**  
The #CoronaVirus is not about to stop spreading. Governments of the entire world need to go on lockdown, no movement of people of any kind including road, water or even air. 2 or 3 weeks of complete isolation & country quarantine with only medical personnel doing tests.



# Royal food design thrives in hustlers' downtown alley

By Esther Dlanah

Nairobi's Ronald Ngala street has over the years claimed a reputation for being a 'hustler's' territory. From hundreds of businesses lining up the street to choking human traffic and a plethora of matatu traffic, it is inarguably one of the busiest streets in the city. Not only that, most of the food joints along Ronald Ngala street are fast-food eateries where customers half-sit on long bar stools chowing away on greasy fries and diluted tomato sauce.

Well, it is within this mess of downtown chaos that one foodpreneur has found his space and is thriving while at it. Oscar Opiyo is the proprietor of Crave House Restaurant, a unique eatery that promises an odd tranquility in the midst of the chaos that is Ronald Ngala Street. He is also the chief chef at the restaurant which offers a rich palate of traditional and intercontinental cuisine on its menu.

According to Opiyo, the business name means an urgent and pressing need for food. "I have a passion for eating good food; I enjoyed the process



Some of the tasty treats cooked, plated and served at Crave House Restaurant along Ronald Ngala Street.



of cooking food right from my childhood. At home I helped in daily cooking," says Opiyo, a graduate in culinary arts and food production from Kenya Hotel Institute.

The 32-year-old, who also pursued a part time course in hospitality management from Moi University says he was desperate to share his taste for good food with the world, hence the idea to open a restaurant. Not only that, he also felt that the 'downtown crowd' would appreciate a different taste from the usual chips and chicken.

"I opened my restaurant downtown because I saw the gap for this kind of business. There are customers interested in these type of services," he says. Opiyo is a happy chef. He says that clients have taken well to his menu, with most patrons craving for Spanish churros and meatball pasta, his most popular dish.

But the most unique bit about Opiyo's menu is the artwork he does while

plating customers' food, which he fondly refers to as food design. He learnt the art from working in several 5-star hotels abroad, including in Doha, Qatar.

"Food art is about the presentation of dishes, setting the table, packaging food products and even utensils," Opiyo says. "People say that you are not supposed to play with food, but that does not stop me from creating extraordinary edible art to a perfect recipe of sumptuous cuisines." Besides Spanish churros, Opiyo says his customers have also taken a liking to Victoria cake, meatball pasta, Mexican pollo tacos, Swahili fish curry extra and carrot cake pudding.

Perhaps the most endearing thing about Opiyo's restaurant is that he supplies international cuisine on a hustler's budget. Most of his foods are pocket-friendly, with a Spanish omelette going for Sh200, a French fries omelette at Sh160, an egg-chapati roll at Sh150 and the popular Spanish churros at Sh210 per serving. He also makes different drinks including milk shakes, freshly squeezed juices and traditional brewed Kenyan tea among others. Before the coronavirus pandemic hit a blow on the industry, Opiyo says he was making a clean profit of between Sh4,000 and Sh10,000 daily.

Although he is devising means to work around the curfew, such as doing home deliveries, he hopes that his business will not go down the Covid-19 drain.



## Why government should re-open Land registries

*I have been wondering on what would happen to the real estate sector when the novel coronavirus pandemic will hopefully end following the closure of land registries countrywide. The closure means several property transactions have stalled indefinitely which impacts negatively on the economy. Can the Government consider to re-open the land registries to partly cushion the economy?*  
Paulina, Nairobi

Yes, the closure of land registries countrywide as directed by Lands Cabinet Secretary Farida Karoney will have massive negative impact on both the economy and real estate sector.

For starters, the Lands CS issued an initial notice on March 17 for closure of all land registries for 28 days towards containing the spread of coronavirus. After expiry of the closure period, Karoney extended the shut down for a further 14 days, allegedly following advice of the National Emergency Response Committee on Management of Covid-19 to allow the Government monitor the pandemic.

The closure definitely confirms your worries on the whipping of both the economy and the sector – which has recently recorded a snail-paced growth rate. Let us use facts and figures to elaborate how the long closure of the land registries countrywide will this year add salt to injury on the already crawling sector.

According to a recent report by Cytonn Investment, the real estate sector contribution to the Gross Domestic Product (GDP) declined marginally by 0.1 per cent to 7.0 per cent in 2018, from 7.1 per cent in 2017. The industry recorded a slowdown in growth rate by two per cent, managing to grow by only 4.1 per cent compared to 6.1 per cent in 2017.

The report attributed the slower growth rate to inaccessibility and unaffordability of off-take financing, with the credit advanced to the sector recording a slight decline of 0.5 per cent to Sh368.7 billion in 2018, from Sh370.7 billion the previous year. According to Kenya National Bureau of Statistics, the value of private building plans approved in Nairobi County decreased by 12.7 per cent from Sh240.8 billion in 2017 to Sh210.3 billion in 2018.

Currently, the decision by Government to extend the closure of land registries has caused frustration and propelled the Law Society of Kenya (LSK) President Nelson Havi to raise a red flag. In a letter to the Cabinet Secretary, Havi reiterates that LSK has in the past argued that the continued closure of lands registries was affecting several land transactions with set timelines.

As a result, those involved in the transactions are being forced to part with huge penalties. LSK is also accusing the ministry of reneging on an agreement they reached to suspend all timelines for registration of land.

"It is possible to achieve the government purpose of scaling down operations due to the coronavirus pandemic by allowing limited services at the lands registries like enforcing court orders, valuations, stamp duty, transfers, and discharges," Havi said in the letter.

According to the LSK President, the burgeoning backlog of land transactions is affecting several people. He insists that the Ministry of Lands should issue guidelines for online transactions to speed up the process.

- Harold Ayodo is a communication consultant and Advocate of the High Court of Kenya.

## EXECUTIVE CV: JACKLINE CHEROP, CEO OF DENSEY TOURS AND TRAVEL LIMITED

### I always grab the opportunities that come my way

By Peggy Kariuki

**Education:** Itigo Girls high school, Kenya Methodist University for a Bachelor's in business administration and Kenya Utalii College for a diploma in travel and tourism management.

**Work experience:** I started working at Charleston Travel Ltd as a senior travel and tours consultant. Later on, I worked for Bunson Travel Service/Carlson Wagon Lit Travel as a tours and travel branch manager.

After that, I joined Travelstart Kenya as an operations manager. I'm currently working at my travel company known as Densey Tours and Travel Ltd.

**Awards/recognition:** I was among the women awarded by MIW magazine as The Most Influential Women in Business and Government in the tourism and leisure sector.

**First job/salary:** Tour consultant earning Sh8,000 per month.

**Best/worst job:** The best is my current job as CEO of my company.

**First/current neighborhood:** I used to live in Murang'a Town. I currently stay at Garden City Estate.

**Worst mistake you have ever made:** Going back to employment after starting my company.

**Missed opportunity:** None, I always grab the opportunities that come my way.

**One thing I can't give away:** That has to be my family.

**One thing I regret:** I don't regret anything because I generally focus on the lessons that I learn from my mistakes.

**Unforgettable person:** My late grandmother who raised me.

**Best advice ever:** Start where you are, use what you have and do what you can.





## CorporateImage

### ManjiFoundationdistributesfood



Manji Foundation Founder Minaz Manji distributes food to streets boys along Forest road, Nairobi. The foundation has been feeding street families to cushion them from the effects of the Coronavirus pandemic. (PHOTO: ELVIS OGINA)

### MarumaraCreationsdonatesfacemasks



Nairobi's Kasarani Police OCPD Mathuri Mwongera and Kasarani DCIO Charles Mwanji receive protective face masks from Brenda Onono, CEO and Founder Marumara Creations at the Kasarani Police station, Nairobi. Marumara Creations have partnered with the National Women in Business section of The Kenya National Chamber of Commerce & Industry (KNCCI) and Kenyans of goodwill to drive 'Unmasking COVID-19' initiative in Eastlands. (PHOTO: ELVIS OGINA)

### ThikaClothMillsdonatesfacemaskstoKenyaPolice

Interior Cabinet Secretary Dr Fred Matiangi and Inspector General Of Police Hillary Mutiyambai receive a face masks donation from Thika Cloth Mills Managing Director, Tejal Dodhia. The face masks will be distributed to Police officers. (PHOTO: WILBERFORCE OKWIRI)



### KWAL donates to slum residents



KWAL Legal Director Doris Thangei, Director of Mukuru Promotion Centre, Sister Mary Kileen and KWAL Supply Chain Director Mwenda Kageenu when the company gave a donation of Sh560,000 to purchase masks and soap for Mukuru slum kids. KWAL additionally donated water storage tanks and wooden pallets. (PHOTO: DAVID GICHURU)

### Sanlam General Insurance donation



Sanlam General Insurance CEO Caroline Laichena displays a Sh8 million dummy cheque towards the Emergency Response Fund to help curb COVID-19 pandemic. The Kenya COVID-19, Emergency Response Fund is mobilising resources to support the government's efforts in the supply of medical facilities, equipment and support for vulnerable communities. (PHOTO: JENIPHER WACHIE)

### Parklands-HighridgeMCAdonatesfood



Parklands-Highridge MCA Jayendra Malde (left) donates foods to a resident of Deep Sea slums in Nairobi during a food donation drive in the area. Over 2,500 households have benefited from the initiative meant to cushion residents against the Covid-19 pandemic. (PHOTO: DAVID NJAAGA)

### Kenya Pipeline donates to NYS

Matilda Sakwa (right), Director-General of the National Youth Service (NYS) receives Sh55,000,000 from Kenya Pipeline Company Limited MD Macharia Irungu (left). The money is to purchase raw materials for the production of face masks and to pay workers. (PHOTO: WILBERFORCE OKWIRI)





# **Life** **& style**

April 24- 30, 2020

[thenairobi@standardmedia.co.ke](mailto:thenairobi@standardmedia.co.ke)

**Dealing  
with  
insomnia,  
p22**

Susan Wairimu

(PHOTO: FELIX KAMAU)



## CapitalFeature

There is psychological or mental trauma because of coronavirus. You feel sick even when you are not. Just a cough or sneeze and you are wide awake, trembling

By CHEPTOEK BOYO

We have all been there. It is 3am and you are wide awake. You can't just sleep! You stare at the blank ceiling, thinking about your loans, your ex girlfriend, who slept with your best friend and worse, this coronavirus that is creating havoc everywhere.

Experts now warn that anxieties related to loss of control and uncertainty are causing people to suffer from lack of sleep during this covid-19 pandemic.

Last week, Facebook users of a popular group were looking for a solution for their insomnia.

"How do I deal with severe insomnia? I can't sleep until about 2am and by 6am, I'm awake. Even within that short time, I just keep waking up in intervals of minutes. I had resulted in reading books and watching TV but my spouse is now suffering. What's the cure? How do I get back to my normal sleeping patterns?" the administrator asked.

More guys shared their lack of sleep experiences.

"Yesterday, I didn't sleep a wink, my sleeping pattern is erratic. I don't think I am getting enough sleep even though I spend most of my time in bed. Is there anyone going through the same thing?" asked Riziki Ngoto.

Carol Midamba, another user, says anxiety has made her stay awake since she is scared of contracting Covid-19.

"There is psychological and mental trauma because of coronavirus. You feel sick even when you are not. Just a cough or sneeze and you are wide awake, trembling."

Mwende Kimweli, a sleep trainer, says because of Covid-19, the number of people consulting her on how to deal with insomnia has increased.

"I have received calls people complaining they can't sleep, with heightened anxiety and stress. Due to staying at home, people are going to bed late which affects the body. If proper sleep habits are not adhered to, many people will end up being insomniacs."

She says when a person isn't able to fall asleep or stay asleep and wakes up feeling extremely tired and is not rested, the person is considered an insomniac.

"Insomnia can either be mild or chronic, it is usually considered chronic if a person has

trouble falling asleep or staying asleep at least three nights per week for three months or longer."

Insomniacs find the condition hard to treat, though sleep therapist says there many ways insomniacs can be helped.

"Insomnia is treatable and it depends on how the patient reacts to the treatment. I am more inclined to using cognitive behavioural therapy (CBT). This is behavioural therapy to change the habits and behaviours that a person has had over a period of time. Insomnia is always caused also by having underlying problems like stress, anxiety, depression, being on certain medications and or having other sleep disorders."

Mwende adds that one can improve their sleep through relaxation and breathing techniques like yoga and meditation.

"Ensuring you have a proper sleep routine is something we enforce on children, but not in adults. Because each person has different sleep needs and also, for anyone to wake up feeling rested, the number of hours differ from person to person. It is important to find out what bedtime routine and time works for you so that you can go to bed and wake up at a specific time. This requires consistency and regularity to achieve. Seeking help with sleep by seeing a sleep therapist also helps. Further, the more you think you have insomnia the more insomnia doesn't end. CBT involves combining concrete behaviours, such as setting regular bedtimes and wake times, with practicing positive, rational thinking which is the method I use to battle insomnia in adults."

When undergoing cognitive behavioural therapy there are important rules to follow, which include not watching TV or using a phone, hours before bed.

"When enforcing a bedtime routine, ensure that you end screen time at least an hour before bedtime. This is because they emit an artificial blue light that can suppress the release of the body's sleep-inducing hormone, melatonin. This causes a big interference with your biological clock. The more time people spend in front of an electronic device, especially in the evening, the greater the delay in the release of melatonin, making sleep a challenge. They may experience problems falling asleep as well as difficulty staying asleep. As a result, you



# Dealing with insomnia in sleepless Covid-19 period

will find yourself having sleep deprivation, which can lead to depression," she says.

She advises that the bedroom should be used for only two purposes; sex and sleep.

"Your bedroom should only be used for sex and sleep, ensure that your mattress is comfortable and that the temperature is right."

While some patients will get well through cognitive behavioural therapy, Mwende, recognises that there are some who need prescription drugs.

"People with chronic insomnia need to see a doctor who will prescribe sleeping medication."

According to Clinical and counselling psychologist, Dr Kirimi Arimi, the major causes of insomnia are related to de-

pression, anxiety, lack of exercise, chronic illness or taking certain medication.

"In Kenya, we are faced with a covid-19 situation that is causing a lot of anxiety, hence, the spike in lack of sleep. Anxiety is a normal and often healthy emotion. But, when a person regularly feels unbearable levels of anxiety, it might become a medical problem, a mental health disorder characterised by feelings of worry. Once anxiety reaches the stage of a disorder, it can interfere with a person's daily function. When an individual faces potentially harmful or worrying triggers, feelings of anxiety are not only normal but necessary for survival. The danger or perceived danger causes a rush of adren-

aline, a hormone and chemical messenger in the brain, which in turn triggers these anxious reactions in a process called the 'fight-or-flight' response. This prepares humans to physically

confront or flee any potential threats to safety. Nowadays, majority fight it on their jobs or may turn the pressure on themselves leading to anxiety disorders. With covid-19 restrictive

**“ Due to staying at home, people are going to bed late which affects the body. If proper sleep habits are not adhered to, many people will end up being insomniacs. ”**



# Lack of sleep can kill you - Expert

Mwende Kimwell says sleep is a necessity and important because lack of it can kill a person faster than food deprivation.

"A good night's sleep is important during this period because getting good sleep helps to elevate someone's mood, and maintain mental, physical and emotional well being. It also helps to ensure that person's productivity and energy levels are in check. Sleep deprivation can kill you faster than food deprivation. Along with nutrition and exercise, good sleep is one of the pillars of health. You simply cannot achieve optimal health without taking care of your sleep," she adds.

Kimwell further states that sleep isn't a luxury but a necessity and we should take care of our sleep, especially during this period of uncertainty.

"You can exercise but don't overdo it take a walk, do some cardio or aerobics, ensure you are eating a balanced diet and that if you have insomnia where you aren't staying asleep or waking up feeling very tired it is important to enforce a bedtime routine to reset your body so that you can wake up feeling better to tackle the next day. Ensure you work on a schedule of things to do the following day so that you can have activity going."

- Cheptook Boyo



protocols, most people are cut off from

the emotional relief facilitated by at workplace interaction. It is wonder

no that some people are risking being overwhelmed at the slightest opportunity as a way of coping with the stress or anxiety which is a key precursor of insomnia."

Dr Kirimi says one has to know the triggers and watch out for obvious signs and symptoms.

"These include uncontrollable feelings of worry, increased irritability, concentration difficulties. Sleep difficulties, such as problems in falling or staying asleep. Feeling nervous, restless or tense. Having a sense of impending danger, panic or doom. Having an increased heart beat."

He says while most Kenyans are using smartphone and gadgets as a way of coping with this

anxiety, the phones are worsening the situation.

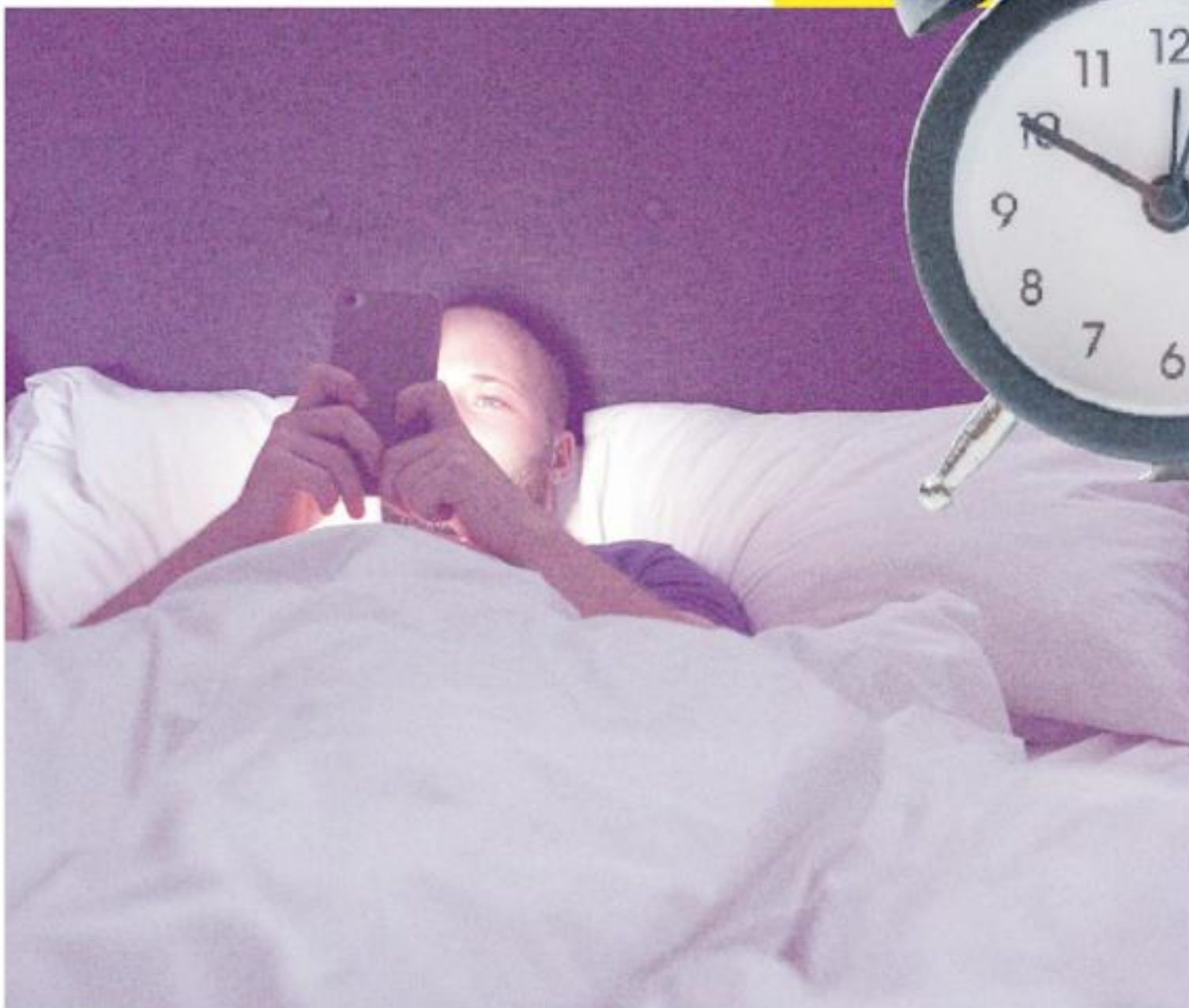
"People are more tuned to media as the only pathway they can moderate this perception of helplessness. If this browsing or indulgence causes relief, then the rewarding manner makes the behaviour of getting more from the phone frequent. The repeat of a behaviour causes negative reinforcement and it is the very aspect that is responsible for addiction. The indulgence is a way of coping from family pressure or anxiety from the coronavirus pandemic which interferes with normal sleep times and hence insomnia," he notes.

Dr Karimi also notes people reading fake news on social media also causes anxiety.

"Fake news is doing greater harm because it raises the level of anxiety. You will find many people who don't want to sleep for fear that they will wake up having contracted coronavirus. When one develops a cold, they automatically assume they have covid-19.

"While a good number of people fear to be tested, covid-19 is posing a death threat leading to unusual release of the stress hormone. Too much of stress hormone reduces immunity and staying for a long period without adequate sleep leads to unhealthiness," says Kirimi.

Heck, times may be tough, but ensure to sleep right and tight.







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PHOTOGRAPHY: VICTOR  
MURITHI FASHION ASSISTANTS:  
STEPHANIE NJOKI & TARA CHAO  
SHOOT LOCATION: VERSATILE  
MODEL AGENCY, STUDIO HOUSE-

6TH FLOOR, MARCUS GARVEY  
ROAD KILIMANI

Pictures courtesy of Neema Kinoti

# Swimwear

Ohana Family Wear Limited is a Kenyan swimwear line that combines the latest fabrics and prints to create modern designs influenced by emerging international trends. We caught up with the brand designer & founder, Neema Kinoti



## Tell us about your journey & niche Ohana Swimwear

I started this brand due to my personal semester, about to finish University and tour Europe. and I needed a swimsuit. There was everything African from clothing to shoes, backpacks... everything except swimwear. I checked other countries, they had their own swimwear thinking and I ordered my first swimsuit from abroad to make from. Initially, I didn't think much of it because I to serve a personal need. However, when it arrived, I was golden with this. I then told my dad that I wanted to start swimwear. When I showed him the African print swimwear, he knew this might be something unique, so he suggested a market survey and see if this is something my friends wanted. Ohana Swimwear, our mission is to change the narrative.

## Where is the collection produced?

We make our swimwear abroad and currently use different production factories in different countries.

## As a young designer in the Kenyan market, what are the key challenges do you face?

While Kenya is a great country, the opportunities are not many. Finance has been my biggest challenge. Growing up the business is one of the biggest issues.

## Who is the ideal muse for your brand?

I have two for my brand. My dream muse is a woman who is confident. Visualising her in my swimwear inspires me to create innovative works. And my other ideal muse is a woman who brings my ideas and visuals to life when I see them in swimwear.





the market for

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It was summer in Europe  
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where I could custom  
just needed a swimsuit  
knew I had something  
tart my business selling  
suit, I could tell that he  
ed I do my due diligence/  
would actually buy. At  
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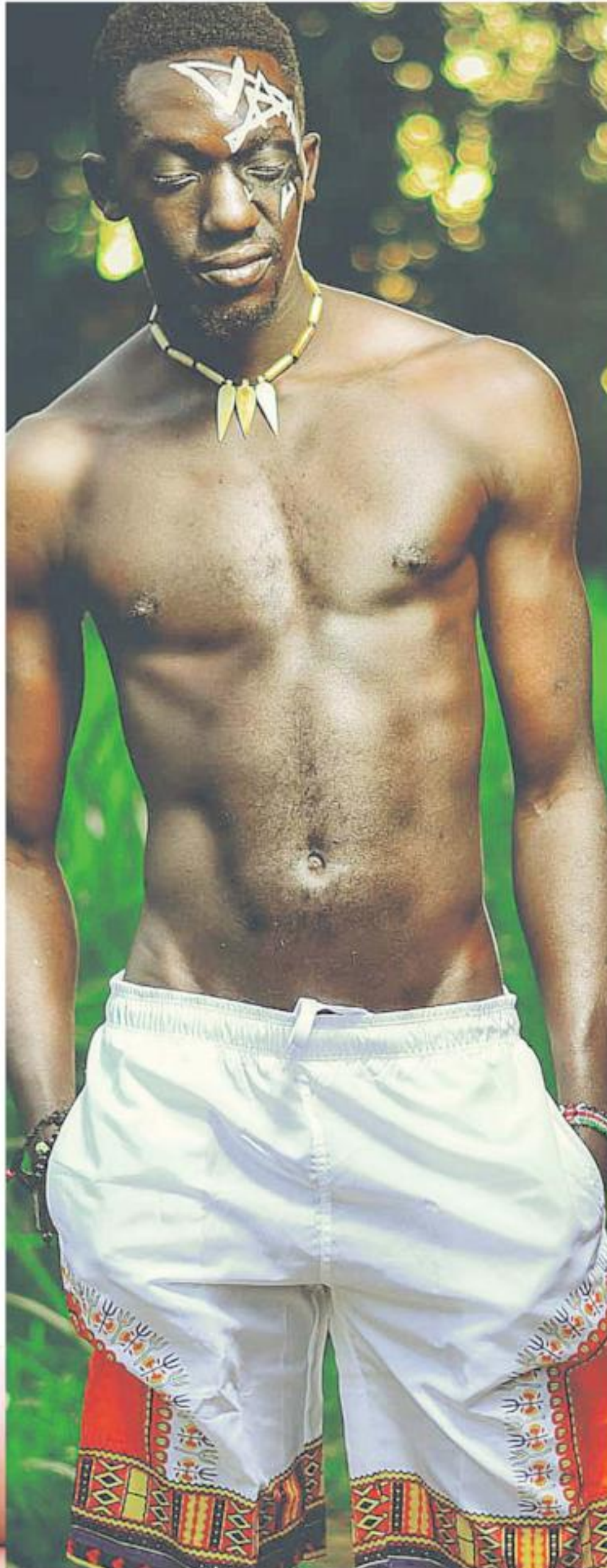
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r brand?

being Ajuma Nasenyana.  
o do my best, most  
Nayanka Singh. She  
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# Glam Life

With  
Esther Muchene

## Paraffin manicure is a good bargain



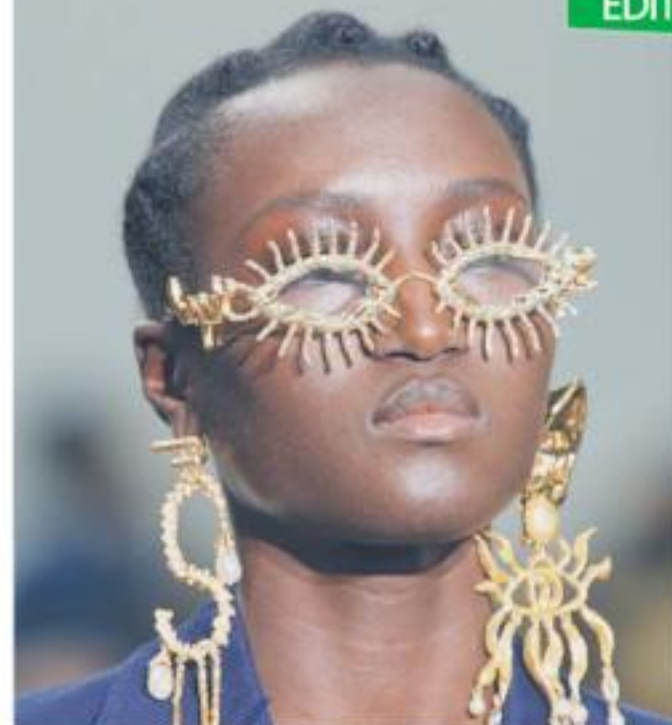
**C**onsidering the world's current situation, one has to utilise their time indoors. If you have dry rough hands and just feel like you really need to show them some love, do something new like a paraffin wax mani. This colourless, odourless wax derived from beeswax and petroleum has huge benefits.

The hardened wax cleanses the body and opens up your pores, releasing dirt, toxins and dead skin cells. The result? Other than good overall health, your

hands will be silky and smooth in no time. Coming in a variety of fragrances, all you have to do is follow the instructions. Put the paraffin wax in a microwave safe bowl and heat until the wax has melted.

Once it has cooled, dip your hands for a few seconds and remove. Repeat this until the entire hand is covered with the wax and leave it on for half an hour. Peel the wax off and moisturise your hands.

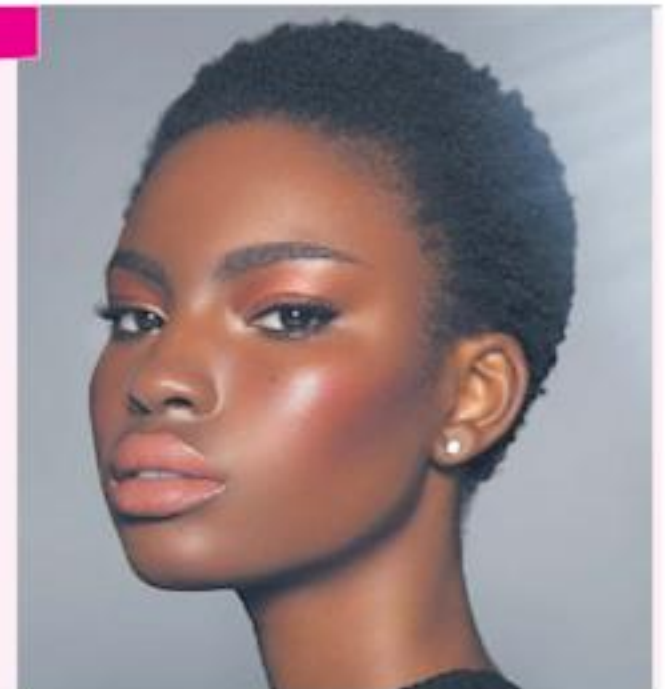
## EDITOR'S PICK



**O**ver the top jewelry is such a vibe and definitely not for the faint hearted. It may not resonate with you but think about it, what better way to breathe some serious life into your safe palette and silhouette other than a mismatched pair of earrings and a dramatic eye piece?

## BEAUTY TRICK

**I**f you can't get hold of blush for whatever reason and really want a rosy finish all you have to do is create one. Mix a matte or sheer lipstick with a 30 SPF sunscreen or 50 and apply to your cheeks. Besides functioning as a cream blush, you have protection.







# Asian Arena

with Pooja Kotedia Patel

@poojakotedia | pooja\_kotedia@hotmail.co.uk

## I inspire upcoming football players

*Sagar Lakhani absolutely loves his sport. The footballer and CEO of Diamond FC is working his way up and spreading his love for the sport one pitch at a time. Inspired by his heroes Johan Cruyff and Todd Beane, Sagar set up Diamond FC in 2008 and has never looked back. Sagar, also the General Manager at Pranik Healing Foundation East Africa, was a real pleasure to chat to this week in the Asian Arena.*

**You are doing an amazing job with Diamond FC. What inspired you to establish the academy?**

I wanted to create a space where young people can fall in love with the game and unleash their full potential. I once aspired to play professional football, however, at the age of 13, I figured I was not good enough. I then started studying the game in depth and naturally, got into coaching. This then evolved into establishing and developing a youth football club.

**What exactly do you do at Diamond FC and how do you bring the best out of the players?**

Diamond FC is a youth football club for players aged between 4-16. Our primary role is to train and inspire the players under our care. We also believe the skills learnt in this process will serve our players well beyond the football field. Players are allocated to training groups based on their age and ability. The training programmes are geared to developing players of great

intelligence, skill and character.

**Are you planning to expand and take Diamond FC to more cities across the country?**

Yes, we would love the Diamond FC methodology and experiences to spread as far as possible.

**Do you feel that there is a chance, in the near future for any young Kenyan Asian footballers to play for Harambee stars?**

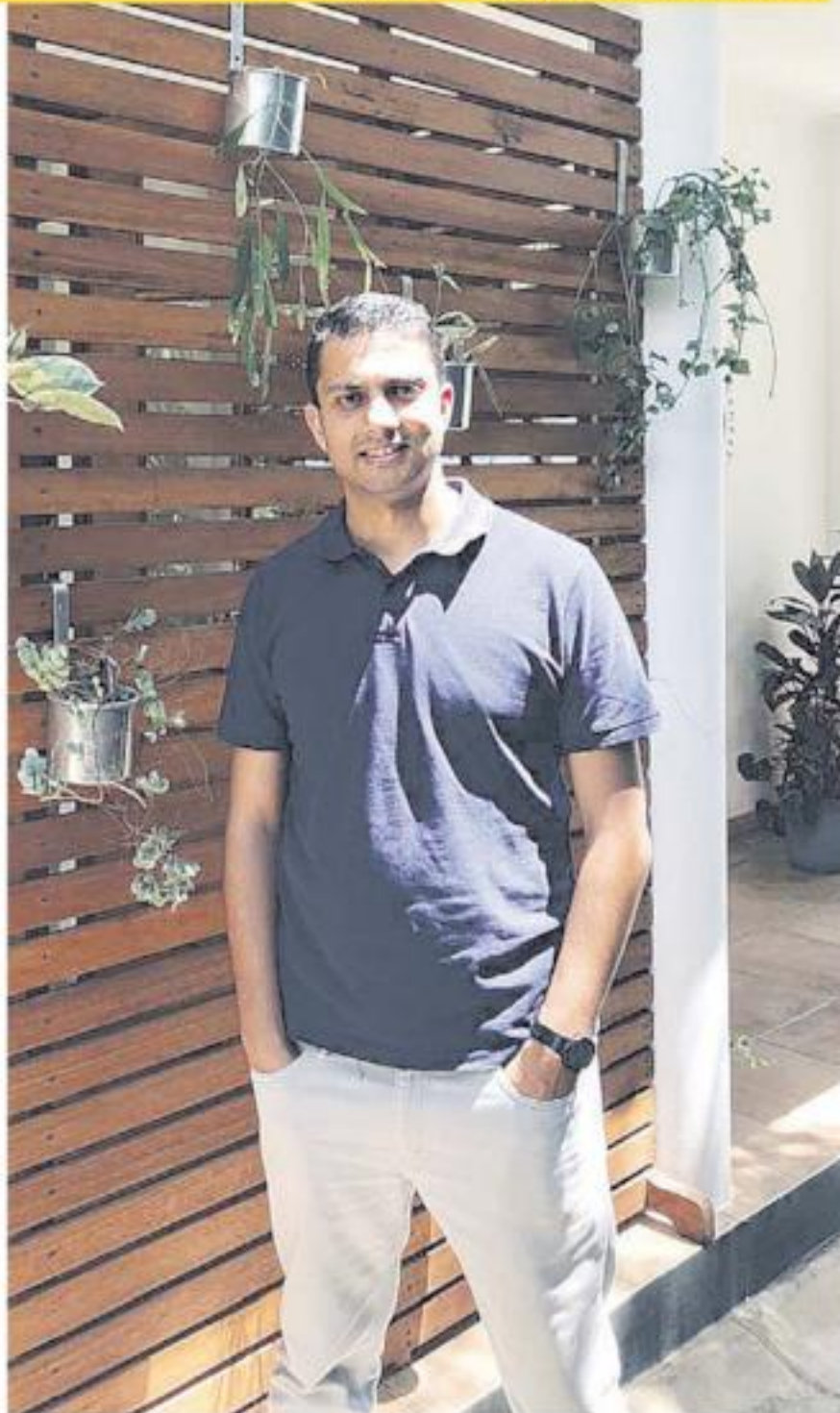
Yes, absolutely. In fact, I think that is quite close to happening.

**What, according to you is the most difficult position to play on the football field?**

It has to be the position of goalkeeper – you are very isolated and have almost no room to make mistakes.

**What are some of the challenges young and talented footballers in Kenya face compared to those in Europe?**

There are several challenges we face, from insufficient training time, coaching and educating standards, lack of structured and regular competition. In order to bridge that gap, we have a high-performance programme where the players train 4-5 times a week. We also emphasise on coach development both in terms of football training, but also, in terms of developing player mindsets. And finally, we try to provide as much competitive experience as possible by organising friendly matches.



## Rapid Fire

**Describe your personality...** I like to empower.

**Your favourite football team...** Liverpool.

**Messi or Ronaldo...** Messi.

**Favourite pre-game meal...** Something that's easy to digest.

**Favourite Nairobi hangout spot...** Karura Forest.

**Top moment in your coaching career...** As head coach for Kenya Under 15, Beating Eritrea in Eritrea against 11 players and a packed stadium in a major regional tournament.

**What would you pick between FIFA or PES...** I never play video games. My favourite competition is the European Champions League.

**Young Local football talent to watch out for...** Rajab Umar (Kenya U16)

**Best pitch you have played in Nairobi...** Wadi Degla Sports Club, Runda.

**Three most essential items in your coaching bag...** Balls, Cones, Bibs.

**What are the three most important skills any footballer should possess?** Intelligence, skill and character.

**For someone in your position, it is vital to be in good shape. Can you share details of your diet and fitness regime with us...**

I don't coach much myself, so I don't have to be in shape. But for health benefits, I choose to be in good shape. In order to stay fit I do approximately 3 HIIT 20-minute sessions per week at home. In general, I eat quite simply.

**What do you do in order to unwind?**

Meditation. I do a Meditation called Twin Hearts Meditation – it works like MAGIC. I also enjoy spending time in nature. I spend a lot of time at Karura forest.

**We would love to know about your love life, is there someone special in the picture?**

Someone very special.

## Ajay Devgn to bald up for upcoming film

Despite things being on a break and India extending its total lockdown until May, people are trying to remain positive.

Stars too are continuing to work on their upcoming projects and taking meetings and script readings via Zoom or Skype.

Ajay Devgn is also getting ready for his role in the period Drama 'Chanakya' which is set to be directed by Neeraj Pandey.

Neeraj has been working on this script for more than two years and it is finally ready to go on floors in October this year.

The lockdown and current global crisis has left his plans in the lurch, but the

director says he is still trying to work with department heads for the film through video conferencing.

Neeraj has also been speaking with Ajay Devgn in order to make sure he looks the part for the film which will be a two-film franchise.

For the role, Ajay will have to go completely bald. Ajay has gladly agreed to this look and Neeraj is being a perfectionist about the way Ajay will be seen on screen.

"It's simple, really. Ours is a period film and Ajay will have to look the part," Neeraj said.



## Zoa Morani opens up about her COVID-19 battle

Zoa Morani, daughter of famed filmmaker Karim Morani, has become one of the beacons of hope for those struggling with COVID 19.

The star kid has been very vocal about her battle and is giving hope to those afflicted with the disease.

Zoa, who is now back home, and recovering says it all began on March 18th with a mild fever, dry cough and headache.

She also said she felt very fatigued and knew that her immunity had taken a hit. She immediately isolated herself from her parents and began home remedies and immunity building drinks as she waited for the storm to pass.

The celeb admits that the hardest part of the illness was

being all alone.

Zoa soon found out that her dad and sister had caught the disease too and were now in hospital along with her. Luckily, she made a recovery and is now resting at home and is in isolation for 14 days.

She has been hydrating and sleeping a lot in order to recover fully as she continues to pray that her family will recover soon and join her at home too.





## Heads Up | With Cheptoe Boyo

What's the vibe in the city?



### Ghanian pallbearers Nana Otafria will grace Kenyan funerals

Videos of a group of dancing Ghanaian pallbearers, Nana Otafria have captivated millions around the world on social media.

The group now says they will be performing in Kenyan funerals after coronavirus.

Speaking to Heads Up, their manager, John Telewa, says he decided to manage the group after he realised they had no manager.

"When their videos went viral, I researched about them and I realised the group had only done two interviews with international media. I reached out to their leader Benjamin Aidoo on Facebook to do an interview from my vlog, but after I realised they

had no manager and I offered my service to manage them and got them a lawyer."

Telewa says the group has received so many offers internationally with China being the top bidders to put the group's face on merchandise.

"Since I became their manager, the group has received so many offers, especially internationally. They have a massive following in China, Canada, Peru, USA, Iran and Ireland. We have people calling us to use their image on different merchandise, which is good for the group."

"In China, we sold over 2,500 T-shirts in two days. We have companies who want them as brand

ambassadors and we also have event organisers and people who want the to perform at the funeral of their loved ones. A Zimbabwean offered the group \$1 million but with covid-19 the group can't travel."

The manager confirms the group's main job is pallbearing and undertaking and they are 100 members. "The group has 100 members who work in a group of six, only the strongest and the best dancers get the job."

John also says we should expect the group to perform in Kenyan funerals after the pandemic.

### Why musician Eko Dyddah was shoved into forced quarantine



Gospel singer Eko Dyddah was shunted into quarantine after he was arrested past curfew time.

He alleged he had gone to buy medication for his wife. In a long post shared on social media, his wife stated the singer had rushed to the CBD to get the drugs.

"My name is Sylvia Dydda. I have been married since January. I have high blood pressure and a high heart pulse that has led to facial palsy and other complications that have affected my mobility. I am not able to walk properly. I am taking BP meds and neuro care for the nerves. On Saturday,

my medicines ran out and my husband, Eko Dydda, decided to go buy them. He went to a pharmacy near our neighbourhood, in the late afternoon, but he couldn't find the medication. He then decided to drive to Nairobi CBD where he found and bought the medication. On his way home, he got a puncture at around 6:30pm and by the time he had fixed it, it was about 6:50pm. He continued with the journey home and on reaching Ngong Road, near Coptic Hospital, he found police road block at around 7:10pm. He was stopped and arrested. The police had commissioned a breakdown truck and every car that violated the curfew was being towed to Kilimani Police Station. The car owner was then put in a police vehicle and driven to the Police Station."

She says after paying a cash bail of Sh5000, he was released only to be called and back and put into forced quarantine.

### Sauti Sol to release new album in June

Award-winning afro pop band, Sauti Sol, are set to release their fifth studio album, Midnight Train on June 5.

Recorded between Los Angeles, California, Johannesburg, South Africa and their hometown Nairobi, Kenya, the album demonstrates the bands songwriting and producing skills with electric energy and new rhythms.

The 14-track album is centered around enjoying the journey of life but also embracing the hustles and the trials that come with it.

Special and notable features on the album include American singer and songwriter, India Arie, Sho Madjozi and Burna Boy. "There is a lot of maturity in the album, we have come of age and we express how people should perceive us freely after 11 years as professional singers. Every song speaks to an issue that is relatable to everyone," said Polycarp.



### David's fiancée Chioma recovers from coronavirus

Nigerian superstar David's fiancée and baby mama Chioma has recovered from Coronavirus. David announced on Monday through a tweet, "God be the glory be to God. Chioma has now tested negative twice for Covid-19. Thank you for all your prayers we love you."

On March 27, the singer, took to social media to announce his fiancée had taken ill after her trip from London.

"Hey everyone! I came back recently from America after postponing my tour. My fiancé Chioma also came back from London recently with our baby. We had no symptoms, but because of our recent travel

history we decided to take ourselves and our all close associates we've come in recent contact with for the covid-19 test on the 25th of March. Unfortunately, my fiancé's results came back positive while all 31 others tested have come back negative including our baby. We are, however, doing perfectly fine and she is even still yet to show any symptoms whatsoever. She is now being quarantined and I have also gone into full self isolation for the minimum 14 days. I want to use this opportunity to thank you all for your endless love and prayers in advance and to urge everyone to please stay at home. Together we can beat this!"

### Stop masturbating during quarantine, we want kids says Huddah Monroe

Kenyan socialite, Huddah Monroe has advised men and women masturbating during this period to dive into a cold shower.

According to Huddah, masturbation kills sex drive and also weakens the hormone responsible for producing sperms.

"I don't know which men and women need to hear this, but stop masturbating too much in this quarantine. Lol! It kills your sex drive! In both, masturbation weakens the hormone responsible for producing sperms. We want kids!"

Earlier this month, Huddah had an issue with the curfew.

"This 7pm to 5am curfew is annoying. I am more active at night! I wanna dress up and go disturb people. Can they change the curfew to 8 am to 6 pm? I break up. 2 hours later I'm bored and I want him back! Quarantine got me begging for D. They say Humble Yourself! Quarantine has surely humbled me!" Adding, "I feel like a caged animal or an inmate. I see why husbands have fallen in love with their wives. And breaking up with their sides. Humble yourself because there's nowhere else to go," Huddah posted.





## ArtsLounge

[PHOTOS: JAEI MUSUMBA]

# Artist using graffiti to fight coronavirus in slums

**TONY ESHIKUMO** aka Daddo is an artist at heart and enjoys everything art. When Coronavirus struck, he decided to educate slum dwellers on wearing masks, washing hands using graffiti. He chats with **JAEI MUSUMBA**

**U**sing graffiti to educate the masses is a brilliant idea. How did that come about?

Well, most people from the slum pay more attention to what they can see, rather than what they are told. People don't like door-to-door campaigns since they feel it is an intrusion of their privacy. Guys can easily relate to the images they see on the walls, since it is more captivating and eye-drawing.

**Do you target a specific age or gender?**

Not exactly. Trust me, due to the dramatic effect and bold colours that I use, one can hardly miss my work. You are bound to stop and look at the them. Our images cut across all ages. From their reaction, you can tell the images are capturing their attention. The irony is that most slum dwellers love artwork and appreciate the work, unlike guys in other places.

**What does it take before an image is painted on the walls?**

First, you have to have a rough idea of what you want to draw and this involves research for the words and images. You cannot just work from an empty mind. When it comes to securing walls, I get plain walls through calls and social media. Of course, you have to engage the owners too.

**The government has allocated Sh100million to artistes, but there was**

**no mention of graffiti artists. Do you think the move was discriminate?**

Graffiti isn't that popular in Kenya and Africa at large, so, I wasn't surprised by the government's decision.

**What challenges are you facing?**

Money is the biggest challenge. Paints and sprays are expensive.

**Majority of artists have moved online to push their businesses. Are you planning on doing the same?**

Personally, I've been active on pushing my content online even before the spread of covid-19, hence, I have not experienced any pressure.

**How did you develop this love for graffiti?**

I am a natural. I considered this a talent. While in school, I used to scribble drawings and my friends encouraged me. I used to admire the artwork on mathtrees and I knew this was where I was destined. So, when I decided to go full blown, it was easy. I perfected my art thanks to support and guidance from my peers and mentors.

**Most graffiti artists are men... why?**

I think it is an attitude thing. Most women don't believe they can draw. I have never met a female doing graffiti.

**What is the difference between graf-**

**fiti and street art?**

Graffiti slightly involves writings and scribbled drawings sprayed on walls or other public places while street art, involves artwork that is created in a public space. I personally engage in both because I'm a versatile artist.

**To what extent do you think graffiti can be influential?**

Graffiti is used to communicate issues about social change. It has been there since time in memorial.

**When it comes to commercial works, how do you price your pieces?**

Art is expensive. Price will depend on the size, time and the theme of what the art pieces.





# ArtsLounge

**Jazz Notes** with Murimi Eston



## Aaron Neville's jazz interpretations come to light

It was his jazz debut. It was delivered with rare earnestness. *Nature Boy: The Standards Album* by Aaron Neville, a member of the famed The Neville Brothers, is a marvelous piece of jazz presentation. And coming from the diverse soul, gospel, rhythm-and-blues, country, funk, rock, and pop platform, Aaron took many by surprise as far as this outing was concerned. For many years his musical inclinations were anchored in the popular genres, but this album finds him turning his feelings and artistic afterthoughts to account for his "new exploits" on the jazz front. Indeed the crossing over has been elegant.

His impressive achievements as a soul and R&B artist notwithstanding, it seems prior to this project he had been visited by visions of his jazz idols. And it must have been difficult for him not to acknowledge his compatriots Nat King Cole, Cooke, Irma Thomas, among others. You can catch a suggestion of their influences on him on pieces like *Danny Boy* and *The Very Thought of You*. His style has a strong connection to these jazz vocal icons. But I think it was in his mind that he could be able to add yet another group of companionable friends through jazz music — which here he performs with a great sense of warmth and simple directness. Add to this his expression of feelings through his distinctive smooth, flexible, falsetto voice! And not only that; this album is presented in the time-honoured way; he sings songs by some of the most distinguished composers, such as Cole Porter, Irving Berlin, the Gershwin brothers — Ira and George — and many more.

Theirs are songs that have not faded since their time to date. These songs were composed early in the twentieth-century and survived the test of time. After many years of performing R&B and soul music, Aaron Neville, who was born in New Orleans, Louisiana, on January 24, 1941, saw and indeed felt a desire to create a new audience in addition to the one he already had.

On this one, recorded in 2009, he frees himself from strictly confining his singing style to the said genres he has been celebrated for in a move that, as expected, baffled quite a good number of his fans. The spirit of this musical adventure is not about its destination, but how Aaron maneuvers his way through the various themes as he genuinely shares his sense of delight. To jazz standards buffs, this album is a treasure chest of classics — and as expected, he gives these pieces a good dose of the soul vibe, also. Songs featured here include *Blame It On My Youth*, *The Very Thought of You*, featuring the fabulously soulful and romantic singer Linda Ronstadt; *The Shadow of Your Smile*, *Cry*

*Me a River*, and *Danny Boy*. Neville's rendition of *In The Still of Night* creates a feeling of admiration by embodying in himself a whole modern interpretation of romance. He sings with a similar sense of affection on the blues-inflected *Since I Fell For You*. But equally impressive on this tune is his brother Charles Neville, whose saxophone improvisations alongside his sweet vocals are just splendid.

Instrumentation-wise, the album is given a minimalist touch yet manages to blend smoothly with his voice. But it's the ideal quality in which it's crafted that ensures there's no clashing of roles — the singer's voice remains the lead sound throughout the session, he's thrillingly meticulous in his crooning. Accompanying him in the rhythm section were some of the finest in jazz, drummer Grady Tate, bassist Ron Carter, pianist/keyboardist Rob Mounsey, and guitarist Anthony Wilson. On *Cry Me a River*, Brecker adds a fantastic verve to this all-time classic, a touch that any musician worth the mention would die for; and *Blame It On My Youth*, trumpeter Hargrove takes a brief but equally captivating solo. Sadly, the two great horn-players left this world quite soon.

Neville's style of singing is a conversational one, so it becomes possible for him to engage quite easily with his listener. Although his musical inclinations have mostly been rooted in soul and R&B, on this album he turns his feelings to account for his "new exploits" in jazz. Of course, this comes after a series of his artistically-driven afterthoughts. And, very remarkably, it didn't seem an uphill task for him to transition into the jazz idiom. His offerings of *Summertime* and *Nature Boy*, treated in two distinct styles, for instance, are very definitive of his musical discernment and presence of mind.

Like Gloria Estefan (whose jazz excursion I commented on this past week), Neville has sort of demystified the perception that a pop-music singer may not competently handle jazz repertoire and, therefore, does not deserve any consideration on the jazz stage. On *Nature Boy: The Standards*, he shares fond memories of his early encounters with or exposure to the music that he also loves. Whatever the status or recognition accorded to him by jazz enthusiasts may be, it is unquestionable that Aaron Neville is in that league of great jazz crooners — the likes of the late jazz singers Jimmy Scott, Lou Rawls, Al Jarreau, Nancy Wilson, Natalie Cole, among others.

In fact, listening to this album, one immediately gets a mixture of envy and awe and begins to realize what a fine voice his is.

## TURNING POINT

# Mother-in-law made my life a living hell

**JUSTINAH SYOKAU**, the voice behind *Twendi Twendi* lived on Muthurwa footbridge with a one-week-old baby. She narrated to **JOHN MUIA** a story of love gone sour, abuse and forgiveness

**T**ell us a bit about yourself.

I am third born in a family of five and we grew up in a normal middle-class upbringing.

**You got married at 21. How was it like being a young wife and mother?**

It was exciting at first, but after two months, everything changed. My husband forced me to resign from my job at a local hospital as he wanted us to live together in Nairobi. Eventually our marriage turned sour.

**What exactly happened?**

After we returned from our honeymoon, my mother-in-law came to our Nairobi home. She was very mean to me. I remember one time she refused to eat food I had prepared and even went on to sleep in our bedroom, saying that I was not supposed to be married in her family. I would not make decisions in our marriage because whenever I complained about anything, I was beaten by my husband.

**Did you have any children?**

Unfortunately I miscarried my first child. I remember my husband had beaten and abused me until I developed hypertension which led to the miscarriage.

**How did you cope with all this abuse?**

I was unable to cope. After giving birth to my second child, my mother came with her friends to see the new-born baby. She had also brought us a house girl. As soon as they arrived, my mother-in-law told me to pack my belongings and leave with my mother. My mother refused to separate me from my husband but they would hear none of it. I stayed for two days before I was kicked out and my husband made the house girl his wife.

**Where did you go?**

My son was only one week old at the time. I did not have money to go anywhere so we went to live in the streets. We stayed on the Muthurwa footbridge for three weeks. Eventually I borrowed some money from well-wishers and used it as bus fare to go back home to Machakos.

**What brought you back to Nairobi?**

While at home, my dad ended up mistreating me. He would

come home while drunk and abuse me the whole night. It reached to a point I could not hold back and decided to go back to Nairobi. My friend hosted me for three months before I got a place of my own.

**How did you catch up?**

I got a job in church as a cleaner. It was challenging because all that time I was moving around with my son.

**What was your turning point?**

Despite the challenges I was going through, I always believed in my mind that I would be successful. I had recorded some music CDs which I hawked in the city centre. Eventually this music became my breakthrough and I have never looked back since.

**Did you always want to be a**

**musician?**

Yes, my interest in music started when I was a child. When I joined high school, I also led in morning devotions and hymn songs. By the time I finished high school, I had written 323 songs.

**What is the message in your music?**

My main aim is to spread gospel of hope. Some of my hit tracks include *Tujikinga na coronavirus*, *Twendi twendi* (2020), *Kilisimasi*, *Nataka niishi* and *Kuendela*. I also have an album called *Mwachie Yesu*.

**Did you make peace with your father?**

Yes, in fact my dad is now my best friend and my entire family supports what I do. I also forgave my ex-husband for all the pain he put me through. It is by God's grace that I am here today.



Justinah Syokau (Photo: courtesy)



# How to care for our children's emotional needs in this storm



BY DR. EVELYN JEPKEMEI

Stay connected to school, but be careful not to overemphasise academics

Learning has suddenly shifted from the classroom — as parents and guardians grapple to keep their children engaged at home. It is not clear when schools will open their gates in the wake of rising cases of coronavirus locally and abroad.

There is no gainsaying the fact that children and youth may find themselves struggling with significant adjustments to their new routines (social distancing, home confinement, curfew), which may interfere with their sense of normalcy or stability.

A child's stability sits on three pillars of structure, predictability and security. Young people are adept at learning their environment — and they notice and react to stress in their parents and other caregivers, peers, and community members. Currently there is so much going on in Kenya, enough to make children anxious about what is happening today and its bearing to the future.

As such they may find themselves behaving differently in reaction to strong feelings (e.g. fear, worry, sadness, anger) about the pandemic the resultant conditions imposed on them. This is why parents must ensure emotional and mental wellness of their children. Although this is a difficult time, it is also a tremendous opportunity for adults to model for children problem-solving,

flexibility, and compassion as we all work through adjusting to daily schedules, balancing work and other activities, getting creative about how to spend time, processing new information from authorities, and connecting and supporting friends and family members in new ways.

As a parent, or caregiver, you should always strive to be a role model. How you share information about COVID-19 will determine the child's response. Reassure them your family is healthy, and that you are going to do everything within your power to keep loved ones safe and well. If, unfortunately, you have someone in the family who is sick, explain things using age appropriate expressions and with some empathy.

Also, take time to carefully listen to your children especially the younger ones; address their fears, and while at it, be sensitive to their thoughts and feelings. Ask the older ones to keep a journal as way of expressing their feelings.

As a parent or guardian, be positive about the changes, celebrate having more time to spend as a family. Undertake some of the doable family projects, organise your home space together, sing, laugh, and go outside, if possible, to connect with nature and get that needed exercise.

If possible, allow older children to connect with their friends virtually. Make sure to keep a regular schedule that provides a sense of control, predictability, calm, and well-being which children need. Such will help children and other family members to respect others' need for quiet or uninterrupted time and when they can connect with friends virtually.

Monitor television, internet, and social media viewing. Avoid watching continual updates on COVID-19 as this may increase fear and anxiety for grown-ups and children as well. Remember that developmentally inappropriate information can also cause anxiety or confusion, particularly in young children. Acknowledging some level of concern, without panicking, is appropriate and can result in taking the necessary actions that reduce the risk of illness.

Carefully address rumors and inaccurate information. Explain to your child that many stories about COVID-19 on the internet

may include rumors and inaccurate information. Older children, in particular, may be accessing a great deal of information online and from friends that contains inaccuracies. Talk to your child about factual information on the disease. Provide alternatives to media watching by engaging your child in games or other exciting activities instead.

There is enough evidence to show that quarantine and lockdown have resulted in significant gender-based violence and other abuses within families. For children from such difficult home situations, the time away from school could be "a total disaster." When they go back, parents and school must be prepared to continually support students who have faced trauma (from financial crisis, anxiety from COVID-19 to domestic violence).

Observe your child over time. While most children eventually return to their typical functioning when they receive consistent support from sensitive and responsive parents, others are at risk of developing significant mental health problems, including trauma-related stress, anxiety, and depression. Children with prior trauma or pre-existing mental, physical, or developmental problems are at especially high risk for emotional struggles and behavioural problems, and parents are the first line of support.

Stay connected to school, but be careful not to overemphasise academics. Locate learning resources such as libraries to borrow books from. Engage with other families and friends on how to share learning materials. Every family's capacity to access virtual learning experiences will vary greatly, but most schools sent children home with learning activities for children to do. Stay in touch and find out how the school is communicating with families and students. Be sure to read any communications you receive. Check with your children, particularly older ones, as they may be receiving information directly that would be helpful for you to know. Keep connected with your child's teacher and other relevant school staff if you have concerns about their



copied and keeping up with assignments or activities. Do not stress your child over school work.

The Ministry of Education, and partners are mobilising to roll out instruction online. Radio lessons via the English Service of KBC as being emphasized, and amplified in other places by broadcasters where KBC reception is poor. Hopefully, in the coming weeks, those struggling to support online learning will find work a rounds for students without access to technology to support learning. However, I want to quickly point out that online classes are not a panacea to the lack of a typical classroom environment. Research has a lot to say about online learning and it's not all roses.

At a time like this, Kenya may be embarking on a massive, online-pedagogy experiment, and it is not likely to end well. Years of research shows that online schooling is ineffective.

Research also shows that significant learning losses occur when children have a long break from school. Learning loss seems to increase as children move up into upper classes. It's even worse today because they're getting an abrupt break — and a rashly arranged online or distance learning environment. Usually the children who suffer most from learning loss are the low-income learners; those already struggling. If children stay home for six months, due to the outbreak, this could erase a half-year

of learning.

There is no research to measure what the effect of this massive break will be, but we know one thing for sure: The impact will not simply disappear. It will linger into next school year and beyond. It will be academic, mental and emotional. Although academic impact can be restored via accelerated learning plans and other educational strategies, mental and emotional health of children must be prioritised. And this is the responsibility of parents and guardians.

At this time, we may be embarking on a massive, online-pedagogy experiment, and it is not likely to end well



# THE NAIROBIAN

# CAMPUS

100 words on  
body shaming



(PHOTO: ESTHER DIANAH)

Skinny people often get more shamed about their body than anyone else. I can hardly count the number of times I have been called names just because I am skinny. When someone is skinny, people assume you are into drugs, sick, depressed or willingly starving yourself. My advice to anyone going through body shaming is that they should not let anyone bring them down.

Christine Mwango is a 3rd year student at Multimedia University pursuing a Bachelor's degree in applied communication.

- As told to Esther Dianah

## UoN learners to get free Telkom internet for online classes

By Stephen Mburu

University of Nairobi (UoN) students will now be required to acquire Telkom lines to access free and affordable internet for their online classes, which will be directly facilitated by the university to provide internet for all students.

According to John Orindi, the institution's Director of Communication, the Nairobi-based institution has partnered with the telecommunication company Telkom to offer subsidized internet services for their students.

"Students are asked to update their profile in the portal indicating their preferred Telkom outlet for facilitation of the internet bundles by the university," he said, adding that: "The request will be received at the ICT centre and forwarded to respective colleges for review and approval."

The ICT centres will then be required to forward the approved list to Telkom requesting for activation of the lines and the e-learning internet bundles. The lines will be dispatched to the outlets the students had chosen and immediately the line is ready, they will receive a notification asking them to pick their sim cards.

However students have raised several concerns, claiming that the telco's internet connectivity is relatively slow, especially in the rural areas where most students are currently milking goats.

"Some of us use reside deep in the interior and we suffer slow Telkom network. We should have worked with a better company since most of us will be locked out of these classes," one Cheloius Lotus said.

So far, the United States International University (USIU-Africa), Kisii University, Rongo University, Strathmore University and Mount Kenya University are among institutions that have gone virtual to wind up the remaining part of the semester.



## Marisyanna Omtatah was our favourite stylist - Riara students

By Stephen Mburu

Activist Okiya

Omtatah's daughter, Marisyanna Annurite Omtatah, last week succumbed to acute malaria, news that her close friends are yet to come to terms with. 21-year-old Marisyanna was a third year student at Riara University pursuing a bachelor's degree in International Relations and Diplomacy. The third-born of four siblings had been in a coma for about one week before succumbing to the disease.

Edda Karembo, a school-mate at Riara

University said that she was yet to come to terms with her friend's death.

"When I joined campus, she was my first friend and it is unfortunate to have lost her. She used to do my make-up all the time," Karembo said.

According to Chelsea Florence, Marisyanna was jovial and always had a spark on her face which often brought life into their conversations. She says that Marisyanna invested her time and energy in improving her skills of looking elegant. Robert Odhiambo, a student leader from the campus recalled how Marisyanna interacted with and assisted other comrades, even those from other departments.

"You related to all students so well (that) many students thought you were studying journalism. We shall forever remember your contribution into our lives," said Odhiambo, who is leader of the journalism students' association.

Vocal activist Omtatah broke the news of his daughter's demise on Twitter, stating, "Words cannot explain the pain and sorrow of losing my daughter earlier today. May her soul Rest In Peace".

He further described his daughter as "unstoppable, focused, ambitious and always aware of what she wanted in life".

Thread

Pin Tweet



Okiya Omtatah Okoti @OkiyaOmtatah

Words cannot explain the pain and sorrow of losing my daughter earlier today. May her soul Rest In Peace



## CAMPUS YEARS

## Indian girls were a no-go zone in campus

Which university did you attend?

I went to the University of New Delhi for a degree in Law.

Favourite/worst unit? My favourite unit was corporate law. My worst unit was law on taxation. I could not comprehend anything, it seemed like rocket science!

What did you do during your free time?

I am a sportsman so in my free time I would go to the field and play football. We also travelled a lot during holidays.

How was life in campus?

Life was good. But as a foreign student I had to deal with issues of being away from home and how to relate with local residents. I was the president of foreign students at the time.

How did you make money on campus?

We were not allowed to work so we relied on sponsorship, either from home or the Indian Council.

How was dating like?

We were prohibited from dating Indian girls. We were only allowed to date fellow Africans. If you cohabited you were barred from doing some things. So you and your girlfriend had to pretend like you were siblings. However, I dated on and off.

What do you think about campus relationships?

I think they are fun, what happened during my time is that people respected each other a lot. If a friend introduced you to his girlfriend, you treated her like a sister.

Where did you hang out?

We went to the field mostly. We also introduced rugby and it was fun.

Best/worst lecturer:

The best was Chancellor of the university, Upendra Baxi, he taught constitutional law. He was one wonderful person.

Campus mate you will never forget and why?

Lucas Naikuni, he was a junior to me. He is a very likeable person who stood up for anything worthwhile.

- Esther Dianah



Westlands MP Timothy Wanyonyi







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## Body&Soul

**RealTalk** Bishop David Muriithi

# God needs to trust you with money

Giving is not determined by what you give but by what is left. Give politely, be reasonable and give plentifully

Every kingdom has laws. For instance in the Bible, the law of love states that, if you do not love you do not know God. The law of obeying parents says you should honour your father and mother so that it may be well with you and that you may live long. It is the first commandment with a promise. The law of giving states, give and it will be given to you in good measure, shaken together and running over. Edwin Cole said, "The degree of loving is measured by the degree of giving, while Jim Rohm says that giving is better than receiving because it starts the receiving process."

Jesus, speaking about the nature of the Kingdom of God, uses earthly illustrations and stories that we can relate with. God delights in the prosperity of his servants and requires us to delight in him and he will give us the desires of our heart. Money management is a spiritual discipline and Jesus spoke more about money than heaven and hell. God needs to trust you with money.

Laws that govern success are drawn from the parable of talents - Matthew 25:14-30.

Law of possession: In this parable, the lord gave his servants talents that belonged to him.

Everything you have belongs to God

and he freely gives it to us.

Law of allocation: The lord gave five talents to one, two talents to another and one talent to the other. Like the lord, God gives us everything according to our abilities meaning that we are not and can never be the same. Do not worry about people who have more talents than you; because we all have something that God gave us.

Law of accountability: The lord came back to the servants to check what they had done with the talents he gave them (settled accounts). There will be a day of reckoning when God will ask you to account for what he gave you.

Law of utilisation: God expects you to use what he has given you. Multiply and move it around. When God gives you something he expects you to utilise it because it is unique, different and makes you stand out. If you do not use it, it will rot and you will lose it and God calls you wicked and lazy.

Law of motivation: The servant given one talent was paralyzed by fear of the Lord. He did nothing with the talent; instead, he buried it in the ground. To overcome fear, have the courage to do what you fear most. God has not given us a spirit of fear; but of power, love and a sound mind.

Law of application: If you do not use what God has given you; you will lose it.



He will take it from you and give to the one who has utilised and multiplied theirs. The one who does not have, even what they have will be taken away.

Law of compensation: Everyone who has more will be given and will have abundance. God will give you over above what you already have. He will compensate you by adding to you much more.

Law of affirmation: The lord affirmed and encouraged the servant with five talents with the words, "Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord."

Law of giving: Giving is a ministry, a gift of the Holy Spirit and it opens doors of success and prosperity.

In exercising this law: give out of your poverty. Giving is not determined by what you give but by what is left; pray before you give so that what you give is acceptable and pleases God. Give politely, not to show off. Be reasonable and give plentifully. Martin Luther King said, "I have tried to keep things in my hands and lost them all but what I have given unto the Lord I still possess."

**Bishop David Muriithi**  
Founder & Overseer  
House of Grace International Ministries

**Such is life**  
Phenny Awiti

## Cyber bullies and trolls should take a back seat

These days, the internet focuses on how and what people portray as their lifestyles. It can be so hard for people with low self-esteem to understand exactly how to deal with such ordeals. It is so sad that we compare our lives to other people's and have no sense of belonging or understanding that no matter what we do, being authentic is paramount.

Cyber bullying has become the norm, especially for those who choose to inspire others on social media. Well, they say that what doesn't kill you makes you stronger, or, the unknown cannot be attacked. However, it is challenging to experience this type of action for anyone, and putting on a thick skin on a daily basis can get tiresome. But nobody ever said that telling your story would be an easy task.

When I came out as a person living with HIV, I just came out! I did not think that people would look at me differently. However, when I started the 'media tours', it got worse. The more people see you on TV, the more they expect from you in terms of how you are living your life. In the eyes of people, you need to be driving big machines and living big because you were on TV. My neighbours kept looking at me like "si ni wewe tuliona jana kwa TV?"

They expected me to have a different lifestyle as most 'celebrities' do. Online, it became harder, the more followers I got, the more the hate brewed! From allegations of faking being HIV Positive, to being trolled that I am using my kids for fame and money. Coming out as HIV positive has nothing to do with publicity or 'fame'. My advice is, support every upcoming 'someone' out there. It is not easy for them. Without support systems from my most inner circle, I would have crushed long ago!

I hope we learn to appreciate someone that tells their story to the world without judging. I hope we learn to be careful with playing with people's emotions in the name of 'speaking our minds' online. I pray that we will learn to soak someone who comes out to tell their story with love, confidence, courage and most of all, positivity.

**In-house Doc** Dr Alfred Murage

# Be cautious about the health supplements you consume

Health supplements, also known as dietary supplements are a common fad. They come as vitamins, minerals, herbs, botanicals, amino acids and a multitude of other formulations.

There are over 50,000 supplements available, most if not all claiming some health benefits. All this is fueled by an insatiable craze to swallow anything claiming to be natural.

You need to know that supplements aren't as rigorously regulated as pharmaceutical drugs. Many regulatory authorities treat supplements as foods rather than medications.

Thus manufacturers of supplements do not have to prove that their products are safe or effective before putting

them into the market. Some supplement manufacturers, adhere to good manufacturing practices. You will see some products displaying a seal of quality from recognised testing authorities. The rest are open to disputable claims of what they put on the label.

But is popping pills into your guts every day worth your health? Supplements are not intended to treat or prevent disease. They are meant to provide nutrients not otherwise consumed in sufficient quantities.

Claims of 'magic cures', 'totally natural', 'completely safe' are just overblown marketing gimmicks. Some studies have shown that over 90 per cent of health claims with supplements



are incorrect. Harm from supplements is real. Over-consumption can lead to liver damage, some ingredients can cause severe adverse effects and some contaminants have even led to death.

If you want to take supplements, do some fact finding first. What benefits are you looking for? Can the claimed health benefits be substantiated in some way? Some supplements can have adverse interactions with prescription medicines and cause serious harm. Some products will contain more or less of the ingredients listed, while others will contain stuff that is not even listed!

Analysis of some supplements has come up with disgusting contaminants that have included

rodent feces and urine.

Supplementation is important in certain health conditions. But research has shown little benefit, and in some cases, there is evidence of harm with unselected use of supplements.

If you are in good health and already eating a balanced diet, taking a load of supplements is questionable. Trying to counter your unhealthy habits with miracle supplements isn't going to cure your ills. Better direct your efforts and money to more proven ways of staying healthy or the next batch of supplements you ingest will be your undoing.

**Dr Alfred Murage** is a Consultant Gynecologist and Fertility Specialist.  
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Roxanne

Love life

All your relationship issues tackled

# Dates no excuse to grope women

He was probably expecting me to ride him bareback at the back seat of his car at the end of the date!

Do some men not know how to read social cues or they just don't give a damn? I remember some time back I was out with this new guy. Less than ten minutes into our rendezvous, he nonchalantly rested his hand on my thigh.

It was quite disconcerting, particularly because I was wearing a mini skater dress. Not that it would have been acceptable if I was wearing something a little more modest but the fact that he potentially had unfettered access to some sensitive areas sent me on edge. I wouldn't have put it past him to Donald Trump me and grab me by the you-know-what.

I instinctively slapped his hand away. He turned to me with this look of genuine surprise and hurt and asked me why I did that. I told him that I didn't feel comfortable with him touching me on my bare thigh. "But we are on a date!" he countered. I wanted to hurl back "so what?!" but decided it was not worth it. If he didn't see anything wrong with getting touchy-feely with a girl he had just met, there was no way I was going to convince him. Our dinner menus hadn't even been brought yet and I was already planning an exit strategy. I didn't want to wait and see what other unpleasant surprises he had in store for me. With his reasoning, who knows, maybe he would have been expecting me to ride him bareback at the back seat of his car at the end of the date! I made some excuses and hurriedly made my escape. What a waste of my time and energy!

So, let's talk about the touch barrier, what the right time is to break it and how

to break it without coming across as a creep.

First things first, I know some people are wondering what the heck a touch barrier is. The touch barrier is an invisible zone people have between themselves and other people. It is a sort of an intimate space whereby if crossed, it can make a girl really uncomfortable. Breaking the touch barrier is important because it marks the transition between something platonic and something more romantic and intimate. While it is important to break the touch barrier so that things can escalate sexually, timing and testing the waters is key. If my date had played his cards right, I probably would have placed his hand on my thigh myself! He jumped the gun by going straight for my bare thigh. He didn't bother to test how I would react to other less threatening forms of physical contact first.

You want to start small, anything overtly sexual will not be well received! Start by holding her hand and observing her reaction. If she doesn't appear to be bothered by it, you can escalate a little bit by cuddling up to her and then move on from there. You want to build her level of comfort slowly until she feels ready to do whatever with you. You just can't rush a woman's comfort level! A woman accepting to go out on a date with you doesn't mean you have earned the access to her body. Don't be greedy. Take it slow.

[roxannekenya@gmail.com](mailto:roxannekenya@gmail.com)



## Urban Roulette

### If only we minded our own business

Apparently, everyone is "hydrated, moisturized and minding their own business". This has to be one of the most annoyingly overused catchphrase of recent times! I am sure most of you are hydrating and moisturizing but only a negligible number of you are actually minding their own business. "Mind your own business" or "I am minding my own business" are phrases everyone likes to throw around offhandedly but very few of us actually conform to. It is also interesting to note that the people who throw around this phrase around the most are actually the biggest culprits of not minding their own business!

People post this on social media right after stirring up some drama to let us know that somehow now they don't care and are keeping to their own lane. Except they mind their own business until some juicy gossip topic comes along and all of sudden their nose is all up in someone else's business. I think this quote sums it up best: "Minding your own business is a full-time job. Stay employed!" What does it really mean to mind your own business? Well, for starters, it means staying the hell away from issues that don't affect you personally. This is something that I resolutely aim to apply in my life. Whenever something comes up and I feel myself forming opinions about it and especially when I feel compelled to share those opinions with others, I ask myself what impact this issue will have on my life. If the answer 'none', I do my best to forget it and let it go. I keep my opinions to myself. Every day I see people get so invested in celebrities' issues to the point of starting squabbles with strangers online and all I really want to ask them, "What's it to you?" It seems rather foolish to work yourself up over something that doesn't involve you and most importantly, doesn't affect you.

Minding your own business also requires that you stop giving unsolicited advice, no matter how justified and right you think you are. The rule of thumb is: unless someone has specifically asked for your insight on an issue, you have no business giving it especially when you don't have a personal relationship with that person. I can't tell you the number of times I have received unsolicited advice online from 'friends' I wouldn't even recognize if I bumped into them on the streets. They do it under the guise of being helpful but truth be told, they are just being nosy. You also mind your own business by not casting judgment on people or situations you know nothing about. Just because something wouldn't make you happy doesn't mean it doesn't make another person happy. Don't judge other people based on their choices of job, relationship partners or anything like that. You may not like that someone's boyfriend is a certain way, but instead of judging them or speaking badly about them, just be glad that you are not the one dating him and leave it at that. Not your boyfriend, not your problem.

Lastly, minding your own business means turning a blind eye to everyone that is minding your business. Other people's opinion about you are not your problem. Be very mindful of what you put your energy into.

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## the HOOKUP



I am Ian Akako. I am looking for a stable sugar mummy. Age does not matter. [Akakoian97@gmail.com](mailto:Akakoian97@gmail.com)

I am Philemon, 34, short and slim. I am a casual worker in Nairobi looking to be hooked up with a sugar mummy aged below 50 years. She should preferably be living in Nairobi or its environs. [Philemonyegon34@gmail.com](mailto:Philemonyegon34@gmail.com)

Kim, a trader in Nairobi wishes to meet an employed woman aged 24 to 34 for a relationship leading to marriage. SMS 0774642418 or email [masterplankimow@gmail.com](mailto:masterplankimow@gmail.com)

I am Dennis. I need a sugar mummy. I live in Nairobi. [dennisesheri@gmail.com](mailto:dennisesheri@gmail.com)

To all lonely-hearts, send your name, age, location, occupation and a brief description of the man or woman of your dreams to: [thenairobiian@standardmedia.co.ke](mailto:thenairobiian@standardmedia.co.ke)

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**Chemsha Bongo** Hassan Ali

# Buriani Ken Walibora!

**N**aiona kama jana! Naikumbuka vizuri siku hii. Nilikuwa mwanafunzi wa uanahabari. Natafuta masomo ya ryanjani. Nikawaza na kuwazua. Jiji la Nairobi silijui vema vile. Kwa kuwa nilikuwa nimekisoma kitabu chako cha Siku Njema nikiwa katika shule ya upili, nikasema nitakufuata. Kwa nini?

Nikidhani kuwa wewe Ken Walibora ndiye wewe Kongowea Mswahili. Nikauona utu na upole wako kwenye kitabu. Nikaulinganisha na wewe binafsi. Na ni kweli. Utu na Uswahili wa Kongowea Mswahili, ndio huo nilioupata na kuona kwako Ken Walibora. Ilikuwa siku ya Jumanne. Nilifika jumba la Nation Center. Nikaelekezwa hadi orofa ya pili. Nikamfuata mpokezi na kumwomba kusema nawe. Akaniuliza kama nina miadi nawe. Nikasema la! Akafanya kushtuka. Lakini akakupigia simu. Tukasemezana. Ukampa maelezo binti wa watu. Jina lake Kadenge.

Akaniandikia vya kuniandikia. Kwa kifupi tukaonana nawe katika orofa ya sita. Ilikuwa siku njema kwangu! Ukaniambia kuwa Siku Njema ni kazi tuya ubunifu. Utaandika kuhusu tawasifu yako. Na kweli ulitua chia tawasifu yako Nasikia Sauti Ya Mama. Ukagundua papo hapo kuwa nilikuwa na kipaji cha utangazaji. Hivyo ndiyo nilivyopokelewa na mtoto wa mwalimu.

Licha ya kuwa nilikuwa mwanafunzi mkembe wa uanahabari, ulihakikisha nimepewa kandarasi. Nikajifunza kuzisoma habari. Ukagundua nina mapenzi na habari za michezo. Ukaniunganisha nao Bernard Otieno na Mustafa Iddi. Ikawa siku nyingine njema kwangu! Nikaanza kufanya kazi na majagina. Nikatagusana nao kina Lolani Kalu, Rashid Ronald, Francis Mutege, Anne Mawathe, Shaban Ndege, marehemu Omar Babu kutaja baadhi tu ya wenzangu katika kitengo cha Kiswahili. Alikuwapo mhariri tukimwita 'simba' bwana Mutege Njau.

Ukaniipa ujasiri wa kuvumilia. Siku moja mhariri wetu B. Farida Karoney (sasa hivi waziri wa ardhi) akaniuliza ni kwa nini sikuwa nimevaa tai. Akanitaka nianze kuvaa rasmi.



Mwandishi wa makala haya Ali Hassan (kulia) akimhoji marehemu Ken Walibora.

Kunyonga tai ati! Wanahabari wengine wakasikia nikiamrisha kuvaa kuvaai. Wakiongozwa naye Basset Buyukah. 'Kijana sasa utanza kuvaa tai,' akaniambia Shabaan Ndege. Kwa utani. Mwanafunzi siku hizo sina nauili seuze tai. Ukaniita. Ukaniuliza. Ukaniuliza kama sina tai uniletee. Nikakwambia ninazo. Sikuwa nayo hata moja Ken. Pole. Nilikudanganya. Mola anisamehe. Nikapotea Nation kwa muda. Ukaniitafuta na kunirejesha kazini...chozi lanitoka!

Ukanitosa katika uandishi. Ukanifunza tafsiri. Nikaanza kuandikia gazeti la Taifa Leo. Mhariri siku hizo ndugu Ofuyo. Naambiwa ni marehemu kwa sasa. Naandikia Taifa Leo hadi leo hii. Nikushukuru vipi Ken? Ndugu Walibora, sherehe za kumi kumi, huko Wasta kituo cha Kiswahili. Miye msherehesaji nitamwita nani jukwani kutongoa. Hivi anajisikiaje mwalimu Wallah bin Wallah. Aliyekutuzungu ali hai?

Vikao na makongamano shuleni tumetembea nawe kwini. Nakumbuka tukiwa Kuria. Ukianza simulizi zako kwa kuwashtua wanafunzi. Ukimwita Matuko weye! Kutoka angani. Ulikuwa mcheshi. Halafu mlumbi kweli! Unakitongoa Kiswahili! Unakiita hadi

kinitika! Baadhi ya safari ukinipa hadhi ya kukundesha wewe. Kwenye benzi lako! Makala yako katika gazeti la Taifa Leo. Utamu wa lugha. Uliwahi kuandika juu yangu. Ukijadili watangazaji wa mpira nchini na matumizi ya lugha.

Ukanivisha koka. Ukijumuisha hadithi zangu kwenye mikusanyiko yako mbali mbali ya hadithi fupi kama Kunani Marekani, Sina Zaidi, Maskini Milionea, kutaja tu baadhi. Kila Jumamosi, Nuru ya Lugha, Redio Maisha, hukosi kuutoa mchango wako. Mara ya mwisho, Jumamosi mbili zilipita, ilikuwa uchangie kuhusu msamiati wa janga hili la Korona. Kumbeki! Umeifariki dunia wakati wa janga lenyewe la Korona.

Hivyo ni vigumu kusindikiza kwenye makao yako ya milele na umati wa watu. Badala yake wanaruhusiwa watu wachache tu. Kama ambavyo yalivyowafika baadhi ya wahusika kwenye kazi zako za fasihi. Natamani niendelee kusema. Kalamu yataka niseema sana. Lakini moyo umekataa kata kata. Mengine ni moyoni. Tutakwenda nayo kaburini. Nenda salama mtoto wa mwalimu. Salamu zangu kwa wenzetu waliotutangaulia kutoka tasnia hii ya uanahabari na uandishi. Kiswahili kitakukumbuka daima na dahari! Lala salama Ken!

**Mwanba wa Lugha** Geoffrey Mung'ou

# Kenya imemsaliti Walibora

Leo natumia jukwaa hili kukumbuka mwandishi maarufu wa Kiswahili, Ken Walibora Walibora. Ni kweli kwamba kila nafsi itakuja kuonja mauti. Pia ni kweli kwamba hakuna anayejua siku ya kutwaliwa kwa roho yake kwenda barzakhi.

Aidha, hakuna anayejua jinsi mauti yatakavyompata...wewe umetuacha kupitia ajali! Laiti argejua, Ken asingerauka alfajiri ile, asingefululiza kwa Benz hadi Barabara la Kijabe, asingefikisha kimuujiza hadi Landhies, baada ya kuliacha gari Kijabe. Alivyojikuta kwenye ngome ya kifo, hakuna ajuae. Hiki ndicho kitendawili kikuu; kajikutaje kwenye vichochoro vya walalahoi...eneo ambalo sisi walipa-kodi tumeachiwa - lisalie chaka la simba wa kutururua? Aidha, kumbukizi kuhusu taswira ya mtu wa hadhi na umri wa Ken kukimbilia usalama, inaliza machozi.

Akawa amefaulu kukwepa mikono katili ya waliomfurusha, lakini ziraili akamkutanisha na basi lililomgonga. Akawa hajiwezi tena, huku akitokwa na damu. Yarabi! Ken akaachwa na nchi aliyojinyima usingizi kuitumikia...kwanza akaachwa katika eneo la ajali kwa saa nzima akitokwa na damu. Nalo gari la ambulensi lililopita hapo mwanzo, likaondoka bila kumchukua. La pili likafika saa moja baadaye. Licha ya kufikishwa hospitalini, akaachwa vihi hivi kama asiye na asili wala fasili...saa moja ikapita, saa mbili, tatu, nne tano na kuendelea hadi akakata roho bila hata mkono mmoja wa daktari wala muuguzi kumgusa.

Huzuni iliyoje. Walibora ni mtu maarufu ambaye karibu kila sikio lishalisikia jina lake...pia sifa zake. Lakini katika safari hiyo ya mauti, ikawa kwamba hakuna aliyemjua; si walioshuhudia ajali si wapita-njia si madereva si wahudumu hospitalini, ati hospitali ya kitaifa...kitaifa kitu gani? Pukachaka...Kambirani!

Ken, popote ulipo, nanena nawe kiritifaa. Nchi uliyoitumikia ilikutelekeza. Imetuachia vichochoro hatari, nawe ukajikuta huko. Nchi uliyoiandikia vitabu vya kuwafaa wana wake shuleni ilikuacha kwa saa nyingi ukipitia uchungu bila kuhudumiwa. Umeaga dunia ndipo wakakutambua kuwa wewe ndiwe Walibora. Tangu uage dunia, umesifiwa mno kwa utu, uungwana, upole, ukarimu

**Siku Njema** Ken Walibora

**Ndoto ya Almasi** Ken Walibora



na bidii katika kukishughulikia Kiswahili. Umesifiwa sana licha ya kuwa hukupenda sifa sawa tu na falsafa aliyoiandama mamaye Kongowea, Zainabu Makame kuambatana na maneno haya ukutani pa nyumba yake (Siku Njema, uk. 4):

*"Kinywa chako mwenyewe, kisikusifu Ni kheri sifa upawe, na wengine dumiani Sifa nyingi upaliwe, zijae hadi pomoni Mwenyewe usijisifu"*

Waama, kifo chako kimewaliza wengi; vilio kutoka vyama vya Kiswahili kama CHAKITA, CHAKAMA, CHAUKIDU, mashirika ya uchapishaji, viongozi wa kisiasa, vilio vya wanahabari, wahadhiri, walimu, wanafunzi, watumiaji wa mitandao na wote walioko ndani na nje ya Kenya. Umetuachia mawazo tele kuhusu adui - kifo. Hata Kongowea Mswahili katika Siku Njema (uk. 10) punde alipofika na mamaye, alibaini kuwa kumbi maisha ni ukungu; lichomozapo jua la mauti hayana budi kutoweka. Aidha, maisha ni mshumaa uso mkeshi. Mara ya mwisho tulipozungumza redioni, ulisisitiza maono ya kuwa na CHOMBO CHA KISWAHILI. Liwalo na liwe, wallahi tutafaulu! Kwa yaliyokupata, mlifi ni Mungu! Buriani Ken!

**Tafakari** Stephen Mburu

# Mambo tano muhimu ya kufanya wakati wa Quarantine

**M**engi yanasemwa, ilhali asilimbia kubwa ya yasemwayo wakati huu hayatekelezwi. Nimewaza na kuwazua jinsi vijana wanavyofaa kuwa wanatumia muda wao.

Swali hili limenipa kumbukumbu kuhusu miaka ya awali wakati wahadhiri vyaoni walivyogoma na kutuacha tubarizi chuoni kama watalii waliotoka bara Ulaya, wakaja kupunga unyunyu wa kwetu pwani. Yafuatayo ni mambo tano makuu ambayo kila mmoja anafaa kujihusisha nayo wakati huu wa kafu.

Kwanza, jifunze kozi mpya.

Wakati huu vyuo vingi, hata vya bara ulaya, vinatoa mafunzo ya bure kwa wanafunzi wapendao duniani. La msingi ni kuhakikisha kwamba unachagua kozi uipendayo na ujifunze kozi mpya. Usikae mbu mbu kama mzungu wa reli. Usiwe kijana barobaro asiyetaka kujua mengi kando na matini anayopewa chuoni.

Pili, hakikisha unafanya mazoezi. Jilibishe kutengeza mwili wako. Hakikisha kwamba mwili wako unanyooka. Hii ni kwa kuwa kafu hii imekuja na mabadiliko katika pilkapilka zetu za kila siku. Hakikisha kwamba

iwapo shughuli zako zimepungua, unafanya mazoezi chumbani. Mazoezi husaidia mwili kuwa bora na wenye afya.

Tatu, tenga muda wa kuwazua kuhusu miaka yako ya baadaye. Iwapo umefikisha umri wa kuoa, jitengee muda kuwaza kuhusu maisha yako na upange mikakati ya jinsi utakavyopiga hatua.

Vile vile, katika muda huu unaweza hakikisha kwamba unawaza kuhusu maisha yako ya kila siku na kuona iwapo unatenda kile ambacho hukupa furaha. Kwa kufanya hili utakuwa na fursa ya kujirekebisha unapokosea.



Nne, hakikisha kwamba una muda wa kutosha kuungana na uwapendao. Hawa ndio watu ambao utaishia kuwa nao baada ya miaka tele kazini. Wape muda na fursa ya kuburudika nawe.

Yote tisa kumi ni kwamba, hakikisha unakutana na watu ambao watenda au

wanamiliki kile unachoazimia. Kwa kutenda hili utakuwa na fursa ya kujifunza mengi kutokana na jinsi walivyomiliki mali ile au hata jinsi walivyofika katika sehemu ile. Ndio ukuu wa maisha, kuona kwamba una uwezo wa kuuliza mwenzio na utekeleze maishani mwako nawe ufanikiwe.

Hayo mambo matano si yote yakutekelezwa, ila badala ya kushinda ukipoteza muda mitandaoni ukitaifuta binti au dume la 'kukusitiri' wakati huu, mbona usifanye la kukufaidi baadaye. Tuwaze vyema na tujikinga Wanafakari.



## FlashBack



OLD SCHOOL



## Serani: Where Joho learned ku chapa kazi

By The Nairobiian Reporter

**S**erani Secondary School is a boys-only government day school in Mombasa County. It was established around 1912 as an Arab boys' school to educate Muslim boys. It is a small school with a current student population of about 500.

The school's motto is 'elimu ni nguvu,' meant to reinforce the belief that education always serves one later in life, but students jokingly reworded it to elimu ni ngumu!

Indeed, there is a common per-

ception that students there almost always turn out to be delinquents. Being a day school, most leave as early as 4pm and have a lot of time on their hands. Some have been known to experiment with stuff that can interest the police. Little wonder that Serani usually registers average to poor results in national exams!

This school in Ganjoni has no playing ground, but its students cherish sports and have to share fields with the neighbouring primary school that shares a name with the school. Despite the handicap, Serani is a sporting giant, having produced national team players Abdi Simba and Geoffrey Osama.

Among notable alumni who wore gray trousers, white shirts and green sweaters include Mombasa Governor Hassan Ali Joho and former Harambee Stars captain Robert Mambo.



Robert Mambo

Mombasa Governor  
Hassan Ali Joho

BornCity Ainea Bolingo

## Nightfall was for police, dogs, hookers and thugs

**I** was chatting up a senior police officer as we waited for our vehicles to be checked. I have many friends in the police force, so I am easy with them. But I keep my distance, the effect of growing up in the Eastlands where we learnt not all cops were to be your friends, and that besides respecting them, they were never to know much about you.

The senior cop was explaining how the present generation hardly respects the police whom they treat like immobile stones by the roadside. He gave examples of doing patrol during curfew when they find youngsters playing soccer after 7pm. Most have the guts to show them the middle finger, yet some of the cops are older than their parents.

There is this young dude in our WhatsApp group who always complains about cops. I told him the problem with the *mahewa* generation is that they lack discipline and everything is not about their rights.

I wish Kenyans in the Diaspora told them how they manage to keep out of trouble. For one, they fear authorities as they know any mistake will see them deported to Kenya where hunger is no joke.

We were also trained to fear authorities. The worst thing that happened while growing up in Buruburu was being accosted by cops at night and they barked "watu wanaokubaliwa kutembea usiku ni polisi, mbwa, malaya na wezi" and you had to pick the category you belonged to.

Back then, cops mopped out anyone loitering at night past 10pm which was what we loved doing having turned 18 in the late 1980s.

Cops in patrol were accompanied by a navy lorry nicknamed

Mariamau which reversed facing the door of a bar and one's escape depended on negotiation skills. We were taught the following rules:

1. Cops are more than human beings, they are Crowns representing the government. As late no nonsense Cabinet Minister John Michuki often told Kenyans: the government can knock off your teeth and ask you to report it to the nearest police station!

2. When on the wrong and a cop is staring at you, be humble and respectful. Use words like *mkubwa* and *boss*. Admit your mistake if on the wrong and congratulate them for good work: *Mkubwa leo umenipata kabisa hata sijui ni-jitete aje nakubali makosa*". Never bring issues about the Constitution and human rights (that is social media nonsense) as it will be their word against yours and theirs will prevail.

3. Even if the cop is on the wrong, wait for them to talk before being submissive and if you think your right, politely ask that the case be taken forward.

4. In case you're guilty, ensure you don't enter the Mariamau. Negotiate. Kneel even. Do not have your name in the OB (Occurrence Book) as that cooks your goose.

As my good friend Charles Owino, the Police Spokesman often says, Police are also human beings and will react just like any other so people should not make their work difficult."

Obeys the law and avoid punishment like you did in secondary school. Don't give cops reason to use "instruments of violence" on you as they will mostly do during partial lockdowns and dawn to dusk curfew during this time of coronavirus pandemic.





# FlashBack

## The Immortals

### Chris Obure: Avid sportsman turned legislator

Chris Mogere Obure was born in Kisii County in 1943. He attended local schools before joining Kamagambo High School for the Cambridge School Certificate, then Kisii School for his Advanced level certificate. At the University of Nairobi, he graduated with a BCom degree. Obure's early years were very eventful. His father was a colonial civil servant who was also business minded. Obure was an excellent pupil and student who had no difficulty performing well all the way to university.

After sitting his form four, he was admitted to Kakamega High School but unfortunately his calling letter did not reach him on time. With his excellent grades he was accepted at Kisii High School where he distinguished himself as a great sprinter and sportsman. He was also a school prefect. All through he rarely played football in school, his focus was on athletics. When he joined the University of Nairobi, he continued frequenting the sports fields for exercises. By coincidence Gor Mahia were using the campus grounds as their regular training venue.

One day, they were short of numbers and asked Obure who was just hanging around to join them for practice. With his sprinting background, he became the new revelation to the club. That is how Chris Obure joined Gor Mahia FC as a speedy winger. Enter Stephen Kikumu and Leonard Mambo Mbotela as football commentators. The name Obure became popular on the airwaves all the way to his rural Bobasi home. At first they could not believe it was the Obure they knew. Later on they confirmed. His popularity had begun. His education was an added advantage and he had just secured employment with the Bata Shoe Company as company secretary between 1969 and 1973. Things looked pretty for Obure until he decided to join siasa in 1969. He was still a bachelor.

The incumbent was Zephaniah Anyieni, an old guard. During campaigns, Anyieni kept on pointing out to voters that Obure was still a bachelor who should not be allowed to lead. Obure lost but went back to his job at Bata. One of his main achievements at Bata was the establishment of their football club Bata Bullets FC. He eventually married in 1973 but also got a better and bigger job at Kenya Breweries as company secretary. His boss was the late Kenneth Matiba. Both Matiba and Obure loved football.

Their interest for sports converged in an organization that valued sports activities. Obure was appointed Chairman of the football club. In 1979 he lost again but went back to his job at KBL. He tried in 1983 and now made it to parliament as MP for Majoge-Bassi in Kisii District. The rest, as they say, is history. Now 76 years old, he is currently the Chief Administrative Secretary, Ministry of Transport and Infrastructure.



Chris Obure

## Did You Know?

### Poor town planning a catalyst for disasters

With our poor town planning, it is difficult to access parts of our cities and towns during emergency services. Planners and politicians have for many years traded blame and pointed fingers at each other. The rate at which illegal structures come up has overwhelmed the local authorities. The masses are now exposed and desperate after the emergence of recent natural calamities.

Did you know that Kenyans are hurting after four natural calamities came calling? It began with the floods in many parts of the country which were followed by the massive locust invasion from northern Kenya. The deadly Covid-19 was our next gatecrasher.

With the virus came a quasi-lockdown. A curfew was announced. One is not free to run common errands, whether personal or professional. It is a psychological disaster we have to bear with.

Did you know, the locusts subsided but there are unspecified reports that they are on their way back? If they do, it will be hell for farmers and eaters at the end of the year. Imminent food shortage may be on the way. In any case, importation is also erratic.

The rains are back with landslides and floods reported in the usual hot spots. Nyando Basin in Kisumu County, West Pokot, Murang'a, Elgeyo Marakwet and parts of Busia County.

Did you know that members of the public become vulnerable during emergencies due to lack of road signs, naming and tracing residential areas? Reports coming in from these areas identify them using geographical features like valleys, hills, escarpments, lowlands or highlands.

Did you know what is missing are the road signs? Our rural areas have no indicative signage that can be used for directions during emergencies. These important features are either missing or when in place, are congested at one place.

A cluster of signage is a common feature at every junction in our urban and rural areas. It is like all the users compete to have their signposts installed at the same place. They come in all shapes, sizes, colours and materials directing the public to different services. They have arrows facing all parts of the compass.

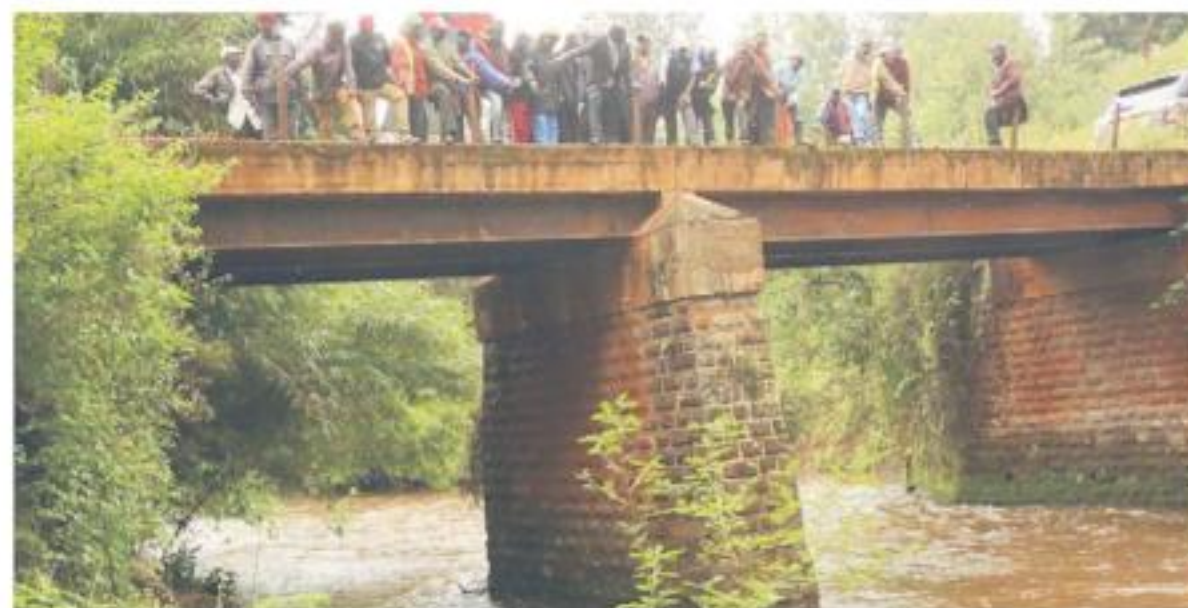
Did you know that it is only in Kenya where one finds banks, herbalists,



health clinics, M-Pesa outlets, bars, shylocks, salons, schools, supermarkets, garages, churches, mosques and dog trainers, all advertised on signposts planted at the same spot?

They stick out like placards during a demonstration. Ambulance drivers sometimes have a hard time locating emergency spots. In any case our residential areas are also not designated.

If it is a T-junction in a rural setting, signboards compete with trees and boda boda riders. It is only during emergencies like now that members of the public realise how important signs are.



Residents at Gura Bridge in Tetu, Nyeri County where guard rails have been vandalized. (Top) Disasters in the making owing to poor planning at both national and county levels. (Photos: File)

## Nostalgia

### Fish market was vibrant until curfew began



Before Covid-19 pandemic, China had taken over the lucrative fresh fish market in Kenya. Most of the fish eaten around was imported. Thanks to the shortage of tilapia from Lake Victoria, there was a huge demand for the perceived healthy white meat product.

Then the pandemic happened and it was helter skelter for everything and everybody. The Government made matters worse

by declaring a countrywide curfew from 7pm to 5am. Fish is normally caught at night and if a curfew is in place, it means fishermen cannot go do their thing. They have the option of going to the waters and spending the whole night there. However, police on water patrol or coast guards are on standby to ensure the curfew order is not defied.

With all these in place, plus the fact that Chinese fish imports are

restricted, the fish markets are suffering. Fish consumers are feeling the pinch. The common and affordable omena is also not readily available. Omena fishermen work at night so they are also directly affected by the restrictions.

Although transportation of food is allowed, fishing happens at night. This makes the rules counterproductive and suffocating.





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NAKURU... 104.5 | KISII... 91.3 | KISUMU...105.3 | MOMBASA 105.1 KERICOHO... 90.5 | ELDORET... 97.1 | MARSABIT...88.3



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**Random Blues**  
Stephen Derwent Partington

# Of sloth, silky pyjamas and the fattening expatriate

He's thinking of asking Tuskys to home-deliver some of those adult diapers, which have become rather tempting of late

The expatriate is a dapper gentleman, keen to maintain his snooty British standards wherever he finds himself around the globe. Whether hiking to the North Pole or sitting in one of the Old Colonial Clubs in sweltering Mumbai, you'll still find him dressed in a smart suit, his favourite tie knot drawn neatly up to his Adam's Apple, his jacket ironed upon his shapely torso.

Or so the myth goes. The truth of the matter is that this COVID-19 lockdown has rather altered the expatriate's sartorial habits. It has managed what no climate, no geographical location, no cultural surroundings have ever managed to do: this lockdown has seen the expatriate spend whole days in his pyjamas, lounging about the house, his face unshaven and his hair uncombed.

Knowing that no-one is likely to knock on his door, has decided, three or so weeks into this lockdown, to simply 'go to seed' and live as he used to live while at university, slightly nocturnally. He wakes at noon, he eats his full breakfast in his burgundy silk pyjamas, he wanders around his garden in his burgundy silk pyjamas, he takes late lunch and dinner in his burgundy silk pyjamas and he spends his evening in his burgundy silk pyjamas.

Just before bedtime, which has now shifted to some ungodly hour that he's not seen or decades, he changes out of his burgundy silk pyjamas, showers, and then changes into his racing-green silk pyjamas, ready to sleep. Such is his life.

Occasionally during these languid days, he'll reflect upon what normal life used to be like, and he won't miss it. Indeed, he has come to love his new life of slobery and sloth, and regrets that he ever took the time and effort to groom himself so pointlessly well during those non-plague days.

Some mornings, he asked for his late champagne breakfast to be brought to him on his silver tray; sometimes, on his gold tray - he likes to vary things a little. And every day, he briefly turns on the engine of one of his seven Range Rovers, just to ensure that it stays healthy.

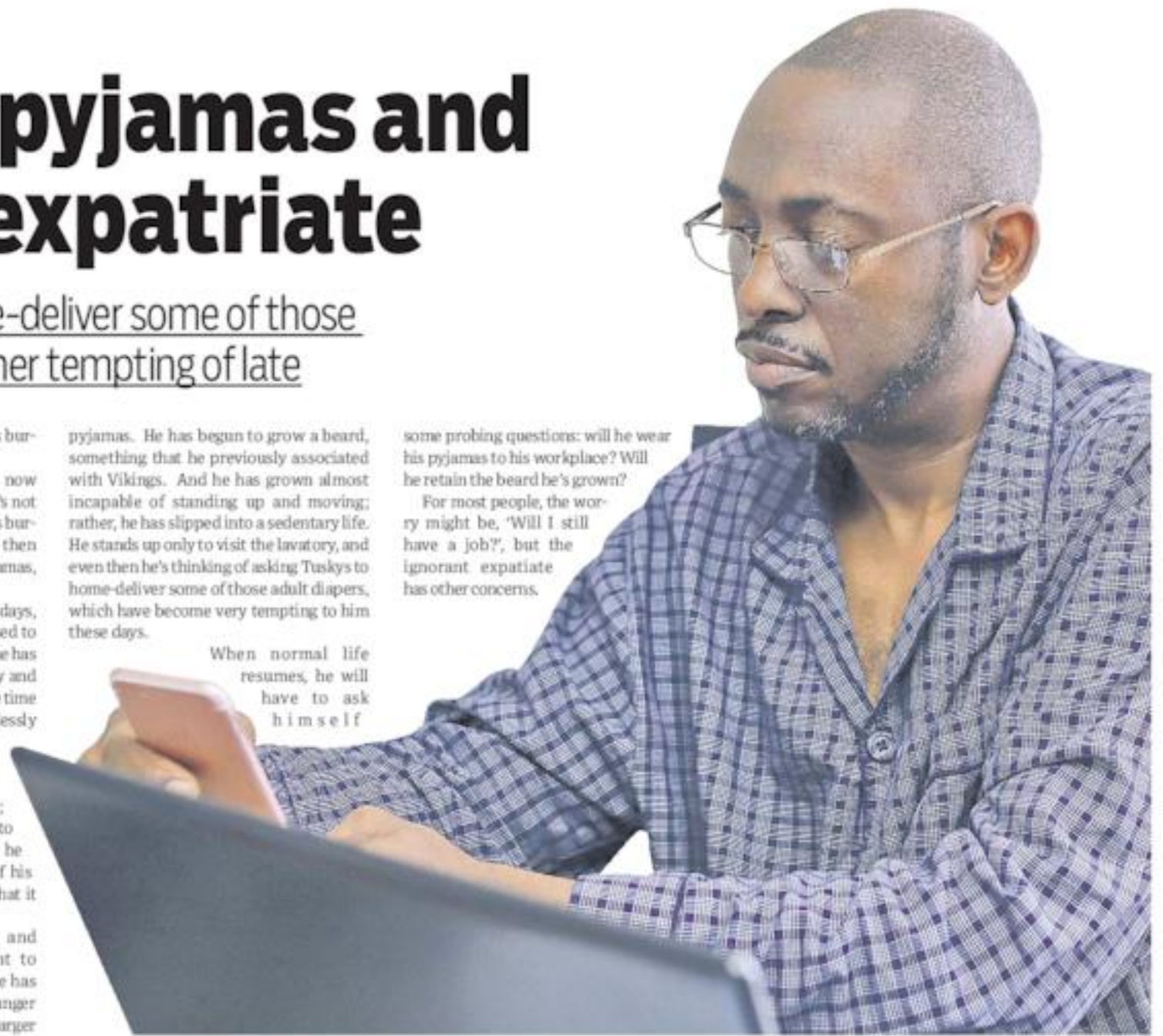
He, meanwhile, deteriorates, and becomes something very different to healthy. His normally trim waistline has expanded, and there's a very real danger than he might have to buy some new, larger

pyjamas. He has begun to grow a beard, something that he previously associated with Vikings. And he has grown almost incapable of standing up and moving; rather, he has slipped into a sedentary life. He stands up only to visit the lavatory, and even then he's thinking of asking Tuskys to home-deliver some of those adult diapers, which have become very tempting to him these days.

When normal life resumes, he will have to ask himself

some probing questions: will he wear his pyjamas to his workplace? Will he retain the beard he's grown?

For most people, the worry might be, 'Will I still have a job?', but the ignorant expatriate has other concerns.



**The Villager**  
Ciku Kimani-Mwaniki

# An owl is a bad omen? Tell that to the birds

It's hard to be a bird in the village, especially if you are an owl, or an ibis, or a crow, or even a chicken. I know for sure that birds, just like dogs and humans and all animals on earth except hyenas, have souls. I am however, beginning to think I am, and by proxy, my nuclear family, the only one who thinks along these lines, at least here in the village.

I work from home, and this did not start with quarantine. On average, I spend about 80 per cent of my time within my compound, mostly alone with the dogs when everyone else goes to school or work. When I need to take a breather, I sit with the dogs under a senile avocado tree. I wish the tree bore fruits, but I made peace with its lack of productivity. At least it is home for tens of birds, mostly weaver birds, but also a nuclear family of pigeons.

I sit under that tree to watch everything and anything, like my neighbour's cats nonchalantly scaling the fence. Last week I saw a monkey on the same wall, but the opportunity to watch wild-life for free was cut short when the dogs chased it away. This is however about birds, and how nasty it must be to be a village bird. It's from the same spot under the tree that I watch scores of ibis



and crows loudly flying above me, sometimes perching on my roof or a neighbour's.

Yesterday, from the same spot as I watched a couple of animated crows perched on the roof next door, stones appeared from nowhere (okay, from another neighbour's compound.) The stones were aimed at the crows but landed on the roof loudly. I felt for whoever was under that roof. I was upset that someone was aiming stones at innocent birds, stones that landed on a clueless neighbour's roof. So I followed the source of the stones.

The culprits were two boys. That would be okay, if the mischief was not being carried out with full view of their mother. "They are bad omen," she said, and said it like she believed it. "Crows, ibis and owls are messengers of death." I went back to my house, unwilling to argue with such a strange mindset. I mean, I see those birds every day, I listen to them every day. If they were such a bad omen, wouldn't the village be a ghost one by now?

Owls. I have a sad owl tale. We used to live in a block of flats. Owls are masters of hiding and had found a safe place at the rooftop. Unfortunately owls suck at staying quiet and often, in the middle

of the night, we would hear a collection of musical toots. Determined tenants finally uncovered the hiding place and one time as I returned home from work, I saw a group of neighbours with long sticks, hitting on something invisible on the ground. Only it was not invisible, just so small compared to the sizes of the men and sticks hitting it. It was an owl. Not just an owl, but a rare, white owl.

They clobbered it to death, its red blood looking strangely beautiful on its white feathers. They wanted to get the rest, but I begged them to let me get somebody to take them to a safe place. It was not easy, what with the bad omen narrative? Remember the owls had been tooting on the roof for months, nobody had died; omen, my foot! They grudgingly gave me time to save the owls.

I haven't told you about my neighbour's cock, the one that another neighbour believes is a supernatural creature just because it loves basking on one spot, on a tree. Cocks, apparently, are not allowed to perch on trees. Bad omen.

How we manage to rule animals with all our stupidity is a miracle.





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# The Home **Workout**



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**Monday - Friday**  
Mid-morning

Nairobi **104.5** Mombasa **98.7** Nyeri **98.8** Meru **107.7** Eldoret **107.5**



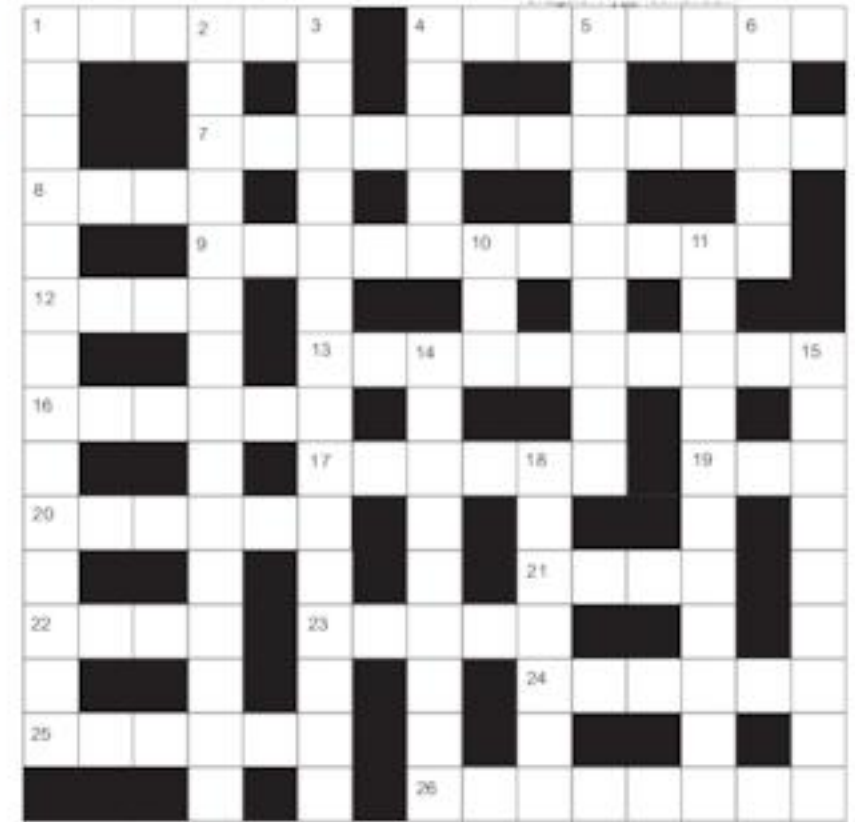
# Puzzling City By Lenny Ruvaga

B	N	E	K	L	A	E	M	E	Z
L	L	A	G	R	N	L	M	A	I
E	A	L	A	A	I	I	N	E	T
S	E	P	H	E	M	M	I	W	O
T	M	E	L	A	E	Z	T	T	S
L	I	Z	P	A	A	I	E	E	R
I	M	I	A	N	M	E	D	L	L
T	M	A	F	R	E	H	S	M	I
E	U	R	A	I	R	A	T	N	I
D	K	I	F	C	A	N	G	R	A

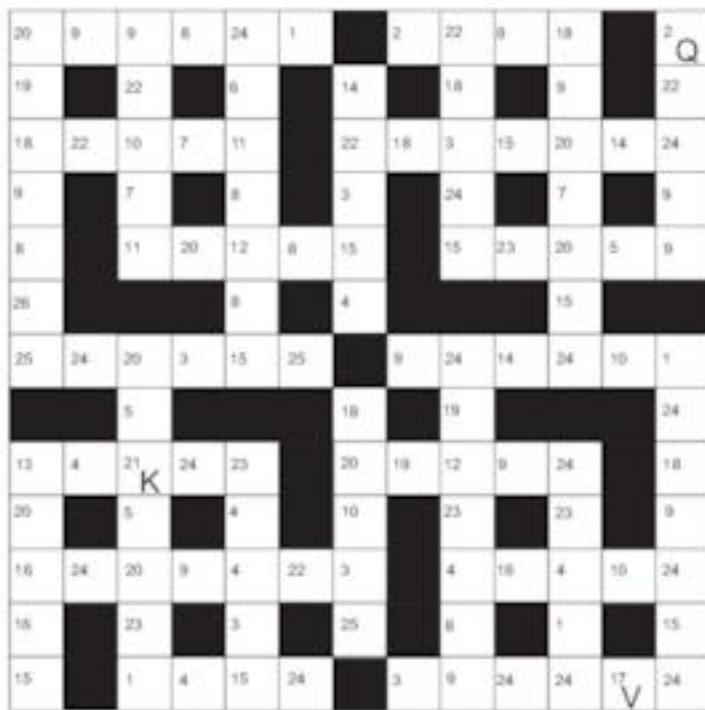
## PathFinder

The path finder grid below contains a selection of maize flour brands banned by Kebs and their companies, starting with the highlighted 'K'. The words form a continuous path, passing through each letter on the grid once. The path always moves horizontally or vertically, and never diagonally. There are 3 maize flour brands and companies to find in total.

**Solutions**  
Kifaru Maize Meal (Alpha Grain Limited), Starehe Maize Meal (pan African Grain Millers), Two Ten Maize Meal (Kenblest Limited)



## Code Word



Each letter in this puzzle is represented by a number 1-26. Crack the code and solve the crossword. Every letter of the alphabet is used at least once. Three letters are already in place to get you started.

Nairobiian Today  
@NairobiianToday

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Last week's answers

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

### ACROSS

- Geosocial networking and online dating app (6)
- Dog of no definable type or breed (7)
- The tooth-billed pigeon (7)
- Layer at back of eyeball sensitive to light (6)
- Nauseous from the motion of a ship (7)
- A ridge of rocks or sand at or near water surface (4)
- Mutahi was also known as "Whisper" (6)
- Mamo Baro Mamo is acting Director General of (4)
- Back of the neck (4)
- Slang for crazy (7)
- Ornamental band worn on the front of a woman's hair (5)
- Region (4)
- Person who frequents horse-races (8)
- Extreme or passionate displeasure (5)
- Rails Odinga's autobiography (6,2,7)

### DOWN

- The pro-Ruto faction is dubbed "Team\_" (10)
- Plural of nimbus (5)
- Offland or its cultivation (8)
- Prosopis juliflora commonly known as... tree (8)
- Private funeral on Argwings Kodhek Rd (3,7,4)
- A film before the eyes (4)
- Sacred chest in which Hebrews kept tablets of the Law (3)
- a short appearance by someone famous in a film or play (5)
- Restaurant in Westlands off Ring road (3,5)
- Earth's atmosphere (3)
- Obstacle (7)
- The top policy organ of KNUDT (3)
- Colony of rocks, penguins, or seals (7)
- Person who shoots with a bow and arrows (6)
- Improve mentally or intellectually (5)

### LAST WEEK'S Solutions

#### Across

1.Edward Mwamburi 8.Mobil 9.Systematic 11.Rono 12.Bassoon 14.Hooligans 16.Drugs 17.per 18.Guava 19.RDA 20.Nivea 23.Metals 25.Insider 26.Emma 27.Manna 28.Arms

#### Down

2.Wilson Songa 3.Ranee 4.Athi 5.Umoja 6.Jcing sugar 7.Makadara 9.Sarah Korere 10.CEO 13.Suspension 15.Inate 16.Drives 21.Ardor 22.Acres 23.Moat 24.Team

nanjero77@gmail.com



## Boredom LTD.

During these Corona times, you exhaust all sleeping positions. The monotony will force you to experiment. For instance, try sleeping on the blanket then cover yourself with the bed - Nelly Waeni



Observe all the government guidelines to stay safe from the Novel Coronavirus. This is not a joke!

## Masked benefits

Beauty products like lipstick are now obsolete. Those with peculiar dental formulae are also smiling incessantly.



## Social distancing

People who provide 'essential services' like sex workers are now operating in the daytime. Their customers are fearless because of the masks.



## Scary hairstyles

Nairobi lasses who have this hairstyle should be arrested and taken to quarantine facilities immediately.



A Toyota model we know

Here's the list of people who are starving during this Corona crisis:  
1) Musicians  
2) Bar owners  
3) Muggers  
4) Pastors  
5) Night runners

No kissing, wash your hands before eating the forbidden fruit!

eye candy  
PNC, 378

## Reverse meals

Why should we wash our hands after some Chinese dude ate a bat? We are starving in the first place. -Ken the sot



## Starvation

Those who are donating foodstuffs to needy families should just wait for the curfew hours then do their thing. Everyone will be at home.

## Mimba pandemic

Staying at home comes with the attendant population growth issues. Couples should maintain social distance in the bedroom.



## Withdrawal curfew

Most Nairobiian men are online throughout the night for very obvious reasons. They've not been doing their homework for a very loooong time.



No sex! The stone the stupid builder rejected has now become the ONLY cornerstone! Utajipanga!

Connect and share lunacy:  
Joshua Nanjero Makambo

## Verbal Suicide

A dude I know decided to drink at home last weekend. After taking copious amounts of his favourite whiskey, he yelled out the name of the barmaid at his local while requesting for water. He is currently in hospital.



Jinga kabisa! Go tell her!!



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**MA3 CULTURE**

[PHOTOS AND STORY: PKEMOI NG'ENOH]



## Black Mamba alive, kicking in Ngong'

Kobe Bryant was an American professional basketball player who joined the National Basketball Association after high school. He played for the Los Angeles Lakers and nicknamed himself, Black Mamba. Unfortunately, on January 26, 2020, he died in a helicopter crash. The news was devastating worldwide.

Locally, he had a huge fan base and to keep his memories alive, a Ngong' mathree has been nicknamed Black Mamba, in honour of the late global basketball icon. One of the crew told mathree culture;

"The owner of the mathree is actually a basketball fan and wanted to pay tribute to Kobe."

Black Mamba's art was done by Eddie Picaso, with touch of yellow and purple just like Lakers' jerseys.

It boasts of 55-inch main screen and five 28 inch screens and three high end Kenwood subwoofers at the back.

"We have given it a youthful feel as you can see from the interior. Further, our crew is disciplined to avoid tarnishing our name," added the crew member.



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# SPORTS The Nairobi

**BACKPASS**  
with Bethuel Oduo

## OFF SIDE

### Former star in quarantine for defying curfew



A former football star is among hundreds of people currently in forced quarantine in various places. The said former player was found imbibing cheap alcohol with a group of friends in one of the estates at around 10.30pm, way beyond the 7pm curfew time. The former player has been trying to reach friends and relatives to help him raise money for the quarantine. The former star is unrecognizable, having taken to booze after ditching football more than 15 years ago. A close relative told Off side that the player is broke, and is wondering how he will manage to pay for the quarantine, when he cannot even afford Sh2,500 rent.

### Football players lose sleep over salary

Coronavirus is continuing to deny some local footballers a good night's sleep. This comes after their clubs remained non-committal on the issue of salary even as the month of April grinds to a close. The players claim there are no indications that they will be paid a salary this month.

"The management is quiet. Our attempts to try and find out what the future holds for us is often met with stubborn silence," one of the players told Off side. The defender who did not wish to be named said life has become difficult for most players. A few have resorted to sharing rent in bedsitters in an attempt to reduce expenses. One can only hope that the pandemic ends soon.

### Player takes to boda boda biz to survive Rona

A Kenya Premier League player has fired his boda boda employee and employed himself. The player had bought a motorcycle early last year as an investment — and employed a rider who brought in Sh500 per day. But with the games suspended and coronavirus melting pockets, the player decided to send the employee on compulsory leave, and took the job himself. He told a close friend that he had to be innovative since football was banned. He says he has his helmet and facemask to thank; as no one is going to know him in the sea of boda boda riders.

# David Ochieng was better, why is Abbas 'Kenya One'?

## Harambee Stars and Ingwe never qualified for any continental trophy with him Abbas in goal

Talented sports stars can be unlucky in several ways. Premature end of their careers through injuries or drugs. Political scenarios are the other disrupters. Like Kenya boycotting the 1976 Montreal and the 1980 Moscow Olympic Games when athletics great Henry Rono was at his prime. By the time we resumed during the 1984 Los Angeles Olympics, he was already a washed out star, who retired without Olympic honours.

The ongoing corona pandemic saw the cancellation of the 2020 Tokyo Olympics and by the time the Games resume next year, some players will be too old or out of form!

Then there are times when a gifted player is overshadowed by another: Former mercurial Kenya international goalie Mahmoud Abbas, for instance, overshadowed all others. Like his deputy, Washington Muhangi, who was rarely featured as long as 'Kenya One' was fit.

Although Muhangi was the custodian and

captain at Scarlet FC, it was Abbas who Kenyans knew for his guts, acidic tongue against lazy defenders, intimidating presence in goal and singular genius at stopping penalties during crucial matches. Many imagined Abbas picked his own defenders because they were the usual suspects: Hussein Kheri, Peter 'Bassanga' Otieno, Bobby Ogolla and Josephat Murila were rock solid raw talent with telepathic instincts.

Muhangi retired and was replaced by David 'Kamoga' Ochieng to understudy the fading Mahmoud Abbas. Fans thought Abbas was irreplaceable. That was until the 1987 All Africa Games when Harambee Stars coach Reinhardt Fabisch preferred Ochieng.

But Ochieng was still overshadowed by Abbas, the 'Kenya One' who besides a few league trophies with Ingwe and lifting the Senior CECAFA Challenge Cup for three years 1981, 1982 and 1983, there is nothing else to his name.

Kenya never qualified for any Africa Cup of Nations (Afcon) when Abbas was Harambee Stars custodian between 1979 and 1987. His club AFC Leopards never lifted any continental trophy.

Ochieng had a better record: Helping Harambee Stars reach the finals of the 4th All-Africa Games in Nairobi in 1987 when we took silver with Egypt taking gold after winning 1-0 at Kasarani.

Ochieng also helped his club Gor Mahia lift the Mandela Cup in 1987 besides being instru-

mental in Harambee Stars qualifying for the 1988 Afcon in Morocco under coach Chris Makokha.

Abbas neither won any continental accolades for club and country, like David Ochieng, so why is he regarded as our greatest, 'Kenya One'?

There were other goalkeepers who went to Afcon: James Siang'a, 'Kamoga' Ochieng, Washington Muhangi, John Busolo, Charles Namudeche, Francis Onyiso and Patrick Matasi... but never Mahmoud Abbas!

Somehow each time Abbas was in goal, Harambee Stars never went beyond the qualifiers. Yet, he is regarded as the best goalie Kenya ever had.

Other players overshadow others when a coach fails to find their replacement. Take AFC Leopards and Harambee Stars great JJ Masiga. At his prime when we were winning CECAFA back to back from 1981-1983, coach Marshall Mulwa juggled hard to get a replacement. JJ Masiga, who also played rugby for the national team, became a phenomenon centre forward who overshadowed many strikers like Tom Olaba, 'Jacaranda' Ouma and James Nandwa.

Even at AFC Leopards, replacing Masiga was a hustle. One was found in George Olubendi, but he proved to be a fly by night player who blew both hot and cold and shortly went into oblivion.

Other times a replacement ends up overshadowing a reigning star. At Gor Mahia, Peter Dawo replaced Hesbon Omollo and overshadowed him into retirement. Few fans can remember Dawo's substitute and when he left for Egypt to play for Arab Contractors they were desperate.

Dennis Oliech monopolised the striking position and 'owned' it for about ten years at Harambee Stars and others who tried to play catch up fell by the wayside including Kepha Aswani, Timothy Otieno and Jesse Were — until lanky Michael Olunga appeared.

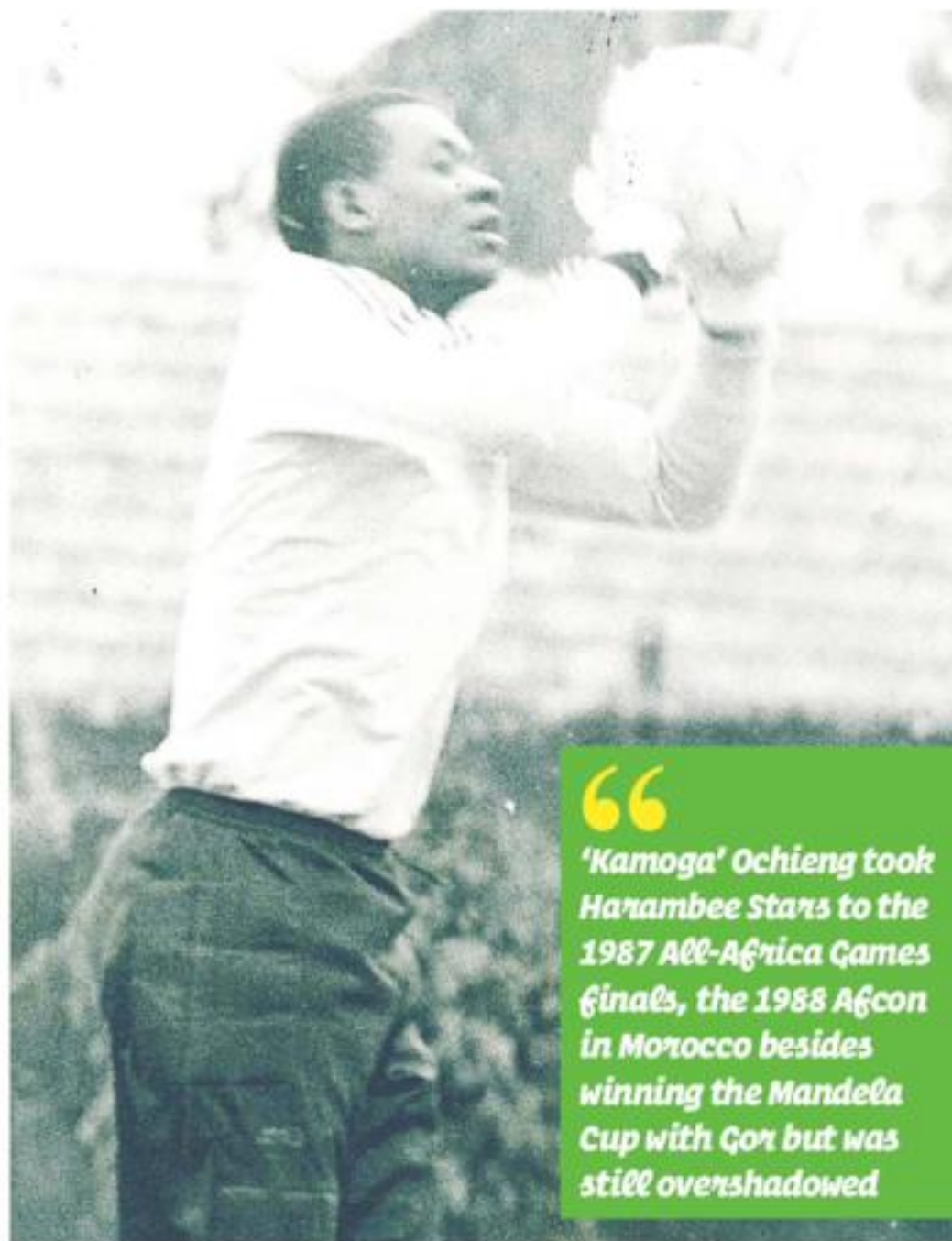
When Harambee Stars play without Olunga they rarely score. Who is Olunga's understudy? Many have been tried and tested like Elvis Rupia and, again, Timothy Otieno. Jesse Were tried and gave up. He nowadays dodges the national draft although he continues banging goals for Zesco United in Zambia. When the 'Engineer' comes on board these local stars somehow fail to impress.

In Kenya, the situation is made more terrible by our 'hand-to-mouth football'. There are no succession plans as we wait for mother nature to sort us out. No wonder when asked what Gor Mahia would do after it lost nine key players to Luo Union FC in 1973, chairman Peter Anyumba quipped "as long as Luo women continue giving birth to boys, Gor Mahia shall never die."

Almost 50 years down the road, boys are churned out by mothers and the club still exists from hand to mouth. They call it 'watu wa per day' who do not nurture players to replace injured or retired ones. That is why it is normally very difficult to know the substitutes when a big star is injured, sold, on strike or has gone AWOL.

Did you see how Rwandese players Jacques Tuyisenge and Meddie Kagere both dominated the local league for about three consecutive years and when they left, Gor Mahia won matches but in reverse?

The same is the case outside Kenya: Replacing Sergio Aguero at Manchester City and Lionel Messi at Barcelona are hair pulling headaches as was cloning Cristiano Ronaldo at Real Madrid. These big players overshadowed their bench reserves until we forgot their names, yet European clubs have academies playing as feeder conveyor belts to senior teams.



“**'Kamoga' Ochieng took Harambee Stars to the 1987 All-Africa Games finals, the 1988 Afcon in Morocco besides winning the Mandela Cup with Gor but was still overshadowed**



## SPORTS | LET'S BET

# Mozzart bet donates medical goods worth Sh10 Million to fight corona

Mozzartbet Kenya Ltd has joined other Kenyans of goodwill in contributing towards the efforts to combat the deadly Covid-19 Pandemic.

Mozzartbet donated medical equipment worth Sh10 Million to hospitals in Nairobi, Baringo, Bometai, Mombasa, Kwale, Kilifi, Kisumu, Kakamega, Kitui and Nakuru in the fight against Covid-19 Pandemic.

The donations will be distributed to ten health institutions and the first package will be forwarded to the Ngara Health Centre within the capital city.

The donation includes PPEs, masks, sanitizers, thermometers and other materials necessary in fighting the Covid-19 pandemic.

"The Mozzartbet Company has been operating in Kenya for three years and is honored to be able to show solidarity with the Kenyan people and help the healthcare system deal with this terrible disease," said Mozzartbet director Hon. Musa Sirma.

At the same time, the Company announced it has retained all its employees on full salaries despite the challenging economic situation arising from the Coronavirus pandemic, which has seen most sporting activities suspended across the globe.

"This is a true and enviable example of the socially responsible and solidarity behavior of the company that should be emulated by all



other corporate entities operating in the Kenyan market," said Hon Sirma.

Hon Sirma said the Coronavirus pandemic heralded a severe blow to the global economy, to which almost no branch of the economy is immune. He added: "What is encouraging, however, are the positive examples and measures that individual companies are introducing with primary focus on the health and well-being of their employees and their families. Mozzartbet em-

ployees have no fears over their salaries and financial stability because their jobs are secure and wages are paid in full on a regular basis."

"Our employees are our most valuable resource, which is why, with the outbreak of the virus, we formed and implemented the system-wide action plan to combat the disease, then organized work from home for all the employees if and when possible, to minimize the spread of the pandemic," said Hon. Sirma.

"In addition, we have taken a number of measures to preserve all jobs and full salaries, despite the fact that our turnover was drastically reduced due to the suspension of sporting events which our business depends on."

Sirma stressed it is important for the company to keep the employees safe at this uncertain time, since its future success in all markets depends on them to the largest extent.

## Betika super league bettor wins Sh871,618

It's not all doom and gloom during these quarantine days. Some people, it seems, will come out of it with a reason to smile.

It's barely two weeks since P. Simiyu placed a Betika Super League bet hoping to win just above Sh17,000 but got the surprise of his life. Checking on his Betika account, he expected to have received a payout of Kshs. 17,108 but to his surprise, there was an additional Kshs. 918,314! He would later learn that his bet had entered him into a virtual Lucky Dip Jackpot and made him a winner.

In the light of this, punters have changed their tactics and turned to

Betika Super League bets. It's no wonder that less than 2 weeks later, another gamer, A. Mweru, has found good fortune! He placed a Ksh 100 bet hoping to win Ksh 154. Imagine his joy when he found out that the 154 bob had brought an extra Ksh 871,618!

Punters are finding the Betika Virtual Lucky Dip Jackpot so exciting mainly because the bet amount is basically 0! You just need to play and win the Super League games and you have your chance of winning the Jackpot! The traditional Jackpots may have taken a step back due to unavailability of games, but it seems that punters still have a lot to play for.



## WAGS CORNER

## Who dumps Iwobi?!



Former Arsenal midfielder Alex Iwobi dated Clarisse Juliette, an elite WAG, for a few years before breaking up. Juliette dumped the former Gunners man amid allegations he cheated.

The beauty siren has since been dazzling her army of followers on Instagram with some outrageously hot photos. Iwobi currently plays for Everton in the English Premier League.



## M-bet goes virtual

M-bet launches the Simulated Reality League (SRL) in African markets through leading Sportsbook provider SportRadar in Africa. SportRadar is the world's leading provider for the gaming industry working with over 500+ leading operators across the globe.

M-bet has launched Simulated Reality League adding to its vast gaming portfolio in Africa. The SRL is a new virtual sport that consists of pre-match and live (in-play) betting options using simulated sports betting technology. Based on AI and machine learning capabilities SRL provides a betting experience as close to real life as possible.

The sport consists of the top leagues from England, Germany, Italy, Spain and many other leagues from the continent. Each event plays out for a full 90 minutes and you can bet on your preferred teams, view match statistics and league tables and even track your bets through our Live in-play tracker. With SRL football fans are able to complete the current European football season as intended, with all games following their original schedule.



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# Historic derbies: Forget Mashemeji,

When Eastleigh Sportiff played Pumwani Sportiff, there was a shortage of matatus for 90 minutes on the route

By Bethuel Oduo

Kenians mostly know of national derbies — the intense Mashemeji encounters between AFC Leopards against archrivals Gor Mahia. But back in the day, when football was still football in Kenya; when city residents spent their Sunday afternoons watching *mpira wa nyasi*, even different estates in Nairobi and other towns in Kenya had their own teams with their fair share of local derbies.

Like Nairobi's Eastleigh Sportiff vs Pumwani Sportiff. When the two met at Pumwani Sports grounds, there was a shortage of matatus as drivers and touts in the Eastleigh route temporary stopped operating for 90 minutes. Eastleigh Sportiff produced great players for the then KFF Super League, the likes of Abdallah 'Dalla' Kilume.

Then there were the rivalries between Shamako Babes and Iqbal FC played out at Pumwani grounds and Eastleigh's San Padres FC (which produced Harambee Stars goalie Mathews Ottamox and former Mathare United coach Gabriel 'Kingi' Njoroge) and that battled hardened, fierce, shirtless team from Majengo slums called Gwangi FC. Its players wore no boots, had angst on their toes and being scored against meant chasing the referee from PCEA grounds in Eastleigh towards Mathare slums!

Smaller clubs outside Nairobi were considered nurseries for the bigger ones in Nairobi. The latter used their scouts at the grass-roots to recruit new players. Players drawn from the 'villages' would sometimes find themselves in unfamiliar territory ending up consumed by the city life and rendered useless within a short time.

Besides Ingwe Gor battles

since 1968, Nairobi had its smaller derbies which were, however, hardly highlighted like the Mashemeji Derby. Take for example the rivalry between Gor Mahia and Kenya Breweries, now Tusker.

The former considered the Ruaraka boys a nuisance and gatecrashers to their football supremacy. It all started in 1970 when one Ken Matiba was the MD of Kenya Breweries (KBL) as the company was then called before it changed its name to East Africa Breweries. AFC Leopards was six years old after its founding as Abaluhya FC in 1964. Gor Mahia was two years old since its registration in 1968.

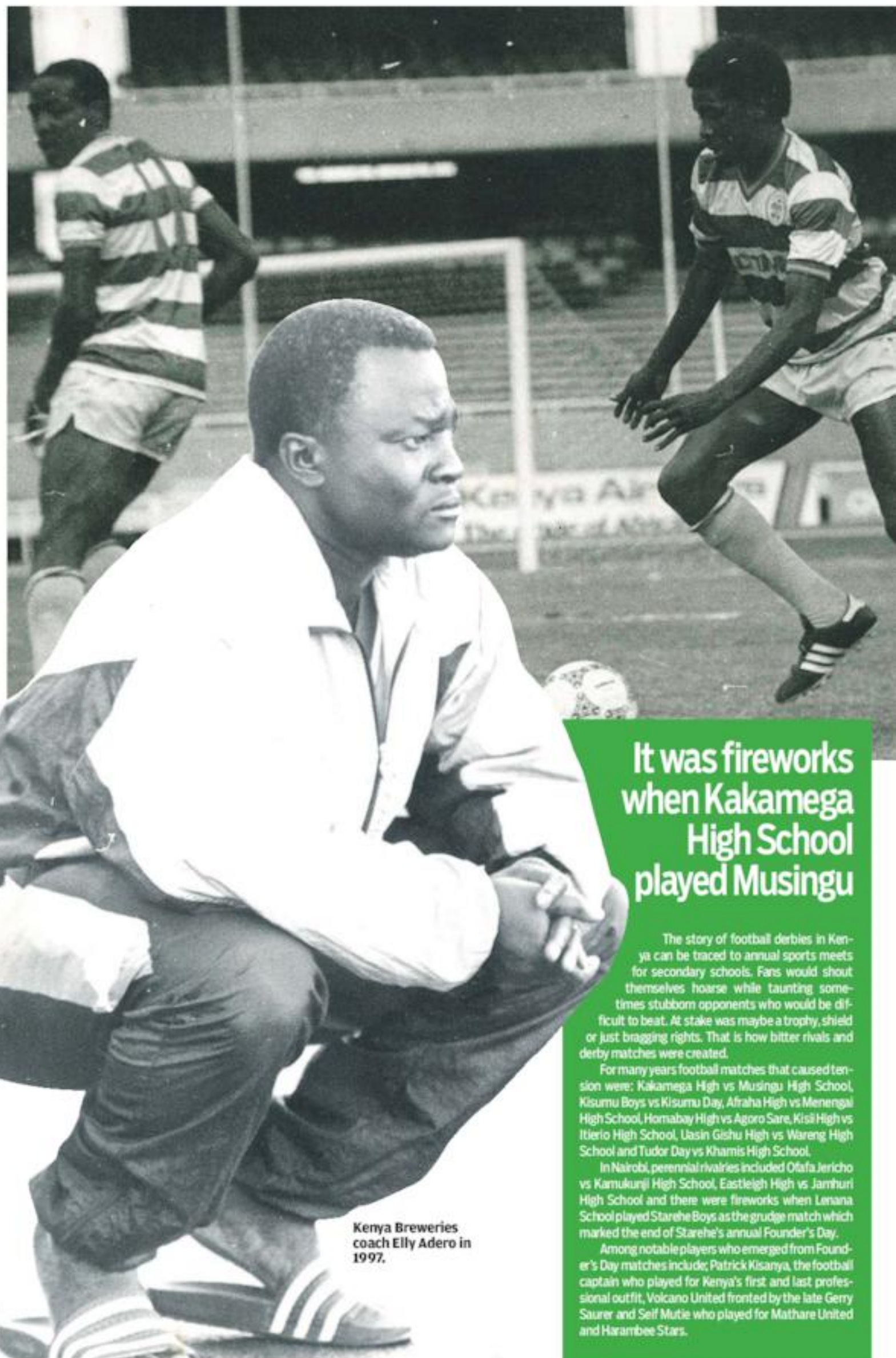
Few blue chips had local Kenyans as managers when Matiba headed KBL. A mountaineer, Matiba was sporty, and with the stroke of a pen, Livingstone Madegwa, Arthur Okwemba, Arthur Okoth, Samson Odore, Ben Waga, Peter Odera (although he joined later) and many others became pioneer players at Kenya Breweries.

With all the bitterness, whenever Matiba's team played against AFC Leopards, Gor Mahia fans would support Ingwe and vice versa.

In Nakuru, their local derbies revolved around Abeingo FC and Nyanam FC. Both clubs drew fans from the Luo and the Luhya communities and their matches were replicas of the explosive Ingwe and K'Ogalo derbies in Nairobi. The outstanding players for either club ended up playing for the 'parent' club either Gor or Ingwe in Nairobi.

Josephat Muriu and Sammy 'Luambo' Taabu were recruited from Abeingo FC to AFC Leopards. 'Luambo' was named after Franco Luambo Makiadi, the Congolese rumba maestro and whose music Taabu was a fan.

Kisumu City had the most entertaining derby matches between Kisumu Hot stars and Kisumu Black stars. It is believed to date that there is no single day Black stars beat Hot stars despite the high octane atmosphere their matches elicit.



Kenya Breweries coach Elly Adero in 1997.

**It was fireworks when Kakamega High School played Musingu**

The story of football derbies in Kenya can be traced to annual sports meets for secondary schools. Fans would shout themselves hoarse while taunting sometimes stubborn opponents who would be difficult to beat. At stake was maybe a trophy, shield or just bragging rights. That is how bitter rivals and derby matches were created.

For many years football matches that caused tension were: Kakamega High vs Musingu High School, Kisumu Boys vs Kisumu Day, Afraha High vs Menengai High School, Homabay High vs Agoro Sare, Kisii High vs Itierio High School, Uasin Gishu High vs Wareng High School and Tudor Day vs Khamis High School.

In Nairobi, perennial rivalries included Otafa Jericho vs Kamukunji High School, Eastleigh High vs Jamhuri High School and there were fireworks when Lenana School played Starehe Boys as the grudge match which marked the end of Starehe's annual Founder's Day.

Among notable players who emerged from Founder's Day matches include Patrick Kisanya, the football captain who played for Kenya's first and last professional outfit, Volcano United fronted by the late Gerry Saurer and Seif Mutie who played for Mathare United and Harambee Stars.

“

Then there were the rivalries between Shamako Babes and Iqbal FC played out at Pumwani grounds.



# city estates derbies were fire!



Gor Mahia and AFC Leopards players at a past derby game at the Nyayo National Stadium in 2016. (PHOTO: BONIFACE OKENDO)

ed. Many years ago, there was a very thin line between Gor Mahia FC and Kisumu Hot stars. It was automatic that talented players would naturally upgrade to Gor Mahia and move to Nairobi immediately.

No wonder, K'Ogalo never bothered establishing a football academy in Nairobi. They knew they would recruit from Hot stars anyway. Games between Hot and Black as they were popularly known would attract riot police to maintain peace. Later on it was interesting seeing how Hot players would naturally join Gor and Black players like the mercurial Eric Omonge would join Luo Union ignoring anything to do with Gor.

Some of the big names that started from the lakeside city to Nairobi are Allan Thigo, Chris Obure, John Chore, Dennis Olando, George Ayuka, Bobby Ogolla, Hamisi Shamba, Gideon Hamisi, Goro Oronge, Tobias 'Jua Kali' Ochola and Anthony Ndo-lo.

The impasse between Hot and Black in Kisumu was only broken when again Matiba founded the short lived Kisumu Breweries. Earlier on there was Kisumu Posta FC which played arbiter between the two. The postal and brewery outfits provided employment to players rendering Hot and Black moribund. Mombasa had bitter rivals in



AFC Leopards fans. (Photo: File)

Mwenge FC and Feisal FC dating back to the colonial days when wealthy Arabs founded Feisal and the indigenous rallied behind Mwenge. They were like Simba and Yanga FC of Dar-es-Salaam. To

break the monotony the 'Wabara' of Mombasa were not left behind with the Luhya founding Western Stars and the Luo, Ramogi FC which later changed its name to Lake Warriors. The two naturally became feeder

clubs for Ingwe and whenever they played there were fireworks at the Mombasa Municipal Stadium.

The Coast derbies produced Mahmoud Abbas from Mwenge where his father was an official while Abdalla Shebe emerged from Feisal to Gor Mahia. George 'Pundi' Onyango came to Gor after Mombasa scouts head hunted him to Gor Mahia in Nairobi.

Smaller towns also had their not so explosive derbies: In Migori, there was Migori United vs Ombo FC raising temperatures in the whole town while in Eldoret there was Raymonds FC Vs Rivatex with their matches dubbed the battle of the cloth makers. But great players emerged from these north rift duels like Patrick Nachok, Alfayo Odongo, Tom Rero and Charles Namudeche.

Kitale had two great teams, Atomic and Kitale FC- which had Patrick Shim demolishing their rivals AFC Leopards scouts just signed him in the early 1980s.

Kakamega Town had one dominant club, MOW FC, later Motcom FC coached by the famous Chris Makokha but did not have a local rival with their big encounters oscillating between regional clubs like Mumias and Nzoia FC for derbies. The same was the case in Kisii where Shabana FC had no local rival.

## The man's love for football was insatiable

Iqbal Hotel was famous for selling Chicken biryani somewhere around Odeon Cinema. At night, the hotel floor could be turned into a backpackers sleeping joint. The man behind it was simply known by one name: Hassan.

Hassan's love for football was insatiable. He proved it in 1987 when he formed a youth club and named it after his restaurant, Iqbal FC. Since there was no football academy in Nairobi, Hassan sort of offered school leavers somewhere they could continue playing the game they loved.

Boys from surrounding schools formed the backbone of his new club. He attracted current and former students of Eastleigh Secondary, Highway Secondary, Pumwani Secondary, Jamhuri High School, Aquinas and St Teresas Boys Secondary School.

Amongst his youthful players were Charles Korea Omondi, Joseph Adach Osewe, Zedekia Otieno, Boniface Oduor, Churchill Omolo, Mohamed Tostao Nazir, Jacob Ghost Mulei, John Shoto Lukoye, Daniel Ogada, Zachary Omondi and many others. Almost all these names ended up playing for Harambee Stars. Hassan regularly sought 'sponsorship' from Somali friends around Eastleigh. Iqbal used to practice at the open pitch between Pangani Girls and Old Racecourse Estate.

Iqbal's arch-rival was Eastleigh Sportiff consisting of boys who could not be accommodated by Iqbal. Their derby was like an explosion. A game between the two, though a low tier match would attract Eastlands youth in huge numbers. Somewhere in the late 80s as Iqbal and Eastleigh Sportiff were busy checkmating each other, a new team, Barclays Bank FC, with gifted players like Issac Kwoba, Gideon Mwololo and Ignatius Khaduli beat both teams to qualify for the national league. Just like Tusker used to do to Ingwe and K'Ogalo. Both Iqbal and Eastleigh Sportiff never ever qualified to join the national league. Iqbal died when Hassan closed his restaurant and relocated to Canada. Eastleigh died after it failed to sustain itself.

The other interesting derby happens annually between Umeme FC and Pumwani Sportiff. Umeme comprises the boys who grew up or have a connection with Ziwani Estate. Pumwani on the other hand has a bulk of Majengo Boys. The two teams rarely meet and are basically an invitational side that clashes during the annual Kothbiri tournament held at the Umeme Grounds next to the Kariakor Cemetery. When by any chance they reach either semis or finals of the tourney, the atmosphere around the place becomes charged and quite often policemen are called to maintain peace and order.



Erick Ouma when he was playing for Green Commandos (Kakamega High School).

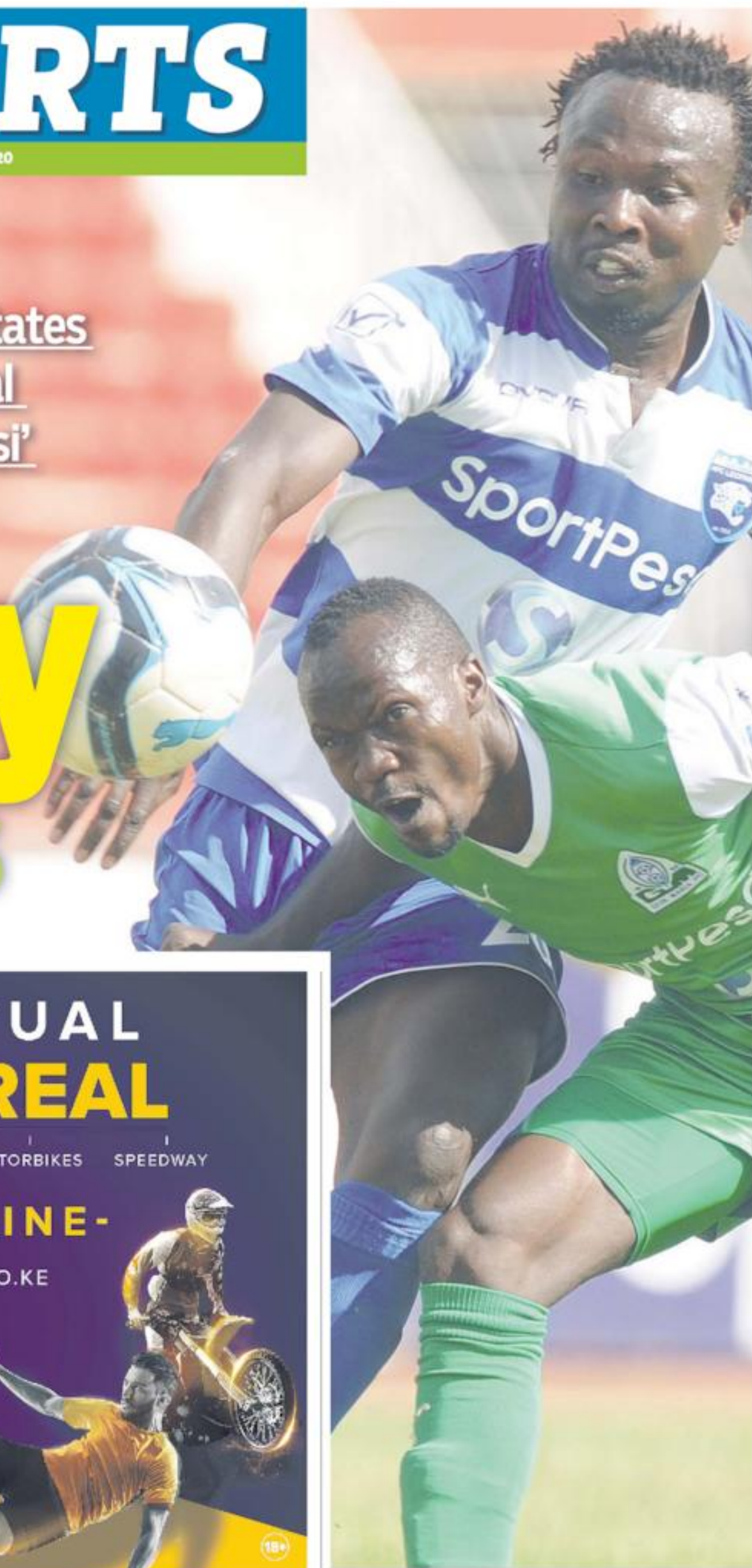


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