

# CITY BITE

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# INSIDE POLITICS

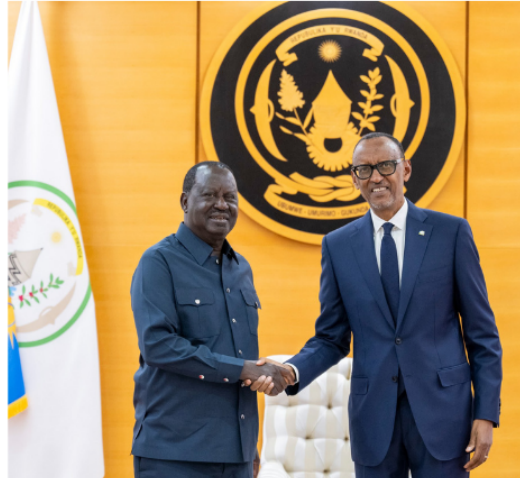
## HANDSHAKE TALKS UTTER TOSH; RUTO'S SIMPLY PLAYING OBJECTIVE POLITICS

There's never a serene day in Kenya's murky political scene. Every day that comes, presents a new opportunity for conspiracy theorists to blaviate. Deep in the heart of COVID-19, they said that the government was looking for donors. When Gachagua employed Ivy Chelimo, they said Zacharia Kariuki was more deserving, but didn't qualify by virtue of being a male while most recently, when H.E William Ruto decided to support Raila Odinga's A.U Commission Chairship ambition, they said a handshake had been worked out. Really? Quite the guess but on the contrary, a keen probe into actual state of affairs could kibosh all the speculative commentary by some pseudo political analysts across the various social media platforms.

Odinga, the attaboy statesman in the eyes of many has an inherent right to pursue any position he might deem himself worthy of, as proven by his five-time futile attempt to become Kenya's man on top. To make the colossal move of running to be the legal representative of the custodian of Africa's interest in the extra-continental arena is to showcase the pride of Kenya and her people, something we all must commend the ODM boss for.

Contextually, President William Ruto is the incumbent President of Kenya and that means he cannot double up as the Chairperson of the commission, at least for the next five years by the virtue that he sits tight at the Assembly of African Union, the supreme governing body of the A.U. For further reference, Raila Odinga is the only Kenyan politician who has valorously stepped up to go for the position, which if our country's candidate wins will play a pivotal role in reshaping Kenya's influence in Africa's intracontinental Diplomacy.

This underscores the President's goodwill towards the Odinga's bid,



*A.U Commission Chair Aspirant Raila Odinga meets President Paul Kagame | Photo Courtesy*

despite their traditional rivalry. Once sworn in to office, a president becomes the principal symbol of National Unity and by default the de jure custodian of a nation's interests in what Samwel Huttington and other proponents of realpolitik would call an 'anarchic international community, where nation states are in continuous struggle to accumulate more power and dominate over others.' In simpler terms, if Odinga, - a Kenyan - is interested in raising the Kenyan flag high on tables where decisions regarding Africa's political economy are being made, then it is, to a significant extent Ruto's obligation to find a reason to support him, unless, under very special circumstances, which for this case the president bears no reservations.

Mr. Odinga is an experienced politician, who due to his checkered political history has achieved the right to be considered a statesman, while his rich international networks almost makes him the only



*Kenya's President William Ruto has offered unconditional support to Raila Odinga | Photo Courtesy*

qualified candidate from Kenya for the position in question, bar erstwhile former president H.E Uhuru Kenyatta. Additionally, the opposition chief has a mature appeal to most Heads of States and Governments, who sit in A.U's principal governing body and wield the power to sway the outcome of the forthcoming A.U elections.

Most recent development post Ruto's vow of support to Mr. Odinga is the formal presentation of the NADCO report by both Azimio and UDA. This has continued to spur mixed reactions, as to some it is reminiscent of the infamous BBI report, that was a product of Uhuru-Raila working truce in 2018.

However, there's in fact a glaring chasm between NADCO report and the BBI report, making the arguments baseless and spinless.

To begin with, unlike BBI, the dialogue between parties took place maturely and quietly, characteristic of high power conversations since time immemorial. The Profiligacy, which marred the BBI conversations did not apply to the NADCO dialogues while no important stakeholder was left out in the cold.

In a nutshell, it is fallacious to argue that for Ruto to support Odinga's run to succeed outgoing Mahamat, a handshake must be in place.



*Fmr. Kenyan President Uhuru Kenyatta*

# POLICY

## THE PRINCIPLE OF GOOD NEIGHBOURLINESS SHAPING THE FUTURE OF EAST AFRICAN COMMUNITY



The Summit of East African Community Heads of States has reportedly committed to jointly support one candidate for the A.U Commission Chairship position. This adds to the current trend where the member states of the Intergovernmental body collectively bargain for their common interests in the sectarian international community.

For instance, most recently, regional giants Kenya, Uganda and Tanzania achieved the privilege to co-host the 2027 African Cup of Nations Tournament, after they tabled a joint bid, took part in joint negotiations and won the bid. This comes in the backdrop of an increasingly strengthened EAC, with Somalia being the latest addition to the Organization, having signed the treaty of accession with the body on 15th December 2023.

EAC was founded in the year 2000, with the plinth objective to facilitate cross-border trade by abolishing customs duties between its member states. In 2010, it established a common market for the member states.

Other important objectives of the Community included to secure a stable and politically united East Africa, a vision that underscores the current efforts by Member States to jointly advocate for their shared ambitions.

In diplomatic terms, what the member states have depicted is what a certain Dr. Xavier Ichani, an International Relations and Military scholar would refer to as the 'Policy of Good neighborliness.' This policy, utopic as it might sound, will play a key role in shaping the future of

diplomatic relationships between Member states. In more friendly terms; this is the policy of being your brother's keeper.

When chaos were at their nadir in Congo, President William Ruto tasked his former boss H.E. Fmr. President Uhuru Kenyatta of Kenya to be the lead interlocutory during peace negotiations, in a passionate move to lend a helping hand to a neighbor on a quicksand. While the responsibility to intervene is a pedestal principle for almost all Intergovernmental bodies, it takes a decent level of goodwill to take action when a neighboring nation is in turmoil and the glue that is the East African Community has ensured the goodwill lives large among its member states.

Kenya and her neighbors took a pivotal role in the Riek Machar-Salva Kiir peace negotiations after their feud led to violence and loss of innocent lives in South Sudan, with former Vice President Stephen Kalonzo Musyoka playing a key role in the peace negotiations.

The East African Community Peace and Security strategy mandates the bloc to deploy a regional force to provide support to security apparatus whenever peace and security concerns arise in a particular member state. For instance, when Somalia was first admitted to the Organization, experts argued that it was bringing with it the baggage of its internal security concerns, ergo the community would, by default deploy a regional army to provide support to Somalia's internal security forces. Peace in the horn of Africa has been, for a long time a contentatious issue. This calls for more

concerted efforts at establishing lasting peace in the region, and without the goodwill from neighboring countries, then chances of realising sustainable peace can remain farfetched.

Additionally, good neighborliness has been evident with respect to how Kenya, Uganda and Tanzania have navigated their minor diplomatic spats since H.E William Ruto first ascended to power and also before his tenure. In 2021, as the country was preparing for the 2022 general elections, Uhuru Kenyatta, the then president of the Republic of Kenya eased cross border business rules and regulations that came in the backdrop of a frosty relationship between the two countries.

These underlying issues however were carried forward to the next administration, where President William Ruto had to deal with more diplomatic hurdles between Kenya and either of Uganda or Tanzania.

Nonetheless, the revamped maturity of conducting multilateral business among EAC member states professes a gradually stabilizing bloc.

In a world as diversified as the one we contemporarily inhabit, regional integration is a pedestal tool for diplomatic relations and the health of Africa's political economy. This good neighborliness among EAC states, if bolstered will prove instrumental to the future of the bloc.

# INSIDE POLITICS

## SIMON PETER : "THE SENATOR'S OFFICE IN KISUMU IS OUTPERFORMING THE GOVERNOR'S OFFICE "



The manager at the County Office Of The Senator for Kisumu County Dr. Simon Peter in a past event| Photo Courtesy

During a past prayer service event organised by Nomiya Church in Rabuor, the manager at the County Office of the Senator in Kisumu County Dr. Simon Peter Otieno highlighted some of the key performance indicators for Professor Tom Ojienda since his assumption of duty as the Senator for Kisumu City County. In an involuble fashion, Peter underscored the importance of working with the government of the day by illustrating how since Ojienda's decision to support President William Ruto, residents of Kisumu have accessed a number of opportunities that otherwise would've either remained in State House or gone to Counties led by UDA governors who are obviously made aware of the opportunities as they come.

To him, currently, members of the public trust the office of the senator to solve the teething challenges they face, most of which fall under the purview of the constitutional roles of the Governor.

"Professor Tom Ojienda has passed his special regards," Peter began his speech. "This is his native Church and he wished to be here, but due to unavoidable circumstances, he is still in Mombasa," he continued. "Prof.

has vowed that he will not apologize," he said, as he decreed his beguiled audience to repeat the vow of defiance after him. "The direction he chose, is the same direction the entire nation has taken. How many of you welcome that direction?" he asked, as his audience ascended to cheers and ululation. "It is comforting to work with the government," Peter stated. "The office of the senator is currently more functional than the governor's," Simon proceeded. "When floods affect our people, they're more comfortable coming to the Senator," the manager said. "When kids are struggling with school fee, our people trust the Senator more than the governor," he stated. "This is because our people are aware that the senator is following the government, where moey comes from," he continued. "There's no path to development, other than the government's way," he stated. "And Kenya can only be managed by those who are both intelligent and wield the instruments of power. If you are powerful but daft, you cannot manage anything in Kenya," he said. "And that's why the president has pressed one of his three buttons, which has informed both peace and mixed reactions," Simon continued.

As he continued to address his people, Simon went on to heap praise on President William Ruto, saying that the country is in the right trajectory with regards to development.



Kisumu County Senator Prof. Tom Ojienda| Photo Courtesy

"As we speak, wit supercedes folly and agression in the country, and when things continue in that fashion, only that which government wishes will come true."

Since his inauguration as thesenator for Kisumu County, Ojienda has moved from strength to strength, having been most

recently awarded by Pollster Ranking as the best performing Senator in Nyanza region.

He has supported community development programs regardless of his constitutional roles limiting him to legislation, oversight and representation. Some time last year, Ojienda became the talk of town after he reportedly supported the education of a young vulnerable kid in Siaya County, a County led by the big names of politics like James Orengo, Dr. Oburu Odinga and Women Representative Dr. Christine Ombaka.

In Kisumu, his County of origin, he has established the reputation of a munificent person and built a skin to skin connection with the people he leads. His office, according to assorted opinions from the public is the most properly managed public office in Kisumu, with Dr. Simon Peter said to be extremely open minded, welcoming and innovative.

"Ojienda's gubernatorial ambitions should live to see the light of day," a source tells City Bite. "We will give him unconditional support when that bridge is crossed," he said. "In under two years, we have seen what he is capable of doing. He has done more than a senator should, and given our people tools of work like the tractors he donated in Kano.We are grateful and we will be waiting for him in the ballot come 2027."

As ODM and it's adherents welcome the NADCO report, Ojienda has been vindicated and his decision to support the reigning administration proven right.

As things stand, if his gubernatorial ambitions matures into the ballot, there is a decent possibility that he will infact be a competitive candidate for the City of Kisumu, regardless of his party of choice.

SOJALS

HOT ON X

JOWIE IRUNGU DAY OF RECKONING?; MARCH THE 13THH!



There are only three sentences open to the court; term of years, life imprisonment or death. Life imprisonment is 30 years, but with remission, the accused would serve 20 years and his life moves on.

Jowie's probation officer described him as one who lacks stable partner relationships, has anti-social behaviour manifested by living on the edge, is impulsive, a thrill seeker, uses anger or aggression to control others, and has double personality traits.

JUSTICE GRACE NZIOKA



People should avoid being swayed easily by jowie irungu pr stunts Just think of the moment he produced a knife Slit through Monica kimani neck Imagine how Monica would be begging, crying and terrified Imagine the pain . That's y I say he has to pay

SHOLLA



SILAS MBURUKI

I really have never understood the motive behind Jowie Irungu killing Monica Kimani if he did so. For me it still looks like a setup.



ENG. NYASIKERA

Justice systems are imperfect. Grace Nzioka sentenced Jowie based on what the prosecution presented in court. Jackie Maribe got off in the murder of Monica Kimani because the evidence didn't link her. Glynn Simmons, 71, spent nearly 50 yrs in prison for a murder he didn't commit



LEE MAKWINY

I have never understood why Joseph Jowie Irungu killed that beautiful lady Monica Kimani. Women are supposed to be loved, not killed!



B. KIMONO

Last month, the High Court found Jowie Irungu guilty of the murder of businesswoman Monica Nyawira Kimani, who was brutally killed on the night of September 19, 2018, at her Lamuria Gardens apartment in Nairobi.



NAIPAMEI KAIKAI

Today Jowie Irungu will know his fate after the Court makes his sentencing for the Murder of Monica Kimani. What do you think the Court will sentence him with?



JOSEPH MUTISO

End of civilian journey for Jowie Irungu. He has been sentenced to death by Justice Grace Nzioka



KIMUZI

Siezi tetea Jowie Irungu mimi. Ukishapewa death sentence unangoja? Naspit kaa bitch. Nasnitch kila kitu. Naburn adi iwakeee. Already wewe ni walking dead.



PAUL OUMA

Jowie Irungu set to be sentenced today. In this life be very careful who you associate yourself with. That's all I can say

# YOUTH & POLITICS

## A YOUNG LEADERS CAUCUS TO BE LAUNCHED IN KISUMU

Kisumu County Youths could soon experience history in the making as the launch of a certain Kisumu Young Leaders Caucus, an umbrella body that champions the political welfare of young people in Nyanza region gets closer.

Founded in January 2024, the organization seeks to provide a holistic platform for emerging leaders to not only hone their leadership skills but also advocate for their socio-economic and general welfare.

According to its promoters, the movement which's patron is Kisumu senator Hon. Tom Ojienda is committed to revitalizing the earlier mundane principles of collective bargain.

"We have not witnessed movements as great as those that birthed brands like Tom Mboya," a member tells City Bite. "Our patron, Senator Tom Ojienda has rich and productive experience with collective bargain, checkered with his popular stint as the president of the Law Society of Kenya," he said. "We want him to pass his sargacity to us, the young generation of leaders who wield the keys to the future of our Country," he said." This is what our movement means to us. Championing Youth inclusion in all spheres of life, " he stated. "We want to be involved in such conversations where foreign policy is being discussed, we want to contribute positively towards the trajectory of sports in our country," he said."We want to be involved in conversations where roadmaps to long term development goals such as the vision 2030 are being drawn," he stated. "Such can only happen when we provide value to both those in the corridors of power and the common man,"he said. "Collective bargain is our way out, not because we are weak, but because we are strong enough to acknowledge the strength that comes with joining hands and walking together."

Early morning of the day of launch, high ranking members of the political class and Kisumu's most vibrant youth advocates are expected to flood Tom Mboya labor college, a long serving reliable venue for politically oriented gatherings.

Among those expected to add to the pomposity of the occasion is Dr. Raymond Omollo, the Permanent Secretary for the Ministry of Interior, who brings his youthful appeal to the mentors trusted by the founders of the organization. Via a conversation with City Bite magazine, founding chairperson Valentine Aela expresses her comfort in seeing the organization making such strides and her gratitude towards the senior politicians for continued support since the movement was first incepted .



"First and foremost, allow me express my gratitude to Prof. Tom Ojienda," an elated Valentine tells our interviewers. " Since we began our movement, the Senator and our patron has been very responsive," said the former Women Representative aspirant. "Since the age of time, youths have been considered the future of the society," she said. "However, very few actively empower the youth with the necessary resources and knowledge to navigate the uncharted waters of politics," she stated. "As such we are thankful for Hon. Tom Ojienda's political goodwill as his decision to be our patron has tremendously aided the quest to meet our principal objectives," she stated. "It also goes without mentioning my political history with H.E Eliud Owalo, the CS for ICT," she continued."Since I joined UDA, Hon. Owalo has not only mentored me, but also aided me with the necessary political networks," she said. "His penchant for mentoring

young leaders transcends all forms of imaginary and physical limits," she said. "My team and I will be glad to host him on Saturday," Valentine stated.

"Noteworthy also are the tremendous contributions of Interior P.S Dr. Raymond Omollo, a relatively youthful mentor to our members," she said."In his capacity, Raymond has openly given us his guidance and exhibited a flamboyant willingness to support such programs that could secure an idyllic world for the youth to thrive in their own unique ways," she stated. "It is also important to state, that the event will be attended by many other respected and experienced leaders from all walks of life. Therefore, consider this a rallying call to all youths from across Kisumu County and even those from different parts of Nyanza region to attend this great gallery of leaders at Tom Mboya University College on the day of launch, when we embark on the trek towards an empowered youth nation."



Kisumu Young Leaders Caucus Patron Hon. Sen.Prof. Tom Odhiambo Ojienda | Photo Courtesy



Interior P.S Dr. Raymond Omollo | Photo Courtesy



ICT C.S Eliud Owalo | Photo Courtesy

# INSIDE POLITICS

## GHANA ELECTIONS



Peter Wandera

It seems the wind of change is blowing across the African continent regarding elections. The rate at which elections are going to happen in the continent is mind-blowing. This has seen other quarters call 2024 the year of elections since 19 African countries will be heading to the polls. Elections in Africa have always proven to be a dog-eat-dog dog and those contesting have always risked it all to emerge as victors notwithstanding the tactics used. Last week I was very skeptical about the West of Africa and the type of democracy being exercised in that region and I have no apologies to make for referring to the region as the cesspit of democracy, this is where democracy is being strangled at birth.

However, I have something positive to write home about Ghana and Senegal as far as the entrenchment of democratic ideals is concerned. And since last week I dissected Senegal, this week Ghana is on my surgical bed and I will be laying bare what to expect.

Ghana was the first sub-Saharan country to get her independence in 1957 and the future looked very bright and promising. However, things took an ugly turn when the country being touted as the best model in Africa, experienced four successful coup de tats in fifteen years and the silver lining came when the country returned to multiparty politics in 1992. After that dark period, the country has been on the right trajectory and the correct side of history on democracy. On the 7th of Dec 2024, the country will once again be heading to the polls to elect the president and the members of parliament. The current president Nana Akufo-Addo will not be on the ballot having served his two terms.

The contest will be between Mahamudu Bawumia of the New Patriotic Party and John Mahama of the national democratic council. Other candidates salivating to occupy the Jubilee House are Alan John Kyeremanten of the Movement for Change Party and the New Force movement's boss Nana Kwame Bediako.

Mahamudra Bawumia will be contesting this election having served as the vice president. He will be banking on his impeccable credentials in economics and the power of incumbency. Bawumia will also be the first Muslim to lead the southern-dominated NPP and this also implies religion will play a key factor in who emerges the winner. His strongest challenger will be John Mahama. Mahama is not a novice in the political field since he was the fourth president of Ghana and thus he knows and understands the terrain. In his arsenal, he will be using inflation as a key campaigning weapon. John Mahamma is a seasoned politician having served as an elected member of parliament, a cabinet minister, a vice president, and a president.

The icing on the cake about his stellar career is that he has also worked in international organizations where he has made a name for himself and thus needs no introduction on the international stage.

John Mahamma has many feathers in his cap compared to Mahamudu Bawumia and this gives him an edge. however, the power of incumbency can spoil the party for Mahamma. The key issues that will define this election include the economy, human rights, free press, and free education. John Mahamma being the first sitting president to lose an election and concede defeat, then it's crystal clear that democracy in Ghana has matured. It is also imperative to state that the elections will be free and fair thanks to the strong civil societies and the strong institutions in the country which have stood strong like the Rock of Gibraltar on matters of fairness over time.

**7 DEC 2024**

**Official Date for the Ghanaian Presidential Election**



Erstwhile Ghanaian President & 2024 Presidential aspirant H.E John Mahama | Photo Courtesy



2024 Ghanian Presidential aspirant Hon. Koffi Akpaalo | Photo Courtesy

# THE CRITICAL EYE

## PURPLE THE WORLD; A JUSTIFIED THEMATIC AREA FOR FESTAC AFRICA !



Odima Osure; Writer.

As a blue faced Wamboi walks through the doors of her counsellor's workroom, tears flow down her black-eye while she surrenders to her bewildered therapist's comforting arms. She would then break down into a melancholic sob, as the therapist tightens her arms around her, as if to initiate a co-rumination. Then, a ten productive minute rant followed about how a certain Karanja descended on her with backhanded slaps, in the wake of a minor spat.

As the confessions continue to trickle in, I would then catch a distant murmur that the Karanja on agenda was her groom, a man she once so unsparingly loved. "He asked me to iron his clothes," she said. "I was still preparing tea for him," she continued. "But then, he started to complain that I was wasting his time," Wamboi said, sobbing. "This is not the first time he has done it," she went on. "I have seen better days, I have seen worst days. He doesn't understand. He doesn't give me breathing space. He wants me to respond immediately to his demands ,regardless of circumstances at hand," she said. "I am tired of him and I am quitting this marriage, enough is enough!"

One case, this is an almost insignificant fraction to a tip of an iceberg of a rapidly growing imperil, to the institution of marriage, family and general interpersonal relationships. In a much safer world, such cases as Wamboi's would not be as ubiquitous as they are today.

In Kenya alone, a gobsmacking 38% of ever married women have been reported to have experienced physical violence while 39-47% of women have reportedly experienced gender based violence in

their lifetime. Globally, statistics from UN Women website indicate that over 736 million women have been subjected to physical and or sexual intimate partner violence, non partner sexual violence or both at least once in their lifetime. Ratio wisely, the aforementioned figure means that almost 1 in 3 women in the world face the menace, at least once in the said span.

This underscores the importance of such anti-gender based violence initiatives as the 'Purple the World Movement', spearheaded by U.S based Festac Africa ambassador Portia Shipman, who via a conversation with City Bite insists that



Portia Shipman is a U.S based FESTAC Africa Festival Ambassador and an anti-gender based violence champion

from her experience, Gender Based Violence or domestic violence as it's infamously referred to in the United States is like a double edged damscus sword, that cuts across both genders.

"Festac Africa Festival's theme color is purple," festival C.E.O Grace Mumo tells our interviewers. " This is because, as Chairman Eng. Yinka Abioye said, one of the plinth objectives of the festival is is to create awareness," Mumo stated. "You can't create awareness in vacuity," she told us. " There must be a gap to bridge and gender based violence is an age-old challenge," Mumo said. "We must have a concerted campaign against this menace. It must end. We are in 2024 for crying out loud, and this is why Festac Festival 2024 is going purple. And I am glad that Portia Shipman is one of our ambassadors," Mumo said. "This is a lady who has committed a decent part of her life to fighting domestic violence," she stated. "Therefore, Shipman is not only coming in as an ambassador but also as an inspiration to gender activists. She will talk to young women and young men

on navigating relationship related issues without having to get schmaltzy," Mumo stated. "Let's face it, whenever two people settle down in any form of relationship, issues always arise. However it is the maturity with which we solved them during our salad ages, that put us where we are today, and that should be the way."

☆ 736 M

The number of women to face physical and or sexual intimate partner violence, non-partner sexual violence or both at least once in their lifetime according to UN Women website.

☆ 39%-47%

The percentage of women to have reportedly experienced gender based violence in their lifetime in Kenya.

☆ 38%

Of ever married women have been reported to have experienced physical violence in Kenya.

Late last month, as Eng. Yinka led his team through the City, he rallied Kisumu County administration and the powers that be to take the initiative of painting city buildings, especially those around the venues of the festival purple. When that happens, it will play a very important role in communicating the theme to Kisumu, her people, the nation and the world at large. FESTAC, since it's founding is known for leaving immortal legacies in host cities and when political goodwill works in the favor of the festival, then Kisumu will home a legacy that generations to come will read, hear and tell of.



# C.S.O SPACES

## PREMENSTRUAL SYNDROME (PMS) ON STEROIDS



Daisy Bartlett

Last week, my article focused on periods and briefly mentioned a disorder called Premenstrual Dysphoric Disorder (PMDD). PMDD is described as 'PMS on steroids'; it's when your premenstrual symptoms are heightened, for some to the point of not being able to function. The disorder is poorly diagnosed and said to affect up to 3-10% of women. I personally struggle with this disorder.

For 'normal' women, PMS can manifest as being extra irritable a couple of days before their period starts. For women with PMDD, symptoms can last as long as two weeks, from ovulation to their period. They can manifest in extreme rage, sadness, anxiety and/or overwhelm. Physically, it can cause bloatedness, headaches, breast tenderness, fatigue, and a whole bunch of other fun symptoms...

Due to its cyclicity, it can be misdiagnosed as bipolar disorder. It can't be diagnosed with a blood test (as hormone levels may be normal) because it's believed to be their effect on the brain that is responsible for the symptoms. As Cleveland Clinic explains: 'Experts don't know why some people get PMDD. Decreasing levels of estrogen and progesterone hormones after ovulation and before menstruation may trigger symptoms. Serotonin, a brain chemical that regulates mood, hunger, and sleep, may also play a role.'

The symptoms can be extremely debilitating and cause women to have (irrational) outbursts, often towards the people closest to them. A recent study showed that 34% have attempted suicide during a PMDD episode. For some women, antidepressants help; for others, it's more about maintaining a 'healthy lifestyle' and learning 'coping mechanisms.' Simply recognizing the disorder can be a huge relief.

If you relate to any of this, the first step is to start tracking your symptoms/cycle. I personally started color-coding my calendar: red for bad days, yellow for okay, and green for the good ones. When you then zoom out at the month, the pattern becomes obvious. The key indicator is that the symptoms go away once you start menstruating. I call this 'the fog clearing' as for me, it literally feels like I've been in a haze of despair and self-judgment, and suddenly, like

I've been in a haze of despair and self-judgment, and suddenly, like driving out of fog, I go back to being 'me.'

Again, like with most women's issues (I sound like a broken record), PMDD is still poorly researched. It was only officially recognized by the World Health Organization (WHO) in 2019. As menstruation was officially added to their agenda in 2022, we can hope more progress shall be made in the field to help alleviate the symptoms of women who struggle through practically half of the month, every month for the majority of their life.

**Premenstrual Dysphoric Disorder (PMDD)**  
Common symptoms include

Anger or irritability.	STRESS Feeling on edge, overwhelmed or tense.
Anxiety and panic attacks.	Depression and suicidal thoughts.
Difficulty concentrating.	Fatigue and low energy.
Food cravings, bingeing or changes in appetite.	Headaches.
Insomnia.	Mood swings.

VOL 10

## INVOLVING MEN IN THE CONVERSATION WILL CHANGE A LOT!



Osure Clifone

Regardless of the longstanding concerted efforts to achieve gender parity, there still remain entrenched grey areas that if not strategically addressed, the world will remain imbalanced. Holistic empowerment will tremendously bridge these gaps. In simple terms, let us actively involve men in discussions that champion

gender parity.

Socialisation is a pedestal component of a man's growth and this is why the conversation should begin with men, at their tender ages of development. A man socialised to recognize the power of humanity, is a man with enough vision to acknowledge the principles of gender equity, which easily aids gender parity.

In my view, paying absolute attention to the empowerment of one specific gender could be a factor in the increase of incels and misogynistic ideologies across various social media platforms.

A world where men are given the tools

of gender equity is an idyllic world for women to thrive. Initiatives such as those set up by Kenya's second lady Mama Dorcas Rigathi are ergo fundamental to the trajectory we want to take with respect to gender parity.

Association for The Welfare of The Boy Child, a young organization domiciled in Kisumu is gradually taking a centre stage in spearheading the conversation on boy child empowerment. Founded in 2023, the organization is redefining the pro-gender parity campaigns by educating young boys on the principles of gender equality, building healthy intra and inter-personal relationship and related themes

# DERO ARTS ORGANIZATION IN PICTURES



# BIRDS OF PREY

## 'How does saving a Bird of prey economically benefit a Kenyan?'

Whether or not you believe the myths that depict birds of prey as the guardianship of the natural order, science shows that they play a vital role in natural ecosystems and human societies. Losing them could be disastrous for both, yet conserving these magnificent creatures is an ongoing battle.

Renowned for their remarkable flying prowess and keen eyesight, birds of prey face an alarming risk of extinction. Simon Thomsett, a Kenyan-born conservationist residing in SoySambu, a conservancy nestled between Nakuru and Naivasha, has dedicated his life to the protection and rehabilitation of Birds of Prey, also known as raptors. While legal mandates exist for the safeguarding of these birds, the question often arises: 'How does saving a bird economically benefit a Kenyan?'

The answer lies in the uncalculated yet scientifically proven benefits that raptors—encompassing eagles, hawks, falcons, owls, and vultures—bring to both ecosystems and human societies. Regardless of one's belief in the interconnectedness of all living things, the importance of a balanced food chain and the role each species plays in maintaining a healthy ecosystem is universally understood. From protecting crops by serving as natural pest controllers against small rodents and other mammals, to rapidly consuming carcasses and preventing the spread of zoonotic diseases, raptors play a vital role in maintaining the health of our ecosystems and ourselves. Side note Covid-19, is classified as a zoonotic disease, and I think we can all agree we could all like to avoid another such outbreak.

Tragically, a majority of the birds under Simon's care have fallen victim to electrocution—a leading cause of death and dismemberment among raptors in Kenya. Their existence is further threatened by other human activities like habitat destruction for farmland and housing, or what Simon calls 'The 4 P's: poisoning, persecution, people, and power'.

In various cultures, eagles and hawks are revered as messengers of the gods, possessing the ability to see beyond the ordinary and reveal hidden truths. Historically, these birds have helped warn of potential threats to human health. For instance, their sensitivity to the harmful effects of the insecticide DDT played a crucial role in raising awareness about its impact on human health. Studies continue to warn of the link between DDT exposure and a spectrum of health concerns, including 'breast cancer, birth defects, reduced fertility, and an elevated risk of diabetes'.

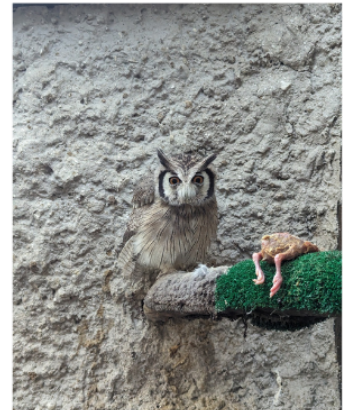


Photo credits; Simon Thomsett

"Beyond scientific arguments, the extinction of these species would not only result in the loss of an important aspect of cultural heritage but also diminish the potential for ecotourism. It's challenging to put a price on a bird that symbolizes freedom but if you would like to support conservation efforts in Kenya, you can donate to The Kenya Bird of Prey Trust here.

# BUSINESS

## TOP 10 HOTELS AND PLACES TO VISIT AND EXPERIENCE TRADITIONAL CUISINE DURING FESTAC FESTIVAL HAPPENING IN MAY 20TH -26TH 2024

### 1. Grand Royal Swiss

Grand Royal Swiss Hotel is perfectly located in a serene and secure environment on the outer edge of the Kisumu City, along Kisumu-Kakamega highway with the splendid view of the Nandi Hills. The hotel boasts of a total of 217 spacious rooms under 6 categories, including a presidential suite offering a unique blend of comfort and relaxation. The hotel is ideal for both business and leisure travelers.

### 2. Dunga Hill Camp

Located on the shores of Lake Victoria, Dunga hill camps offers a 360 degrees view of the lake and it's environ with large lawns for camping. Has a fantastic outdoor sitting area with a restaurant that serves delicious fish prepared to customers liking, including Deep/wet fried, stewed or freshly boiled with just salt and water.

They serve foods such as traditional vegetables like black night "Osuga", apoth, spiderweb "Dek" with chicken and a variety of meats. There is also a bar where you can order your favourite drink to wash the food down your stomach.

### 3. Hangover Executive Kakwacha Chain of Hotels.

Located in Odera streets, next to guilders plaza, 4452 Kisumu Mall room 2 off Jomo Kenyatta Highway; Tivoli Branch, RMXB, Crossover and Across other counties such as Nairobi, The Hotel and Chain of restaurants is known for its traditional delicacies and mouth watering foods including choma, anti-theft with kachumbari, veggies and ugali, ugali grilled and Kuku Managu, Pico de Gallo, Wet and dried fried Tilapia and Cabrito" fried Goat. It's also very close to the FeSTAC venue: Jomo Kenyatta Sports Ground.



**DUNGA HILL CAMP**

### 4. Ronaldo Kosewe

Located at Tom Mboya Road in Milimani, Ronaldo Kosewe offers a variety of food stuff including, wet fried fish seamed in a rich potato and onion sauce, smoked fish (Bude), mud fish (kamongo), Nyama choma special with kachumbari, Athola roasted beef then stewed with herbs and dry fried beef

### 5. Tilapia Beach Restaurant

As the name suggests, The restaurant specializes in the best fresh tilapia dishes. However, they also serve other types of fish and various dishes, including beef, chicken and vegetables. The restaurant is situated on the shores of Lake Victoria and has a relaxing and casual atmosphere making it an excellent spot for lunch or dinner.

The place is famous for tourists and locals alike. There is also a bar where you can request your favourite drink to sip as you wait for the food.

### 6. Kalongolongo Restaurant

Located in Miliani, one of Kisumu's best estates, Kalongolongo offers a wide range of traditional meals perfectly prepared with natural ingredients maintaining the original taste. Provides variety of foods stuffs such as fish, especially tilapia, wet fry goat meat and the traditional uji served in a calabash.

### 7. Mon Ami

Known for its French-inspired cuisine and the cosy atmosphere, especially the poolside seating area. The menu features both local and international dishes, as well as a selection of desserts and drinks. It is located at Megacity mall, a distance away from Megacity.

### 8. Kiboko bay

The restaurant is located on the shores of Lake Victoria and offers a cosy and intimate setting for a dinner date. The menu features a mix of Kenyan and international delicacies, and the restaurant has a beautiful outdoor seating area with lake views.

### 9. Imperial Sarova

Set on a downtown street, this modern hotel is a 15-minute walk from Luan'gni Beach on Lake Victoria and 2 km from the Kisumu Impala Sanctuary. It's 6 km from Kisumu International Airport. The hotel has executive and well furnished rooms for family vacation as well as VVIP rooms.

### 10. Cucina Bistro

This Italian-inspired restaurant menu features a variety of dishes such as pasta, pizzas and salads. The restaurant's cosy and intimate atmosphere makes it a great choice for a romantic date. It also has an outdoor seating area to enjoy your meal with city views. The restaurant is located on Ojjo-Oteko road in Milimani.



**GRAND ROYAL SWISS HOTEL**

# CLIMATE CHANGE

## COASTAL CONUNDRUM:



Viola Adhiambo; Climate & Development Specialist.

### Navigating the Threats of Climate Change

Climate change presents an imminent threat to our planet, especially as rising sea levels encroach upon coastal settlements and beaches. In 2024, the tangible consequences of increased greenhouse gas emissions and global warming have become undeniable, demanding urgent attention.

One stark example of this crisis is the Maldives, a nation whose average ground level elevation is merely 1.5 meters above sea level. The Maldives faces the looming danger of becoming uninhabitable due to rising waters, prompting discussions about relocating entire populations to safer areas.

Similarly, cities like Miami in the United States are grappling with the phenomenon of 'sunny day flooding,' where high tides inundate streets, disrupting daily life. These occurrences are becoming more frequent and severe, hinting at a future where such disruptions may become commonplace.



A satellite image of Maldives Islands |Photo Courtesy

The economic repercussions are profound. Coastal tourism, a significant source of income for many communities, is under threat as beaches erode and sea levels rise. Property values decline as flood risks increase, leaving homeowners and investors vulnerable to substantial losses.

Furthermore, the ecological impact is severe. Saltwater intrusion into freshwater sources endangers drinking water supplies and agricultural productivity. Delicate coastal ecosystems, including mangroves and coral reefs, are deteriorating rapidly, diminishing their ability to serve as natural barriers against storm surges.

MALDIVES ISLANDS HAS AN ALTITUDE OF

# 1.5 m

ABOVE SEA LEVEL

The evidence is undeniable: climate change is no longer a distant threat but a current-day disaster affecting millions worldwide. Urgent action from global leaders, policymakers, and individuals is imperative. Mitigation strategies, such as reducing carbon emissions and transitioning to renewable energy sources, are essential. Simultaneously, adaptation measures, including constructing sea walls, restoring natural barriers, and implementing managed retreat strategies, must be prioritized to protect vulnerable communities.

As we move forward, let us not be overwhelmed by the scale of the challenge but motivated into action. The fate of our coastal settlements and indeed our planet hinges on our collective efforts.

### QUOTE OF THE WEEK

Keep calm, whatever the situation, and let the internal light that inheres in you shine through, permeating all round.”



H.E ABABU NAMWAMBA



The journey to transform our markets began in earnest today as I presided over the handing over of the site development of the Shs 800m Siaya Integrated Market in Siaya Township Ward. Upon completion the market will have modern amenities like cold rooms and other primary processing value chains.



H.E JAMES ORENDO



A beautiful celebration today in Dandora as the stadium which stalled in 2019 after the @EACCKenya stopped its construction has been finalized and opened to the public.



H.E JOHNSON SAKAJA

# HEALTH

## HOW BUDGET PROCESS AFFECTS THE FIGHT AGAINST MALARIA PREVENTION ,CONTROL AND DIGITAL HEALTH AS A WHOLE.



Emmanuel Otieno Obwanga

Nearly every minute, a child under five dies of malaria. Many of these deaths are preventable and treatable. In 2021, there were 247 million malaria cases globally that led to 619,000 deaths in total. Of these deaths, 77 per cent were children under 5 years of age. This translates into a daily toll of over one thousand children under age 5.(Source: WHO and the Maternal Child Epidemiology Estimation group (MCEE) 2020.

This indicates the urgency to increase more funding in the fight against Malaria Disease.The allocation of funds for healthcare initiatives, including those related to malaria prevention and control, is a critical aspect of the budget process and this matters alot every Financial year that the budget is read.Funds influences the effectiveness of malaria prevention and control efforts, as well as the adoption and implementation of digital health technologies.

Take for example in the FY 2023/2024,The government gives priority to Health sector and especially on Malaria,it will be very easy to procure anti malarialmedicines, distribute insecticide-treated bed nets, and effectother control measures like Telemedicine. The opposite would hinder the control and preventive measures hence increasing malaria cases and deaths.



...With changing Climatic conditions ,a new breed of Mosquitoes known as Stephensi requires proper Investment in research and digital health technologies...



Emmanuel

With changing Climatic conditions ,a new breed of Mosquitoes known as Stephensi requires proper Investment in research and digital health technologies: The budget process can influence the investment in digital health technologies, such as mobile health (mHealth) applications, telemedicine, and electronic health records (EHRs) which would easily aid Real time Monitoring which improves the efficiency and effectiveness of malaria prevention and control efforts.However, the allocation of funds for digital health technologies may be limited if the budget process does not prioritize their importance hence affecting the preventive outcomes.



For instance in the last quarter OAG and oCoB reports ,there was was alot of nugatory expenses and no value for money where different counties were on the spotlight for such spendings.The later would affect effective healthcare operations whose budget were reduced to cater for other departments.

This calls for Continuous emphasis on Increase on Budget Allocation on Healthand Specifically Malaria Prevention Control and Treatment.

There is need to put more money on advocacy,more money on mosquito control and Elimination.

The responsibility lies within ourselves to put to task our elected leaders both in National and County assemblies,let budget for malaria ,let's eliminate it.



Emmanuel Otieno Obwanga is the Project Lead-Digital Health at Kenya Malaria Youth Corps/Member of Transform Health, Health Data Governance Working Group/Co-Founder CITYBITE MAGAZINE/Vice-chair AFTWOB

# THE DIPLOMAT

## What do the Haitians want?

When crafting democratic policies and acting as human rights and democracy watch dogs, the community of nations is compelled to consider the concept of self-determination. Self determination is the most fundamental concept that underlies governance. Dark has been the Caribbean nations that have happened to Haiti - presidential assignation in 2021, earthquakes of the highest magnitude, and devastating levels of poverty. What is the worst that can happen has been the general view of the media - and perhaps this begs the question of what do Haitians want?

In 1784, the French hanged their king and the city fell in revolt. The revolution soon led to mass massacres, and the soul of Europe was shaken as the monarchical systems were disrupted and the order of kings and perpetual rule was condemned. In 1952, Kenya a state of emergency was thrown amoke, and the nation was considered a terror bed, as the Mau Mau burnt rampart across the Mt. Kenya. In both cases, the French were tired of the monarchy and Kenya was tired of British occupation.

The core roles of diplomacy are to keep the peace, and to ensure stable political order in a widely changing world. Thus, the diplomatic world's greatest furor against Haiti is not just the establishment of militia type groups and what they can do, or overturning America's poorest nation, but in the fate of global political consciousness. The dissent of people especially when they perceive the leadership to be imposed on them is a cause of worry for the community of nations as it portends the capacity of organized militant groups to thwart order and establish governments.



The fate of international order lies in the UN sending its ferocious forces to quell the dissent, advance the course of organized diplomacy, and advance the course of human rights as currently conceived. Else, a mutiny of this proportion just a week after the former transitional government PM resigned shows the final triumph of the gangs.

MESHACK



## Grand Strategy – From Lossing Wars of Attrition to Winning the Idealistic Concept of Self Determination

It is not far long that there were coups in Africa's northern nations, and it is perilous path to witness Haiti's core hardened groups to advance. The fate of international order lies in the UN sending its ferocious forces to quell the dissent, advance the course of organized diplomacy, and advance the course of human rights as currently conceived.

Else, a mutiny of this proportion just a week after the former transitional government PM resigned shows the final triumph of the gangs. This seems untenable in the long run. The gangs run a guerilla warfare - and this may turn out to be another Vietnam or Iraq; the need for supplies say that this is an attrition warfare. It cannot be won.

Thus, in the diplomatic deck is a call for Haiti's is self-determination. For although borne out of the chaos and ashes of a dying structural governance, and culturalization of former gang leaders to become the new elites. Like in 1960 when the former Mau Mau leaders were allowed to create and build a nation as the people's most vicious fighters and leaders of the people - it is instructive to make the political compromise of collaboration and assimilation of the gang leaders to rebuild the nation. For whom else is more powerful to build the nation than those who have raised rampart over it - a Kissinger's handbook of real politik has to prevail. Above all may Haiti prevail.

City  
Bite  
MAGAZINE

The author is the Founder of Waka Africa

## HAITI – THE REAL POLITIK IN DIPLOMACY CALLS FOR A HANDSHAKE WITH GANG LEADERS COUNTING THE LOSSES



Meshack Nzioka

This week, the world watched with muffled breathes as Haiti descended into chaos, and the worst of the worst happened - the final resigning of the Haiti PM. The current chaos that run Haiti must hence come to a resolution, and the winners must now rebuild the country. The tools of chaos and disorder have often been advanced by escalation of conflicting ideas - my diplomatic bard tells me that it is time that the UN embraced real politik and groomed the next leaders of Haiti from the existing leadership.

Chaos have often been deemed as a ladder. In some cases, chaos is directly attributed to the expansion of Military Industrial Complex, so if chaos is not the end game, give the Haitian leading militant groups leadership of the country. This does not mean a surrender of human rights or compromise on it. In contrast it is an act aimed at advancing the human rights under a chaotic regime. The need to consider humanity and human rights at the heart of international policies, with the Human Rights policies being curated on the defense of human rights. The United Nations Security Council is mandated with activating the tools of peace using dialogue, peace talks, and in the era of contesting parties - use interventions.

The latter has been time phased. The Kenyan troops and mission to Haiti has been significantly slow, and tediously so. This has made it almost impossible to make any significant intervention. The worst has already happened. So, its time the diplomatic community downed the tools of war. A power vacuum at the moment is apparent and the gangs as the most virulent forces must now be brought to terms with how to handle power and possibly how to run a government.

# EDUCATION

## EDUCATORS, PARENTS & LEARNERS CORNER



### Ms Odhiambo Ruth

Dear reader,  
What is receptive language?

Receptive language can be described as comprehension of spoken language that you hear or read, especially concepts and vocabulary. It is also the ability to listen and follow given directions.

Receptive language is the ability to understand words and language.

It involves gaining information and meaning from routine, visual information within the environment, sounds (e.g. a siren means a fire engine is coming down the street), words (e.g. the word ball means a round bouncy thing we play with), concepts such as size, shape, colors and time, grammar (e.g. regular plurals: cat/s, regular past tense: fetch) and written information (e.g. signs in the environment like "no climbing", written stories).



As City Bite marks its 10th Volume, we acknowledge all contributors for their persistence in providing positive value to communities through writing.

### Receptive language includes:

- Following instructions
- Understanding concepts
- Understanding grammatical elements
- Understanding sentence structure
- Understanding questions
- Understanding stories and written text

### Why is receptive language important?

Understanding language is important in order to communicate successfully. Children who have understanding difficulties may find it challenging to follow instructions at home or within the educational setting and may not respond appropriately to questions and requests.

Within the school setting, difficulties in understanding may lead to attention and listening difficulties and/or behavioral issues. As most activities require a good understanding of language, it may also make it difficult for a child to access the curriculum or engage in the activities and academic tasks required for their year level of school.

### If a child is having difficulties understanding language you may notice:

- Poor attention and concentration
- Requires several repetitions of instructions
- Gives unusual answers to questions
- Talks excessively to disguise the fact that they don't really understand
- Finds it difficult to listen to stories
- Demonstrates disruptive behaviors

*Ms Odhiambo Ruth is a teacher at Fairmont International Schools; Kisii*

### Education is the ultimate equalizer

**NELSON MANDELA**



Receptive language can be described as comprehension of spoken language that you hear or read, especially concepts and vocabulary

Ruth



Dr. Aruna Varsani is changing many lives in the grassroots of Maa communities through her work as the Founder of Together for Better Foundation.



With equanimity notwithstanding, Kisumu City Manager Abala Wanga is mourning his beloved Grandmother. Popularly known for strong character, residents have continued to share in his sorrow, as inside reports indicate that the departed was dearly cherished by Mr. Wanga.



# 2024



**FESTAC  
AFRICA  
FESTIVAL**



## ENG. YINKA ABIOYE

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MAY; THE MONTH OF FESTAC

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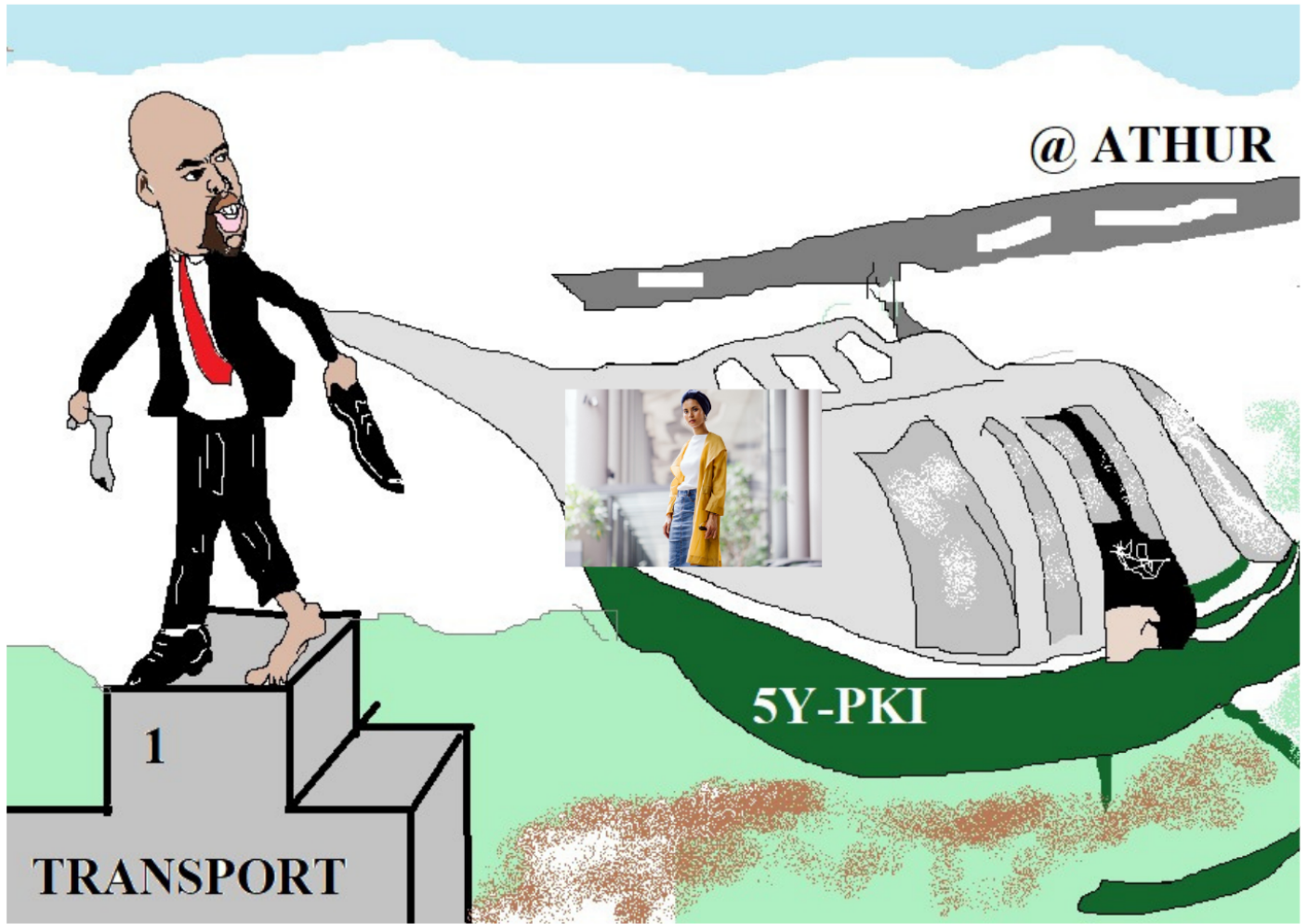
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### DECEMBER

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An unnamed parliamentarian in Siaya County recently shocked an entire constituency after he stood a congregation up. It was expected that the said parliamentarian would be a guest of honor for the said function. According to word doing rounds, an air of disappointment engulfed congregants, some of whom began to murmur curses in the name of the MP. People still eagerly wait for his defence for embarrassing men of cloth.

thecanard

## THE CORKY PROFESSOR

A self declared professor of economics recently visited a shop. He found a young lady, in her early twenties. The professor ordered the lady to keep him a Shirt, that he'd collect the following day.

When he came the evening that followed, the professor, to his dismay met a different person, a gentleman to be precise.

As he gets in the shop, the professor commanded the young man to give him the shirt, which he reluctantly did, as the customer did not specify whether he had an agreement in place with the young girl.

As he hands over the shirt, the professor demands that he be given the shirt at a price lesser than the selling price. 'No way he set the price for himself!', the young man murmurs to himself. What ensued was a futile argument as the truculent don insisted on his price, going to the extent of lecturing the young man on the principles of economics. As the seller tries to convince him of the marked price, the corky professor flees the seen 🤪!

# WHY MENENGAI 6 IS A MUST ATTEND MEETING FOR ANY BORN AGAIN CHRISTIAN

As we approach 16th and 17th March 2024 ,the big days for The Mega Healing service culminating into pastors conference on 18th March at Nakuru Main Altar,the urgency and imperativability of partaking this major Service keeps growing day by day. There has been robust preparation on ground Zero ,the hosting site for the meeting. The meeting is bringing christian faithfulls across the globe ,from China to Germany ,from South Korea to Italy ,from USA to Finland ,From Brazil to Israel and across the 54 African States .

Moreover there is a high profile of foreign Presidents attending the service ,a course that would set in motion high end Diplomatic relations between the country and the visiting states. However this is not the important part.

As many are aware that THE TWO MIGHTIEST PROPHETS ever since they stepped into the country,GOD has used them to perform Miracles and wonders and also used them to judge the Nations .It's only through them that GOD struck the earth with Earthquakes, Coronavirus,Ebola and other serious diseases under the sun, especially when those particular Nations failed to Repent ,events that were televised across the global media stations,we can't just pretend to have forgotten.

We are also aware that their message has always focused on the super glorious coming of The Messiah and the need for the Church to Repent and turn away from Sins and Evil. That message has never changed. Each day ,they warn the church to repent and return to GOD .

Majority of us are also aware of the initial status of the church before they came. The church was rotten with the love of money and prosperity gospel, the church suffered extremely in the hands of False Preachers and Apostles .That storyline shifted spontaneously with the Entry of THE TWO MIGHTIEST PROPHETS. We were stuck and desperate with our cripples, blind and paralytics. Infact some of us would hide them in our homes so that people could not see them. We were afraid of our own . Today our cripples can walk, deaf ears can now pop open ,blind eyes can now receive their sight free of charge !. This is one of the many reasons why nobody should miss this meeting.



By Emmanuel Otieno

MALACHI

## 4:5

SEE, I WILL SEND THE PROPHET ELIJAH TO YOU BEFORE THAT GREAT AND DREADFUL DAY OF THE LORD COMES.

If a whole president from a foreign country ,who has almost everything in life has humbled, checked across the world and realize that the centre of spiritual nourishment and awakening is only dispensed by THE TWO MIGHTIEST PROPHETS OF GOD and that GOD is using them to prepare the church for the coming of The Messiah, how about us who depends on GOD for everything? does this not sound as a warning to us that GOD does not care about personality and status ? And that time is running out for the church? Can we really miss this? Imagine GOD has promised to heal us for free! All we need is to prepare in repentance and humble .

Just as most of the times when we have a visiting head of state ,the government sets in proper preparations and the Executive arm dives into the preparations in their entirety. All preparations are taken as braggart and bumptious . Probably you would see serious military parade preparations ,entertainments and other sectors fully participate in the process including the head of state. .If we only do this just to honour people as per international and diplomatic confines, how serious do we need to prepare for GOD's visitation?

The honour part is where we are struggling with as a country, we have lost focus and honoured worldly things ,yet our attention as a country is minimal visa vee what GOD has done to us. We have hundreds of cripples and blind eyes that have walked and seen and shockingly some of them are from our midst, some are our own relatives and even family members.

Similarly we are aware that when GOD wants to visit a nation they must prepare and the preparations here are not physical ,they are spiritual. Repentance is a major component that cannot be avoided in this preparation. If we can honour visiting presidents and delegation in such a manner ,don't we see that there is uttermost responsibility to honour GOD and the envoys of GOD? and are we even aware that there are serious corollary aftereffect of failing to honour GOD and HIS messengers?

Those who read the bible understand and acknowledge that when Nineveh was asked to repent ,it did so with everyone onboard ,including the King and there was never an excuse .When they obeyed ,GOD healed their land. Kenya should follow those footsteps as a country ,unless we want to feel the wrath of GOD for our continuous blatant lies and blasphemy we have directed towards the TWO messengers of GOD over and over .And bythway how can we be busy with our own things when Nations are crossing over to meet GOD?

May we not use the excuse of not having money for transport yet we always spent thousands of it on family vacation and Parties, we can't absolutely miss to prepare for Eternity ,that would be a grivous mistake ever.

REPENT AND PREPARE THE WAY! THE MESSIAH IS COMING.



# PERSON OF THE WEEK

## H.E DOROTHY NYONG'O



*Kisumu County First Lady Dorothy Nyong'o donates school merchandize to Migosi Primary School female band members | Photo Courtesy*

in the lake-side city but also across the African continent.

The WOMA award notwithstanding, Mrs. Nyong'o has also achieved artistic recognitions thanks to her efforts in effecting positive change. In 2020, at the heart of the menacing COVID-19 pandemic, Mama Kisumu was alongside her award winning hollywood star daughter Lupita Nyong'o recognized by Harlem School of the Arts for the Visionary Award, which recognizes extraordinary black women's positive contributions to the fields of arts and education through their hope-inspiring achievements.

To Dorothy, *aluta continua* as the hackneyed latin phrase goes but to many youths who look up to her, her achievements are a sufficient inspiration to propel their dreams.

Last week, when a certain KWIWES & HOK Hub were being launched, it was Kisumu County's first lady Her Excellency Dorothy Nyong'o who cut the ribbon, in a water shed moment for the Benson Abila led organization.

Accompanied by funny man Erick Omondi, Kisumu deputy governor Dr. Matthews Owili and a host of other leaders, 'Mama Kisumu' as she's referred to by a preponderance of Kisumu residents underscored, in her keynote speech the plinth role played by women in sustainable waste management.

While her prescence at the event acted as a chef-d'oeuvre to her persistent efforts in supporting youth and women serving organizations, it was her subsequent engagements that led to her nomination as City Bite's person of this week.

From the launch, Dorothy, a silver-tongued advocate of women rights and gender inclusivity would then spend the remainder of her day donating school uniforms and other school related merchandize to members of the Migosi Primary School female band as a part of the many initiatives taken by the county to celebrate this month, which is universally considered the month of

acknowledging women, their potential and achievements.

This initiative, according to a facebook post by Governor Anyang' Nyong'o is spearheaded by the Department of Public service and participatory development and is meant to 'support girl child education by pushing more women to be in school.'

A throwback to 2021 and she wins the prestigious Woman Of Magnitude Award, thanks to her efforts in empowering women. Formally abbreviated as WOMA, this award acknowledges avant garde personalities, in the realm of women empowerment.

As a first lady, Dorothy's positive contributions to the society makes her the ultimate paragon for emerging women leaders in Kenya and beyond borders. She also assumes responsibility of the Managing Trustee at African Cancer Foundation, where she astutely advocates for health care.

According to sources in the know, Dorothy's assumption of the said role was informed by her spouse, the incumbent Governor for Kisumu City county who is also a cancer warrior. Through the organization, she creates awareness on cancer, cancer prevention , management and treatment, primarily

Via a conversation with City Bite, Sharon Obilo, an emerging woman leader says of Dorothy; "She is a role model and a great woman," she said. "Despite all her achievements and status, she's still capable of being human," Sharon said. " She is humble and treats everyone equally," she continued. "This current generation of female leaders have a model to base their approach to leadership," Miss. Obilo continued. " I have been in functions she graced and she, inspires hope among many young girls."



# ENTERTAINMENT

## CELEBRATING ARTISTIC EXCELLENCE: THE KENYA UNIVERSITIES PERFORMING ARTS FESTIVAL



A PHOTO TAKEN DURING A PAST KUPAA FESTIVAL | PHOTO CREDITS [CO-OPERATIVE UNIVERSITY OF KENYA WEBSITE (TUM)].

The Kenya Universities Performing Arts Association (KUPAA) has a storied history, originating as a platform for university students to nurture and showcase their creative talents. Founded as a response to the evolving landscape of the Kenya National Drama Festivals (KNDF), KUPAA emerged as an independent entity, granting universities the freedom to host their own festivals. Since its inception, KUPAA has evolved into a prestigious event on the academic calendar, serving as a vibrant celebration of Kenya's youthful creativity and diversity.

Year after year, KUPAA has provided a stage for students to display their prowess in music, dance, drama, and elocution, fostering a spirit of friendly competition and collaboration among participants. More than just a showcase of talent, the annual festival plays a crucial role in the holistic development of students, nurturing the next generation of artists and cultural ambassadors for Kenya.

The highly anticipated Kenya Universities Performing Arts (KUPAA) Festival is set to captivate audiences from the 17th to the 22nd of March at the Technical

University of Kenya (TUM). Promising a week-long extravaganza of music, dance, and eloquence, the festival has become a cornerstone event for cultural expression and artistic excellence. Attendees can look forward to a diverse array of performances from talented students across the nation, spanning a spectrum of musical genres, innovative dance routines, and powerful spoken word presentations. Beyond showcasing creative talents, the festival serves as a platform for dialogue and networking among aspiring artists and seasoned professionals alike.

As the festival draws near, anticipation mounts for what promises to be an unforgettable celebration of Kenya's thriving performing arts scene.

The KUPAA music, art, and elocution festival, scheduled from the 17th to the 22nd of March, is a highly anticipated event in the university calendar.

This festival offers a platform for students from various universities to showcase their talents in music, art, and speech.

The event not only fosters inter-university camaraderie but also serves as a beacon of cultural exchange and artistic expression. Participants can expect a vibrant atmosphere filled with creative performances, inspiring artwork, and eloquent oratory displays. The festival's schedule is packed with competitive events, workshops, and exhibitions, promising an enriching experience for both participants and attendees.

## ■ CITY MANAHER ABALA WANGA AMONG FESTAC FESTIVAL KEY NOTE SPEAKERS

The city of Kisumu is poised to be the headquarter of Africa for one full week in the month of May 2024. Between 20th and 26th, the Lake side City will host dignitaries from all over the world in an ambitious move to showcase the beauty of African cultural diversity. Across the week, the city will be a beehive of activities ranging from trade fairs to film screening. Among those privileged to address participants is Kisumu City Manager Abala Wanga, who's job description demands must play a key role in the success of the May festival. During a past meeting with Gov. Anyang' Nyong'o, Festac Chairman Yinka Abioye rallied powers that be to aid in painting buildings adjacent to host venues purple, which is Festac 2024 theme color and the universal color for the war on Gender-based violence. Ergo, if Yinka's request is granted, Abala will oversee the beautification of the places in preparation for the much awaited fifth worlds black and African Festival



# SPORTS

## HOW ABOUT WE BUILD KENYA'S DIPLOMACY AROUND SPORTS?

As early as the days of Greek civilization, Sports have been effective instruments of diplomacy the world over. The Greeks founded quadrennial Olympic competitions, to honor Zeus, the Greek god. These games, which spanned for over 3 months informed a certain 'Olympic Truce,' which meant a military cease-fire among spectators and athletes during the competition period, which was so held in high esteem that even death penalties were forbidden. The Olympics also provided opportunity for setting up ways on peacefully solving inter-city hostilities. During these months, political congresses were held and alliances of sorts formed, while outstanding athletes gained status, power and political relevance.

This ability to get what you want through attraction rather than coercion is what Joseph Nye, a former Assistant Secretary of Defense For International Security Affairs would divinely refer to as soft power.

Such, is the power of Sports Diplomacy. It attracts rather than coerces. It bridges gaps, through the soft touch of beauty, passion and flair of the game. By a way of illustration, in the year 2005, popular football legend Didier Drogba ended a civil unrest in Ivory Coast after leading the line for their victory against Sudan, which sent the nation to the FIFA World Cup tournament 2006. Recorded as one of the most extraordinary tales in the history of football, Drogba, alongside his teammates valorously picked up the microphone to address the warring divides during their post match celebrations in the dressing room.

As depicted by a one minute video on You Tube, zealous Ivory Coast players huddled before a camera, with the imposing figure of the then new Chelsea football player standing at the front, with the microphone in his hands. He would then give a speech on how the match illustrated that the people of Ivory Coast are capable of living in harmony. Long story short, the period post that speech witnessed a gradual growth to peace, as warring divides, led by the then President



Eliud Kipchoge pictured with Manchester United shareholder Sir. Jim Ratcliffe during a past marathon competition | Photo Courtesy

Laurent Gbagbo from the Southern front and Guillaume Soro from the Northern front began to draw closer for peaceful solutions.

This underscores the power of sports, and its capability to not only bring a people together but also secure a face for a nation in the international community. For instance, Kenya, as a country is known for many things, with athletics standing tall among them, especially the long distance races.



The remarkable performances of such athletes as Eliud Kipchoge, Ferdinand Omanyala, David Rudisha, Faith Kipyegon, The late Samwel Wanjiru, Julius Yego, Brigid Kosgey, Pamela Jelimo, Vivian Jepkemoi among many other great ones have established an esteemable reputation for the country beyond borders, with Eliud Kipchoge contemporarily considered World's greatest marathoner of all time.

As a result of the discipline they showcase during competitions, England's most decorated football club Manchester United most recently announced plans to have an exchange program between Kenyan athletes and their footballers in an ambitious move to improve the mentality at Old Trafford. This will not only cement the country's place in the world map, but also provide more opportunities for bolstering Kenya-U.K diplomatic ties.

Noteworthy is H.E President William Ruto's strategic decision to trust H.E Ababu Namwamba with the sports docket in the country. This is because Namwamba, has had a stint in the Ministry of Foreign Affairs where all aspects of diplomacy were handled. As such, Ababu not only has built the right international networks but also understands the importance of sports to the trajectory of diplomacy and how sports can positively contribute to a nation's foreign policy, with his appeal to youths notwithstanding.

As a developing nation, Kenya must utilize all resources at it's disposal to establish an authoritative face in the international community. If put to proper use, Sports Diplomacy could be one of our most effective instruments of soft power.

All stakeholders must ergo give the ministry necessary support towards making sportsmen and women of this country more productive. Such initiatives of the incumbent Minister and his team as Talanta Hela, the country's joint win for the win to host AFCON in 2027 among others, should in my opinion be given rapt attention as they will play a fundamental role to the future and health Kenya's diplomacy and foreign policy.

# AGRICULTURE

## PROPAGATION MEDIA COCOPEAT, PEAT MOSS AND VERMICULITE



Felix Oloo ; Agronomist

Cocopeat, peat moss, and vermiculite are popular propagation media used in gardening and horticulture. Each of these materials has unique properties that make them suitable for different types of plants and growing conditions.

Cocopeat commonly referred to as coir or coconut coir, is a byproduct of coconut processing. It is a natural and renewable resource widely used as a propagation medium due to its excellent water retention and aeration properties. It is majorly used in seed starting mixes and potting soils to improve moisture retention and promote healthy root development.

Peat moss is derived from decomposed sphagnum moss, known for its high water-holding capacity and acidic pH, which makes it ideal for acid-loving plants such as azaleas, rhododendrons, and blueberries. It's often used in seed starting mixes and potting soils to improve soil structure and moisture retention.

Vermiculite refers to a mineral that undergoes a process of exfoliation to expand into lightweight particles with excellent water retention properties, mostly used as a propagation medium to improve soil aeration and moisture retention. It helps prevent compaction in soil mixes and promotes healthy root growth by providing a loose and well-draining environment for plant roots.

To farmers and seedling raisers, before sowing any seed, it is important to choose appropriate media. Raising seedlings in untreated media or directly in the soil reduces germination percentage, plant vigor and general performance of the transplanted crop.

Soiless media like peat moss, cocopeat and Vermiculite ensures a successful rate of 95% is achieved in

any nursery . Soilborne diseases are minimized when cocopeat is used due to its inert nature

Cocopeat/peatmoss is generally loose and light in weight, this facilitates penetration of water and nutrients to promote growth and vigor. Cocopeat and peatmoss are used in small quantities in planting trays ensuring maximization of profit with minimal costs.

Plants raised in cocopeat can be easily transferred from one point to another with minimal damages. The plants are transplanted with enough root ball minimizing the risk of transplanting shock.

Generally soiless Propagation media enhance s high levels of hygiene within the nursery or Propagation units



Sphagnum moss



Cocopeat



Peat moss



Vermiculite

# FESTAC AFRICA FESTIVAL

## A TRILOGUE WITH ADGI CHAIRMAN & BONA-FIDE FESTAC AFRICA FESTIVAL AMBASSADOR



The 1977 Festac Africa Festival whose legacy still lives on is widely considered one of the greatest ever pan-African gathering in the history of the philosophy. Due to its pristine success and impact, a town in Nigeria was named after the Festival, while some of its notable participants matured into esteemable members of the global village. To mention a few, Nigerian Lureate Wole Soyinka took part in the festival, which is credited for the success of Brig. Gen. Amb. Dr. Wallace Williams, according to the man himself.

Wallace, a 22 year old participant at the time is currently a decorated veteran, a professional diplomat, a banker and the founder of Afrikan Development Goals Initiative. Most importantly, Wallace played a key role in the revival of the festival in 2022, after a four decade hiatus and now sits tight at the Festac Africa board as one of its key promoters and planners.

To get an eye witness account of the highly regarded event, City Bite Magazine co-founders recently had a trilogue with Amb. Wallace Williams, a man with professional experience so rich, that he bears more than three designations.

**Q. Ambassador, can you introduce yourself and your professional experience.**

I am an diplomat representing the Islands of Antigua & Barbuda in Lagos, Nigeria. I am also a structural economist and a banker at Global bank, who doubles up as a director of FeSTAC for the Caribbean & Latin America. Noteworthy is the fact that I am an astute pan-Afrikan activist and a stalwart member of Pan Afrikan Institute. Additionally, I am a song writer and singer.



**Q. Ambassador can you give us a summary of your history with FeSTAC Africa Festival?**

I participated in the famous Festac 77'. I was 22 years old at the time. I was an emerging pan-Afrikan activist, musician and poet. Participants in the festival came from assorted Afrikan countries including South Afrika, host country Nigeria, Zimbabwe and among others, Namibia. The song played was themed FeSTAC Village, and thanks to my flair, I was awarded Pillar Of Afrika FeSTAC Award, alongside Wole Soyinka and Fmr. Nigerian President H.E Olusegun Obasanjo.

The 1977 event was the biggest FeSTAC festival, spearheaded by H.E Obasanjo, then known as General Obasanjo. The latter and I were the trailblazing ambassadors of FeSTAC Africa, before it was handed over to federal state of Nigeria. It is unfortunate that after the 77' one, it took over 40 years to revive the festival.

As we go into this year's festival, it is my wish that it never go through another

hiatus. There's need for continuity, and the festival must take place rotationally every year. This will bolster cultural diplomacy. Of importance is the teething need to redeem Afrikan culture and religion. Through Festac, this can be made possible in a plethora of ways.

Afrikan food is good food. Afrikan Sports are good. Afrikan religion is valid. Afrikan music is entertaining, Afrikan fashion is trendy and Afrikan art is awe-inspiring. These are the bases of Festac Festival.

Festac's plinth role is to create awareness and in the spirit of owning Afrikan resources, there's a teething need to put in place factories to mainstream Afrikan resources and make exports during Intra-Afrikan state fairs.

The responsibility to change the world is pegged on our leaders, especially the young leaders. During the Festac Festival 2024 that will take place in Kisumu between May 20th & 26th, majority of Afrikan problems will be addressed.

Afrikans must wake up since there's a diabolic plan to depopulate the continent, so that our resources are controlled. Our vision at FeSTAC is to make one United States of Afrika with no visa restrictions. This forms the backbone of Afrikan Development Goals Initiative, whose main aim is to create a new Afrika, pedestalled on afrocentric trade in every Afrikan Country and afro-futurist business.



We need to create a culture where anyone who needs to approach Afrika must talk to the A.U and not individuals, as A.U was founded to respond to such conversations with Afrikan interests at heart.



*A young Wallace Williams performing during FeSTAC 77 in Nigeria*

**Q. As a professional diplomat, what do you think is the role that FeSTAC Africa plays in Afrika's Intra-continental Diplomacy ?**

FeSTAC plays the crucial role of embracing Afrikans in the diaspora, through the State Of Afrikan Diaspora SOAD, which is Africa's sixth region. SOAD ergo promotes the spirit of Ubuntu in the continent.

As aforementioned, the futherance of the principles of Cultural Diplomacy in Afrika is simplified by this Festival. It links traditions and promotes continental values.

As Chairman Eng. Yinka Abioye said, the festival's key role is the creation of awareness on the potential of Afrika, the opportunities in Afrika and to nurture future custodians of Afrikan diversity.



*40 year Old Pillar Of African Culture Award for Amb. Wallace Williams.*

**Q. As a non-African Pan - Africanist, what's the role of Festac In Africa's extra-continental diplomacy?**

FeSTAC brings Afrikan brothers together. The ideology behind it is to invest on Afrikan culture, trade and businesses. If our Afrikan brothers living beyond borders invest home, then there's a very significant chance this will attract Foreign Direct Investments, which contributes tremendously to Afrika's growth and GDP. This intrinsic growth will limit interference from neo-colonialists and debt traps and consequently lead to absolute freedom of the continent in the sectarian international stage.



*A summary of Amb. Wallace Williams profile*

**Q. What are the benefits of FeSTAC Festival to host Countries & Cities?**

First of all, the Festival outlines the Host Community on the global map. This consequently makes traction for investments and development. Therefore, the local community benefits from both intra and extra community trade. This as such leads to stable relationships far beyond Festac, through partnerships in all walks of life. Intercultural interactions boost integration while exchange of ideas are tremendous tenets of growth.

During preparation for the Festival, there'll be development of Infrastructure. The business community in host cities also benefit by providing accomodation to the global dignitaries.

Opportunities for Foreign Direct Investments can also benefit the cities in tremendous ways, including contributing to the Gross Domestic Product.



**A PARTING SHOT**

African countries need to initiate African Development Goals Initiative by setting own agendas every year, e.g ADGI 2024, ADGI 2025, ADGI 2026. For sustainability Africa must provide food security for our young Leaders to come.



# EXEMPLARY LEADERSHIP

**IN SUCH A SHORT TIME, GLADYS WANGA HAS TURNED HER DOUBTERS TO ADHERENTS!**

## A hope inspiring story

It comforts my soul, to write an inspirational story of the trailblazing female governor in Nyanza region -Gladys Wanga-. Reminiscing 2022, the then Homa Bay County Women Representative's gubernatorial ambitions started as a spark, but continued to grow as days went by. For many, John Mbadi, Oyugi Magwanga and the ilk were remotely considered the front-runners for the seat, thanks to their gender and propinquity to the ranks of leadership at orange house.

When she achieved the privilege of a direct nomination for the very first time, many were flummoxed, a preponderance doubtful of her capability to outwit the exuberant Dr. Evans Kidero.

Gradually, she grew into her dream and against the backdrop of chaos of the murky waters of politics,she withstood the test of time and adversity, to become the first ever female governor in Nyanza region.

At the onset of her tenure, Mrs. Wanga was among the underestimated leaders. Many thought that the job was too big for her while a distant canard hinted that some male politicians espoused that Homa Bay County was not ready for a female leader.

As of 2023, months into her era, Wanga was making all the right steps to the dismay of those who doubted her political feasibility as Governor. Among her short leaps was the launch of Mokwa, a locally milled sifted maize flour for the people of Homa Bay. Besides adding to the efforts of ensuring food security, Mokwa provides employment opportunities for many in the County, who work in the milling plant and affiliated stores.

With shelves across the country increasingly accomodating packets of Nyanza region's flagship sifted maize flour, the project continue to tremendously contribute to Homa Bay's gross domestic product,which in turn aids steady economic growth.



As important a thing this project is, it is just a tip of an iceberg to an already glittering gubernatorial reign,that has been acknowledged by results from varied opinion surveys,as Gladys has repeatedly appeared among the top performing County bosses nationwide since mid 2023.

Her other initiatives continue to play key roles in not only making Homa Bay county the national face of Nyanza region but also placing it in the global map. By a way of illustration, the state of the art Raila Odinga Stadium in Homa Bay county could play a part in the upcoming Africa Cup of Nations Tournament, to be jointly hosted by Kenya-Uganda and Tanzania in the year 2027. When this dream comes to fruition, the county will be watched from all over the world as Africa's most prized football competition is participated in by footballers that represent football clubs from different leagues globally, including the highly regarded English Premier League.

Another remarkable milestone is the annual Homa Bay County International Investment Conference, latest one concluded in the latter days of February this year. Officially opened by President William Ruto himself in a water shed moment for the County, the theme for this year's HOBIIC as it is abbreviated was "Unlocking the Bay of endless potential," and it brought together dignitaries, politicians, businessmen and innovators from various parts of the world in an

ambitious attempt to exchange ideas, and showcase the underlying potential of the County at the cove.

Since it's inauguration last year, the conference has primary objectives of showcasing bankable investment opportunities and exchange of investment ideas that could lead to strategic partnerships,unveiling investment opportunities available in different sectors of the county and increasing business linkages and collaboration.Such has only been done in Homa Bay, under the stewardship of H.E Gladys Wanga.

To some residents,she has corrected so many decade old wrongs of the past administration in such a short time, that those who underestimated her capability now secretly admire her competence."It is just a matter of time before they publicly declare their support for the Governor," a certain Ojwang' told City Bite Magazine. "Gladys has surprised many, including myslef," he stated. "I was among those with reservations about her. However, it is hope-inspiring to see what she has achieved in under two years and I believe there are more great things on the way for Mrs. Wanga and the people of Homa Bay."

In all levels of honesty and fairness, considering that no one and no leader is inherently perfect,Wanga stands tall among many governors regarding her performance and general delivery on campaign promises. She is a model upon which many upcoming female leaders will base their approach to leadership. Unlike those who cower at the face of adversity, she kiboshed the talks from her critics through exemplary leadership that has bot only turned her sworn enemies to secret admirers but also made her a reference point for future female governors in Nyanza region.

# WOMEN & LEADERSHIP

## CELEBRATING KENYAN WOMEN IN DIPLOMACY:

### Pioneers of Change



Carol Nyagaki

Ambassador Raychelle has played a pivotal role in strengthening Kenya's defense and security architecture, forging partnerships with regional and international stakeholders to combat terrorism and promote regional stability. Her leadership exemplifies the integral role of women in addressing complex security challenges.

Through mentorship programs and advocacy efforts, they are paving the way for more women to enter and excel in the field of international relations, breaking down barriers and challenging gender stereotypes.

As we celebrate the achievements of Kenyan women in diplomacy, it is essential to recognize the importance of gender equality and inclusion in shaping foreign policy agendas. By harnessing the talent and expertise of women diplomats, Kenya can enhance its diplomatic effectiveness and contribute to a more equitable and peaceful world.



Former Defense C.S Raychelle Omamo

In conclusion, Kenyan women diplomats exemplify the spirit of diplomacy, embodying courage, intellect, and compassion in their pursuit of global peace and prosperity. As they continue to make strides on the international stage, their contributions serve as a testament to the power of women's leadership in shaping a better future for all.

Another luminary in Kenyan diplomacy is Dr. Monica Juma, Kenya's former female Cabinet Secretary for Foreign Affairs. Dr. Juma's strategic vision and diplomatic acumen have been instrumental in advancing Kenya's interests on the international arena. Under her leadership, Kenya has fostered stronger ties with global partners, promoted peace and security in the region, and championed sustainable development initiatives.



Former Foreign Affairs C.S Amina Mohamed

Beyond government offices, Kenyan women diplomats are making significant contributions in various international organizations and diplomatic missions worldwide. Their roles range from representing Kenya's interests in bilateral and multilateral engagements to spearheading initiatives that address pressing global challenges, including climate change, gender equality, and human rights.

In addition to their diplomatic duties, Kenyan women diplomats serve as role models and mentors, inspiring the next generation of female leaders in diplomacy.



One such trailblazer is Ambassador Amina Mohamed, Kenya's former Foreign Affairs Minister and a seasoned diplomat. Ambassador Mohamed's distinguished career spans decades, during which she has represented Kenya in various international forums and played pivotal roles in diplomatic negotiations. Her leadership in multilateral diplomacy, including her tenure as Chairperson of the African Union Executive Council, has earned her recognition and respect globally. With an illustrious career spanning decades, Dr. Mohamed has represented Kenya in various international forums, including the United Nations General Assembly. Her diplomatic acumen and strategic leadership have elevated Kenya's voice on the global stage, advocating for issues such as peace, security, and sustainable development.

Another notable figure is Ambassador Raychelle Omamo, the first female Cabinet Secretary for Defense in Kenya.

# OF IMPORTANCE...



## ■ FIKILE Hlatshwayo is welcoming you to the City of Kisumu

Amb. Fikile Hlatshwayo - Global Tourism Chair CGBW extends a warm invite to you to come and celebrate Africa at Festac Festival. Register today at [www.festacafrika.org](http://www.festacafrika.org) to attend the Africa Tourism Conference and see you on MAY 24TH - 25TH, 2024 in #kisumu, #kenya

Please note the visa requirements for Kenya through this link. <https://www.etakenya.go.ke/en/en/roll/>

Book your discounted KQ flight here at 15% for the festival travelers <https://www.kenya-airways.com/en/promotions/festac-africa-festival-2024-offer/>

Book your discounted Safarilink flight here at 7% for the festival travelers [https://www.flysafarilink.com/?gad\\_source=1](https://www.flysafarilink.com/?gad_source=1)

#tembeakenya #TembeaKisumu #football #food #africanfood #africansafari #tourism #african #africansports #sports #Luo #kisii #Nyanza #kisumudala #kisumucity #kisumucounty #culture #KenyaAirways

Viola Adhiambo is a Writer for CITY BITE MAGAZINE



## ■ MAY Festival links traditions, promotes Continental values.

Being a holistic platform that'll accommodate people from all walks of life and all parts of the world, the May Festival in Kisumu will not only provide networking opportunities but also a medium through which diverse traditions merge.

This is in itself a blessing in disguise for our beloved continent of Africa. Intercultural interactions are a fundamental precept of cultural diplomacy, which is a key pillar of state relations in a rapidly globalizing world.

Therefore, en vogue, considering all the aforementioned facts, the 2024 festival will promote continental values in a plethora of ways, by linking traditions through culinary arts, fashion, music, sports, business, culture and cultural beliefs et cetera. Afrocentricism & pan-africanism; the key pillars of Festac will be exhibited in their most veritable forms.

BRIG. Gen. Amb. Dr. Wallace Williams is a FESTAC Africa Festival champion



## ■ REST in flair Steve Lawrence

On the 7th of March, the entertainment industry was thrown to mourning following news of the death of Steve Lawrence.

Upto the time of his demise, Steve was one of talented singing and comedy duo Steve & Eydie and he was 88 years of age.

Some of their hit songs include "Go Away Little Girl". According to his family spokesperson, he died of complications from Alzheimers disease.

He is survived by Gorme; his bandmate who is also his wife and David; his only son following the death of his brother Michael in 1986.

The world has lost a competent entertainer, who made his own mark through committment, focus and discipline.

City Bite condoles with Eydie, David and all his friends.



## ■ FESTAC FESTIVAL 2024 THEME

### Sustainable Growth Trajectory for Africa through Culture, Trade, Travel and Tourism

# NOTABLE QUOTES

## THE VIEW POINT



**ABALA WANGA** ”

My presence at the Kisumu Law Courts Open Day highlighted the City Management’s commitment to civic engagement and transparency. This event facilitated direct interaction between the community and the judiciary, deepening understanding through Q&A sessions. Judges from the Court of Appeal, High Court, and magistrates’ active participation signaled a collective effort to make legal processes more accessible.



**ARUNA VARSANI** ”

Make every day of your life count by empowering girls today; in doing so, we are not merely addressing the present, but forging leaders who will shape a brighter and more empowered tomorrow. The impact we create today echoes into the future, cultivating strength, resilience, and leadership among the girls whose lives we touch.



**H.E WILLIAM RUTO** ”

Kenya and South Sudan have deep historical ties that continue to grow and bring the two nations and peoples together.

Received a special message from President Salva Kiir of South Sudan that was delivered by Dr Benjamin Bol, President Kiir’s Senior Presidential Envoy on Special Programmes.



**DONALD B. KIPKORIR** ”

Many including my BFF Pauline Njoroge may not have heard of Ekitela Lokaale, our new Ambassador (Permanent Representative) to United Nations who has replaced Martin Kimani. Amb. Ekitela Lokaale is a distinguished legal scholar & a local & global public servant. He is a Chevening Scholar & Masters in Law graduate with distinction from Warwick University. He has had a long career in UN & its affiliate bodies. UN is about interpreting, implementing & application of international law. No other Kenyan before has had the credentials that Lokaale has. As a legal scholar & Turkana, he meets all the constitutional qualifications. Humbled to call him my friend. His appointment is one of the few that fits the glove. I look forward to his Tour of Duty in New York.



**SAMWEL LUCKHURST** ”

As passive-aggressive as Amad has behaved in deleting his social media accounts, watching Antony come on ahead of you is liable to drive one to such measures.



**BEN JACOBS** ”

INEOS told Erik ten Hag that it’s up to him to prove himself, nothing is predetermined and he’ll be judged in the summer. They also told him there are no guarantees that he’ll stay.



**H.E RACHEL RUTO** ”

Naaman humbled himself and obeyed. Sometimes God’s instructions are simpler than we would have expected. We just need to always open our hearts to God’s guidance and be obedient.

### CONTACT CITY BITE

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# GALLERY



MOYASA Cabinet Secretary H.E. Ababu Namwamba pictured with Omanjala and CFAO motor officials | Photo Courtesy



A young Wallace Williams performing on stage during Festac Africa Festival 1977| Photo Courtesy



UDA MCAs meet President William Ruto at State House Nairobi | Photo Courtesy



Babu Owino pays a visit to hospitalized Pst. Robert Burale | Photo Courtesy



Gov. Anyang' Nyong'o condoles with the family of deceased tycoon Amin Gilani |Photo Courtesy



FESTAC AFRICA Ambassador and Anti-GBV champion Portia Shipman hanging out with a friend | Photo Courtesy



Kisumu City First Lady Dorothy Nyong'o distributes school uniforms and other learning material to primary school kids. | Photo Courtesy



Kisumu City Manager Abala Wanga meets former Kakamega Governor H.E. Wycliffe Oparanya | Photo Courtesy



Manchester United Striker Rasmus Hojlund arrives at Carrington for training after recovering from injury | Photo Courtesy

# CULTURE

**SOUTH AFRICA'S SUN XA  
EXPERIMENT MUSICAL OUTFIT TO  
GRACE FESTAC FESTIVAL IN  
KISUMU**

# S U N X A



Sun Xa Experiment is a musical outfit which is anchored in principles centered in afrofuturism, a sound which can best be understood as an experience, a journey, and music from the heart of Soweto, which permeates to innate codes of spiritual cross sections of all human existence. The cultural collective was founded in 2014 to build momentum around the exploration of kinetic and sonic spiritual transcendence through the use of sound. In essence, Sun-Xa has built a folk ambiance with the aim to sustain cultural heritage through their often-ecstatic performances. Their songs come across as extended jams, which evoke spiritual connections, which are informed, by visions and invocations.

In the year 2024 the band is preparing themselves to take part in the internationally acclaimed FESTAC Festival in Kimuso, Kenya. This trip is particularly important for the band because it marks of our 10 year anniversary together as a band and 10 symbolizes completion and new beginnings according to commonly known African spirituality. With the 5th annual festival, we intend on joining our distant relative from the diaspora in celebration of the World's authentically Black and African Festival of Arts and Cultures. With an abundance of creativity, innovation, bringing together individuals, brands, and organizations that contribute significantly to the growth and richness of the continent which being part of this as South Africans, representing our country is a prestigious honor and also knowing its history dating back to their 1977 epic festival.

As this is going to be our first time performing at the festival, we feel like we will be making a significant cultural contribution to the creative cultural archive of the continent. To us, the festival represents the apex of some of the most significant and iconic cultural festivals to take place on the continent, which has exhibited the cultural diversity of the continent in its most genuine and unadulterated way, which represents the numerous African tribes. Our participation in this year's festival also comes at the advent of our second and self-titled studio album, which draws inspiration from our forefathers and mentors who have graced the FESTAC stage before us. These are the likes of Sun Ra, Baba Ndikho Xaba and Mama Miriam Makeba just to mention a few musicians that we are walking a parallel path in sound direction with healing properties.

Having a multi skilled 5 piece band like Sun Xa Experiment is always great as it allows us to collaborate with others, be creative with others and that's one of the important reasons of our travels, collaborations that will bridge the gap between all our countries within the 54 African countries, it starts with us, it starts with us applying the move.

We will also be celebrating the release of our new studio album & celebrating our 10 years together as a band & getting an invitation to playing FESTAC Festival, that is one of the reasons why that we honor this invitation and stage to come display our art, fashion, body paint, music performance from South Africa to

Kenya. One Africa .

KISUMU H



TH - 26T

DONAT

# 2024



## JANUARY

S	M	T	W	T	F	S
	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	27
28	29	30	31			

## FEBRUARY

S	M	T	W	T	F	S
				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	27	28	29		

## MARCH

S	M	T	W	T	F	S
					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	27	28	29	30
31						

## APRIL

S	M	T	W	T	F	S
	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	27
28	29	30				

## MAY

S	M	T	W	T	F	S
			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	27	28	29	30	31	

## JUNE

S	M	T	W	T	F	S
						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	27	28	29
30						

## JULY

S	M	T	W	T	F	S
	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	27
28	29	30	31			

## AUGUST

S	M	T	W	T	F	S
				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	27	28	29	30	31

MAY; THE MONTH OF FESTAC

## SEPTEMBER

S	M	T	W	T	F	S
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	27	28
29	30					

## OCTOBER

S	M	T	W	T	F	S
		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
27	28	29	30	31		

## NOVEMBER

S	M	T	W	T	F	S
					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	27	28	29	30

## DECEMBER

S	M	T	W	T	F	S
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	27	28
29	30	31				



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