

# CITY BITE

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# INSIDE POLITICS

## RUTO'S FOREIGN TRIPS COULD BENEFIT THE COUNTRY; A COMPARATIVE ANALYSIS



Odima Osure

During his time as the first ever President of the Republic of Kenya, President Jommo Kenyatta faced the onerous task of establishing Kenya's sovereignty and strengthening self-rule.

Towards achieving said objective, his first steps were to ensure economic reparation following a protracted struggle for independence that left behind destroyed property, dead Kenyan soldiers, detained independence fighters and landless squatters.

As the first President, it was his role to ensure that grabbed property like land were returned to their rightful owners so that the nation building process could start on a note dissimilar of the ruthless white man's rule.

Gradually, Kenyatta crafted his own policies, which were a breath of fresh air, to a people once caught up in the webs of forced labor, poll and hut taxes, kipande system, slavery and slave trade and all the vices brought about by the brutal white man's rule.

His focus? Economic reparation. Meaning, Kenyatta would minimize interactions with Western countries to focus on the countries internal development, before opening up to international community.

Then, in 1978, post the 'armageddon' that was the death of the founding president, the Late Daniel Toroitich Arap Moi not only inherited the instrument of power, but also introduced his own new ways of doing things, with respect to the country's foreign policy.



Kenya's President H.E William Samoei Ruto pictured boarding a plane | Photo Courtesy

unlike his predecessor, Moi went international. Seldom deprecating the efforts of Kenyatta in internal growth, President Moi made tremendous efforts at putting Kenya in the world map. His commitment to seeing Kenya in international conversations was so strong, that contemporary scholars have described his tenure as the golden age of Kenya's diplomatic practice. The country became a key player in conflict management and was considered an oasis of peace, with Moi himself at one point having a stint as the O.A.U -now A.U- Chairman.

As curtain fell on his career, he was succeeded by H.E Emilio Mwai Kibaki, a man so far widely considered Kenya's best ever Head of State. Like Moi, he was passionate about internationalism, unlike Moi, he started to lean East, rather than West, without necessarily severing the diplomatic ties with any specific state. This willingness benefitted the country tremendously as his navigation of relationships with both Western and Eastern countries meant more international partners, ergo attracting more foreign direct investments, foreign exchange, international trade opportunities, enrichment of cultural diplomacy.

To Kibaki, every hand was a loser and every hand was a winner. All allies were important for the political economy of the country. He ensured that Kenya benefitted from China's belt and road

initiative, through key projects touching on water and infrastructure, with trade deals between Kenya and China put to place before Uhuru Kenyatta succeeded him.

Like Kibaki, Uhuru, widely considered his preferred successor, continued building good relationships with China, almost forgetting Western Countries. Even though he was the first ever President to meet all three sitting President's of the United States, Kenyatta established deeper diplomatic ties with China than with the United States, while he oversaw Kenya hit key diplomatic milestones like being elected to the United Nations security council's non-permanent seat for the first time in over two decades. He also chaired the UNSC for two months while the country took an active role in peace negotiations during conflicts in South Sudan, Ethiopia and even Congo, where he was appointed the main interlocutory by his successor William Ruto.

Since ascension to power, H.E William Ruto has revitalized President Moi's foreign policy, as if 'to finish his unfinished businesses'. Kenya is taking a centre stage in peace negotiations across the continent and the world, proven by his appointment of Mr. Kenyatta to lead peace negotiations in Congo and his initiative to send police officers to troubled Haiti. Time and again he flies abroad to 'seek partnerships and employment opportunities for the youth'.

While this could sound political, it is a powerful foreign policy tool, that if genuinely implemented, could benefit the country in very many ways.

Odima Osure holds a bachelors degree in International Relations & is the Co-founder for City Bite Magazine

# INSIDE POLITICS

## CONVERSATIONS ON RAILA'S SUCCESSOR PRE-MATURE

With all East African Community heads of state poised to support his candidacy, ODM Chief Raila Odinga seems to be walking into a promised land with his quest to become the African Union Commission Chairman. Regardless of its mystique, this development, continue to spur bittersweet thoughts among his stalwart supporters, with the fear that he will be bidding farewell to Kenya's political scene engulfing a decent portion of his support system.

While the concerns of them who feel like Mr. Odinga will be leaving behind a lot of political orphans are justified, it is not yet the time to call for or bloviate about his potential replacements as ongoing talks have hinted at some.

Most recently for instance, Nairobi senator Hon. Edwin Sifuna was forced to discredit claims that there were looming leadership restructure at the ranks of ODM, while Mr. Odinga himself had to calm nerves by saying he is still in the country for one full year and there is infact no cause for alarm.

While conspiracy theorists opine that rumors aren't true until politicians deny them, it is incumbent upon the overzealous beavers of politics to understand that Raila's experience in politics goes way back in the immediare post-colonial era, in which his own father became the first ever Vice President of the Republic.

A tarradidle it might sound, this fact alone is important in the political life of Mr. Odinga as he was born with the genes of a politician, grown in politics and lived in politics. This means, there're just a few political bones he can't crack and balancing between the A.U commission job and internal politics is nothing he can't handle.



*A. U. Commission Chairship Aspirant Raila Odinga with other Azimio leaders during a past press briefing | Photo Courtesy*

For more context, Odinga's furtive decision making has been the cornerstone of his long standing political career despite failing to ascend to presidency after five different attempts.

Like a cat, his footsteps are carefully calculated for a goal greater than most politicians' entire political careers. He is, at all the time stealthy and his decisions are almost always unpredictable.

This means the conversations surrounding his replacements could be utter tosh, or better still complete decoys and traps for a greater vision that for now might not be clear to any but himself.

The A.U job, a blessing in disguise for him and for all, but regardless of the myriad of responsibilities it puts in his plate, it does not deter him from either actively or passively but most importantly actively engaging in the politics of the country.

A glaring example is during his time as the A. U high representative for Infrastructure; a role that now look like was a precursor to his higher calling - The A.U Commission chairperson-. He not only navigated between being the Opposition leader and a handshake brother to the incumbent president but also executed his roles at the African Union, smoothly and without arousing any complaint.

A squint at those being fronted to replace him and none of them is ripe enough to fill his boots.

This ditto makes the conversations not only baseless but also disrespectful to his blatantly sophisticated political resumé.

The courage and the charisma Mr. Odinga commands are a product of focused hardwork and consistency, spanning for over half century. He gained experience and knowledge from Africa's founding fathers, challenged the status quo when authoritarians wielded the instruments of power and succesfully championed water shed transformational initiatives like the 2010 constitution, which brought about the pristine devolved government.

He has negotiated peace at the international stages and has represented the nation in elevated international platforms.

For a man of his resumé, there's never going to be a satisfactory replacement. However, for his successor, living upto expectations will be onerous; even though it could be a beguiling temptation. Nonetheless, as at now, he is here to stay.

# INSIDE POLITICS

## NAKURU COUNTY UNDER THE CONTROL OF GANGSTERS?



Last week, during a senate proceeding in which media freedom was being discussed, a garrulous Tabitha Karanja, while giving her submission described Nakuru County as a place for blackmail, intimidation and frustration. This comes sub rosa an increasingly tense relationship between the senator and Governor Susan Kihika, whom, according to the Keroche boss is either being controlled by or is one of the 'gangsters' holding the County hostage.

A flashback to 2022 and everybody is getting overwrought by a pristine female structure, that was widely considered a milestone for those who work around the clock to see the achievement of gender parity in the corridors of power.

"What a scoop for the County of Nakuru!" everyone said. "They would definitely work smoothly towards making it an idyllic place for development," many alluded. "This county must be blessed. Three female leaders? This could guarantee proper working relations hip to the advantage of the people

of Nakuru." Many thought.

However, today, barely a year and a half since the promising structure rose to power, the future of the County seem to stand on a quicksand, thanks to a rapidly festering relationship between the county boss and her Senator, which could hurt the City, not only in the short term but also in the long run.

Lo.k

In defense of her point of view, Karanja claims Kihika has deliberately emasculated her constitutional role of oversight, in a diabolic attempt to subjugate the interests of the public for her own political and economic gains.

"I think everybody knows that what the Governor is doing to undermine my oversight role is beyond this world," Tabitha said. "I have been even called on private numbers to be threatened, called names, including such names as 'mlevi' -alcoholic-, " Karanja said. "You have seen the lawyers who went on the streets to demand that the Governor obeys the rule of law," she stated. "However, instead of a receptive response, the Governor sent stone throwing goons to interrupt the peaceful procession ."

To illustrate what she claims Susan Kihika's blatant disobedience to the courts, Karanja told senate ; "There's no place in this country that a court has ever given up on a case," she said. "Even Chief Justice Martha Koome has taken note of how our governor has disobeyed court orders," Karanja said.

For the sake of those who lined up in the cold and the scorching sun to vote, we need the Legal committee to write a stern letter to the Governor, and warn her that if she continues that way, the senator is mandated to bring a vote of no confidence in Senate," Tabitha told Senators. "And I hope that you are all going to support me when we cross that bridge, because we cannot allow this! They're saying that we -the senate- are the ones killing devolution, but in real sense they're the ones killing it," Karanja said. "And I also think that the council of Governors should call our Governors and caution them because they're killing devolution ," Karanja said. " And I also think we need the support of the speaker on this, because if we continue this way, there's no need for Governors in Counties," she continued. "Infact Nakuru County are saying they're better off without a Governor than having Susan Kihika at the helm."

...The C.O.G should call and warn the governors because they're the ones killing devolution..

”

Tabitha Karanja



# INSIDE POLITICS

## HOT ON X

### COUNCIL OF GOVERNORS WOMEN CAUCUS LAUNCHED



This morning, I was delighted to team up with my colleagues under the women Governors Caucus to launch the G7 Strategy which seeks to increase the number of women in gubernatorial positions in the next elections from the current seven to 16. H E President William Ruto presided over the opening ceremony at the Safari Park Hotel, Nairobi.

As champion of the strategy, I applauded the mission of enhancing political influence of women at levels, as we provide transformative and visionary leadership in our counties. As women leaders we are better placed because we take care of issues of water, markets, education and health that affect women mostly at the grassroots.

It's now incumbent on us as G7 leaders to deliver of the promise of devolution so that we don't knock the ladder that propelled us here down and make it to 24 in 2027. We are up to the task of delivering on development numbers and the promise of devolution.

Women are the cornerstone of our country's politics. They are drivers of change and agents of democratic governance. Yet, their active participation in our politics is limited, restricted and always dotted with obstacles.

We commit to change this!

At Safari Park, Nairobi County, launched the strategy of the G7, a caucus that brings together the seven women Governors in Kenya.

### H.E WILLIAM RUTO



### H.E SUSAN KHIKA



A woman's throw never misses the target and today we as G7 have not missed our throw towards G16 and beyond. Thank you HE William Samoei Ruto for your support in word, deed and action across all political divides for the women governors. Devolution presents a golden chance for transformational leadership, economic inclusion, accountability and equity for all at the level of government closest to the people, the counties. Amplifying the voice of the women governors will empower women leaders in all counties to have a voice and be able to participate with impact. This is the only way we will not just have women at the table but have women at half the table. Hon. Aisha Jumwa Katana Council of Governors-Kenya Charity Kaluki Ngilu @Kimani Ichung'wah Sakaja Johnson

Congratulations @KenyaGovernors on the launch of the #G7Strategy, a significant achievement for 🇰🇪 This Strategy aims to empower #women leaders to demonstrate effective strategic governance. @unwomenkenya played a key role in its development, with support from @GAC\_Corporate🇰🇪

### U.N WOMEN KENYA

### H.E ANN WAIGURU



G7 STRATEGY.  
Harnessing  
Transformative  
Leadership.  
#MbeuyaNgai

### H.E KAWIRA MWANGAZA

# YOUTH INNOVATION

## HOMELESS OF KISUMU (HOK) LAUNCHES HOK HUB TO ADVANCE THE GREEN AND CIRCULAR ECONOMY IN THE WESTERN REGION.

For years, HOK has been a steadfast ally for the marginalized and vulnerable, dedicated to improving lives and fostering positive change. On International Women's Day 2024, HoK proudly unveiled its latest endeavor - the HOK HUB, a transformative initiative poised to redefine the landscape of sustainable development in the Western Region.

Founded on the principles of innovation, collaboration, and empowerment, HoK has long been at the forefront of social impact initiatives. With a mission to break the cycle of poverty and uplift communities, HOK has implemented a wide range of programs spanning education, healthcare, and environmental conservation. Guided by a vision of a brighter, more equitable future, the organization has continually sought new ways to address the evolving needs of the community.

The launch of the HOK HUB marks a significant milestone in HOK's journey, signalling a bold step towards catalyzing sustainable development in the Western Region. More than just a physical space, the HUB represents a hub of ideas, resources, and opportunities, designed to empower individuals and foster innovation. With a focus on green and circular economy principles, the HUB aims to promote sustainable practices, create economic opportunities, and drive positive environmental change.

At its core, the HOK HUB serves as a nexus for knowledge exchange, capacity building, and collaboration. Through a diverse array of programs, workshops, and initiatives, the HUB aims to equip community members with the tools and resources needed to thrive in a rapidly changing world. From entrepreneurship training, environmental education and artistic intervention, the HUB offers a holistic approach to sustainable development, empowering individuals to create lasting change in their own lives and communities.

For the Western Region, the launch of the HOK HUB represents a beacon of hope and opportunity. As one of the first of its kind in the area, the HUB holds the potential to revolutionize the way communities approach sustainable development. By providing access to training, mentorship, and resources, the HUB seeks to unlock the region's untapped potential, driving economic growth, fostering innovation, and promoting social inclusion.

As we celebrate International Women's Day and reflect on the progress made towards gender equality, the launch of the HOK HUB serves as a powerful reminder of the critical role women play in driving positive change. With a strong emphasis on women's empowerment and inclusion, the HUB seeks to create a more equitable and just society, where all individuals have the opportunity to thrive and succeed.

In the days and months ahead, HOK remains committed to nurturing the growth and success of the HOK HUB, working hand in hand with partners and stakeholders to realize its full potential. Together, we embark on a journey towards a more sustainable, prosperous future - one where every voice is heard, and every dream is within reach.



[Inset] Leaders from various women groups at the HOK HUB during a financial literacy session to build their capacity and enhance their economic opportunities.

The HOK team during a courtesy call to the Governor of Kisumu County Prof Peter Anyang' Nyongo discussing their work and the upcoming launch of the HOK Hub.

# INSIDE POLITICS

## SENEGAL; HISTORY AND POLITICS.



Incumbent Senegal President and 2024 Presidential Candidate H.E Macky Sall | Photo Courtesy

Senegal is a hot potato and in news for all wrong reasons because of the impasse resulting from the elections. At the heart of this controversy is president Macky Sall who is thwarting efforts necessary for a regime change. Dire is the situation in Dakar that it has now forced the United Nations and other peace loving states to voice their concerns about the political instability resulting from this uncertainty. The country Senegal is named after River Senegal. The name of the river may derive from a Portuguese transliteration of the name zenaga. Portugal was the first European power to colonize Senegal through Dinis Diaz; au contraire their rule was short lived because of the French who took over.

Senegal and France are joined together at the hip since that time. She became France's primary base and model colony. This saw France establish the infamous four communes in Senegal and the history of the four communes is well documented.

In short, the history of Senegal can never be complete without her colonizer France, Senegal was made in the image and likeness of France. And this doesn't apply only to the French; history is well replete by cases of African countries maintaining the models and cultures of their former colonizers. If Macky Sall continues to play hide and seek with election, then it's in order to state that he has the blessings of a big brother, Paris. And this is not news since France has made it a norm to be hot on heels on what is happening in her former colonies.

West Africa is synonymous with political bad manners. Everything bad about leadership has a footing in the west of Africa, and the type of politics being played in this region stinks to the highest heavens. The only country that has held fort the ideals of good governance and democracy happens to be Senegal.

...West Africa is synonymous with political bad manners. Everything bad about leadership has a footing in the west of Africa, and the type of politics being played in this region stinks to the highest heavens...

PETER WANDERA

It's the only country that has maintained tolerance and stability and the plaudits go to the leaders. This good story about this great nation is on the precipice if Macky Sall and his chamchas don't change tact and allow free and fair elections. Senegal has been on record for producing astute and upright individuals. Great men of valor such as Leopold Sedar Senghor who played an integral part in ensuring that senegal is free from the yoke of colonialism.

Despite him being a great leader, he was also a great poet and the first African ever to be elected as a member of the academie francaise. Ousmane Sembéne is another great son of that soil who put the country on the world map courtesy of his academic works. Other notable men and women from senegal include Abdou Diouf, Abdoulaye Wade, Mariama Ba and Mama Madior Boye.

### 25 FEB. 2024

The official date for this year's election in Senegal before it was indefinitely suspended.

### 15 DEC. 2024

The date to which Senegalese election has been postponed by the National Assembly of Senegal.

### 15 FEB. 2024

On this date, the Senegalese Constitutional Council overturned the postponement of the election by the Senegalese National Assembly & ordered elections to proceed as soon as possible.



This article was written by Peter Wandera. He holds a bachelors degree in History and International Relations from Egerton University.

# THE CRITICAL EYE

## AFROCENTRICISM IS NOT DEAD, JUST EVOLVING!



*Odima Osure; Writer & Diplomat.*

Like in times of reformation, when new philosophies and principles were getting birthed, questions have been raised on the futures of both afrocentricism and pan-africanism; the two foundational philosophies for Africa's quest for independence during the colonial era.

For many an emerging scholar, it's as if the two pedestal tenets of Africa's liberation struggle are in a hiatus, or worst still, getting mundane. However, a third eye perspective would give a bigger picture, which in fact projects a brighter future for the two principles.

Afrocentricism as a concept cannot die, only molt. Such, applies to pan-africanism as well; for as long as such initiatives as the Festival of Arts and Culture, otherwise abbreviated as FESTAC Africa Festival live large in Africa.

Founded in 1966, FESTAC not only promotes the preservation of the African cultural diversity but also provides a platform for emerging Afrocentric artists, scholars, writers, businessmen, sports personalities and politicians to express their vision for Africa, through art, culture, food, spoken word among other ways of expression including but not limited to fashion and designing.

a throwback to 1977 and a Nigerian City is named after the festival, thanks to an extremely successful event, planned and overseen by pan-africanists drawn from all over Africa, and other parts of the world. The story of this festival underscores the situation in which both pan-africanism and afrocentricism find themselves.

By a way of illustration, after the 77' festival, FESTAC went awol, for



*Grace Mumo is the C.E.O Of FESTAC Africa Festival*

upto over four decades, before a new crop of afro-optimists, consolidated ideas, conducted soul-search and teamed up to reincarnate the once vibrant festival.

Led by Eng. Yinka Abioye, the new Festac Africa Festival appreciates world wide trailblazers and excellent impact makers of black descent in different fields of expertise from all over the world.

In May 2024, the festival will take place in the city of Kisumu, from 20th-26th of A.U recognized Africa month. Among the ambassadors is Brig. Gen. Amb. Dr. Wallace W. Williams, who in fact took part in the famous 77 festival, as a young man in his salad age. He, is as such acting as a bridge between the

new FESTAC and the old FESTAC, which was participated in by some would be remarkable afrocentric writers like Wole Soyinka.

This is enough evidence that the spirit of pan-africanism lives on, and that afrocentricism is not mundane. Through creating a cocktail of ideas of the past and present, It is molting into a more sophisticated concept, with such initiatives as FESTAC as it's concierge and custodians of it's pedestal tenets.



*Brig. Gen. Amb. Dr. Wallace Williams is a FESTAC Ambassador for the Caribbean and a participant in the 1977 FESTAC Africa Festival in Nigeria| Photo Courtesy*



*Yinka Abioye is the Chairman for the FESTAC Africa Festival*

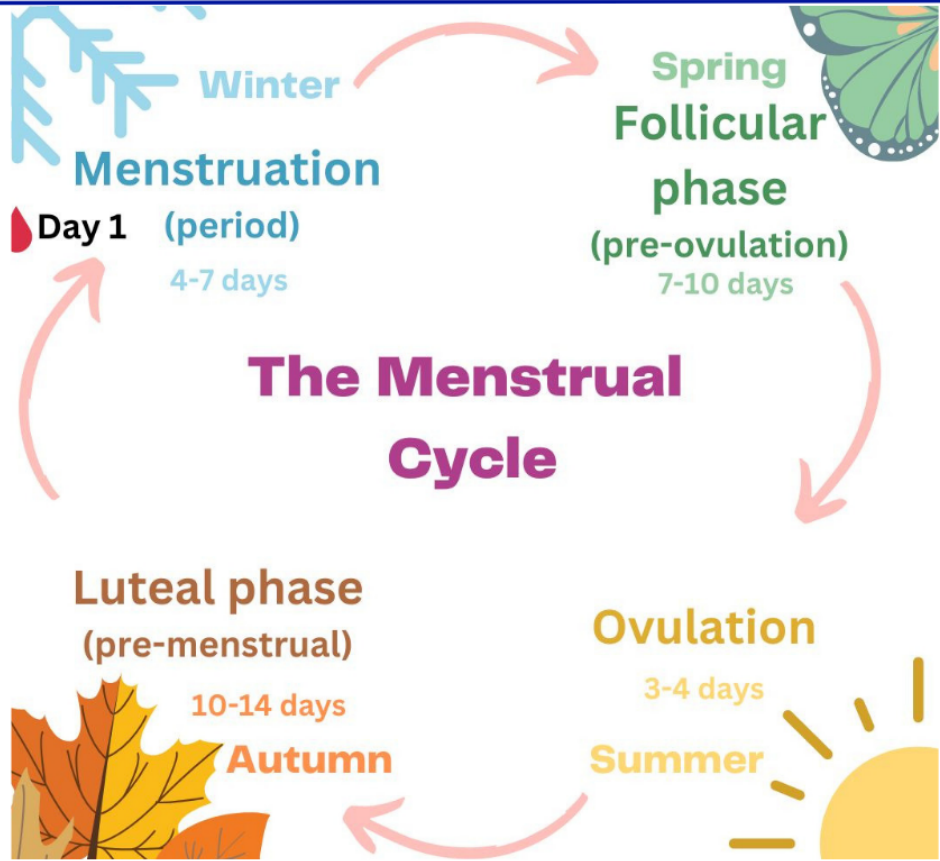


# C.S.O SPACES



**MASTER YOUR CYCLE, IMPROVE YOUR LIFE**

Daisy Bartlett



Understanding your menstrual cycle is more than just knowing when your period is due or when you're most fertile; it's about mastering your own rhythms to enhance self-awareness and improve various aspects of your life. Men can also benefit by being more aware of these cyclical shifts as they can help better understand their friends, partners, sisters, or daughters.

Periods are literally responsible for life, yet most of us, women included, know more about celebrities than we do our own cycle. Have you ever been so intensely irritated that you wanted to break up with your partner or quit your job, only to wake up the next day not knowing where that thought came from? Did you get your period?

From breast pain to bloatedness, hormonal changes can manifest in various physical symptoms. Even seemingly unrelated issues like headaches or gum bleeding can be linked to fluctuations in estrogen and progesterone levels. While most women know about period cramps, fewer are aware that ovulation, occurring around day 12-14 of their cycle, may also bring acne, cramps or backaches.

Hormones not only affect us physically, but also psychologically which is why mastering your menstrual cycle empowers better decision-making. Understanding when to plan events or conversations based on the cycle phase can be advantageous. A week after your period may be ideal for job interviews or important discussions, while the days leading up to your period might be better suited for rest and reflection, avoiding major decisions - or sending messages you may later regret.

This knowledge also facilitates empathy and connection in relationships. Men and women, armed with an awareness of the cycle, can better support and understand their loved ones. It can help explain why a friend might unexpectedly cancel plans or why a daughter may be touchier than usual. Moreover, it extends to practical aspects like meal planning, as cravings and nutritional needs also vary throughout the month.

Menstrual tracking apps make it easier for women to stay attuned to their specific 'symptoms', moods and needs. Meanwhile, for individuals using contraceptives that modify or halt periods, it becomes essential to focus on additional physical signs such as breast pain or acne to know where you are in your cycle.

A lack of research, coupled with the stigma around periods, means most women remain unaware of all these monthly facets. This lack of awareness also contributes to women suffering unnecessarily from disorders such as PCOS, Endometriosis, and Premenstrual Dysphoric Disorder. Embracing a deeper understanding of menstrual cycles not only increases personal well-being but also promotes a more empathetic and informed society.

# C.S.O SPACES

## IN WESTERN KENYA; YOUTHS ARE ALIVE!

Youth Alive Kenya is a Youth Serving and Youth-Led Non-Governmental Organization (NGO) that advocates for and supports youth participation in development processes, anchored on the Pillars of Good Governance and Human Rights, Economic empowerment and Livelihoods, social well being and Gender Equality. Through various projects in the western counties, Y.A.K has made spontaneous impacts in those regions.

Some of the projects include; HUSIKA. Coined from Swahili word "Husika" meaning get involved, it is a nine-month project (July 2022-March 2023) being implemented in Kisumu County in close working relations with National Democratic Institute (NDI) and Institute of Economic Affairs (IEA).

The overall goal of the project is to contribute towards enhanced public financial transparency and accountability in Kisumu County through capacity development and civic engagement.

Husika has two main specific objectives;

To strengthen the institutional capacities of local youth CBOs, CSOs networks in Kisumu County to effectively engage the County Government of Kisumu for improved financial accountability and service delivery.

To create awareness on audit report analysis and relevant structures relating to public financial accountability in Kisumu County.

Husika project seeks to improve the ability of citizens, civic groups, and political actors to advocate for and operationalize greater public financial accountability at the county level based on the analysis of budget documents.

Through Husika, there has been creation of Subcounty accountability Cells who have achieved a major milestone in delivering Memorandums to Kisumu County Assembly on the status of Community projects which has led to

positive reaction and feedback from the members of the County assembly specifically the PIC/PAC committees on Social Audits. These has also built the capacity of the public who can now confidently take part in public Participation and also constructively engaged with both the executive and assembly on the Auditor General and Controller of Budget Reports.

Another successful project undertaken by Youth Alive Kenya is The Challenge Initiative (TCI) which is implemented in Siaya with an aim of supporting high-impact interventions on increased uptake of Family Planning services and supporting county government commitments on allocations and expenditure for Family Planning and Adolescents and Youth Sexual Reproductive Health Services.



**Moses Diang'a is the program officer for Youth Alive! Kenya Western Region office**

With support from TCI East Africa and funded by Bill and Melinda Gates Foundation through the Gates Institute, Youth Alive! Kenya has worked with closely to 30 ward-based youth organizations in the 6 sub-counties in the county. The overall goal of the project was to support accountability efforts for local government commitments on allocations and expenditures for Family Planning and Adolescents and Youth Sexual Reproductive Health services in Siaya County. Through this project, Youth Alive Kenya has been able to ;

Link local youth and women CSO with the respective sub-county Reproductive Health coordinators in the 6 Sub-Counties in Siaya for accurate information on adolescents and youths accessing family planning services and information.

They have also supported the Siaya County Directorate of Health (CDOH) in developing a database of youth organizations working in the county on Family Planning Commodities.

Through capacity engagement and training of youth advocates on Budget and Policy Advocacy work; and through the Siaya County CSO Network we presented a memorandum to the CDOH on health priorities for Consideration in the 3rd Generation CIDP 2023-2027 by the County Government of Siaya. In Partnership with the Husika Dada Platform and Siaya Muungano Network, they supported in the development of an FP tracking tool to track the FP services and information at the local facilities in the County. In Kakamega County, Youth Alive Kenya undertakes Youth and Beyond project which is a project designed to empower youth organizations and the Kenyan citizenry to have a voice and constructively engage in development processes.

The projects seeks to look into ; youth and people living with disabilities to forming vibrant movements that enable active contribution and participation in development processes. This is to enhance good governance, democratic transformation, transparency, and accountability. The project has established 12 working groups in Kenya within the 12 counties of operation: Mombasa, Nairobi, Kisumu, Siaya, Kakamega, Uasin Gishu, Kiambu, Machakos, Kajiado, Kirinyaga, Murang'a, and West Pokot. The groups serve as platforms for advocacy, with each county having their own set of challenges facing youth.

This project has enabled Youth alive Kenya to ;

Increased knowledge on result based management through capacity building of staff and member organizations on Result-Based Management which exposes them to strategic planning, project management, and resource mobilization, among other key topics.

The project has also . Strengthened organizational structure and cohesion by involving members on reviewing organizational policies on resource mobilization and communications.

# C.S.O SPACES

## GENDER EQUALITY IS NOT THE BIRTHRIGHT OF ONLY ONE SEX



Ochieng' Abong'o



In conclusion, the ongoing journey toward genuine gender equality beckons us to envision a society where shared aspirations replace singular privileges. It is a future where diversity is not merely tolerated but embraced, and empowerment becomes a universal birthright, irrespective of gender. This is the narrative we aspire to create—a narrative that transcends confines and fosters a more harmonious and equitable world for everyone.

surface. Misogyny, toxic feminism, gender-based violence, and domestic turmoil become evident consequences of lopsided narratives. It becomes clear that recognizing the interdependence of both genders is paramount in fostering societal harmony.

**Progress toward gender equality has been marginal since 2015; large gaps remain**

According to McKinsey and company website, progress towards gender equality has remained marginal since 2015.



*...Much like fingerprints, the inherent diversity among individuals is a source of richness, adding unique dimensions to the societal tapestry...*

Ochieng' Abong'o

Amidst these complexities, commendation is extended to initiatives that go beyond divisive narratives, acknowledging the interconnectedness of the welfare of the boychild and the empowerment of all genders. This holistic perspective, steering away from the confines of exclusive birthrights, propels us toward a more harmonious, equitable future.



Ochieng' Abong'o is the Executive Director of The Association for The Welfare of the Boy-child.

It is crucial to recognize that this journey is not without its challenges, and societal norms entrenched in binary perspectives may resist change. Yet, the transformative power of inclusion remains undeniable. Advocacy for gender equality demands a continuous effort to challenge existing paradigms, inspire collective consciousness, and create spaces where diversity is not only accepted but celebrated.

In the persistent pursuit of a society marked by genuine gender equality, it is imperative to reimagine the discourse surrounding empowerment as a shared birthright rather than an exclusive privilege confined to a singular gender. This transformative journey necessitates transcending deeply ingrained stereotypes that have long confined us to binary perspectives. The potential for empowerment, we must realize, extends beyond gendered expectations, and it is time to challenge these notions that have limited us for far too long.

Celebrating diversity emerges as a foundational imperative in this quest for true gender equality. Much like fingerprints, the inherent diversity among individuals is a source of richness, adding unique dimensions to the societal tapestry. It requires a departure from futile attempts at homogenization and a sincere embrace of these differences, valuing the distinctive qualities each gender contributes to the collective narrative.

The trajectory toward genuine gender equality pivots on the acknowledgment of diversity. The concept of gender equity arises as a potent catalyst, shifting the narrative from an elusive pursuit of absolute equality to a focus on providing equitable opportunities for everyone, irrespective of gender. This recalibration offers a holistic approach, recognizing the varied strengths and capabilities each gender brings to the table.

However, as societies grapple with the multifaceted impact of skewed empowerment, a plethora of issues

# BUSINESS

## POOL MASTERS AMUSEMENT & ALLIED



**WE ARE THE BEST; JOHNNY**

*...Our products are of high quality and our pricing is pocket friendly. We consider all and value products to meet our customers' needs. All who buy from us always come for more...*

**JOHNNY IS A SALES AGENT.**



*Pool Masters Kisumu Branch; Kondele*

Since its founding, Pool Masters Amusement and Allied has rose through the ranks of business and outdone earlier behemoths of the pool tables and pool accessories business in Kenya.

Headquartered in the city of Nairobi, the company provides quality products and services at relatively affordable prices with high rating ubiquitous in their customer satisfactory feedback books.

To the public, the company is a trend setter for investors in that particular business niche, with respect to their way of running business and structure of management.

At the helm is a head office or in business terms, a head store in Nairobi, the capital city of Kenya which doubles up as the country's pedestal business hub. It is located along Juja Road, next to Thayu petrol station, which in more precise terms lies adjacent to the Chief's camp.

For the Lake side City of Kisumu, a Pool Masters Amusement and Allied branch lies directly opposite Cannon Jacob Guest House Annex, in Forems business centre of Kondele Ward along Kibos road, beside Rocky driving school. Headed by their sales agent, Johnny, the Kisumu branch is a model upon which all branches are based, with healthy customer-agent relationship said to form the cornerstone of operations. Talking to City Bite, Johnny loquaciously describes the company as the market leader in East and Central Africa. "Our products are of high quality and our pricing is pocket friendly," Johnny stated. "We consider all and value products to meet our customers' needs. All who buy from us always come for more."

In Mombasa, the company has a branch along airport Road, next to Apollo club and opposite Chaani Catholic Church.

Other branches are in Kitale, in the Village Inn area along Kitale-Eldoret High-Way, Meru, along Meru-Nairobi Highway opposite NCPB office, Nakuru along Nyahururu

Highway next to Upper Hill Secondary School, in Embu along Meeu Highway Gakwegori stage, Eldoret along Iten Road Next to Palm Care Hospital Hawaii and Kisii along Kisumu Road, Next to Basongo Hospital near Rongo/Oyugis Junction.



*Poolmasters Headquarter in Nairobi*

As a market leader, the company still has a big task to maintain its status in the extremely competitive market. Keeping up with the pace of growth of the business field, though could be a herculean task is something which those in its high ranks of management have insisted does not scare them.

"We have established base in the market," a source is quoted. "Yes, the Pool business is dynamic and diversifying at a terrific speed. But keeping up with that pace is what keeps us awake at night."

**CONTACT POOL MASTERS**

**+254726929068/+25471669064**

**FB : POOL MASTERS  
AMUSEMENT & ALLIED**

**www.poolmasters.co.ke**

# CLIMATE CHANGE



By Viola Adhiambo; Climate & Development Specialist.

## FROM THIRST TO ABUNDANCE

According to UN-Water, water scarcity is an increasing problem on every continent, with poorer communities most badly affected. Water scarcity limits access to safe water for drinking and for practicing basic hygiene at home, in schools and in health-care facilities. When water is scarce, sewage systems can fail and the threat of contracting diseases like cholera surges. Scarce water also becomes more expensive, putting a strain on the livelihoods of the people who depend on it. Climate change is one of the main factors that exacerbates this situation, as it alters the rainfall patterns and increases the frequency and intensity of droughts. In Kenya, where only 58% of the population has access to safe water, many communities struggle to meet their basic needs and face health risks from waterborne diseases.

One such community is Kagoshi village in Waseges ward, Subukia constituency, Nakuru county. The villagers have been suffering from water scarcity since time immemorial, relying on seasonal rivers, ponds and wells that often dry up or get contaminated. Women and children have to walk for long distances, sometimes up to 10 kilometers, to fetch water from unreliable sources, exposing themselves to dangers such as wild animals, bandits and sexual violence.

However, thanks to the generosity of a donor and the intervention of a local NGO, the situation in Kagoshi has changed for the better. In January 2024, Mr. Hakeem Khalid, a resident of Kagoshi, requested the Noor Relief Fund through Caring Is Sharing to sink a water well that would serve the community. The Noor Relief Fund is a charitable organization based in Saudi Arabia that provides humanitarian assistance to needy people around the world. Caring Is Sharing is a Kenyan NGO that works with local communities to improve their living conditions and empower them through education and skills training.

The Noor Relief Fund accepted Mr. Hakeem's request and funded the construction of a water well on his piece of land. The well was dug to a depth of 18.3 meters (60 feet) and equipped with a submersible water pump that is powered by a solar panel. The well also has a water tank for storage and a water point where the villagers can access clean tapped water, free of charge. The project was completed in March 2024 and inaugurated by Mr. Hakeem, who expressed his gratitude to the donor and the NGO for their kindness and generosity.



The water well project will benefit more than 150 families living in Kagoshi and will have a positive impact on their health, hygiene, education and livelihoods. It will also ease the burden of women and children, who will no longer have to spend hours fetching water from faraway places. Moreover, it will contribute to the mitigation of climate change effects, as it will reduce the dependence on fossil fuels for pumping water and increase the availability of renewable energy sources.

Moreover, it will contribute to the mitigation of climate change effects, as it will reduce the dependence on fossil fuels for pumping water and increase the availability of renewable energy sources. This is an inspiring story of how a simple act of charity can make a huge difference in the lives of many people. It also shows how collaboration between donors, NGOs and local communities can bring about sustainable solutions to the challenges posed by climate change and water scarcity. We hope that this story will motivate more people to support such initiatives and help create a better world for everyone.

# HEALTH

## STROKE



Winnie Alando

Stroke is a medical emergency which is characterized by damage to the brain by the interruption of its blood supply. In our society there are many risk factors that predispose the general population to getting stroke and some of them are high blood pressure which is the most significant risk factor for stroke, smoking which increases the risk due to damage to blood vessels and increased clot formation, diabetes can damage blood vessels, high cholesterol levels that can lead to risk of blockage in arteries, obesity increases the risk of conditions such as diabetes and high blood pressure which are stroke risk factors, physical inactivity contributing to obesity and other stroke risk factors. We also have family history of stroke, being over 55 years of age, gender having men being at a higher risk of stroke though women are more likely to die from stroke, race/ethnicity, previous stroke or Transient Ischemic Attack (TIA) increases the risk of another stroke, an irregular heartbeat can cause blood clots, which can lead to stroke, other heart conditions: including heart valve defects, enlarged heart chambers, and some congenital heart defects and lastly poor diet especially diets high in saturated fats, trans fats, and salt can increase stroke risk.

There are two causes of stroke; one is caused by a blockage in or near the brain and bleeding in or around the brain. There are several signs and symptoms that people should be on the lookout for and most of them are sudden in nature like sudden

confusion, trouble speaking, or understanding, sudden trouble seeing in one or both eyes and sudden trouble walking, dizziness, loss of balance, or coordination. Most of these are signs that are alarming though diagnosis is important to help in management of the condition. Most diagnosis is done through physical examination, imaging tests such as CT scans or MRI, blood tests, assessment of symptoms and medical history.



...Patients with stroke have several complications that can make their normal life a bit complicated and some of them are paralysis or weakness, cognitive deficits, speech problems,...

WINNIE



After diagnosis of Stroke, management is important to improve the health and recovery of the patient. For Ischemic Stroke, treatment is done with clot-busting drugs (thrombolytics) or mechanical clot removal (thrombectomy). As for Hemorrhagic Stroke, treatment is aimed to control bleeding, reduce pressure on the brain, and to prevent complications. There are also some rehabilitation therapies that can be done to help patients like physical therapy, occupational therapy and speech therapy. Most medication used are blood thinners, statins, antihypertensive and many others. We also have lifestyle changes that we need our patients to adhere to and some of them are diet modification, exercise or physical activity, smoking cessation and alcohol moderation. Surgery may also be necessary to repair blood vessel abnormalities or reduce the risk of future strokes.

IN 2020,

# 15,895

**STROKE DEATHS WERE REPORTED IN KENYA, REFLECTING 6% OF TOTAL DEATHS IN THE COUNTRY**

Patients with stroke have several complications that can make their normal life a bit complicated and some of them are paralysis or weakness, cognitive deficits, speech problems, emotional issues such as depression or anxiety, pain or numbness, swallowing difficulties, vision problems and sometimes fatigue.

As much as we have several risk factors that predispose people to getting stroke we also need to look at preventable ways to be able to stay healthy. Most patients with hypertension should be able to control their blood pressure and this also goes to the general population. Always get your blood pressure checked and ensure it is in the normal ranges. For those who smoke it's advisable to stop or quit smoking. Diabetic patients should be able to control their blood sugars through medication and diet. Other prevention measures are controlling cholesterol levels, maintaining a healthy weight, exercising regularly, limiting alcohol consumption, eating healthy diets rich in whole grains, lean proteins, fruits and vegetables, treat heart conditions and ensure you have regular health checkups and screening.

Winnie Alando is a Public Health Specialist and Nutritionist at JOOTRH

# THE DIPLOMAT

## OUR AFRICANISM: A MORE PERFECT PHILOSOPHY

### HOW TAPPING INTO UBUNTU PHILOSOPHY CAN DIVINE OUR SOCIAL AND ECONOMIC POLICIES



Meshack Nzioka

When the occasion to address the world arises, especially to speak on African issues, scholars tend to speak in lofty terms, often out of their scholarly experience and out of their many years of learning. The same approach lies in the manner in which nations across Africa approach administrative issues such as governance. The lofty approaches we make from the sense of righteousness, and intellectualism, as we can justify why a certain approach is superior than another.

While we promote democratic approach in governance, we commit fallacies of democracy, as we remain blind to the wishes and aspirations of the people. And even then, we fail to take a closer look at what defines our Africanism, as we have well defined alternatives and ready-made solutions that echo philosophies of what has worked world over. The economic policies and measures we come up with are cut and pasted from the models that have defined them over and over again.

And we know too well the tribulations of sticking to either of the philosophies, but our inclination to adopt any of them is adept, as long as it satisfies our present need. But this is not how to build a civilization! Rome stood for long, and her strength did not lie in the strength of her military or the power of her

economy. No, it lied in the power of her culture - her mindset, her philosophy. America boasts of her democracy and America exceptionalism; China of her communism; and we are their subjects.

Our forefathers, when they first met at Accra and later in Ethiopia, they had a certain picture of what Africa should be. The only problem that they faced at the time is that some had different schools of thought, and each pulled to the direction of whomever whispered to their ears. To some socialism was the antidote, to others capitalism was the thing. Regardless of whichever paths they took, we are suffering the consequences, and all we have been doing is bargaining with the devil. Tom Mboya, a remarkable Pan Africanist stood forth and presented African Socialism. This shows a quest to identify, and provide a working philosophy such as Karl Marx, Lenin, Adam Smith and all other. The greatness of a people is rooted in their philosophy; for it is a language that defines thought, and practice.

Today, there is no presentation of anything new, but a call for the destruction of what we have for long held as the fundamental truths, and realizing who we are. That calls for the identification of a political and social philosophy that is rooted in our way of life, for a philosophy tied in whom we are is all inclusive. The man in the most remote village does not need to be taught what that is, as it is in the way he lives, the man in the most sophisticated capital city does not need to labor much to create systems that demonstrate that quest

For a common philosophy, just like a common religion sets common believes that inform practices, and

determine flow and forward progress of the whole unit. Ubuntu is such a philosophy, as it is borne out of the South African people. The significance of this concept lies in its simplicity, and neither does it need to be weighed alongside the Western philosophies which define their culture rather it should work on improving its undeveloped concepts. Besides, the scale of its application should be about solving the African challenges. Some call for unification of Africa, the greatest unification there is, is Philosophical, and that way we will be the most powerful people on earth.

To implement the proposed approach to Africanism we seek to adopt a policy interpretation approach in a manner that is consistent with the best of our cultural practices. In this case we seek to realign the available socioeconomic policy needs in such a manner that they answer the needs, and wants that are at the grass-root level. The new concepts are interventionalist in their approach as they take note of the best practices in sage-philosophy, the more progressive African Socialism, and the centrist Capitalism.

The central belief is that philosophies are not frigid things but are revolutionary, revisionist, and ought to be re-edited since the aims of any philosophical leaning is not to augment a certain position but to develop better solutions to the people during the given stage of their civilization. As such, a positivist interpretation prevails in establishing whether a certain approach is suitable to a given community and, which, in comparison is less preferable in answering their political and economic problems.

# EDUCATION

## EDUCATORS, PARENTS AND LEARNERS CORNER

*Ms Odhiambo Ruth*

Dear reader let's discuss speech in children.

Speech development in children is a critical aspect of their overall language development. It is a complex and multifaceted process that typically begins in infancy and continues to develop through early childhood.

It encompasses the gradual acquisition of spoken language skills, including phonology (sounds), vocabulary (words), grammar (sentence structure), and pragmatics (social use of language).

The process of speech development typically unfolds in stages from infancy through early childhood.

**Infancy (0-12 months):** During this period, infants begin to make cooing and babbling sounds, imitating the rhythm and intonation of speech they hear around them. They start to recognize their own name and respond to familiar voices.

**Toddlerhood (12-24 months):** Toddlers begin to produce their first words, usually simple nouns like "mama" or "ball." As their vocabulary expands, they may start combining words into two-word phrases, such as "more juice" or "big dog."

**Preschool years (2-5 years):** Children in this age range continue to develop their vocabulary and grammar skills. They learn to form more complex sentences, use pronouns and verb tenses correctly, and engage in longer conversations. They also start to develop storytelling abilities and understand basic concepts of storytelling and sequencing.

### *Transition from home to school:*

The transition from home to school can have a significant impact on a child's speech development. Here are some ways in which this transition can influence a child's speech and language skills:

1. Exposure to a broader range of language: In a school setting, children are exposed to a wider variety of vocabulary and language structures through interactions with teachers, peers, and classroom activities. This exposure can help expand their language skills and comprehension.
2. Peer interaction: Interacting with peers in a school setting provides children with opportunities to practice their social communication skills, such as turn-taking, sharing, and problem-solving. These interactions can also help children learn new vocabulary and communication strategies.

4. Literacy development: Schools play a crucial role in fostering early literacy skills, such as phonemic awareness, letter recognition, and comprehension. These skills are essential for developing strong reading and writing abilities, which are closely linked to speech and language development.

Overall, the transition from home to school can have a positive impact on a child's speech development by providing them with opportunities for language enrichment, social interaction, and targeted support. It is important for parents and educators to collaborate to ensure that children's speech and language needs are effectively addressed during this critical period of development.

There are many factors that can influence speech development, including genetics, exposure to language, cognitive development, and environmental factors. Parents and caregivers can help support their child's speech development by engaging in conversation, reading to them, and providing opportunities for them to practice and use their language skills.

If parents or caregivers have concerns about their child's speech development, it is important to consult with a speech-language pathologist or other healthcare professional. Early intervention and therapy can help address any speech delays or disorders and support the child in developing effective communication skills.



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

3. Speech and language support: Schools often have speech-language therapists who can provide targeted intervention and support for children with speech and language delays or disorders. This can be beneficial in addressing any challenges the child may be experiencing in their communication skills.



# MEGA HEALING SERVICE BY THE TWO MIGHTIEST PROPHETS COMING TO NAKURU AS FROM 16TH TO 17TH APRIL 2024.

CITY BITE MAGAZINE

## Vol. 9

MARCH, 2024

The preparation for a mega Healing Service dubbed "Menengai 6 " is currently ongoing on top gears. The Meeting will be Conducted by THE TWO MIGHTIEST PROPHETS OF THE LORD at Menengai Grounds. This will take place on 16th and 17th followed by International Pastors Conference on 18th at Nakuru Main Altar. Already six head of states from abroad have confirmed their attendance for this Mega Healing Service. Their confirmations reflect the gravity of the meeting and the reasons to why nobody should miss this auspicious opportunity.

THE TWO MEGA PROPHETS have conducted Mega Healing Services before and Many Cripples Have walked ,Blind eyes have seen, deaf eyes popped open and many conditions under the sun healed including Leprosy ,Cancer and HIV/AIDS.

These miracles are first verified by Medical doctors who also includes Government Certified Doctors with vast experience in the medical field. The patients condition is captured before and after they are brought to the meetings. The capture is accompanied with detailed medical reports and history of medical attendance . This has to be done to glorify the name of JESUS when the patient is healed and also to confirm that nothing under the sun is difficult for the LORD. This is also to confirm to the world and the public that miracles are not made up or created ,it has to be certain ,correct and True.

Ever since they came ,THE TWO MIGHTIEST PROPHETS OF THE LORD have spoke about the Coming of the Messiah and the need for the Church to Repent and Turn away from Sin. They have also gave prophecies that have come to pass, including the prophecy on Coronavirus, The prophecy on Chile Earthquake, Russian -Ukraine war and Israel -Palestine Conflict.

In their message , THE TWO MIGHTIEST PROPHETS OF THE LORD have consistently warned the Church of Christ against Sinning and Loving the world for time is over and The Messiah is coming to take the right church, The church that abides to the instructions of GOD, The church that heeds to the Voice of the PROPHETS, The church that is repentant.

There is a clarion call for the country to repent and return to the LORD. This is why those who have heard this message are preparing highly to attend ,All roads ,All vehicles will be leading to Nakuru Menengai .

Those who have the sick should bring them to the meeting ,it's free of charge ! . However for those who have patients with critical conditions ,you are advised to let them stay at home or at the hospitals since the meeting will be streamed live through JESUS IS LORD radio and K24TV ,and they can tune from home and follow the meeting.

Remember, THE LORD has promised to Heal his people, it doesn't matter the condition and situation you are in . How can we miss this ? Just imagine how the church has suffered in the hands of false prophets and preachers of the word, They buy miracles and anointing , Some have even sold their properties for a jar of anointing oil yet not even Malaria has been healed . This one is free ! Entry Free ,Healing Free! Attendance free!

### MARK OF A TRUE PROPHET



By Emmanuel Otieno

- a). Whatever They Speak Must be found in the Bible
- b). They Rebuke Sin
- c). Preach Holiness and righteousness.
- d). Point out to the Glorious coming of the Messiah.
- e). Whenever they give a prophecy, it must come to pass
- f). Must Preach separation from the World.

PREPARE THE WAY ,THE MESSIAH IS COMING

# 2024



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MAY; THE MONTH OF FESTAC

## SEPTEMBER

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## DECEMBER

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# PERSON OF THE WEEK

## H.E. ABABU NAMWAMBA

The Cabinet Secretary for Ministry of Youth Affairs, Creative Economy and Sports H.E Ababu Terrah Namwamba is City Bite Magazine's person of this week, sub rosa remarkable strides he and his team have made with respect to initiatives taken to promote talent in the long run.

Since his assumption of duty, Mr. Namwamba has not only brought new ideas to Sports fraternity in the country but also supported programs that acknowledge the contributions of forgotten sports legends and former athletes, who during their time raised the Kenyan flag high, through their exemplary performances on and off the pitch, with deliberate discipline notwithstanding.

For instance, the decision to accord departed hero Kelvin Kiptum - RIP- a state burial, presided over by H.E William S. Ruto was an evidence to athletes that their contributions to securing a name and an image for the country in the international community are recognized by those in situ in the country's ranks of power.

While eulogizing Kiptum, Namwamba exhibited the qualities of a leader who, in such a short time has not only established a skin to skin connection with the ministry, but also sports people in the country. This has in return given him an absolute understanding of the challenges faced by the Ministry and those it is supposed to serve.

Reminiscing his first days in



MOYASA C.S Ababu Namwamba during his swearing in ceremony | Photo Courtesy

office, Ababu inherited a docket so faced by challenges, that he'd soon have to deal with calls for his sacking and ruthless opposition from all directions, including from some parliamentarians from the ruling party. However, it is the equanimity with which the former Budalangi MP navigated the storm, and got out of it strong that defined his character as a leader and as a person.

First, Namwamba had to deal with a FIFA ban on Kenya, which came in the backdrop of political interference in football affairs during the previous administration's reign. Regardless of stubbornness from high ranking officials in the football's governing body, the erstwhile Ministry of Foreign Affairs CAS unleashed his rich negotiation skills, to convince them to lift the ban, which allowed Harambee stars to take part in Fifa competitions. Getting a ban lifted is no child's play, especially in the case of political interference with football and footballing affairs. This ditto underscores his commitment to seeing the success of sports and

sports people in the country.

Consequently, Kenya, for the first time ever, in the history of Africa's most prized competition AFCON will be co-hosting the biennial tournament in the year 2027. This, is a key achievement for the Ministry, thanks to Ababu's flair in negotiation.

History, is a master rewarder and Namwamba is a product of history. His track record in negotiation is quite loud. A throwback to his time in the Ministry of Foreign Affairs and he, working under the then minister contributes tremendously to the landslide election of the country to the UN Security Council, as a non-permanent member, after over two decades outside the highly coveted position. It goes without mentioning that besides the mystique of playing a role in making critical peace and security decisions on the global stage, the country normatively chaired the UNSC, in a water shed moment for the East African giant.

Via a conversation with Seif Mutie, a former Harambee stars player who is bringing together legends and former footballers, City Bite is made to understand that Namwamba is open to the ideas of supporting retired players in varied ways as they might find convenient for them, while his most recent achievement is the ground breaking ceremony for Talanta City Sports Stadium which was presided over by President William Ruto.

For Namwamba, there still remains a room for more development, but for today, City Bite congratulates him for the good work and encourages more efforts in ensuring a conducive atmosphere for youths, sports people and creatives to thrive.

# ENTERTAINMENT

## AFRICA'S FACE OF REGGEEA TO PERFORM IN KISUMU DURING FESTAC AFRICA FESTIVAL WEEK



Afrojamrock artist Benny Willis Wallace

Reggae music royalty Benny Willis Wallace will showcase his flare during the week of FESTAC Africa Festival in Kisumu, City Bite Magazine has been told, via a telephone conversation with the man himself, to whom this is an opportunity for upcoming artists to learn from established musicians like himself.

During the conversation, Benny not only tells the story of his rise to the acme of music industry but also highlights the limitless opportunities available for young creatives in the much awaited May festival.

Doubling up as the official cinematographer for the event, he begins with his rich story and tells of

his father, Brig. Gen. Amb. Dr. Wallace Williams whom he describes as the 'best father and the most amazing person in the world.'

"I am a born artist," Benny said. "Growing up, I realized my talent as a school kid," he said. "I started to sing and perform in school theatres," Wallace told our interviewers. "Today I am a New York Film Certified editor and I have shared stages with the big names in the industry, not by luck but by commitment and diligence," he said. "When I started to pursue a career in music, my father, Brig. Gen. Amb. Dr. Wallace Williams did not try to influence me to be a diplomat or a military man like himself. He supported me and ensured that my dream came to its pristine maturity," Willis said.

"I have performed in stages with Rihanna and other big name American singers," Benny said. "I want to leave an immortal legacy in the music industry. As such, I am building my own music dynasty."

Asked about artists he has worked with, he giddily tells of there's not a single serious afobeat artist he has not worked with. "I have been in music business for decades and I have worked with all these artists you hear about. The good thing about my genre - afrojamrock- is that it is versatile. You can do collabos with Afrobeat singers, Amapiano singers and reggae artists," he said. "I was named the face of reggae in Africa because of the idiosyncrasy of my music and my dulcet voice."

Talking about his role in Festac Africa, he remained reticent with information that to him, are above his pay grade. However, being the official cinematographer is to him a blessing that he has had to work hard for. "I am not here by chance," he said. "I am here by merit. Due to my sparkling track record, I have

established quality relationships with people at FESTAC and when they chose to trust me with this responsibility, I took it with gratitude," he stated. "My sole task is to do them proud, by doing quality work."

As we close the conversation, Benny issues a rallying call to emerging artists in East Africa to take advantage of the golden opportunity that is Festac Festival 2024.

"My experience is rich, I am confident that many a young artist can learn a lot from me," he said. "But that matters less because I am not the only artist poised to perform at the festival. Many, many musicians, cinematographers, nollywood actors and other stake-holders in the art and culture industry will be there between May 20th-24th. This means networking opportunities will be there and exchange of skills and ideas will take place. So, for artists across Kenya and the greater East African Community, this is your opportunity. You never know when Festac will come back to Kenya or any other country in the horn of Africa, so grab this while it lasts."

Willis Wallace has had quite the journey in the industry, performed in the big stages of the world and made a mark in Africa's music industry. His coming to Kisumu's association with the Festac Africa Festival makes the difference for many young artists who will be looking to learn new things regarding performances at high level and big stages.

# SPORTS

## WHY WE NEED TO APPRECIATE FOOTBALL LEGENDS IN THE COUNTRY

The history of football in Kenya can be traced back to the 1920s when the game was introduced by British colonialists with Thika United Association Football Club being the first club to be established in 1924. Official games began around 1950s with increase in popularity through the formation of the Kenya Football Federation (KFF) in 1954.

Since then Kenya has produced several football legends who have left a lasting impact on the sport both locally and internationally. These players have showcased exceptional talent, skill, and dedication to the game, becoming icons in Kenyan football history.

From the likes of Joe Kadenge who played as a forward, to the likes of Musa Otieno the former captain of the national Team, from Dennis Oliech, prominent Kenyan striker who played for Nantes in French League to Seif Mutie, Douglas Mutua, Maurice Wambua, Innocent Mutiso who hailed from Ukambani Region, Francis Onyiso and the rest of the Football Legends, their history is something that cannot be watered. Amongst many living examples in the football era, they are perfect examples of legends we should be proud of even before we cross borders to being fans of Messi and Ronaldo.

In as much as we celebrate them, there are many challenges they went through that is still affecting our footballers. These include poor management, corruption, inadequate funding, and lack of proper infrastructure. The national team has also struggled to perform consistently at international competitions.



Former Harambee Stars players pose for a photograph during a pre-FESTAC legends match in Raila Odinga stadium, Homa Bay County on Wednesday 28th 2024. | Photo Courtesy

Speaking to CITY BITE Magazine, former Harambee Stars football Legend Sief Mutie noted that they have formed a team of Legends to bring back the glory of football and inspire upcoming footballers. The aim of the Team is to use Sports as a platform of engaging the community on issues such as Climate Change, Good Governance and Talent Building through partnering with Cooperate companies such as Coca-cola, Safaricom and using Sports to advertise their products while in return they get paid. This also includes partnering with M-TAKA to address climate change issues.

With the upcoming FeSTAC festival, the legend team might have a good opportunity to champion for the Welfare of all football players especially those who have retired from football on how their welfare can be addressed through the Ministry of Sports and Culture either through the National Assembly or build up policies that could provide sustainable solutions to the already existing challenges. A one on one Tete with Paul Mutua, CEO of Sports and Tourism Kisumu County, alluded to the fact that FeSTAC might consider including the legend team in the upcoming EAC FeSTAC tournaments. This will include holding a friendly match with Makueni County Executive and MCAs teams on 23rd -24th of March and also Wote Veterans. The legend team will also play Kilifi County in April and play EAC in May during FeSTAC festivals.

FeSTAC festival is providing an opportunity for the Legends to shine once again. This is also a good opportunity for the government to closely work with the Team in addressing challenges that have become a thorn in football arena. You would be surprised that the coming generation would rarely remember such stars if we don't build the culture of protecting our own. For example if you go to Europe, you will easily find Art Gallery of Football Legends with clear history about them with just a click of a button. How about we introduce a technological aspect of using digitizing Artefacts in 3D? This would allow us to make the most of our cultural Assets.

The 3 D artefacts allows for storage of Cultural assets and important history that can always be accessed over ages using technology. It gives the best description of an item and exact visual impression with clear definitions and labelling. As a way of appreciating our own, whom despite retiring from football they can still use their talents to serve the community, it would be prudent to support them with all means possible simply because they are our own, they are our pride, and that's what FeSTAC festival is advocating for, Appreciate the diversity and goodness of Africanism today and beyond.

# AGRICULTURE



Felix Oloo ; Agronomist

## GREENHOUSE FARMING IN KENYA

Greenhouse farming which has gained immense popularity in Kenya due to its numerous benefits. The controlled environment of a greenhouse allows farmers to cultivate various crops in all seasons, irrespective of external weather conditions. Greenhouses also help in reducing water usage, minimizing pest attacks, and improving crop yield.

With a rise in the demand for fresh produce and the awareness of the benefits of greenhouse farming, the greenhouse prices and costs in Kenya have become a popular topic of discussion. This article will provide an in-depth analysis of greenhouse prices and costs in Kenya, including the key factors affecting the greenhouse prices in Kenya and cost of building a greenhouse.

### Factors affecting the cost of building a greenhouse

#### Size of the greenhouse

The size of the greenhouse is a crucial factor that affects the greenhouse prices in Kenya and low cost of installing a greenhouse kit. The larger the greenhouse, the higher the cost of construction. The cost per square meter decreases as the size of the greenhouse increases due to economies of scale.

Therefore, farmers should consider the size of the greenhouse carefully and decide on the most suitable size that will meet their needs.

#### Type of greenhouse

The type of greenhouse is another factor that affects the greenhouse prices in Kenya and cost of greenhouse construction in Kenya. There are various types of greenhouses, including tunnel, lean-to, freestanding, and gable greenhouses. The cost of building a greenhouse varies depending on the type of greenhouse. For example, a tunnel greenhouse is cheaper to construct than a gable greenhouse.

#### Greenhouse cover material

The type of greenhouse cover material is also a significant factor that affects the greenhouse prices in Kenya and cost of building a greenhouse. Greenhouse cover materials include glass, polycarbonate, and polyethylene. The cost of the material varies depending on the type of material used. Glass is the most expensive material, while polyethylene is the cheapest.

#### Location

The location of the greenhouse is another crucial factor that affects the greenhouse prices in Kenya and cost of building a greenhouse. The cost of building a greenhouse in rural areas is lower than in urban areas due to the cost of labor, materials, and transportation.

#### Foundation

The foundation is a critical component of a greenhouse that affects the greenhouse prices in Kenya and cost of building a greenhouse. A strong foundation is necessary to support the structure of the greenhouse. The cost of the foundation varies depending on the type of foundation used. The most common types of foundation used in greenhouse construction are concrete and wood.

### Benefits of greenhouse farming

#### ■ Year-round production:

Greenhouses allow farmers to grow crops throughout the year, regardless of the weather conditions outside. This can help increase the yield and income of farmers.

#### ■ Pest and disease control

Greenhouses provide a controlled environment that helps farmers prevent and manage pests and diseases. This can reduce the use of pesticides and herbicides and produce healthier crops.

#### ■ Water conservation

Greenhouses allow farmers to conserve water by using drip irrigation systems and capturing rainwater. This can help reduce water wastage and save on water bills.

#### ■ Increased crop quality

Greenhouses provide an ideal environment for growing crops, which can result in better quality produce that commands a higher price in the market.

#### ■ Higher crop yield

Greenhouses provide an optimal growing environment that can help increase the yield of crops. This can help farmers increase their income and improve food security.

Farmers should consider the various factors that affect the cost of building a greenhouse, including size, type, cover material, location, maintenance, and financing, and plan accordingly. With the right knowledge, skills, and support, greenhouse farming can help farmers improve their income and contribute to the growth of the agricultural sector in Kenya.



# FESTAC AFRICA FESTIVAL

## HISTORY OF FESTAC



The official emblem of FESTAC 77' was a replica of the royal ivory mask of Benin. It was crafted by Erhabor Emokpae

### ■ What happened after the 77 FESTAC Festival?

In a conversation with C.E.O Grace Mumo, City Bite learns that the 77' festival was by far the most successful pan-African gathering in history, at the time. A town in Nigeria was named after it, The Nigerian National Council of Arts and Culture was established and National Theatre, Igbamu was formed in Lagos.

### ■ Who are the notable speakers for the Kisumu Festival?

During the Kisumu Festival, dignitaries from all over the globe will give speeches. Among them is Brig. Gen. Amb. Dr. Wallace W. Williams, Prof. P.L.O Lumumba, Prof. Anyang' Nyong'o, Dr. Paul Abolo, Fares Ghattas, Sally Kimangu, Kiprono Kittony, Prof. Ratemo Waya Mcheka, Hassan Ali Mzee, H.E Amb. Jonathan Ojadah, Cuthbert Ncube, Sebastien Schaechter, Gerald Walker, Shadrack Okindo, Rose Ssali, Dr. Shem Ochuodho, Amb. Dine Bouramima among others.

### ■ When was FESTAC AFRICA revived?

The insurmountable pressure to keep up with Festac 77' took the festival into a lengthy interlude, spanning for over four decades. However, in 2022, Festac was revived and the 3rd World's Black and African took place in Zanzibar Island.

### ■ When was the first Festac Festival event held?

**1966**

The first FESTAC Africa Festival event was held in Dakar, Senegal.

### ■ Since it's revival, how has it fared?

Since it's revival FESTAC is gradually picking up pace from the 77' festival. Normatively, the Zanzibar edition was a textbook first steps of a new born. The Arusha one was an improved version of the 3rd World's Black and African Festival while the Kisumu Festival is expected to emulate if not outdo the FESTAC 77'

### ■ Where was the second Festac Africa Festival held?

The second Festac Africa Festival was held in Lagos, Nigeria. It took place from 15th Jan-12th February 1977 and was considered a major international event, which left an immortal legacy after a town in Nigeria was named Festac.

### ■ Who are the most notable performers at Festac Festival in history?

The most notable performers include Steve Wonder from the U.S, Gilberto Gil from Brazil, Bembeya Jazz National from Guinea, Mighty Sparrow from Trinidad and Tobago, Miriam Makeba from South Africa, Les Ballets Africains and Franco Luambo Makiadi, Brig. Gen. Amb. Dr. Wallace Williams, Fela Kuti and Nigerian Nobe Lureate Wole Soyinka.

### ■ How many participants took part in the second Festac Africa Festival?

The month-long event celebrated African culture, art, music, fashion et cetera. About 17,000 performers represented over 70 nations from the globe. It was considered the largest ever pan-African gathering.

### ■ What is the main importance of FESTAC Africa?

By design, FESTAC AFRICA binds and brings and binds Africans from all over the world together to celebrate and appreciate their identity through seriate festivities spanning seven days.

### ■ Which artists have performed in since the 3rd World's Black and African Festival?

Legendary band Les Wanyika performed in the 2023 Arusha festival.



The national theatre in Lagos, Nigeria is a legacy of FESTAC 77'



visit [www.festacafrica.org](http://www.festacafrica.org)

# KISUMU FESTIVAL

## FESTAC C.E.O GRACE MUMO IS AN INSPIRATION TO FUTURE GENERATIONS OF FEMALE ENTREPRENEURS



According to Festac Africa chairman Eng. Yinka Abioye, the festival has a key objective of mentoring young people, into useful individuals in the society. From artists to poets, businessmen to leaders and innovators to sports personalities, the festival will provide a holistic networking platform, that will connect young people from all walks of life to mentors from all fields of expertise. This idea of Mr. Abioye reflects throughout the festival secretariat, which is sat on by proven mentors and role models.

Leading by example is Grace Mumo, the Chief Executive of FESTAC. Mumo, the founder of Luxury Xclusives, has a wide range of experience both in corporate and general entrepreneurship. As such, she's not only providing her leadership to the team, but also presents a mentor and a role model to young FESTAC ambassadors and other stakeholders who will be looking to connect with mentors from all over the world during the week of May 20th-26th, 2024.

A charismatic lady, she has a long-standing history with helping youths realise their pristine potential in their

respective fields of interests. To begin with, as a business lady and a founder of more than one companies, she provides employment to many young people, who not only earn a living from working for her but also learn how to run their own businesses. "Grace is an open minded boss," an employee tells City Bite. "Those awards she has won are not by chance or by luck. They are a result of passion, committment and diligence," she stated. "Her rise to the top, like any other great story, has a traceable path, checkered with challenges, which she equanimously dealt with,"she stated. "We are glad to work for her and can confidently testify, that to be her protégé is to be blessed. "

Professionally, Grace is passionate about growing African brands, establishing the face of an international innovator, who has spearheaded mobile banking services for over fifteen banks in Nigeria alone.

Hardwork, as the wily wise men of the old days packaged it never go unrewarded and Miss Mumo has had her fair share of prestigious awards, which are, to those in the know a direct reciprocation of the depth and the value she provides to her clients and how she impacts the community through her work.

In 2022, Mumo won the continental media influencar award, for her work in promoting brands. Nonetheless, in 2023, she was a finalist and a shortlistee for the Inspiring 50 African Women in Technology, thanks to her flair in the fintech field. To many, Grace is in her own right and idiosyncratic way a trailblazing technovator , whose legacy will last to inspire generations of female entrepreneurs.

as estimable as the ones she currently holds.

The accolades however are to her just but bonuses to what she calls, one's life obligations. In a past interview with City Bite, Grace Mumo elaborates the need for service providers to focus more on value, rather than the awards, the prestige or the money they might bring. "When you provide value, money will crawl to you in shedloads," Grace tells our interviewers. "I have been in the corporate world for as long as I can remember, to know that when you provide value, not just money but God's blessings also follow you," she said. "However, even as we provide value, let us ensure that we nurture those who will protect our legacies, " she stated. "This should be a part of the bigger plan whenever we begin a business set up, a company or any other sort of organization," Mumo said. " This mentorship is necessary because, -let's face it-, we are not here forever," she told us. "Someone must inherit and carry forward our vision when we chose to take a break, and that someone, is younger , more enthusiastic and energetic. Let us ensure we teach them how to navigate the uncharted waters of the contemporary career and business markets."

As the CEO of FESTAC, Mumo is tasked with overseeing operations and planning of the festival. This means that as a proven mentor, she has the power to incorporate youths and youth friendly ideas both in planning and during the week-long festival.



When you provide value, money will crawl to you in shedloads. I have been in the corporate world, for as long as I can remember, to know that when you provide value, not just money but God's blessings also follow you. ”  
**GRACE MUMO**

To win an award is normal but it takes an extra-ordinary level of thoroughness to beat the millions of businessmen and ladies in Africa, to continental awards





# ADDITIONALLY...

## CELEBRATING WOMEN'S AGENCY:

### Empowering Narratives That Inspire Change.



Carol Nyagaki

In a world that is progressively recognizing the importance of gender equality and empowerment, celebrating women's agency becomes a pivotal aspect of acknowledging their strength, resilience, and achievements. Women across the globe are breaking barriers, challenging stereotypes, and navigating diverse fields with remarkable agency. Their agency, the ability to make choices and act independently, is not only transforming individual lives but also contributing to a more inclusive and equitable society. This article aims to highlight the significance of women's agency, exploring inspiring narratives and the collective impact of empowered women on society.

Women's agency refers to their ability to make independent choices, assert their rights, and actively participate in shaping their destinies. It goes beyond the traditional roles assigned to women, recognizing their capacity to lead, innovate, and contribute meaningfully to various spheres of life. Celebrating women's agency is about acknowledging their autonomy, amplifying their voices, and fostering environments that nurture their growth. Women's agency is rooted in their autonomy and the freedom to make decisions that impact their lives. It extends beyond personal choices to encompass the power to influence, lead, and effect change. Whether in the boardroom, academia, or community initiatives, women are asserting their agency to dismantle systemic inequalities and create spaces for themselves and others.

Celebrating women's agency often involves acknowledging those who have shattered glass ceilings in traditionally male-dominated fields. From business

magnates to political leaders, women are proving that competence knows no gender. Women's agency in leadership positions is reshaping political landscapes globally. From heads of state to community leaders, women are influencing policies, advocating for social justice, and championing inclusive governance. Notable figures like Susan Kihika, Lady Justice Joyce Aluoch, and Amina Mohammed exemplify the transformative power of women in positions of authority.

Access to education is a cornerstone of women's agency. Across the globe, women are pursuing education and careers in science, technology, engineering, and mathematics (STEM) fields. By bridging the gender gap in education, women are not only securing their economic independence but also challenging societal norms that limit their potential. Individuals like Prof. Sheila Akoth in mycology, Engineer Esther Ruto in Electrical Engineering, and Elizabeth Marami, a marine pilot, exemplify women's agency in advancing knowledge and technological innovation.

Women's agency is vividly displayed in community leadership and grassroots movements. Activists and community organizers are using their voices to address issues such as gender-based violence, healthcare disparities, and environmental justice. By mobilizing communities, women are effecting tangible change and creating a ripple effect that transcends geographical boundaries. Figures like Malala Yousafzai and Rachael Mwikali demonstrate the impact of women's agency in mobilizing communities and driving positive change on a global scale.

The entrepreneurial landscape is witnessing a surge in women-led startups and enterprises. Women are leveraging their agency to create innovative solutions, challenge market norms, and contribute to economic development. Initiatives that support women entrepreneurs play a crucial role in fostering an environment where their agency can thrive. Successful entrepreneurs like Flora Mutahi and Wandia Gichuru showcase how determination and vision can create empires, inspiring countless women to pursue their entrepreneurial dreams.

While celebrating women's agency is crucial, it is essential to recognize the challenges that persist. Gender-based discrimination, unequal opportunities, and societal expectations continue to impede the full realization of women's agency. Advocating for policy changes, fostering mentorship programs, and promoting inclusivity are integral steps toward creating an environment where women can thrive.

Celebrating women's agency is not just about recognizing individual accomplishments but acknowledging the collective strength that arises when women are empowered to take control of their lives. By celebrating diverse stories of resilience, determination, and achievement, society can contribute to a future where women's agency is not only celebrated but expected and respected. Through these narratives, we pave the way for a world where women, in all their diversity, can exercise their agency to shape a more equitable and just society.



INTERNATIONAL WOMEN'S DAY

Happy International Women's Day.

# OF IMPORTANCE...



### ■ LUPITA is with a new boo & the whole world is happy!

This week, Kenyan-Mexican actress Lupita Nyong'o quickly became the talk of town in the online spaces after a romantic picture of herself and her 'new boo' emerged on X.

A picture speaks a thousand words they say and if the rumors are anything to go by then Kisumu Governor's daughter is surely up for a romantic ride.

Joshua Jackson, his name is a Canadian actor who is famously known for his portrayal of Pacey Witter on the WB's teen drama Dawson's Creek.

According to credible reports, the two Hollywood supetstars have since confirmed that indeed they are in love!

What can we say but wish them bright flames of romance .

Odima Osure is the co-founder of CITY BITE MAGAZINE



+254715211781  
Contact City Bite



### ■ FESTAC Festival will give rapt attention to health awareness

Besides art & culture, FESTAC FESTIVAL 2024 will give rapt attention to awareness on general health.

In a rapidly diversifying world, our people face a myriad of health related shortcomings which to a significant extent stem from a lack of awareness on the real causes of these challenges.

With the changing ways of living and belief systems, many of our people suffer from preventable diseases, such as the modern day ubiquitous lifestyle disease. Ditto, FESTAC, as a holistic platform will give participants an opportunity to get ideas from experienced medics and other health experts & practitioners on how to prevent lifestyle diseases & how to lead healthy lifestyles.

ENG. Yinka Abioye is the Chairman of FESTAC Africa Festival



### ■ WE will never forget you Mr. Ibu

This week, Nollywood was thrown into mourning after funny man John Okafor was pronounced dead.

Otherwise known by Nollywood fans as Mr. Ibu, Okafor will be remembered for as long as the current generation of millenials live, as the man who made their childhoods worthwhile, through his flair for making even the saddest of men burst with laughter.

At his death, he left the reputation of a brave man, who despite the sorry state in which he was put by sickness, remained brave and strong, always wearing a welcoming smile, as if to say all is or will be well.

As he rests, a gap has been left in Nollywood, that will never be filled. His legacy is inimitable and his acting career beyond valuation.

City Bite condoles with his friends, family and the Nollywood fraternity.



### ■ FESTAC AFRICA FUN FACT

A 20 year old Wallace Williams took part in the 77' Festac Africa Festival in Nigeria alongside Lureate Wole Soyinka. This year, Williams is among the planners of the festival and will be among the Key note speakers during the week of FESTAC AFRICA FESTIVAL in Kisumu

# NOTABLE QUOTES

## THE VIEW POINT



**GRACE MUMO** ”

The journey from Arusha 2023 to Kisumu 2024 is a monumental milestone and worth recognition. We celebrate the Misango Drama, Arts and Culture team that has been an integral part of this milestone.

Join us for FESTAC AFRICA Festival week in Kisumu, Kenya from 20th-26th May 2024 for an amazing week of unlocking opportunities through culture and trade.



**EDWIN SIFUNA** ”

Even when Baba gets the A.U job, nothing stops him from returning to National politics. No vacancy in the leadership of ODM.



**ELON MUSK** ”

America will fall if it tries to absorb the world. That is why I am banging the drum so much about this issue.



**ROBERT GREENE** ”

Never waste valuable time, or mental peace of mind, on the affairs of others—that is too high a price to pay.



**ADAM SCHIFF** ”

This election is a choice between results, or just rhetoric. In the Senate, I'll take on the hard fights and deliver for California.



**MIAN MUHAMAD** ”

Let's all come together...and the National Assembly should pass a resolution for the freedom of Kashmiris and Palestinians.



**H.E WILLIAM RUTO** ”

Congratulations Mian Muhammad Shehbaz Sharif on your well-deserved election as the Prime Minister of Pakistan. Your victory is a testament to your bold and progressive leadership. Kenya looks forward to working with you in escalating our ties for the prosperity of our citizens.

Congratulations!



**Rio Ferdinand** ”

I don't think, there is a Manchester United supporter who has a brain who blames Erik ten Hag. The team needs adjustments. No quality there. Only a few are Manchester United quality. The rest must go. I hope the INEOS will sort that

### CONTACT CITY BITE

+254715211781

+254745117362



# GALLERY

## PHOTOS OF THE WEEK



President William Ruto doing push-ups during the launch of Talanta Sport City Stadium |Photo Courtesy



FESTAC AFRICA Secretariat pose for a photograph at Grand Royal Swiss Hotel| Photo Courtesy



Siaya County UDA Chairship aspirant Maurice Orondo donates sports Merchandize to two local youth football clubs |Photo Courtesy



Linda Oguttu meets second lady Bishop Dorcas Rigathi | Photo Courtesy



A concept of talanta Sports City Stadium |Photo Courtesy



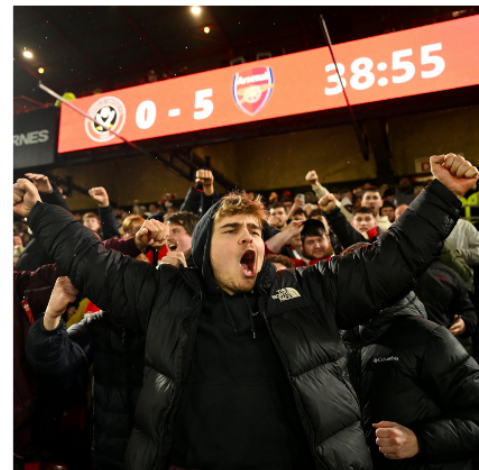
Andrew Kibe & D.J Shiti take a selfie during comedy night| Photo Courtesy



Erling Halaand celebrates after scoring a goal against Manchester United|Photo Courtesy



Sir. Dave Brailsford watches on as Manchester City fight back to beat Manchester United by 3 goals to 1 at the Etihad stadium| Photo Courtesy



Arsenal Fans celebrate after the team humiliated Sheffield United| Photo Courtesy

# CULTURE

## BRIDGING COMMUNITIES THROUGH DRAMA THERAPY AND ARTIVISM



**SIBUSISO FihLANI**

In the vibrant tapestry of South Africa's artistic landscape, Sibusiso 'Vonde-r' Fihlani emerges as a beacon of hope and change. With a multifaceted career spanning drama therapy, applied drama/theatre facilitation, podcasting, and activism, Fihlani's work transcends boundaries, fostering healing, advocacy, and empowerment within communities near and far. Fihlani's journey began with a deep-rooted passion for storytelling and human connection. Graduating with a Master's degree in Drama Therapy from the University of Witwatersrand, he delved into the intricate intersection of psychology, performance, and social change. His tenure at institutions like Soweto Theatre, Rural Health Advocacy Projects (RHAP), and Nkosi Haven showcased his commitment to using the arts as a catalyst for healing and social transformation.

As an Atlantic Senior Fellow with Tekano for health equity, Fihlani champions initiatives that address systemic inequalities in healthcare, particularly within underserved communities. Through his involvement in the African Brain Health Network and his leadership in the "Afro-Brain Stor(e)ying Po(t)cast," he amplifies diverse voices and narratives, challenging stigma and fostering dialogue around mental health.

Awards and accolades adorn Fihlani's career, recognizing his exceptional contributions to theatre, community engagement, and ethnographic research. From the prestigious Dr. John Kani award for outstanding theatre performance to the Yvonne Banning Applied Drama Award for ethnographic research, Fihlani's impact reverberates across academia and the arts.



Beyond the borders of South Africa, Fihlani's influence extends globally. Collaborating with organizations like Drama For Life (DFL) and the Atlantic Institute/Fellowship, he facilitates workshops and psycho-education sessions, sharing insights on drama therapy and activism with diverse audiences. His engagements in South America and Europe underscore his commitment to fostering cross-cultural exchange and innovation in mental health advocacy.

At home, Fihlani assumes leadership roles as the Chairperson of ART THAT MATTERS and the Festival Director of the Ezempillo Mental Health Art Festival. Through these platforms, he amplifies marginalized voices, nurtures emerging talent, and advocates for the transformative power of the arts in promoting mental well-being and social justice.

Fihlani's work is not confined to the stage or the clinic; it permeates the fabric of society, weaving together narratives of resilience, empowerment, and collective healing. With unwavering dedication and boundless creativity, he continues to inspire change, one story, one performance, and one community at a time. In a world hungering for compassion and understanding, Sibusiso 'Vonde-r' Fihlani stands as a testament to the transformative power of art in shaping a brighter, more inclusive future for all.



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# CITY BITE

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**+254745117362**

**+254 715211781**

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