

Mwangaza

You are the light of the world

HANDLE YOUR WEAKNESSES

A guide on how to be a better person

THIS IS YOUR TIME

*How to make use of your
youth age wisely*

KENNETH KAUNDA JOE

How to utilize your talent

INSIDE; BENEFITS FOR YOUTH WHO EXERCISE

Editorial Team

Lead Editor

Stephen Caloo

Editors

*Sheillah Maonga
Immaculate Ajiambo
Caren Ojiambo*

Contributors

*Faridah Ali
Ernest Chilons
Laban Motaroki
Lilian Waithegeni
Wakini Kuria
Muhia N.*

The Mwangaza Magazine invites your feedback, comments and submissions. Get in touch with us through;

Facebook: Mwangaza Magazine
Twitter: @Mwangaza_Mag
Instagram: @mwangazamagazine
Website:
www.mwangazamag.co.ke
E-mail:
mwangazamagazine@yahoo.com

FROM THE EDITOR

Seasons greetings.

At this festive time of the year, when everyone is in high spirits and in good cheer, I want to talk about what makes us happy and fulfilled. What makes us feel contented with life. How do we live our lives in ways that we feel satisfied, purposeful and with enjoyment? One sure way is by living a life that is driven by your talents. For where your talents lie is where your life's purpose is.

In this magazine, we heed the advice of our cover guest Kenneth Kaunda Joe who tells us how our talents can be identified, nurtured and utilised. The back up article explores further how talents can be used to further the quality of our lives. Then we have articles that touch on many contemporary issues that affect today's people. These articles cover diverse thematic areas such as health, travel, exercise and fitness, religion, lifestyle and wellness among others. I hope you will enjoy reading and learning a thing or two from them.

Happy festive season to you all.

The Editor



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KABURI LA SAHAU BUTTON

~Wakini Kuria~

Technology is yet to bring me my much needed 'delete' button for selected memories. You know, where you open folder 'Medulla Oblongata', highlight a few files and delete them permanently. SHIFT + DEL + ENTER and Pap! You are over and done with. For life!

Memories of people, instances, circumstances and things that may have in the past injured your ego, hurt, embarrassed you and/or others but have refused to die with time.

Waves of remembrance keep flickering with the slightest of provocation changing your moods instantly. Suddenly, at some memory you want to crawl under the bed and never to come out. You want to switch off the lights and stay in the darkness forever where nobody can see you. You want to hide behind masks in public, the sunglasses aren't enough cover and again, the sun does not shine forever.

Another memory sees your face turn red in anger, clouding your face in near tears, fists held tight ready to crack open some jaw, or just giving in to that strong urge of hurling the glass against the wall shattering it into a million messy pieces. Poor glass! Little comfort it gives and wonder as you sweep the

broken pieces away.

Another trigger brings in another memory. Blushing, you glance about and around watching if somebody caught you, in your naked moment. Phew! Luckily, no one. Hereby, you thank goodness that people are yet to start reading minds. It's not so cool to know that people know you are thinking tabiam-baya. Lol

Another thought crosses your mind. You are now smiling to yourself. It's a good memory. Something good happened. Made you happy. You even wish to relive the moment. You want to cherish and maybe share it forever. You keep this file in folder 'Favourites'.

Please, somebody make me that button already!

The *Very Many* Benefits Of Youth Who Exercise

By Laban Motaroki,

The dynamic lifestyles at this time and age has led to the young people being sedentary and hence ending up becoming unfit- even obese; having poor productivity and making them susceptible to poor lifestyle conditions and diseases. These impact nega-

exercising regularly, and even engage in a sport. This will make them strong and more productive. When a young person is strong, he is more productive at school or at work and at home, hence great output in all arenas.

As a young person, exercise has boosted my self-esteem, which in turn has created in me a great confidence in myself and in what I do. When one has self-confidence, the feeling is invincible, and one is pushed to try new ventures that sound ambitious. For me, my confidence has taken me to my passion, and I've been successful at it. The confidence made me more results oriented, which has been my greatest tip to success.

Exercise for young people helps to develop strong bones and muscles. This is an investment to our future. Because, as we get older, we are less prone to bone diseases called osteoporosis and dental problems as well.

At present world, we have an increase of cancerous illnesses which are killing a lot of people. It is said that some of these cancers are caused by lifestyle choices. These diseases would rather be prevented than treated, because the treatment comes at a heavy cost. The only prudent thing to do is to make wise lifestyle choices such as eating clean and exercising. This may not prevent the diseases altogether, but it narrows down the risk of getting them, especially if we start at a tender age.

Our social lives as young people are improved when we engage in team sports, such as playing football, basketball, rugby, volleyball, swimming, amongst others. Through this interaction, social skills are enhanced hence great networking with other people. Worthwhile life changing relationships have been developed through sports.

As young people when we exercise our sex life is also improved. Exercise develops great vascular health, hence great blood circulation in our sex organs.

When this is achieved, a satisfactory sex life is achieved, and this leads to great romantic relationships including marriages.

Sport can also become an economic activity for young people, especially if one has passion for it. We have seen great sports people that make an enviable living out of sports. Look at the footballers, runners, basketballers, rugby players, swimmers etc.

There are many employment opportunities in exercise and sports. One can be a sports doctors specializing in sports injuries; one can be a sports nutritionist hence advising athletes on how to improve performance; one can be a sports agent, who will scout for talent hence make money through commissions. One can even be a brand ambassador for a sports related franchise. Or, one can be a sports official, whose role would be to officiate matches and games. One can also be a sports business manager whose role is to improve profitability of the club. We also have sports lawyers who oversee the contracts for the players and teams. We have fitness coaches, physiotherapists, all these amongst many employment opportunities which are available to the youth, should embrace sports and exercise.

Working out and being involved in a sporting activity often leads to a responsible life as discipline is part and parcel of it all. Substance abuse often does not go hand in hand with an active lifestyle, so one leads a clean life when one chooses exercise.

So, my fellow young people, please do make exercise and clean eating a vital part of your lives for the reasons discussed above. life hence no abuse of drugs and alcohol. Your body, mind and soul will thank you for it.

tively on the quality of their lives.

The only way to combat this is for young people to eat clean and start





To Be Human Is To Be Emotional

By Sheillah Maonga

One thing that keeps popping up all the time is emotions. And, it always is along the same theme—one that cautions one against showing one's emotions. Phrases used are, 'Don't be emotional about it,' or 'you are too emotional' or 'don't take it personally' or 'words or people's actions shouldn't affect you

this much' or 'control your emotions' or 'calm down and relax' or 'take it easy' and many more sentiments like that.

These sentiments look like good advice at best, and empty clichés at worst. They don't like anything harmful, and as such, people use them liberally. They use them on others all the time, without thinking twice. As long as they see one is emotional, they blurt it out. Which often causes the intended recipient to stop being emotional, and peace is restored.

But...Has peace really been restored? Or, have we blown up our chance to promote peace in another? For example, if someone was upset because his team lost a match, and he is crying inconsolably, if we tell him to stop crying and act like a man, do we help the situation? Does our reaction make him feel better? If he stops crying, as per our orders, should we assume that peace is now restored within him-

self?

Or, when someone is grieving the death of a loved one, and we tell her that she should stop weeping all the time and try to smile and laugh more. What impact would our sentiments have on this bereaved person?

What of when a child falls and hurts herself and she start wailing loudly. Then the mother smacks her so that she can stop making noise, what message are we passing across to that child? Are we telling her that when she hurts, she shouldn't show it, rather, she should bear the pain quietly and stoically?

Or when someone is going through a heartbreak, and his emotions are all over the place, when we tell him to stop being so emotional and get hold of himself, aren't we minimising his pain? Aren't we not being very dismissive of his hurt? Will our remarks bring him closer to healing, or will they take him further?

I believe that we need to think deeply before we tell someone how to handle their emotions.

As humans, we have several body systems that keep us going. Such as the digestive system, the circulatory system, the nervous system, the respiratory system, the immune system, the muscular system,

the lymphatic system, the skeletal system, the reproductive system, the urinary system and the endocrine system among others. The human body is indeed a masterpiece that has all these systems happening in the background all the time for as long as one is breathing. These systems keep us alive. They also dictate the state of our bodies, minds and souls. These systems interact with one another to make the body work in optimal condition. They are all interconnected.

I would like to talk about the endocrine system. This system has major glands that secrete hormones into the blood. These hormones are then transported to other parts of the body, using the circulatory system, whereby they regulate various bodily functions, among them, our emotions.

As humans, we all have a brain and we all have hormones. The brain is the body's control centre and it is responsible for our thoughts, emotions and our perception of the world. This is arrived at after the brain has received signals from all other parties of the body. The hormones control our emotions, amongst other things. Emotions are part and parcel of the human being. To be human is to feel. For as long as we have a brain and hormones, we will feel. We just feel, based on what's happening around us. We feel because we are living in our environments and reacting to them. We feel because we are alive and responsive.

As such, to tell someone not to be emotional is akin to telling one not to be alive to his environment. It is to tell someone not to honour their feelings. It is to minimise their human nature. It is to dismiss their being. It is to tell them not to live fully, for to separate a human from emotions is to take part of their lives away.

When we tell someone not to show their emotions we are tacitly implying that emotions are a negative thing. Yet, they are not. Emotions, as mentioned above, are part of a system that keeps us alive, and we must fully accept all the emotions we have. All of them are vital to us. All of them impact on the way we enjoy the environment we live in.

All our emotions should be given the time to be felt, so as to understand what they are telling us. And, only after understanding what the emotions mean to us, would we attain internal peace.

DESERTED By Ernest Chilons

I hear a voice proclaim
Then I hear a melody of the same
A chorus in a chord with a name
Holy Holy Holy is the Anthem
I straighten my focus: yet deserted

"Behold, you are not alone son"
This time it's clear and gentle to listen
Delight fills me: I feel not the pain
I've heard the voice; anxious to see this man
I press on above from the bed; Deserted

My body lays helpless
I smile seeing science end, doctors are helpless
A moment when intercessors are hopeless
Saints are rejoicing; the earth in silence
Am reaching out to a hand: So long deserted

I'm smilingly see sons of men crying
I'm reaching out for my beloved; not replying
I hear some are mummering
I see not the reason for their worrying
Ave been alone: were they alive? Deserted

A hand is stretched
It's radiating glory: I stand mesmerised
"Welcome son: you truly persevered"
"Witness my readiness: trumpet's long
awaited"
Abiding in glory; whom the world deserted

He releases my hand after a moment
"Go son and attest."
"Tell them: door's open, waiting for trumpet"
"Let them persevere, I overcame the world"
Through it all let's stand; though

Happy World Arthritis Day!!



ONE YEAR OF ENGAGING ARTHRITIS TALKS AND PLACING VALUE ON JOINT HEALTH IN KENYA.

Email: everydaywitharthritis@gmail.com

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Chronic illnesses: There is a life after your diagnosis.

By Wakini Kuria

I believe that the greatest gift you can give your family and the world is a healthy you.- Joyce Meyer

Chronic illnesses can be strenuous to both the patient and their caregivers. I have battled rheumatoid arthritis (RA) for 16 years.

It has been a rough journey, where my family and I struggled psychologically, emotionally and financially. Maintaining arthritis is extremely expensive, if you consider meds, physiotherapy, diet and of course specialists don't come cheap.

Back in 2015, I was introduced to corticosteroids, 'the wonder drug' by my then doctor after I limped into his office hunched double in massive pains. The so called wonder drug harbours no wonders at all. It is mostly used for patients with lupus, asthma and arthritis. Corticosteroids treat the inflammation, BUT NOT the root cause of the inflammation, which essentially means that the underlying cause is still present. Without inflammation, there is no pain. For three months, I was painless. It was bliss. I felt this was it!

For the next three years, such became my routine. After every three months, I would go for the jab. Blissful life it was up until I became addicted and now I went in after every single month.

I knew things were bad when the side effects became evident. I lost my dark skin to *rangi ya thao*. Whereby, my skin became more fragile and easy to bruise. Wear and tear of muscles, skin thinning, soreness, development of cataracts, redistribution of fat, leading to a swollen face (moon face) and abdomen, thin arms and legs (osteoporosis).

I so badly wanted to quit but I was far too gone to stop. Then, there is something monstrous about over-the-counter drugs. When the pain gets worse you know where to get your relief from. All good intentions of quitting are kicked out of the window and quickly forgotten. At the tail end of year 2017, I made the bold decision just not to go for the jab. Now, with steroids you just don't wake up one day and decide 'I quit' but I did. I was unceremoniously served the bitter gourd of massive

pains, withdrawal symptoms and quickly graduated to the depression class where I just wished and willed for death to save me.

I have come to fully understand that scientific meds can work against you. In my case, I dealt with the tragedy of fighting arthritis itself, prescription addiction and toxicity (which by the way is very different from side effects). My biggest mistake after steroids, was being a lone ranger. Had I walked this journey with a specialist, I'm sure as the rain itself that things would have turned out differently.

To all patients out there, increase your contact time with your doctor and make it count. Ask questions: Why this drug? Side effects? Allergic? Alternative? It is important to note that allergic reactions (body rejecting the medicine) kills faster than the disease.

For some chronic diseases, such as RA, keeping warm and eating right are best options to curbing this condition. Fruit and vegetables help in repairing the wear-and-tear of joints and muscles. I'm a happy vegan.

Finally, you don't have to walk this difficult journey alone. Join support groups. Exchanging notes with other warriors. It goes a long way and the sense of not alone does wonders to motivate you to keep fighting no matter what.

'Everyday with Arthritis' is such one support body where you get support groups and get introduced to specialists at absolutely no cost.

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A portrait of Kenneth Kaunda Joe, a man with short dark hair and glasses, wearing a dark suit, light blue shirt, and patterned tie. He is smiling and has his hands clasped in front of him. The background is a textured, light brown surface.

Kenneth Kaunda Joe;

How to utilize your talents

Kenneth is a motivational speaker, lawyer and political analyst based in Finland. He is the Co-founder of Gene Coaching school, a life coaching school for the youth. We caught up with him as he shared on talents and how we can utilize them.

Tell us about yourself

I am Kenneth Kaunda Joe. I am a Kenyan. Born and bred in Kenya. I am a political scientist/analyst/international law expert. I am also a race activist, a motivational speaker, a life coach and an aspiring leader.

What is your interpretation of a talent

I have read widely on talents and people's purpose on earth and I believe that to have a proper and holistic definition of a talent you look at different things. Such as passion, purpose, gifts among others. To me, it is something where your passion lies; and you do it effortlessly. It comes to you naturally. However, that does not mean that you don't need effort, or you never pursue effort when it comes to your talent. We have so many people that don't improve on their talent. This is often so because they do not put in the effort. A talent is something that you do without any kind of reservation. It is something that you are willing to do for no reward at all. The reward to you is innate, for you feel fulfilled and satisfied by doing it.

A talent is meant to serve people, and not only yourself. I believe that our talents are meant to uplift or bring change to people's lives. Talents are meant to lead to our self-actualisation, and one way of arriving at this actualisation is through serving others and impacting on the lives of others. Talent applies to different fields.

Many think it only applies to athleticism. That is wrong, since talents are in every field that humans engage in. Talent is innate. It is something that is given to you, the talent holder, to leave a mark in the world. Talent requires continuous practice and effort. For you to become the best, for you to achieve the best, for you to achieve the greatest potential in a particular area, you have to continuously practise and nurture your talent. And that is why some people don't achieve or discover that optimal point of their talent. Talent is a gift, you do it naturally and effortlessly, but you still need to practice it to improve on it, put in the effort, nurture it to achieve the best from it.

You need to respect your talent. You need to explore your talent. You need to exploit your talent. You need to be fully involved in the nurture of your talent. Most people, if not all of us, have talents. But if you lack self-respect, most of the time your talents do not show. Talent requires self-respect, dedication nurturing it. It requires us to be self-disciplined. It demands that we identify the greatness that is bestowed upon us so as to achieve what we need to achieve, which is normally to leave an impact on people's lives. So, if you are going to impact the world, the way you view yourself the way you carry yourself, and your self-discipline will ensure that your talent is more pronounced, more recognised, more

respected by other people and your talent will be a mark on people's lives. A talent is something bigger than yourself. It is something bigger than the individual, the talent holder and it needs to be utilised. To look at it from that broad perspective, we must be sure and certain that we give it the respect it deserves, and we start that by nurturing it.

Do you think you are pursuing your talent or is it out of your educational qualifications?

Am I pursuing my talent? Yes, I am. Does it fall within my education qualifications? No and yes. I will explain. As said, I believe that I am pursuing my talent. I have gone to school. I grew up in a society where going to school was compulsory. Going to school was a symbol of success. I appreciate going to school because I gained knowledge, skills, experience and exposure that I couldn't have got if I didn't go. I believe that going to school nurtured my talent and made it possible for me to follow it. The world is constantly changing, globalisation is taking over, so if do not have basic information in a certain area, you are not able to have the keys to open the door to your talents.

I am pursuing my talent. However, going to school in Kenya meant that I was more focused on achieving certain things besides my passion. My talent is my passion. My talent is coaching people, and it shows itself through motivational speaking, talking, encouraging, lifting them up, guiding and showing them the right path to go in different decision making processes. I believe that I have that gift to encourage and lift others; to always push people towards their goals and ambitions, to spread positivity in their lives, to drive people to realize their talents among others. It comes naturally and effortlessly to me, and people find it so easy to talk to me about their lives. I am a motivational speaker and a life coach. This is my talent, and it is my job too, so I am pursuing my talent. However, as mentioned earlier, my education qualifications are in political science and international law. These qualifications enhanced my talent, but they were not directly related to my talent.

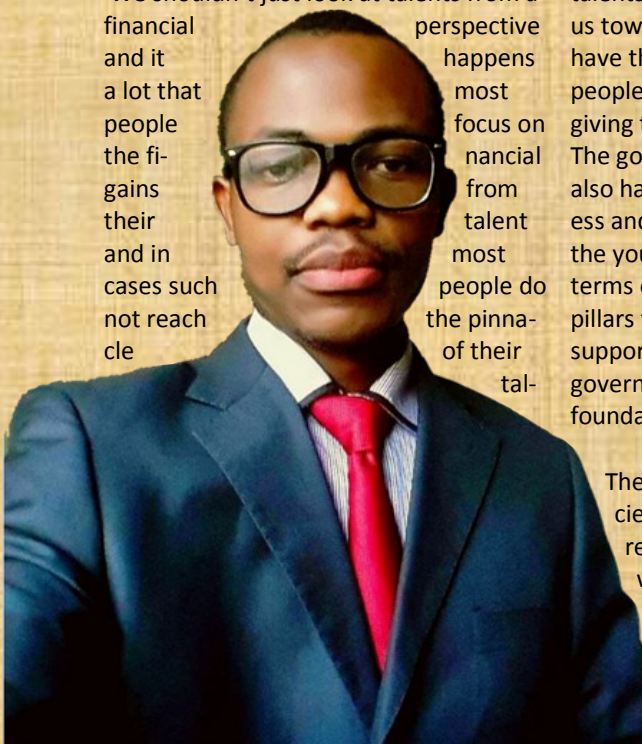
I have co-founded a life coaching school called Gene Coaching School and the reason behind it is that I can pursue my passion fully and thoroughly. In this school, people are helped in choosing and honouring their life paths so that they live according to their purpose on earth. People are given direction in life. They are given an education that is not found in the curriculum of formal education. We envision an institution that instills an all round ability in people. The ethos of the school is to promote growth and awareness of the individual self so that one can live fully and realize their passions by putting their talents into good use. I am able to start and run this school not only because of my passion, but also

because of my academic qualifications. Having the talent itself was not enough. I needed education to give me that thorough grounding to launch it. Education has helped me pursue my talent properly. My education has been a ladder that I have climbed to reach the heights of my talent. As a political scientist/analyst, I need to understand people and also how the society works. So, does being a life coach. As a lawyer, to represent people, one needs to have empathy, an affinity towards to justice and huge doses of positivity. So, does being a life coach.

Can the youth sustain their livelihoods through the utilisation of talents?

Yes, they can. But we have to know that as a livelihood, it may take a long time to discover and nurture your talent, therefore, relying on your talents to bring in financial gains could interfere with your talent. With its nurture and discovery. Yes, the youth can use their talent for the benefit of livelihoods financially, but for somebody to achieve the best, they should utilise their talent and focus more on impacting people and financial gains will automatically come. When you set off looking for a livelihood from a financial perspective, or from a survival perspective, you may end up not achieving the best. But when you look at it from a broader perspective, that you want to leave an impact in people's lives and leave a mark, then financial gains will follow.

We shouldn't just look at talents from a financial perspective and it happens a lot that most people focus on the financial from talent most people do not reach the pinnacle of their talent



ents neither do they make real impact and when the curtain falls on their careers, nobody can pinpoint on what they have done. It is therefore important to have a means of livelihood that is detached from talent especially at the nurturing stage. The main focus and goal should be to make an impact in the lives of other people and financial gains will follow and the main driver for achievement should be people and that way it takes away the selfish view to talent. The youth should clearly know how to balance between achieving financial gains and changing people's lives and these are some of the issues Gene Coaching will endeavour to tackle and instil in the youth.

How can the youth recognise their talents?

There are many factors that would determine whether or not the youth can discover/recognise and nurture their talent and coming from a developing country, I would say it is more challenging to discover and pursue talent. But, we cannot give in to such obstacles and for one to discover talent, one must be willing to do so by recognising our strengths and weaknesses, giving weight to the things we like and do comfortably without struggle.

Parents must also be roped in and encouraged to promote possible talents in their children. It requires a generational shift in our parents' mindsets because they have the opportunity to point out talents from a very tender age and show us towards the right path. The parents have the responsibility of gearing young people towards doing what they like and giving them the freedom to pursue such. The government and the society at large also has a crucial role to play in this process and therefore they must ensure that the youth have the support required in terms of resources, policies and social pillars to discover their talent. With the support of the family, the society and the government, the youth will have a stable foundation to discover their talent.

The youth also need to shun the societal standards with regards to careers and listen to their inner voice when making certain life choices. They also need to look into their past and identify those things that they can do without reward motivation. Role models and

mentors can also be utilised by the youth to discover their talents.

What is your parting shot?

I would like to tell the youth that all of them have a talent, they just need to discover what that is, then put it into effective use.

I have co-founded an institution that aims to make a positive impact in the world- an institution that will instil certain values in the youth, such as talent discovery and recognition. This is an institution that will create a generational shift in the process of thinking. Gene Coaching will give a platform whereby the youth will be supported and taught to discover, nurture and utilise their talent for greater goals. If we can model a generation of people who can appreciate, respect and nurture their talents, the future is bright not only for the young people but also for the country and the continent at large. With the support of the entities I mentioned above, the youth will be able to achieve their potential.

I would also like to encourage the youth to set their sights on leadership, because their talents often promote leadership in their field. With experience of leadership, one is able to try leadership on a larger scale. I am an aspiring leader and I hope to serve in some of the most significant offices in Kenya. We need young leaders for they are most likely to give due attention to fellow young people so that we can create an environment of growth and development. The youth do not survive in a vacuum, they need policies, they need resources and they need a sound socio-economic and political environment to thrive. That is my dream, my hope and what I look forward to.



What Is My Talent and How Do I Use It?

By Sheillah Maonga

I am of the belief that each and every one of us has a God given talent. This is a gift that we are born with, therefore has been with us from day one.

Some of us know what our talents are and are using them daily, and our lives and those of others have become richer because of them.

Some of us know what our talents are but for one reason or another, are not using them at all, and the problem that that causes is that we live unsatisfactory lives. It is frustrating to have a talent that just lies there wasted, when it could be put into use.

Some of us have not discovered our talents yet, so we assume we don't have any. We go through life being average and lacklustre, yet we have a gift within us that is gathering dust and rust.

As mentioned above, I believe that all of us have talents. We just have to create the time and opportunity to find out what they are. For they are ingrained deep within us, and if we give ourselves a chance, we will be able to unbury them from where they are hidden.

To find out what your talent is, you must think of what your heart desires. Ask yourself what you love doing. What makes you happy and fulfilled when you do it?

What holds your interest? What is your passion? What do you find easy and effortless to do, when others struggle? What comes naturally and with ease to you? Whatever answer that stands at the forefront is often where your talent lies.

I also believe that we were given talents so that we can use them to serve others. The talents are not solely for our benefit; but mainly for those people in our lives and those we encounter. They (the talents) are meant to enrich the lives of others, and in the process, our lives get enriched too.

It is unfortunate that some of us know our talents but are reluctant to use them. Maybe we feel shy. Or we fear that people will laugh at us. Or we feel they will make a fool of ourselves. Or we feel that we are too busy. Or too old. Or too young. All these are excuses. Talents are meant to be used for as long as one is alive, so no excuse should hold; unless one is dead. To use your talents will lead to a more happy, fulfilled and satisfied life.

If you sit or lie on your talents, you choose a path that is strewn with boredom, dissatisfaction, unfulfillment, discontentment and frustrations.

Maybe you are good at singing. Or acting. Or sports. Or life coaching. Or teaching. Or meditating. Or change

making. Or leadership. Or enterpreneuring. Or picking up new languages. Or dancing. Or writing. Or activism. Or drawing. Or building. Whatever it is you are good at, put it into use, to serve others and in the process, lead to a wholesome life for you. Let nothing stop you from using your talents. You were given them precisely to use them.

Please note that there is no talent that is superior to the other. They may be different from each other, but they are equal. Therefore, do not look down upon your gifts because you think that they measure less than other people's. All talents have their place in the world and thus should be used without apology.

Some think that your talents need to bring money and fortune to you. No. That is not the primary focus of talents. The primary use is to bring you fulfilment and contentment. Not only to you, but to others as well. Money is neither here nor there. Having said that, most talents, if used well, often bring in financial remuneration. But that should be a bonus, since the main objective (of your talent) is to grant you a purpose, gratification and fulfilment.

It is imperative to note that the more you put your talent into use, the better it gets. Your talent thrives from being put into practice. You unlock greater depths of it by using it, so utilise any opportunity that presents itself to exercise your talent. As much as you are naturally good at it, you still need to polish it up. If you are gifted in singing, keep on singing for you to be excellent at it. If you are gifted in a sport, you will improve on it if you put in hours of practice. If you are great at public speaking, the more you speak, the better you get at it.

All in all, we all have talents, and these talents should be put into use, for both our sakes and that of others.

"PARADISE"

Take me to my dream land
The land of promise for the kind
For us who could see but lived blind
Because we outlived self and He took our hand
To the prepared place; the place paradise

O someone open my eyes
A minute of glory allow me to behold a glimpse
Quench not my thirst; constraint not my desire
Am pressing for eternity: living in rehearse
To the prepared place; the place paradise

Touch me once more; the touch of purpose
Humble me for you: to be meek for inheritance
As I wait on you: my prayers you wouldn't despise
Yet; I tarry for you living as a sacrifice
To the prepared place: the place paradise

The days are wicked and evil
To the overflow: once more impart me and fill
Your oil upon me; radicalise me for revival
Not just as your vessel; more of your Oracle
To the prepared place; the place paradise

Yes, I know this may sound weird
But you know best how I'm wired
It's not like a prayer to you lord
But a conversation of son and Dad
To the prepared place: the place paradise

I know I'll get there because am a son
Yet; I desire to leave a legacy: a well done
Translate me like you; just as a clown
That I may earn points here, before the crown
To the prepared place; the place paradise

As I lift my eyes on you Father
It's my delight that you will hear and answer
As I call upon your name
I believe you shall take me to a higher realm
To the prepared place: the place paradise.



THIS IS YOUR TIME

By Faridah Ally

Young people, there is no better time to work hard, grind and hustle than today, right now. Rome was not built in a day! So whatever dream, vision or plan you have you must start working on it now.

Start investing your energy, time and money in making those things happen. This is the time to DREAM BIG, work hard, study hard, party less, drink less and play less. When you look back 5 or 10 years from now you want to be proud that you put your youth to good use. You are capable of this.

This is not the time to play. Build your resume, have some goals for yourself, forget about twerking, boys, turn-ups and any other distractions, you will find them later in your life. Focus on your goals. Your future. Your hustle. It is important for you to develop yourself deliberately. Be an extraordinary woman. Start a business. Learn a new skill. At some point in life being pretty alone won't be enough. You need to bring more than good looks to the table. No one can rob you of your achievements in life. It doesn't matter who comes and who goes. You are a queen. Create your own empire. Intelligence is LETHAL.

And these are the lessons that life made me learn and thought it'll be wise if I shared;

1) No situation is permanent.

A fulfilled future belongs to the strong vision and never let the quality of your future be compromised by the experience of your past. You are the one to bring change to the situation you are going through since nobody was created to suffer.

2) Never give up.

We all have our days where we feel we cannot survive. Sometimes dreams are shattered, friendships may fall apart, loved ones may hurt us, finances may worry us, sickness may overtake us, we may even lose people we love but God will always be there to guide us through even the toughest of times. Never lose faith, hold onto hope.

3) Allow yourself to make changes in your life.

Can't you see how different you are than the person you used to be years or months ago? No? Then you need to look again, you need to look at the long, dark, lonely, old days when you were very fast at making conclusions and now you are patient. It is allowed to change for the betterment of yourself, it is your life you can do as you please.

4) Always pray and believe in God.

This should have been number one, but I feel I should have it as a topic of its own one of these fine days. Well, we come from different religions but we all preach and believe in the existence of one supernatural being who is in control of everything we do. Look back to the bad situations you went through, I guarantee somewhere deep within those situations God was whispering his unrelenting mercies upon you, and he never stopped, He is right now. Are you listening? Talk to him and make it your habit. Always pray. It doesn't matter where you are, what time it is or what the need is, I assure you He listens and always answers our prayers.

Have faith in everything you tell him and you know what? He always gets back to us and everything happening in our life even the bad. He is the one who is in control and had allowed them for the best and not the bad.

Always praise His name and be grateful for everything happening in your life.

5) Make friends who will have an impact in your life

6) Enjoy everything you do and live life!

I have a lot to share on living by the ways of God but that is just to say my next article will be on the same.

I have learnt a lot and that is just a small summary of the lessons and I think you should listen to the song word by word think about them and get the strong message.

I have learnt to appreciate people as they are and I applaud people who have been through hell and still haven't given up, still kind, loving towards humans and still live life and enjoys every moment of their life.

I promised myself to be happy always and I think you too should .

Attraction and Demons - John's story

By Muhia N.

"This world is very spiritual, deeply spiritual and ruled from the spiritual realm."

Modern technology and the comfiest of the emerging New World Order have boxed us in a physical world, killing our sensitivity to the spiritual world thus leaving us very vulnerable to evil spiritual enticements and manipulation. Everything is now possible at the touch of a button, including love - "just send an sums to 52** with the word love."

With the increasing incidents of violence, marital break-ups and addictions being solely blamed on psychological states, we ought to re-orient ourselves with the truths of the word of God.

The torment of a man I'll just call John is a case of a little lesson forgotten by a well meaning man. John called seeking counsel on what to do with the deep feelings he was developing for an ex-lover. John was a happily married and in his own words he lacked nothing in his marriage that could make him step outside. Unfortunately, the pressure to seek out Jane was just too much to ignore. Jane was his last lover before he got married. A girl-friend of five years. Not easy to forget with memories of hot sessions.

Unlike many men today, John was a bit wiser. He knew a fling with Jane be disastrous to himself, his wife and children. As his feelings grew so did his search for an answer. On that he was wise. That was one man without animal instincts. Initially he thought he was not having enough quality time with his wife. He increased that. He later thought it was their sex-life. He secretly consulted a sex therapist. All was well. He thought it was money. With a little effort his business expanded. All along the attraction to Jane who lived in the same city was increasing.

As he narrated his story nothing in this world seemed to point to the problem until I asked him about his spiritual life. That's when he remem-

bered the little lesson of attraction and demons. After giving his life to Jesus Christ, John was the kind of man any woman would have died to marry. Always truthful and ever well-meaning. However, somewhere along the way the issues of life choked his spiritual life. The cares of this world and the pressure to buy the next hot gadget left him with very little time to fellowship with God. I felt for him when he described himself using Luke 8:14 -And that which fell among thorns are they, which, when they have heard, go forth, and are choked with cares and riches and pleasures of this life, and bring no fruit to perfection. John had heard the gospel, grew his faith but slacked along the way and now he was staring at the adultery button. Would he press it or not?

As he continued talking I could see the torment in his eyes and face. He knew he was about to lose his marriage. It was like a stone rolling down hill - gaining momentum with every roll. He felt powerless and hopeless. He looked like a guy drenched in a very heavy downpour.

He came up with a suggestion or it was something which had been in his mind for a while. He was thinking of channelling his feelings for Jane to a female colleague whom he 'related' well with, meaning they shared a lot about their emotions. Ever well meaning, John was the kind who would give the whole world a shoulder to lean on. The female colleague had described him as the best husband she'll never have. It wasn't meant to stir anything though it might have.

Suddenly John stood up, looking me straight in the eyes he told me that he knew he was going down but he would do so with a fight. I liked that. He added that he wasn't in my office for a pity-party but to get a brother help him roll-up his sleeves and face his Goliath. It's always a good site to behold when amen decides to face his inner-man issues. He knew very well that Jane and his female colleague were not the problem as he quoted James 1:14

-But every man is tempted, when he is drawn away of his own lust, and enticed.

As he took his seat I took him back to this little lesson about attraction and demons. The fighter's face darkened and he looked like one cornered by a fierce enemy. I knew we were approaching his breakthrough and I had to encourage him with Romans 8:37 and Philippians 4:13.

"Nay, in all these things we are more than conquerors through Him that loved us." Romans 8:37. "I can do all things through Christ which strengtheneth me." Philippians 4:13.

He wondered how he had forgotten that everything in this world has a spiritual dimension, visible to those who heed 1 Peter 5:8 - "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walked about, seeking whom he may devour." He said he wouldn't be meat for the devil easily. I thanked God in my heart for the Holy Spirit who was leading John to victory.

John knew he had been attracted to the wrong things and he realized there were spiritual forces behind all that had befallen him. With a busy schedule he had resorted to button worship. This is the kind of worship where he would wake up in the morning, name the things he needed and claim them. It's just like pressing a button. Head fallen for easy believer, that mere wishful utterances would translate into truckloads of horses.

The good old John was gone. The John who would study the word of God, pray, repent his sins and worship God with Hymns had been enticed to a queer form of worship. He could no longer remain still in prayer or Bible study so that he could prove what is good, and acceptable, and perfect, will of God.

He had conformed to the faiths of this world where God is more of a tool of accomplishing a task than sovereign God who desires true worship. Easy believer had denied him the privilege of sitting calmly and hearing from God. The Prayer-less lifestyle left him vulnerable to demonic enticements.

As we read Genesis 3:1 he confessed to have been involved in 'small' corrupt activities, giving 'small' bribes in the name of facilitation fees to win government tenders, etc. The once firebrand part-time

evangelist who wanted to win everyone into God's kingdom was now a tribalism who saw everything through the lenses of his tribe. What a sad enticement.

Now the serpent was more subtle than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? Genesis 3:1. (Emphasis added).

As he joined the dots to how he became spiritually blind, he couldn't believe how easily he had opened doors to demonic control. From 'small' sins to the verge of breaking a happy marriage. Surely, men don't fall because of the temptation outside but because of the lust within.

For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. 1 John 2:16. John had become of the world and the evil enticements of the god of this world, who is the devil- king of demons, were ruining him. In whom the god of this world hath blinded the minds of them which believe not, 2 Corinthians 4:4.

As he finished sharing the steps of how he was enticed into worldliness, he confessed that the feelings for the two women had 'somehow' evaporated. Strange? It wasn't.

The moment you start addressing your issues in the light of the Word of God and confessing your sins to the relevant person(s), the devil can only flee. Coming into agreement with the word of God that Head sinned, was heading to sin more and was seeking a Biblical answer to his sin problem, John was actually on the path to submitting to God. Submit yourselves therefore to God. Resist the devil, and he will flee from you. James 4:7. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availed much. James 5:16.

It was a wonderful moment with John. I was glad to see him rededicate his life to Christ as he identified his enemy; Ephesians 6:12. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Ephesians 6:12.

Finally, we prayed together, read Psalm chapter one and sang a hymn - the devotion and prayers had to start in my office! As he stepped out he asked me "Do you think Christian marriages are hurting because people no longer worship God in truth and in Spirit?"

HOW DO YOU HANDLE YOUR *Weakness?*

BY SHEILLAH MAONGA

I once lived in a country whereby a good number of people seemed to fiercely and passionately own illnesses. They were so protective of these illnesses that one couldn't give alternative ways of handling them, because they were a no go zone. These illnesses were not to be talked ill of. They were revered, and given all the attention there was. They (the owners of these illnesses) gave them (the illnesses) so much time and energy, it seemed to be the main priority in their lives. They were ready to sacrifice anything and everything around them, as long as these illnesses remained undisturbed.

The illnesses commonly 'owned' were stomach ulcers, backache and migraines. At least one in three people one met had to be afflicted with one or more of these three illnesses. And, they would let one know which one it was within minutes of being in their company. It always weaved itself in the conversation, just as you were getting to know each other.

Why they let one know was often to inform one, in a circuitous manner, that they were not reliable at all, courtesy of the illness. One could be planning a venture, an activity or a meeting, which required their commitment; they would hesitate to make firm plans citing that they feared that their illness may strike, and if it did, then they would be rendered immobile to do anything. So, no plans were ever set in stone with them. Anything they planned to do, it was all under the mercy of their illnesses. And indeed, before any event happened,

one would get a call that so and so couldn't make it because his ulcers were playing up. Or so and so couldn't turn up because his migraine was blinding. Or, one had to give a rain check at the last minute because her back was painful if she moved even an inch. So, she was bed bound for the rest of the day. How these illnesses handicapped them so. They impacted negatively on the quality of their lives. Because not only did they miss out on so many opportunities, but they also sullied many relationships because of their unreliability, which always made them come across as flaky and slippery. These illnesses made them let people down at the very last minute.

What always baffled me about the people was that they did nothing to remedy the illnesses. They accepted them, with all the challenges and frustrations they came with. They made no move to look for solutions, temporary or permanent. They chose to deal with the consequences of the illnesses rather than look for help. They knew these illnesses inconvenienced them so much, but they decided to let it lie. They did not even seek medical advice at the bare minimum. They had just decided to be. Now, I see a lot of us nowadays have a similar mindset. We have weaknesses that we own and hold onto them dearly. Weaknesses that hold us back and alienate us from people. We refuse to seek help, but rather decide to just deal with the consequences. We choose to let be. We sabotage ourselves by giving priority to these illnesses, but it seems like we don't mind that. Sadly, we have let

these illnesses reign over our lives. These weaknesses could be personality flaws such as impatience, hot temperament, obstinacy, dishonesty, procrastination, judgemental nature, malice, bitterness, pessimism, pride, jealousy and many others. It could be anything that we know acts as a barrier between ourselves and development, yet, we decide not to fight it. We let the barrier stay firmly in place.

One may have one of these shortcomings that come between you and your engagement with others. Maybe one is too quick to anger. Or, too arrogant and dismissive of others. Maybe, one can't help being a negative critic that always sees the glass half empty. Or, one could have a penchant for telling untruths, where one lies all the time, even when there is discernible reason to.

All humans are flawed. There is none that is perfect. So, it isn't an issue having these faults. What's the issue is how one deals with them. Do you own them fiercely like the people mentioned above that own their illnesses fervently? Do you let your flaws take precedence over everything else? Do you miss great chances because your faults always come into effect? Do you seek to improve your life by looking for ways of minimising your weaknesses? Or, do you choose to do nothing about them, choosing them to run amok, thereby impacting negatively on the quality of your life? One's weaknesses are not what holds back, rather, it is one's attitude to them.

Come up again?

You are foolish.

Really now!

What part of the statement didn't you comprehend?

You phoned my line to insult me. I have been patient with you. It is time. I can't stomach this nonsense.

By the time I am through with you, you can go to hell.

I will hang up now.

What?

Because I know you belong to Kamiti Maximum prison. You are another doomed con. I am familiar with this script. I can see how you are joking with your life.

What do you know about me?

You are now acting brave. I know your strength comes from those women. Those women you gather and lie to about their freedom being in empowerment. Those that make you believe that you are their saviour.

So who are you?

I am one of those who would not buy time to listen to you. You want our women to remain husbandless like you. You want them to hawk their bodies so as to cater for their children. If I am telling a lie then tell me where is your husband? How do you fend for those children of yours because your income is not sufficient for that lifestyle?

I walked out of my abusive marriage because I was not weak. Infact 5,000 women have ventured into small scale business, over 2,000 have been able to finish their tertiary education and more women are embracing the new reproductive policy on maternal health thanks to our efforts as Women's Guild. Wait! What does my family have to do with this call? What do you want from me?

To shut you up.

Mmmmh...Just that.

To shut you up means shutting the women up. To shut you up forever.

You should know that this is mission impossible. The girls and women you see doing great works are the branches of a strong tree. A tree firmly rooted to the ground with tough roots. Unshakable

roots.

Should I applaud you for this?

You should join the movement in getting to a society where GBV and sexual abuses are not tolerated. Where our girls can enjoy staying in school with dignity. Where women are given opportunities to venture into various careers and get fair salaries. Imagine how it would be delightful to sit down in the evening and watch news without wrenching your guts over a rape case or a woman who got her limbs chopped off because she cannot bear children. Are we together until here?

Go on lecturer. I didn't know you double up as a lecturer. The member of Parliament title is an understatement it should be Maya Angelou Malala Youf-szai then add your name.

I didn't know assassins can be this humorous. You can now call your boss and let them know that I am unbowed. That you just discovered that the seeds of achieving gender equality and gender equity have been planted and scattered across the nation. They have germinated. They are flowering. Who sent you anyway?

That is not your business. Yours is to call the speaker of the house and cancel the bill you are to table in the parliament tomorrow. You only have today to redeem your life and once you do this a sum of 2million will be deposited into your account.

Forget it! I will not kill the bill.

If you know what is good for you just do as I say.

Your life is being spared. You are being paid to live. Just kill the bill.

I will fight to the last drop of my blood for the girls and women of this nation. Now come and pull the trigger on my head because I will be up by dawn to go and be the voice of the girls and the women. I will not kill the bill! Tell that to whoever sent you.

Hallo! Hallo!...you even have the audacity to hang up on me!

About the short story.

This piece is in honor of two Kenyan women: Lady Justice Njoki Ndung'u who introduced the bill on sexual harassment and iron lady Martha Karua for their determined will and resilient fight for the girls and women of Kenya. The two have a background in the legal field and are former members of Parliament in Kenya.

Kill The Bill

By Immaculate Ajiambo



ADRIAN; My dream is to be a recognized author

Adrian is an 11-year old boy going to class seven come next year. He was born in Gilgil in Nakuru county and started his education at the age of 3 years at ACK Junior Academy. His family later on relocated to Coast. During his childhood he was very charming, creative and playful, at times he could raise questions beyond his age leaving his parents speechless.

Motivation for writing

He is motivated by the stories he reads from story books, bible stories and newspapers. Adrian loves reading a lot to the extreme that if he happens to get a tattered newspaper he adjoins and reads through it. He also loves reading the Bible such that all the biblical questions you ask, he has the answers on his finger tips

His writing journey

His writing journey has improved his grammatical skills and also given him an opportunity to be invited over to one of the local radio stations in Kenya (Lulu FM) It has also enabled him to score high marks in English grammar and composition writing, making him the best pupil in composition writing in his class scoring 36 out of 40 on the end term exams.

His dreams for the future

He would like to be a recognised author in the world in future, and wishes to be an army officer just like his grandfather and father.

Role models

His role models are Hussein Mohamed and Yvonne Okwara Matole because of the way they speak good English.

His Hobbies

He likes playing with his young brother Deryl, they like swimming, playing football and visiting new places and friends

His favourite book

His favourite book is 'Pleasing the Ghost.' It is among the first story books he read.

If he could get a Christmas present, what would it be?

1. Student's tablet
2. Std Seven text books
3. A trip to Tsavo National Park



“BEFORE I SAY YES I DO”

by Caren Ojiambo

Marriage is one of the most anticipated moment a man or woman's life. A big number if not all the unmarried wish of the colorful weddings. Don't get me wrong, it is okay if not healthy to have such fantasies which some become a reality. Have you ever thought of how scented your marriage life will be?

Most people end up in tears and regret wishing they could take time back and consider some of the most vital issues, before they said “yes I do”. The typical African marriage is highly recognized by the presence of children, changing of societal standards from a wife or a mother to a grandmother, great-great grandmother, similar to the husband. How do you describe a marriage that is dead silent, no children playing around but a compound composed of graves especially of toddlers? The children are expected to bury their parents, this is accepted even spiritually.

Can you term such occurrence as a curse, misfortune, or

witchcraft? I cannot rule them out. Other factors include sickness, accidents etc. I acknowledge that other factors are beyond us. But what do we do on the one we can control? At the age of 25, most ladies are being persuaded by the society to get married before menopause. The thought of this makes me shiver. We have taken the institution of marriage much casual whereby we are requested to have HIV test and go for pre-marital counseling.

How many are asked to go for genetic testing, Rhesus factor testing? Despite that the tests are not known to us, we've heard of them while in school especially in the biology lessons in secondary level. We actually ignore them or never think of them. Genetic/hereditary diseases such as sickle cell have broken so many families. They have turned the bed of roses to be bed of tears with a number of hospital admissions and blood transfusion to some. Their rooms are now their home based chemist, perfumed with different scents of medicine. It

is said that knowledge is power; I say practiced knowledge is power. It is very vital to carry such test and know your status, learn management measures to those who turn up positive. Such issues no longer become abstract like the days of our youth, but reality in marriage life.

This is a courtesy call to each one of us, be bold enough and do your body checkup. Medical tests are very vital especially genetic and Rhesus factor among other. I don't want to be that mother/father who buries his/her children nor sister or brother who by the evidence of their sibling graves know that they once had siblings.

The lost love

Love seems to be a very mysterious emotion. Why do I term it a mysterious emotion? It just grows from very funny and sometimes, not important interest and chats. I may call it petty stuffs which change and become important. Then grows the bond which is stronger than even the covalent bonds, it is only death that can kill it. We've heard of cases such as murder, depression, suicidal acts just to name but a few being fueled by LOVE. We normally ask ourselves "could this person never think of

another alternative rather than committing this crime?"

The type of love can only be explained when one is a victim of it.

I understand possessive love has a very upper hand in most offences if not the victim to the 3rd party; what can we explain about the romantic love which later becomes our own created poison. These are so many factors that lead to love. I can say that LOVE is the end result of the friendships process to some but not all.

Dealing with soul-ties or the bond created by individuals who love one another is not a one day event healing is a process; it takes time broken soul-ties hurt, some cannot handle it, they result to issues such as murder, suicidal acts.

Love grows and dies too! This qualifies love as a living thing. At any stage of growth and death, kindly seek help. Mind you, it is an emotion, it can't be seen but felt and its effect manifests outwardly through our behaviors.

Let not the lost love make you live in your past. Alternatively make you a subject of the court of law and common candidate the correction facilities.



wishes you a

*Merry Christmas
&
A Happy New Year 2019*

Full of God's blessings.



Website: www.mwangazamag.co.ke
E-mail: mwangaza@mwangazamag.co.ke
Phone: 0700161363

Hold Onto Hope

By Livingston Muchira Wang'oo.

I know that the days are lingeringly long
I can tell the dark nights are a sad song
My beloved, I beseech you take a moment
For your energy is getting sorely spent
Your problems becoming brazen and bold
The path you walk windy, super ice cold
But can't you see me stoicly standing here?
Take my hand I'll be here till it is all clear

My son, don't think you are not strong
These earthly woes won't always be on
One day you'll ask where they all went
For with time they lose their hold relent
Challenges play a role character to mould
Allow me to lead you my hand you hold
You are not alone do not falter or fear
Just hold on a little bit longer the end is near

Where happiness is is where you belong
Hold onto hope you won't ever go wrong
This pain you bear is getting broken and bent
With every hope you give it a mighty dent
This too shall pass as you are always told
Hold my hand and watch everything unfold
Soon and very soon, you'll have no fear
All will be well you'll find yourself in good cheer

LOVE ME WHILE I BREATHE by Mwangi Elias

Love me while I breathe,
Love me while I live
Hold me while I breathe
Caress me while I smile
Fell my warmth whist it fans out
Cry not on my grave
For I shall be gone
Gone and gone
Never to return
And your sore eyes vain

GLIMPSE OF A HOPEFUL WORLD

By Lilian Waithiegeni Mura-
karu.

A smile dodged my lips,
At the glimpse of a hopeful world.
Amidst the chaos of maddening
works
I heard,
A defining moment of silence,
of peace and calm.

In hateful hearts of men,
Stood some amongst them,
With the kind of force that
crushes sheets of cold ice hearts.
Love.
That melts giants,
By the sway of infants born.

There among masses,
With masked marks,
Painted painless,
Of far fetched laughs,
Were the few that owned their
scars
Standing unpretentiously naked,
Real as the hawks of death.

There were souls that still sang,
As their bodies were ripped apart.
Leaves that still hang,
As the strong monsoons sprang.

I could spot,
Pairs of hungry eyes,
Scheming through bits of printed
wit.

My heart was glad,
At the will to live,
Amongst a society that still
bleeds.
It was glad,
At the profound peace,
In a state of near bleak.

It was glad.
At the Infinite He,
She or It,
That held all of us
In perfect bliss.

All of it a glimpse,
At a possible perfect world.

A gesture to the soil
A blanket, warming me up
Preparing me for the inevitable
My last act of good on earth
For I shall let my body to the mole
The termite
The trees
I shall be gone
Never to be gathered back
My form incomprehensible to you
My frame the proof I existed
So love me while I breathe

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