THE THINK TANK
"The Mind has no Limits"

(Eliud Kipchoge)
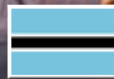
Course 22 in traditional attire during the Cultural Day.

National Defence College - Kenya

Newsletter

VOLUME II

COURSE 22 - 2019/20

THE THINK TANK
"The Mind has no Limits"
(Eliud Kipchoge)

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FROM THE COMMANDANT'S DESK

LT GEN A K MULATA CBS, OGW, 'ndc' K 'psc' (UK)
COMMANDANT NDC

Greetings from the desk of the Commandant. As we reflect on the past 2019 and focus ahead on the year 2020, I note with gratitude the effort put in place by the faculty, Course Participants and the entire College Fraternity, We have had many successes and I commend the editorial team and Course 2-2019/20 particularly for the preparation of this Newsletter Vol II. The year 2020 has began with overwhelming challenges globally and I take this early opportunity to encaurage all to be resilient and energised as we aim to successfully complete the course.

To our readers, the mission of the National Defence College is to prepare selected senior military Officers and their equivalent counter parts from selected Ministries, Departments and Government Agencies of the Republic of Kenya and selected friendly countries for higher responsibilities in strategic positions of the respective governments. The College is delighted to have participants from Botswana, Burundi, Egypt, India, Rwanda, Tanzania, Uganda, Zambia and Zimbabwe amongst the Kenyans in the Course. The newsletter has provided a platform for the course participants to share their experiences on topical issues of their choice. From their diverse backgrounds, I have no doubt that our readers will find the Newsletter interesting and captivating. I wish to thank all those who worked tirelessly to ensure meets the high standards of the Colege. Its my pleasure to wish all of you a good reading.

MESSAGE FROM THE SPONSOR

BRIG C M KAHARIRI, 'EBS', 'nwc' (USA), 'psc' (K)
SDS NAVY
SPONSOR

The Editorial Committee of the National Defence College is pleased to launch the second edition of the Newsletter of course 22- 2019/20. The *THINK TANKS,* is made up 40 participants from 10 different countries with and without the African Continent. This newsletter has focused on contemporary issues affecting our nation states, organizations as well as personal experiences by participants during the course of their studies here in NDC. Readers will therefore find snippets of college activities and experiences particularly touching on the Cultural Day and NDC Regional visits.

I take this opportunity to thank the Editorial Committee and the course participants for working tirelessly to produce this newsletter within the given timelines despite the other numerous assignments they undertook during the course of term 1 and 2.

Finally, i wish to thank the Commandant NDC and the faculty for the guidance and support accorded to ensure the success of this Newsletter production.

MESSAGE FROM THE CHAIRMAN EDITORIAL BOARD

COL S KISWAA
CHAIRMAN

I once again take this noble opportunity on behalf of the Editorial Committee to welcome and share with you another great milestone of Course 22 – 2019/20 participants in the form of Newsletter Volume II. This is the second and last Newsletter the course has produced during the course process. It contains various articles from the 40 participants who come from 10 different countries within the African Continent and beyond. The articles are creatively crafted to provide our readers with information, entertainment and knowledge on a number of topics of individual participant's choices. Our readers will also find some of the interactions during the regional visits and cultural day depicted in the *'PICTURE SPEAK'*. A lot of effort has gone into producing this Newsletter and credit goes to my colleagues for working tirelessly despite the very busy programme in Term1 and 2 of the course.

I take this opportunity on behalf of the editorial committee and the entire course participants to thank the Commandant National Defence College, SDSs and the entire faculty for the support in making this Newsletter a success within the given timelines.

With such a wide array of articles, I have no doubt that this Newsletter will not only inform and entertain our esteemed reader, but also find its way into your office and home libraries.

Welcome, Read and Enjoy.

'WATER SECURITY' FUTURE IN THE NILE RIVER BASIN

BRIG M R G FARAG
EGYPTIAN ARMY

Many experts predict that future wars are a water war, not about oil or land. Countries and societies have found themselves embroiled in protracted conflicts because of the need for absolute control over water. This article attempts to consider the importance of water security in the Nile Basin against this background.

Majority of conflicts in the African continent involves discontent associated with unbalanced distribution of natural resources. Water being a vital natural resource has been viewed as a major contributor to conflicts in the region as well as a significant contributor to 'food insecurity'.

Water security is an important factor in managing and distributing water wealth in the Nile Basin countries, and global interest has increased the problem of freshwater shortages. The United Nations celebrated World Water Day on March 22, 2001 and submitted a report stating that global freshwater demand exceeded available supplies by 17%. Where most of the world's population is expected to suffer from severe water scarcity in the coming years.

About 50% of the world's population will face water scarcity in the next decade. Where more than a third of the population of the African continent suffers from water scarcity, although 60% of the continent is covered with transboundary river basins, and about 50% of the population of the Nile Basin will suffer from water scarcity.

The Nile Basin states need to seek ways and means of improving the Nile Basin water resources to enhance socio-economic conditions of the basin populations. Great emphasis should be focused on cooperation among the Basin states to explore possible ways of managing available water resources to address poverty and improve food security for the increasing population in the Nile Basin. This vision is only possible if all stakeholders jointly reach an agreement to initiate integrated socio-economic development projects so as to diversify regional economies rather than putting too much emphasis on irrigated agriculture.

The shared vision and diversification of economic activities between the Nile Basin countries is an important factor that will save the waters of the River Nile largely in the areas that need the course of the river and other semi-arid regions in the basin

Unless plans are started to develop water at the basin level to improve "water security", it is likely that increasing water scarcity will lead to acute food scarcity and conflicts in the Nile Basin. To mitigate these potential conflicts, countries should consider relying on long-term joint projects to achieve development at the environmental and social levels.

Historically, Egypt has always played a prominent role in managing the waters of the Nile, mainly by invoking historical water treaties and implementing dams and canals projects, to organize the devastating monsoon floods in the Nile. Its supervisory and monitoring responsibilities extended the entire course of the Nile stream to the source of the basin in the upstream states, which included the permanent deployment of Egyptian water engineers to Lake Victoria.

Negotiations for water security at political level alone may not be adequate solution to guarantee water security. There are other threats in the basin orchestrated by natural human activities. These others include pollution. The water hyacinth in Lake Victoria is the latest threat to Nile's largest water reservoir as it poses a great danger to navigation in Nile River and to

some extent may also affect hydropower turbines. Deforestation and soil erosion at the watersheds may also lead to reduced water reticulation at the catchment areas thereby affecting the Nile river volumes.

(i) Mechanism of averting conflicts over diminishing water resources in Nile Basin

More than 400 million people currently live in the Nile water, with this number expected to double by 2025, which will lead to future conflicts between the Nile Basin countries, which necessitates the existence of a legal mechanism and cooperative policies to manage the Nile River.

It is of essence therefore that the Nile basin States come up with a comprehensive mechanism of equitable distribution of the Nile water resources. As Winston Churchill prophesied in 1908 after a military campaign on the Nile, that "One day, every last drop of water, which drains into the whole valley of the Nile shall be equally and amicably divided among the river people, and the Nile itself shall perish gloriously and never reach the sea". The emergence of big power states (China and USA) in the Nile basin affairs is something to worry for the riparian states as sooner or later, economic disparities and other economic priorities and alignments may soon begin to emerge to the detriment of the nascent Nile Basin Initiatives.

(ii) Legal frameworks for peaceful integration and cooperation

None of the Nile Basin countries ratified the "Convention on the Law of Using International Watercourses for Non-Navigational Purposes" on May 21, 1997. Because there is no legal framework to regulate the use of Nile water. The East African Community (EAC) was launched in Arusha with the participation of Kenya, Uganda and Tanzania in 1999, and Rwanda and Burundi joined in 2007. They pledged to make "concerted efforts to expand agricultural lands through irrigation and watershed strategies" and "promote" less. The cost of developing and transferring electrical energy through the use of new and

renewable energy sources.

Lake Victoria basin countries gather to take advantage of the Kagera river that feeds on Lake Victoria, "Tropical African countries combined will withdraw about 10 billion cubic meters of water," which reduces Lake Victoria levels that affect the White Nile volumes. As the average annual flow of the River Nile has decreased continuously since the beginning of the twentieth century (the annual flow to date is 81 billion cubic meters annually).

This is a gloomy indication that the Nile waters might recede further unless urgent measures are taken to sustain the volume. Ethiopia on the other hand is engaged in the construction of the Grand Renaissance Dam which means a substantial decrease of Blue Nile volumes before the dam reservoir fills up to the designed level.

Unless the continuing trends of impunity and unilateralism are organized through a comprehensive legal framework, the waters of the Nile will drop to undesirable levels and become the flashpoint of conflict in the region. To ensure proper management of the river system, international water rights must be included in the Nile Basin International Cooperation Framework Agreement. A comprehensive legal framework should be adapted to guide and regulate the use of Nile water in line with international law (ILC) so that the Nile Basin water coordinator is in line with the basic rule for the use of international watercourses.

Article 7 of ILC ("Obligation not to cause major harm") includes an examination of riparian activities. It requires that states exercise due diligence in the use of international watercourses so as not to cause significant damage to other riparian states. On the other hand, the ILC draft attempted to present some proposed solutions for the fair use of international waters, but it failed to address the importance of sustainability in assessing uses and watercourse options for future development.This is an important factor that should be considered for inclusion in the Nile Basin Legal Framework Action Document.

Conclusion

The Nile carries sufficient quantities of fresh water to meet the present and future needs of all riparian countries, and the current unbalanced distribution of the Nile water and the consequent environmental degradation of the region cannot be neglected. This requires better cooperation and water management while creating a practical legal framework to enforce compliance.

The Nile Basin has received little attention from riparian states and international powers. As a result of many economic and political goals behind it, therefore, riparian countries must search for new ideas to efficiently manage the river.

The lives of millions of people living in the countries of the basin are related to the Nile and its tributaries. It is of great importance and wisdom that all Nile Basin countries move quickly to issue and implement comprehensive cooperative and legal frameworks to develop and raise the efficiency of the Nile Basin water resources in the future.

DIPLOMATIC INTELLIGENCE

Generally speaking, intelligence and diplomacy have always been interlinked since the start of organized system of governance. Diplomacy was concerned mainly with dealing with people, while intelligence was mostly centred on information seeking. Therefore the mention of intelligence and diplomacy linkage was more peripheral than central. For instance, reference to intelligence is in the Bible, which in thus makes it as old as mankind itself, as evidenced by Moses sending the twelve spies to Canaan, and Joshua spies in Jericho.

Intelligence can be defined as a process that involves the collection of data or information, analysis, interpretation and dissemination. This makes intelligence a powerful tool for public diplomacy. One of the interesting issues in the study of the discipline of diplomacy is the correlation between 'open' and 'secret' diplomacy, where it has been argued that diplomats in essence acts as some form of spies.

Intelligence can be said to be crucial data or information that is gathered and mainly focussed on areas of politics, economy and the military of a given state or region. It is also aimed at businesses, organizations, individual plus back-ground and strategic plans of the leaders of those countries. Intelligence can also refer to the

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RWANDA DEFENCE FORCE

organizations, which executes these functions.

Diplomacy on the other hand is mostly concerned with conducting negotiations between representatives of the states on matters involving security, the economy, academic, and scientific issues. In other words diplomacy is the main instrument of foreign policy that is used to influence the decisions and conduct among states. These definitions illustrate that there is truly a thin line between diplomacy and intelligence is sometimes blurred. Thus looked at from a purely diplomatic angle, the real purpose of intelligence is to provide necessary information with regards to activities, strategies, intentions and even the conduct of various entities, individuals and groups interacting with the state.

In looking back at history, it is important to appreciate that diplomatic archives have been found in Egypt, going as far back as 13th Century BC. In addition permanent diplomatic missions go as back as the Renaissance period. For instance in the case of Switzerland, it put together its first diplomatic representative around the neighbouring states in 1800. Then International Relations was mostly conducted through honorary consuls and even to-date, which carried out these functions in parallel with their professional activities and in a voluntary capacity.

The emerging borne of contention between the discipline of diplomacy and intelligence comes from the fact that they are both keen n matters of state strategy and statecraft. It is thus acknowledged that strategist want information to plan broad and inclusive foreign policy approaches. On the other hand intelligence practitioners seek to know the signs of danger, road blocks, threats, and opportunities in order to be able to effectively position the state.

It is generally thought that matters pertaining diplomacy and spying are both deeply and historically intertwined. This shifted with increased specialization of government departments and bureaus in the beginning of the nineteenth century, and hence diplomatic intelligence is tightly connected. In addition intelligence is employed diplomatic issues to advance strategy and tactics that give states greater advantage. Vienna Convention on Diplomatic Relations is starting to draw the line on what constitutes acceptable data collection and information gathering, and what is unethical and taken as unacceptable diplomatic relations.

Intelligence is taken as a powerful tool when it comes to advancing public diplomacy, especially since it involves objectivity to a state public appeal, thus legitimising strategic decision making through facts, figures and evidence, as opposed to hunches, whims, instincts or ideology. The public diplomacy is usually combined with intelligence when the state seeks to harness the political power of an intelligence assessment to justify a given policy a policy or action in the best interest of the general public. Thus intelligence produces valuable knowledge, for which diplomacy is one of its major clients and chief user.

It is important to bear in mind that there are numerous overlaps between intelligence and diplomacy. The 21st Century, arguments have been made suggesting that it is much better to institutionalize intelligence agents regularly. This has been influenced by the increased emerging threats, such as terrorism, piracy, cyber crime; poaching and other transnational crimes not only require greater co-operation but more a concerted strategy to deal with the threats. Thus all states conduct diplomacy and by the same token most also collect intelligence. The two

Diplomacy in Action: South Korean President, Moon Jae-in (left) meets the North Korean Supreme Leader, Kim Jong Un. *Source: Google, (2018)*

activities have had a long historical linkage, and it is safe to say that the contribution of intelligence to foreign policy goes beyond the common view of predicting and or preventing events for policy makers.

The modern needs of intelligence have evolved. In the current setting intelligence is quite broad and far more organized and deliberate with information, which can easy be carried out by seasoned diplomats, including state officials. Intelligence is now thought of as information that has been systematically selected, collected, collated and carefully analysed with the aim of influencing targeted policy needs of a given agency or state department. Additionally intelligence involves the rapid transformation of the data or information that was collected into a final polished product for consumption.

One depiction of the process of intelligence commences when consumers, who are thought to be diplomats, ambassadors, policy makers, state operatives and military commanders express the desire for actionable information that can help then successfully execute a given mission or objectives. These given needs are often expressed as a requirement bestowed upon intelligence agencies serving a particular clients. It is critical to appreciate that when it comes to the intelligence process, research might include both qualitative and quantitative estimates of the efficacy of the techniques and strategies used to extract

the requisite information. This position still obtains to date where intelligence officers still remain the unsung heroes when it comes to helping in the advancing diplomatic policies including meeting other governmental responsibilities.

Intelligence and diplomacy are complementary of each other; this is because sometimes diplomacy can be thought of as an application of intelligence and tact to the conduct of official relations between states. In conclusion it is important to appreciate that diplomatic intelligence is an instrument of public policy. The use of the term intelligence casually refers to the assessment written by the intelligence community to inform the executive branch of the government in decisions making.

Finally intelligence is used is used in public diplomacy to shape public opinion. In fact when diplomatic intelligence is aligned with the advancement of national interests of a given state, it serves the function of expediting foreign policy agendas. Shifts in policy are carefully analyzed and reported back to the nation if they are likely to have an impact on national interest. Therefore the practitioners involved in diplomatic intelligence are also responsible for providing assistance and protection to citizens living and travelling abroad, in the process working to foster cultural, scientific, political, economic and academic relations between a state and the host country.

CIRCUMCISION RITE AMONG THE BUKUSU COMMUNITY

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The Bukusu community is one of the eighteen sub-ethnic groups of the Luhya tribe of Western Kenya. Most of them reside in Bungoma and Trans Nzoia counties. It is the Luhya's largest sub-tribe at 34 percent of the tribe's total population. This sub-ethnic group has maintained her traditional rites among them being circumcision. The Bukusu circumcise their boys every August of even years only. They name their age groups after the circumcision sets. The age groups are; Kolongolo, Kikwamet, Kananachi, Kinyikeu, Nyange, Maina, Chuma, and Sawa. It is worth to note that the age groups only apply to men since the Bukusu don't subject their girls to female genital mutilation.

Before 1800 AD, the Bukusu did not practice circumcision rites, however, their close interaction with the Sabaot of Mt. Elgon who circumcised both males and females influenced them to circumcise their males. There is a myth that, 'Mango' an ancestral Bukusu who lived among the Sabaot was very courageous but not circumcised. One day a very large venomous python bit his two children and they both died. 'Mango' was extremely angry with the serpent and vowed to kill it. The Sabaot teased him that he could not manage because he was a "boy" (uncircumcised). 'Mango' sharpened his sword, proceeded to the snake's cave and laid an ambush. As the snake was coming out, he cut off its head killing it. He courageously carried the

serpent's head to the village. In recognition for his courage, the Sabaot offered him a bride but couldn't marry her until he was circumcised. He agreed to be circumcised and eventually married the girl. This is how the Bukusu started their circumcision rites. A song was composed signifying the courage of 'Mango' and to date the same is still sung to encourage boys awaiting the passage rite. Since then circumcision among the Bukusu has been associated with courage.

Preparation for circumcision begins in June of the designated year with all circumcisers assembled in one place for a seminar. During the seminar, they are taken through hygiene and Bukusu customs and present their circumcision knives for inspection and blessing. For one to qualify as a circumciser he should be above thirty years of age, married and blessed with children of whom the first-born must be male. The circumcisers leave for their respective homes after the seminar. Customs demand that from 31st July no circumciser sleeps in the same bed with his wife, neither can they attend funerals until the circumcision season is over on 31st August.

When a Bukusu boy attains the age of between twelve and fifteen years, he is deemed ready for initiation into manhood. On reaching this decision, he will inform his father, who will in turn inform the boy's mother. The mother asks his brothers if they are ready for their nephew's circumcision. Upon the uncles' agreement, a date is set, and the boy is given permission to start informing other relatives in a tradition called "khulanga". From the time the boy starts informing relatives to come and witness his circumcision; he is referred to as "omusinde". The boy will visit his relatives' homes to personally invite them while "jingling" circumcision bells referred to as "chinyimba". The first relative to be informed is the paternal aunt while the last person is the maternal uncle. This exercise takes approximately two weeks. A day before the boy informs his maternal uncle; he is taken to the river to fetch water in a pot and carry it on his left shoulder without talking to any one or turning his head to look back. Once he reaches his home, he pours the water into

a container of a local brew referred to as" Kamalwa" or "Busaa" which is drunk using long straws called "chisekhe". This signals the boy's readiness to be circumcised and therefore cannot change his mind, and if he does he is forcefully circumcised. The next day the boy proceeds to his maternal uncle where a bull is slaughtered and a special part of meat known as "luliki" is put around his neck. A motivational song is sung and the boy leaves for his home accompanied by relatives.

At 7.00 pm the same day, the boy embarks on a final program until the following morning when he faces the knife. That evening, a bull is slaughtered in the boy's home and a piece of stomach put around his neck. Those attending the ceremony will sing, dance, eat and drink until the following morning. At midnight, (omusinde) is taken to the kitchen where the circumcisers give him a knife to sharpen. This is the same knife (Lukembe) which is used to circumcise the boy.

At 5.00am of the following morning, the boy is taken to the river where he strips

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naked and is smeared with cold mud all over the body except the genitals. The song that was composed during the circumcision of Mango called "sioyayo" is sung as the initiate heads back for the rite to be performed. The circumciser goes out to meet the boy before he enters the homestead to ensure that he is ready for the ritual. The singing is stopped as the initiate approaches the designated venue for the circumcision. All those present to witness the event are settled and asked to keep quiet. The boy's mother, his sisters and other female relatives sit in a house facing the venue with their legs stretched until a whistle a blown signifying that the exercise is over. The boy's father or uncle then blesses him and grants permission for the circumcision ceremony to proceed.

The boy is circumcised in the presence of all including women and children. He holds his hands akimbo as the circumciser undertakes the cut. As the boy is being circumcised, he is not supposed to blink, frown or cry in pain. On successfully enduring the cut, there follows lots of jubilation, singing and praising in honour of the new initiate. Those present give presents to the boy and the father always gives a cow. After circumcision, the initiate is referred to as "Omufulu". (Omufulu) cannot eat anything until his circumciser comes back to advise him on how to behave like a man. The circumciser then feeds him and gives him permission to start eating. The newly circumcised boy cannot eat anyhow. He only eats food prepared by one person appointed by the mother and in most cases is his sister.

The mother cannot cook for her son until he is healed and a ceremony performed. The boy is also restricted from visiting anybody. He cannot enter any other house apart from the one he sleeps called "Likombe". It is worth to note that circumcisers' sons are circumcised always on 1st August so that their fathers can have time to circumcise other candidates. In the case of twins, the process is the same but they must be circumcised very early. Usually at 4:00 am. In addition, if one of them is a girl, she stays with her twin brother throughout and goes through all the process together even when the boy is facing the knife she will be standing next to him.

After the boy is fully healed, mostly in December of the same year, a ceremony known as "Khukhwalukha" is celebrated. On this occasion, all boys who were circumcised in the same village converge at one home. A bonfire is lit and each one of them collects dry grass to ignite from that fire and runs to a designated place usually banana farms. All the boys, their young brothers and sisters accompany them plus the big boys who passed through the same rite. That night there is a lot of storytelling to keep them awake the whole night. The following morning the boys go to the river where they bath; change into new clothes and shoes. The group then sing as they go back home. At home, it is feasting time and enjoying. After feasting, the grandfather, father and uncle to the boy advise him how to behave as a man, respect his seniors and be considerate to his juniors.

Bukusu circumcision marks the end to childhood and introduces one to manhood in terms of moral behavior and responsibility. To be circumcised one has to be courageous in carrying out duties and responsibilities as a man and has to be brave and adhere to Bukusu traditional customs, norms and values.

SOCIAL AND RECREATION BENEFITS

A person can not only live by Education, searching for jobs or taking recess Vocations alone. For one to "live the healthy life style" generally people should be able to access social and recreational facilities and opportunities. In other words, one has to go out and have as much recreation as the body can possibly allow whilst being responsible. So as a way to prevent boredom and loneliness, a person has to stay active, make friends, learn new things, and create connections with the community

Recreation
Recreation is an important aspect of a person's life and can be done in many other forms. These activities can be done naturally by individual's hobbies but similarly by the surroundings which could be socially constructed. These activities can be conducted communally or individually, actively or passively. They can also be done outdoors or indoors. Above all, they can be useful for society or detrimental if not properly applied. A good section of these activities can be taken up as interests which are activities done for pleasure on a regular basis. The number of these recreational exercises is almost endless as they include most human activities. Some of these include poetry, reading,

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traveling or listening to music, watching movies or TV, gardening, bird hunting, sporting, studies, and reading. However there are activities which may be a violation of laws and norms consequently detrimental to society such as gambling, use, or delinquent activities. In developed towns public spaces are essential venues for many recreational activities, they include parks, beaches etc. Recent studies have shown that engaging leisure recreation is interrelated with emotional creativity and thus reduces stress and diseases.

Exercise and recreation helps in the keeping of young and old people healthy and generally enhancing their quality of life. Involvement in exercise and recreation help persons of all ages be satisfied with a variety of needs. Some of which include, general fitness and excellent health, as one is doing these activities they also present opportunities for socializing, which brings out talents and skills developed during one's lifetime, and also acquiring new skills.

In most cases children play by imitating what generally goes on in the realities of adult life. Thus the way playing is perceived cannot be separated from recreation. Research proposes that, the other way excess energy can be used by the body is through exercise and

recreation activities which are very beneficial to the mind and body of the individual as opposed to engaging detrimental activities. For recreation and exercise is both socially acceptable and fulfil societal needs and providing satisfaction in addition to pleasure for the participant.

Benefits of Recreational Activities

The old who have since gone out of active service or have retired can make use of recreation activities as opposed to sitting at home. It is there for cardinal that people across all ages keep their bodies active and stay health by being part of the community. They can do this by engaging in outdoor recreation. Physical Activity (PA) has a number of recreation activities that one can choose from. These activities provide lasting benefits which range from, better health and socialisation levels/skills, better fitness levels, fun and happiness to of course therapeutic and refreshment for the participants mind and body.

One of the many exercises that have no age restrictions and quiet easy is walking as a recreation activity. It can be done at individual level, in the company of friends and/or family members. Because of its very nature of moving around, it affords one a rare opportunity to breathe fresh air and enjoy the country scenery which assists in the managing of severe despondency and decreasing chances of stress by maintaining balanced mental wellbeing alone or in the company of friends of family. This activity also gives one a chance to meet new people by way of socialising. It is important for one, to wear comfortable foot wear as they indulge in this activity so that their feet are supported and ease of walking as they step on the ground. In some cases especially for those old citizens feeling or requiring a little assistance or need to hold on to something, a walking stick could be of help. Long distance walkers or those who enjoy scenery viewing by sitting around parks, gardens, carrying a bottle of water would help them in the quenching of thirst.

Whenever an individual is in good shape health wise, sports is a beneficial exercise and recreational activity engaging in sports is a better option of activity, this could be I form of swimming, playing badminton, tennis, golf, etc. or any sport one finds interesting.

This can be another way to socialise.

Mind games can also form part of recreation and is encouraged whenever possible. These games include, solving cross words, brainteasers, word games like scrabble or word crush or indeed mathematical calculations. These are of benefit to the mind and helps in preventing the serious old age conditions like dementia.

As a way of spending recreation and leisure activity, gardening is both therapeutic leisurely pleasurable to older and young people alike. Gardening blends people with nature. All one needs is a small piece of land or a few flower pots around the veranda or court yard and bit of coloured equipment, and you are good to go. One can then either grow vegetables or indeed flowers or create a beautiful garden. One may wish to attend to his or her garden in the mornings and evenings avoiding middle hours when

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the heat is intense. As earlier mentioned this activity connects one with nature. Information on how this can be undertaken can be easily be found on websites. However, it is advisable to avoid lifting heavy things like pots, as this could pressure on back. If one have backache challenges, placing of the pots on an elevated position to avoid having to bend too much.

Another amazing activity is Bird Watching. This is even better for those who love watching nature but are unable to take long walks, in the parks, fields or forests because they are physically challenged in one way or the other. Others prefer this activity due to financial constraints. A park

is a preferred place to take up this activity.

Taking pictures for those who have this skill is another activity for which only a camera is needed. Others have taken practical short course in photography while others have the practical ability of capturing whatever is interesting. These can be things such as wildlife, or places, or people, or just everything that one finds interesting. The pictures captured can be served in a file or folder in a computer.

Yoga is an incorporation of meditation and breathing with the focus of reaching the union with high consciousness. This practice guides one to improve a mental balance as well as physical fitness. Consistent practice of this art enables one achieve mental clarity and calmness, it also improves awareness of one's body, brings relief chronic stress patterns, relaxes the mind, centres attention and improves concentration.

This Chinese art of Tai-Chi is one activity which originated in the East and now practiced all over the World. It is increasingly being recognised, especially among the old since it has soft, unique, slow and graceful movements that don't require much energy and its benefits to health and longevity. The Art involves postures that transit continually to another without stopping. Like the art of Yoga, this Art has a lot of health gains for various conditions including osteoporosis, diabetes, arthritis etc.

Indoor activities are specially recommended for old people. However, those that can be done outside are the best option, however sometimes the conditions do not the benefit the old; there are several indoor activities such music clubs, dancing clubs, art classes, scrap-booking, sewing, darts clubs, card playing, parties etc. Having quality time with family members or peers, and whilst engaging in games with other aged pals can also relieve stress. Dancing to one's favourite music is reviving, which is another stress reliever.

In conclusion, social and recreational activities play a very significant role in healthy living. Asia has perfected this art helping improve their life expectancy and largely leading to happier, fulfilling life and building family unity. It helps control weight, look better, build strong bodies, diminish chances of disease, reduce stress and build self-esteem.
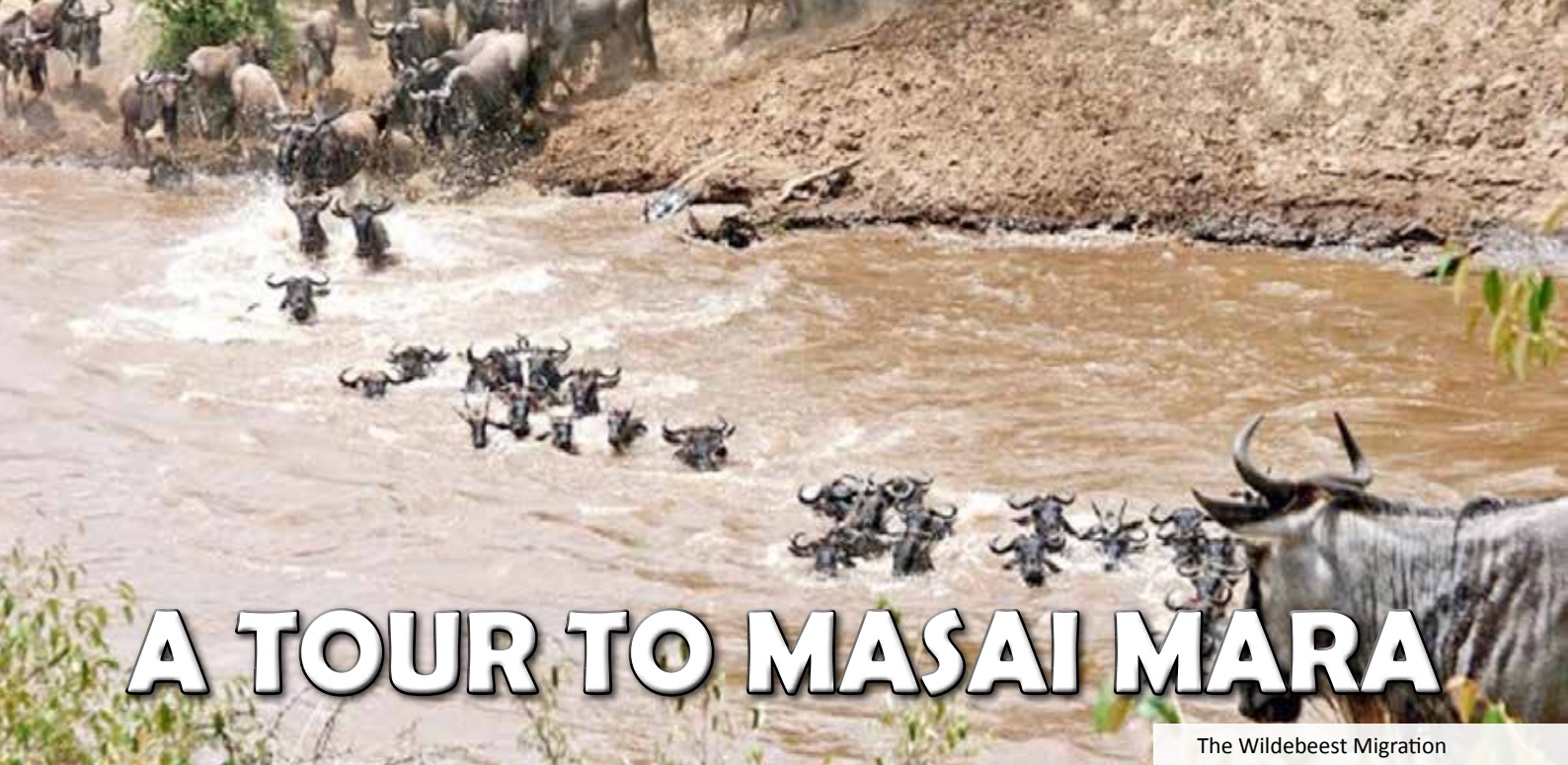
A TOUR TO MASAI MARA

The Wildebeest Migration

CMDE I DASGUPTA
INDIAN NAVY

This article chronicles our game drive at the big daddy of all game reserves, the world famous Masaai Mara National Reserve in Kenya!! Once the visit was approved by the Commandant NDC,Brig Mohamed Farag from the Egyptian Army joined me in hurriedly planning our travel and accommodation. All administrative requirements were taken care of by my sponsor, the ever smiling Colonel Kiswaa. Well, truth be told, it was Col Kiswaa's perseverance that helped in finding accommodation at the Mara, since it was the migration month for the Wildebeest and there were tourists from all over the world who had booked months in advance to witness the great crossing!! We were lucky to find superb accommodation at the famous Keekorok Lodge, which is an unfenced property right in the middle of the game reserve. Talk about lady luck being benevolent to us!!! So, to start with, a little about the Masai Mara Game Reserve and why it is so famous around the world.

Masaai Mara National Reserve is situated adjoining the Serengeti National Park of Tanzania. The Reserve falls within the municipality of the Narok County. The Reserve is spread over 1,500 square km. The Serengeti Park in Tanzania and the Siria Escarpment surround the National Reserve to the south and to the west. Huge tracts of Masaai countryside are to the east,west and north of the Reserve. The major rivers criss-crossing the National Reserve are the Mara River, Sand River and the Talek River. Open savanna or grassland is the general terrain of the Mara Reserve, interspersed with picturesque seasonal riverlets. The Masaai Mara National Reserve is different from other National Parks in Kenyain that it is not managed by the Kenya Wildlife Service (KWS) .The Narok County where the National Reserve is located is responsible for overseeing the Reserve.

Every year in the month of July, animals like the Gazelle, Wildebeest, and Zebra journey from the Tanzanian side of the Serengeti and inhabit the Masaai Mara. This

Young male 'Simba'

Elephant Family

Sleeping Leopard

is called the 'Great Migration' and is a major tourist attraction.Tourists arrive in droves from around the globe to catch a glimpse of the Rhinos, Lions, Leopards, Elephants and Buffaloes and consider themselves fortunate if they are able to capture the "Big Five" on camera. The Talek and Mara rivers are home to the Hippopotamus and large groups of crocodiles also abound in these waters. Lucky tourists can also spot the elusive Cheetahs and bat-eared Foxes. Jackals and Hyenas, too can be sighted at the Reserve.

The Wildebeest are the leading dwellers of the Masaai Mara and their numbers are estimated in the thousands. In the month of July, they journey to the Mara from the Serengeti grasslands of Tanzania searching for pasture and then return back to Tanzania in the month of October. The "Great Migration" is an unbelievably magnificent spectacle involving not only huge numbers of wildebeest, but also equally amazing numbers of Zebras, Gazelles and Elands.

We were fortunate to witness the Wildebeest crossing and also spot the 'Big Five' during our drive. It was surreal to witness a couple of young male lions hunting zebra and watching a pride of eight magnificent lions from a distance of four

Lunch at Keekorok.

feet!! We drove in between a herd of elephant and enjoyed watching the baby elephants frolicking. The icing on the cake was the elusive leopard that we captured on camera as he took a nap on a tree after a heavy meal. To complete our Mara experience, the ever gracious hosts Col and Mrs. Kiswaa invited us to their sprawling farmhouse near Narok County, where we were overwhelmed with their warmth and hospitality. A barbecue under a clear night sky, walking through maize fields and just lazing around watching

the herd of cattle at the farm, made the trip unforgettable. On the way back we stopped at the Great Rift Valley to take some amazing pictures and late on Sunday we were back at the NDC in Karen, with memories and photographs to last us a lifetime!!

Truly, this was a visit to cherish forever. My sincere gratitude to the Commandant and the wonderful Officers at NDC, most importantly my host and sponsor Col Kiswaa for going out of his way to make this trip so memorable.

RETHINKING STRATEGICALLY FOR DEVELOPMENT

In most developing countries of Africa, there is low development which is a result of applying inappropriate solutions our problems mainly because of Western influence and failure to use home grown solutions to our problems.

I adopt a constructivist approach to the concept of poverty. That poverty is in our minds. It's a product of our failure to develop our own priorities and solution to our needs. In the earlier societies before colonization, metallurgy was a practiced and was used in the production of tools used in cultivation, hunting and in defense. Why are we today, with availability of technology, electricity and knowledge of properties of various materials unable to do basic extraction?

In agriculture, we have gained knowledge on food production techniques and many people have huge tracts of land but are unable to utilize them for production at a commercial level. The education system has conditioned many of us to employment but not on self-reliance. Why have those educated on engineering, agriculture been unable to set up own enterprises related to their area of study? Why do we find most of those in such enterprises among the least educated? When you visit the jua kali sheds, most

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of the technicians are those with little formal education but who are making innovation that can drive production.

Most of the educated and employed have been sponsored by the government to foreign countries and learnt on various production technologies. But what value do we gain from their experiences? Why are they not able to translate their experience into actionable solutions to our developmental challenges when they come back? Do we then have the wrong education system? Why are so many people unable to think beyond what they see?

Why do those who have not gained such experience innovate and produce tools, enterprises that they were not trained on thrive? The answer to these questions lies in perception of the educated class towards personal gains against societal advancement.Those who are in employment and have opportunities to go out of the country are more mesmerized by these opportunities and the associated huge subsistence allowances which they pocket, though no value addition to the employer for attending the workshop or training except the aesthetics of attending conferences, taking photographs that serve to show off their worldwide travel experience. Nothing gets done!

Similarly those who get donor funding especially for research do very well in utilizing the research funds and in the end produce findings and solutions which are for most of the times tailored towards the thinking of the funding agency. But this ends here! The next moment the researcher will tell you that implementation of the solution requires hundreds of millions of money, and without remorse the researcher is on another project. So, what we have is a pile of research works awaiting implementation but the researcher is going on with his journey. While we want to forgive the researcher because he/she has no capacity to implement, we need to ask ourselves the following questions; is the researcher a robot who just mechanically produces results without follow up on where his/her products end up. Is the researcher not one of us from our village who sees the problems we face? Does the researcher on his own initiative do some demonstration? At least to show the rest of us what we can do to change our lives.

There is a disconnect in the way we learnt in schools and the solutions to our problems. Almost in every field of our social interaction, we seem to be focusing on issues extraneous to our problems. Take the case of agriculture, what do we need as food in this country? Carbohydrates, proteins and vitamins. What do we grow? What weather conditions do the plants that provide these foods require? Do we take these climatic factors into consideration before we start growing? Logic demands that one can only grow what can effectively grow in an area without strain. But we keep on growing maize for example, in zones not suitable for its growing leading to crop failure season after season. Our leadership doesn't help either. One would expect that the leadership would focus on crops of comparative advantage in their counties and develop guidelines on the types of food crops that can be planted in such areas to guarantee a harvest.

Our private sector too does not appear to share in the vision towards a solution to our developmental problems. The private sector is comfortable importing inputs to their industries. Take the case of food processing factories such as soft drink makers. The bulk of the sugar that is used in these factories is imported. No one seems to think of establishing a factory for processing refined sugar to meet the growing demand. The current sugar factories cannot meet these specifications and their leadership don't seem to see the need to modernize. The result is that our sugarcane farmers continue to suffer from reduced earnings year in year out.

Technology is very important in the development of any nation. There are technologies that can be adopted from other countries which are simple and adoptable by many people as a result of their low cost and ease of use. However, we don't seem to recognize the presence of these technologies. This is perhaps because the Government has not brought them down to the people. Awareness is lacking on this and a critical mass with skill, because for along time, technical training has been relegated to the least educated among our population.

In certain times when we have a high rainfall there are bumper harvests of various foods including milk. Milk would be better preserved if it was turned into powder and both guarantee a good price to our farmers and be available during times of shortage or be exported. However we appear to lack the vision of processing and storing excess harvests be they cereals, vegetable or fruits. Post-harvest losses are the aftermath of such bumper harvests. We need to guide the private sector or have direct government participation in running these enterprises. We have however been socialized that government cannot participate in business because of leakages. This is an irresponsible thought. Why does China participate in the construction industry?

The current markets have been conditioned to push goods whose material source is Africa but re-exported to us after value addition. These include beverages and other foods of various types. We could produce the same if we were committed towards that. Thus we have a large population of the youth marketing these products and a receptive population that has been socialized through advertisement to use these products oblivious of the fact they could also produce the same and consume them thus creating employment, earning and saving our foreign currency.

Kenya requires adequate and affordable housing for the rising urban population. However, the development of real estate is taking place oblivious of the shrinking job market and the low capacity of the target population in occupying those houses. This is taking place on fertile areas suitable for crop growing. While most developers' first choice is to develop housing unit, the population is growing at a fast rate and needs food. Is it lost on them that people require food first? The government and private sector do not appear to recognise that the rising population requires food more and therefore the need for policies that secure zones suitable for food growing while constructing the houses in less agriculturally productive areas.

The Media industry would be expected to set agenda in areas of our development. By this it would sensitize our people on the need to innovate on solutions to our developmental problems. The local content policy among the major media houses does not focus on the need for technological innovations that meet the local needs. The media would rather focus on foreign material that include soup operas, European football, wrestling, cartoon and religious programmes that don't give insight into any of our development problems and solutions. This contributes to alienation of the people from their problems and brainwashes them into thinking about foreign societies and forget their own. The press needs to rethinks its strategy if it is to remain relevant to our development solution.

It's time we changed our way of thinking and begin to see our development as a totality of the contribution of each sector. The leadership in every sector must refocus by identifying their core areas of their competencies and develop skills that are in short supply to coupe with our challenges. Similarly, policies that guide development towards solving our problems must be developed if we are to realize any meaningful development. Technology must be acquired by all means necessary whether through copying or reverse engineering without apologies to anyone. This is the only way in which we shall be able to develop our country.

> There is a disconnect in the way we learnt in schools and the solutions to our problems. Almost in every field of our social interaction, we seem to be focusing on issues extraneous to our problems.

TRANSITION REALITY: CHANGE IS INEVITABLE:
OLD CHEESE VS NEW CHEESE

"Our only security is our ability to change"- John Lilly

Human beings have a natural tendency to resist change because with it comes uncertainty. However, the world is dynamic and changes occur every day. As individuals, we can opt to do things the same way we have always done and miss out on new things or we could embrace change and enjoy personal and professional growth.

Johnson Spencer in his book *"Who Moved My Cheese"* points out different ways in which different people react to change. The story is set in a maze where Sniff and Scurry who were mice and two little people (Hem and Haw) look for cheese every day and once they find a cheese station, they settle down to enjoy their favourite cheese. One day, they find that their regular stack of cheese is gone. The mice and the little people respond to the

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change differently. While the mice keep things simple and cope better with the change, Hem and Haw overcomplicate things.The characters depicted in the story give a picture of our common responses to change. Sniff sniff's out changes early, Scurry quicklymoves into action, Haw learns to accept changes for better results and Hem denies change and refuses to move.

Cheese means different things to different people for example, having material stuffs, enjoying good health, developing a spiritual sense of well-being, feeling safe, having a loving family, living in a pleasant neighbourhood and having a permanent jobamong others. The more significant your cheese is to you, the more you want to hold on to. In all circumstances, you can become extinctif you do not change.Old cheeses are things we hang onto and new cheese are new opportunities that we could be enjoying.People are not always prepared for the inevitable change until it is too late. An individual will see retirement as a far off affair on first appointment and fails to prepare for it until they lose their jobs or the retirement date arrives when it dawns on them that they should have prepared. If we let go off what we know although it is hard, but it is essential for growth and improvement. The quicker you let go of old things, the sooner you can learn new expertise and create a better future. When you change what you have faith in, you can change what you do. The quicker you let go off old cheese, the faster you find new cheese.

From the fable in Spencer Johnson's book, there are a number of lessons which we can learn to cope with change more effectively. First, change happens and we must move with it. It is important to know that no situation is permanent and we should always anticipate these changes. We should always monitor our current situation so that we are aware when things are not going well and change accordingly. Constant assessment of the environment to identify the threats and opportunities enables one to better prepare for change. For example, if one is in permanent employment, some of the threats would be redundancy,termination, /non- renewal of contract and retirement

while opportunities include promotion and new job opportunities. A person who looks into their situations well will be able to know when change is about to happen and will be better prepared.

Secondly, the faster you let go off the old cheese, the sooner you find new cheese. Old views will not lead one to new opportunities and holding on to these beliefs makes it even worse because it inhibits growth. It is also a sign of denial of the new circumstances like Hem in the fable who denies that things have changed and refuses completely to move. Some of the ways in which one can better prepare for change and growth is through learning new skills to cope with the changing work environment. This ensures that one is ready to take up other responsibilities should the current one fail. Dependence on the status quo makes it difficult to cope when the inevitable happens.

The best inhibitor to change lies within oneself and nothing gets well until you change. Unless one makes a conscious effort to change, nothing will happen for example in the fable, Haw at first stays back at the cheese station with Hem but after some time decides to explore the maze for more cheese. The realization that change has to happen or has already happened is one thing and working towards adapting to the change is another thing. Government employees for example are reminded monthly through their pay slips of their retirement date which should be a signal to inevitable change at some point but how many people see it as such? With every passing month, the run out date approaches, and which better place to remind personnel of this change than through their pay slip! Everyone should aspire to soul search and assess what they need to change in preparation for whatever change might happen.

There are always good things out there, whether you recognize it at the time or not. You are only rewarded with it if you go past your fear and enjoy the undertaking. Most individuals fail to adapt to change because of fear of the unknown. People hold things which are not working with the hope that the situation will change however bleak the reality looks. Moving beyond one's fear is important for change to happen. The fact that one situation has changed doesn't mean that it is the end of everything. If the situation has changed and things are different, for one to survive it is important to change and move with the situation.

In all keep life simple, don't over explore or over complicate things, as you sit and over analyze your changed situation, your neighbor is out there getting the new cheese and you may be too late to get any. Change happens and we must move with it.

"The most important thing to remember is this: *To be ready at any moment to give up what you are for what you might become"* W.E.B Du Bois

KENYA'S FOOD SECURITY: THE ROLE OF SCIENCE, TECHNOLOGY AND INNOVATION

Food and Agriculture Organization (FAO) defines food security as a state in which all people, at all times have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences foe active and healthy life. Complete information and sustainable agricultural technologies are essential for countries to meet their national development goals and Sustainable Development Goals (SDGs). We talk about technology when we apply scientific knowledge for practical purposes in industry and innovation is the introduction of new product, process or services into the marketplace.

Food and Nutrition Security

The Food and Agriculture Organization (FAO)'s report (The State of Food Security and Nutrition in the World, 2018) indicated that more than 820 million people globally did not have enough to eat and about 11 percent were undernourished. The number of hungry people in Africa was 256.1 million, and Eastern Africa's undernourished prevalence rate was 30.8 percent. Nearly 30 percent of undernourishment was recorded in Kenya up from 28.2 percent in 2016. The prevalence of severe food insecurity and moderate food insecurity were 19.1 and 56.5 percent respectively, while stunting in children less than 5 years of age was 26.2 percent.

Climate Shocks and Food Insecurity

The extremes of climate change (drought and excessive rains) have had mixed effects on food security in Kenya. In March 2018,

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the Food Security Information Network reported that Kenya experienced one of the wettest seasons in about 70 years, significantly improving crop and livestock production. Conversely, theoutput of beans was below average due to excessive moisture. At the peaks of the rains, flooding caused widespread damage: cropland and irrigation infrastructure were damaged. Fall armyworm infestations and locust invaded maize crops, pasture and browse. Climate change also leads to erratic distribution and poor precipitation and prolonged drought.

Science, Technology and Innovations in Fisheries Aquaculture Production

Fish and other aquatic animals constitute important sources of food and crucial raw material for related industries not only in Kenya but also globally. However, a combination of issues including population growth, water scarcity, energy supply and climate change are exerting unceasing pressure on national food systems on a magnitude hitherto unexperienced. In the prevailing circumstances, fisheries and aquaculture research becomes essential in providing solutions to threats to national food security.

Fish require wet and dry seasons, and optimal temperatures to breed. The grand question that science and technology should answer is: "how does mankind ensure continued fish production in the face of climate change and its impacts on food security"? Science, technology and innovations becomes critical in ensuring that reproduction cycle of fish is not affected by extremes of climate change. One such technology is induced breeding in Catfish.

Inducing Breeding in Catfish

Hypophysis is a technique of inducing breeding in Catfish *(Clariasgariepinus)* in which the fish is stimulated to spawn (breed) by use of pituitary glands. The eggs development, maturity and ovulation in fish is stimulated by the hormone secreted by the pituitary gland. Some fish species like Catfish and Carp do not breed easily in captivity, hence obtaining their seeds from the wild for distribution to farmers is almost impossible. Catfish also breeds only during the onset of long rains. In order to ensure sustainable supply of seeds/fingerling for culture, this technology is applied to produce quality and sufficient seed for supply to farmers.

Sex Reversal in Tilapia

Aquaculture is a fast growing industry that has potential to reduce poverty by providing income and protein to human population. Tilapia production has grown leading to the expansion of fisheries industry. The Nile Tilapia *(Oreochromisniloticus)* has the ability to grow fast, breed in ponds, adapt to shallow and turbid waters, resist diseases, be flexible for culture and performance in different farming systems. However, one major drawbacks of fast growth in tilapia is early maturation that leads to early breeding, overcrowding and stunted growth, which ultimately leads to low yields and unmarketable fish due to different sizes in fish (adults and offspring) competing with

Tens of thousands of Tilapia fry and Fingerlings ready for distribution to Farmers.

the initial stock for food.

This challenge is however, addressed by application of science and technology that change the sex of all female hatchlings to male. A methyl-testosterone hormone (MTH) is used to later the sex of female hatchlings to males. Male tilapia are preferred to female because male tilapia grow faster, put on weight and reach market size faster than female. Female tilapia loses weight during breeding and it breeds in culture systems thereby causing overcrowding and stunting.

YY-Hybridization
Hybridization is the mating of genetically differentiated individuals. Nile Tilapia is an important species for worldwide economic finfish aquaculture. To avoid sex reversal using hormone (MTH) and still produce commercially, crosses between XX-females and YY-males becomes a sustainable substitute in that the crosses produces male tilapia.
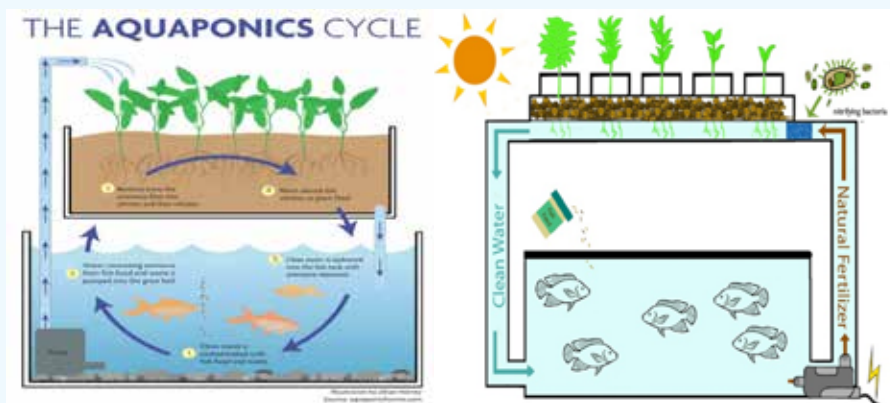
Aquaponics
Aquaponics is anamalgamation of aquaculture and hydroponics. It is the growing of plants and rearing of fish in the same space. The system can be customized to fit any type of space from that small space in one's backyard to greenhouse. Aquaponics technology ensures recycling of water, hence suitable for mitigating the effects of climate change on food production. The waste from fish generated from the integrated farming system is nutrients for plants. Water is purified by plants thereby enhancing concentration of oxygen. Aquaponics technology enables a farmer to harvest fish (protein) and vegetables (Minerals and vitamins) from the same space with reduced cost of production.

Turning Fish Skin into Valuable Leather Products
The five processing factories in Kisumu generate about 70 tonnes of fish skin waste. Hitherto, the bi-products were disposed off but no more especially after one innovator by the name Newton Owino discovered the hidden treasure in the fish skin waste. Initially the innovator could process up to 200 Kg of fish skin in a week but after securingan export market for the products, he now processes up to 15 tons weekly.

From the raw materials obtained from Nile Perch, leather jackets, leather bags, shoes, wallets, caps, purses, sandals, binders, belts and utensils are made, and collagen extracted to make glue used in binding shoes. The entrepreneur has employed six

Diagrammatic illustrations of aquaponics.

employees and hired 78 women who supply fish and earns about US$ 5000 monthly from selling and exporting fish leather products.

Instead of using chemical to turn fish skins to leather, green technology is applied whereby plant extracts are used as turning agent. A locally fabricated tannery machine is used. The scales are removed from the skin. The skin is then soaked for an hour and banana extracts is added to get rid of the fish odour and strengthen the fibre. Salt is added to control bacterial infection after which the skin is then soaked for hour before it is dried.

Kenya Electronic Single Window System
Under the National Treasury, the Kenya Trade Network Agency (KenTrade) has been established for the purpose of promoting transboundary trade and implementation of the National Electronic Single Window System (Kenya TradeNet System). Those involved in international are served electronically through a platform established by the State Department for Fisheries, Aquaculture and the Blue Economy (SDF&BE). The applications submitted by traders are processed electronically. This reduces cost and time of doing business.

Vessel Monitoring Systems (VMS)
The Vessel Monitoring System (VMS) is

an electronic system used for sustainable management of fisheries resource. TheVMSis used to monitor movement and fishing activities of vessels in Kenya's Exclusive Economic Zone. It detectsany illegal fishing vessels in Kenya's territorial and EEZ waters byproviding accurate and timely information about the location and activity of fishing vessels in the sea. The VMS is a cost-effective tool for the successful monitoring, control and surveillance (MCS) of fisheries activities.

Aquaculture Market Information Platform
The aquaculture market information platform is an online platform developed by Kenya Marine and Fisheries Research Institute (KMFRI) Sagana aimed at linking up aquaculture stakeholders to address market challenges. Fish producers and traders can easily log in and find out the price of fish and where fish is available

Conclusion
Technological innovation is not only a way to enhance food and nutrition security but also a major source of economic growth. Technological innovation enhances efficiency in food production by mitigating the effects of climate change.

Newton Owino, displaying unprocessed fish skin, and some of the products.

KENYA'S WILDLIFE PROTECTED AREAS – HAVENS OF ECOSYSTEM SERVICES TO MANKIND

Magnificent Mount Kilimanjaro viewed from Amboseli National Park.

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KENYA WILDLIFE SERVICE

"I feel so refreshed…, in fact my head is now light and I can now focus clearly."

These were the words of Wanyama secondary school head teacher, Mr. Mbogo, after spending four hours with the school's form four students in Aberdares National park. This was during a trip to study ecosystem services and conservation values of wildlife protected areas.

As one American Architect and an Educator, Frank Lloyd Wright once said: 'Study nature, Love nature, stay close to nature, it will never fail you'. This is what came to my mind as the school principal sat in my office with an appreciation smile. It was such an exciting expedition being his first visit to a national park. Yes, interacting with nature has various benefits to mankind, among them healing, comforting and calming powers.

Most protected areas were originally set up to protect wildlife and landscape features. More recently, they were considered for conservation of biodiversity which is important for human survival. Genetic, species and ecosystem diversity are key elements of biodiversity.

Most important many protected areas also conserve a variety of ecosystem services and other benefits that includes cultural, social and economic attributes. Ecosystems are large communities formed by the interaction between living (plants, animals, organisms) and non-living organisms (air, water, and minerals).

Human beings are part of ecosystems in which they benefit in different ways. Ecosystem services therefore support human survival and quality of life either directly or indirectly. These benefits are of ecological, social, cultural and economic importance. There are four broad categories of Ecosystem services: provisioning, e.g. the production of food and water; regulating, such as the control of climate and disease; supporting, that includes nutrient cycles and oxygen production; and cultural, that includes aesthetic inspiration, recreational and spiritual benefits.

At the heart of its rich wildlife heritage, Kenya has a diversity of ecosystems ranging from mountains, forests, and rangelands, arid lands, marine and inland waters. Kenya's network of diverse protected areas and natural habitats not only support wildlife diversity but also offer a wide range of natural resources and ecosystem services which propel people's livelihoods towards sustainable development. These are free nature benefits to mankind.

Provisioning services

Other than provision of food and water, the ecosystem provides clean air, medicinal and cosmetic raw materials, wood, and minerals among others. Biodiversity is also a major factor in soil formation, which supports some of ecosystem services. Soil fertility, an important ecosystem service is important to the agriculture sector, one of the key pillars of the Big Four Agenda in Kenya that aims at ensuring food security and nutrition for all Kenyans.

Kenya is a water stressed country. To help in water conservation, KWS protects the water catchment systems mainly Aberdares, Mt. Kenya, Chyulu Hills, Mt. Elgon and Mau Forest. The water sources support Kenya's economy in various ways including generation of hydroelectric power (HEP). A good example of an attractive water catchment area is the Mzima Springs which is an oasis of green in Tsavo West National Park that produces millions of litres of fresh water in a day. The springs, whose source originates from Chyulu Hills, provides the bulk of Mombasa's fresh water. The springs forms one of the greatest attractions in the Park as it supports hippos, crocodiles, fish populations and a wide variety of birdlife among other aquatic life. The environmental provision services support people in making a living through the Economic gains at both subsistence and commercial level; examples include fisheries, forestry and wildlife products.

Regulating services

Protected areas are well-managed natural ecosystems that maintain a range of beneficial

functions and processes to human comfort. In regulating services, the natural ecosystems assist in controlling aspects of climate modulation, weather events, hydrology and the water cycle. Wetlands and marshy areas within protected area ecosystems play an important role in water purification which is important for domestic use. A good example is Saiwa and Aberdares National Parks which are important water catchment areas. The Soil organisms and healthy vegetation have positive impacts on water movements. They regulate water flows and quality thus enhancing floods control that would otherwise be natural calamities in human settlements areas. Likewise, the vegetation cover in upstream watersheds can affect the quality, quantity and variability of water supply downstream. Soil micro-organisms play a key role in water purification while soil invertebrates contribute to the setup of the soil structure that is significant in regulating surface water runoff. Therefore, with dedicated management plan engagements, natural forests and wetlands within protected areas play a big role in providing clean water to the big cities like Nairobi and Mombasa.

Natural ecosystems and protected areas also impact on agriculture. Pollination does not only play an important role in maintaining species diversity and vegetation patterns, but also has a direct functional roles for mankind; it's essential for agriculture and as a stimulant for honey production. Both Terrestrial and Marine Parks aid in regulating ecosystem services. In marine protected areas (for example, Mombasa, and Malindi National Parks), the mangroves act as a breeding grounds and nursery for fish.

In regulation services, natural ecosystems that include forests, grasslands, wetlands and marine vegetation are critical for carbon sequestration. Consequently, their destruction compromises the efforts of mitigating climate change globally. Protected areas thus play an important role in preventing further loss of carbon to the atmosphere therefore ensuring healthy ecosystems.

Supporting services

These are services necessary for the production and support of all other ecosystem services. Protected areas ecosystems offer healthy niches for plants and animals species thus maintaining multiplicity of these organisms. Some of the habitats have 'biodiversity hotspots' that hold important genetic resources with beneficial traits to production systems. This for instance promotes pest and disease resistance to food crops. Habitats genetic diversity therefore play a role in enhancing food security among the human society.

In a unique contribution, Lake Bogoria in the Rift Valley contains an unusual collection of micro-organisms from which enzymes are harvested for the manufacturing of antibiotics and cleaning detergents. The system also supports nutrient cycles and oxygen production that add value to wellbeing of mankind.

Cultural/social services

It's worthy to note that not all the benefits we derive from natural ecosystems are narrowly utilitarian: protected areas present pristine parts of nature where humans enjoy a rich cultural, psychological and spiritual links with the natural world. Some of biodiversity rich Kaya sacred coastal forests, enlisted as cultural World Heritage Sites by UNESCO are found in protected areas along the coastline; Shimba Hills and Arabuko Sokoke National Reserves. Another example is Lake Bogoria which has deep spiritual and cultural significance for the people. Endorois have lived besides this lake and have been the custodians of Lake Bogoria for centuries.

These are non-material environment services that promote the social wellbeing of humankind, for example, physical relaxation, and bonding as well as reduce stress during their interaction with nature. These recreation experiences, coupled with spiritual enrichment enhance social setup in societies. Equally the protected areas are important in promoting social and cultural values for mankind.

Ecosystem services values

The country's wildlife is an important economic asset that drives tourism which is a key component of Vision 2030 economic pillar. Kenya's wildlife attracts over one million tourists per year, resulting in a tourism industry that generates over 10% of the national gross development product (GDP) and directly employs about 11% of the total formal workforce as reported in the Economic Impact 2017 report for Kenya; by World Travel and Tourism Council.

Increasingly, the value of ecosystem goods and services is being recognized, in support of socio-economic benefits and general contribution to the well-being of mankind. Such ecosystem service values include protection of humankind against natural vulnerabilities, contribution to cultural identity, clean purified air among others. While it's not possible to measure some of these values, they are converting to benefits immediately the communities receive them. For instance, individuals enjoy clean purified water that makes economic sense for existing generation.

Conclusion

Most of protected areas natural ecosystems face over-exploitation and degradation despite all the benefits that they offer to mankind. Unfortunately, the actual value of the ecosystems to humans is still downplayed and hence not fully recognized in strategic decision making necessary to propel Kenya's economic development.

It is therefore noteworthy that well managed protected areas can be havens of ecosystem services vital for human survival. Overall, healthy ecosystems can lead to enhancement of food and health security as it enhances crop species diversity and avail clean water and air. Likewise, healthy ecosystems play an important role in climate change mitigation through carbon sequestration under healthy forest ecosystems. This therefore calls for strategic conservation and management of protected areas for the wellbeing of present and future generations.

Mzima Springs, an oasis of green in Tsavo West NP.

Mt. Kenya National Park

Geysers at Lake Bogoria

THE IMPORTANCE OF THE MEDIA IN INFLUENCING FOREIGN POLICY

The introduction of geosynchronous satellites, first launched by the United States in 1965, specifically inhi¬bited governments' ability to control information, so the foreign decision-making process for this invention becomes more of a theater. It therefore enabled the public to obtain information about global events because they refuse to give policymakers sufficient time to consider and evaluate the options available to them. Nowadays, the prestige and power of a state is determined by the influence of media rather than military power. Therefore, it can be said that media is the most powerful and effective tool for achieving certain goals.

This article specifically looks at both the cable news network and Al Jazeera who are some of the leading media in the world and arguably the most influential. It has been observed that both networks are capable of influencing policy makers and societies. The ability to cover real time news has led to immediate public awareness of policies. CNN's influence rose to prominence and was acknowledged during the Gulf War 1 of 1990–91, while the Al Jazeera effect was recognized on 11 September 2001 following the United States' twin towers terrorist attack.

Foreign Policy and Mass Media

Global mass media has the potential to influence foreign policy by shaping international and public opinion through news feeds, the main idea of which is virtual states. The media influences foreign

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policy by placing it on the public agenda and framing them in a way that attracts the attention of large audiences, who can then pressure the government to take action. For example, the Somalia famine of 1992 and the Darfur massacre of 2003 were included in the international public agenda following coverage by the media.

The best way to explain the relationship between foreign policy and the media is to recognize the media's potential and influence on international politics because of their role as connectors between foreign policy makers and public opinion. However, it is important to appreciate the difficulties they face due to economic factors and the need to preserve their information sources to protect public confidence. They are sometimes manipulated by the political class whose rhetoric they can

follow, or sometimes forced to cover the official line of policy direction so that they are not labeled unpatriotic, especially in times of wars which are widely supported by the public.

CNN Impact Assessment on USA Foreign Policy

CNN was founded in 1980 by Ted Turner, the first news network to start broadcasting 24/7 worldwide. The most important time for CNN to be recognized as a factor in global news and politics was the Gulf War 1 of 1990–91. Gulf War 1 established CNN as one of the "big three" American networks. This was due to influential reports offered by the network, as it was the only means of communication that was broadcast from inside Iraq during the US bombing campaign. Therefore, CNN has become a prime example of how media can affect national and world politics. CNN gained praise and relevance for its role in the Famine Crisis in Somalia (1990–1991) and the wars in Kosovo (1999) and Bosnia (1995). Therefore, these events led the public to think that this network had an important role in global politics and that it could influence the decisions of Western governments and other countries about foreign policy. This is because the CNN influence has been recognized as a power to change international politics, shaping opinion of policy makers and a superpower in the world of international relations in foreign policy and the international system.

Al Jazeera Impact Assessment

The Al Jazeera Effect is a term used in media studies and political science to refer to the influence of Al Jazeera on global politics and government foreign policy. The Al Jazeera Effect works similarly to the CNN Effect by setting an international agenda and influencing the government's foreign policy. The most important feature of the Al Jazeera Effect is that it changes perspective and creates a balance in the international media and communication environment. It has increasingly impacted the setting of agendas and barriers in governments and heavily influenced international political commitments. The most important example of the Al Jazeera influence was the Iraq War.

Al Jazeera presented a completely different view on the war and undermined the exclusive power of the Western media to define war.

How does the Al Jazeera effect affect American Foreign Policy?

Al Jazeera has the ability to influence US foreign policy by portraying US foreign policies in a bad light. It could reduce American international popularity and disrupt its policies when involved in wars and other international issues. During the 2003 Iraq War, the network provided a deterrent effect to US military power.

Al Jazeera has the ability to influence US foreign policy by representing US foreign policies in a negative way. It could also reduce the international popularity of the United States and prevent their policies of participation in wars and other international affairs. During the 2003 Iraq War, the network disrupted the United States military by portraying it negatively for their involvement in the war. "Al Jazeera can influence America's foreign policy by providing different perspectives, which aim to separate the narratives, arguments, and beliefs of the West and counter them with a different view of the world". For example, Al Jazeera branded its coverage of Operation Iraqi Freedom "the war against Iraq". "Unlike the Western media Al Jazeera, the Muslim specialized in an up-in-your-face approach to cover the world's first television war." Screaming mothers, wounded children and dead children dominated coverage of Iraq, Afghanistan and Palestine. When these reports reached western homes and government offices via other news networks or the Internet, it was shocking. Westerners observed the wars they had fought from the point of view of those living in hostile territory. "This different approach can make American audiences think twice about their country's involvement in war and thereby reduce public support, both domestic and internationally".

"Another aspect of Al Jazeera that enables it to influence US foreign policy is that it is quite popular among Arab and Muslim populations and thus it can shape their opinions against American policies. The same phenomenon can have a much greater effect when it is broadcast in Al Jazeera, as it is in Arabic. Al Jazeera can build consensus among Arab people and mobilize them to achieve their common goals.

Conclusion

Media is no longer just a media, but has become a more popular base than before and now it can have a major impact on international politics. The advent of real-time coverage and 24-hour news programming has produced significant changes in the scene of international communication and political relations. They can reduce the relevance of traditional boundaries and unite people from different parts of the world. Therefore, they can act as instruments of struggle and peace in the same way. Therefore, global media such as CNN and Al Jazeera are re-shaping the world and the way foreign policy is handled.

PROTECT YOURSELF

We live in a world that is plagued with disease. It is not uncommon to hear about disease outbreaks in various parts of the country especially during the dry spell when water becomes a scarce resource to come by. Diseases such as cholera, dysentery, TB and the dreaded Ebola are with us. The outbreaks are usually severe and wide-spread and result in many deaths. The only way to ensure safety is for the population to be vigilant in respect of their health. Many middle income class earners have adopted a sedentary lifestyle which has made their bodies weak and susceptible to lifestyle diseases. The high costs of living, heavy commitments and living in stressful environments have made accessing quality food an uphill task for many people. On the other hand, business people have become very greedy employing unscrupulous practices such as adding dangerous components into food products like maize meal and injecting chemicals to plants and animals to make them have an early maturation period. All these greed is to ensure that they get higher and faster returns from their businesses.

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The population is therefore burdened by diseases they cannot explain and as a result, many are dying of simple, preventable and manageable diseases. One wonders whether such business people would be held to account, or they will go unpunished for the blood wealth that they are accumulating. In these circumstances therefore, it becomes imperative for each person to urgently take foremost personal responsibility to protect themselves. How can this be done?

Everyday our bodies are confronted by germs that invade our bodies such as bacteria, parasites and viruses that threaten our health. Our bodies work overtime in order to destroy or repel the invading enemies. Some of the sources of this invasion is pollution, overcrowding, scarcity of food, contaminated foods and airborne diseases. Our bodies have to be alert always to fight off these invaders. In some cases, however, we lose the battle and experience the onset of contamination symptoms and diseases. This will then require that we boost our immune system with supplements, medicine and other forms of treatment. Reliance on medicine however is not a good measure and should be resorted to only as a last course of action. It is important to understand how our bodies get exposed to germs and viruses in order to objectively and practically consider preventive steps to take so that we can fortify ourselves and prevent infections. The amount of time and investment put into fortifying oneself attests to how strong and successful one can be at keeping diseases at bay.

The following are some of the elements that can predispose one to disease, and measures that may be employed to protect oneself.

Water: Harmful organisms can enter one's body through contaminated water. This is especially true for those people who live in urban and peri-urban areas. However, populations in rural areas are not spared either. In cities, often times sewerage pipes burst likely mixing the seeping effluent with water for household use because of the most times unmaintained water piping and the proximity of both lines. Cases of contamination of drinking water are rife in urban and peri-urban areas. It therefore behoves individuals to ensure that the water they use at home is safe. Safety can be ensured through filtering, boiling and treatment. For those who live in rural areas, pollution of water is mostly in the water bodies through upstream contamination in rivers and streams.

Food: Harmful organisms are ever present in the air. Some of them easily find their way into food. Caution can be taken by ensuring that food is thoroughly washed well cooked and properly handled in order to destroy and/or keep away any harmful organisms. It is equally critical to maintain high standards of hygiene in the kitchen through the whole process of handling food including using well cleaned utensils and surfaces, washing of hands and good food serving practices. For mass food preparation including for commercial and institutional purposes such as hotels, hospitals and schools, it is additionally important that people handling food undertake regular medical examinations.

Insects: Many market places do not adhere to hygienic standards. As a result, the

> Caution can be taken by ensuring that food is thoroughly washed well cooked and properly handled in order to destroy and/or keep away any harmful organisms.

Elements that can pose a risk to our health.

place will be swarming with insects such as houseflies and the occasional or lone bee. When visiting such places, caution should be applied on what to touch and eat as these insects which land on food and surfaces are the same that land on the open drainages and sometime poor ablution system. Our homes also have many insects. Insects can infect you with harmful microorganisms that live in them. It is necessary to, as practically possible, limit contact with disease carrying insects. This can be achieved by periodic spraying of homes with insecticides, clearing bushes around the homes, and ensure proper garbage disposal which also helps avoid dirty stagnant water.

Animals: Some bacteria that live harmlessly in animals are life-threatening. Therefore, households with animals should ensure they are inoculated and proper inoculation records maintained. Where the health status of animals cannot be ascertained, contact should be minimised. Scratches and bites from animals should be treated seriously with immediate first aid including thorough washing and covering with a clean cloth, and then medically attended to promptly.

People: People are a major channel for the spread of diseases. Communicable diseases know no boundary and can spread very quickly. Some germs enter the body by touch, inhaling or through contact with body fluids from an infected person. To protect oneself, it is advisable to avoid sharing personal item and minimize contact with foreign body fluids. Always remember the following slogan "If it's wet and it's not yours, you have no business touching it!"

Weather: Climate change is affecting people world-wide. Hurricanes, typhoons, floods, dry periods that result in heat flashes and extreme cold are on the rise due to climate change. There is need for preparedness to combat these extreme changes. To protect oneself therefore, there is need to listen to meteorological advice and act accordingly, dress appropriately, take the medically recommended amounts of fluids and be ready to move to higher ground when the need arises.

There are many other causes of disease spread, however these six are the most common and can easily be prevented. It is critical that everyone is able to identify the early warning signs and act accordingly in order to be safe.

Take care! Be safe!

HARNESSING SPORTS FOR DEVELOPMENT AND NATIONAL COHESION IN KENYA

COL P O ASSAVA

KENYA ARMY

Sport is loosely defined as all forms of physical activities that contribute to mental wellbeing, physical fitness and social interaction. It is generally assumed that sport, play and other form of physical activities have a crucial role when it comes to matters of human development. By design, sport provides a forum to learn new skills such as discipline, leadership, confidence, team work and cooperation.

Sports usually speak to people in a language that they best understand. Thus from the onset it is crucial to acknowledge that sports in its many shapes and forms has the capability to reach out to the world population regardless of their gender, age, culture, ethnicity, status, religion, profession and even social backgrounds. In the world today, there is no shortage of sport-for-peace initiatives. Different sports initiatives in many parts of the globe take a wide variety of approaches to peace and development. Sports and development is considered as a tool for addressing development matters facing various populations. It can thus be said that development of a core sport is a basic precondition to utilize sports as a tool for development, hence sports can directly be build up on the capacity for further and enhanced economic development.

It is generally observed that since the Olympics, many sports persons have demonstrated that sport is an enabler to bringing people together for peace. Sports related institutions have stepped up their scope, appeal, power and even reached by extension. Athletes are now being considered as some form of ambassadors and spokes persons in matters of development and peace initiatives. Examples abound such as the latest exploits of Eliud Kipchoge who became the first mortal to run sub-two hours in marathon at a specially organized event in Vienna, Austria and captured the imagination of the whole world. Governments can exploit the fame of these sports persons to grow the respective sports and market peace and development initiatives notably the greats of all times including Kobe, Pele, Diego Maradona, David Beckham, Lionel Messi, Usain Bolt, McDonald Mariga, Julius Yego, and David Rudisha among many other champions.

Sports and other forms of physical activities are gaining recognition in Africa, as a simple but effective way of advancing goals geared towards rapid development. As a result, international sport federation, corporations, community groups and national governments have actively been employing sports as a quick tool for peace and development. Sports is taken as a key human right as it involves all forms of physical activities. It contributes to the growth of physical fitness, mental wellbeing, good health and increased social interaction such as recreations, play, competition, leisure and general relaxation. Sport is seen as one of the most cross-cutting of all peace and development tools. Sports is being widely used to promote good health and prevent diseases, foster inclusion, promote gender equity, raise awareness on social issues and finally lead to economic growth.

It is taken that the sports, peace and development have given birth to a whole new era as a global tool for capacity building and development. Sport for Peace and Development is deeply rooted in the fact that it possesses a unique attribute that enables to foster particular value that is a requisite for social development. For instance, youth sports can help grow young people towards positive and good relations with others. In addition, sport is a tool to get young person's actively involved in their respective communities, and this leads to youths feeling intergraded with their peers, which helps them to socialize and in the process build up their self esteem and a sense of belonging.

The value of football has been sufficiently appreciated by many African states for it to be fully integrated into their national plans. Some African countries are trying to harmonize their foreign policies to bring about positive changes through sports. These policies act as a development framework to allow achieving objectives in areas of health, promote peace, education, inclusivity and good governance. In South Africa, sports policies focus particularly on sports that are played widely and do not require major equipment, in Soweto, football is well suited to reaching and mobilizing disadvantaged groups.

Sport is taking on an increasingly important role in the East African Community. The region has explicitly recognized the importance of athletics as a means to promote education, health, development, peace and stability. Athletics is considered one of East Africa's most recognized export to the world. People all over the world participate, watch, listen to, talk about and experience modern competitive running at all levels of performance from amateur to professional. Athletics in the East African context is often described as a language that everyone in the continent can understand and thus sports brings the region together by uniting diverse groups and communities. This popularity cuts across national, sub national, cultural, social, economic and political boundaries and can be invoked with success in virtually any community in sub Saharan Africa.

Kenya has taken part in many international competitions and has won several awards and medals in long distance running and marathon. The country is thus taken as Africa's real sports powerhouse and home to champion athletes. In spite of theses, there is still a lot of untapped potential of sports by various agencies.

Sports diplomacy has the potential of complementing traditional ways of advancing a states national interest. In the Kenyan case, the subsequent adoption of the national sports policy plus enactment of the Sports Act 2013 is designed to bring in a better way of running and managing sports in the country, and assist the state harness sports as a national resource. Some of the most popular sports played in Kenya include, track and field and other running events, rugby, hockey, cricket, safari rally, football, volleyball, swimming, boxing, karate, shooting, basket ball and softball.

Sport in Kenya is a tool that can be employed to promote cohesion, development and peace. Sport is also considered as a developer of social improvement, a movement for social change and community empowerment. Hence participating in sports helps to build up personal confidence and teach life skills, entire communities do benefit from various sports initiatives. Kenya has seen sports movements and organizations represent opportunities for empowerment. In some counties in Kenya, sports are perceived as a possible avenue to foster dialogue and peaceful co-existence amongst communities living side by side.

Sport such as football can be used as an instrument for preventing conflict as well as an element for sustaining peace. It is acknowledged that sports played a key role in reconciliation of communities and reinforcing the healing process and national unity before, during and after the 2007/2008 post election violence in Kenya. For instance, in the months of May 2008, the Ministry of Youth Affairs and Sports (Kenya) indicated that there was emergency reallocation of state funds to help many displaced persons in camps (Ministry of Sports, 2016). The key lesson learnt in this, was that, in spite of differences, sports encourages people to mix freely, regardless of their age, gender, ethnicity, title, status and even locality.

Sports provides the youths with a possible avenue for spending their leisure time positively and productively. In addition, sporting and recreational facilities enable the youths to freely mingle with one another and spend their time wisely in developing their character and talents. Besides their sporting prowess, Kenyan youths use sports to express themselves creatively and in the process they tap into their sporting energy as a possible source of sustainable income, through harnessing the social and educational potential of football, as in the case of Mathare United team.

Sport does aim to directly prevent conflict, as all games are based on healthy competition with opponents trying to get to a common goal. In order to better appreciate sports as a peace building tool, it is vital to gain an in depth understanding of the nature of the antagonism and conflict in various cultural and geographical areas.

Sporting is considered a form of innovative diplomacy which Kenya can use to achieve its foreign policy. It is hence crucial for general citizens to reflect upon some of their common values and principles that seem to guide most sports and development projects working to address conflict and disagreements prior to implementation of any sports programme.

In conclusion sports is considered a form of international language, and therefore the harnessing of the power of sports for peace and development, internationally, regionally and locally can be seen clearly when Kenyan athletes and national team move beyond the borders for sporting activities. Sport is progressively being recognized as a significant tool in facilitating Kenya achieve its national goals particularly the Sustainable Development Goals pioneered by the United Nations. Kenya is composed of about forty-four ethnic groups, as well as people of diverse religions and racial backgrounds, sports has acted as a tool for integration, cohesion and co-existence of the societies.

GLOBAL GOVERNANCE

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Traditionally, governance refers to 'governing' of institutions, political authority or ultimately control. It implies formal political institutions that seek to control and coordinate interdependent relations that have the capacity for decision enforcement.

Global governance is defined as the sum of norms, laws, institutions and policies that determine, constitute and mediate trans-border issues between states, cultures, citizens, governmental and inter-governmental institutions and the market. It encompasses the totality of norms, institutions, policies and rules in which states and members of the public try to bring stability, order and predictability to solutions on global issues that are beyond the scope of one nation to solve.

The concept of global governance has gained acceptance over the last decades becoming a prominent issue on the international agenda. It entails efforts to make rules for sustaining cooperation to address global concerns or problems. Increasingly, the world is dealing with challenges such as security threats from international terrorism, financial crisis and the worsening environmental conditions. These problems cannot be addressed by one state, but corporately through an integrated approach. Nations have therefore established global institutions such as the United Nations (UN) to respond to these threats. Despite its challenges, the UN has remained the principal mechanism for global governance since it was formed in 1945.

Global governance has also gained greater importance due to the recognition that many of the dominant security challenges the world faces today, from international terrorism, climate change, environmental degradation, to proliferation of weapons of mass destruction, are trans-national in nature and require coordinated effort to address them. In the absence of a world government, multilateral approaches are required to solve these global issues. The UN has therefore provided the institutional framework at the international level for decision making and policy formulation. It has remained the principal mechanism that remains central to thinking about global governance in the 21st century.

In addition, the need for global governance also stems from the sheer growth in numbers and the importance of non-state entities. These entities include civil society actors who participate as activists, advocates and in some cases as policymakers. Their critique and policy formulation has shown tremendous results in terms of non-governmental and governmental allocation of resources, as well as in the exercise of military, economic and political power. So, why does the world need 'global governance' and why is the UN best suited to facilitate it?

The world needs global governance for three main reasons, among others. First, there is increased interconnection and rise of various international problems such as global warming, financial crisis, international terrorism, money laundering and cybercrime. Based on the principle of subsidiarity which requires that such political and social issues be addressed at the most immediate level in line with resolutions, the global nature of these challenges that face the world today calls for an effective global response. Secondly, global governance systems are becoming more complex by the day with the inclusion of multilateral institutions, civil society and inter-governmental informal frameworks such as the G20 and G8. In this case, the United Nations has remained the best-suited actor to enhance global governance due to its representation by its 193 member states.

Through the Global Compact, the United Nations plays a role in facilitating partnership between Non-Governmental Organizations, global labour and academia to create awareness on good corporate practices as far as human rights, anti-corruption, environmental protection and labour rights are concerned. The main aim of the partnership is to ensure there is joint value in the global economy. The UN has also played a critical role in filling the knowledge gap by offering empirical data and well-defined ideological stances that is important in the modern governance architecture. For instance, it has clearly defined the role of the state in the development process and in the control of market forces. The UN has also facilitated the filling of normative gaps which is achieved by providing an essential arena for states to codify norms by signing treaties, declarations and resolutions. It remains an exceptional forum in which member states try to find consensus about normative approaches to global challenges.

The third reason is that the UN plays a pivotal role in filling policy and institutional gaps. The policy gaps are filled when the UN makes policies that are then adopted by member states. On the other hand, institutional gaps are addressed when the UN establishes international institutions/regimes that are mandated to address specific issues or concerns. The UN also plays a significant role in filling compliance gaps by monitoring and enforcing implementation of the policies adopted by its member states. The role of the UN civil society is unquantifiable and the member states should be encouraged to appreciate the role of these actors.

However, it has not been smooth sailing for the UN as it has been faced with a fair share of challenges in global governance. Firstly, for the global governance concept to work and for the UN to be effective, certain preconditions are to be realized. The UN must level the ground for all its member states. This will mitigate the fear arising from the East-West and North-South geopolitics. The rise of the East and the competition between states has threatened the hegemonic status of the United States of America and is seen to likely influence global governance as the emerging powers try to integrate themselves in the governance architecture.

This is exacerbated by the growing dissent of the validity of the permanent members of the United Nations Security Council (UNSC) which the emerging powers view as a World War II idea for peace and that is not representative. Outwardly, the UN needs to adapt to the geopolitical shift of power from the West to the East and also incorporate the South. This will defeat the debate about the functions of the five permanent members of the UNSC who are viewed by the emerging powers as outdated.

Regional and sub-regional architecture has increased over the recent past to counter the influence of anarchic governments. However, the trans-national global networks and the growing preference to utilize 'coalitions of the willing' are likely to undermine the role of traditional formal institutions such as the UN. Equally, the UN must acknowledge the role of regional organizations and also have regional actors that are alive to issues on the ground and that can provide adaptable configurations to issues at hand. The UN must also foster trust amongst its member states for democratic engagements.

The rise of non-state actors such as NGOs and civil society actors, and the role these non-state actors play in global governance is likely to be contested by traditional realist states. These non-state actors routinely engage with member states (the "First UN") and the world body's professional secretariat (the "Second UN") and this is likely to influence its actions, priorities and policies.

The UN also faces structural challenges, an

United Nations Headquarters, New York.

example being that the UN Secretary General has limited powers to make decisions and enforce the same. The credibility of the UN is dented with the powerful states still doing what they want, with examples of the invasion of Crimea, Libya and Iraq. The situation in Syria demonstrated a growing determination by the emerging powers to reduce the western domination of the UNSC. This disconnect of power between the General Assembly and the Security Council is likely to bring a debate regarding the safeguarding and protection function of the UN.

In conclusion therefore, the global governance concept has both inherent and external challenges. However, the inter-governmental organization has continued to function despite gaps in the current dominant security issues facing the world and the inadequate available solutions. These gaps pertain to norms, knowledge, compliance, policies and institutions. The UN must also remain as the forum where member states' views are listened to and considered regardless of their political power, influence and size. It must remain present at all discussions regarding global issues from poverty alleviation to prevention of conflict.

In our rapidly globalizing world, there are myriad and complex challenges that affect humankind. The task of global governance institution is to identify and concentrate on the interdependence and interconnectedness of these threats and challenges and provide the international community with a roadmap for sustainable peace and development. Does the World need the UN? Yes it does. However, the UN needs to adopt policies that are not seen to undermine the weaker states. The UN also needs to reform itself to be effective and devolve some of its functions to regional organizations for sustainable global governance.

THERE IS NEED TO KNOW MORE ABOUT BAGAMOYO DISTRICT

Bagamoyo is among the districts of Pwani Region of Tanzania. Other district are Kibaha (Maili Moja); Mkuranga, Kisarawe, Mafia and Rufiji. Bagamoyo district is about 65km in the northern part of the city of Dar es Salaam following the coastline of the Indian Ocean. It is historically evident that the 18th century city of Bagamoyo is still home to major tribes of such as the Wakwere, Zaramo and Waswahili. Most of Wakwere are historically Muslim with different clans' history. Currently; Bagamoyo is a World Heritage Site with diversity of ethnic groups mostly Wakwere, Zaramo, Wasukuma, Nyamwezi, Wazigua and Wachaga.

Bagamoyo, the 18th Century City

The ancient city of Bagamoyo, in the 18th century was the main centre of trade in the East of Tanganyika along the coast of the Indian Ocean. It continued as the prime centre for trade amongst Africans, Arabs, Germany colonial government by then Tanganyika and the Christian missionaries up to the middle of the 19th Centuries. The Kaole Ruins, another ancient village south of Bagamoyo which is approximately 3km has the remnants of the oldest Mosque and a number of old graves of Arab traders who

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TANZANIA PEOPLES' DEFENCE FORCES

were mostly of the Muslim religion. Most people who lived by then in Bagamoyo were farmers as well as fisherman. The major trade in Bagamoyo was slaves and ivory. The traders were mainly coming from different places of Tanganyika and Zanzibar.

The original name of Bagamoyo comes from Swahili words *"bwaga moyo"* literally translated means "Lay down your Heart." This was unknown as exactly to what it was referring to. It was not certain whether they were the slaves who being sold at Bagamoyo to mean *"hakuna matumaini tena"* in Swahili language meaning the loss of any

hope maybe amongst the sold slaves as they were being bound onto the dhows to the far unknown countries. Some believe also that it meant for the long travelled traders, once they arrived at Bagamoyo to offload the loads as well as to begin to rest.

Bagamoyo was a major port for the trading of the slave in the eastern part of Africa along the Indian Ocean. Thousands of slaves including porters passed through until the late half of the 19th century. Slavery was finally abolished internationally in 1873. At Bagamoyo, the slave trade did not stop. The slave traders continued secretly with their business until they finally abandoned it in 1933.

History tells that; Bagamoyo was not only the centre of slave and ivory trade but also was a starting point of famous European explorers. The explorers were actually searching for the sources of the Nile River. The searches included the surroundings lakes in the eastern part of African continent. John Hanning Speke, Henry Morton Stanley, Richard Francis Burton and James Augustus Grant were explorers. Dr David Livingstone was one of the most popular British explorers in Africa who never reached Bagamoyo during his east Africa exploration. His dead body was only brought in 1874 to Bagamoyo

Slave Market Ruins

Dr. Livingstone's Tower where his body was interred at the tower for one night in February 1874

Kaole Ruins

from a place called Chipundu in Zambia where he died in the month of May 1873. It was kept in the city's oldest church tower while waiting to be ferried to Zanzibar. The intent was to finally send the body to England for interring. The church tower is then named after him.

Bagamoyo was the first capital of Tanzania. The German East Africa headquarters (under the auspices of the German East African Company and the German Imperial Government) in the years 1886-1891 were in Bagamoyo. Dar es Salaam became the new capital of the colony in 1891. The German Empire decided to build a railway from Dar es Salaam into the interior in 1905 to easy carriage of raw-materials and business; thus where Bagamoyo's importance declined.

Kaole Ruins

The remains of Kaole can be traced back from Kaole village which was formerly known as 'Pumbuji'. This was where migrants from Arabic countries settled. The village has a remains dated to 13th century. History tells that; the Sultan of Oman when was in Tanganyika preferred to settle. He constructed and manned administrative and military headquarters. The current ruins mostly made up of earth with different colours and the Kaole museum will tell you various history and stories of what was happening from 13th to 19th centuries such as the cruel slavery trade, ivory trade, and trader's movement etcetera. There are also histories of the first Catholic Church in East Africa, one of the oldest baobab tree, cemeteries of the first German and Indian to land along the coast; Dr Livingstone Tower including the living culture of Kaole people of whom majority of them originated from Asia.

The Oldest Catholic Church in East Africa

The Oldest Catholic Church in East Africa is found in Bagamoyo District. When you visit to Bagamoyo you will have an advantage to see the oldest catholic church in East Africa which was built around 1910 – 1914. The church is co-located with the original Holy Ghost Church. It is believed that in 1874 Dr David Livingstone was kept for a night at the Holy Ghost Mission thus why part of the original church "the Livingstone Tower" was named for his honour.

Conclusion

Today, many tourists have visited Bagamoyo through the organised tours to a fully explore of Bagamoyo. The programmes can be organized depending on your time and budget. The tour can be extended to the neighbouring villages of Mligotini and Saadani. A game drives to Saadani National Park can also be arranged. Bagamoyo is about 65km in the northern part of the city of Dar es Salaam following the coastline of the Indian Ocean. It is historically evident that the 18th century city of Bagamoyo is still home to major tribes such as the Wakwere, Zaramo and Waswahili. Visiting Bagamoyo will give access to Slave Market Ruins which is the historical landmark. Slave Market Ruins was one of the most active points of the slave trade. "Chuo cha Sanaa Bagamoyo" is an Internationally Famous College of Arts which also is found in Bagamoyo. The College teaches traditional Tanzanian's and East African's dances, theatre, and rhythm. It is therefore recommended to visit and know more about Bagamoyo in order to be conversant with African History especially East Africa.

Oldest Catholic Church in East Africa

IMPACT OF SOCIAL MEDIA IN THE SOCIETY

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Social media also known as social networking is an interaction of computer facilitated technology that enables creation and sharing of ideas and information,and entails career interest and other forms of expression via cybernetic society and systems and has become part of our daily lives due to its rampant use in recent years.It is like any other media such as newspapers, radio and television but it involves sharing of more than just information and ideas. It also involves sharing of experiences and interests. Additionally, the most important social media platforms include Twitter, Facebook, WhatsApp, and Instagram among others.

Social networking has both advantages and disadvantages hence impacting on the societal social economic development and psychological behavioral of the society as a whole.Among the advantages of social networking include: The world has been reduced into a global village, simply known as globalization. and therefore, people can interact with each other in every parts of the world by just a click of the button,and share ideas,knowledge and understand the opportunities out there. Globalization, which has come with advancement in technology, and communication system has brought interconnected of people and states throughout the world. Secondly,it gives people leeway to make new comrades and allows them to maintain the old ones despite distance barriers and other geographical burdens.With social media, one can be able to search for the former comrades by indicating on the internet applications,write the names and the school attended and the application will immediately link up with him or her.

In addition,Social media has provided platforms in which the business world can market their commodities.They can do this straight by opening accounts in various social media applications or paying celebrities to market their products. This therefore means youths with many followers in their social media platforms are provided with arrays of opportunities to earn a living/income using their accounts as brand ambassadors and marketers online.

Further, networking helps todevelops awareness and assist people to come up with various discoveries /innovations that guides people to improve their own livelihood and eradicate dependency syndrome.Each and every person despite their social status can benefit from social media and in an event where there is a tragedy, people can easily fundraise using WhatsApp.For instance, in the year 2016, when there was hunger in Turkana County, members of the public used social media to fundraise, seek support for food items and money contributions. Social Media is also used in the world of e-commerce, where businessmen use socio media to link up with customers and build up insights, stimulate demand, and generate targeted product offers. In the social media, organizations are able to reach customers and prospect for more.It is very important for companies to use social media to connect with customers and build revenue because it is cheaper, effective and efficient hence reduce cost of doing business. Moreover,running podcasts and blogs creates an avenue for youths to showcase their talents. This therefore means, talents are nurtured and maximized. social media helps to boost their esteem and build confidence in their undertakings as it creates a wide coverage of people viewing, sharing and liking the various podcasts and blogs.

Social networking creates forums where people express their opinions on various issues in the society.Naturally shy people get the rare opportunity to convey messages in public fora without fear of consequences. The use of internet is a very cheap means of communication because just use of internet bandwidth can communicate virtually with so many people globally.

Despite the many advantages, there are

Social Networking in the Society

a number of numerous negative effects in the unregulated world of internet.Firstly,the youth are likely to be exposed to see images of sexual content and nudity. The young people are susceptible to sexual images of naked people and contents, and when subjected to this for a long period it can lead to psychological dysfunction which will lead to mental breakdown.Further this will lead to unprotected sex with can infect them with diseases such as HIV and unplanned pregnancy for young girls in school hence affecting social economic development of a country. Consequently, mature and religious people are aggrieved by some images in the social media which injure their consciousness hence affect their morality and are therefore perceived as sinful in nature. Too much indulgence in social media also leads to addiction. The society today is spending a lot of precious time looking at their mobile phones, by idol charting,talking when they doing very important job in their workplace. The youth are more susceptible to this kind of addiction.Married couples have no time for each other as they spend most of the time in the internet rather that discussing matter of

their home and lives.The first thing in the morning immediately after bed and before bed in the evening is to check internet accounts is to check their internet account. Social networking has emerged as the major causes of family breakups that could lead to divorce in the society today.This is because some people might send love statement in the WhatsApp or some images of the other partner in a manner to suggest unfaithfulness to his partner which could lead to lack of trust and finally divorce.

Social media has reduced productivity of people at work as they are spending a lot of time scrutinizing their social media accounts such as what up, emails, google, Facebook, twitters snapshots. However, with all this disturbance, people cannot concentrate and fulfill their assignments on time. By this people become unproductive.

The social media networking currently is the source of cyber bullying, roamers and fake news are spread through the forums in the internet. Further, this networking has become a security threat to countries by conducting radicalization in the internet by unsuspected terrorist or sympathizers who entice them with money online and

this affect the young people who are roared to join them,cybercrimes is very common these days where unsuspected people are able to crack the data of banks and personal account numbers and they withdraw all the money without your knowledge.

People who spend a lot of time looking at the computer and mobile phones for social networking for very long time are vulnerable to eyes problems. Additionally, users become inactivedue to lack of movement thus exposing them to obesity and other lifestyle diseases.Social media also makes individuals socially inept in that they cannot start conversations or interact with people.This can become a major problem to their relationship because for a good coexistence there must be a form of communication.Propaganda people also use social mediaa lot of trolls who gain for propaganda and fake news making people hysterical especially when involving loved ones.In conclusion though, social media has both positive and negative effects and it essentially depends on the person interacting with the media how to use it.

UNEMPLOYMENT IN KENYA – A TICKING TIME BOMB

COL M L LERIARI
KENYA ARMY

Youth unemployment is not only a United Nation Sustainable Development Goal (UN-SDG), but remains to be an important universal global challenge. Many graduating youths would believe that the world is much harsher than what they thought, because they are

constrained from smoothly entering the labour market. The Government of Kenya, following the general elections in 2013, promised to create a million jobs annually as one of its agenda. Back then, the bulk of unemployed Kenyans received the news with jubilation. However, while this was a fair pledge by the government, it has been unable to deliver on that front. Nevertheless, after the 2017 general elections and assuming office, the government reiterated that creating employment as well as empowering the youth remained among its top priorities.

Regrettably, about two years down the line, unemployment still remains a great challenge to the country. According to the World Bank, the country's unemployment rate stood at 9.31%, translating to approximately 4.5 million jobless Kenyans as of December 2018. This figure does not include the under-employed in the country's informal sector. Additionally, the 9.31% figure was an increase from 9.29% in 2017. Unemployment is a problem far more deep-

seated than we may be willing to accept, and the country could be sitting on a ticking time bomb

A survey conducted by the Aga Khan University's East African Institute in 2016 found out that 55% of Kenyan youth (aged 18 to 35) were unemployed. Out of the overall number, 62% were female, with the hardest-hit being rural women. According to a 2017 British Council study targeting the country's youth, 22% of Kenyans aged 15 to 24 were unemployed. For a similar target group, a United Nations Development Program (UNDP) statistical updates in 2017 reported that unemployment rate was 26.2%. Truth be told, Kenya's unemployment rate has been a predicament to successive governments. Statistics indicate that over 750,000 youth graduate from tertiary institutions annually and the job market absorbs only 250,000 of them. Additionally, the ever rising population in the country has presented itself as a hurdle that must be crossed in an attempt to curb or mitigate unemployment. Should

the government consider population control?

Unemployment Effects

Predictions indicate that unemployment of the youth will continue to rise in the subsequent years. High unemployment will have negative consequences on the economy growth of any country. Under the prevailing circumstances, many young people are likely to migrate overseas countries in search of employment. Naturally, a high unemployment rate presents significant challenges to a nation and the issue has both social and economic effects. According to a study conducted in 2019 on the causes of unemployment among Kenyan graduates, crime was reported to be the number one result. Indeed, a thin line exists between unemployment, crime, violence, drug and substance abuse and depression all seem to be interrelated.

The Gross Domestic Product (GDP) of a country is adversely affected by citizens who do not contribute to the economy. In the same light, an increase in Kenya's crime wave scares off investors.From security perspective, idle youth have been known to be particularly vulnerable to radicalization and subsequent recruitment into terror groups, violence activities as well as drug abuse in the society. Therefore, unemployment is a threat to national security by all means.

Furthermore, unemployment is linked to commercial sex work, civil disorder and drug abuse. Youth unemployment also leads to loss of competency and technical skills, social exclusion, and psychological disorders. Other social effects include reduction in life expectancy loss motivation and increased rates of suicide. This undermines family life and relationship, gender and racial inequality.

Employment and Education Skill

On the other hand, the unemployed are also affected in that the more an individual continues to be out of the job market, the more they find it increasingly difficult to land a job. Changes in technology may render the said individual's skills obsolete, leading to a phenomenon described as structural unemployment. In such a case, the youth are able and willing to work, but their skills are no match for the vacancies they intend to fill. Consequently, they can neither earn a living nor contribute to the growth of the economy as they are not involved in any productive activities. In trying to alleviate the situation, they may, therefore, be forced to incur further expenses in training costs to remain at par with current market demands.

Unfortunately, further training does not actually guarantee employment. This effectively makes unemployment a vicious cycle for some. According to a 2019 World Bank report, there is a negative relationship between youth employability and their education level. The more educated they are, the higher the wages they may seek. Unfortunately again, most employers, tend to go for a less educated workforce since it translates to a lower wage bill.

Unemployment Mitigation measures

Since independence, successive governments have endeavoured to tackle unemployment in the country without much success. This baffles the citizenry in that the measures have not been effective enough to address the menace that seems to stare us in the face. Extra ordinary measures should be put in place to alleviate the growing joblessness. It is imperative to give incentives to investors to develop rural areas and create gainful employment in these regions. The formulation of effective policies and regulations is essential in streamlining the guidelines that governs employment creation in the country. This will improve the infrastructure that is essential for businesses and thus reduce the rural urban migration currently being experienced.

The government should review the education system to equip learners with skills relevant to the outside market. There is also need to align the education system with the current trends and demands of the labor market in order to give the youth an opportunity to attract employers and also create their own employment opportunities. Based on this, it is imperative to put more resources on the technical trainings institutions like the TIVET so as to have skills that can promote industrialization in the country. This will reduce outsourcing of expertise from other countries.

Protecting the local industries from fierce competition in the form of cheap imported goods is necessary and thus the government should initiate effective policies that can create an enabling environment and enhance the thriving and survival of the local industries in a globalizing world. Importation of similar products that are produced locally should be controlled so as to enhance the sale of local products. Incentives should be put in place to enhance the capacity of these local industries in the production of quality products based on the market demands. This will create the necessary jobs for the youth and alleviate the situation.It is also important to increasing government expenditure on the infrastructure development necessary for spurring businesses such as the road network. With improved infrastructure, trade and industrialization can be enhanced within the country. Developed road networks attracts local and foreign investors in that it gives them favorable environment in which they can transport and transact businesses without delay.

Developing states experience numerous challenges in providing goods and services. This has been as a result of the fact that the available revenues and services are suppressed by the increased number of people that needs to be assisted. Increasing population has jeopardized the government capacity to address the immediate needs of the people. This also affects the capacity of the government to create adequate opportunity for its citizens. Formulating and implementing policies aimed at controlling birth rate will also assist in curbing the rapid population growth.

In addition to addressing unemployment, policy measures should focus on the issues of youth inactivity and job quality. In terms of policy interventions measures, the demarcation of the systemic challenges is vital, since what might work in address poor quality jobs or inactivity may not reduce unemployment.

Conclusion

The problem of unemployment is universal and it affects many countries and thus pose a difficult labour market experience for those who seek employment. In Africa this problem continue to be a major obstacles to the full utilization of human resources in spite of economic progress in Africa over the last few decades. Despite numerous government policies being put in place to combat the menace, their implementation always seems to fall short. To alleviate the situation its imperative relevant approaches to solve long-term youth unemployment be explored. Key alternatives include but not limited to; ensuring quality education that is relevant to job market, initiation of youth empowerment programs, incentives for self-employment, entrepreneurship, in addition to access to competency based education among others.

SERENGETI-MAASAI MARA NATIONAL PARKS:
SHARED NATURAL RESOURCES BETWEEN TANZANIA AND KENYA

COL B C NOMBO
TANZANIA PEOPLES' DEFENCE FORCES

The shared natural resource is the resource which gives benefit to more than one country, it can be a River, a Mountain and even a National Park. Many Africa countries are sharing natural resources as they heritage during independence after colonial era. Those shared resources are such as River Nile which has been shared by eleven countries which are Burundi, Rwanda, The United Republic of Tanzania, Kenya, Uganda, South Sudan, Ethiopia, Sudan, Egypt, Democratic Republic of Congo and Eritrea. National parks are another type of shared resource such as Serengeti- Maasai Mara national parks and Mkomazi – Tsavo being the National Parks shared between The United Republic of Tanzania and Kenya.

The Maasai Mara National Park is located in southern Kenya while the Serengeti National Park is located in northern part of the United Republic of Tanzania, They are adjacent between the international border of these two countries. It is urged that these two national parks were created for the benefit of maintenance of eco - system for existence of wildlife, even if they were in two different countries as in consideration that wildlife has no rule of observing international boundaries. Maasai Mara and Serengeti national parks are being managed by different authorities from Kenya and The United Republic of Tanzania respectively but without interference to tourist who wish to visit all two national parks at a time. The unique attraction to the Maasai Mara and Serengeti is the observance of the great migration of the group of Wildebeest, Zebra, Antelopes and other herbivores moving from Serengeti which

is estimated to be with the amount of more than two million animals from about April to early July and stay at Maasai Mara till to about November, this being happen every year. And again, it should be noted that these migration cannot be stopped by anything that is to say if it happen, that stoppage will make the end of these wildlife existence in that particular areas, since this migration helps in maintaining their breeding, they breed at the same time and by so doing they provide security against the predators. This situation attracts tourists to have a watch, since it is believe that observing animal giving birth is usually a sign of good luck in the near future and it might even announce winning the tottery soon, moreover it is a sign of finally achieving some long term goal or acquiring something the one have been longed for.

Shared natural resources can be termed as the gift from the God wherever they are, and they should be managed wisely. Even The International Law has strongly insisted on equitably sharing of transboundary national resources for the purposes of gaining profits from both of them and on the other part is to avoid conflict when one part feels being humiliated. This can be witnessed by the various countries especially in Africa being in conflict for the scramble of what could be a shared natural resource, such as the current problem between Ethiopia and Egypt on the issue of construction of Dam in river Blue Nile being done by Ethiopian Government with negative perception from the Egyptian government.

Since it is obvious that national parks are among source of national income through tourism industry, likewise Masaai Mara and Serengeti national parks are the generating source of national income for the respective countries through tourist attractions whereby a good number of tourists are being witnessed coming for the purposes of observing wildlife especially those most icon animals which are lions, leopards, wildebeest, buffalo, giraffe rhinos, cheetahs gazelles and more. Employment creation is another advantage being obtained from tourist industry.

For this good eco – system of Masaai Mara and Serengeti one can ask himself, what will happen if one eco – system of either side is being endangered? The answer should be, this shared natural resource must be protected to maximum for the benefit of

current and coming generations. The point to note is that as we are in the current generation enjoying the befits of these shared natural resources we should make sure that we hand over to the next generation when they are in good condition. Although currently there are challenges facing these natural resources such as agriculture, construction of industries, poaching and pollution being conducted in some areas of these natural resources, these should not discourage efforts being done for the purpose of maintaining these natural resources.

Masaai Mara and Serengeti national parks being shared jointly between The United Republic of Tanzania and Kenya have several advantages such as combating poaching who use to conduct their activities by crossing borders from one country to another, thus through joint cooperation by these two countries poachers can be tightly pursued whenever they go. Another advantage is having tourists being visiting one national park can visit another national park in the same trip.

Despite of the above mentioned challenges facing Masaai Mara and Serengeti national parks, there is another challenge, being the effect of climate change which affects the amount of water in the rivers which flows in the national parks such as Mara River and Talek River. The shortage of water has great impact on the eco - system of these natural resources. Hence there is a need for the governments of Kenya and the United Republic of Tanzania to fully cooperate for the sustainable development of Maasai Mara and Serengeti National Parks.
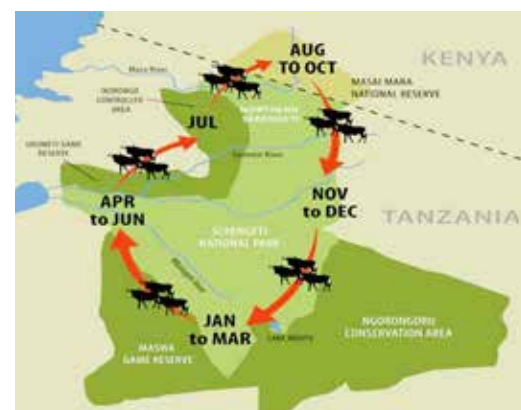
Annual Wildebeest Migration.

THE CONCEPT OF THE RULE OF LAW AND WHAT IT MEANS FOR KENYA

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The origin of the doctrine of rule of law emanates from the English which plays a fundamental role in their constitutional framework. The principle spell out that the law is the one that should govern a state and should not be left to be utilized arbitrary by state officials and state institutions but rather have in place fundamental checks and balances to ensure that the law is overall.

The rule of law implies that the promulgation of laws, their enforcement and that the sanctity of the law is upheld such that no one is above the law including the elites of the society. This means that the government relies on existing laws just as the citizenry. Hence the perception that "No legal person shall enjoy privileges that tare not extended to all and that everyone is under the law without exceptions and subject to sanctions". The application and adjudication of legal rules must be impartial and consistent across, and are made according to what the law is, without taking into consideration the class, status, or relative power among parties to a dispute.

According to one of the well-known proponents of this concept, A V Dicey in his book The Law of the Constitution (1885), the doctrine of rule of law has three implications:. "Absence of arbitrary power, that is, no man is punished except for a breach of law; Equality before the law, that is, equal subjection of all citizens (rich or poor, high or low, official or non-official) to the ordinary law of the land administered by the ordinary law courts; The primacy of the rights of individual, that is, the constitution is the result of the rights of the individual as defined and enforced by courts of law, rather than constitution being the source of the individual rights"

The concept that is about one hundred years has attained its own inherent characteristics that easily can tell the doctrine apart due to the certainty, generality as well as the equality aspect within .The concept however lacked the element of the protection of individuals which has developed from its inception to cater for it and further sets up ideals for most states to attain in its fulfillment. Accordingly:

"The rule of law implies that the functions of the government in a free society should be so exercised as to create conditions in which the dignity of man as an individual is upheld. This dignity requires not only the recognition of certain civil or political rights but also creation of certain political, social, economic, educational and cultural conditions which are essential to the full development of his personality".

The following principles outline the Rule of Law: Separation of the three arms of government; promulgation of law vide the elected representatives; the availability of a platform to air opinions and criticism of how the law is applied; administering the law in in a fair and equal manner; easy access to the provisions of the law for citizens to abide by it; institutions to apply the law as per the scope or provisions there of including

> "The rule of law implies that the functions of the government in a free society should be so exercised as to create conditions in which the dignity of man as an individual is upheld.

clear laid down procedures and avoidance of arbitrary treatment such as coercion and torture. Furthermore, an impartial and open judiciary should afford a fair and speedy trial. The law also supposes that that an individual is innocent till proven guilty and that one should not incriminate themselves. The rule of law further presupposes that one cannot be prosecuted for an offence that does not exist under the law neither should the law be retrospective to cater for back dated offences but rather be proactive. The law is said to be dynamic and changes from time to time to cater for any changes that need to be entrenched within the law under a transparent and clear process which is normally through a laid down procedure mandated to the elected representatives in most cases that ensures its sanctity and openness.

The law must also be objective and have a purpose; if it lacks this character then it will be an arbitrary law that works against the interests of its citizens who are meant to enjoy it. Lastly, the laws must be very clear and open and be prescribed in a particular form to meet with the legal threshold for it to be adhered to and followed to the latter. It must be sensible and have reasonable sanctions that commensurate with the offence committed and applied horizontally.

Institutions and Culture

The rule of law is perceived as a constellation of ideals that inform a design that can be pursued. These ensures that institutions are devoid of taking advantage of the vantage place they are placed and hence have to play only a single role of either defining the limits of the law for another entity that will apply such limits to avoid arbitrary use of such laws or privilege position. Accordingly, the institutional separation of power by the arms of government by applying the three level structure of independence of the Judiciary, Legislative arm and the Executive is aimed at ensuring this concept of rule-of-law is practical in states and hence a system of checks and balances therein. Additional measures to ensure fair access to legal institutions are vital for rule-of-law regimes. A binding constitution aids the rule of law and has been adopted by most states.

While certain institutional traditions,

conventions and legislation may be important in ensuring judicial decisions are grounded within the confines of existing laws, no single institutional character of a state should be necessary or enough to the rule-of-law ideal. The rule of law is an ideal that is not connoted to a certain fixture and it forms the fabric an independent and just government through procedures and institutions that exist in a state. Every state places mechanisms that ensure the application of the rule of law considering its unique characteristics. Mongrelization of similar institutions in a second state may not work due to the fact that each state has its own internal dynamics determined by the culture, traditions and even aspirations of the people hence such an effort may not work out at the end of the day. Over and above, the general practice is to ensure that specific norms and principles became inherent in the promulgation, application and actual exercise within the institutions and the individual and that the law operates more on a horizontal platform. This will ensure that the law is supreme to institutions and individuals at large..

The Kenyan riddle and what the rule of law means.

There is a general outcry in matters dealing with transparency and accountability of governments in the African continent with several cases of impunity and violation of human rights. The cases at the ICC that have been adjudged illustrate the levels of inequality in the administration of power and the multiparty system introduced in 1992 in Kenya opened the democratic space.

The Kenyan Constitution 2010 is amongst the most robust constitution in the Africa which embodies human security, the doctrine of separation of powers, human rights and matters integrity as a prerequisite for holding public office.

The riddle bedeviling Kenya is "How is the Constitution being adhered to? The constitution is the Grundnorm of the state and carries the aspirations of the people. Since 2013, the application of the constitution is wanting with several unconstitutionalities committed. The judiciary, legal practitioners and the public have not sort any redress whatsoever. As a matter of fact, the doctrine of separation of power seems more of a myth with the legislature relieving them of any obligation to take the executive to task. There is need to revive public trust at the national and county levels of government and institutions mandated to safeguard against abuse of power, corruption, impunity, inequality and integrity of public officials must be proactive in safeguarding the norms and principles enshrined in the constitution.

Kenya is conducting talks on constitutional reforms through initiatives such as the Building Bridges Initiative (BBI) and the *"Punguza Mzigo"* initiative. It is imperative to note that despite resolving the Post-Election Violence of 2008, key pending issues that were among the root causes of the violence are yet to be addressed, these include the electioneering system and the Election Board, national cohesion and reconciliation, tribalism, ethnicity and negative politics, corruption and impunity, regional balancing among others.

Conclusion

It's imperative to have a national dialogue aimed at improving the social, economic and political spheres, and further advocate the application of the rule of law. The requisite to explore constructive politics and transformational administration must be key to avoid impunity. The BBI dialogue if adopted can create a mechanism that can facilitate the search for the elusive national cohesion and nation building being sort.

PHYSICAL FITNESS – AN ENTHUSIASM

COL F K BOSSA
UGANDA PEOPLES' DEFENCE FORCES

The power of a person to perform efficiently hinges on the physical development of mental, responsive, ethical and communal aspects. Physical fitness which is a quality of an individual contrasts from one person to the other depending on one's way of life. It's a choice that one makes freely or advice from a doctor due to one's medical condition.

Despite the widespread interest that physical fitness invokes, there is yet no universally agreed definition for its description. The condition that helps people feel, look, feel and their best is what is described as fitness. To be precise, physical fitness is regarded as the ability of a person to accomplish routine responsibilities energetically and vigilantly, whilst holding reserved energy for enjoying leisure-time activities and contingency demands. Physical fitness is the power to withstand, to resist stress, and continue to perform in circumstances where a weak person would not carry on and this is a main foundation for good health and wellbeing.

Physical fitness besides, indicates aptitudes like resilience towards exhaustion, acting with a satisfactory level of motor capacity, and ably adapting to muscular stress. Fitness is defined by the World Health Organisation as "the ability to perform your normal daily tasks with vigour and alertness and without undue fatigue, with enough energy left in reserve to cope with any emergencies that may arise or to follow the leisure pursuits of your choice".

For course participants at the National Defence College, to be physically fit, and effective in academic participation, a participant's fitness should be inclined towards endurance, stamina, strength, courage, power, quickness, coordination, etc. The participant should possess both a mental and emotional capacity to absorb emotional and mental strain to cope with the rigours academic programmes and assignments.

Through participation in exercises such as jumping, walking, running, swimming use of a treadmill, then participants would develop a high tall of physical fitness. Such exercises make participants feel extra ordinary proficient and confident in their attitude which in turn reassures and inspires them to work hard and to recover from physical exertion rapidly. These conditions are valuable in giving the life of course participants the impetus and desire to accomplish assigned tasks. It is therefore imperative for course participants to be physically fit at all times to have enjoyable and productive academic participation,

withstand the rigours of academic participation, overcoming the challenges of the course and have happiness and enjoyable course life.

This happiness, in turn, would inspire those around the participant. Indeed the Commandant of the National Defence College, Lieutenant General Adan Mulata, in his words during the pre-departure briefing for the local and regional study visit on18 November 2019, emphasised the significance for course, 22 participants, to be cheerful, jovial and happy at all times because of the intrinsic benefit he referred to as "infectious enthusiasm". The readily available source of this critical effect is physical fitness. The participant would execute the skills for physical fitness through effective development of traits such as speed, flexibility, power, strength, endurance, agility, and coordination. The aforementioned qualities are called the components or constituents of physical fitness, that include muscular endurance i.e the ability of one's muscles to sustain vigorous activity and perform strenuous work for a prolonged period.

To stay alert without fatigue, the participant needs muscular endurance to sustain him in the most tiring learning conditions. In the same way, a good responsive cardio-respiratory endurance which ensures uninterrupted physical action, without deterioration in performance and permits quick recovery after a very tiring physical activity, is an essential component. The component of power which is a combination of power and strength, offers the ability for the maximum explosive effort to be performed in the possible shortest time yet, with the greatest competence. Equally, the component of coordination that refers to the potential of the body to move all its parts in an efficient, smooth, and concerted manner is important. A synchronised participant would not take uncoordinated programmes thereby saving time and energy for other essential tasks. The above components among others would only be acquired by involving in physical training regularly sessions.

Also, participating actively in exercises helps to maintain healthy blood pressure and minimises the risk of cardiac arrest. The risk of developing syndromes such as heart, colon, prostate and breast cancer is lowered. In this way, exercises help to develop resilience towards emotional stress and generate relaxation, thereby improving sound mental health among other benefits. It is therefore important that participants take part in physical exercise as well as sports events to improve their traits to enable them enjoy the benefits of physical fitness and to enhance academic

> To stay alert without fatigue, the participant needs muscular endurance to sustain him in the most tiring learning conditions.

performance.

When determining the programme for exercise, it is critical to understand initially the fitness level of the participants. This would help to decide the workload intensity, frequency, and exercise duration period. Furthermore, a programme for regular exercise should be guided by essential criteria which include exercising a minimum of 3-5 times a week to enable enough time body tissues to respond to regular training. The determination for the appropriate workload of each participant is important to stimulate training effect. Activities that address all the aspects related to the components of fitness should be included in the programme, while a range of events should be availed to increase motivation and reduce boredom. The tailoring of exercise, should be focused towards a specific objective while a tough day of exercise should be followed by an relaxed training day or if possible a break day to assist the process of regaining and recovery.

Since physical fitness is a specific quality to an individual, the programme for exercise training should be elastic to cater for individual fitness disparities so that those who are weak are not alienated. The programme for physical fitness should observe and ensure that participants are fit to take on all the demands of course life, and encourage them to gain confidence in their physical abilities.

A poorly outlined and executed physical training schedule would discourage participants from involving in physical training. Therefore it is desirable that a genuine training programme is outlined for implementation. For a successful physical fitness programme, effective leadership is required. Physical Training Instructors can regenerate participants' desire to participate in physical training through underscoring the goals and accruing benefits of participating the programme. The participants' would not hesitate to demonstrate active interest and involvement in the physical fitness if they understand the benefits, particularly as their lives would depend on being physically fit.

By and large, the role of physical fitness to enhance the effectiveness of participants cannot be emphasised since they require the various components of physical fitness to cope and endure with the stressors, strains and the continuous hazards of the course. Participants can only cultivate these constituents or components by active participation in physical exercises. Therefore, regular sessions for games are essential in the morning and evening to generate and keep the participants' with high levels of physical fitness to enhance their enthusiasm and proficiency.

SPICES PRODUCTION IN KENYA:
THE UNEXPLOITED MARKET OPPORTUNITY

MRS N J MATHU

**MINISTRY OF ICT, INNOVATION
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Spices are major constituents for food as they provide taste and flavour. Some spices such as ginger and turmeric contain anti-inflammatory properties, while cumin and cinnamon helps in digestion and maintenance of weight. Spices do possess various therapeutic properties that are useful to our bodies which may include body building, disease resistance as many of them are good sources of vitamins. Chilies and garlic for example contain Vitamin C, which is useful in fighting off ailments like common flu. Other than seasoning, drugs preparation and their consumption for various ailments, spices are export goodsin some countries like India, Indonesia, Jamaica, Tanzania, among others.

Globally, there are over 40 types of spices of culinary and economic significance. Some are used in customary cuisine, while many others which are harvested in their natural form are yet to contribute to any substantialbusiness deals. In 2012, for example, the spices fetched about 12.7 billion U.S. dollars in the international market. In between 2013 to 2019, a 4.8% compound annual growth rate (CAGR) was estimated to have been experienced extending to about 16.6 billion U.S. dollars by the end of 2019, according to Jan Conwayin an article published on October 22, 2019in statista.com.

Leading Spices Producers

In order to leverage on this opportunity, various countries produce spices suitable to their environments for domestic and export markets. Black pepper that is widely used for seasoningcan be found in good quantities in countries like Vietnam, India and Indonesia which are the major producers.According to the World Atlaswebsite, Vietnam leads the global pack by producing 163,000 tons of black pepper, making approximately thirty four per cent. Ninety five per cent of it is for export primarily to the Netherlands, India, USA, and Germany. At 89,000 tons is Indonesia and 53,000 tons from India making them the second and third largest producers, respectively.

Spice Factors website outlines ginger producers as: Bangladesh, Brazil, China, Fiji, India, Indonesia, Jamaica, Madagascar, Nepal, Nigeria, Tanzania, Vietnam, Sierra Leone and Srilanka. Cardamon is grown in El Salvador, Guatemala, India, Indonesia, Malaysia, Nepal, Papua New Guinea, Srilanka and Tanzania. Paprika is a favourite for countries such as Bulgaria, Chile, Indonesia, Mexico, Morocco, Hungary and Uganda while vanilla does well in Fiji, Guatemala, India, Indonesia, Malaysia, Mexico and Tanzania.

India is the largest producer, consumer and exporter of spices in the world. The major importers of Indian spices are the United States of America, Germany, China, the United Arab Emirates and Malaysia. Imports include black pepper, chilli, turmeric, coriander, cumin and fennel. Indian Spice Export in 2016 –2017 amounted to 9, 47,790 tons – worth Rs. 17664.60 Crores (10 Lakhs equivalent to 2633.30 million USD). They command a share of forty eight per cent in quantity in world spice market, and 44% in value. Export of value added products include 28,500 tons of curry powder/paste worth Rs.599.10 Crores; and 12,100 tons of Spice and Spice oils worth 2307.75 Crores.

From the outlook on major world spices producers, Kenya does not feature in any category. On a marginal scale, the main spices produced in the country include garlic, cayenne, chili, bullet chili, cloves, ginger, turmeric, tamarind, coriander and vanilla. These are grown by smallholder farmers who are not able to meet the demand.However, the Ministry of Agriculture, Livestock, Fisheries and Irrigation(MoALF&I)isof the view that

A shrub of red pepper, a spice used in seasoning foods in either raw or processed form.

Kenya is capable of producing much more than what it does presently.

Due to the production deficit, processing companies in Kenya have continued to rely on imports from India and Zanzibar for spices supplies. As there is unavailability of current data, extraction from the 2014 MoALF figures indicate the sub sector contributed less than two percent of the total value of the domestic horticulture which amounted to only KShs 4.3 billion. The area under herbs and spices stood at 11,007 hectares inthe same period, with a production of 136,516 million tonnes.

Challenges in Spices Production and Possible Solutions

The spice production sub-sector is dominated by small-scale farmers who lack basic information on production, processing and marketing of their produce. Another concern is lack of quality planting materials as they depend on the traditional knowledge and a few who are technologically advanced use the internet to get the information on the market trends. The county governments which are in charge of extension services have not delivered, leaving farmers to their own machinations. As a result, there is scanty data on domestic production and imports. This compounds the problem of planning, budgeting and monitoring the trends in the industry. It therefore means that thorough and well thought out interventions need to be considered in subsequent planning processes to enable the country to tap into this lucrative market.

Why Venture into Spices Production

There are several reasons for pursuing spices production which are; high demand for spices both globally and in the country; spices are low volume and high value enterprises with high incomes generated from small acreages; spices are easily incorporated into existing cropping patterns as intercrops or climbers on shade trees and have high potential for employment creation through value-addition at different levels.

Given the many proven health and medicinal benefits and with an increasingly health conscious population that generates potential to create high demand, the potential for increased production for domestic and international market, is substantial. The country is also gifted with abundance of suitable climate and good soils, which are suitable for spices production.

Conclusion

There is a marked rise in demand for spices as global populations warm up to food diversification, traditional cuisine preferences, the yearning for fresh flavours, and rising intake of processed foodstuffs, which need aromatic herbs and condiments for their preparation. Some like essential oils can be tradedin a dried form or as extracts which gives them a high value per unit weight. Kenya stands to benefit from these opportunities by encouraging more production and hence increase its trade volumes. This will not only reduce imports but it will also create employment and contribute towards achieving the country's food security agenda.

REPOSITIONING KENYA AS A REGIONAL TOURIST REGIONAL HUB

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One morning during the nineteenth week at the National Defence College, our participant colleague from India played a video for us as he usually does sometimes to brighten our mornings and engage our thoughts before lectures begin. Many of them capture my attention as they do, to many participants in the auditorium, but this particular one had cosmic effect upon us. Everyone was quiet and glued to the mammoth screen as we watched the clip on Singapore, the babychild of the great Lee Kuan Yew.

Of particular interest to me were the beautiful gardens, rooftop swimming pool shielded by glass through which one fed their eyes to the beautiful Marina Bay below and the mesmerizing tall buildings which appeared to hug each other across the bay, the Rain Vortex and the Forest Valley among other attractions. Lost in the beauty of the city, which I hope to visit someday, not to bench mark as some of our motherland colleagues are famous for, but to give a lecture about our achievements as a country. The aim will be to inspire young Singaporeans to follow the new path we will have taken as a country after revolutionizing our magnificent policies and implementing our aspirations which we lend to their grandfathers. The video reminded me of our great nation, what could we do to have such attractions and where would they be located so that we leverage on our unique position as a country as we tap into this inspiring creativity to become the ultimate destination.

Kenya is split into near equal halves by the Equator with Nairobi located about two-hour drive from the center of the world. Tourists visiting our country go sightseeing in our national parks, beaches and forests. The most adventurers among them visit our museums and other destinations where they experience our rich culture and enjoy our hospitality. But they only stay a few days or weeks. When they leave, they do not carry much with them because of the bulkiness of the souvenirs for their visit. They have no time for special arrangements to transport their mementos, neither is there a place for bulk shopping of these items at the airport. That they conclude their short stay with little or no shopping for those back at home is a cause for concern. Watching the Singapore

video gave me an idea that we could try as a country.

But how do we package ourselves to become that desired destination. First, we need to capture the world's imagination. In this age of National Geographic and Planet Earth channels, marketing tourism with the hope that tourists will just come to watch the animals is no longer enough. We need to combine that with actual experiences that capture not only the imagination of our clients but their psyche and self. We can offer them actual pleasure cities where perhaps they can enjoy after the game drives, enjoy and desire to visit again and again. This can be modelled on the Singaporean or the USA's Las Vegas success stories.

Secondly, Kenya needs to negotiate enough bilateral and multilateral air agreements with as many countries as possible in order to attract direct flights to Kenya. As it were, passengers from the Far East, Eastern Europe and South America have to make connection travels through several countries before they arrive in Kenya. This makes it very unattractive for tourists from those destinations to visit. This can be avoided by having in place bilateral and multilateral air agreements between Kenya and countries from these areas.

As a country, we are advantaged to have Jomo Kenyatta International Airport (JKIA) and one of the most prestigious airlines in the region. However, over the years it has been making losses while the government has had to rescue it occasionally to keep it afloat. For Kenya's JKIA to maintain its stature as a regional hub for flight connections, it requires a strong national carrier which can have an edge above most others operating in the region. As it were, the Pride of Africa is being rivalled and needs to up its game and overcome management and financial challenges it is facing if it is to restore its waning glory. It's fairly new management ought to translate modernization efforts by its predecessors to profits and efficient services.

JKIA being a regional flight connection hub lacks suitable facilities for the job. Firstly, passengers who need to connect flights and their airlines are not due in a few hours need a place to rest, have a decent meal or shop especially if they have had a long flight. They need to do this without the hustles of having to enter through immigration to grab a nap or an item. This calls for the airport to construct decent hotel accommodation where travelers can taste our hospitality before returning someday with the hope of reliving delightful moments. Further, excellent shopping malls are needed for those wishing to get something exquisite for their loved ones on their

way. This can provide not only a market for Kenyan goods but also provide employment at the terminal. The hotels, malls can be located somewhere between the land side and the air side and be manned by vetted staff to ensure safety of both their colleagues and passengers.

Recreational areas in the airport are also key facilities to breaking the monotony that results from having to stare blankly at the same thing, like the back of the head of a stranger or through the window of a plane to the clouds down below. The airport can provide recreational facilities like gymnasium, Jacuzzis, swimming pools, indoor games, libraries with literature on various issues about Kenya or audio visual tours of the country to passengers waiting to take connection flights.

It can also integrate an urban touch with a wild feeling by blending urban with wild either by providing entertainment spots integrated with zoos, aquariums or hair raising roller-coaster rides through manmade forests with wildlife behind metal and glass cages and others in the open especially the friendly ones trying to scare transiting passengers who take a break from their trip to enjoy themselves as they wait for connecting flights. They would definitely want to be back especially if they also happen to see arriving passengers being welcomed by a Kenya Wildlife officer trailing a lion, cheetah or a leopard or witness others being carried by a zebra or a buffalo as children do with donkeys and camels. What a sensation that would be to the transiting passenger! Don't tell me it can't be done since African wild animals have stayed true to the wild.

Elsewhere in the world, some wild animals have been domesticated considerably to facilitate particular purposes including acting as pets to prey they were supposed to be mauling in their natural sense. Indians milk buffaloes! Why can't we have a few tamed and well fed lions, leopards or cheetahs accompany a traditional dance troupe welcoming arriving visitors at the airport. Or visitors play a tennis game and have a trained monkey bring the tennis ball to the players?

Everything appears difficult at first but by the end of the day I realized that, if we all were to follow the advice of the Commandant, National Defence College (NDC), Lieutenant General, Aden Mulata, that for change to be realized, people need to do things differently, JKIA and Nairobi - the former City in the Sun which we aim to change to a 21st Century Metropolis - would have an edge in attracting passengers and visitors respectively. Kenya would thus become the number one destination not only in attracting tourists but also in retaining them.

PICTURE SPEAK

Uganda

1. Visit to the Rwanda Defence Force HQs'.
2. Participants visit Inyange Industries.
3. Deputy Commandant Ambassador Ngesu receiving a plaque from General J B Kazura, CDF Rwanda.

1. NDC Course particpants at the Uganda's Ministry of Foreign Affairs.
2. Maj Gen M A Badi SDS (Air) presents the NDC Plaque to Uganda Chief of Defence Forces Gen Muhoozi
3. Course particpants receive briefing at UPDF HQ's.

PICTURE SPEAK

Cameroon

Egypt

1. Maj Gen P A Amogola and the Course participants with the Deputy Chief of General Staff, Cameroon.
2. Course participants at the Cameroonian National Museum.
3. Group photo with the Minister for Transport, Cameroon.

1. Lt Gen A K Mulata, Commandant NDC, on board the Flagship of the Egyptian Navy, ENS Gamal Nasser.
2. Course participants at the Pyramids with the Commandant.
3. The historic library of Alexandria.

BLUE OCEAN STRATEGY: OVERCOMING THE CHALLENGES OF STRATEGIC PLANNING

'Blue Ocean strategy' is a field of management that ensures an organization remains profitable and maintains a continuous success in a dynamic environment. The strategy challenges decision makers to create uncontested market and a growing demand hence not risking to immerse in Red Ocean full of 'bloody' competition. The strategy helps in opening up opportunities that are not only realistic but also creative enough to aid an organization realize its optimal productivity through creation of 'blue oceans' for competitive advantage. It also ensures effective execution of strategies through the big picture thinking.

Competition in overcrowded industries is a common thing in modern businesses. Organizations have to survive uncertainties and dynamic business environment through the use of good strategies. One of the strategy is to exploit real opportunity in creating 'blue oceans of unexploited market space'.

'Blue oceans' refer to methods of doing 'business' that is not being employed in the current market and hence not tainted with competition hence attracting demand rather than fighting for it. Due to the natural uncontested niche, opportunities for growth are created. By embracing 'blue ocean strategy' an organization avoids being caught up in the 'red ocean', a situation where an organization is caught up by too much competition and intense challenges. To survive in such situations, it calls upon a change of tactics and a deviation from the usual ways of doing things. Such new ways of 'doing business' among others is the utilization of six blue ocean strategies as illustrated in figure 1.

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NATIONAL POLICE SERVICE - KENYA

Key Applicable Concepts in the Blue Ocean Strategy

Value Curve

These diagrams are used to show instantly where value is likely to be created in service delivery. This is achieved through creation of a framework for comparing your strategy against that of your competitors, focusing sharply on the things that differentiate you from your competitors, and developing a clear and easily explained value proposition.

The idea was introduced in 1997 by W. Chan Kim and Renée Mauborgne who believed that an effective strategy needs to have three main factors, which the value curves try to address:- a clear focus, divergence from the competition and a compelling tagline.

A good example of a company that has maintained compelling taglines over the years is Coca-Cola. Its tagline today is "refreshingly good" and over the years, the company has convinced its customer in different ways.

Strategy Canvas

These are graphical representations, which enable leaders to conduct a competitive analysis. It is a graph, which is plotted between the factors, which are considered very important for competitiveness. It is a tool for competitive advantage. It is a diagnostic tool as well as framework for action. Strategy Canvas lets you focus on the big picture in strategy formulation. To examine how we are doing in the job market, we may plot our own airline against the existing ones. This helps benchmark and aids in seeing where our weaknesses, lies make remedy and even raise the bar to ensure that we remain at the top, a thinking explained as the 'granddaddy of all mistakes'. When strategy canvas is overlaid with other competitors, weaknesses are exposed and potential opportunities to capitalize on, to create competitive edges are unearthed, see figure 2 and 3.
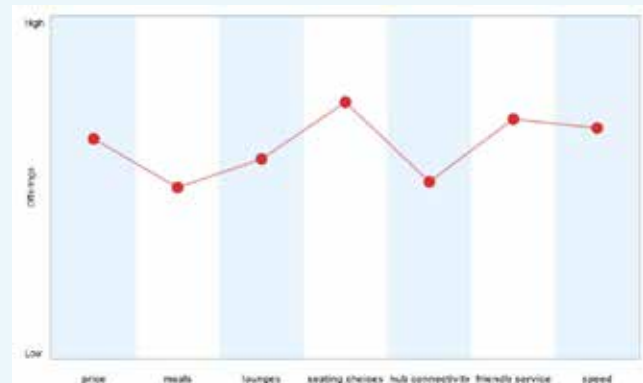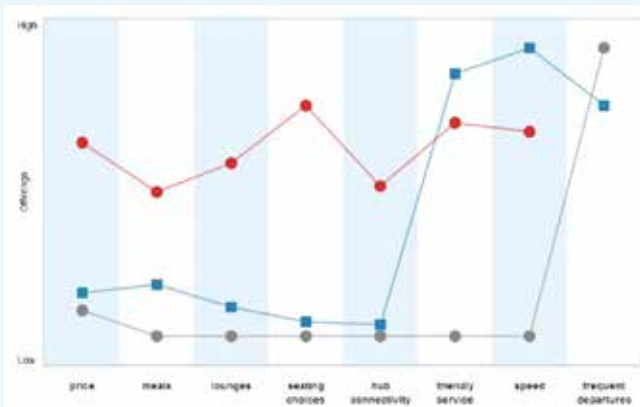

Figure 1.

Figure 2..

Figure 3.

Internally or Externally Driven

This is an insight as to how the strategic vision is built on, an 'outside-in' perspective, driven by the demand side, or an "inside-out" perspective that is operationally driven. For example, the terms used to describe the vision, should be customer oriented (outside in) rather than operation jargons (inside out) that customers may not comprehend or have to struggle to get to understand.

Being in the Red Ocean

This is a description of a situation where an organization value curve converges with its competitors; and described to be in the red ocean and in bloody competition. This as opposed to being in the 'blue ocean' a situation where an organization is operating at its optimal level arising from creation of continuous competitive edges using a blue ocean strategy and hence its competitiveness is uncontested in the job market. The organization is also described as to be at the top of the 'things'.

Overcoming the limitations of strategic planning

Visualizing strategy. Realized through analysis of the strategy canvas and strategy curves. It deepens understanding of other businesses and its own operations, which fosters the in-transfer and maintenance of best practices. Visualizing strategy help in predicting and planning for the future growth and profit through visual awakening, visual exploration, visual strategy fair and visual communication. Visual Awakening is achieved by assessing the job market, making comparison and getting a picture of what is happening. Visual exploration involves going to the field to find ways of creating blue oceans strategy paths. i.e. assessing market conditions, finding out the big picture, creating niches through the right strategy sequence, overcoming challenges and creating a successful strategy. Visual Strategy Fair entails drawing 'to be' strategy canvas based on findings from the field and feedback from customers, competitors' and non-customers all which help in building the most suiting 'to be' future strategy.

Visual Communication are 'before' and 'after' strategy profiles, distributed in a way that make it easy for comparing decisions for new competitive strategy.

Pioneer, migrator, settler (PMS) map

Pioneer are businesses whose strategy canvas were unbeatable through reaping the fruits of the blue oceans. Settlers-businesses are those with value curves conforming to the basic shape of other industries hence 'me-too' businesses. They are stuck in Red Ocean and bring little or unpredictable returns. Migrators are businesses that lies between making profit or loss hence unreliable as they fall between red oceans and blue oceans. Pioneer metaphor is prediction and a tracking tool based on analysis of Pioneer-Migrator-Settler (PMS) maps.

Delivery without payback, should be avoided at all cost, occurs when the blue oceans techniques such as strategy canvas and seeing the big pictures approaches are not put into proper use.

An incoherent strategy should be avoided at all costs, as it keeps an organization running and everyone busy, but collectively does little to distinguish itself as the best competitor or to provide a clear strategic vision, a reflection of an organization with divisional or functional silos.

Strategic contradictions occurs when an organization fail to offer equally to all factors of productions leading to neglect of some which brings setback in the overall achievement. A good example is investing on modern typing machines, yet not training the typists on modern technology.

Conclusion

From the foregoing, opportunities from the blue ocean strategy has helped provides solutions by improving strategic planning process, which is key to the success of corporates. By continuously addressing internal and external threats that bedevils corporate success, Blue Ocean creates competitive edges and a competitive advantage that ensure sustainable success in the competitive corporate world.

There is, therefore a lot that the strategic leaders nationally and globally can learn from the Blue Ocean strategy. This would help in overcoming hurdles experienced in day- to- today planning and execution of organization's strategies in a globalized environment. Embracing Blue Ocean, strategy techniques, among others, would ultimately leads to efficiency in service delivery and an eventual coveted growth.

BIG picture thinking

Focus on the big picture instead of being immersed in numbers and jargon

POWERING THE WORLD'S ECONOMIES: KENYA'S QUEST FOR CLEAN ENERGY

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Economic and technological developments are intricately intertwined with shifts in the sources of energy. Apart from using his own muscles and that of animals, man has continued to discover and use various energy sources since he devised a way to burn wood to produce fire. Fire enabled man to cook food. Charcoal was subsequently used to heat ores in order to extract various metals therein. The Greeks were the first to use water as well as wind and other such energy to power devices. Subsequently, the18th Century ushered in the new age of the steam engine with its concomitant new methods of powering devices. Steam engines running on coal together with power plants became the foundation of the industrial revolution. A desire for more efficient fuel led to the increasing use of oil in the beginning of the 20th Century hence increasing oil's importance. The development of an engine in which combustion occurred inside rather than in a separate furnace enabled the manufacture of motor vehicles. In the maritime domain ships also begun to use oil as a propellant thus cementing the pre-eminence of oil as a fuel. Besides oil, natural gas was also tapped as technology developed. Nuclear energy was developed around 1945 initially for atomic bombs, then for naval propulsion and for making electricity.

All the economies of the world require vast amounts of energy to power them; in fact, the more developed a country, the higher the consumption of energy per capita. The energy that economies use can be classified as primary or secondary; clean or dirty and renewable or non-renewable energy. Primary energy can be used in its natural form without the need to change it to another form. Solar energy as an example of primary energy can be used directly to dry food for future use while electrical energy on the other hand is energy that has been converted from another primary source. Primary energy sources include fuels that can be mined, extracted or harvested directly such as biomass, petroleum, natural gas and coal. Flowing water, wind, and solar radiation can also be considered primary if it is used without conversion. Secondary energy on the other hand refers to energy that has been converted from the original primary state to another state such as electricity.

Production of energy is not without effect to the environment. Clean energy is considered to be that which has the minimum polluting effect on the environment. Hydro, solar, wind and geothermal energy are among the sources of energy with the least polluting effect on the environment and therefore are considered 'clean'. 'Dirty' energy on the other hand is energy that pollutes the environment. Coal and oil are considered the dirtiest. The extraction, refining and burning of coal and oil has serious impact both on climate change and public health. These activities release into the atmosphere pollutants ranging from Nitrogen Oxides (NOx), Sulphur Oxides (SOx), mercury to carbon dioxide; the latter gas soaks infrared emissions which are blamed for the 'greenhouse' phenomenon. Besides Carbon dioxide, the other contributor to the greenhouse effect is chlorofluorocarbons. These gasses are said to 'wrap' themselves around the earth much the same way an individual uses a blanket to cover oneself. This has a warming effect and the more the Carbon Dioxide emitted into the atmosphere the more the heat trapped within the atmosphere. This extra heat is responsible for the melting of ice caps and glaciers. This melting of ice caps leads to a rise in sea levels and the increase in the frequency of extreme weather such as extreme heat, drought, wildfires and flooding. Cases of heart disease, cancer, stroke and chronic respiratory diseases are said to be directly related to environmental pollution.

The race for economic development and rising global populations has put pressure on governments to produce the energy resources needed to power industries, light homes, schools and towns, drive cars, power

Garissa Solar Power Plant.

electronics, among other uses. This demand has been growing steadily. The world's biggest economies continue to be the biggest producers and consumers of energy. Fossil fuels continue to disproportionately power humanity's myriad activities. The fuels powering these activities in 2017 were; Oil 30.4%, coal 25.9%, gas 21.2%, bio fuels and waste 9.1%, hydro 6.5%, nuclear 4.1%, wind 1.7%, solar 0.7%, solar thermal 0.3% and lastly geothermal accounting for a partly 0.2%. The Global Energy Statistical Yearbook 2019 reports that energy use increased substantially two years ago, on account of the prolonged expansion of the Chinese economy, which has consistently used the highest amount starting from 2009. China consumed 3,164 Millions of tonnes of oil equivalent (Mtoe) of energy followed by the Unites States (2,258 Mtoe), India (929Mtoe), Russia (800Mtoe) and Japan (424 Mtoe).

The pressure on energy resources has ignited debate on its various sources. Some sources especially those generated from natural processes that can be replaced or replenished over a relatively short period of time like solar, wind, hydro, geothermal and biomass are termed renewable while non-renewable take a long time to replenish and are only available in limited amounts and locations. Crude oil for instance takes millions of years to form. Renewable energy is typically clean while non-renewable is dirty. Efforts are continuing in many parts of the world to get more efficient and clean energy sources. However, renewable energy sources cannot keep up with the annual worldwide requirements.

In 2015, 17 Sustainable Development Goals (SDGs) were developed. They, inter alia, imagined a future safe from the worst effects of climate change. SDG 7 seeks to secure cheap, clean energy for use by all humanity The use of clean energy will not only help limit the increase in the planet's average temperature but will also be in tandem with SDG 13 which aims to combat global warming.

The Paris Climate Agreement, which is an international arrangement dealing with measures to reduce the discharge of the gases that cause global warming into the atmosphere and various activities that facilitate this objective was signed in 2016 and as of November, 2019, 195 countries had signed it. Its main objective is to cap the rise in the world's mean temperatures to less than 2 °C above those levels existing before industrialization commenced. The other goal is to cap the rise of the temperatures at 1.5°C taking cognisance of the fact that such an effort to a large extent minimises the damage and overall effects of global warming. Every Member State is expected to set targets and periodically submit a report on the plans it rolls out to reduce effects of climate change. Kenya submitted its Nationally Determined Contribution (NDC) on 28th December 2016, when it deposited its instrument of ratification. Kenya's NDC sets out an ambitious mitigation contribution of abating greenhouse gas discharge equivalent to 30% by 2030 compared to the baseline figures of 143 Metric tons of Carbon Dioxide Equivalent (MtCO2e) by following a climate resilient development pathway that adopts mitigation measures such as increased use of geothermal, hydroelectric, solar, wave and wind power combined with an effort to achieve the 10% target that has been set for forest cover.

The main aim of the country's development blueprint (Vision 2030) is to revitalize and regenerate its production processes in order to deliver the kind of standards of living enjoyed by the middle and highly developed countries to its people in a non-polluted and properly secured space. Energy is acknowledged as a foundation for the Vision and one of the infrastructural 'enablers' of its pillars

Lake Turkana Wind Power Project.

of implementation. It is also key in the Big Four Agenda where government has prioritised food security and nutrition, affordable universal health care, affordable housing and manufacturing. Clean energy is a common thread running through Kenya's development efforts. The Ministry of Energy has set for itself a mission geared towards ensuring Kenyans' access to stable, cheap, high-quality energy services necessary for growing the economy while remaining seized of the need to protect the environment. Vision 2030's Third Medium Term Plan 2018 – 2022, cites additional power production of 568MW bringing the total to the current 2,336MW; a 71.72% increase in household connectivity to the current of 6,456,516 households; construction of an additional 1,426Km of high voltage (HV) lines all as of 31st December, 2017 as some of the achievements of the Second Medium Term Plan 2013-2017. It sets investment in increased production of clean energy and stimulation of the 24-hour economy as a priority area to be addressed under the current period. Additionally, the Mwananchi LPG Project which is meant to upscale LPG usage by enhancing LPG penetration from 10% to 70%, will be rolled out. The Project will increase the usage of LPG for every Kenyan by an additional 13kg thus raising it to (15) kg from the baseline of (2) Kg. Kenya's recent renewable energy projects other than hydro include the Power project set at Lake Turkana which will use the area's abundant wind energy to generate 310MW of electricity. The Project was inaugurated by President Uhuru Kenyatta on 19th July, 2019. It is the single largest wind farm in Africa. The project is expected to enhance access to electricity by nearly 13%. This is expected to minimise the need to burn fossil fuels to generate electricity thereby plugging supply gaps occasioned by periods of water scarcity. The 54.6-megawatt (MW) Garissa solar power plant, the largest in East and Central Africa, raises Kenya's green energy to 93%. The plant was inaugurated on 16th December, 2019 further demonstrating Kenya's resolve to use renewable energy. Kenya is also the leading producer of geothermal electricity in Africa, accounting for 29% of its total electricity production.

Having examined access to clean energy in Kenya, it is clear that it is imperative to do more to enhance this sector's contribution in the overall energy consumption. Currently, the sources of the country's energy are biomass such as firewood and charcoal (68%), hydrocarbons (22%), electricity (9%) while others account for 1%.

LIVING THROUGH THE DIGITAL WORLD WITH ITS CONSEQUENCES

*"I fear the day when technology overlaps with our humanity.
The world will only have a generation of idiots." Albert Einstein*

We live in a digital era where almost every aspect of our lives is affected or controlled by technology. The digital era has an influence on people of all ages in the way we work, socialize and even how we do business. Indeed, the era that Albert Einstein feared most has caught up with us. Technology has moved forward from simple computer gaming, SMS, chatting or emails to assignment completion tools and video calling. Experts in the field of technology are doing wonders especially with new innovations and the ease of doing business. It is not my intention to focus on the negative aspects of technology, however, the reality is that a lot of the current generation is actually controlled by technology to an extent that at times their thinking is impaired, thereby affecting their cognitive, social and emotional wellbeing. That begs the question: "are we raising a generation of idiots as espoused by Einstein"? This article discusses pertinent issues regarding the impact of the digital era on the young generation.

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KENYA ARMY

Ability to Communicate and Impatience

A common complaint from university professors and employers is that the current generation of youth entering the workplace don't know how to communicate, both orally and in writing. This has been occasioned by the digital platform that these youth constantly use to communicate or write. The platform gives suggestions and options on anything thus reducing their ability to think. Talking to an engineer recently during our visits to one of the factories in Nairobi, he indicated that working with the digital generation in an environment where strict adherence to standing operation procedures is a must, can be challenging at times because some procedures may be long yet these young individuals do not have much patience. They instead prefer to use short-cuts which is dangerous and a safety hazard.Patience is a virtue that is continuously being eroded by technology to an extent that the youth that are getting into the job market hardly keep their jobs for long. They are restless and do not believe in working in the same environment for long and therefore are constantly changing jobs. They expect to achieve results instantly and earn profits instantly and so most of them prefer self-employment. It is for this reason that many of this generation hardly engage in agriculture that takes some time to realise any tangible output.

Emotional Intelligence

Dependency on the digital platform for social interactions has immensely reduced face to face interaction between humans thereby affecting their emotional intelligence, which is the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. Emotional intelligence is the key to both personal and professional success. Most of the youth are living in a virtual world which is "unreal". It is common today to find youths physically together, yet miles apart emotionally due to the fact that each one of them is busy on her/his mobile phone chatting with online friends instead of socializing. In most cases many youths prefer to live alone but constantly interact online with friends continuously leading to the underdevelopment of interpersonal skills and social interaction. Youth get self-fulfillment in the number of 'followers' than 'real life' friends but remain emotionally empty when reality dawns that these are actually not friends. Followers are people you interact with online on a daily basis, yet they do not actually value your emotions but only your contributions on issues online. By doing so we are increasingly raising 'socially inept 'characters/individuals who have lost or are in the process of losing interpersonal relationship abilities.

Many youths in college struggle to develop social skills and demonstrate loneliness, depression, and isolation throughout their collegiate experience. People meet online, date online and finally get married before even knowing or meeting each other. The reality is that many young people are missing out on opportunities to develop key social and relationship skills thus preventing them from developing or maintaining close relationships. Youth today expose themselves to strangers online and give out information to them more than they do to real-life friends. They are emotionally more attached to such friends to an extent that the advent of the so called "cancel culture" has detrimental effects on them. Cancelling someone online is like shaming someone for his/her acts and by doing so, such individuals get ignored, blocked, alienated and completely cut-off by other online friends who react to an issue they are not even fully aware off due to the magnitude of influence among the community of online friends.

Addiction

As mentioned earlier, currently our lives are almost entirely controlled or dependent on the digital platform through real-time data acquisition, social networking, communications, working and shopping which can be viewed in the context that it is actually molding us into being what it wants

us to be. Addiction to the use of the digital platform leads to loss of confidence and self-esteem when exposed to an environment devoid of internet connection. Just make an observation even in serious discussions; how long do individuals stay without checking their mobile phones-even in church, over a dinner table or in a meeting. The urge to remain relevant in discussions taking place far away is always nagging one to respond. No one wants to miss out on any trending issue. The desire for an instant feedback and a quick response attitude may translate into how the youth operate and think. They prefer to work in an environment where issues are resolved immediately, without delay. Use of the digital platform at times creates false confidence and encourages people to respond without giving that response a deeper thought. (Distance confidence!!)Addiction has turned the youth into zombies that can't afford to think or act on their own without the digital platform. People walk on the streets, parks and even corridors with their eyes glued on the phones, thereby impairing their vision, reaction time and assessment of surrounding danger. In May 2013 a young Kenyan was killed by a helicopter while walking in the street because as many other people in the streets were scampering for safety and warned him, he was too busy/engaged with earphones on to see or hear the sound of the impending danger. On a daily basis in the streets of any major city,

motorists have to be cautious of individuals crossing the roads while their eyes are glued on their phones.

Concentration due to fatigue

Arising from the above-mentioned addiction, youth hardly get enough sleep and therefore lack concentration in their assigned tasks. Arising from this their concentration span is lowered due to fatigue and they have a tendency of not being interested in lengthy discussions or tasks that take too long to find a solution. In the case of those working in industries, lack of concentration becomes a safety hazard.

Parenting

Apart from relying on online friendships, social learning that was associated with parenting is no longer valid but its controlled and influenced by technology. Sometimes the parent's views and teachings seem to contradict what the child learns on TV or other online programmes or what the larger network of friends think. Reduced interaction within the family has increasingly led to divisions. Parenting in digital age has now become more challenging than ever before. Telecommuting is a concept that institutions have embraced which involves staff working from home. While this is helpful in multitasking, it has led to parents bringing their offices to their homes and sacrificing family time.

UNDERSTANDING MILLENNIALS IN THE WORK PLACE IN KENYA

COL M MWENGA
KENYA ARMY

The millennials, also referred to as Generation Y, is the generation born from 1981 to 2000. Just like the other generations before them, millennials strive for a good life. It is a generation that is keen in controlling their destinies, finds gratification in a blend of professional pursuits and is willing to work hard work to achieve their objectives. What sets them apart from the other generations at the work place is their resolve to change the work environment. They want good jobs with regular payments, comfort at the work place, working in teams and for few hours. They always want to have money to spend not only on what they need, but also on what they want. Understanding the millennials is therefore important because they make up the majority of today's workforce and have also revolutionized the working environment. The strategic leadership in any organization must therefore strive to understand the character and capabilities of the new workforce because it demands change of tact in human resource management. Employers wanting to engage and retain this generation should invest in them, help them develop skills and offer them flexibility at work.

The entry of millennials in the work place, created a workforce of four 'generations'. The traditional generation, which consists of people born between 1900 and 1945, the baby boomers generation, those born between 1946 and 1964, Generation X, those born between 1965 and 1980 and the millennials those born between 1981 and 2000. Additionally,

Generation Z consisting of those born from 2001 to date are beginning to enter the workforce. Traditionalists are conservative with information and are normally pleased by a job well done. They work in a company for a longer period where they gain a lot of experience. They are devoted employees who prefer the traditional hierarchal management structure. They normally take charge when in leadership. The baby boomers strive for growth change and expansion characterized by long working hours with many not planning to retire. They are optimistic, confident, dislike dictatorship and laziness. However, they like micro managing others. Generation X appears to lack societal skills of its parents but represent strong technical abilities. It is self-reliant, individualistic and normally embraces change. When employed, this generation normally prioritizes long-term employment and tends to respond well to proficient leadership. It is educated and technically skilled which them move into management levels fast.

The millennials, though the most affluent of all the generations, is maturing during a period of economic difficulties and violence. The generation grew up in an electronic, online and socially networked world. It tends to be confident having been raised under the chant of follow your dreams and being told that they are exceptional by parents who were very encouraging, involved and ever-present. They therefore entered into adulthood with unrealistic expectations. On joining the work place, they expect a parent figure leader who is involved and ever-present, otherwise they get disillusioned. Compared to the previous generations, they are less likely to put up with an unpleasant work environment and they will use social platforms to broadcast their concerns. They quit when they are uncomfortable even where previous generations persevered.

In the workplace, millennials are motivated by someone who can coach them since most them get hired just after graduating from college and as such they lack experience in the job market. They don't like someone who simply tells them what to do. They want a leader who can guide them and make them feel part of the team. More importantly, millennials feel well

when their opinions and inputs are valued. Strongly related is the idea that millennials are constantly looking for professional development. Where a company doesn't offer them the opportunity to advance, they quit for another job. They do not stay at a job that doesn't satisfy them personally and professionally.

Millennials do not like focusing on mindless work. They like being involved in a job which they are passionate about and that makes a difference to others. They are keen on meeting their individual goals and performing work that brings benefits to the world. As such, making a lot of money is less important to them than contributing to the society, parenting well and enjoying a balanced life. Additionally, they are attracted to jobs which are flexible in their work schedule. For example, now that one can work online, gives the possibility of one working out of office which really appeals the millennials. This generation is actually much happier and more productive in flexible work environments.

> Millennials do not like focusing on mindless work. They like being involved in a job which they are passionate about and that makes a difference to others.

Millennials tend to favour transparent and honest leadership style that also has the capacity to listen and motivate others. They want immediate response on their performance and work best when their skills are recognized and matched with challenging work that pushes them fully. In the workplace, they have high expectations on leaders for assistance and mentorship in order to enable them attain their professional goals. They value long-term interactions with their employers, but on their own terms.

Good jobs and mentorship is also important to them.

In the millennials world, a mobile phone is a private accessory, a personal communication device and an individual entertainment centre. It is a device for work and play, friendship and family. Their phone symbolizes freedom and flexibility. This generation has an excellent mastery of and reliance on technology which has altered the way they view issues from the previous generations. They believe that due to technological advancement, they should work flexibly, from any place and time and should be evaluated on work produced but not where, when or how they got it done. In addition, they believe that if technology can do it, why struggle? For example, if a fighting drone can do the work, why use a manned fighter aircraft? They cannot live without technology and it is as if they want technology to replace them.

In order to get the best out of the millennials, strategic leaders should seek to minimize generational friction in the work place. For the millennials, a flexible work schedule is necessary for optimal output as opposed to the traditional whole day work schedule. They love flexible working hours. They prefer a work ethic that no longer mandates ten hours a day. They are effective when they work for short hours. Since this generation is aspiring but not entirely focused, the leaders should harness their ambition while at the same time directing their focus towards the work to be done. This can be done through group decision making model where all workers are involved in decision making. As a result, they feel their ideas and contributions are valued. This generation also value instant and frequent feedback on their work. This is because they are used to receiving a lot of feedback from their parents who listen and help them in problem solving. Also the video games they love playing give them instant feedback. Millennials are mostly at ease when working in teams. Leaders should therefore uphold and promote team building and teamwork at the work place. Since this generation is so much attached to their gadgets, leaders should explore ways and means of providing them with innovative company gadgets that can be used to enhance company productivity. It is also important to note that millennials do not like long formal meetings. They like staying connected and communicating through texting and emailing. To them, texting their leader is not being rude rather it is part of being efficient and engaged.

1:59 INEOS CHALLENGE
FROM THE EYES OF DAMARY

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Let's gooooo…. let's gooooo…….. let's gooooo…….*twendeee……. twendeee…….   twendee……. ngebe….. ngebe…… ngebe……* you can do it, you can do it, you can do it, yey! yey! yey! alilililililili! waaau! These are some of the sounds that could be heard across the country. Man was making history! Eliud Kipchoge, the son of Kapsisiywa was breaking the barrier through the INEOS marathon 1.59 Challenge, 8,571kilometers away from home. Prater, Vienna, Austria was the place. The whole country was at stand still as the Kenyan son attempted to prove to the world that "No Human is Limited". The country was expectant, there was anticipation. Kiambu was on fire, Nairobi was on fire! Kericho too was on fire! Eldoret…..Eldoret was the real fire! The whole country was a blast.

It all started in Rio De Jenairo, Brazil, during the 2016 Olympics, when I realised that Eliud Kipchoge was indeed a special athlete. Even after completing the forty two kilometres race and winning a gold medal, he still had the energy to run towards the Kenyan delegation in celebration of his achievement. As a human being, and with the difficulty I go through trying to jog for a straight two kilometres, I could not fathom how Eliud would still hold strong thereafter.

6th May 2017, the place is Monza, at the motor racing circuit in Italy. Kipchoge makes his first attempt at "Breaking Two" Project. He misses it by twenty six seconds. Fast forward, 6th May 2019, Kipchoge announces his intention to break the legendary two hour barrier, optimistic of going twenty six minutes faster than his first attempt in Monza. "When you work hard and when you believe in yourself anything is possible." "I want to unlock the thought that there are limitations in the human being" "There are no barriers when you believe in yourself and try and trust in what you are doing" said Kipchoge. These words inspired Jim Radcliff, British founder of chemical firm INEOS who immediately declared his sponsorship for the Challenge and support Eliud to unlock human potential. This set the wheels rolling, preparations to identify a location with perfect conditions began worldwide in earnest and Prater Park, Vienna, Austria was the place. Kipchoge embarked on training to condition his body for the task ahead. Behind the scenes, Kipchoge had a team of six experts who played a role in his success. Forty one pace setters from across the world were selected to ensure the athlete maintained his pace and shielded him from the head wind which had the potential of derailing him.

12th October 2019, at exactly 8:15AM CEST, the challenge began. The race was broadcasted live by more than two hundred television stations worldwide. It was also streamed globally on You Tube and INEOS website. In other words, the world watched one more history being made in the world of sport, second to Ron Clarke, who on 10th July 1965, became the first man to break 28:00 for 10,000 meters. In Kenya, big screens across the country broadcasted the race live. From the top leadership to little children, the country was united in support of Kipchoge, each waiting in anticipation for one of their nationals to cross the finish line within the two hour mark. INEOS was trending at number one, INEOS songs had been composed and the Kenyan psyche was so upbeat. Eldoret town was at stand still.

Kipchoge sees the finish line.

Roads were closed, passengers stopped to watch the race on the big screens dotted across the town. It was amazing seeing how Kenyans, with their signature phrase of *'tuko na haraka boss'* (we are in a hurry boss), could gladly wait for two hours, without being coerced to do so by anybody.

At Kapsisiywa village, the homestead of Kipchoge's mother was abuzz with activity. A television set in the house, a big screen outside, seating in both areas filled to capacity. The first half of the race was watched pretty much calmly. But as the race progressed, so did the anxiety build up. At some point, some kilometres into the last quarter of the race, there arose some feeling of despair; the clock seemed to be ticking so fast, part of the audience saw the mark being missed. You could see some level of dejection and loss in their faces.

Kipchoge and his team of pace setters did not seem disturbed, they were in their comfort zone, I would say. The pace setters' changeover was seamless, except at one point when Kipchoge was almost tripped, and I felt my heart skip, for this would have meant a disruption of the whole event. However, Kipchoge managed to gain his stability and gracefully continued with the race. The last swap of pace setters meant the final moments of the race. There was an oscillation of emotions in most Kenyans, who were filled with both optimism and dread.

The last 500 metres final stretch will forever remain in my visual mind. I can vividly see Kipchoge brush aside the pace setters, point to the galleries and wave. All this time, the pace setters cheering him on with huge smiles, fists pumped up in the air, watched themselves being part of history in the making. Seven out of the forty one pace setters, from different parts of the world, were here celebrating and not competing with one of their own. What a moment to be alive! As Kipchoge crossed the finish line, cheers and celebrations were witnessed across the globe.

Kenyans burst into song and dance, there were celebrations all over, and some business entities priced their products at Kshs.1.59 to celebrate Kipchoge's huge achievement. Indeed, thank you Kipchoge for allowing us to share in your success. The events of 12th October 2019 were a confirmation of how humanity is such a beautiful thing. Apart from being encouraged that no human is limited, I also learnt that celebrating one person's achievement brought a lot of satisfaction to me, and I believe it did the same to many more people. This time, forty one accomplished athletes were not competing against each other, but were cheering on as one of their own competed with time. What an inspiration to humanity this was!

So, why do we waste a lot of energy trying to hate on each other, while we have many more things to celebrate about and make the world a better place, where peace and security can be achieved? How about shifting our attention a little bit from the hard issues that tend to create more conflicts in society, and engage in those that bring us together, just for a moment, and see how the world will be? After all, humans are rational actors. With an array of options at our disposal, we can decide to choose the options that bring peace rather than war. I believe there are many things that can bring us together compared to those that divide us. How about starting with sports? What if we, for once, emulated our sportsmen and women? I indeed admire their spirit, they engage in positive competition, and after a game, salute each other with the words: good game! good game! good game!

COMMUNICATION, PEACE AND CONFLICT: A CRITICAL DISCOURSE

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Debate on the importance of communication in the discourse of conflict and peace has been high on the agenda of scholars for a long time. This is more so in the 21st century in which we have witnessed is great acceleration and expansion of global communications, especially via electronic technology, that has allowed virtually instantaneous transfer of information from one side of the world to the other. This growth of telecommunications has enabled the expansion of the mass media including: television, newspapers, internet and direct satellite broadcasting worldwide to areas that hitherto were unreachable. The communication revolution has led to high consumption of information, empowering people in all aspects and in the process changing their outlook especially in areas of peace and conflict.

However, there seems to be no agreement on the extent to which communication has impacted on peace and conflict. Three views have emerged on how different people conceive the role of communication in peace and conflict. On the one hand, there are those who claim that consumption of biased media reports and unverified information existing in the internet has exacerbated conflicts in many parts of the world. This misrepresentation has caused conflict between different communities leading to serious socio-political and economic consequences.

On the other hand, some have argued that communication with its main component of media is a key pillar in providing desired information to the public for the promotion of peace. The quick transmission of information currently witnessed can lead to positive messages being transmitted across and consequently promoting peace in society. This is by highlighting structural issues that would bring disharmony in the community and informing the public when relations between and within communities become intolerable for action to be taken. In this conception, communication is seen as a key component in the creation of cohesion and peace in society. In the middle, we have those who argue that media only reports news in a neutral manner and only highlights what is going on in any conflict without slanting news for any particular purpose. What is reported mirrors what goes on in society and any reporting about conflicts is portrays what exists. In this view, the claim is that what is being reported mirrors what happens in society.

In consolidating the views above, the paper argues that whereas on the one hand communication has led to misunderstandings and eventual conflict; it has on the other hand enabled peace by providing opportunities for promoting values that are critical for management of conflicts and peace building in society. The assumption made in the essay is that no communication is neutral and that each communication supports a particular position. The paper will therefore look at the different meanings of the concepts peace, conflict and communication and their complex interaction within communities.

Similarly, the use of media and communication may overlap at some point in the arguments. The essay is justified by the fact that conflicts bring about serious consequences to the communities and thus there is need to bring about an understanding about how communication can be misused by ill-intentioned people and conversely how it can also be used by people of goodwill to solve conflicts.

Conceptualizing peace

The term peace is contested in the security discourse. Peace is seen as the absence of violence, rebellion, or conflict. It is a description of existence of harmonious relationships within a society; where there is nonexistence of hostilities between communities and groups and where

co-existence is assured. However, a distinction is made between two terms that explain peace. According to Dijkema, negative peace refers to the nonexistence of hostilities; whereas positive peace deals with processes that restore relationships and contribute to the resolution of conflicts. The concepts are further expanded by Galtung in Chetail (2009), who defines negative peace as the non-existence of organized aggression between individuals, groups or states. He further explains positive peace as being a long term establishment of sustainable peace through elimination of root causes.

Conceptualizing Communication

Various scholars have come up with divergent definitions of communication. According to Hanson, communication is a process; an interaction that allows individuals, groups and institutions to share ideas. To Hanson, any transmission of ideas from one end to another would constitute communication. It does not matter the form in which the ideas are in. On the other hand, Baran, explicates communication as the passing of a message from the originator to the recipient. It is thus a process of creating and sharing meaning. This standpoint is supported by Moss and Tubbs who add that it is not only a process of sharing meaning but also a process of sharing experience. The two authors place a lot of emphasis on the process; in that there is a clear way in which the messages are created and transmitted from one person to another.

According to French and Tillet, communication starts with an originator of a message sending the message to another consciously or unconsciously. In this context, there must be a clear intention by one party to pass a message to the other deliberately or involuntary. The vital element is that the message must be passed from one party to the other. Correspondingly, Cohen goes further to say that for there to be communication, the message must be correctly understood by being of sufficient resemblance, if not likeness between the dispatcher and the meaning ascribed to the receiver. In sum, communication would involve a message, the medium, receiver and more importantly the purpose of communication as important ingredients.

Conceptualizing Conflict

Conflict is a contested term and has been used differently by different people depending on time, location and motivation. According to Mack and Snyder conflict is a struggle not only for status but also for scarce resources and for significant social change. It can originate either from goal incompatibility or hostility (or in both), and that it must involve a conflict behavior. The claim by Mack and Snyder is that there must be an undesirable condition that people want to emancipate themselves from, resources for them to fight for and a clear movement and desire for social change. The process of removing these undesired societal elements would thus lead to conflict.

In the same note, French and Tillet, claim that a conflict can occur when people or groups perceive that their values or needs are incompatible; whether or not they propose at present or in the future to take any action on the basis of those values or needs. The critical point here is that values and needs would bring about conflict if one group feels that its values are being eroded and thus they must defend their position. Hence any person who would impede the other from achieving a need would bring about conflict.

Contribution of communication to conflict

Some communication theorists have claimed that communication is a major factor in creating and or exacerbating conflict. According to Moore, conflict is the result of poor communication whether in quantity, quality or form. Moore's claim is at the core of the arguments that postulate the position that whichever the amount of information, conflict would result if the information passed is not believable or the information is without focus; or if through the influence of the medium the information passed is not received as intended. The effect is that messages can be misinterpreted leading to the creation or worsening a conflict.

Globally, most disagreements arise from imprecise communication and biased reporting, leading to misperceptions which aggravate conflict situations. Media coverage especially through playing clips from hot spots exacerbate the conflict by expanding the audience and increasing bitterness as people witness the goings-on in the theatre of conflict. Some of the images broadcast from conflict situations consequently serve to enflame the conflict and sometime push it to the extreme.

In interactions within the international system, communication is a critical element in the maintenance of relations between states, international organizations and foreign non-governmental actors in the international system. How information is passed on would determine whether relationships would endure or there would be a conflict brought about by any breakdown of communication. The implication is that a conflict of such a nature would be difficult to settle given the complications that happen within the international system.

In the same vein, media during a conflict can empower one party by giving prominence to ideas from one side and or neglecting issues from the other side. This is the situation when media take sides in a conflict; distorts the truth by being subjective in the reporting and making readers believe the perspective that is portrayed by the slanted information. This has the consequence of tilting the balance to one side, leading to feelings of neglect and eventually expanding

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a conflict beyond space and time as more people with distorted information are brought into the conflict sphere.

Communication has also been found to have a great impact during negotiations of conflicts especially in relation to language. The choice of words whether spoken or written would be very important in determining whether a conflict would escalate into large scale disagreements and eventually degenerating into disorder. Goldsmith and Clarke claim that the words used in a conflict can contribute to the worsening of the conflict as the words reflect a set of hidden assumptions and the meaning of conflicts. There can thus be misrepresentations arising from communication that may exacerbate conflict.

Uwazie and Olawale equally claim that intensely offensive and negative remarks of disputants could worsen the conflict; ambivalent or unclear information could also lead to conflict, especially when given an offensive interpretation. In this explanation, the style of communication in a mediation phase is critical in determining whether a conflict can be managed successfully or not. If communication is less accurate or is perceived differently by conflicting parties, it can escalate a conflict and may push it to the extreme making it difficult to solve.

Culture, Communication and Conflict

One of the critical elements in the literature of conflict studies is the influence of culture in communication and the serious impact it creates in conflict. Language and the way words are used can show how a conflict would manifest. The usage of words can demonstrate biases and attitudes that one community has towards the other and the propensity to agree to quick solutions during conflict. Additionally, the common everyday usage of words can show what the words mean and how they can be utilized in enflaming particular conflicts. Similarly, claims that many people are reluctant to express disagreement openly when they are concerned about hurting feelings or dealing with out of control emotional reactions. The end result is that it inhibits conflict parties from expressing themselves freely and thus creating a situation where people keep hatred to themselves which would manifest when there is any disagreement.

According to Spector in Zartman, cultural differences brought about by lack of understanding of each other's rule for communication can become so high as to keep messages from reaching their destination; causing the negotiations to break down. In the area of international negotiations the potential for discordance inherent in inter-cultural communication takes concrete form not the simple unmediated conversation, but a complex and sustained undercharge of proposals over time, overlooked by level after level of inter-agency consultation, political supervision, media and legislative oversight. This would lengthen any negotiation because of this misunderstanding. As discussed, communication if not well utilized can exacerbate conflicts and lengthen the process of conflict management.

Contribution of Communication to Achieving Peace

Communication can also be an important element in fostering peace. It can through its many mediums contribute to ending violence, often by focusing on non-violent solutions or presenting alternative methods. Media can also provide coverage for voices of moderation, propose solutions, point out common ground or even urge negotiation.

In negotiations, communication can be a strong influence in the outcome of negotiations. By highlighting the state of structural conflict within society, the media can make the authorities and people concerned to continue managing conflicts at the latent level to avoid open hostilities. The measure of peace is the extent to which latent conflicts are managed in order to bring about harmonious relationships in society. It can also highlight the negative systems within the society that encourage structural conflict, and how that can be dealt with by the concerned parties.

Similarly, during the conflict phase, media can provide a platform for conflicting parties to pass peace messages to their supporters and thus reduce tension. They can also highlight the cost of conflict in terms of human, economic and social costs to dissuade conflict parties from escalating the conflict further. They can also sensor images that may inflame the conflict further and thus help changing the trajectory of the conflict. Since reporting can be real time, the use of different mediums can assist in getting out peace messages and positive reporting about the progress of negotiations, with the aim of promoting better relations in society in the aftermath of a conflict.

Likewise, communication mediums can relay negotiations real time to the benefit of the public, highlighting the positive steps being made by the protagonists and consequently putting pressure on the parties to compromise. They can also empower the minorities in a conflict by airing their positions to avoid being dominated by those with power. The different mediums can thus create positive influence in a conflict and create confidence between parties.

Dissemination of proper messages may make issues clearer to avoid misunderstanding or counteract disinformation and inflammatory rumours, underscore the costs of conflict, depolarize and humanize the conflict. . Such actions can generate or bring about pressure for negotiation or abandonment of the use of violence. Media can be one such medium which can provide an arena where parties can also debate impartially and bring out the various viewpoints for the good of society.

Conclusion and Way forward

The paper has demonstrated that Communication is an important ingredient in either exacerbating or reducing conflict. Approaching conflict through effective communication using agreed procedures can reduce barriers to positive messages leading to de-escalation of conflicts. Poor communication may lead to frustration; erode confidence and sometimes destroy the whole process of conflict management. Communicators must thus be able to correctly judge a situation and know which language to use; avoiding making unsupported assumptions as a basis for decision making.

Consequently, communication should be used in a constructive manner in order to enhance peace in the community. However, this can only be achieved if there is deliberate capacity building of communicators on conflict across all mediums. This will be for the purposes of equipping them with proper skills to enable them use communication in a proper way so that they do not escalate a situation by misreporting or setting a wrong agenda. They can be able to report on peace prospects, deliberately report peace messages and give positive prospects about a conflict with the hope that the conflict parties can see a clear path to peace.

A SNAPSHOT OF BEEF PRODUCTION IN KENYA

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In the twenty first century, food production systems, both crop-based and animal-based or a mixture of the two, have managed to supply and meet the demand for food both at the domestic level as well as the global markets. However, intensification of food production, which is often associated with high use of external inputs, goes side-by-side with environmental degradation in form of massive deforestation, contamination of water resources, loss of biodiversity, increased emissions of greenhouse gases and soil depletion among other negative effects.

In terms of the global agricultural economy, the livestock subsector has demonstrated a relatively faster growth rate compared to other subsectors, and this is particularly so in developing countries. In most African states, livestock subsector is relied upon by rural households for their livelihood and contributes greatly to the rural economy, especially in the Arid and Semi-Arid Lands (ASALs). To meet the rising demand for livestock products such as dairy products, meat and eggs in the developing countries, some emerging livestock challenges need to be addressed.

In the East African perspective, Kenya's livestock industry is considered relatively more developed compared to her neighbours, especially in terms of genetics and other supporting infrastructure. Though the official trade volumes in live animals within Eastern Africa are low, Kenya exportslive animals to Uganda, Mauritius and the Middle East. At the same time the country is not self-sufficient in meat production and since prices of animals in Kenya are higher than in neighbouring countries,there is a net flow of live animals from Tanzania, Ethiopia and Somalia and to alesser extent Sudan into Kenya

Kenya is endowed with diverse animal resources comprising 17.5 million cattle, 28 million goats, 17 million sheep, 3 million camels, 32 million domestic birdsand about 2 million donkeys. There is an undetermined number of companion, aquaticand gameanimals. Approximately 60% of the livestock population is found in the marginal areas of Kenya, specifically the ASAL, where it employs about 90% of the population. Livestock sector in Kenya plays critical role in ensuring food and nutritionsecurity as well as cash income to rural households. In terms of human nutrition,livestock serves as source of animal protein which are of high nutritional value and essential for physical and cognitive development.

Beef production in Kenya is largely concentrated in the ASAL areas which accounts for seventy percent of total production. Approximately 13 million Kenyans living in the ASALs derive their livelihood largely from livestock. Of the entire beef produced from the ASAL areas,fifty percent comes from the extensive pastoral production systems, twenty five percent comes from the commercial ranches and twenty five percent is produced from agro-pastoral beef production systems. About seventy percent of beef produced in the country is mainly based on Zebu cattle population found in the ASALS while the rest (30%) is from culls from the dairy herd. Cattle are the most important source of red meat, accounting for 77 percent of Kenya's ruminant off-take for slaughter

Nomadic pastoralists are usually found in arid and semi-arid environments.They are less sedentary and migrate seasonally, as dictated by weather patterns, with their cattle and other livestock in search of pasture and water. They are relatively less commercialized, but are largely dependenton cattle and other livestockfor their livelihood. They maintain cattle and other livestock principally as a capital and cultural asset, to be sold only when absolutely necessary. Agro-pastoralists, on the other hand,live sedentary lifestyles where they keep cattle and other livestock and at the same time cultivate crops, and are relatively commercialized.

Ranching is another system of beef production and is a practice of keeping herds of animals on expansive tracts of land purely on commercial basis and may include growing of some crops mainly to be used as feed or for sale. Ranchers routinely control the grazing on their private land by use of paddocks and practise supplementary feeding for proper weight gain. In contrast, the pastoralists and agro-pastoralists generally practice open grazing, with limited use of supplementary or purchased

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feeds (except during prolonged dry periods). Earliest ranches were located in the Kapiti plains, Laikipia plains and in Rift Valley and consisted of 5,000-20,000 acres of good grazing land, which were divided into fenced paddocks and had well-developed water sources. The development of ranches can be traced back to 1963 when the UNDP laid down the foundation of an extensive range and ranch development.

The relatively low substitutability of beef and the growing demand for various types of beef in Kenya, especially roast meat popularly known as Nyamachoma, suggest that there might be opportunities for further trade in beef in the domestic market. Therefore, it appears reasonable to improve resource utilisation in order to enhance supply. The need to meet expected increases in demand for meat is coupled with challenges such as competition for resources between enterprises, and concerns to reduce greenhouse gas emissions in livestock food chains.

In terms of beef processing, there are a number of facilities which serve the Kenyan market and beyond. These include but not limited to a) Kenya Meat Commission (KMC) – this is a government-owned export slaughter facility which is highly underutilized. It undertakes slaughter of cattle, sheep, goats and camels and processes the meats into various cuts and products before marketing. In the entire Eastern and Central Africa region it is the only export meat processing facility with the capacity to process corned beef. Plagued by mismanagement and potential solution is divesture by invitation of strategic private partner; b) Farmers Choice Ltd – in terms of capacity, this is the biggest private meat processing company specializing in the slaughter and processing of pigs and beef cattle mainly marketed locally; c) Alpha Fine Foods Ltd – this is yet another private meat processing company which specializes in the manufacture of high value products that are mainly marketed in Kenya; and d)Quality Meat Packers Limited – this is a private meat processing factory specializing in fresh cuts and value added products mainly exported to the Middle East countries.

On the aspect of marketingofprocessed meat and meat productsin Kenya, over eighty percent of the total meat produced is consumed locally. The rest is exported to the various destinations including East African Community Region, DRC and Middle East Countries especially United Arab Emirates, Qatar, Egypt and Yemen. Kenya does not export meat and meat products to the lucrative European Union markets due to presence of trade-sensitive livestock diseases in the country.

Livestock diseases remain one of the key challenges to beef production in Kenya.Contagious Bovine Pleuropneumonia (CBPP) and Foot and Mouth Disease (FMD) are some of the trade-sensitive diseases which continue to impair the growth of this sub-sector. The government has put in place control strategies for these diseases but this calls for the concerted efforts from all concerned, including the pastoralists and ranchers, the county governments, the NGOs operating in the sub-sector and any other stakeholder.

In order to reverse the challenges facing beef production in Kenya, a multi-stakeholder approach is necessary. This is a good ingredient for designing and formulating effective livestock policies, strategies and investments because it will consider and manage the trade-offs intrinsic in the multifaceted dimensions of the sector. Multi-stakeholder approach, assessing the livestock sector from different standpoints, will stimulate a common understanding of livestock production systems, and hence arrive at practical conclusions about the alternative policy actions and investments.

In conclusion, Livestock specialists do opine that contribution of livestock production is underquoted in the computation of GDP estimates of African nations, Kenya included. This is because such estimates are usually based on official sales records, which miss production that is informally traded or direct home consumptions, not to mention the animal manure which is seldom valued.Livestock sector will take on a new economic significance when and if these shortcomings are corrected.

HUMAN INTELLIGENCE: AN ISSUE OF EFFECTIVENESS IN THE FIGHT AGAINST TERRORISM

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Human intelligence (HUMINT), still called Human Research, is the most appropriate in the fight against terrorism. By infiltrating terrorist groups, it makes it possible to detect their intentions in time and to prevent attacks accordingly. Thus, the defence and security forces, instead of merely reacting, will have the initiative. Infiltration also destabilizes terrorist groups by creating a climate of distrust and insecurity within them. To do this, intelligence officers must study languages and sociology in order to better understand human societies in order to infiltrate terrorist groups. We can only succeed in infiltrating Boko-Haram if we talk and behave like a Nigerian from the North.

Terrorism: a security threat.

The explosions of joy following the fall of the Berlin Wall, which marked the end of the Cold War, quickly gave way to desolation. The Cold War gave way to a hot war, so hot that the world boiled like water brought to a temperature of a hundred degrees. This is the so-called "civilized" world war against terrorism. Since nature abhors emptiness, actors of blind violence, driven by certain obscurantism and a very characteristic ignominy, are invited into the international scene. They have adapted terrorism, which we must acknowledge is not new to technological developments, giving rise to a remarkable revival in the organization of groups and their modes of action, hence

the expression "new threats" often used to describe this scourge. Terrorism is a set of methods of combat rather than an identifiable ideology or movement, and involves premeditated use of violence against (primarily) non-combatants in order to achieve a psychological effect of fear on others than the immediate targets.

The central position of intelligence.

Terrorist groups are diffused and seem elusive. But you can only fight an enemy if you know him well. This statement, which has always been the leitmotiv of the great military leaders, applies both to conventional wars and in the fight against terrorism. Concretely, to know a terrorist group is to determine its nature, its volume, its location or its hideout, its objectives, its methods of action, and its financing.

What is intelligence?

Intelligence can be defined as information that has been given meaning; in other words, information that has been processed, cross-checked, analyzed using well-defined procedures by specialists. It is an operational function in the same way as all the others that are taught in military high schools. Thus, the intelligence function is the set of activities enabling the systematic acquisition and exploitation of the information necessary for the planning and conduct of actions, concerning the context, the environment and the various actors in a theatre of operations.

What is human intelligence?

Human intelligence (HUMINT) represents the oldest and most elemental form of intelligence activity. Although technological advances in technical intelligence services such as signals and imagery have lowered the profile of HUMINT activities, in recent years the focus on terrorism and non state actors has again emphasized the importance of HUMINT. Specifically, military branches have made HUMINT a priority, as many criminal and/or terrorist groups have reduced their visibility and use of communications technologies open to signal intercepts.

Fundamentally, HUMINT consists of gathering information through infiltration, interviews, collecting data from people and institutions, and extracting any information of tactical and/or strategic value. This entry discusses the types of HUMINT activities, the training and skills required for HUMINT operators, the steps in handling information, and recent operations.

Classification of intelligence.

Classification may be based on the level of decision, the nature of the information, or the means of acquisition. Thus, based on the level of decision-making, we distinguish between strategic intelligence, operative intelligence and tactical intelligence. Strategic intelligence is the intelligence necessary to define the general military strategy, to plan possible operations and to conduct campaigns or operations at the level of the operational strategy. It is the intelligence necessary for the development of Defence Policy and military plans, at the national or international level. It allows for government decision-making and offers political decision making on the commitment of forces, the definition of strategic objectives to be achieved and the combination of actions to be carried out in theatres of operation. Operational intelligence is that necessary for the

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development of plans, the conduct of campaigns and major operations in order to achieve strategic objectives in theatres or areas of operation. Tactical intelligence is necessary to plan and conduct tactical engagements.

When we look at intelligence by its nature, we distinguish between documentary Intelligence, situation intelligence, operational intelligence, environmental intelligence, target intelligence, damage intelligence, warning intelligence and attitude intelligence. Documentation information is information on any subject that can establish reference material for use in the planning and evaluation of subsequent raw information. Valid in peace-time, it must be constantly updated, particularly when a crisis develops during which it can be assimilated in part with strategic intelligence. Its validity is measured in months or even years. Situation intelligence describes the current situation at the strategic, operational and tactical levels. As it applies in times of crisis and to commitments, its validity is generally short and depends on the evolution of the situation. Operational intelligence, on the other hand, involves the enemy, human intelligence conditions or human research.

The primacy of human sources.

The tremendous advances in science and technology in recent years have relegated man-made intelligence to the background, especially since the digitization of the battlefield. This is the era of 'high tech'. Some people think that machines can do everything. However, while technological applications are proving to be very useful in certain areas such as the fight against maritime piracy where acquisition of radars, satellites, drones, helicopters and surveillance aircraft are very effective; it must be recognized that their importance is less in the fight against terrorism. Indeed, the end of East-West bipolarity has not been followed on the ground by a mutation of the defence and security forces in general and the intelligence services in particular. While the threat which was at that time, was the confrontation of large armored units, mechanized, and of large artillery has radically changed, leaving the place to a diffuse threat.

The phone-tapping scandals that have marked international headlines in previous years are very instructive in this regard.

We don't seem to be learning anything. The deployment of the latest generation of aircraft did not prevent the attacks of 11 September 2001 or others that followed. They therefore already condemned the flagrant lack of human sources in the global jihad nebula.

This view supports the idea that man should be placed as a sensor at the centre of the intelligence-gathering apparatus.

Indeed, human research has produced very satisfactory results in recent years. It is a human source that has made it possible to trace back to Osama bin Laden who would sit quietly with his family in Abbottabad in Pakistan, safe from satellites and drones. It was for this reason that the Pakistani authorities had arrested a doctor suspected of having denounced him immediately after his assassination by the American Special forces. It is also a human source who guided the American soldiers to this farm near Tikrit where Saddam HUSSEIN was hiding.

Terrorism can be effectively combated using trained agents capable of infiltrating terrorist groups. This is possible because these groups are not closed as one might think. Like all movements that want to survive, they need to increase their numbers in order to have candidates for martyrdom, that is to say, people capable of committing attacks. This implies recruitment. But a group that recruits can be infiltrated. All

you have to do is have some very clever, courageous, risk-taking agents. Most intelligence services do not appear to be effectively exploiting this avenue, although it could be the key to success.

In the meantime, the Taliban have succeeded in infiltrating some of the Afghan forces. This has resulted in shootings and attacks inside the bases with the loss of life of both Afghan soldiers and their American allies. If they have done so, the reverse, that is, an infiltration of Afghan intelligence agents into the Taliban camp is possible. This can have a double effect: gathering information and then destabilizing terrorist movements from within, creating a situation of insecurity and suspicion within them.

People can also be involved in their own safety. It is necessary first to gain the support of this population for this cause. Indeed, an attentive person who can report what he sees or listens is often more reliable than all other sensors. He can detect actions, attitude or behavior of a suspect; what other sensor cannot do. Generally, terrorists do not act blindly. They are true professionals. Before taking action, they study their targets, make a reconnaissance and take pictures if necessary.

The other sensors cannot accurately account for the suspicious attitude of a person who is prowling around a building. Only man can do it. This implies that only man can understand man.

COMMUNITY-BASED WILDLIFE CONSERVATION IN KENYA

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KENYA WILDLIFE SERVICE

Kenya is host to diverse wildlife species both in and outside protected areas. Since independence communities have felt that wildlife conservation and management was the preserve of the national government and that they had very little role to play. Studies have revealed that 70 per cent of wildlife is actually found on community and private lands outside protected areas. These rangelands are normally unfenced and uncultivated adjacent to protected areas, offer nice dispersal areas to wildlife therefore ensuring their survival. Maintenance of these dispersal areas provide the much needed space necessary for migration of wildlife.

After independence there was very little community participation in management of wildlife especially those found in communal land. In these communal areas, wildlife interact with humans and livestock all competing for the available natural resources. The traditional livestock pastoralism was considered very compatible with wildlife conservation thus ensuring co habitation. However with the increase in human population and sedentary activities, most of this wildlife is increasingly being pushed away as a result of incompatible land uses including settlements and conversion of land for agriculture. This has caused an upsurge in cases of human wildlife conflicts that leads to lose of community livelihoods. These conflicts have resulted in the decimation of significant number of wildlife through retaliatory attacks, habitat degradation as well as poaching which threatens sustenance of entire populations if quick remedial measures are not put in place. Communities need to appreciate the value of wildlife and the need for its conservation. However, this can only be achieved if they see the benefits of conservation.

The government has since put in place several strategies aimed at restoring positive attitudes amongst the community and encouraging them towards wildlife conservation and management. This is aimed at dealing with the effects of human-wildlife conflicts, habitat degradation and loses of livelihoods. One of the strategies in place is the creation of wildlife conservancies on communal areas and private sanctuaries commonly referred to as Community Based Natural Resource Management (CBNRM). The objective here is to empower communities to be directly involved in wildlife conservation as well as participate in planning for wildlife management a process which is vital in improving the interactions between local communities, protected area management and the nature. This empowers and instills feelings of ownership and leadership amongst the communities over the natural resources they live near or within while equally balancing their needs for development and environmental conservation.

The above approach is a departure from the previous top down approaches where management decisions were made on their behalf. With increased integration of development and conservation, there is need to ensure that opportunities to benefit from wildlife resources in a meaningful way are both available and effective for local people. The end result is capacity building on wildlife management as well as deriving economic benefits from related enterprises. A community conservancy constitutes one or more communal ranches that aim at leveraging the land on the wildlife livestock interface for conservation and tourism.

Wildlife conservancies are a recognized form of land use under Kenya's wildlife laws, making them a competitive land use option where communities and other land owners can benefit from nature based resources. By participating in conservation the communities get involved in decision making processes on wildlife conservation and management in addition to improving their livelihoods through wildlife based enterprises including tourism thus reversing wildlife decline, while protecting the country's iconic wildlife for future generations.

Conservancies provide communities with a great opportunity and platform for benefitting from wildlife based tourism where they obtain direct benefits that would go a long way in improving their livelihoods at house hold level. Through this platform they are able to get employment as well as develop other social infrastructure necessary for their well-being. Most of the conservancies are located in very remote and far flung areas which lack basic health and education facilities and therefore revenues accrued from tourism can be spent on developing these important infrastructure. Several conservancies have been recorded as having contributed towards

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alleviating education and health standards in their areas. There are various categories of conservancies although the most popular ones are the community conservancies which are created and owned by the communities. Communities are empowered to decide on how to manage wildlife on their land by creating management boards that include representatives from themselves and Kenya Wildlife Service which is the agency responsible for wildlife conservation and management. These boards are responsible for the daily management of the conservancies.

Several successful conservancies' stories have been recorded in various parts of the country. In Narok County for example, 15 conservancies around the Maasai Mara National Reserve and thrice the size of the reserve have been created forming a huge dispersal area for the spectacular wildebeest migration which the area is famous for. The area is also home to the third largest elephant population in the country making it the most preferred tourist destination. Communities in this region have benefitted the most from wildlife related enterprises.

Communities in the northern region have taken it upon themselves to protect the rare hirola antelope and the endangered sea turtle. This antelope is endemic to the region and their efforts have seen an increase in the animals' population thus attracting support from donors. The hirola is a rare antelope only found in areas along the Kenyan-Somalia border. It is listed as critically endangered under CITES as among 10-top focal species at risk of imminent extinction. Several non-governmental organizations have come forth to complement the state's efforts in empowering communities conserve, manage and derive livelihoods from wildlife related enterprises. Among the NGOs is the Northern Rangelands Trust that has assisted 39 member conservancies in Laikipia, Samburu, Marsabit and Garissa counties of Kenya, transforming the community lives in those areas. There are numerous benefits that can be derived from conservancy management. They provide linkages to livestock marketing opportunities. For example, in 2009, communities in a conservancy in Laikipia County have partnered with a private investor that have introduced improved livestock husbandry and markets that fetch better prices for the community

livestock. This has reduced overstocking in the conservancies while encouraging vegetation recovery and ensuring habitat restoration. Wildlife conservancies have also ensured better land management practices where land use is properly planned to ensure sustainable access to resources and reduction of conflicts. The conservancies have influenced spatial planning at the local levels thereby discouraging unnecessary land fragmentation and securing it for the posterity of the pastoral communities. Additionally, conservancies provide opportunities for local natural resource conservation and management by creating a balance between people, livestock and wildlife by ensuring harmonized co-existence.

The other type of conservancies is the privately owned conservancies which are created on private land by individuals or companies with the aim of conserving and managing wildlife. The land is either owned or leased. Most privately owned conservancies target high end tourists by marketing exclusive experiences due to low volume visits thereby ensuring less habitat degradation. They also guarantee high standards of tourist facilities in their conservancies.

Lastly group conservancies are created by bringing together different parcels of land owned by individuals. They agree on structures and management models of the conservancies. This model has been very instrumental in stopping land fragmentation and ensuring that only compatible forms of land use are practiced in particular

areas. The model has also reduced tensions and conflicts between farmers and pastoralists. Group conservancies can be very instrumental in creating easements for sustainable ecosystem conservation.

This approach however, is not devoid of challenges. Variations in climate result in the decline of annual rainfall and prolonged droughts that affect vegetation reclamation which inhibits pasture availability. The prolonged droughts encourage influx of other immigrant pastoral communities that causing resource conflicts. Another challenge is the proliferation of invasive plant species that suppress the growth of pasture for livestock and wildlife. Some of them if ingested have poisoning effects on animals. Competing land uses such as overstocking, dryland agriculture, deforestation, sand collection, charcoal burning and poorly planned settlements have negative effects on conservancies.

These challenges can be tackled through development of human support infrastructure which includes health, education, governance as well as implementing the natural resource management plans in order to mitigate the effects of climate change, competing land uses and other environmental variables.

Community based conservation model, though skeptical during inception, is picking up and surely proving a game changer in the arid and semi-arid areas in the country. Communities are now assured of deriving sustained livelihoods while ensuring that their environment is well conserved as they strive to find lasting mechanisms to interactions with wildlife.

MILITARY CONTRIBUTION TO DIPLOMACY: THE KENYA DEFENCE FORCES EXPERIENCE

COL S KISWAA
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The use of the Defence Forces to support state's diplomacy dates back to the very origins of nation-states. This support was intended to bolster national interests by demonstrating a country's military capability to impose its will on another, or to act as deterrence from foreign advances, be they political, territorial or economic. Diplomacy itself encompasses the ways and means through which States through the world over conduct diplomatic related affairs in order to ensure and promote peaceful coexistence. The main objective of each diplomatic service is basically to safeguard and promote the interests of respective countries at the international stage. Yet militaries, globally, are also always expected to promote national interests in international relations through mainly the use of force and or coercion. Furthermore, the 21st Century security and defence challenges should be thought of and executed in the light of an overriding concept of interdependence as these threats go beyond a single country's efforts. The new threats and risks must be addressed from an integrated approach not only within the country but also regionally and internationally.

The Kenya Defence Forces (KDF) has over the years undertaken defence diplomacy in the form of peacekeeping and humanitarian aid operations thereby playing a critical role in the management and conflict resolution in various parts of the world. Militaries practicing diplomacy are usually keen on advancing security, political, economic, scientific and cultural relations as they conduct international commitments in order to advocate for peaceful conflict resolution and at the same time fully defend the fundamental human rights. Taking cognizance of the changing nature of military cooperation and the need to bring out the most of this instrument of defence diplomacy, scholars coined the expression defence diplomacy, also known as, military diplomacy to describe all peaceful related activities carried out in favour of peace and stability by its defence forces and the ministry of defence at large.

In common parlance, defence diplomacy generally refers to the implementation of foreign policy objectives through peaceful means and initiatives. While there is a contention on the definition of defence diplomacy, it may be described as the peaceful or occasional use of military resources to achieve largely positive outcomes in a country's bilateral and multilateral engagements. In the Kenyan context defense diplomacy is quickly emerging as one of the most useful tools of military statecraft in an effort to minimize on the use of military force to advance the country's foreign policy.

States and International Organisations as a matter of regular practice, undertake 'after action review' exercises after their operations or even training exercises -whether military or civil- with a view to effecting improvements on areas observed to be unsatisfactory and where possible government agencies and International Organisations should share such lessons and concerns with each other as one way of improving and advancing their relations. The Kenyan case of military-diplomacy relationship can be explained with reference to five aspects, namely its geographical positioning, strategic responses, the military means of foreign policy, the military means of diplomacy and the military-diplomacy nexus.

The defence aspect of diplomacy by KDF was traditionally undertaken by the use of Defence Attaché (DA), who serve in particular embassies abroad and act as a representatives of the country's defence establishment and interests. The DA therefore, is traditionally responsible for all aspects of both bilateral and multilateral military and defence engagements. However, following the changing dynamics in the security environment and with a view to building confidence and trust, there is currently an increased collaboration in military diplomacy between the EAC countries and even extending to the larger Horn of Africa region. In this context , military activities that have been undertaken by these countries include but not limited to exchange visits and scheduled regular meetings by the Chiefs of Defence and other cadres of the Defence Forces, joint military exercises, training as well as the promotion of other mutual engagements such as joint sporting and cultural activities amongst others.

Kenya is diplomatically focusing on maintaining good relations and interactions with the militaries of the region with a view to achieving a common understanding on mutual areas of interest and concerns which will then go a long way in the maintenance of peace and security in the region.

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Therefore in pursuit of these objectives, the KDF engages in scholarly training, directing staff and military exercises exchanges. For example the Kenya's National Defence College (NDC) and Defence Staff College (DSC) courses that are run annually draw participants from various allied countries from within the African continent and beyond thereby deepening relations with these selected allied countries. KDF together with other regional militaries engage in defence diplomacy and peace and security aspects particularly focusing on the Eastern Africa Standby Force (EASF) and the East African Community (EAC) regional economic bloc activities. The EASF secretariat and planning headquarters, Eastern African Standby Brigade Co-ordination Mechanism (EASBRICOM) are based in the outskirts of Nairobi city which then underlines the importance and priority which Kenya attaches to these diplomatic initiatives and thereby, giving the country both status and visibility as one of the most experienced countries on the continent in terms of peacekeeping operations. The International Peace Support Center (IPSTC), also co-located with EASBRIG HQs, conducts peace support operations training for both military and civilians and hence immensely contributes to Kenya's positive image in defence diplomacy.

The defence aspect of diplomacy by KDF is also felt in military games. The EAC Military games have widely enhanced furtherance of EAC cooperation. These are annual events hosted alternately in member states. The objective and aim of the military games is basically to promote and enhance confidence building and defence diplomatic relations amongst the EAC Defence Forces under the Memorandum of Understanding on Co-operation in defence matters in EAC. It is important to appreciate that military games are held on rotational under the auspices of the International Military Sports Council (CISM) and its sister group, the Organization of Military Sport in Africa (OSMA).The latest, the 12th Edition of the EAC Military Games and Cultural Event took place in Nairobi, Kenya, from 11th to 26th August, 2019. The event attracted over 500 sportsmen and women from the Defence Forces of all the six EAC Partner States, namely: Burundi, Kenya, Rwanda, South Sudan, Tanzania and Uganda. The participants took part in the various sports disciplines including: Football, Netball, Volleyball, Basketball and Cross-country for

Defence Cabinet Secretary Amb. Raychell Omamo hands over Medical Supplies to Mozambique Defence Minister Mr. Atanasio Salvador M' tumuke at the seaport in Mozambique on Saturday, 18 May 2019 following Cyclones Kenneth and Idai. The Kenyan Navy Ship (KNS) Jasiri Crew on a training Cruise looks on.

both men and women.

Through the Kenya Navy, the KDF conducts annual sea training cruises within the Indian Ocean covering the Indian Ocean Islands and Littoral States. As part of these events the Kenya Navy Warships also conduct Naval Diplomacy during Ports of Call through joint military training and exercises with the host Navies and Coast Guards as well as conduct and participate in some selected and prearranged social events such as sports and cocktails. Through these sea training cruises, defence cooperation is enhanced by way of 'show of flag' by the Kenya Navy. Besides, KDF has been engaged in relief and humanitarian activities within the region. For instance, on 18 May 2019, Kenya's Defence Cabinet Secretary Ambassador Raychelle Omamo, handed over about 5.8 tons of medical supplies to the Mozambique Defence Minister Atanatio Salvador M'tumuke following the Cyclone Kenneth and Idai tragedy- the only Tropical Storm among few that bears a male name. The cyclone left villagers homeless, sick and desperate. Speaking during the event, the Cabinet Secretary reiterated the need to strengthen the already existing cooperation and bilateral relations between the two countries. Amb Omamo further said,"The effects of climate change are real as witnessed recently. Therefore, we need to improve cooperation between African countries to mitigate challenges that our respective countries may face from time to time. We need strong working relations between our defence forces."

In conclusion, defence diplomacy is one of the important tools and avenues which a country can effectively deploy to achieve its foreign policy and also a 'soft' way of pursuing or indicating a foreign policy shift between unfriendly states. Military diplomacy has the effect of reducing estrangement and promotes sustainable development and dialogue between states.

Defence diplomacy in Kenya therefore will go a long way in 'dispelling hostility, building and maintaining trust and at the same time assist in the development of a democratically accountable defence forces, thereby significantly contributing to conflict prevention and peaceful coexistence. The exchange of contacts between military officials, the appointment of attachés, ship visits and interactive engagements of various kinds greatly enhance military diplomacy.

DEALING WITH SEXUAL AND GENDER BASED VIOLENCE IN KENYA

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Gender based violence is not a recent phenomenon in human history. It has existed since time immemorial even during the biblical times when Adam accused his wife Eve before God for having tricked him into eating the forbidden fruit.

However, in the recent past, it has gained a lot of prominence and the United Nations (UN) in its Resolution 1325 defined gender-based violence (GBV) as "any harmful act that is perpetrated against one person's will and is based on socially ascribed (gender) differences between males and females. It includes acts that inflict physical, mental, or sexual harm or suffering, threats of such acts, coercion and other deprivations of liberty, whether occurring in public or in private life and it inflicts harm on girls, women, men and boys"

In Kenya, practices like Female Genital Mutilation (FGM) continue to be conducted by some communities like the Maasai, Meru, Kisii and others where a girl can not get a suitor unless she has undergone FGM. Early marriages are still practiced by some communities where girls are married off at an early age hence denying them basic rights to education leading to economic disempowerment.

Men are also subjected to SGBV through forced circumcision where uncircumcised men are deemed to be incomplete, for example in the Kikuyu culture, circumcision is a vital rite of passage that marks the transition from boyhood to manhood. Once one undergoes this rite, he is able to take part in community governance. Thus, manhood is equated to qualification to participation in politics.

The Kenyan culture disallows men from speaking about any mistreatment they experience in the hands of women since they will be perceived to be weaklings and therefore they chose to suffer in silence. This custom is however changing and men who have been physically abused have formed organizations meant to protect them from their brutal or cruel spouses. One Such organization is Maendeleo ya Wanaume. The media has also continued to highlight cases of husbands being battered by their spouses and vice versa

Causes of SGBV are numerous, multifaceted and diverse depending on the nature of violence and vary from social, economic, legal, religious and political aspects. Research has shown that sexual and gender-based violence towards women is consistent and organized. It is a system that focuses on male dominance, expectations, economic, social, sex stereotypes and political domination of men over women. The united nations children's fund (UNICEF), has categorised causes of SGBV into four broad categories: political, legal, economic and socio-cultural.

The Socio-cultural causes have to do with how culture describes and apportions responsibilities according to one's gender, conviction that the male gender is superior, traditions that apportion men exclusive rights over girls and women and expectations of duties within relationships. Others include the acceptance of violence as a way of resolving conflicts in the family and the idea of the family being a private realm which is controlled by men. Another factor is the traditions of marriage where bride price or dowry is paid dowry for the woman essentially making her the property of the man.

Legal reasons include inferior legal standing of women as provided for by all types of law or in practice. Such Laws include custody of the child, inheritance, divorce, maintenance and others. Definition of rape, inadequate knowledge of matters to do with law, and apathetic handling of girls and women by both the police and judiciary are other reasons that contribute to SGBV. In the political realm, women are poorly represented in power, legal, media, political, legal and medical professions.

The Economic causes are attributable to the fact that most women particularly in the rural set up depend on men for economic support, cannot easily access cash and credit services. Other bottlenecks are laws that discriminate women in regard to inheritance, use of community lands, property rights, and absence of upkeep after divorce or being widowed. Others include not being able to acquire sufficient education and inadequate opportunities for women to train and also not being able to obtain employment in either formal or informal sectors.

Legal and Policy Framework on Sexual and Gender Based Violence in Kenya

The Kenya Constitution (2010) gives every individual a right to private freedom. It states that,

"a person has a right not to be subjected to any kind of violence from either public or private sources, any form of torture whether physical or psychological or cruel, inhuman or demeaning treatment". This means that the constitution guarantees women a right to protection against any form of abuse including SGBV and other forms of violence related to their gender as women. The Penal Code, Cap 63 Laws of Kenya does not cater for offences touching on SGBV other than bigamy under section 171. It does not provide for other offences such as husband or wife battering, domestic violence, marital rape, etc. Most of these offences are derived from the key offences such as assault under section 250 and 251 of the Act.

Sexual Offenses Act, 2006 offers provision for protection and prevention of all persons from harm of acts of a sexual nature and from psychosocial support and access to justice. In

Causes of SGBV are numerous, multifaceted and diverse depending on the nature of violence and vary from social, economic, legal, religious and political aspects.

addition, the Prohibition of Female Genital Mutilation Act, 2011 forbids the conduct of female genital mutilation and prohibits the violation of a person's mental or physical integrity. The Protection Against Domestic Violence (PADV) Act, 2015 Provide that members of a family should not be subjected to any form of domestic violence.

The Marriage Act, 2014 sets the minimum marriage age and enumerates the kinds of marriages in Kenya. It assures the married couple of equal rights at all times during the marriage and even after the marriage is dissolved.. The Land Act, 2012 Safeguards women rights to marital property. It provides that a spouse has to give consent in any deal that involves matrimonial property.

The Children Act, 2001 deals with child care issues, institutions that deal with administration of children. The act also sets the marriage age at 18 years in line with the Convention on the Rights and Welfare of the Child.

HIV & AIDS Prevention and Control Act (2006) bans the intentional spread of HIV / AIDS and criminalizes acts and policies that discriminate individuals based on their HIV / AIDS status in all places. It also protects the right to safety and the dignity of people affected by the disease.

Policy Framework

National Gender and Development Policy (2000) recommends different ways of dealing with violence which include revisions of SGBV laws, in particular the Penal Code to encompass crimes associated to gender, customized SGBV trainings for officers in the judicial system, privacy in carrying out SGBV hearings, guaranteeing access to information and setting up safe accommodations domestic violence victims.

Kenya Adolescent Reproductive Health Policy (2003) advocates for putting up of safety nets, rehabilitation and rescue processes for sexual abuse and violence victims. It also calls for enhancement of measures to protect young people in corrective institutions from being sexually abused.

The National Guidelines on the Management of Sexual Violence (2014) policy guides and provides a framework on procedures and services to be used in managing sexual violence survivors. The policy offers guidance to medical specialists or doctors on the procedures of treating a sexual violence survivor. It also offers guidelines on how to preserve evidence for use by court, psycho-social support matters and other ethical concerns connected with how to manage sexual violence health related problems.

Education Gender Policy (2007) addresses issues of how to prevent and respond to gender based violence in schools. The policy recommends establishment of policies that address GBV at all levels of education, initiation of procedures for handling SGBV which include formulation and implementation of explicit policies dealing with sexual harassment and gender based violence at all levels in the Ministry of Education and other learning institutions.

Kenya's Vision 2030 Second Medium Term Plan (2013-17) emphasizes the necessity for formation of an all-inclusive SGBV response centres in all healthcare institutions in the country. It also emphasizes the importance of public education against early and forced marriages and also female genital mutilation.

Lastly, the National Reproductive Health Strategy (2009-2015) calls for the implementation of Post-Rape Care Services, makes sure sexual violence is incorporated as a critical issue within the Reproductive Health Strategy and lays the establishment of standards of how care services will be offered to a person who has undergone a rape ordeal.

In conclusion, it is imperative to note that notwithstanding the many laws, policies and efforts put in place by the government to eradicate SGBV in Kenya, the problem still persists in almost all parts of the country. There is therefore need to address the issues that perpetuate SGBV at all levels. This can be achieved through education, public awareness campaigns and capacity building of law enforcement agencies dealing with SGBV cases including the police and judiciary. It is also important to empower women economically, socially and politically so that they don't have to stay in abusive relations on the basis of disempowerment. The Government needs to address the challenges which make it impossible to achieve the desired results in the eradication of SGBV.

COMBAT PSYCHOLOGY

COL J M NKOIMO
KENYA ARMY

Combat Psychology or what is referred to as "Killology" as advanced by Lt Col (Retired) Dave Grossman (US Army), is a subject that examines "the factors enabling and/or restraining combatants killing each other and the effects both psychological and physiological on the human psyche." Wars entail violent confrontations between humans; it is horror, chaos, fear and trauma. Among the effects of war due to combat are "psychiatric casualties", bodily systems arousal and fear, effects of close combat on bodily functions, consequences of killing on the individual and post combat mental disorders to name a few.

"Psychiatric casualties"

"Psychiatric breakdown is the most pronounced aftermath of war on humans." combatants are at a higher risk of becoming "psychiatric casualties" in major wars in comparison to being fatalities from direct enemy action. A fighter is rendered a "psychiatric casualty" due to mental disorders which render them incapable of further participation in combat and evacuation from the battlefield may suffice to alleviate the symptoms and facilitate recovery.

Studies conducted on the effect of war on combatants have shown that after continuous battle for sixty days, "ninety eight percent" of soldiers become "psychiatric casualties", while "two percent" were observed to be "aggressive psychopathic personalities." This indicates that continuous combat results in insanity for "ninety eight percent" of all combatants while the other two percent are already mentally unstable before battle.

"Physiological arousal" and fear

Battlefields are often harsh, tough, rugged and marked by environmental conditions of scorching desert temperatures, blistering

heat, drenching floods or freezing terrain; circumstances which soldiers in combat must endure. They regularly live in areas teeming with vermin and are very often faced with food shortages, lack of sleep in addition to being constantly uncertain over the control of their lives and environment. To understand the full extent and the degree of the stress of combat, these and other causes of stress have to be taken into consideration.

The "sympathetic nervous system" (SNS) is the key distinguishing quality for combat stress response and is triggered by discharging the stress hormones in preparation for "fight-or-flight." when the brain perceives a threat. Likewise, a "backlash" is experienced by the body from the "parasympathetic nervous system" (PSNS) due to the requirements placed upon it after a stressful situation. All bodily functions will be dominated by SNS until the threat is no longer present when (PSNS) is activated to re-establish "homeostasis (stability) which is a balanced state after the two nervous systems have regulated bodily functions following any activity.

The "physiological arousal" process often impacts on bodily functions in what is termed as "fear" which is basically a reaction, state of mind or an unpleasant emotion experienced following identification of a threat(s). It is noteworthy that fear is just a symptom, it is an "effect and not the cause."

Physiology of close combat

The "psychological toll" due to the effects of combat is caused by the core stressors which are the ordeal "associated with being the victim of close range, interpersonal aggression" and the shocks of "the responsibility to kill a fellow human being at close range". The beginning of enlightenment on "close combat" trauma is the appreciation of the "physiological response" to "close range interpersonal aggression". "Combat stress is defined as the perception of an imminent threat of serious personal injury or death; or when tasked with the responsibility to protect another party from imminent serious injury or death under conditions where response time is minimal."

For centuries the devastating "effects of combat stress" have been acknowledged and described by occurrences such as "tunnel vision", "auditory exclusion", "loss of fine and complex motor control", "irrational behaviour" and "the inability to think clearly". Despite these incidences being observed and documented for many years, inadequate research has been undertaken to comprehend the reasons for performance deterioration due to combat stress.

Dilemma of killing

Scholars in warfare observe that battle is a terrible experience and those who fight do so out of necessity and at the very least are sobered and often deeply traumatised by the horrors of combat since people naturally do not like killing others. To kill or not to kill is a very hard decision for most soldiers to make and many factors influence their ability to kill fellow humans. Brigadier General S.L.A. Marshall noted a hesitation of humans to kill one's own species which proved to be a key observation in the field of combat psychology and a fundamental factor in human combat. Once battle is joined, the use of the "forebrain" is curtailed while the "mid-brain" or "mammalian brain" takes over and directs all the combatant's actions.

"The existence of a resistance to kill lies at the heart of the dichotomy between killers and non-killers". The exception is "observed in sociopaths who feel no empathy or remorse" for other humans as represented by "Swank and Marchand's" two percent

that do not succumb as "psychiatric casualties" despite killing other combatants in battle for a long duration. Great efforts have been devoted to finding ways to overcome this resistance to kill since time immemorial. The history of warfare can be regarded as a continuous effort in a bid to find an effective method to make possible or compel combatants to overcome their "resistance to kill".

"Post-Traumatic Stress Disorder" (PTSD)

Humans react differently to extremely high stress events and a traumatic occurrence affects each person in their own unique way and no two persons perceive it in a similar manner. Numerous cases of "psychiatric disorders" among soldiers who had served in Vietnam led to the "discovery" of "PTSD" which had always been associated with warfare. Militaries around the world learnt from these findings and have since then integrated the lessons in the conduct of war. PTSD is a "psychological disorder" due to a shocking occurrence that causes feelings of fear and helplessness and exhibited by "persistent re-experiencing" the harrowing episode.

Conclusion

Assessment of the far reaching effects of war entails consideration of the "psychology and physiology" of close combat, bodily processes and harmful impacts on the combatants. Combat is a complex environment where human beings are pushed beyond all tolerable limits and there is much that remains unknown and plenty that could be learnt regarding the phenomena. The desire to understand a complex phenomenon such as human aggression and combat which is an inevitable fact of the human civilisation has led to commencement of the study on human aggression which Lt Col (Rtd) Dave Grossman has termed "Killology" or combat psychology.

PICTURE SPEAK - CULTURAL DAY

1. **KDF Comrades during the Cultural Day.**
2. **The Commandant visits the Kenya Pavilion.**
3. **Lt Gen A K Mulata, Commandant NDC samples delicacies at the Burundi Pavilion.**
4. **Interaction at the Rwandan Pavilion.**
5. **Greetings from Tanzania.**
6. **The Commandant poses with young performers.**

ARE UNSC REFORMS LONG OVERDUE?

MS C NYAKOE
MINISTRY OF FOREIGN AFFAIRS - KENYA

Discussions have been ongoing on why there should be reforms in the United Nations Security Council (UNSC). The question first arose over two decades ago, but its discussions have been unnecessarily protracted. On 10 December 1993, the General Assembly formed an "Open-ended Working Group on the Question of Equitable Representation on and Increase in the Membership of the UNSC and Other Matters Related to the Security Council" through Resolution 48/26. Notably, in 2018, the General Assembly's seventy-third session saw a resounding support by member states to the call for reforms. They observed that reforms were necessary for the organ's continued international legitimacy and credibility especially with regards to the biggest constituents of the matters handled by the UNSC. At least eighty Members States lent specific voice to this need.

The UNSC, which was established under the United Nations Charter's Article 7 of, is among the United Nations (UN) six organs and has the primary responsibility to ensure maintenance of international peace and security. This is the single UN organ that is mandated to bind the members with its resolutions. Therefore, there is critical need that Member States have trust that this authority would act at all times towards that end; to achieve peace and security internationally, and without partiality is vital in the continued general trust and commitment to the UN. This is even more

critical in the face of increased regionalism and the reality of a vulnerable, uncertain, competitive and ambiguous external environment that the international space has become.

Membership: The UNSC consists of fifteen members stipulated under article 23 of the Charter. The fifteen include five permanent members and ten non-permanent (rotational) members. The Permanent Members are five and include; the People's Republic of China, France, the Russian Federation, the United Kingdom of Great Britain and Northern Ireland, and the United States of America. The non-permanent members on the other hand are ten and are elected by the General Assembly guided by their contribution to the UN for the purpose of ensuring peace and security internationally. They are also elected guided by the aim of satisfying equitable geographical distribution.

Veto power: The veto vote is a preserve of a permanent member to block a substantive resolution by a negative vote regardless of whether it has obtained the necessary UNSC threshold vote of nine members, or enjoys comparative international support. This power is solely a preserve of the permanent members of the UNSC. The substantive resolutions that permanent members can veto include approving membership to new states, amendment to the UN Charter or

candidates proposed to hold the top seat of the UN- that of the Secretary-General. The affirmation of all the permanent members is a prerequisite for a successful vote on substantive matters although the threshold includes an affirmative vote of nine members. On procedural matters though, the UNSC only requires a total consenting vote by similar number of members (nine).

Since the Charter of the UN was adopted in 1945, on 25th June, the Security Council has established more than 30 sanctions regimes. They include; in Angola, CAR, Côte d'Ivoire, DPRK, DRC, Eritrea, Eritrea and Ethiopia, Guinea-Bissau, Haiti, Iran, Iraq (2), Mali, Lebanon, Liberia (3), Libya (2), Rwanda, Southern Rhodesia, South Africa, the former Yugoslavia (2), Sierra Leone, Somalia, South Sudan, Sudan and Yemen, as well as against Al-Qaida and ISIL (Da'esh) and the Taliban. A simple count from these sanctions shows that more than fifty percent are on Africa, a continent that is not permanently represented in the UNSC yet, with the best understanding of the issues that ail it as continent, does not enjoy the veto power in determining the peace and security course from this critical body of the UN which has the authority to issue resolutions that are binding to Member States. The following majority is from the Middle East, equally unrepresented in the
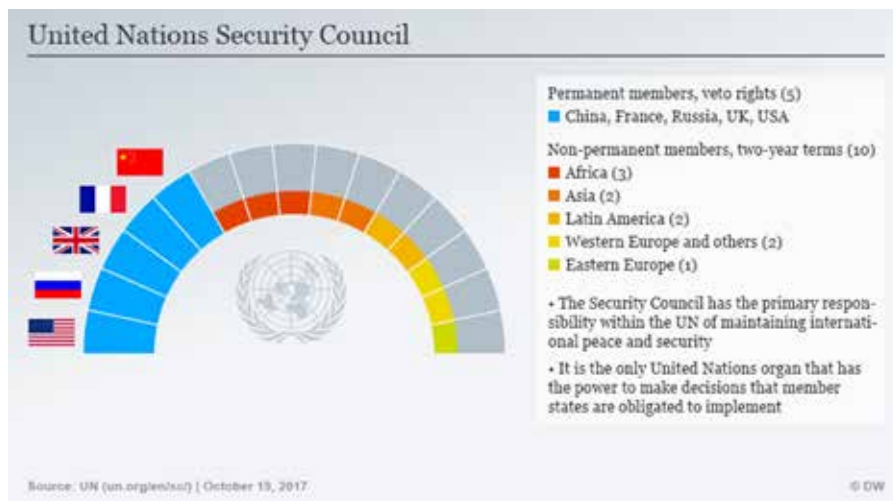
permanent membership.

There has been a call for reforms in the UNSC, especially by geographical regions unrepresented in the permanent membership such as the African Continent and the Arab league. Member States calling for UN reforms and specifically the expansion of the Permanent Representatives to have all geographical groups equitably represented, and to disabuse how the veto power is utilised for the political interests of the five permanent council members, underscore that since the UN was created, the world has gone through evolving challenges leading to an architecture for international peace and security that is increasingly complex. They argue that the UN must, therefore, undergo reforms necessary to adapt to the current world order and correct the historical injustice that the regions have suffered, unrepresented as permanent members.

The African continent argues that, of the issues discussed in the UNSC, most are related to the continent and it must, therefore, play a key role in the process of making decisions that touch on these issues. It calls for Africa to have at least two permanent seats in the Council. It is also pushing for the veto power if the reforms deem it necessary that the veto power be retained. Finally, the continent wants to have five non-permanent seats in the Council. The proponents for reforms insist on the need to give due regard to what most of the members legitimately aspire for. They point out that the current composition of the UNSC undermines its legitimacy and credibility unless and the international regard for it will continue dwindling unless requisite reforms are implemented. It is expected that increased representation and better administration or abolition of the veto power would boost the legitimacy of the Council and consequently, the implementation of its decisions.

A good number of the members of the UN feel that the UNSC's work has become undemocratic with skewed advantage to the permanent membership. They abuse the veto power which should not have, in the first place, been left unregulated and a preserve for a select few for this long. It is argued that the stalemate in the UNSC on many issues and the failure to maintain peace and security is largely due to its present configuration. The situation is made worse by the apparent lack of transparency and accountability owing to the Council's resort to closed sessions most of the time.

The Permanent Members, while reluctantly agreeing on the need for

United Nations Security Council

Permanent members, veto rights (5)
■ China, France, Russia, UK, USA

Non-permanent members, two-year terms (10)
■ Africa (3)
■ Asia (2)
■ Latin America (2)
■ Western Europe and others (2)
■ Eastern Europe (1)

• The Security Council has the primary responsibility within the UN of maintaining international peace and security

• It is the only United Nations organ that has the power to make decisions that member states are obligated to implement

Source: UN (un.org/en/sc/) | October 19, 2017. © DW

Composition of the UNSC, UN October 19 2017.

reforms, support only 'modest expansion' of the Organ. They insist that any new permanent members must be able to make clear contribution to ensuring that peace and security are maintained internationally. However, they seemingly mistake this for financial capability. They also oppose any change to the application of the veto power, arguing that its use has proven very useful in preventing the UN from involvement in dubious dealings.

> It calls for Africa to have at least two permanent seats in the Council. It is also pushing for the veto power if the reforms deem it necessary that the veto power be retained.

Concern has been raised over the UNSC composition and segregated powers since its formation by specific countries like Argentina. History proves such to have had great foresight, and as the clarion call gets louder, the reservations of such countries since then, and the voice of all that have joined that call must be taken into account. It is expected that this voice will continue to grow and pressure mount on the permanent members to stand on the right side of the spirit of the UN. The inclusion of these

fundamental concerns from member states on the organisation of the UN is imperative to the credibility of this world body. As an organisation with almost every state of the world as a member, inclusion, fairness, justice and respect are mandatory for the credibility of, not only its institutions, but also its decisions. Any delays will expectedly lead to the gradual loss of credibility, increased non-adherence to its decisions and in effect, pull back on peace and security gains that have been achieved so far.

The UN prides itself to be grounded on the principle of sovereign equality of all its Members according to Article 2(1) of the Charter. Article 8 further provides that, the Organisation "shall place no restrictions on the eligibility of men and women to participate in any capacity and under conditions of equality in its principal and subsidiary organs." For the UN to be considered to be representative of all members, all organs of the UN, including the UNSC must equitably reflect the makeup of the Organisation.

The Charter can be amended under its Article 108 by a decision of the General Assembly approved by two thirds of the membership and ratified by two thirds of Member States, including the UNSC permanent members. The UNSC can only be reformed by amending the Charter. The Charter provision is self-defeating to the quest for reforms in its requirement that all permanent members agree to the amendment. Therefore, what is needed is the political will of, especially the permanent members to support the reforms. It remains to be seen the shape the reforms would take. Only one thing is certain, reforms in the UNSC are long overdue.

CHILD TRAFFICKING A THREAT TO SECURITY IN THE EAST AFRICAN REGION

MR E K L ROTICH

STATE DEPARTMENT FOR IMMIGRATION

In a world that is increasingly global, with unprecedented interconnections, communications and migration; challenges threatening individual human rights, peace and stability continue to emerge. The emerging concerns arising from widening inequalities and marginalization have given rise to violations of basic human rights, one particular issue being trafficking of humans beings.

The trafficking of human beings is considered a form of slavery as it encompasses illegal transportation of persons against their will across different locations with the aim of exploiting them. Men, women, youth and children have been, and continue to be, victims of human trafficking and smuggling. Despite unabated efforts by the global community, trafficking remains an epidemic. The enormous effect on the society, family, economy and health has resulted in human trafficking and smuggling being announced as a global threat.

The increase in the smuggling and the trafficking of women and children has taken the angle of organized tranboundary crime rated human trafficking in the same serious category as terrorist. Human trafficking is considered the act of recruiting, harbouring, transporting and or providing of persons for labour and sexual exploitation. At the heart of human trafficking is the traffickers goal of exploitation and enslavement hence it is beginning to be generally acknowledged that trafficking in children is one of the fastest growing and spreading criminal activities in Africa.

Human trafficking remains a major transnational threat to many states in the World. Despite concerted efforts to curtail this vice, it is still considered to be the fastest growing crime in the World. The United Nations found that in 2019, the majority of trafficked children were sexually exploited, and one in three known trafficking victims is a child. Human Trafficking ranks amongst the most prevailing transnational crime issues in sub Saharan Africa and the world at large. In spite the lack of a clear definition for human trafficking and smuggling, these crimes are considered a threat to human security, as they are often cast in the mould of a form of international slave trade with objective of profit. Despite the illegality of slave trade in African, there seem to be more victims today than at any point in human history.

Child trafficking is not new in East Africa, it has acquired shocking new dimensions. In addition, there is information gap on identification and investigation of trafficking due to lack of knowledge on the legal definition of the subject and the difference between human trafficking and smuggling of migrants of children, or other forms of irregular migration. In Kenya for instance, child trafficking and smuggling are both complex phenomenon of which many people are involved at both family and community levels, as well as at the border or international transactions, thus it has the potential to adversely affect the security of the state.

In order to curb child exploitation, the Promulgated Constitution (2010) under Article 53 fully recognizes the need of children, and it thus aims to protect them from neglect, any form of abuse, harmful cultural practices, exploitations, unfair treatment, hazard and unjust punishment. Policy makers on emerging trends for countering the threats and challenges associated with child trafficking, in the process thus enrich existing strategies which can drawn from examples and applied to improve policy making and action in Kenya. Child trafficking ends up undermining national security.

In the case of Kenya, the state started tracking and solving child trafficking crimes digitally, through data collection and gathering of statistics to do with issues involving trafficking of children. It is crucial to appreciate that from official data derived from various confidential sources,

Source: Standard Newspaper (2019)

the states has started taking sex traffickers and offenders to court, under the anti-trafficking law. It is reported that over 300 prosecutions have already been completed, most of which involved child smuggling and trafficking related crimes (National Police Service, 2017).

In addition, the law is now very vibrant on matters involving human trafficking. For instance prosecutors continue to charge defendants caught with immigration violations or labour exploitations of any kind. The government is also very active when it comes to the Sexual Offense Acts and the concerned authorities with the help of multi-agency approach is very keen to bring to book anyone involved in any of these vices.

In spite of the efforts by the states, corruption remains a major impediment to successful arrests, prosecutions and convictions. Traffickers are at times able o dubiously obtain fake and even compromised identity documents from complicit officials and the law enforcement officers often take brides and or are induced to turn a blind eye when it comes to issues of human trafficking, especially those involving young children. This set backs are being addressed, by the concerned authorities, in partnership with both local and international partner organizations are striving to fight trafficking of humans.

According to the United Nations (2018), at the County government levels, the Coastal regions, Mombasa and Kilifi Counties especially, are on the spot for an increase in child exploitation through sex tourism and sexual predators. A classic illustration was illustrated on 30th July 2018, when the spotlight was shone on the trends and patterns of child trafficking at the coastal region. A further report by the International Organization for Migration and the Government of Kenya was released at the same time and indicated that child trafficking had been on an upward trend. The vice was mostly fueled by lack of education, ignorance, poverty and lack of awareness of the law, and the consequences of child trafficking to Kenya's national security.

The County of Kisumu, Nairobi and Kiambu is also considered to be leading in matter of child exploitation. This mostly involves domestics servants, who are often forces to work in stores, hotels, restaurants and even super markets. Some children are even forces into begging in the streets, some are lured into sexual exploitation and even to some extreme and heinous acts as child marriages. Child trafficking in Kenya has advanced; some common forms of deception used by traffickers to lure their victims are offers of well paying jobs, accommodation, travel tickets and even the promise for free education. The practice has now gone digital, with online grooming and recruitment of possible victims.

In the age of information technology, children are now being target online and forced to work in brothels, among other evil deeds. Sometimes parents and children are approached directly unwittingly via social media or within the community with many false promises of goodies and other forms of rewards; so that they can be slowly recruited into shady human trafficking rings. The perpetrators of these crimes are usually from low income and informal settlements such as Ki, Mathare, Mukuru and other area.

In conclusion, it is important to appreciate that illegal human trafficking, and especially child trafficking plus exploitations is a serious crime and a threat to the states national security as it transcends national borders. Unfortunately sometimes children are often exploited by those that they know very well. Some of them are forced to cooperate due to fear and intimidation, in other instances the youngsters may face language barrier, lack of proper guardians or they may just be preyed on due to their innocence. The trauma, shame, manipulation and pain can be so severe to some victims, that they may be completely unable to call out for help. The time has now come to raise awareness on the dangers of child trafficking to the state.

The time is ripe for each person to stand up against human trafficking, make effort to help eliminate the vice of child trafficking. Support livelihoods to help families avoid the need to have their children work. Raise awareness of trafficking, reducing the number of vulnerable children being trafficked. Rehabilitate survivors, and help them rebuild their lives. Protect unaccompanied refugee children, and keep them from the clutches of traffickers.

Source: Standard Newspaper (2019)

TRADITIONAL TSWANA CATTLE BREEDS FACE EXTINCTION DUE TO GAINING POPULARITY OF EXOTIC BREEDS

COL E SEETSO
BOTSWANA DEFENCE FORCE

Livestock in Botswana plays a significant role in the economic prosperity of the country and the livelihoods of Botswana in general, particularly in the rural areas. Of significant importance is the contribution made by indigenous breeds towards household food security and the overall welfare of smallholder farmers in the country.

Indigenous cattle breeds constitute an important reservoir of genetic material which developing nations have failed to give adequate attention to. Changes in economic situations, the changing nature of consumer preferences and therefore the need for change in production methods to comply with these are the major forces dictating the future of indigenous cattle breeding.

It is generally argued that, although the Tswana cattle have the much needed adaptation to mitigate environmental stresses, they are deficient in other attributes that affect productivity. Because of this, there is a sense that these breeds may be increasingly facing possibilities of extinction due to competition from imported breeds which is a major concern to the local farming fraternity.

Cross Breeding

Crossbreeding in Botswana was initiated in the late 1980s and continue to date involving exotic breeds such as Brahman, Charolaise, Sussex, South Devon Simmental bulls. These herds were maintained within the government research stations across the country.

Livestock has been at the center of Botswana's economy for many years, and remain crucial to the economy today. However, with the advent of commercialization of the beef industry, traditional beef cattle face stiff competition from the exotic beef breeds of cattle which dominates the beef industry. Therefore, the beef industry is experiencing a lot of change due to the commercialization of cattle breeding by cross-breeding with the most exotic breeds in order to make beef production a more viable business venture.

Although most of these breeds have existed for many years elsewhere across the world, they are now being found to dominate Botswana's landscape in crossbreeding with their popularity threatening to overshadow the local breeds because of their contribution to economic development both at national and individual level.

Originally, traditional cattle breeding was done to satisfy traditional rituals such as payment of bride price, feast making during festivals and burial arrangements. While these practices are still relevant, the situation in beef production has changed tremendously as majority of modern beef farmers rear cattle for commercial purposes.

Factors influencing change behaviour in beef production in Botswana

The major market for Botswana beef is the European Union (EU); which is regarded as the most lucrative market, the United Kingdom and China. Botswana Meat Commission (BMC) which is the most premium buyer and processor of Botswana beef buy cattle across the country from farmers, slaughter them and export beef to these markets. However, BMC is not the only buyer of cattle in Botswana.

While Botswana is not the only beef producing country, Botswana beef is rated among the highest in quality around the world because of the uniqueness in cattle rearing practice which are grown naturally from pastures as compared to other beef cattle countries whose cattle growth is aided by genetically modified products. As a result, Botswana beef is highly rated as the best in the UK, EU and China markets.

BMC has been facing stiff competition lately from local butcheries and meat processors who are also buying cattle directly from the farmers across the country to meet the requirements of the local markets. Initially it was expected that, BMC would also be the supplier of the local meat to processors and butcheries because of its capacity to slaughter large quantities a day.

However, farmers were discouraged by BMC prices and resorted to selling their cattle directly to butcheries and meat processors as they regarded BMC's practices as aimed at impoverishing them. While local butcheries were offering to buy cattle at 22 Pula per kilogram (P22/KG), BMC was buying around 11 Pula per kilogram (P11/kg) from the farmer.

In addition, BMC did not pay farmers immediately after purchase of their cattle as compared to local butcheries which paid promptly. Instead, BMC used to pay farmers at-least 3 to 6 months after delivery which created debts for farmers.

BMC was faced with crises which threatened its closure and had to devise a strategy to turn around its business in order to become relevant again to the farmers. The

The turnaround strategy by the BMC has heightened the commercialization of the beef industry and put pressure on farmers to increase the quality of their cattle in order to make beef breeding profitable unlike the previous subsistent nature.

new strategy involves reduction in payment turnaround time from 3 to 6 months down to a month, increase in carcass price up to P33/kg of zero tooth and provision of transport to farmers for the transportation of cattle to the slaughter facilities. The zero tooth are young cattle between 9 to 15 months, whose meat is regarded as soft and the most sought about in the EU market.

The turnaround strategy by the BMC has heightened the commercialization of the beef industry and put pressure on farmers to increase the quality of their cattle in order to make beef breeding profitable unlike the previous subsistent nature. Government further provided support to farmers by promoting artificial insemination at less than a dollar subsidy per cow per farmer using some of the highest preforming exotic breeds imported from overseas such as, Brahman, Simmental, Charolaise, Santa Gertrudis, Bonsmara, Angus, etc. The rise in popularity and population of the exotic beef cattle has transformed the beef industry across Botswana's landscape because of their attractive features such as:

Ease of calving. The traditional breeds of cattle are prone to giving birth to still borne calves and difficulties in giving birth. Associated with this ease of giving birth are the lower percentages of mortality rates, which then results with higher success rates in turning calves into weaners for replacement cows or males for the market or production of bulls.

Faster growth rate. Contrary to the traditional breeds whose calves takes roughly 18-20 months to reach maturity, calves of exotic breeds reach maturity early in 8-10 months thus providing the farmer with the opportunity to wean them early for the market. This enables the pregnant mother to recover early and prepare for the next calving season. In economic sense, it becomes prudent as weaners, commonly known as the "zero tooth" in terms of the EU requirement, is able to reach the market early between 9-12 months and in turn generate returns earlier than the slow growing Tswana breeds.

The traditional breeds are able to travel longer distances looking for grazing areas, which projects them as drought resisters. However, much as this may be regarded as an advantage, this on the other hand turns out to be a disadvantage as the ability to walk longer distances results in the loss of

weight which could otherwise be converted into profit. Conversely, exotic cattle breeds are short distance travelers and hence their ability to maintain weight required for accelerated growth rate and faster weight gain which in turn is converted into profit.

Exotic breeds are also expensive to buy when sold as live animals which are an advantage to farmers breeding them as they put them in good position to increase their returns on investment. Farmers breeding these breeds of cattle are able to produce bulls of superior quality which can either be sold at a premium to aspiring farmers who wish to improve their beef production or can be exported. In addition, farmers are able to sell heifers and semen to the local and international market at a premium price, thus maximizing their returns.

Exotic cattle breeds are also able to compete in the annual exhibitions at national, regional and international level, thus projecting the farmers to the international market for cattle ranching. Besides being sold, these exotic cattle stand chances to win bigger prices in the exhibitions, which is uncommon with the traditional cattle breeds.

While exotic breeds have turned the beef industry around from subsistent to commercial farming, this has come at a cost to traditional Tswana cattle breeds

threatening them with extinction because of the inferior features discussed above. Even though Tswana beef breeds are considered drought resistant and suitable for the Botswana's climatic conditions, their performance in beef production when compared to exotic breed is considered inferior, which has turned most farmers to lean towards exotic breeds. The beef farming fraternity is therefore faced with challenges to preserve the Tswana traditional beef breed without compromising the quality of beef production.

Conclusion

The emergence of the exotic cattle breeds in the Botswana's landscape has transformed the cattle beef industry tremendously turning beef production from subsistence into a more profitable venture. As a result, majority of beef farmers have turned their back on Tswana traditional cattle breeds towards exotic breeds. Tswana cattle breeds are therefore facing extinction, which is a major source of concern to the beef industry in Botswana. The farming fraternity is therefore faced with challenges to come up with strategies to safe the Tswana beef cattle from extinction without compromising the integrity of the beef industry which is Botswana's mainstay of the economy.

PROTOCOL ON COOPERATION IN DEFENCE AFFAIRS FOR THE EAST AFRICAN COMMUNITY: MOVING FORWARD

COL F K TWINAMATSIKO
UGANDA PEOPLES' DEFENCE FORCES

The Republics of Kenya, Burundi, Rwanda, South Sudan, Uganda and the United Republic of Tanzania Republic are members of the East African Community (EAC). The EAC is a Regional Economic Community (REC) with its head office in Arusha, Tanzania.

The region has population totaling to 172 million people and occupy total joined area of about 2.5 million km square and has a total of US$ 172 billion as collective Gross Domestic Product. There are linkages among the six Partner States; the people have shared background including; culture, history and languages. The region is gifted with rich and diverse natural resources and has the eventual objective of apolitical federation.

The activities of the EAC are governed by its Treaty which set up the Community. According to Article 5 (1) and (3) (f), the community shall: formulate policy guidelines and strategies geared towards deepening and widening the partnership amongst East African States in political, defence, security, legal, socio-economic and judicial affairs for shared gains. The community shall promote promotion peace, ensure regional stability and security, enhance cordial relations among and within States. In line with Article 125 (1), the States agree to work together closely in defence matters to achieve the broader goals of the Community with purpose of promoting of peaceful coexistence, wider security and enhanced relations within the Community and among States. Besides, the Protocol on Cooperation in Defence Matters of EAC is

an institutional structure constituted under the Article 125 (2) designed to deepen and widen partnership among Partner States in defence matters and promote relations, ensure peaceful coexistence and enhance regional security.

The East African Heads of State signed the Protocolon 28th April 2012 and came into operation on 19th November 2015 after having been consented to by all the States and the instruments of agreements deposited with the office of the EAC Secretary General. The Protocol followed the Memorandum of Understanding on Cooperation in Defence Matters having been endorsed by Partner States on 30th November, 2001.

The Protocol's objectives are; formulate, advance and pursue policy guidelines and strategies geared towards deepening and widening the partnership amongst Partner States in defence matters for shared gains, promote stability, ensure regional peace and security and good relations. The region shall anticipate and prevent conflict situations, uphold and support peace-building and post-conflict activities to sustain peace and stop renewal of conflict and also manage and accomplish regional efforts in prevention and fighting of transnational terrorism.

The areas of cooperation amongst the EAC Partner States in collaboration with international and regional organisations provided in the Protocol include; promotion of stability, ensuring regional peace and security, exchange of information and visits, military training, technical cooperation and joint operations.

As for military training domain, the Partner States' Armed Forces' colleges guided by an exchange programme, offer vacancies at each other's Armed Forces training institutions by swapping Directing Staffs and students in training institutions. Additionally, Defence Chiefs of the EAC Partner States deliver lectures of opportunity at Military Training Institutions on rotational basis.

Correspondingly, the Partner States' Armed Forces conduct annual joint exercise aimed at practicing the military, civilian and police components in planning and execution of an integrated mission. The joint exercises encompass; counter terrorism, peace support operations, disaster management and counter piracy as well as search and rescue operations.

They also conduct joint conferences and training seminars in preparation for joint training and conduct joint exercises in agreed thematic areas. These exercises are aimed at practicing the Partner States' Armed Forces, Police, Civilian component and other Stakeholders in planning and conduct of an integrated mission which encompass; PSO, DM, CT and CP in order to enhance their capabilities in jointly addressing complex and multidimensional security challenges.

The implementation of the MoU (and currently the Protocol) has been symbolic and commendable in the EAC integration process. So far, thirteen major joint military exercises have been held, including; "EX ONGOZA NJIA", held in Tanzania in February 2005 on PSO, "EX TREND MARKER", executed in Kenya, in September 2005 on CT; and the "EX HOT SPRINGS", conducted in Uganda in September 2006 on DM among others.

The EAC States' military, civilian and police Components have been organizing and conducting Joint command post and field exercises since 2005 in order to enhance their capabilities, interoperability and readiness in undertaking the real time Joint Operations. These exercises have been codenamed "USHIRIKIANO IMARA," since 2011,

The East African Heads of State signed the Protocol on 28th April 2012 and came into operation on 19th November 2015 after having been consented to by all the States and the instruments of agreements deposited with the office of the EAC Secretary General.

and held on a rotational basis as part of the defence co-operation between EAC partner states. USHIRIKIANO IMARA" are Kiswahili words literally meaning "steady cooperation". For instance, the EAC Defence "CPX USHIRIKIANO IMARA 2019" held in Uganda from 4th to 17th November 2019 was designed to achieve the objectives of the Protocol. It was also designed to formulate mechanisms for the operationalization of PSO within the contexts of the Constitutive Act of the AU and by extension the UN Charter.

Joint operations are other areas of cooperation among the EAC Partner States whose purpose is to ensure peace, promotion of stability and regional security. The States' Armed Forces undertake joint operations and provide mutual assistance; in handling disasters, search and rescue operations. In situations of emergency, the Armed Forces jointly develop and implement necessary mechanisms in support of civil authorities in disarmament, maritime patrol and surveillance, establishing early warning mechanism and in combating terrorism and cattle rustling. Similarly, joint medical teams have been conducting Civil Military Cooperation (CIMIC) activities to win hearts and minds of the people.

Technical Co-operation is yet another critical area the Partner States' Armed Forces undertake to; assist each other with the acquisition and supply of spares, usage, maintenance and repair of equipment. They cooperate in military research and development, establish reliable and secure communications between the Defence Chiefs and also encourage general communications at all levels. Likewise, the Partner States support joint utilization of each other's military industries and facilities and have offered various military industrial facilities for joint utilization.

In the area of visits and exchange of information, Partner States' Armed Forces undertake visits, exchange of information and intelligence, cultural and sporting activities and rifle range competitions. The activities conducted in this area are designed to improve companionship between Partner States' militaries and strengthen defence cooperation. Since 2005, Partner States have been conducting EAC Military Games and Cultural Event annually on rotational basis and a week of CIMIC activities preceding the EAC Armed Forces Day.

The Protocol on Cooperation in Defence Affairs provides institutional coordination mechanism for its implementation which includes; Sectoral Council, Consultative Committee, Sectoral Committee, Defence Experts Working Groups, Coordination Offices, Defence Liaison Office and EAC Desks. Partner States are in the negotiation process and formulation of the EAC Mutual Defence Pact. Moving forward, EAC Protocol requires EAC States to finalize consultations and conclude Mutual Defence Pact development.

Notably, the Protocol contains the SOFA, which provides for the following rules and regulations to be followed by the EAC Partner States' Armed Forces during the conduct of the activities authorized by the Protocol; access and movement, health facilities, uniforms and arms, costs, taxation, imports and exports, driving licenses, protection of the law, jurisdiction and enforcement of the law, claims and liabilities.

The cooperation in defence affairs as a strategy for regional integration is moving forward. The progression towards an East African Federation is being pursued, emphasizing the thoughtful resolve of the defence sector in its efforts to promote a peaceful, secure and powerful East African bloc.

CHINESE IMMIGRANTS AND DEVELOPMENTS IN AFRICA: A CASE OF KENYA
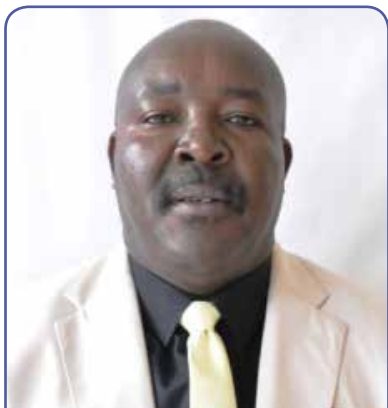
COL S G WAIREGI
KENYA ARMY

Immigration refers to the action of people moving from their country of origin to live permanently in a foreign country. Those involved do not possess citizenship of the new country but seek to settle or reside there as permanent residents or naturalized citizens. They take up employment either as migrant workers or temporarily as foreign workers.

China is fast becoming a major player in Sub-Saharan Africa. In 2008, it replaced the European Union (EU) and the United States (US) as Africa's major trading partner. China's Foreign Direct Investment (FDI) and development aid in the continent are also increasing rapidly with aid, investment and trade mutually reinforcing each other. These three issues have led to an influx of Chinese nationals to Africa to engage in manufacturing, farming and construction. It is estimated that their numbers range between five hundred thousand to one million. Just like African immigrants in Europe, Chinese immigrants to Africa come with almost no knowledge of the region, no contacts and little support from their own government incase things go wrong.

The sheer volume of Chinese investments in Africa makes Africa her largest trading partner. For instance, Chinese investment in Sub Sahara Africa has increased 40 fold since 2003 after adoption of the open door policy. The Chinese immigrants to Africa come from all over China; they are of different social classes and professions with the majority being young men and women. Their economic statuses vary with the wealthy businesspersons, managers and staff of large scale Chinese owned companies being the most visible. The less educated who engage in informal businesses like shop keeping, cooks, and hairdressers, and those in construction industry are rarely in the limelight.

Apart from economic opportunities, the continent's pleasant weather, hospitable and peaceful people are some of the reasons for the increasing Chinese presence in Africa. Despite being comparatively underdeveloped, Africa offers most opportunities for growth and development as the continent's potential has not been fully exploited. There is plenty of arable land, natural resources and various raw

Thika Superhighway one of the roads constructed by the Chinese.

materials ideal for industrialization. The idea of adventure is also appeasing, a song by Wong KaKui extolling peace and love inspired by Kenyan people also attracts Chinese to Kenya. Wayne Wong, a Chinese pastor who works on promoting cultural ties between Kenya and China communities in Nairobi encourages Chinese to invest in Kenya. Chinese argue that Africa has less competition, is more spacious, and boasts of better quality of life factors that have attracted them to Africa.

In Kenya, nearly 200 Chinese Companies are operating in various projects that include roads, ports, bridges, airports, hospitals, schools, telecommunication and energy. The exact population of Chinese in the country is unknown because unlike refugees who are registered upon arrival, some of the Chinese who are urban immigrants come under tourists' visas and opt to overstay their visas. The Chinese interactions with Africans is different from other foreigners as they engage at the lowest level units in small towns and rural outposts. For instance, it is not surprising to find Chinese cultivating small-scale farms in villages as far away from Nairobi as Kisumu, Kisii and Kuria while others engage in fishing in South Nyanza. Some have even invested and opened businesses as far as Meru.

Most Nairobians can point out the city's major Chinese built infrastructures, several highways and bypasses to lessen the notorious traffic jams. Skyscrapers that are some of Africa's tallest, football Stadiums, such as Kasarani International Sports Centre, a state of art indoor stadium,from where former US President Barrack Obama gave one of his speeches during his State visit in 2015. Chinese companiesare involved in various infrastructural projects in support of Kenya's

Vision 2030 and affordable housing, which is in line with the current government's Big Four Agenda. The Standard Gauge Railway from the Port city of Mombasato Nairobi,the country's capital city, is the country's largest infrastructure project since 1960s accredited to the Chinese. Chinese products, which include textiles, spare parts, electronics, pharmaceuticals, and assorted households items represent Kenya's largest imports, the same applying to most African countries. Nairobi hosts the largest Chinese Embassy in Africa, a clear demonstration that China holds Kenya in very high esteem and treats the country as a worthy partner.

Socially, most Kenyans do not know whether to treat Chinese as immigrants or expats as some see them as being in between both in terms of social standing and their duration of stay in the country. Hannal Postel, a migration researcher with the Centre for Global Development who previously studied Chinese immigrants in Zambia found out that Chinese easily assimilate themselves with the locals than any other immigrants. Kenya citizens also do not know where to place Chinese in the social and economic hierarchy, as they see them doing the normal things Kenyans do in the streets.

China's Foreign Development Investment will induce manufacturing in Africa and leave a huge space for many developing countries, including Kenya, to enter a dynamic labor-intensive industrialization development phase. The Chinese Light Manufacturing in Kenya has had cost advantages through infrastructure, business environment and international buyers' confidence about the country's ability to deliver products with consistent quality timely. The industrial parks constructed by Chinese, have created a One Stop Shop for investor's benchmarks

and reduced the cost of doing business. They also demonstrate the technology to villages and have enhanced production and created employment.

Chinese immigrants in Kenya engage in many varied ventures including running Chinese restaurants, shops, churches, hotels, car garages and many more. They easily blend into the county's fabric comprising of mixed group of shops owners, families, young professionals, and graduates from top China universities, volunteers and entrepreneurs as well as the staff of large Chinese state owned firms. Like in any other society, there cannot miss a few elements who engage in illegal activities. Some Chinese have been accused of running Command Centers, hacking, money laundering, environmental degradation, poaching, fraud, and attack on Kenya's financial and communication systems, vices that have successfully been contained by Kenyan authorities. When such incidences occur, the law abiding Chinese always fear that they may be bandwagon with the criminals with the possibility of their stay in Kenya being threatened.

All factors of production from China together with their ability to provide alternatives for the more expensive goods has made their products cheap in Kenya leading to complaints by some Kenyan traders of being driven out of business. Globalization has played a part in increased Chinese imports to Kenya through easy and cost effective transportation. The involvement of Chinese across the products value chains (manufacture, exportation, whole sales, retail and even hawking) increases the traders' sentiments with worries that the trend is likely to worsen the unemployment problem in Kenya.

In conclusion, immigrants have the right to enjoy their freedom of movement and even engage in active and gainful business investments as long as they have fulfilled all the legal requirements of the host country. Globalization has led to increased movement of people across the globe for different reasons key among them trade and investment and no country can afford to play ignorance of that in this contemporary world. The phenomenon has also increased the number of economic immigrants. It is obvious that these movements in the era of globalisation cannot be stopped. This can only be managed to ensure that both the local population and the immigrants co-exit. The management may involve establishment of strong immigration rules by the host nations.

THE EDUCATION PARADOX IN KENYA

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"Education is the key to success" is a common phrase that may have propelled majority of learners, after Kenya's independence, to study hard to excel in their education. On the contrary, those who were unable to pursue education, as required, would console themselves with a Kiswahili saying *masomo sio suruali* (education was not a critical garment) and that the destiny of each person is determined in advance by God. The emphasis then was that with good education, one was bound to get a good job and thus a better life. Tales abound of how children used to sacrifice their sleep to put in additional hours of study to improve their chances of performing better in the national examination. At Kenya's independence, many rural homes were not connected to electricity and thus most homesteads used lanterns as their source of light in the evenings. Those were the blessed few households as the majority would crowd around the fireplace, as their source light, for the short evening before retiring to bed. Rising up early to catch up with assignments as they prepared to go to school was the norm for most children. Needless to say, shoes were a luxury and thus most children went to school barefoot some trekking many kilometers to get to school. The lunch hour would see those children who were able to rush home, over a few kilometers do so, grab a quick cold meal, do a chore here and there and then rush back to school for the afternoon lessons. The journey back home in the evenings would include chores of fetching firewood and/or water from the nearby streams for boys while girls would be assisting their mothers with the household chores.

Having gone through these hardships to sit the national examination, at the end of primary school syllabus, was no mean achievement. Those who excelled to join secondary school and were blessed enough with parents/guardians who could afford school fees or were able to secure the few limited scholarships were considered among those destined for greatness. The secondary school life was broken into four ordinary years commonly known as "O Level" with an additional two years for those who qualified to attend advanced secondary school commonly known as the "A level". The "O Level" graduates were not your modern day graduates of secondary schools. Those were revered in the villages with those passing having their names published in the local dailies. Those who passed but did not qualify for "A Level" studies were assured of college education with attendant employment by the government or parastatals that were among the best employers of the day. Those that performed exemplarily well proceeded to "A level" and eventually proceeded to either university or government colleges and finally got employed by the government in middle management positions and quite a number rose through the system to lead government institutions. In those days, proceeding to university meant an opportunity to go to the city of Nairobi travelling over long distances by road and at times by railway for those who came from the countryside. The city did not disappoint. It had high rise buildings, though not comparable to the present skyscrapers, several vehicles, traffic lights, restaurants serving fast foods and of course an influx of different communities offering a variety of interacting with traditions hitherto unknown to many.

Employment in the government meant provision of housing and common transport for some cadres of employees, in some work stations and individual transport for those who had excelled and risen through the ranks to senior positions whose non-cash benefits included provision of government vehicles for official functions that usually came with a government driver. Driving back to the villages or being driven back to the villages was an awesome sight to behold for the villagers whose sons or daughters had landed the fortunes of education and thus the phrase education is the key to success. This is what education was associated with. An important aspect then was the respect
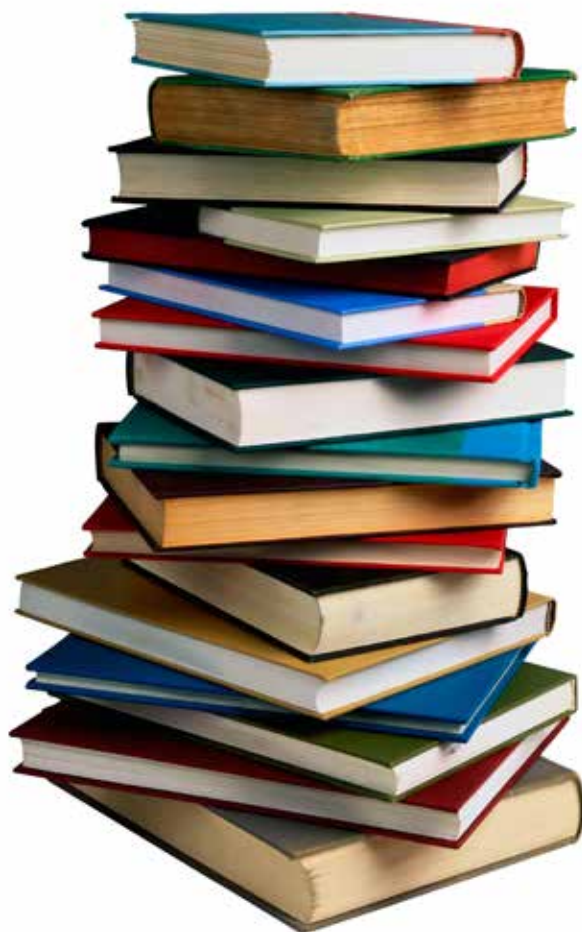
accorded to teachers who were viewed as part of the upper class in the society. The families of the teachers were equally respected. Their homes were clean and had enough supplies and goodies not available in the ordinary village homes. The authority of the teachers extended beyond the classrooms and would extend discipline to any errant students in the villages whether from their schools or not. Parents would always side with the teachers in such situations and thus discipline and respect among the young people was high. Education was truly the key to a successful life.

During those days, the government owned majority of the schools from pre-primary to university, which though few were somehow sufficient according to the then population. Successful people were the products of the education system and moved to occupy positions of authority in the government and the private sector and thus took charge of various aspects affecting the daily lives of the people and thus control of the country. The demand for quality education continued to surge fueled by the allure of a good life upon successful completion of education. The economic liberalization, that was in line with the Bretton Woods Structural Adjustment Programmes (SAPs) for developing countries transcended into the education sector and saw the development of the private schools industry all the way from pre-primary to university level. The customers of such private schools were mainly the children of elites who came from the public schools systems. The dynamics in the education sectors had experienced a paradigm shift. More students qualified for university education but could not be admitted since the public universities pegged their admission on bed capacity, which though widely used and accepted had the inadvertent result of locking out many qualified students from poor families from accessing higher education. The universities admission board simply raised the university admission cut off point as opposed to opening avenues for university day scholars' admissions. It took years to open such an avenue but again this may seem to have been in response to market forces that had pushed for establishment of private universities thus the move was more commercial oriented as the fees charged by the public universities, for private sponsored students, remained out of reach to qualified poor students. The number of university graduates soared but then to their disappointment, there were minimal employment opportunities leading to disgruntled and disoriented jobless university graduates thus creating the education paradox where education is not seen as the key to success by these graduates.

Reports of many university jobless graduates struggling to make ends meet while a good number of non-graduates are living well and even occupying leadership positions in various sectors further compounds the education paradox. The growth of university graduates being employed by non-graduates challenges the notion that education is the key to success. The education sector transformed from being one of the prestigious vocation to a pass time vocation and/or chosen for lack of a better option. The allure of education has been fast fading. This begs the question, what happened that education seems to have ceased being the key to success? Did the products of the same education stifle the same system that nurtured them? Or were the education system's expectations overstretched? Did other alternatives emerge to offer stiff competition to education being a key to success? Was there overemphasis on academic education with minimal application as opposed to focusing on practical education for economic growth? An education system ought to produce the best in each field and have them in positions of authority in their respective competencies for a state to develop and maintain its development status. This would aide in solving the education paradox where the education system would produce qualified individuals for the demand labour market. To achieve this, continuous evaluation of the education system remains key focus to the policy makers to redirect efforts to relevant human resource capacity development for sustained economic growth. Efforts have been made towards this end including the introduction of the Competence Based Curriculum (CBC), which is a culmination of years of research and policy formulation. The CBC is expected to ensure that learners have learnt and acquired the requisite knowledge, skills and attitude (competencies) and also apply those competencies in real life situations. Hopefully, the CBC may assist resolve the education paradox.

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THE EVOLUTION OF THE INTERNET, CYBERSPACE AND CYBER SECURITY

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ZIMBABWE DEFENCE FORCES

Computers, which used to be mainly bulky standalones, only connected to the sources of power supply from the wall sockets which were either a printing press, less than two decades, are now much smaller; even miniature gadgets interconnected through the Internet. The Internet started as the linkages amongst universities and the researchers in the military in USA in the late 1960s. The breakthrough to send messages was an "electronic mail" which was transmitted mid in 1971. Today nearly trillions of the electronic mails remain being transmitted globally and also annually. In fact, a "website" designed in the early 1990s evolved and rose in number to more than thirty (30) thrilled individual developed and hosted websites on the internet.

How Engineers Started the Connections of the Internet

The US Department of Defence was the creator of the internet, beginning with primary computing and inventive nets comparable to Advanced Research Project Agency Network (ARPANET) as the forerunner as regards the advent of the computer networks as early as 1969.

Acclaimed for the preliminary conceptions which were then technologically advanced into the global network or the World Wide Web (WWW) will be characteristically awarded to the founder of the networks in 1961, Leonard Kleinrock. In the same year, as a scientist, mooted of an idea of worldwide network and wrote the scholarly work about ARPANET, the precursor to worldwide network. Kleinrock alongside other trendsetters such as Licklider J.C.R., then chief executive at the company called the Information Processing Technology Office (IPTO) availed mainstay for omnipresent flowing emails, media that included the Facebook placements and twitters now publicly connected on daily basis. ARPA-sponsored academics established procedures utilised in communication today.

Evolution of the Internet

In as early as 1965, the first connection was established between the two men in Michigan at the Institute of Technology. This was conducted in the Lincoln research laboratories. The researchers first linked the networked computers using packet-switching technology which was apparently obtaining protocols in the telecommunications technologies. Many trials were done that includes the variety of provisions such as in 1968, the Interface Message Processor by Beranek and Newman which acquired the agreement to supply the ARPANET. In fact, though this was successful, high speed was not realised as the main thrust was to link the computers from a further distance apart than the laboratory connections. In 1969 the nodes were mounted which linked UCLA"s Network Measurement Center, Stanford Research Institute (SRI), University of California-Santa Barbara and University of Utah. One student Charles Kline unexpectedly and unknowingly established the wide linkage of the internet when he attempted to login and accidently send the message "LO", the historical message in the internet history. It is alleged that the message was not successfully sent and that is why it remained as it is today because the system then crashed.

Several attempts were conducted in many countries and finally bore the intercontinental connections such that the worldwide networking turned into certainty at the London, University College in England including the Royal Radar Institution, other states such as Norway successfully connected to ARPANET by 1973. Hence the worldwide connection stood now instinctive amongst continents. In fact, this brought about other subsequent connections of the internet to other continents.

Origins of the Cyber Space

In 1982, William Gibson who was a writer defined bizarre novel expression which he called "Burning Chrome" in his petite narrative describing, warning of an emergent environment sprouting through the workstations of computer systems. This was in 1984 that Gibson the author"s definition as in his written works the "Neuromancer", a newfangled synonym "cyberspace" began to be used. The fact was that it was coined word cybernetics during the Ronald Reagan"s Star Wars conception. Cyberspace, the domain of the workstations of the

worldwide networks allows transmission, storage and sharing of information online. It comprises of information that is shared. The cyberspace has the virtual aspect which is the software and physical which is the hardware side. The development on the hardware and commutations protocols which include the computer systems for data processing and storage, communication and terminal equipment for data conversion and transmission enabled the connectedness of the computers worldwide. All these constitutes the Internet of networked computers, intranets or virtual private networks (VPNs), cellular equipment, fibre optic or wire cables, satellite communications and terrestrial radio communication systems.

The increasing proportion of computing moved even into the mobile devices and began affecting the ways humans communicate all over the world. The

technology of cyberspace is now a domain where everyone demands access to as a fundamental right. The cyberspace has also become a realm used for expressing individual sentiments pertaining to anything even musician"s romantic affairs to political issues; thus fundamentally transforming the Internet itself and its use. Audio and visual experiences of events such as funerals, weddings, demonstrations and even wars are being shared on the Internet across the globe in real time.

Advent of the Cyberspace as the Virtual Ground

Relatively compared to the flaccidly getting the offensive through connected material, different manipulators remain generating in addition modifying locations designed for individual usage eventually seeing-through additional almost requiring the satisfaction on the networks. The websites varies beginning from the societal nets like Facebook and RenRen, micro blogs such as twitting and Ten cent, including the Sina.

Although cyberspace is just a dominion of messages and formerly transacting; partakes since its expansion including dire structures of the nations. The sectors are virtually running the livelihoods of people nowadays and they range starting from the production, finances, social amenities and transports services, and water and energy resources. The human beings are linked in

one way or the other through cyberspace. Cyberspace evolved from being just the nervous system to the control system of economies thus turning into leading display place used for lifetime issues in this apparent century.

Social platforms such as Facebook, Twitter, Google and WhatsApp have become the very definition of modern life and liberty as of speaking and access of worldwide socially connected platforms, a sign that entails modernity and civilisation. The Internet has become the central platform for doing business, cultural, religious and personal relationships, study and many other things. It is no longer a luxury but it is now life itself. Real life has regrettably its intrinsic calamities. The highly esteemed Internet, which increasingly is regarded as an absolute necessity to our lives, has become the playing ground for individuals and society at large.

The Cyber Security

In the world today, majority of the systems that are interconnected are accumulatively linking a lot of infrastructures dependant of mainly cardinal expertise which is contrariwise development in associated perils. The provision of security to the infrastructure is critical such that both large and small countries cooperate on cyber security since cyber threats can be unleashed from any part of the world

to attack targets anywhere on the globe. The growing use of ICT and its globally interdependent networks, and risks related to computer usages are indispensable to our lives. The digital divide has consequently given security threats in the cyberspace. Developing countries are reliant on their providers of the means for cyber security which poses a danger to their national security. In fact, information revolution intensely altered and equally changed organisations" ways of doing business including the societies.

Using ICT has led to political, commercial, community and ethnic interactions as this being done and guarantee for the safety of the personal and business information is also needed. The various cyber incidents hurled in contemporary existences in contrast to the progressive information humanities intended to undermine the operations of communal and secluded segments of the information arrangements, obligated and positioned the misuse of cyberspace tall as regards the modern-day security threats. In most occasions, reappearance of the number of the emergent occurrences in the cyberspace designates a beginning of an age of cyberspace security that is of worldwide concern.

Commercial communication domains to the critical infrastructure that powers our modern-day civilisation will become vulnerable to cyber attacks. Critical infrastructure with similar facilities such as transport, communications and energy will increasingly become targets for cyber attacks. Many private and public institutions the world over have been hacked and the few which might believe they are safe, are simply ignorant of the fact that they might have been hacked.

While the legal minds and legislators are displaying their ignorance about the goings on in this domain, cyber security areas are greatly disposed of worrying of messy heads. Everything connected to ICT, the question of impartial for computer science intellectuals and the technicians to solve from the help desk. In fact, during their speech, attendants will be quiet, simply nodding their heads and putting on "the glaze" expressions. The unambiguous appearance of deep misperception and indifference that proceeds to grip every time a discussion goes towards mechanisms of a computer has remained a serious issue in cyber security.

The NDC Commandant Lt Gen A K Mulata welcomes the Cabinet Secretary Ministry of Defence, Ambassador Monica Juma to the Collⱺge.

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