![National Defence College logo]

National Defence College - Kenya

Newsletter

The Trailblazers

Course Participants and Faculty pose for photo with Lt Gen A.K Kendagor, Commandant and Mr Peter Ndegwa CEO, Safaricom.

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FROM THE COMMANDANT'S DESK

LT GEN A K KENDAGOR MGH, CBS 'ndu' (USA) 'psc' (K)
COMMANDANT

It gives me great pleasure to note that Volume II Newsletter of Course 25- 2022/23 cohort is ready after successfully delivering Volume I in term two. The quality of the articles in the newsletter is a manifestation of the hard work and dedication that the course participants have put into the thought process. From my interactions with the course participants, I have observed that this cohort is cohesive, inquisitive and ready to learn which is a positive attribute to participants who are focused to achieve the course aim. Indeed, this resonates well with the course motto *"The Trailblazers"* in which the participants have upheld due to their dedication to the course.

As term three progresses; I am encouraged to note that the course is doing well having achieved term one and two-course milestones, both in class and in the field. These included the conduct of local and regional study visits, university examinations and the just concluded cultural day. The participants displayed the rich cultural diversities from the fifteen countries represented in the course during the cultural fete.

I also register that the participants have bonded well despite coming from a mix of thirteen different cultural backgrounds. Truly as it is said, diversity is strength; I note with gratitude that the participants have exploited this virtue to integrate well. This has enabled them go through the course as one family with a common goal to excel. I urge the participants to continue with the same spirit and the positive attitude demonstrated toward their studies as the course advances on well.

I commend the participants for rising up to the occasion by contributing the much needed donations towards alleviating the effects of the ravaging draught.

As i conclude, let me take this opportunity once again to most sincerely thank the course participants for their well-done articles and the Editorial Team for their able leadership that has led to the publication of this Newsletter. It is my trust that our esteemed readers will find this Newsletter educative, thrilling and exciting as they read.

MESSAGE FROM THE SPONSOR SENIOR DIRECTING STAFF

BRIG E RUGENDO 'awc', 'acgc' (USA) 'Psc' (K)
SDS ARMY

As we launch Volume of the National Defence College N6ewsletter, I wish to compliment the participants of Course 25-2022/2023 and the Editorial Team for the commendable effort committed to produce this Newsletter. The 70 contributors from the fifteen countries that is Egypt, India, Bangladesh, Kenya, Ethiopia, Malawi, Namibia, Nepal, Nigeria, Rwanda, Tanzania, Uganda, Burundi, Botswana and Zambia have shared their interesting experiences that abound with illuminating chronicles, narratives, stories and lessons.

This volume comes at a time when the human security concerns particularly health and food have informed the participants' discourse as well as redefined the global security agenda due Covid-19 pandemic and ravaging drought. The edition provides us with an exciting read covering wide geographical, cultural and professional scope of the course participants who hold immense experience from their diverse backgrounds and professions.

I extend utmost appreciation to the Editorial Committee, Course Participants and Faculty Members for their commitment and effort in preparing the articles amidst demanding course curriculum. Special appreciation goes to the College Commandant for the invaluable moral and material support that enabled this informative publication to be possible.

MESSAGE FROM THE CHAIRMAN EDITORIAL BOARD
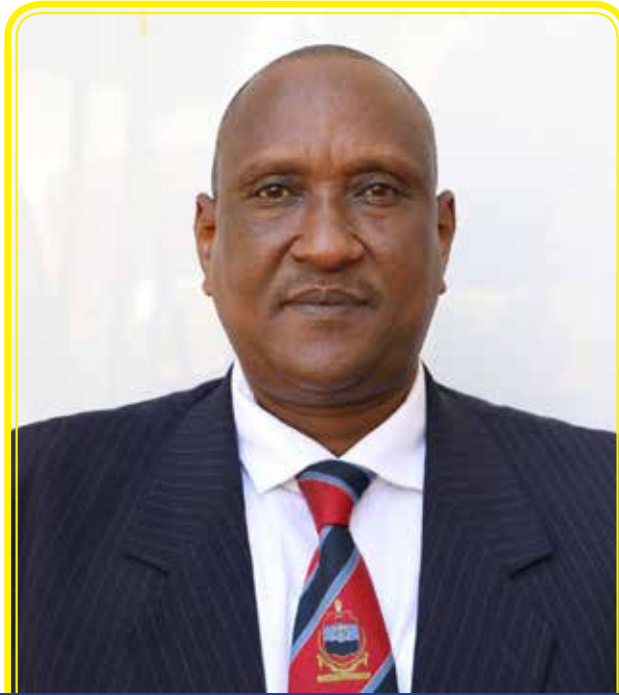
COL BORU D KHULA 'psc' (K), (Bdi)
CHAIRMAN

As *"Trailblazers"*, you once again rose to the occasion to pen down memorable and educative articles to continue providing insightful read through the College Newsletter II produced during the third term phase of the course. The *"Trailblazers"* have once again scaled the heights of this course in ensuring delivery of the Newsletter II and working together towards milestones achievement.

The integration, cooperation and teamwork demonstrated by the course participation has been enormous as was evident during the cultural day celebration. The true spirit of *"The Trailblazers"* was demonstrated by your generous food donations to communities affected by draught and famine in dry parts of Kenya due to rains failure for the past four seasons. I thank the Commandant and the Faculty for their support to this noble cause - facilitating the process and having the food donations delivered.

On behalf of the Editorial Team, Course 25-2022/23 participants and the entire Faculty of National Defence College, I would like to welcome our esteemed readers to the second volume of our Newsletter. This edition is a collection of articles rich in diverse culture, educative and share experiences of the participants from their diverse backgrounds. I have no doubt that our readers will be informed, educated and entertained.

I take this opportunity to thank the editorial team, the participants of course 25- 2022/23 and the entire college fraternity for their immense contribution towards the production of this Newsletter. My sincere gratitude goes to the Sponsor Senior Directing Staff Army for his continuous guidance and encouragement. I thank the Commandant for the material and moral support in the production of this edition. To all our distinguished readers I wish you a pleasant read.

CORPORATE SOCIAL RESPONSIBILITY BY 'THE TRAILBLAZERS'

Corporate Social Responsibility (CSR) is a concept where individuals, companies or organisations use to participate in various community building activities that touch on the social and environmental aspects of the society which are beneficial to their stakeholders. CSR activities are classified into four main types namely environmental responsibility, ethical responsibility, philanthropic responsibility and economic responsibility. The course participants NDC Course 25, with the guidance of the Commandant and the faculty exercised philanthropic social responsibility by way of food donation to needy Kenyans affected by the ongoing drought, brought about by climate change.

Generally speaking, climate change can be defined as changes in temperatures and weather patterns on earth. These changes are attributed to non-sustainable human economic activities which include burning of fossil fuels such as coal, oil and gas. This has led to generation of greenhouse gas emissions which trap the sun's heat thereby leading to increase in global temperatures. Consequently, climate change has had adverse impacts on different socio-economic sectors with the African continent being among the areas that have

been highly affected. According reports by the Intergovernmental Authority on Development (IGAD), over 50 million people within the IGAD member states are food insecure.

Food insecurity among the IGAD member states which are Kenya, Somalia, Uganda, Djibouti, Ethiopia, Sudan, South Sudan and Eritrea currently experiences rampant food insecurity due failed rainfall in around four seasons resulting to poor yields. In Kenya, the situation is dire as the drought has hit several areas including the regions that were considered food basket of the country.

The IGAD statistics further indicate that in Kenya 4.5 million people are suffering from food insecurity. The drought in Kenya has affected several facets of the society. Education has been hampered in various areas due to the ongoing drought. Livestock deaths have also been reported due to lack of water and pasture. Loss of the livestock by the pastoralists has led to loss of livelihood. Citizen TV Kenya recently featured a class session on food challenge in a primary school in Kilifi County where children could hardly keep in school due to the hunger situation. This prompted the welfare patron who happens to be the Course Coordinator to propose a CSR

initiative which was supported by course participants in response to the government appeal for well-wishers to help with donations to mitigate the drought crisis.

In response to the national call, the National Defence College – Kenya, participants pursuing Staff Grade 1 Course made their contributions towards supporting the national initiative in their own small ways in solidarity with the victims. This move was supported by Chief of the Defence Forces - Kenya, the Commandant National Defence College (NDC-K), the Faculty and Managing Director, Defence Forces Canteen Organisation (DEFCO).

Through these donations, the course participants managed to procure a truckload of assorted foodstuffs which was dispatched to areas where citizens were in dire need.

The climax of the exercise was the handing over of the foodstuffs to the Ahadi Kenya Trust, an anti-Jigger NGO. The NGO works in partnership with the Ministries of Agriculture and Interior in the noble task of food distribution to families affected by drought. The Commandant NDC and the CEO Ahadi Trust thanked the course participants for their noble gesture and assured them that the food would be delivered to most deserving cases particularly the aged and the disabled. The course participants have so far received testimonies from beneficiaries of the donations in far flung areas like West Pokot County in appreciation for the gesture which has motivated and given joy to the participants.

Overcoming effects of climate change in Kenya is an issue of urgency to state and non-state actors. Efforts must be made to ensure that the negative impacts of climate change like drought are reversed by putting in place simple strategies like planting trees. Restoration of the ecosystems is a critical requirement in mitigating the impacts of environment degradation. Embracing modern methods of farming that encompass irrigation of crops rather that depending on rain fed agriculture should be encouraged. Adoption of crops that are drought resistant, that require less water to mature should be in the priority list. Food storage and preservation which involve collection and storage of food from areas that receive high surpluses for consumption during dry seasons should be encouraged.

The Ministry of Agriculture ought to roll out programmes to sensitise farmers on the need to preserve food for consumption during drought periods. This practice goes hand in hand with growing of non-perishable foods such as millet and sorghum which can be stored for longer periods. Livestock farmers also need to be empowered on storage of enough hay and silage for use during drought to avoid cases of their livestock dying due to lack of pasture.

Commandant NDC dispatches food donations by participants.

Pic Source; bimpinfology.com

THE MOUNT EVEREST MARATHON-NEPAL

Mount Everest; is known to most people in the world as the highest point on the earth. Though it is located between Nepal and China, the top of the mountain belongs to Nepal. This mountain, which is 8,849M high is known by different names. In Nepal, it is called SAGARMAHA, Chinese say QOMOLANGMA, ZHUMULANGMA and it is known as Mount Everest all over the world. Its most common Tibetan name is Chomolungma, which means "Goddess Mother of the World" or "Goddess of the Valley." The Nepali *(Sanskrit)* name Sagarmatha means literally "Peak of Heaven." Mount Everest is one of the most attractive tourist destinations in Nepal for climbers, trekkers, and viewers. This is one of the places one should strive to visit at least once during their lifetime.

The Everest Marathon

Since 2003, Nepal has organized the highest cross-country marathon called the Everest Marathon significantly named after Mount Everest, which starts from the base camp of Everest. The Everest Marathon is listed in the Guinness Book of World Records as the highest marathon in the world. The start line is at 5,364m above sea level and is considered one of the highest and toughest races in the world. The marathon begins at Mt. Everest Base Camp and moves through

BRIG GEN B THAPA
NEPALI ARMY

the traditionally used high Sherpa trails of the Khumbu Valley.

In May 2023, Everest Marathon is going to be held in honor of Tenzing Norge Sherpa and Sir Edmund Hillary, who scaled Mount Everest on 29 May, 1953 for the first time in history. The Everest Marathon is an annual marathon event held in Solukhumbu District of Nepal. This run is officially permitted and recognized by the Nepalese government as part of their annual tourism calendar, in recognition of the successful first ascent of the world's highest peak by duo.

The marathon features three different categories for its participants, including

a 60km extreme ultra-marathon race, a 42km full marathon race, and a 21km half marathon race. The Everest Marathon is open to both male and female runners over the age of 18 from anywhere in the world, as long as they meet certain criteria. A medical examination certificate from authorized medical professionals certifying the runner's ability to withstand conditions at high altitudes is required upon submission of the application form. Considering the high-altitude conditions of the race, organizers also advise runners to allow a few days to acclimatize at similar altitudes. All runners are also obliged to take out valid health insurance before participating. It has a participation limit of around 250 runners in all categories.

Since its inception, the race has traditionally taken place in May 29th every year. However, in 2015 the race was postponed to early October after the devastating earthquake in Nepal that killed more than nine thousand people and injured many others. The start times for the marathon differ depending on the category. The ultra-marathon starts at 6:00 a.m., the full marathon at 7:00 a.m., and finally the half marathon at 8:00 a.m. Depending on the category, the run has different starting points. The starting point for the full marathon and the extreme ultra-marathon category is the Khumbu Icefall, which is at

an altitude of 5356m above sea level. The half marathon starts in Dingboche, which is at an altitude of 4359m.

Route

The Everest Marathon route consists entirely of cross-country off-road surfaces. Runners have to navigate natural paths, stone paths, steps, and sometimes even snowy and muddy paths. As such, the route requires special clothing and equipment for navigating the trails. The Everest Marathon has the following categories in which interested participants can compete according to their choice.

- **Extreme Ultra-Marathon (61km);** The longest route in the event is the extreme ultra-marathon, which moves through the following route:Khumbu Icefall (0km-5356m), Nha la (39.3km-4381m), Machhermo (41.4km-4413m)Phortse, Tenga Kyanjuma (55.4km-3650m) Namche (60km-3550m) finishing point.

- **Full Marathon (42km);** This is the most popular category in the event. The full marathon moves through the following route; Khumbu Icefall (0km-5356m), Gorakhshep (17.3km-4395m), Bibre Loop(21.5km-4349m) Pangboche (27.5km-4012m), Tengboche (32.6km-3868mNamche (42.195km-3550m).

- **Half Marathon (21km);** The half-marathon event is an event exclusive only for non-Nepali nationals, which moves through the following route; Dingboche (0km-4395m),Pangboche (7km-4012m),Tengboche (11.5km - 3868m) Namche (21-km - 3550m)

The total elevation drop between the

Pic Source; bimpinfology.com

start and finish points is as high as 1620m.

Acclimatization; The Everest Marathon is a high-altitude race that takes place in a region of low air pressure and oxygen levels, with some parts covered in snow year-round. In order to prevent health risks such as altitude sickness, snow blindness, and cold allergies, runners often need a few days to acclimatize during the race. To naturally acclimate to the high altitude, runners usually team up for a 26-day holiday in Nepal. This holiday combines sightseeing in the capital Kathmandu, a 15-day trek to the start under medical supervision, climbs of GokyoRi Lake (5483m) and Kala Pattar (5623m) for the best views of Everest, and one of the most strenuous races in the World. The race is only suitable for runners with recent experience in cross country, mountain or mountain running, and endurance events.

Participation; In order to protect the delicate natural ecosystem around the Everest region within the boundaries of Sagarmatha National Park (the highest national park in the world), the number of participants is limited to

avoid environmental problems caused by overcrowding. Typically, organizers limit the number to around 250 per year. The organizers have also incorporated a concept that makes the Everest Marathon a green event through the application of waste minimization and the implementation of clean waste disposal practices.

Winners; To date, the medals in the ultra-marathon and full marathon categories are mostly wiped out by Nepalese runners. The best record was set in 2013 by Ram Kumar Raj Bhandari of Nepal with a time of 3:40:43. The best female time was set by New Zealand's Anna Frost in 2009. Her time was 4:35:04. She is the only woman to have walked more than five hours till now.

Finally, I encourage and humbly request all readers to participate in the world's highest marathon and see the natural beauty of Nepal, and wish that you receive the precious Guinness Book of Records holder marathon medals or enjoy seeing the news or follow the online Media on Everest Marathon conducted at the base of the Mount Everest.

A TALE OF RESILIENCE

BRIG C M MUTISYA
KENYA ARMY

In 2004, I was deployed to the Ethiopia-Eritrea border as a troop commander of the integrated demining company, which was part of the United Nations Mission in Eritrea (UNMEE). I had just served in the military for three years. Our demining company had four troops; two manual deminers' troops, one mine detection dogs' troop, and one mechanical demining troop. I commanded the mine detection dogs' troop. We received high-level training involving various field exercises, which gave us confidence that we were ready for the mission. However, this being my first foreign deployment, I was anxious.

Following the 1998-2000 border war between Eritrea and Ethiopia, land mines were left within the conflict zones. UNMEE's mission was to restore the land for use by the citizens through humanitarian demining. Humanitarian demining is the physical removal of abandoned mines, explosive remnants of war, and Improvised Explosive devices (IEDs) to protect civilians from their indiscriminate effect, facilitate a return to ordinary civilian life and, where applicable, ensure the delivery of humanitarian aid. The vast majority of the mine-impacted communities in the Ethiopia -Eritrea border depend on farming, cattle, and camel herding for their livelihood. The scattered landmines prevented the farmers from cultivating their land and herders from freely moving their herds in search of better grazing land and water, which disposed them to abject poverty and suffering.

It was May 2004 when our demining company boarded Eritrean Airlines at the Jomo Kenyatta International Airport, Nairobi. The flight to Asmara Airport, Eritrea, was full of feelings of joy and uncertainty at the same time. As one of the troop Commanders within the demining company, I had to find courage despite being afraid, since my soldiers were looking up to me for leadership. If I haven't mentioned – I was the only female officer in that company!

The Kenya Contingent Commander received us at the Asmara airport, gave us a briefing, and then directed us to the minefields. Demining did not occur in the capital, so our company had to travel 300km by road to the border town of Badme, where the war had taken place. The advance party had already set up camp, so we occupied, and in the preceding days, we familiarized ourselves with the mined areas. It was excruciating; seeing the number of maimed children in Badme and the poverty levels almost confirmed that this was the sole reason I joined the military – I felt like I had found my purpose!

Eritrea is a scorching country, with temperatures rising to fifty degrees Celsius.

The personal protective equipment we all had to wear would quickly change to a sauna as the temperatures rose, making it very uncomfortable to work; and this meant we had to be in the minefields by first light, around 0600hrs. We, therefore, had to work back our timings and start the days quite early because, as the troop commander, conducting a detailed safety briefing was part of the standard operating procedures every time before heading to the minefields. Demining activities were conducted between 0600hrs to 1100hrs when it became humanely impossible to continue demining, mainly because of our canine heroes who also donned the protective equipment.

> Her name was Roxie. Roxie was the troop commander's companion. She was a special dog, timid but compassionate, and had a well-trained nose in the minefields.

Demining activities were carried out from Monday to Friday, then all mines and unexploded devices collected during the week would be destroyed in situ by the troop commander. If there was a day I looked forward to was Saturday when I would blast away all the explosives. This event gave me a sense of fulfilment, knowing that we, as Kenyan deminers, incrementally were contributing to a safe space for the communities to rebuild their livelihoods. Watching children playing and headers grazing their camels in the cleared areas was gratifying.

The afternoons were spent in the camp resting, conducting physical training, and

Capt C M Mutisya (2004).

grooming the canines for the following days' work. While all the other demining dogs in my troop were German Shepherds, one unique dog was an English springer spaniel. Her name was Roxie. Roxie was the troop commander's companion. She was a special dog, timid but compassionate, and had a well-trained nose in the minefields. The bond I created with her in the minefields of Eritrea has cemented my great love for dogs to date.

Lessons learned in Eritrea

First and foremost, I learned quite a lot about the impacts of landmines and the significant difference that the humanitarian demining activities made in the lives of the affected communities. Although we could not clear all the minefields in Badme, the benefit of making a difference in the lives of people in mine afflicted communities and seeing refugees coming back to occupy cleared areas gave me a great sense of satisfaction and purpose for my deployment in Eritrea.

Secondly, I appreciated the importance of training for the mission. Integrated humanitarian demining is complex, mainly because the various demining techniques require high skills and coordination. Nothing prepared me and my troops for the challenging task more than training and proper equipment.

As a young officer in a challenging deployment, I learned much about leadership. My first lesson was that being a leader is not about giving orders but requires embracing the leadership role and developing myself in all aspects: character, competence, and actions. I learned to lead well in Eritrea by adopting military values, learning military skills, and practicing leadership qualities. Through this conscious self-development, you become a confident and competent leader of character. These lessons have stayed with me to date.

THE POLITICAL ECONOMY OF STATE ECLECTIC ECONOMIC ANARCHY IN THE GLOBAL SOUTH

COL J E ADU
KENYA ARMY

Political economy is the study of the linkages between economic and political systems focusing on macroeconomic variables such as growth, distribution, inequality, and trade as well as how these variables are shaped by institutions, laws, and political behavior.

Economic anarchy according to this article entails unrestrained competition, selective application of economic and financial regulations, and uncontrolled banking and money movement regulations in a capitalist society, which often leads to a huge waste of labor thereby causing anarchy. According to Albert Einstein in his work 'why Socialism?' this situation is the real source of capitalism's evil: In the contemporary world, the economic anarchy of the capitalist society creates what many idealists describe as the real source of the evil, which in many occasions breeds international criminal networks such as money launderers while also creating terrorism and illegal banking hubs for national and international criminal groups.

Eclectic economic anarchy in this article refers to the approach of nation-states to selectively apply the laws and regulations that guide financial management in a country. In the 1980s and 1990s, some governments in Africa, Asia, and Latin America were accused by the global hegemonies of condoning financial crimes including money laundering within their states. These governments were accused of corruption as most government officials and other politically correct individuals covertly supported the status quo because they were the biggest beneficiaries of the system. This system seemed to work well in these countries despite intense criticism by the global major powers and international financial markets.

However, the end of the Cold War in 1989 marked the collapse of the majority of these governments in the Third World owing to the withdrawal of protection by the major powers leading to the formation of new governments, which abandoned the eclectic economic anarchy system thereby adopting a regulatory system with strict banking and financial sector controls including imposing severe penalties on culpable bankers and individual account holders.

The paradox here is that despite the adoption of the new economic system in the Global South, the reality on the ground portrayed a different picture as the inflation rate rose sharply more than the situation during the eclectic economic anarchy system, which experts believed to be the genesis of inflation and poverty. For

instance, in most Global South countries, during the reign of the so-called 'Third World Despots' who enjoyed the support of global hegemonies, the economy was said to be at its lowest, however, there was more money in circulation and the common citizen enjoyed better value for the currency than today.

One then can argue that the eclectic economic anarchy system has a place in the enhancement of the well-being of society, especially within countries that are surrounded by unstable neighbors. Observers have established that following the collapse of the Siad Barre government in Somalia in the 1990s, the economy of the country was not badly off as reported by international media somehow people within warlord-controlled regions of the country went on with their normal economic activities including exporting and importing commodities.

Similarly, the prices of commodities were lower than in neighboring countries while petty theft never existed in the country. Further to the paradox, those commodities which found their way to the neighboring countries were priced lower compared to prices of similar commodities within neighboring countries' markets even after paying taxes to warlords and terrorists' roadblocks. This supports the argument

Consequently, the benefits of the eclectic economic anarchy in Somalia to the neighboring countries are many and varied. To begin with, the neighboring countries benefit from Foreign Direct Investment (FDI) where investors typically take controlling positions in domestic firms or joint ventures and are actively involved in their management.

A Somalia Town During Clan Conflict. Source: Getty Images

that an eclectic economic anarchy system can work well if adopted and managed objectively by the neighboring states as entrepreneurs in conflict zones need stable countries to invest and bank their hard-earned money.

Consequently, the benefits of the eclectic economic anarchy in Somalia to the neighboring countries are many and varied. To begin with, the neighboring countries benefit from Foreign Direct Investment (FDI) where investors typically take controlling positions in domestic firms or joint ventures and are actively involved in their management. A typical example is that of Ogaden in Ethiopia and Eastleigh in Nairobi where there is a unique business ecosystem that handles money exchange, goods, and services at far much lower costs. This has led to Economic Development Stimulation with the informal sector recording all-round progress. For instance, Eastleigh was far much undeveloped in the 1980s, and in less than ten years following the collapse of Somalia the story is different. Mushrooming estates, hotels, schools, banks and markets keep increasing by the day. The government earnings in such cases increase with the escalation of economic activities thereof, host countries have definitely benefited from eclectic economic anarchy in Somalia.

In Eastern Africa, a similar system of eclectic economic anarchy prevailed in the

1990s, whereby confidentiality in banking was practiced. Individual bank accounts were classified as private and confidential, a development that attracted customers worldwide including corrupt government officials from within and without. Of note is the possibility of dubious account holders from conflict areas such as Somalia and the possibility of terrorist organizations' accounts: To political economists, this situation can be said to be healthy for the economy due to the circulation of foreign currencies and to the security strategist, the situation is a threat to national security.

Further, in Global North particularly in Switzerland, the country benefits from a semblance of the eclectic economic anarchy system as the Swiss bank accounts are maintained at high levels of privacy since the country's laws prevent disclosure of information regarding an account without the holder's permission, except in cases where severe criminal activity is suspected.

In conclusion, an eclectic economic anarchy system has its place in the host countries' economic development thus it is highly recommended that governments consider adoption of a hybrid and selective eclectic economic anarchy system that does not compromise the security of the state; as this system would encourage millions of citizens to deposit monies locally to the advantage of the economy.

THE LAMU PORT AND SOUTH SUDAN-ETHIOPIA TRANSPORT CORRIDOR (LAPSSET) PROJECT AND REGIONAL SECURITY

The importance of security and development has grown recently both globally and in Africa. Infrastructure initiatives that affect both the domestic and regional economies have received a lot of attention from governments. The most successful economies have extensive and effective infrastructure. Some of the world's largest economies spend billions of dollars on either building new infrastructure projects or maintaining existing ones, according to a World Economic Forum report on global competitiveness (Brinded, 2016). In contrast, the International Monetary Fund survey demonstrates that inadequate infrastructure inhibits growth in developing nations. However, emerging economies that invest in infrastructure do so to raise production through both a proportionate rise in demand and a sustained improvement in the economy's capacity for production.

COL E W NDEGWA
KENYA AIR FORCE

Due to its massive infrastructure investment, Kenya has retained its position as the region's economic powerhouse in Eastern Africa. In 2016, the country spent an estimated $7 billion on eleven infrastructure projects. The provision of security for the utilization and realization of the economic benefit of such infrastructure projects in particular and development in general remains crucial as countries engage in infrastructure for economic growth. According to Mark Duffield (2006), security and development are directly related, with the former fostering the latter's expansion. Other scholars argue that it is essential for government entities, regional units, and bodies to design their programs in a way that acknowledges the likelihood that success and excellence will be attained through the adoption of human security elements rather than the more conventional traditional security and the ensuing development agenda.

African countries in their new resurgent growth strategy have made infrastructure development the priority for the continent to realize economic growth. The Program for Infrastructure Development in Africa's (PIDA) 7th edition of its premier infrastructure event focused on the theme of "Putting Africa on a Firm Footing for Recovery, Growth, and Resilience through Infrastructure" and was held in Nairobi, Kenya on March 1, 2022. The purpose of the meeting was to evaluate and monitor the progress of monetary investments in African infrastructure development.

To critically assess the infrastructure delivery in Africa, African politicians, representatives of foreign development organizations, and the business sector came together. Countries in the Eastern African region have started a variety of economic and infrastructure projects in an effort to promote human security. As in any other region of the world, East African nations have started a variety of initiatives that have an impact both within and outside of their borders in an effort to secure development, economic progress, and security. For instance, among other projects in the area, Ethiopia started working on the Grand Ethiopian Renaissance Dam (GERD), the Hoima-Tanga Pipeline Project between Uganda and Tanzania, and the Kenya's LAPSSET Initiative.

In Kenya, seven major infrastructure projects make up the LAPSSET Corridor, which connects Kenya, Ethiopia, and South Sudan. They include a 32-berth port in Lamu, Kenya; interregional highways from Lamu to Juba, South Sudan; Lamu to Addis Ababa, Ethiopia; and Lamu to Garsen, South Sudan (Kenya). Additionally, it has three international airports—one each at Lamu, Isiolo, and Lake Turkana—along with a crude oil pipeline from Lamu to Juba, a product pipeline from Lamu to Addis Abeba, interregional standard gauge railway lines from Lamu to Juba, Isiolo to Addis Abeba, and Nairobi to Isiolo.

WHAT'S PROPOSED IN THE PROJECT

Transport infrastructure and more

KEY
- New resorts
- Airport
- Town
- Railway
- Two lane highway
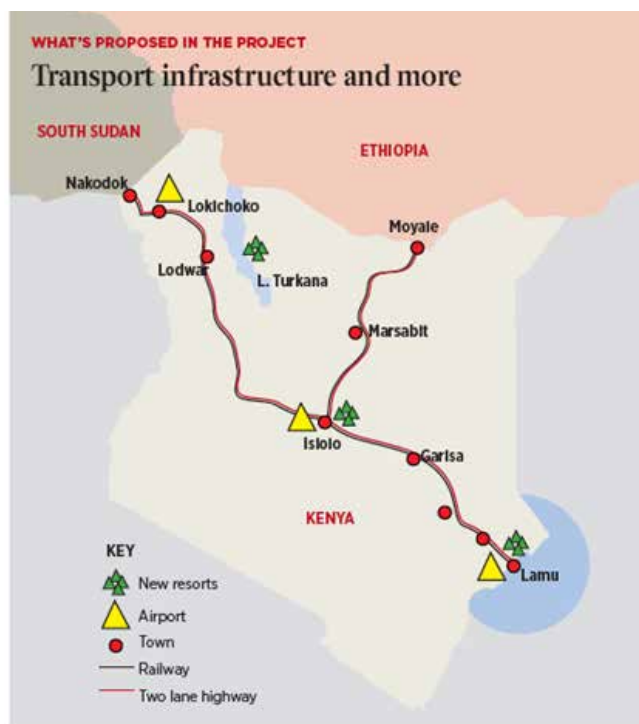
The project also intends to reduce the excess traffic in the Mombasa port.

The port among the largest deep-water commercial ports in Africa together with corridor projects is aimed to develop regions that were economically marginalized in southern Ethiopia, South Sudan, and northern Kenya. The project is a mega-infrastructure project with overall budget running into billions of dollars. The LAPSSET project development will promote economic growth in the region through facilitation of trade, interconnectivity, and integration between the countries.

The project benefits will be realized through creating employment opportunities and promoting all sectors such as transport, logistics, manufacturing, fishery, agriculture, commerce, and transport. International tourism arrivals at Isiolo, Lamu, and Turkana will increase while the position of Kenya as a transport hub and gateway in the Eastern Africa region and beyond would be enhanced. Moreover, a reliable and viable access to the sea for the landlocked eastern and northern parts of Kenya, Ethiopia, and South Sudan would also be enhanced.

LAPSSET is the first infrastructure project that Kenya had implemented under its Vision 2030 Strategy Framework and would be part of the land bridge that was proposed to stretch from Lamu (Kenya) to Douala (Cameroon), thus connecting Kenya to the rest of Africa. In addition, LAPSSET would strengthen Kenya's position as hub in Eastern Africa, enhance seamless and efficient logistics and transport operations in the country and boost the GDP growth by 2-3%.

The project was ambitious, and its completion would mean emergence of new complexities into the economic and political interactions within the region. Former LAPSSET CEO, Silvester Kasuku, once stated that over 60% of the northern region areas that are water and petroleum-rich remain unexploited. Besides the economic incentives resulting from the LAPSSET the project will promote peace and security in the region through poverty alleviation and enhanced business activities.

However, the level of success of infrastructure depends on the effectiveness of complementary policy at the local, national, as well as international levels. The implementation of the LAPSSET project results in various challenges. Enhancing security along the vast corridor poorly policed will be necessary. Loss of fishing grounds has been cited by local Fishermen arising from the project's location at the port. Other challenges include land access and local livelihood, security as well as the geopolitical implications that the establishment of crude oil routes has on the region.

ARTIFICIAL INTELLIGENCE IN ORGANIZATIONAL DECISION MAKING

BRIG GEN MESBAH
BANGLADESH ARMY

Artificial Intelligence (AI) is the simulation of human intelligence processes by machines, especially computer systems. Specific applications of AI include expert systems, natural language processing, speech recognition and machine vision. AI is not a single technology, any sort of software or hardware that supports machine learning, computer vision, natural language understanding (NLU), and natural language processing falls under this general category. Researchers have also found that AI is rethinking the business world, enhancing efficiency and innovation, and assisting firms and organization in thinking bigger.

Organizational leaders must continuously promote change and assess where and how complicated AI should be applied to support business objectives. At present, every industry is feeling the effects of AI. AI can help businesses make better decisions, products, and procedures. Organizations should be able to achieve organizational agility powered by AI using the technology that is already available. There are several examples of applying AI in the transportation, education, operations, marketing, supply chain, and pretty much every other business that is transitioning from manual to technologically assisted processes. Through the use of AI decision-making algorithms, which can also identify abnormalities and forecast further behaviour, businesses are better prepared to combat crises. AI improves automation and lessens the tedious, labor-intensive, and human-intensive aspects of forecasting and prediction analysis. Additionally, the majority of companies continue to face increased pressure to react quickly to changing social situations. This perspective change has led to a change in how organizational transformation and growth are perceived. Instead of being seen as one-time undertakings, they are now seen as ongoing activities to which all members may and should contribute.

According to experts, there are three stages in which AI has developed or matured: The first is aided intelligence, in which people draw conclusions from data and act accordingly. Pure data-driven decision-making is discussed. We can segment, validate, and process data with the aid of technologies like cloud computing and a variety of data processing tools. Businesses and organizations may increase the efficiency, efficacy, and consistency of their decision-making processes by utilizing

AI-powered datasets. AI can analyze huge datasets without making mistakes, in contrast to human analysis. The second step, known as augmented intelligence, expands on data processing. The augmented intelligence adds machine learning (ML) capabilities to current information management systems to continuously improve results. The system is continuously being trained, or learning over time based on activities made. People believe that AI will likely reach the third level, or full automation, in the upcoming years. Through workflows and machines, all processes and activities will be fully digitalized and automated, and bots and systems will act on intelligence obtained from them.

The development of AI has quickened the rate of change. Researchers have found that integrating AI in an enterprise has five key advantages; improving current products, optimizing internal operations, optimizing external operations, releasing employees to be more creative, and assisting decision-makers. Based on the organization's product strengths, industry, and customer involvement, each business has a different approach to employing AI to improve products; but practically every organization can use AI to improve processes. AI systems in the businesses can handle internal operations like scheduling, reminders, and follow-ups with little to no human involvement. By ensuring nothing is missed in the midst of all their activities, this is just one of the many intelligent ways these technologies may help people save time.

Additionally, AI-based solutions support managers and leaders in setting priorities and selecting the best course of action at every stage, from planning to implementation. It assists in processing project data and identifying trends that may have an impact on the project's execution. Accordihng to experts, by 2030, 80% of current manual project management responsibilities will be replaced by AI. AI will be used to perform a variety of tasks, including planning, data collection, tracking, and reporting. AI can help forecast results using many data points, including project size, contract type, and project management skill. Automation will also enhance the requirements-based project sequencing. Organizations will be able to maximize project investment value and identify savings for product development and organizational growth by using AI to automate and optimize project data sets.

Furthermore, AI can support overall risk analysis and mitigation by predicting faults or redundancy early in projects. Additionally, it assists managers in precisely estimating the personnel and resources needed to execute a project and maintain its schedule. With the help of machine learning and AI, future project's realistic timetables can be predicted using historical data, such as anticipated start and finish dates. AI might watch people and predict things based on their behaviours. AI systems may monitor projects and team member behaviour, identifying patterns and subtleties that could otherwise go unnoticed.

Finally, executives should first pinpoint the critical areas where AI can be used to close gaps between project and organizational success. Following the identification of the problem areas, AI must be carefully applied, followed, and modified as necessary. The accuracy will increase as more data is used. Project leadership is the new way of thinking, not project management. Project managers may evaluate past outcomes, including early project failure indications, and provide useful advice to data-driven leadership. AI will enable project and organizational leaders to make strategic decisions, while tactical and repetitive activities will be delegated to AI and bots. This will result in a simple shift in the focus of project managers from tactical to strategic. Organizations must adopt the technology if they don't want to lag behind other companies and lose ground in the market.

VIOLENCE, TRAUMA AND TERRORISM

COL G M KIMONGE
KENYA ARMY

Kenya has had a number of cowardly terrorist acts that have caused great pain among victims, particularly children. Typically, those who survived such events tell frightening stories about what they saw and went through. Most of these encounters go beyond their wildest dreams. Such incidents render the victims defenseless, and any attempts to analyze, interpret and comprehend such regrettable events lead to trauma. Being involved in or witnessing a violent personal assault like rape, terrorist incidents, serious accidents, or military warfare are all examples of situations that could cause trauma. A few of the signs of trauma are sadness, depression, fear, anxiety, impatience, and self-doubt. Phobias, sleep difficulties, rage, sadness, self-doubt, and behavioral issues may affect victims. The author of Psychology of Terrorism: Coping with the Threat, Chris Stout, claims that Trauma undermines the belief systems that give human experiences meaning and violates the victims' confidence in a natural or divine order. It also destroys the bonds of family, friendship, love, and community. More crucially, trauma robs the person of their basic human desire for protection and damages identity, the foundation around which they built their sense of self. Violence, according to him, is any relationship, method, or circumstance wherein a person or group undermines the social, psychological, or bodily dignity of another person or group. Violence robs people of the basic human needs that make them stable emotionally and function well psychologically. When all security needs are met, violence would reduce and probably be eradicated. Naturally, there is the desire of the victim to revenge with a view to correcting the wrongs done to him. The assumption is that through revenge, one would satisfy themselves. Rene Girard (1977), a proponent of the mimetic structure of violence, posits that people emulate the behaviors of those they admire and that violence is produced by seeking justifications to place blame. The drive to be powerful like the ones committing the violence comes into focus, even though it is believed that victims would naturally despise the people who hurt them. This is due to the fact that those committing acts of injustice have the authority and control to do so while the victims are defenseless. Consequently, those who have been victimized frequently mistakenly interpret power as the capacity to carry out the actions of their abusers. As a result, they often resort to using violence themselves or recruiting others to do so. They imitate and take after the behaviors of those who abused them. The victim admires the oppressor or aggressor for their position of power and control, yet he hates them for the hurt they have done to him and hence the endeavor to have the ability to have power to act unabated just like the people who victimized them so that they are able to revenge and satisfy themselves.

Recognition, dignity, and respect are among the needs of humans. People experience guilt and worthlessness when these aspects are taken from them. Therefore, people will commit violent acts against the offender if he is capable of doing so or against a lesser person if he lacks the ability to deal with the offender in order to restore or regain status. People will use violence in an effort to reclaim and fulfill their basic wants. In other words, some of the victim's needs are therefore met through violence. From the aforesaid; it's worth noting that some needs are satisfied through violence. These include revenge, security and self-defense. Once one is wronged, to get satisfaction an individual may resort to violence either to the person who wronged them or a weaker person in the same group.

Terrorism

There is no international consensus on the legal or academic definition of terrorism. Different nations, states, communities, agencies and academics define and perceive terrorism in different ways. WEBSTAR dictionary defines terrorism as the deliberate exploitation of fear through violence or the threat of violence in the pursuit of political change. In Kenya, terrorism is defined as the unlawful use of violence with intent to advance a political, religious, and ideological or other such cause and includes any unlawful use of violence with intent to put public or a section of the public in fear. According to STOUT, those who experience trauma, go through a period of self-blame asking themselves why they let themselves be victims. Struggle between the hated self and the assailant set conditions against self to end emotional suffering or to others who have projected their trauma. Using Stalin and Hitler as examples, he opines that those victimized are likely to join groups to rid themselves of victimization and do away with the shame they perceive. He points out that the two leaders underwent traumatic experiences at childhood that left them shamed and bitter. Consequently, their cruelty could be attributed to troubled childhood. He also gives examples of school shooters in America as examples of people who had no political motives but driven by revenge by peers who bullied or humiliated them.

It is clear therefore that unresolved trauma resulting from violent acts is a breeding ground for future violent acts by victims to claim self-worth. Survivors of terrorist attacks, victims of bullying in schools and other forms of abuse including domestic violence require professional help to overcome unresolved trauma. Failure to address trauma arising from past violent activities could be providing terrorists with fertile recruitment grounds and promoting violence in all spheres our lives. It is therefore advisable to have our eyes open to notice and identify the different forms of violence perpetrated particularly to the youth in all environments as such acts leave permanent marks in their lives that could be destructive. so that we are able to recommend appropriate action. Dealing comprehensively with youth trauma resultant from violence can contribute as a strategy to terrorism and violent extremism.

BEYOND 'GROUP THINK' IN PUBLIC SERVICE

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Many countries have adopted multiagency approaches in public intervention to tackle challenges of globalization and emerging threats to national security. After the 9 September 2001 terrorist attack on the World Trade Centre, New York (9/11), the United States reviewed its national security framework and established the Department of Homeland Security through the passage of the Homeland Security Act of 2002. Kenya, which has received its fair share of terrorist attacks, has had to establish several multi-agency frameworks to deal with terrorism and attendant challenges such as money laundering. For instance, in 2015 Kenya revised its National Strategy to Counter Violent Extremism (NSCVE) and mandated the state agency – the National Counter Terrorism Centre (NCTC), with the responsibility of coordinating the implementation of the strategy. An auxiliary agency - the Financial Reporting Centre (FRC) assists in the identification of the proceeds of crime, combating of money laundering, and battling financing of terrorism. The mark of these agencies, be it Homeland Security in the US, the NCTC or FRC in Kenya, and other similar frameworks across the world is their multiagency nature. They all draw expertise and resources from various state agencies and departments. Although terrorism remains a global challenge, the multiagency character of security frameworks has made it possible to detect, prevent, and thwart transnational crimes such as international terrorism, money laundering, immigration and other transnational crimes.

Despite successes of multiagency approaches, there are challenges that impede their effectiveness, two of which are explored in this article. Critical is the idea of 'Group Think' which prevents officials from navigating between policy, strategy,and power, operational and tactical levels of strategy within the organization and between state agencies and departments. The notion of 'Group Think' is a state of organizational mind-set which occurs when a group or an organization reach a consensus about a matter without critical thinking or assessment of the significances or options. 'Group Think' makes it difficult for multiagency units to navigate through the various levels of decision making. Historian and author Yuval Noah Harari, in his book, "Sapiens: A brief History of Humankind", explores an interesting perspective to this challenge as he advances his theme about humans as storytelling animals with the capacity to cooperate in large numbers. By creating and telling 'stories', 'fictions' or collective narratives whose power is derived from their reality in our collective imaginations, humans are able to create alternative realities. In his other writing Homo Deus: A Brief History of Tomorrow, Harari argues that, historically, as bureaucracies become powerful, they become 'immune' to their own mistakes. Using examples from pharaoh's Egypt and Mao Zedong's China, he argues that when there is a variance between 'reality' and 'text', reality gives way, as people tend to hold on to their stories or created reality. Bureaucracies refuse to learn from their mistakes and instead vary reality to suit their stories. Ultimately, external reality matches their bureaucratic fantasies, fictions, and stories. Each department participating in a multiagency setup attempts to satisfy its own goals, based on pre-set expectations of outcomes as per their respective mandates, and renders collective decision making an arduous undertaking.

The second challenge relates to the reluctance to cede departmental independence and mandates. If multiagency initiatives were to remain effective, the inter-agency approach would have to be applied to the entire business process from agenda setting, formulation, adoption, implementation and administration, and evaluation of a particular issue. For multiagency methodologies to work, the responsible agencies would have to appreciate that coordination is an interactive process of gradually, progressively building trust, understanding and working relationships where each agency commits a reasonable amount of resources and surrenders some degree of control over outcomes. This is usually difficult to overcome as officials fall back on their mandates and independence when faced with serious issues of national security concern. In Kenya, despite the establishment of the National Development Implementation and Communication Cabinet Committee to oversee the delivery and oversight of national government development programmes and projects, lapses continued to be witnessed across government between 2020 and 2022.

Overcoming the challenge of 'Group Think' and making it easier for departments to cede departmental independence, entails the adoption of models that allow departmental flexibility. Instead of focusing on singular goals and outcomes, national security goals are examined through combined efforts and cohesiveness of different groups and their progress toward achieving collective goals. The approach adopted at the 'Newsroom' by Media Houses, or the 'Situation Room' by the African Union and the 'John F. Kennedy Conference Room' of the 'United States Government offers useful lessons to multiagency units. The singular message from these illustrations is that they all draw from multiple units, agencies or sources but consistently, consciously and deliberately guard against departmental turf defensive behaviour, 'Group Think' and rigidity.

The way the Newsroom is designed, and the manner in which it operates permits the choice of news that is most relevant to the demands of the consumer. Similarly, the African Union's Situation Room, which is the hub of the Continental Early Warning System (CEWS), monitors and collects information on simmering, potential, actual and post-conflict initiatives and activities in Africa and reports information in order to facilitate timely and informed decision-making. Equally, the United States White House's John F. Kennedy Conference Room is manned by elite pool of officials drawn from various agencies, who remain apolitical in their deliberations.

BEING A SENIOR DIRECTING STAFF AT NDC

In Zambia, we say, "Join Zambia Army as a challenging career." Previously, the Defence Force was the one looking for candidates to join this challenging career. The targets were school leavers. Defence Force trucks would be released to ambush school leavers as they completed writing their last Grade twelve (12) papers by then Form V. It helped these individuals turn into responsible and patriotic citizens. Nowadays, it is a different ball game altogether. School leavers and graduates are the ones chasing to be employed in the Defence Force. One is advised to join out of the love of the job, not as a means of earning a salary or survival. You must be ready to work at awkward and lengthy hours to achieve your target. Indeed, it is a challenging career. It is not for the fainthearted. It is very difficult to pick out genuine candidates because of the stiff competition during recruitment. This is a crucial stage where the Defence Force requires to be strict in terms of recruiting genuine candidates ready to take up the challenge. What is little known by the candidates is the task that was ahead of them. They would be required to summon all their mental faculties to excel and make it through till commissioning day or pass out depending on which side of the coin they were.

For you to be shaped and attain the required standards there are always people behind that achievement. They will sacrifice their time to ensure that set standards are met without compromise. Hence the need to be serious during the recruitment period to avoid regrets as one continues rising in ranks. As one rises in ranks, they will be required to undergo several military courses from platoon commanders up to the strategic course which is National Defence College (NDC). At Junior Command and Staff or Senior Staff Course, the treatment differs from when you are at NDC. Of course, there are people you will first come into contact with. These are the people who will be able to guide you in your day-to-day routine in college. These are the Senior Directing Staff. Behind them is the EGUGU who becomes the referee in times of hardship.

A Senior Directing Staff (SDS) plays a

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major role in guiding, instructing, directing and shaping up the course participants in seminar rooms and Central Lecture Hall. The First SDS we came across during our first days in the College was Brig E P Lopokoiyit, SDS Air. The first thing he said was to follow the house rules in the Central Lecture Hall and I quote, "Whenever you come late in class and find me in front, sit at the back on the black chair, not the red ones. You will have to explain why you came in late to me or write a report." As a course participant, I was wondering whether he had just come to Staff College as a Directing Staff or what for him to start bringing out such stringent measures like doing a G2 course. I was asking myself why he was not taking into consideration that there were civilians among the course participants. It is worth noting that the Brigadier was trying to align to the required standards within the college. After all, as senior officers, we needed to be self-driven and adhere to the college standards and routine.

Therefore, this article tries to bring out the critical role, challenges and responsibilities placed upon an SDS at National Defence College. The SDS is expected to sacrifice his time and energy to ensure that the programmes in the college run smoothly without any interference and undue delay. He always ensures that time is well managed. I may call the SDS a college timekeeper. Programmes have to run as stipulated in the training programme

without fail. I always wonder if they have any time to themselves because they are always with us in the Central Lecture Hall and seminar rooms monitoring how the lectures were progressing. I do not even know if they have dedicated time to be with their families. I am sure this is the same question that their families normally ask. It takes a lot of patience, commitment and self-denial for one to be SDS. This is what is embedded in an SDS.

If I was the EGUGU, I would have allowed a duty participant of the day to take up the responsibility of introducing the lecturers of the day and giving a vote of thanks. This could be done at least in the third week of the course after the demo from the SDS. Unfortunately, I am too small to be an EGUGU. To provide guidance and inculcate knowledge into course participants, the SDS ensures that he is well ahead of course participants. He ensures that he prepares himself well by reading and internalising all the course materials. It is like doing the course all over again. This always goes unnoticed, especially by those outside the college. Seeing what the SDS goes through, and the determination and dedication they show, G1 course participants are encouraged and motivated, though in the early days it looks like the SDS was being hard on the course participants. Through the SDS, strategists are born.

In conclusion, it calls for self-denial for one to excel as an SDS at the National Defence College. A lot of work is put in by the SDS to ensure that there is coordination in the college and amongst course participants. It is not an easy task to coordinate people with different personalities and coming from diverse backgrounds. It is a challenge to those who would be SDS from our course. You should have the patience to sacrifice your personal time and ensure that the programme runs smoothly in the college. Indeed, it is a challenging career and not for the faint-hearted. At the end of the course, the SDS are proud to see their products graduating successfully.

LAND A KEY PERPETRATOR OF INTER-COMMUNAL CONFLICTS

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The Mbeere and Tharaka ethnic communities live along the banks of River Tana in the lower Central Eastern Region of Kenya. They neighbor each other with the Mbeere living in the Western side in Embu County while the Tharaka are on the Eastern side in Tharaka Nithi County. They are distinctly separated by River Thuci which flows from Mt. Kenya water catchment to River Mutonga downwards draining to River Tana. They live in the Arid and Semi-Arid basin where they practice small-scale pastoralism and also practice subsistence crop production mainly of lowlands drought tolerant crops such as millet, sorghum, cowpeas, pigeon peas and green grams. They can be classified as marginalized communities that lagged behind in infrastructural development, education levels and other aspects of socio-economic development. They attribute their marginalization to unequal opportunities with their counterparts occupying the slopes of Mt. Kenya, the Embu and Chuka ethnicities respectively. They are however very optimistic that devolution will remedy the marginalization.

The two communities share cultural similarities especially the elaborate traditional circumcision ceremonies, though the conservative cultures are gradually fading off mostly amongst the Mbeere ethnicity. The Tharaka and Mbeere were traditionally known for their traditional dance *"Mukutha/ Mukanda"* which up to date dominates the national traditional music arena during schools' music festivals. They are also known to possess the most lethal bows and poisoned arrows which they traditionally owned for hunting, livestock protection and community safety. Traditionally they were known to be very talented in wars hence neighboring communities feared any confrontational engagements with them. However, Mbeere and Tharaka co-exist very peacefully and can be likened to a single ethnicity with just slight dialect alteration.

This co-existence almost collapsed in March 1994 despite centuries of harmony. The trigger for this dissonance was a simple land dispute between two villagers. One, Njagi, a Mbeerian had suspected that his neighbor from Tharaka residing on the Mbeere side was expanding his land parcel allegedly encroaching on Njagi's ancestral land. Njagi decided to seek neither legal opinion nor traditional dispute resolution, but to handle the issue himself. One morning, Njagi approached his opponent who was preparing his farmland in anticipation for the onset of rains and a quarrel ensued over the borderline. Njagi was focused on the emotive Mbeere-Tharaka borderline and why had Tharaka community residents closed River Thuci whereas by taboo they should not live across the river. He was definitely focused on fuelling tribal animosity. Whatever the response he got from his opponent notwithstanding, he rushed to the village and announced that the Tharaka community had regrouped fully armed with bows and poisoned arrows and was advancing past River Thuci to attack Mbeere. Rumors do spread like wild fire. Instantly, traditional signals of a community under attack; cries and blowing of coros were all over, to alert the Mbeere community that Tharaka had attacked them. On the other side of the river was the same narrative that "Mbeere warriors have regrouped to attack Tharaka", by Njagi's aggressor.

The aftermath was more devastating. Both communities had sent signals for their best hunters to regroup while armed to defend their land. The Mbeere warriors had their intent on driving out Tharakas and never stop until all land up to River Mutonga was reclaimed. Mobilization of all youthful fighters, all men who had experience of hunting elephants in Kiambeere area prior to Seven Folks Dams construction in the area were mobilized, lorries were ready to transport the warriors to the theatre of war. The most seasoned hunters were ready to prove their marksmanship. Some went to the battlefield with one arrow and chest thumping that their single arrow was enough to defeat the enemy. "I will shoot only one arrow to defeat the Tharaka community then go back, but the problem is that if this quiver of mine gets out of this house and I fail to shoot this arrow, it will not get back home without a bull slaughtered to return it home" several old men lamented. A similar mobilization exercise was concurrently going on in Tharaka land determined to drive the enemy past abrook by the name Kang'ote, more than ten kilometers inside the current Mbeere North Sub County.

The greatest victims of any conflict are women and children. The women from both communities who were threshing and winnowing millet in groups left their cereals in the threshing fields hurriedly to pick their children, and anything else they could salvage. Then they ran to schools to pick the remaining children and flee the warzone. Every tribe was fleeing in the opposite direction leaving the contested villages deserted. Some fled with some livestock while most livestock was left unattended. The women who went to schools were not courteous, they were shouting to their

children by names, "get out, we flee or you die like your colleagues who have been killed in the neighboring school". One boy who outwitted others in the run passed by the nearby schools shouting "all children in our school have been killed by Tharaka, it is only me who remained." Teachers and pupils alike had to flee for their lives. A state of insurgency had resulted with two communities who in the morning were allies and by mid-day turned foes.

As dusk approached, groups of desperate women, children and their livestock were crossing a river more than twenty kilometers away from their homes proceeding to establish an internally displaced person's camp in the slopes of Kiambeere hills. On the Tharaka side, similar groups of women, children and their livestock were crossing River Mutonga for overnight refuge on the river banks. The Mbeere fighters had already been mobilized, some transported; some had voluntarily trekked and had assembled at a convenient point for night rituals ready to pounce on the enemy at wee hours. The Tharaka warriors were also on rituals and reciting their war doctrines at their rendezvous awaiting the day-break incursion in Mbeereland.

Unknown to the fighters was that security apparatus had mobilized and dominated the entire conflict area. Early that evening a vehicle mounted with a public address system communicated a warning that police officers will not spare anybody carrying a bow, arrows or a quiver the following morning, from first light. The situation was pacified. A conflict had ended with not even a single arrow shot, no single casualty. The only issue was how "seasoned warriors" would return their "sacred quivers home without a sacrifice". A bull had to be sacrificed by the two communities to cleanse their weapons and redeclare peace.

PILLAR FIVE IN THE KENYA DEFENCE FORCES

COL S KIAGO
KENYA ARMY

What is Pillar Five, otherwise referred to as side hustle in the contemporary world? As part of the military pillars of training, the fifth pillars are about resettlement. The initiative is meant to encourage folks to prepare for life after employment. This may take different forms, in this article we will look at three aspects, Saving, Health and Insurance as means of managing one's life after formal employment. We all have 24 hours, 1440 minutes, and 86400 seconds in a day but the difference is usually in how or what we do with the time available. Managing our finances just like time management requires refocusing on, personal management besides managing time. Time is constant and we can only maximize time by doing some of the following steps and with the same ability, we shall be able to manage our finances. This will involve what we do concerning our current situation as part of solving tomorrow's problem and taking tomorrow as our today's responsibility.

Personal management includes setting something aside for a rainy day saving, keep saving, and sticking to your goals. If you are already saving, whether for retirement or any other goal, keep saving that saving till it becomes a habit. If you're not saving, it's time to get started. Start small if you have to and try to increase the amount you save each month. The sooner you start saving, the more time your money has to grow. Make saving for retirement a priority. Devise a plan, stick to it, and set goals. Remember, it's never too early or too late to start saving. Experts estimate that you will need 70 to 90 percent of your pre-retirement income to maintain your standard of living when you stop working. Research has shown that taking charge of your financial future is key to achieving a secure retirement plan. How you save is as important as how much you save. Inflation and the type of investments you make play important roles in how much you'll have saved and invested at the time of retirement

Diversification by putting one's savings in different types of investments.
By diversifying the investment, you can reduce risk and improve return. Your investment mix may change over time depending on several factors such as your age, goals, and financial circumstances. Financial security and knowledge go hand in hand. If you have saved your money whether in a Savings and credit cooperative society/union Defence Forces Saving and Credit Cooperative Society (DESACCO) or medical schemes such as Defence Forces Medical Scheme (DEFMIS). It's not advisable to withdraw your retirement savings before since you may end up losing part of your principal savings and interest and may even end up paying withdrawal penalties.

Focus on passion and not just outcome., having side hustles have often been referred

to as nothing more than a means to a financial end, but it's important to have a mind sift by growing into a real business. Mark Twain says, "Find a job you enjoy doing, and you will never have to work a day in your life." If you're truly into your business and love what you do, it's imperative that you set it up properly, so you can focus on using all your energy to help further its broader purpose, something beyond the financials that it looks to achieve. There is a need to consider the following nuggets as the rule of the thump:

a). Make saving a virtue (the patient to wait, ignore your phone, email, etc. for later) in the Bible in the book of Genesis man was told to be fruitful and multiply and subdue the earth, not only with procreation but also in terms of innovation and income

b). Do market research – Immerse yourself to know your market.

c). Do a business plan and convince yourself. Have a budget and be disciplined enough to stick to it

d). Raise money to enable you to invest in your intended side hustle or keep aside something for the rainy day as advised by Joseph in Genesis 41 when the Pharoah had a dream of the tiny cows eating the fat one. Joseph introduced the theory of what is popularly known as the principle of a fifth, for every 5 bags of the harvest, he advised the pharaoh to keep aside a fifth 1/5 for the seven years of use during the succeeding year of drought or scarcity of plenty. You can do it by either saving consistently to proverbs 30: 25

e). Make it happen to decide what you want to become and what you will become. Boost strapping detail, details – self believe comes through doing what you love most but with determination.

f). Don't give up, there is no overnight success. What is Success?

Colonel Sanders was rejected 1000 times before he was successful with KFC. Wilson Churchill said, "Success is going through failures to failure without losing your enthusiasm" Be disciplined and put in some hard work and determination to succeed. Work and life are like Siamese twins. Things do just happen; they are caused to happen.

g). Acquire appropriate skills for efficiency and effectiveness. Efficiency is a critical component for a successful side hustle or any business venture. These can be achieved through good Personal Management and improvement in business skills. Efficiency is identifying and doing things faster by employing technology and leveraging media, especially in learning and marketing.

It is important to note that, a successful hustle must be passion-driven, have the freedom to do what you love to do, be aware of oneself, knowing one's weaknesses and strengths. The other critical aspect is prioritization. Prioritizing does not necessarily create extra time but is about the importance borrowing time. Having a multiplier dimension determines the urgency. A multiplier must know what can done today to make tomorrow better and what can I do right now to make the future better. It's important to arm oneself with Entrepreneurial skills before venturing into any investment. It is about identifying the existing gap and what solution you bring to solve the problem. Remember ideas are useless if they are just in your head as potential is a dormant ability if not exploited. As an entrepreneur agency, you must identify what you love. What you love doing will inspire you to spring out to be what you want to be.

HOLY FAMILY IN EGYPT

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EGYPTIAN ARMY

The arrival of Jesus Christ and the Holy Family is an important event that took place in Egypt. The story starts with a group of wise men declaring Jesus as the next King of the Jews. That's why King Herod (Ruler of Judea at the time) felt threatened and decided to kill him.

All Eastern and Western sources agreed on that the means of transportation that carried Virgin Mary and her son was a donkey, while Joseph tagged along according to the Eastern traditions. This picture was not strange in the Bible, since the Exodus described the return of the Prophet Moses from the country of the Midianites to Egypt.

"So Moses took his wife and sons, put them on a donkey, and returned to the land of Egypt. And Moses took God's staff in his hand." (Exodus 4:20).

The stages and steps of the Holy Family's journey in Egypt were as follows:

The Holy Family left Bethlehem for Egypt after an angel warned Joseph to leave with Jesus and Virgin Mary. They started their journey through northern Sinai, until they reached Farama. The places they stayed in have now been transformed into churches and monasteries.

The next destination from their journey was Tel Basta where Jesus performed a miracle. He blessed the place by causing a water spring to well up from the ground.

The Family then reached Mostorod, also known as el Mahamaah, meaning the bathing place. A name that was given to the town Virgin Mary bathed the child Jesus and washed his clothes.

After that, the Holy Family made their way to Belbeis where they sat under the shades of a sycamore tree, later known as the "Virgin Mary's Tree."

When they crossed the Nile to the city of Samanoud, Jesus hollowed another water well. While in Sakha, it is believed Jesus touched a stone and pure water thrust from it.

The Holy Family then traveled westward to the Valley of Natroun. The Valley was monasticism's first home in the world to practice chastity and meditating God.

The Family eventually headed to Cairo's

districts of Matariyah and Ain Shams where Jesus created a water well and blessed it. Then Virgin Mary washed Jesus's cloth pouring the water onto the ground which blossomed the Balsam tree. Balsam essence is used for the preparation of the Holy Myron.

The Holy Family moved on to Old Cairo where they took refuge in a cave. At this site, the Church of AbiSerja, within the walls of the Fortress of Babylon, was built years later. The whole area has become a place of pilgrimage for Egyptians and Christians from around the globe.

They then set out to Al-Maadi, where the Virgin Mary Church was built by the Nile. From where the Family embarked on a sailing boat heading southwards.

The Family then headed to Minya from which they crossed to the east bank of the Nile. There stands the Monastery of the Virgin on top of the Gabal Al-Kaf (Mountain of the Palm). It is believed that Jesus left an imprint of his palm on a stone in the mountain.

From that spot, the Family crossed the Nile back west, to Qussqam in Assiut. They stayed for more than six months, longer than in any other place in Egypt. In that area, the Monastery of Al-Moharraq was built. Later, in the same spot, an angel appeared in Joseph's dream telling him to return to Palestine as Herod was dead.

The Holy Family took almost the same route on their journey back to Palestine, after spending over three years in Egypt.

Egypt is the land of prophecies and celestial messages:

All the religious and historical facts

confirm God's choice of Egypt to be the second home to Jesus in his childhood, was for Egypt to be blessed by Him. From the beginning of time, Egypt had its land blessed by the advent of the prophets and saints. For example, the Prophet Idris, Abraham, Father of the Prophets, Joseph the Righteous, Prophet Jacob, and the twelve tribes, Prophet Moses the Holy Family.

Then Mark the Evangelist entered Egypt in 43 AD, and founded the first Christian theological school in Alexandria. Egypt presented the gift of monasticism to the Christian world. Monasticism is an

authentic Egyptian tradition. The Egyptian Saint Anthony the Great is the first monk in the world and also the father of the monastic family. He was born in 251 AD in the village of Qmn Al Arous- Al wasetta center of Assiut. Monasticism then moved from Egypt to Palestine and Mesopotamia, Syria, Italy, France, Central Asia, Greece and then to the whole world. Centuries later, Egypt was the womb that embraced Prophet Muhammad Peace, be Upon Him. In 642 AD, Egypt opened its gates to the Islamic religion, which protected home, property and places of worship and guaranteed the freedom and the sanctity of belief.

Then Mark the Evangelist entered Egypt in 43 AD, and founded the first Christian theological school in Alexandria. Egypt presented the gift of monasticism to the Christian world.

ROCK-HEWN CHURCHES, LALIBELA

The eleven (11) medieval monolithic cave churches of this 13th-century 'New Jerusalem' are situated in a mountainous region in the heart of Ethiopia near a traditional village with circular-shaped dwellings. Lalibela is a high place of Ethiopian Christianity, still today a place of devotion.

Lalibela flourished after the decline of the Aksum Empire.

There are two main groups of churches – to the north of the river Jordan: Biete Medhani Alem (House of the Saviour of the World), Biete Mariam (House of Mary), Biete Maskal (House of the Cross), Biete Denagel (House of Virgins), Biete Golgotha Mikael (House of Golgotha Mikael); and to the south of the river, Biete Amanuel (House of Emmanuel), Biete Qeddus Mercoreus (House of St. Mercoreos), Biete Abba Libanos (House of Abbot Libanos), Biete Gabriel Raphael (House of Gabriel Raphael), and Biete Lehem (House of Holy Bread). The eleventh church, Biete Ghiorgis (House of St. George), is isolated from the others but connected by a system of trenches.

The churches were not constructed in a traditional way but rather were hewn from the living rock of monolithic blocks. These blocks were further chiseled out, forming doors, windows, columns, various floors, roofs, etc. This gigantic work was further completed with an extensive system of drainage ditches, trenches, and ceremonial passages, some with openings to hermit caves and catacombs. Biete Medhani Alem, with its five aisles, is believed to be the largest monolithic church in the world, while Biete Ghiorgis has a remarkable cruciform plan. Most were probably used as churches from the outset, but Biete Mercoreos and Biete Gabriel Rafael may formerly have been royal residences. Several of the interiors are decorated with mural paintings.

Near the churches, the village of Lalibela has two-story round houses, constructed of local red stone, and known as the Lasta Tukuls. These exceptional churches have been the focus of pilgrimage for Coptic Christians since the 12th century.

Criterion (i): All eleven churches represent a unique artistic achievement, in their execution, size, and the variety and boldness of their form.

Criterion (ii): The King of Lalibela set out to build a symbol of the holy land when pilgrimages to it were rendered impossible by

COL A S ADDISE
ETHIOPIA DEFENCE FORCES

the historical situation. In the Church of Biet Golgotha, are replicas of the tomb of Christ, and of Adam, and the crib of the Nativity. The holy city of Lalibela became a substitute for the holy places of Jerusalem and Bethlehem, and as such has had considerable influence on Ethiopian Christianity.

Criterion (iii): The whole of Lalibela offers an exceptional testimony to the medieval and post-medieval civilization of Ethiopia, including, next to the eleven churches, the extensive remains of traditional, two-story circular village houses with interior staircases and thatched roofs.

Integrity

The drainage ditches were filled up with earth for several centuries, before being cleared in the 20th century, and have been disrupted by seismic activity. This has resulted in severe degradation of the monuments from water damage, and most of them are now considered to be in critical condition.

Structural problems have been identified in Biet Amanuel where an imminent risk of collapse is possible, and other locations need to be monitored. Serious degradation of the paintings inside the churches has occurred over the last thirty years. Sculptures and bas-reliefs (such as at the entrance of Biet Mariam) have also been severely damaged, and their original features are hardly recognizable. All of this threatens the integrity of the property. Temporary light-weight shelters have now been installed over some churches and these while offering protection, impact visual integrity. Other threats include encroachment on the environment of the churches by new public and private construction, housing associated

with the traditional village adjacent to the property, and the infrastructure of tourism.

Authenticity

The Rock-Hewn Churches of Lalibela are still preserved in their natural settings. The association of the rock-hewn churches and the traditional vernacular circular houses, in the surrounding area, still demonstrate evidence of the ancient village layout. The original function of the site as a pilgrimage place still persists and provides evidence of the continuity of social practices. The intangible heritages associated with church practices are still preserved.

Protection and management requirements

For centuries, the Church and State have been jointly responsible for the holy site of Lalibela. Home to a large community of priests and monks, it is a living site that draws many pilgrims to celebrate the great feasts of the Ethiopian Christian calendar. This active and energetic perspective is central to the management of the site.

No special legal framework is provided to protect the Rock-Hewn Churches except the general law, Proclamation No. 209/2000, which has also established the institution in charge, the Authority for Research and Conservation of Cultural Heritage (ARCCH). With the Ethiopian Church as a partner, the ARCCH has a representative in Lalibela but a principal difficulty has been the harmonization of the different projects and effective coordination between the partners.

The property is administered under the regional and the Lasta District Culture and Tourism Office. To prevent the property from the impact of development, a draft proclamation has been prepared but this is not yet ratified. A management plan has not yet been established. A four-year Conservation Plan was established in 2006 but this has yet to be fully implemented. The boundary for the property has not yet been clearly delineated and a buffer zone has not yet been provided.

There is a need for stronger planning controls for the setting of the churches that address housing, and land-use tourism and for a management plan to be developed that integrates the conservation action plan, and addresses the overall sustainable development of the area, with the involvement of the local population.

THE UNDERESTIMATED CONTRIBUTION OF AFRICA'S SMALL SCALE FARMING TO ECONOMIC GROWTH

COL J NIWAMANYA
UGANDA PEOPLES' DEFENCE FORCES

Growing up in rural Nyamengo village found in Kamuganguzi, Kabale district located in South-Western Uganda in the early 1970s and 1980s, ours was a happy family of ten siblings. To say that life was cozy for us may be an overstatement, but when one reflects on what is pertaining currently globally, it raises a question as to whether indeed we were as poor as we tended to think. In our rural set up, we were self-sustaining in terms of shelter, food, water and energy.

Although the farm holdings were small, the produce from the farms was adequate to feed the family. A variety of food crops were grown ranging from tubers, to cereals and vegetables that provided a balanced food diet. The family was self-sufficient in food production, and some surplus was sold to enable the family get funds to buy industrial basics such as salt, sugar, paraffin, clothes, shoes, pangas, scholastic materials, school fees, just to mention. Each family had a silo where the farm produce was stored and this would last until the next harvesting season. Seeds and seedlings for planting were locally available, and none was bought. There are still many households in our rural dwellings that are still self-sufficient in food production in this manner. However, when it comes to considering the nations' economic growth, their contribution is not factored in since they are not monetized. Economists place preference on the households who buy food from the market, majority of whom cannot even afford the rich diet that the people in the countryside enjoy.

The accommodation dwelling, modest as it was, provided adequate comfort to the household members. These houses were often built by support from the peers who would provide free labour, and without getting a loan facility. For the elderly and widows, it was upon the able-bodied men in the community to ensure that they had decent dwelling shelter. In the contemporary world, a majority of able-bodied men lack shelter and those who have acquire them at a very high cost, some getting mortgages that take them years to complete payment.

Water was a free good that was fetched from protected spring wells. This water was so pure and clean that there was no need to boil it before drinking. Energy was mainly from wood fuel that was harvested from the family tree plantations. There was no bill for water and energy, save for some small cash to buy paraffin for lighting. This situation still pertains in most of our rural areas but the economists are continuously adamant in monetizing these crucial services. Today, the bills for water and energy are so high that most households which depend on service providers for these are so stressed when it comes to settling the bills.

Where the urban dwellers are paying high insurance premiums and high savings for social security, all these were easily catered for in the rural setting. One did not struggle raising resources for hosting a party, since all the food requirements and other necessities were raised locally from the community. For fundraising, especially in support of church and school projects, all that was required was for one to carry agricultural produce which would be auctioned to raise funds. Also, when it came to burials, this was a community affair and all the families in the neighborhood donated the required resources willingly.

This preamble brings us to the argument as to whether the parameters that the Bretton Woods Institutions base on in determining the wealth of nations do not undervalue developing nations' economies. The affluent, who stay in urban areas, in both developing and developed countries, majority leave in rented accommodation due to inability to construct their houses. Some have housing mortgages that takes years to settle. Yet, these are the very people that are considered to be richer than their counterpart rural folks who have mortgage free houses.

The rural household economies have over the years been a silent engine for economic growth for developing countries. This informal sector has been the biggest employer, contributing over 80% of the national population. This sector is responsible for all the agriculturally based exports that earn the developing countries a lot of foreign exchange which helps in reducing the countries' balance of payments.

The large agricultural base makes the developing countries food sufficient thereby saving the huge foreign exchange that would otherwise have been used to import food. As a result, the developing countries have been able to survive global recessions because of food sufficiency unlike the developed countries such as Ireland, Cyprus, Greece, Spain and Portugal whose economies over the past decades failed and required an economic bailout from the European Union to bring them back to life. Similarly, the developing countries have not been adversely affected by the prevailing world inflationary pressures caused by the on-going Russia-Ukraine conflict the way the developed countries have been affected because of the economic cushion provided by the rural farm holdings.

Over the past decades, the rural households from proceeds of small agricultural farm holdings have progressively empowered their children through education and business. Some of these are as a result currently holding senior government and political posts and are considerably prosperous. Others who are in the business sector are running very successful enterprises, including engaging in manufacturing. More and more people are every other passing year graduating from subsistence agriculture to the money economy.

The firm economic base provided by the small agricultural farm holdings, although largely ignored by the Bretton Woods Institutions, have been credited for absorbing world economic shocks, which has maintained the developing countries on a consistent economic growth path.

ENVIRONMENTAL SECURITY: A CRITICAL COMPONENT OF NATIONAL SECURITY

COL C K ARITHO
KENYA AIR FORCE

Environmental security entails the protection of the biosphere from degradation, overexploitation or destruction from anthropogenic activities or natural ecological impacts. National security, on the other hand, presupposes safeguarding a nation's resources including its citizens, economy, institutions and natural resources from threats emanating internally or externally Aidonojie et al., 2022. When natural resources are protected and the vital interests of citizens and governments are protected the national security of a country prevails.

Globally there has been an increase of environmental problems caused by both human and natural phenomenon. Through environmental security, solutions to these problems are proffered and therefore goals of economic, social, and political aspects are accomplished. The security of a country can be strengthened by environmental security thus a nexus between the two Elisha., 2022. Additionally, the threats and risks posed by either natural environmental events or human activities are addressed and organized under environmental security. This may take the form of repairing or preventing the environmental damages from human activities, response or preventing of environmental conflicts and protecting the environment due to its inherent moral value.

Environmental security considerations
Rehabilitation and restoration

Environmental security helps in strengthening national security through processes key to the well-being, peace, and prosperity of people as they ensure that there is the ecological recovery of degraded environmental resources back to their normal or better states which supports human wellbeing Wuestet al., 2022. For example, the restoration of derelict land to formal productive agricultural land, ensure food security which is a part of national security Aidonojieet al., 2022.

Environmental protection through compliance and enforcement

The presence of environmental institutions that are governed by laws, policies, and regulations constitutes the standards that are supposed to be adhered to by citizens and organizations. There is guaranteed access and control of environmental resources in a fair and equitable manner Kaplan et al., 2022. This leads to sustainable exploitation and consumption of resources. This accounts for environmental security and thus contributes to the national security of her natural resources Wuestet al., 2022. If conflicts emerge due to compliance-related issues, environmental courts pronounce justice hence promoting peace and security.

The environmental policies, laws, and treaties

There are environmental policies, laws, and treaties governing the exploitation and sustainable use of natural resources. These galvanize environmental conservation to ensure national security prevails, for example, the EMCA Act 1999 in Kenya gives the framework of laws on the management, conservation, and preservation of our environment. These give safeguard a nation's natural resources which constitute the security of a nation Wuestet al., 2022.

Conservation and management of the environment

The overall preservation, conservation, and management of the environment lead to environmental security which provides national security for intra and inter-generational guarantees to access and enjoy natural resources sustainably. This helps the current generation to meet current needs without compromising the needs of future generations Elisha., 2022.

The triple bottom line

The triple bottom line involves accounting for three sectors of an economy comprising of social, financial, and environmental in the production process. Public and corporate organizations are normally encouraged to adopt the triple bottom line in order to evaluate their performance from a broader perspective so as to create greater business value Elisha., 2022. The triple bottom line ensures sustainable development through social equality, economic viability, and environmental protection. The use of a triple bottom line contributes to environmental security and thus the country's security through the three aforementioned sectors Wuestet al., 2022.

Good health and wellbeing

A clean environment is a prerequisite for human health and well-being. Poor management of hazardous waste chemicals, air pollution, and water pollution is a threat to human survival Kaplan et al., 2022. This is governed by environmental security through treaties, policies, and laws. Protection of the health and well-being of citizens rests with the government's responsibilities thus accounting for national security Wuestet al., 2022. The well-being of people is an essential factor in economic stability and social development. The critical infrastructure is maintained and protected to manage pollution and other effluents to ensure the well-being of both the environment and the people is achieved.

Maintenance of a physical environment as a national heritage

The conservation, management, and sustainable utilization of natural resources constitute to the maintenance of the physical environment. Environmental protection and preservation in turn act as a national heritage and treasure thus adding value to the scope of national security of a nation Elisha., 2022. Countries also promote care and maintenance of the environment by creating awareness by showcasing and articulating their environmental priorities in conferences and agreements with dimensions anchored on environmental sustainability and general fulfilment of sustainable development goals.

Technology advancement for environmental protection

Environmental security leverages technological development and a case in point is the use of Geographic Information System (GIS) in tracking and monitoring natural resources for example monitoring forests from being over-exploited Kaplan et al., 2022. Coordination of technological innovations toward reducing pollution from industries is key to overall development.

Mitigation and adaptation

Mitigation involves reducing the adverse effects of climate change either by reducing greenhouse gases or enhancing the increase of biomass to ensure the sequestration of gases. On the other hand, adaptation entails adjustment to fit the new environment. Environmental security upholds mitigation and adaptation due to climate change which enhances the nation's security from natural catastrophes Khalifa et al., 2022.

Environmental civic education

Dissemination of information on environmental issues encourages citizens to adopt environmentally friendly practices. Environmental civic education ensures environmental security awareness and practices prevail Khalifa et al., 2022. Key stakeholders are mobilized into incorporating environmental-related issues on national priority thus contributing to national security.

Resource governance

The promotion of sustainable resource governance is an essential aspect of maintaining the Earth's life-supporting ecosystems Elisha., 2022. Environmental security presides over improved resource governance and resilience to the shocks and stresses caused by the natural and human phenomena. Additionally, effective management of environmental risks is an essential element of human security.

The focal point of interest in environmental security is the intersection of three pertinent sectors namely social equity, ecological protection, and economic viability. The interaction of the three pillars ensures sustainable development that underscores the national security of a nation. Environmental security is important and its dividends transcend the international realm, human security and sustainable development hence cannot be underestimated. Environmental security is critical in accumulating environmental abundance which promotes national security interests.

"TO EAT OR NOT TO EAT", THE DEBATE SURROUNDING GENETICALLY MODIFIED FOODS

COL A M NTEERE
KENYA ARMY

These foods are also called Living Modified Organisms (LMOs); The Cartagena Protocol on Biosafety defines an LMO as a "Living modified organism" which means any living organism (Plant, Animal, or Micro-organism) that possesses a novel combination of genetic material obtained through the use of modern biotechnology.

The debate surrounding genetically modified foods is a controversial one. On one hand, are the environmentalist and consumer activist groups who are against the consumption and production of GMOs versus chemical and seed producers on the other hand who claim the benefits outweigh the risks? Despite this heated debate in agribusiness, most consumers are not aware of the pros and cons of growing and consuming GMOs. Advocates of biotechnology want governments and international organizations to promote its development and commercialization by reducing regulatory barriers, those against are demanding precautionary regulation to safeguard against potential future harm.

On 3rd October 2022, Kenya approved the cultivation and import of genetically modified organisms (GMOs), vacating the earlier decision of 8th November 2012 banning open cultivation of genetically modified crops and importation of food crops and animal feeds produced through biotechnology. This could be because of persistent drought about by climate change. Kenya joins the likes of Nigeria, Malawi, and Ethiopia.

Kenya established National Biosafety Authority (NBA) under the provisions of the Biosafety Act 2009 to control the transfer, handling, and use of genetically modified organisms (GMOs), to ensure the safety of human and animal health and provision of an adequate level of protection of the environment.

GMO Debate

Over the last decade, the genetically modified (GM) food controversy has become a

truly global phenomenon, with environmental and consumer activists coordinating their activities across national boundaries. Public protests and direct action against the planting of GM crops have been reported from around the world. In several European countries, Greenpeace activists have destroyed GM crop fields and tried to block the unloading of GM crop shipments from North America. Similar protests have been reported in Brazil and India, where Monsanto and other biotechnology firms have tested and promoted GM crops such as soybeans and cotton. In China, consumer protests have caused several food producers to eliminate GM content from their products, and lawsuits have been filed by concerned citizens to force food manufacturers to label GM content. Several African countries have rejected GM food aid from the United States, despite food shortages, and have vowed not to allow the sale of GM seeds in their markets.

GMO Technology

Genetically modified crops were developed from the 1980s to 2015 based on three key technologies: recombinant DNA, tissue culture, and Agrobacterium-mediated cell transformation. Another important tool was micro projectile bombardment, which emerged in the latter half of the 1980s, also known as the gene gun method.

Pros and cons of GMO's Foods

During their introduction, many promises were made about the efficiency and nutritional efficacy of GMOs. Many years' later questions abode. Do they require the application of herbicides and pesticides or they don't, are the yields better than conventional varieties, and how has been the overall performance? What are the environmental or health benefits of GMOs?

The proponents of GMOs emphasize that Maize varieties that are genetically modified are able to resist maize stalk borer (and fall armyworm) pests. Cotton varieties that are genetically modified can resist cotton ball worm pests. Rice varieties that are genetically modified produce vitamin A. Cassava that is genetically modified can resist the cassava brown streak virus. Biofortified sorghum is genetically modified to enhance its nutritional value (vitamins and micro-nutrients).Drought-tolerant maize varieties are genetically modified to withstand drought (water stress). Recombinant DNA Animal Vaccines development can generate

Disease-resistant livestock.

On the downside, farmers who have cultivated GMOs, argue that they needed to apply herbicide between two and five times within a growing season and spray additional pesticides to adequately protect GM crops. Weeds and insect pests have become resistant to chemicals either used on or engineered into GM crops. Overall yields have not been more than non-GM conventional varieties. In the case of GM soya, the yields have been consistently lower.

Further Problems with GM crop performance have been reported, cotton failures in India, led the state of Andhra Pradesh to ban the growing of this crop in the region. The failure of GM crops to live up to expectations maybe could be explained by

> The GM process is highly mutagenic resulting in thousands of changes in the host plant DNA, with extensive and damaging consequences. This damaging possibility has not been thoroughly explored by the authorities.

analyzing modern concepts of molecular biology.

The GM process is highly mutagenic resulting in thousands of changes in the host plant DNA, with extensive and damaging consequences. This damaging possibility has not been thoroughly explored by the authorities.

Conclusion

Developing countries have been suspicious of the biosafety of GMOs. Why is it that despite the challenges with GM crops there has been quite a substantialacceptance in a limited part of the world? The only explanation could be through manipulation and deception (promoted as something other than what it is), by powerful corporate and political actors.

Is a change of heart driven by new facts on the biosafety of GMOs, could it be the global agribusiness companies' promotion of their use gaining acceptance or is the grumbling stomachs due to scarcity of food as a result of drought brought about by climate change? The jury is still out there, but the fact is that the closer a substance is to its natural form the better. For example, why do pests find GMOs unpalatable if they were better than conventional food? The bee knows the best pollen.

As we embrace food modification technology (GM foods) in Africa as a stop-gap measure, let's not lose sight of the antelope, which is to mitigate against climate change by going green and harvesting water to increase organic food production. The consumer is at a dilemma, "To eat or not". Let's eat but with caution, especially for GM foods that are susceptible to uncontrolled mutation.

KENYA DEFENCE FORCES PRESENCE IN SOCIO-ECONOMIC DEVELOPMENT

COL A N KIRAGURI
KENYA ARMY

Numerous justifications for and against military engagement in national development programs have frequently been made whenever the topic has been brought up. The most common defence used against military involvement in this subject is that doing so interferes with the military's principal duty, which is the defence of the nation. This viewpoint contends that an armed force's participation in development plans ultimately diverts limited resources and manpower from their primary role. However, past experience has demonstrated that the armed forces may contribute significantly to society's development without significantly degrading their ability to carry out military tasks.

Those who favour military involvement in national development efforts have emphasized that there is strong economic foundation for their opinions. Resources like trained manpower, which are in short supply particularly in emerging nations, must be used to the fullest extent possible. In such a situation, it is not believed to be sufficient to merely employ military personnel and resources in a standby role ready to defend the country should it become necessary but they should also be used as fully as possible for other

purposes when the country is not engaged in military hostilities. This claim is especially valid in nations where conscription into the military deprives the labour market of skilled young workers for an extended period of time.

By focusing on a variety of social welfare projects and programs, the Social Pillar of Kenya's Vision 2030 seeks to improve the standard of living for all citizens. This quest serves as the foundation for change in eight important socio-economic sectors, including gender, youth, sports, and culture as well as education and training, health, housing, and urbanization. Additionally, Kenyans with various disabilities and formerly underprivileged communities are given special consideration.

In recent years, Kenya Defence Forces (KDF) has become more involved in national development tasks. The Kenya Meat Commission (KMC) was transferred to KDF under the Jubilee administration in the year 2020. The decision was made for a variety of reasons, including the fact that the agency had only become successful for a very short time after its inception in the 1950s. The action aimed to put a stop to the commission's protracted losing streak that had been going on for years. Additionally, it attempted to resuscitate KMC by handing it over to the Kenya Defence Forces. The Chief of Defence Forces (CDF) strategy of reshaping the military's perception as a direct

contributor to economic and social growth is primarily responsible for the military's greater involvement in the governance of the nation and its involvement in civilian tasks.

The Chief of Defence Forces has carried on the tradition of the military's support to civil affairs. The military's track record is related to effectiveness and efficiency in completing public projects. The KDF has overseen the transformation of the National Security Telecommunications Service (NSTS), the resurrection of the National Air Support Department (NASD) and the rehabilitation of ancient metre gauge railway line in addition to revamping the KMC. The 240km-long, outdated railway line between Nairobi and Nanyuki was renovated by the KDF in 2020. The Nakuru-Kisumu railway line was also repaired by the military after being out of service for more than 20 years. The MV Uhuru ferry was also revived by the Kenya Navy Engineers. The revamping of Kisumu ports has also been a priority for the Kenyan Navy with the establishment of Kenya Shipyard Limited (KSL).

KDF has also contributed greatly in the rehabilitation of educational institutions and other spaces that advance public wellbeing. Notably is the renovation of Uhuru Gardens and building of a Museum where generations will be able to appreciate their heritage and history as well as recreation. In addition to helping other educational institutions close

Elburgon Km 30.7 – Before rehabilitation.

Elburgon Km 30.7 - After rehabilitation.

Ulinzi Sports complex Langata.

to military cantonments, the military has prioritized renovation of schools. For instance, the Kenya Army Corps of Engineers rehabilitated 31 schools within a 90-day period during the 2007-2008 post-election violence. The construction of National Defence University (NDU-K) has been a big milestone in Military development on education sector and the country as a whole. This is one of its own in the East African region, and will enhance civil-military cooperation among all military and civil society in the region in the field of academy.

Additionally, KDF constructed the Ulinzi Sports Complex, a 7,500-seat sports facility that includes a top-notch sports facility comprising of football pitch, basketball and tennis courts, an Olympic-size swimming pool, an indoor arena and other cutting-edge amenities. This facility will not only promote sporting activities in the military but to the country as a whole; hence supporting the social pillar. On healthcare KDF has constructed four regional hospitals in Isiolo, Eldoret, Nairobi, and Nakuru. These regional hospitals, equipped with level 4 facilities are meant to cater for military personnel, their families and the country as a whole.

Further, the military has built a wellness centre at Lang'ata, a hospital with a capacity of 70 beds, well-equipped to provide outpatient and inpatient medical treatments in the areas of mental health, visual and hearing, physiotherapy, occupational therapy, and orthopaedic specialities. The Wellness Centre fits in well with the Universal Health Coverage (UHC) pillar of the government's Big 4 Agenda, which prioritizes preventive healthcare. As the nation prepares for the national roll-out of UHC, which is essential to realizing the Kenya vision 2030, the health facilities will be integrated into the national health system.

When it comes to environmental issues, the Defence forces have been actively involved in conservation through the "Environmental Soldier Program," where they have worked together with other stakeholders to reforest areas and support the country realise a 30% forest cover by the year 2050. This initiative will enable the country in its effort to combat global warming and climate change. The KDF has been actively involved in opening up roads, constructing water pans and sinking boreholes in the Arid and Semi Arid areas in the Northern and North Eastern part of the country to help the population have good access to markets and provision of water for their animals.

The military has improved its online presence by updating its website and social media accounts. The goal is to uphold transparency and responsibility for its public activities. All of these initiatives are focused on promoting political, social, and economic development and serve as evidence of how crucial the military is in enhancing socio-economic development in the country.

A classroom block at Ole Tarkash Primary School in Narok County constructed by KDF.

ARE FORESTS NATURAL ELEMENTS OF POWER OR AN INSTRUMENT OF NATIONAL POWER?

MR A G OMOLO
KENYA FOREST SERVICE

Many developed and developing economies are at a crossroad in opinion, as to whether the endowment of forest resources of a country are natural elements of power or rather an enabler of economic instruments of national power.

At the very onset, Forests are globally categorized as Boreal, temperate, sub-tropical and tropical forests. The area under world forests therefore measures approx. 4.06 billion hectares occupying 31 percent of the planet earth's surface.

Besides the economic importance, Forests are strongly linked with the sequestration and sinking of over 662 billion tons of the devastating atmospheric carbon load, slightly estimated at above half the global carbon stocks presently held in the soil and vegetation.

The Food and Agriculture Organization (FAO) report of 2020 indicates that forests managed to sequester an averagely 2 billion tons of carbon dioxide (CO_2) annually in the accounting period of 1990 to 2010. The planet Earth therefore ameliorated the state of the depressed global economy from the climatically degrading effects of the atmospheric carbon footprints from 668 to 662 Gigatonnes (Gt) during the reported epoch.

It is further estimated that approximately 4.17 billion people of the World's population are forest dependent for regulative and provisioning aspects of survival. The larger portion of this global communities makes up the 80 percent predominantly the extreme rural poor, majorly living in tropical countries where approx. one-quarter of that populace derive income from forests.

Studies reveal that a range of 3.5 to 5.76 billion forest dependent people heavily rely on forest resources for wild foods and fruits. Such forest resources critically provide an insurance against food insecurity and dietetic supplements and to a larger extent most invaluable non-timber forest products for livelihoods of the global forest communities living within the tropics and subtropics.

The global Forest Resource Assessment (FRA) of 2020 supported by International Labor organization (ILO) reported that approximately 33 million of the 3.3 Billion part of the global population were of feminist gender found engaged in the Forest sector-related employment between 2015 and 2019.

Generally, over half of Global Gross Domestic Product (GDP) is derived from the forest the ecosystem services. Presently, the wealth of forest regulative ecosystem services account for 21 percent of the land asset worth of USD 7.5 trillion that represent 9 percent of the global (GDP).Additionally, the contribution of the provisioning forest sector generated over USD 1.52 trillion in 2015 compared to USD 1.26 trillion in 2011 into the world GDP.

The pulp and paper industries of the sub sector recorded 31 percent of the Sector's economic performance followed by the tradable logging and solid wood products accounting for the 2.3 percent of the value of global exports and imports in 2020.The contribution of the forestry and logging sub sector was spectacular for the forest sector related employment in Africa where it generated 42 percent of the global forest sector job market.

Forestry sector related employment in the case of China whereby a growth of 52.47 million in 2015 compared to 60 million people in 2020 was realized. On the other hand, the contribution of United States of America (USA) accounted for approximately 196,000 jobs in 2017 compared to 955,400 jobs in 2018 employable in the forest products industry.

However both developed and developing global economies embarked on strategic country-wide forestry programs through community based support initiatives aimed at poverty reduction. Spectacular cases recorded from Germany, Switzerland, Turkey, and the United States of America (USA) in providing substantial financial aid in strengthening community forestry aimed at the enhancing the forest-dependent community's economic capacities on poverty reduction programs.

The Native Forest and Community Project, in Argentina supported 150,000 forest-dependent in the improvement of the quality of life initiative through implementation of comprehensive community plans for sustainable forest management. In United States of America,


Tropical plantation forestry for timber.

the Collaborative Forest Landscape Restoration (CFLR) programme undertook local job and contracting opportunities to rural communities in attaining forest restoration objectives. The programme generates approximately 5,600 jobs per year thus contributing US$1.8 billion to the local labor market since 2012.

In a demonstration of economic worth of the global forest sector performance in the developed and developing economies. China for instance had an output value of forestry at approximately US$1.081 trillion in 2018 comparably 7 percent higher than in 2017. While the total output of commercial timber stood at 88.11 million m3, still 5 percent higher in 2017.

In the case of Nepal, the average annual worth of community-based forestry groups comprising of Community Forest User Groups and Collaborative Forest Management Groups was estimated at over US$50 million. The income was mainly generated from the timber and non-timber forest products.

In the Slovak Republic, the GDP value
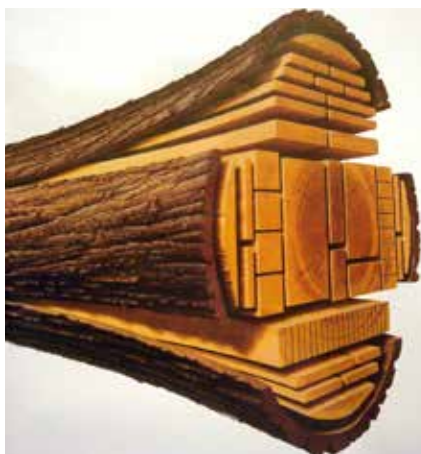
Framing lumber from forest logs.

of the forest sector in 2018 prices amounted to US$0.413 billion mostly from pulp and paper-making industry part of the national economy. In the United States of America, the sector created approx. 196,000 jobs thus generating over US$11 billion in GDP annually.

The growth of the Serbian forest sector contributed its share to the country's GDP

that was approximated at 2.6 percent with the wood processing industry contributing 5.7 percent of the total exports. The wood processing and furniture industry supported over 2,182 companies creating employment for 22,965 workers. However Ukraine forest enterprises emerged the biggest employer in FRA 2020 report as a major the fiscal sub-sector within the western and northern parts of the country.

In conclusion, Forest resources substantially support productive resilience thus immensely contribute to the world economy. The regulative and the provisioning functions of forests mainstays the global industrial wood & non-wood forest sub-sectors, and the ecosystem services that regulate the allied natural resource-based productive sectors of global economy. Forests and Forests resources are therefore a guarantee enabler of economic instrument of national power.

Clarion call to every global person "let us all invest in forests and tree growing for cleaner, healthier environment, and a better livelihood for global economic prosperity".

DEVOLUTION – FULL OPERATIONALIZATION OF THE DREAMS AND THE WAY FORWARD

In August 2010, the people of Kenya adopted and gave themselves one of the most progressive constitutions in the world that has brought a sense of belonging and inclusivity through the establishment of the devolved governments as contained in Chapter Eleven of the Constitution. The key objects of devolution are to foster national unity by recognizing diversity, giving powers of self-governance to the people and enhancing the participation of the people in the exercise of the powers of the state in making decisions affecting them. Citizens' participation, which was not contained in the old Constitution, has proved to be very critical in leadership and development through prioritization of development projects as per the peoples' requirements.

Constitutional Employment Goodies
It is amazing indeed that every County is the focal point of good things such as employment, which has hitherto been controlled in the capital city Nairobi through the Public Service Commission and other relevant institutions. The citizens are quite amazed that employment within the Counties is run by the County Service Boards that they can relate with, thus providing a sense of ownership and belonging.

COL C T BOIT
KENYA ARMY

In the previous Constitution, employment was considered an elitist Nairobi issue thereby denying the counties a fair share of the allocations. The 2010 Constitution created and secured County Service Boards, it is now incumbent upon them to act professionally in recruiting County staff while observing due diligence as well as avoiding bloated and unnecessary staffing. Inclusivity based on the diversity of the County should now be the pillar of employment with the ultimate goal of having a lean government that is task oriented as opposed to employment oriented.

Infrastructural Revolution
Devolution continues to open the country's rural areas and has led to efficient delivery of public goods and services through improved infrastructure across the country. Section 185 (4) (b) of the Constitution mandates the County Assembly to receive, approve plans and policies for the development and management of its infrastructure and institutions. Therefore, devolution has enabled far flung counties like Wajir, Mandera and Turkana to witness and appreciate tarmacked roads for the first time since independence, fifty years down the memory lane. Similarly, the National Government has expanded infrastructural networks linking with

First tarmac road in Wajir County 2014. File photo, Nation Media Group (NMG).

works done by County Governments, thus easing transport and connectivity across the country. With other development projects being undertaken, it is expected that this would spur greater economic development stemming the escalating rural-urban migration and more importantly promote patriotism amongst the disgruntled youth.

In addition, the County Assembly is mandated to receive and approve plans for the management and exploitation of the County's resources. This is paramount as it ensures that resources within the County are exploited for its development and wellbeing of the inhabitants.

Achievements by Counties

Notably, some counties have utilized their resources well thereby setting the standards for others to emulate. For instance, Makueni County has established a number of factories including mango factory to curb the perennial wastage and losses experienced over time. Similarly, Baringo County has set-up an electricity plant that uses the 'Mathenge' trees (prosopis juliflora) to produce electricity. The process of generating electricity involves burning the tree chips at high temperatures to emit gas that runs the generators to produce electricity.

The Way Forward

Generally, there have been some observable achievements across the counties. However, the level and status of achievement vary according to the priority of every County. Substantial achievements have been recorded in education, health, infrastructure and installation of high mast lights in urban areas that has helped improve security, amongst others. Notwithstanding the successes, several measures need to be actualized in some areas including vetting the staff employed to tame issues of rent-seeking. Going forward, the national and county governments should give priority to the following areas:-

Food Security. This is a critical issue, which may be achieved through irrigation farming to enhance food production. This will mitigate drought and famine in most counties as well as reducing dependency on pastoralism which has encouraged cattle rustling. There is also need to address the aspect of post-harvest losses through proper management and storage.

Land Control and Zoning. This should be implemented in order to control land usage. The County Assemblies need to urgently enact legislations to curb on-going sub-division of large pieces of land into small plots that are killing farming potential. This should go hand in hand with zoning of land in the counties to help plan for areas that are good in food production, pastoralism, minerals exploitation, County wildlife parks, and residential development amongst others.

Management and Exploitation of the County's Resources. This is a crucial issue that calls for proper utilization of the available resources in order to raise the living standards of the citizens. The national government should amend the existing law on natural resources revenue sharing to ensure that the county governments retain at least **30%** of revenue collected from exploitation of resources like oil, geothermal, solar, wind energy and titanium in the counties. This is expected to address serious disagreements between the two levels of government over resources.

In conclusion, the counties remain the focal point for development and therefore devolution should be supported wholly by the national government as per the dictates of the Constitution. Through devolution and its full operationalization, the dreams will be actualized. Finally; meritocracy, pragmatism and honesty must continually prevail.

The machine chopping logs of Prosopis (Mathenge) tree from farmers at Cummins power generation industry at Marigat in Baringo County, NMG.

WOMEN IN SECURITY

COL E W NGIGI

KENYA ARMY

Women play vital roles in society and more so in the family unit. However, in other aspects, they are considered the weaker sex and majorly victims of conflicts globally as well as regionally. Women are not spared in most cases as they suffer sexual violence and are rendered homeless and left with children to provide for. They also have the responsibility to protect their children right from birth. Additionally, they have been active participants in conflicts affecting their countries. Notably, they are also victims of domestic violence even in the absence of conflicts within the nation. In the olden days, a woman's place was in the kitchen and in the garden tiling the land and cooking for the family while their male counterpart did the hunting for food.

This view, however, masks the important roles women play as leaders, especially in helping end the conflicts, developing post-conflict reintegration efforts and economic life, and even leading the organization of camps for internally displaced persons. This article points out the role of women in security, especially in the nineteenth century when women have taken up their positions in leadership not only in security but in all other sectors of government as well as the private sector.

With adequate training, women have proved to be capable of leadership roles and just as good as men and in some cases; they do better than their male counterparts since they pay attention to details. Gender mainstreaming has played a key role in bringing out the best in women. The United Nations in October 2000 passed a security council resolution 1325 that calls for increased representation of women at peace negotiations and at all levels of decision-making regarding security; inclusion of women in post-conflict, reconstruction efforts and in disarmament, demobilization, and reintegration efforts; increased protection from sexual violence; and an end to impunity for crimes affecting women. This was the first resolution that recognized the disproportionate and unique impact of armed conflict on women and girls. It also acknowledged the contributions women and girls make to conflict prevention, peacekeeping, conflict resolution, and peace building and highlighted the importance of their equal and full participation, as active agents in peace and security.

Women are also active agents of peace in armed conflict, yet their role as key players and change agents of peace has been largely unrecognized. As such, there is a need to recognize that lasting sustainable security is not achievable without the involvement

> Women should also be involved in negotiation and mediation since they are also part of society and they should work hand in hand with men.

of women. This underpins the gender equality and gender mainstreaming that is responsible for positioning women in key roles of leadership. Wars create more female heads of households and force more women to become active in informal markets so their families can survive especially after losing their husbands. Reconstruction offers countries the opportunity to take a new look at the constraints women face in building homes and businesses.

Women should also be involved in negotiation and mediation since they are also part of society and they should work hand in hand with men. There are situations or nations where men cannot mix with women and as such the combatants need a female soldier to go between and reassure the victims of war crimes as such the government wins the hearts and minds of the local population. In the case of the police force, victims of sexual violence will only be comfortable talking to a policewoman as opposed to a policeman. Additionally, the men will be at ease letting their wives and children explain cases of abuse to the female security personnel without trauma. It is therefore prudent to increase women's participation including the deployment of gender-balanced peacekeeping units, a whole-of-government approach to the security sector and judicial reform, and more intentional solicitation of the input of women at the community level on priorities for national budgets and international programs.

The implementation of Women Peace and Security (WPS) priorities is a political commitment in the Secretary General's Action for Peacekeeping initiative.It reaffirms that women's full, equal and meaningful participation in peace processes and political solutions is essential for effective peacekeeping.

In conclusion, it is important to ensure continued staffing, training, and deployment of gender-balanced units at all levels within the military. Gender mainstreaming for effective leadership across emerging peace and security complexities is key. Currently, cultural resistance within military and police institutions and in society as a whole is no longer a barrier as women are slowly taking up leadership positions in many countries in Africa where for a long time it has not been the case. Whether at the peace table or in parliaments, a critical mass of women is required to introduce gender-sensitive legislation and agreements for consideration. Tanzania has set the pace in the Global South with the first female President and by default; she is the Commander-in-Chief of the Tanzanian Peoples Defence Forces.

"NDI UMUNYARWANDA PROGRAM"
IN THE RECONCILIATION PROCESS OF RWANDANS

COL L KANOBAYIRE
RWANDA DEFENCE FORCE

Rwandans are encouraged to face and critically examine their dark history towards shaping a bright future. The approach aims at taking stock of the past, extracting lessons from current experience informing future steps, and adjusting policies and practices where needed. Though *"Ndi Umunyarwanda"* has a particular and distinctive focus: the common identity of Rwandans, the "Rwandanness" or citizenship. The theoretical connection between citizenship and identity had suggested that the more there is a shared sense of national identity and inclusive citizenship, the more the promotion of reconciliation is likely to succeed.

"Ndi Umunyarwanda" is all about promoting what is common, what is cohesive, and what is reconciliatory. This is not because other identities don't matter; you know we always have multiple identities; we could be Tutsi, Hutu or Twa, but we can also be catholic and you are Muslim, a footballer while I am a film actor; all those are identities. *"Ndi Umunyarwanda"* is a program that emphasizes our common citizenship; it aims to diminish the identities that divide us. Therefore, it is a good program for post-conflict reconstruction, especially for peacebuilding. *"Ndi Umunyarwanda"*

teaches us how and why we should live together as Rwandans without seeing ourselves through ethnic lenses.

It made us Rwandans start looking at one another as one without looking at one another from the ethnic identity. We see ourselves as Rwandans, we are brothers and sisters. And I also know that I am just as Rwandan as any other Rwanda. The *"Ndi Umunyarwanda"* program is our life as Rwandans. It is the values and principles that define our identity as Rwandans rooted in our past. It is those things that unite us; our everyday life; how you relate to another person; the support we give one another; that solidarity; working together to solve problems. Therefore, we have to make *'Ndi Umunyarwanda'* our life.

I see the program as a mechanism for liberating our minds. It assists us to understand the identity that brings us together instead of dividing us. All this is based on our past. We are released from the divisive past and then we live together well. It is a really good program because it is a result of our past.

Contribution of *'Ndi Umunyarwanda'* to various values

'Ndi Umunyarwanda' contributes to the restoration of traditional values of Rwandan society. These values include solidarity, reconciliation, dignity, and a culture of self-reliance. Recall that colonialism and the post-independence governments sowed divisions and where there was peace, they sowed discord, where there was trust, they sowed mistrust and suspicion, and where there was unity and solidarity, they sowed divisions. With regard to solidarity, it brought Rwandans together to promote strong personal and communal interdependence by looking for solutions to problems in an amicable manner. In terms of identity, *'Ndi Umunyarwanda'* amplifies the idea that a Rwandan identity supersedes all other forms of identities. Although, before

colonialism, Rwandans identified themselves through different identities, the colonialists collapsed all these into Hutu, Tutsi, and Twa, culminating into cleavages that they exploited to divide and rule the country while often playing one group against the other. The program broke these cleavages and re-created the bonds that united Rwandans along common identities that superseded these such as heroism *(ubutwari),* integrity *(ubupfura),* unity *(ubumwe),* and patriotism *(ubutore).*

Contribution of *'Ndi Umunyarwanda',* as a home-grown solution, to eradicating divisions

'Ndi Umunyarwanda' is described as a totality of the life of Rwandans. It is seen as a panacea for solving the divisions among Rwandans that were promoted during colonial times and during the independence and post-independence regimes. These divisions were based on pseudo-ethnicism and regionalism and they led to rejection, exclusion, separation, segregation, and denial of basic civil rights for sections of the population. The ultimate cost of these divisions was the 1994 genocide against the Tutsi.

The program eliminated the mistrust and suspicion among people working together, where people used to look at each other suspiciously, not trusting one another; where once one left a room, others would talk, and when he/she returned they would keep quiet. It is one of the programs that have yielded clear results because, if someone says, look guys when I say my name and you laugh, I feel bad or if I mention my name and someone asks, oh! are you Rwandan? I feel rejected and I find that you were one of the people with such an attitude yet you never thought that you were hurting other people; people have now changed these attitudes.

Contribution of *'Ndi Umunyarwanda',* as a home-grown solution to building a peaceful

future

Reconciliation in Rwanda in connection with 'Ndi Umunyarwanda' is understood as both backward and forward-looking; that is, it considers the past, present, and future of Rwanda. A general hypothesis in this regard was that 'the more Rwandans are able to understand and confront the sources of their historical social divisions while getting committed to a common future, the more likely reconciliation is to occur. The assessment thus focused on whether *'Ndi Umunyarwanda'* builds hope for a peaceful and prosperous future, creates a space for open discussions, provides people with an opportunity to ask for and grant forgiveness, encourages reconciliation, and offers an opportunity to learn about the history of Rwanda. *'Ndi Umunyarwanda'* is like a journey with many milestones. You reach one milestone and it becomes the starting point of the new phase of the journey. It is a process.

Conclusion

'Ndi Umunyarwanda' is a program that the Government of Rwanda launched in 2013 with the aim of strengthening national unity by cultivating a sense of respect and dignity among all Rwandans through national identity. The positive outcome is observed through the good relationships between people.

The policy's very first principle read that the country is committed to promoting the spirit of Rwandan identity by restoring the bond among Rwandans, and therefore putting national interests first instead of favors based on ethnicity, blood relationships… and region of origin among other things. 'Ndi Umunyarwanda' program as a homegrown solution is standing in a better position by contributing widely to the sustainability of different values of reconciliation in Rwanda.

MENTAL ILLNESS IS A SOCIETAL PROBLEM

COL E K CHIRCHIR 'psc(j)' (UK), KENYA ARMY

Mental illness operates in society, is internalized by individuals, and is attributed to health professionals. This ethics-laden issue acts as a barrier to individuals who may seek or engage in handling this scourge. According to Lansana Gberie, mental illness is invisible but devastating. On the contrary, Kenyan humour writer Ted Malanda feigned astonishment quipping because he can't wrap his mind around the fact that depression is an illness. In fact, he went ahead and argued that mental illness was such a non-issue that African languages never even bothered to create a word for it. But what is mental illness? Different propositions on how to define/understand mental health have been advanced, but in a nutshell, mental health includes emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. In summary, mental health gives an individual the feeling of worth, control, and understanding of internal and external functioning. The gist of this conversation is to try to understand mental illness, a devastating societal problem.

A Societal Problem

It is well-documented that human mental health emerges from a complex interplay between genetic, psychological, lifestyle, and other factors. In addition, people are also exposed to numerous environments that interplay with the individual's social world. That social world is usually proximal and includes family, kinship, employers, peers, colleagues, friends, and, in the far end within the context of society and culture. This, therefore, suggests that the interaction between individuals and society becomes critical in building healthy societies, which in turn can promote mental health. The core of mental health is being at ease with oneself and at ease with others. Having a state of good mental health translates to a strong sense of self and others and establishing positive relations while maintaining comfort in own company. Across the world, more people with major mental illnesses are living in the community rather than in

hospitals. This reality triggers why we need to expand our knowledge in understanding mental health. The understanding, therefore, is in fact humane and consistent with the hopes and aspirations of people with mental illness and their families. Most of the sick want to live as regular citizens - doing things that we all do, such as studying and working.

Society must begin to appreciate the role that it should play in order to win the fight. For example, we need to start appreciating that people suffering from mental illnesses need a friend, a job and the experience of a better quality of life. They aspire in their state to feel empowered. Such awareness has become an important goal for personal recovery. These aspirations are not enough in themselves. They must be supported by the development of high-quality and comprehensive community mental health services. With internet penetration and mobile phones, societies are better placed on having these services available on phones through mobile applications. Equally, the use of modern medicines which play a critical role needs to be accelerated. This high-quality response is not a solution in itself. Psychosocial treatment has been identified as a cheaper alternative to treating mental health.

APA dictionary simply defines psychosocial management as treatment designed to help an individual with emotional or behavioral disturbances adjust to situations that require social interaction with members of the family, work group, community, or any other social unit. To deliver this treatment option, training must happen at the local/family level. To do this, a number of psychosocial treatments have been shown to be effective by strong scientific research and are recommended in guidelines for mental health practice and this is where society needs to focus. This discussion will narrow itself to the family perspective (option to tackle mental health) for it has statistically been proven as the best approach among other psychosocial therapy options. Why is this so? First, it has been observed that most families want to be involved in the treatment and care of their relatives with mental illness and to assist with their recovery. Secondly, involving families has been proven to be the most effective strategy in the treatment of mental health. Deploying this option is not for the sake of the sick, but the society. We know that stress can lead people with mental illnesses to more frequent relapses of their illness and the family being the immediate frontline needs to be equipped to better deal with the challenge.

Psychoeducation

Family Psychoeducation is an approach designed to help families support individuals with a mental illness and better understand mental illness while working together toward recovery. To execute this option, during family psychoeducation sessions, participants learn techniques for fostering hope and recovery. This can include reducing stress, improving communication, and strengthening relationships. The main goal is to give families an increased awareness to deal with the problem. Psychoeducation can help families understand what capabilities, as well as symptoms, the patient may have. At the family level, the patient and family are involved together leading to greater understanding and most important to empower the patient. Information about the illness is shared and discussed with the patient whereas the family learns to cope better in an event of a relapse. Training to improve how the family talks with each other and solves problems together is important. Goal-setting is used to help all family members achieve their personal goals. The goal of training individuals at the family level is to increase interaction in the usual way in society. This interaction breaks down stigmas associated with mental illness allowing the patients to be considered for social responsibilities that foster recovery. For the family, feeling less burdened by caring for their loved one is equally very important. The other benefit of working at the family level is that services will meet them in their homes.

Conclusion

In conclusion, interventions for mental illness are numerous including psychotherapy, medication, and sometimes hospitalization however, psychosocial treatment is emerging to be an alternative and best approach to mental illness management. Psychosocial treatments are important because they can help patients live as regular citizens in society. Psychosocial treatments should be given a higher priority and ensuring that workloads to the caregivers should be low enough for staff to spend their time on involving families. As a caution, this option does not suggest that professionals in mental health will soon be relegated, in fact, for the Psychosocial treatment to succeed, professionals will remain central. The professional will retain presence and be the "champion for family involvement" while supervising and mentoring others working with them in involving families.

THE EVOLUTION OF COOK STOVES IN KENYA

MS J F WAMBOI
KENYA WILDLIFE SERVICE

Cook stoves are kitchen stoves that rely on direct heat for cooking and may also include an oven for baking. Cook stoves are also known as cooking stoves or wood stoves. They heat by burning wood or charcoal. Gas stoves heat by burning gas while electric stoves heat by using electricity. Over 93.2 percent of rural households in Kenya use biomass in form of wood fuel (firewood and charcoal), dung and crop residues as the main source of fuel for cooking and heating. This has serious implications to public health. According to the Stockholm Environment Institute (SEI), an estimated 15,000 deaths linked to indoor pollution has been recorded. About 30 percent of the population uses Liquefied Petroleum Gas (LPG) with only 3 percent of households owning an electric cooking appliance. Kenya's approaches and attitude towards cooking solutions have been gradually evolving from the use of three-stone-open fire to use of charcoal stoves, fireless cooking baskets to the current use of clean energy therefore improving on the environment as well as women well-being.

Three-Stone-Open Fire

The Three-Stone-Open Fire has historically been and remains the most formidable commonly used fuel wood-based cooking option. This cooking solution has defied the call for its displacement and remains the most commonly used, especially in rural areas. This cooking solution heavily relies on firewood making it a less efficient solution for energy conservation. The continued use of this cooking solution has threatened the environment because it embraces the excessive cutting down of trees for its sustainability.

A large amount of carbon monoxide, which lingers in the atmosphere even longer than carbon dioxide and is an even bigger contribution to climate change, is also released by three-stone fires. Additionally, these stoves release particulate matter, such as black carbon, which exacerbates respiratory illnesses. Three stone fires produce much smoke which causes breathing difficulties as well as other diseases. They are simple to build, but their cooking efficiency is quite poor, as only about 10% of the heat produced is transferred to the pot and the rest is lost.

Three stone open fire Source: Solar Cookers International

The role of women in seeking for alternative cooking solutions can never be ignored. Undoubtedly, in the context of the evolution of cooking solutions, they have largely contributed to this grand development. Given the patriarchal nature of most African societies, cooking and fetching firewood have been strictly left to women. With this, women and girls are disproportionately affected by the use of open fires. They are reported to experience extreme exposures to household pollution which has endangered their health by causing respiratory related diseases; some have also sustained physical injuries including burns and blunt trauma. These among others inform why women have been actively involved in embracing alternative cooking means.

Sustainable Goal number seven calls for the use of clean energy. The advancements of modern cooking stoves are brought about by the need to significantly reduce the reliance on wood fuel from forests and other sources. It also aims at improving livelihoods and enhancing productivity given the less time consumed on fuel wood collection. Additionally, it aims at reducing the amount of indoor air pollution. In light of this, several improvements have been made to wood fuel consumption, which has seen the introduction of the Improved Cooking Stove which is more efficient in wood use.

Firewood saving is largely attributed to the fired clay liner that ensures heat retention for a long time. The fired ceramic liner provides thermal insulation to minimise heat loss. The Improved firewood stove can be fixed in the kitchen and is commonly known as Maendeleo Jiko or Jiko Sasa. Alternatively, they can be portable by being enclosed in a metal known as Kuni Mbili Jikos.

Charcoal Stove and its improvements

Most of the population from the urban areas are unable to resort to firewood,

Three stone open fire Source: Solar Cookers International

making the use of charcoal inevitable. The charcoal stove is mainly used by lower and middle-income households. The charcoal is obtained from the burnt wood in traditional earth kilns. Apart from the wood charcoal, women have also invented charcoal balls which are efficient in energy conservation. This among other innovations demonstrates the active role of women in the quest to improve on the Kenya's energy sector.

Cooking stoves were introduced by the Indian railroad labourers in the 1900s. These cooking stoves were made up of scrap metal assembled by the local smiths in the informal sector. They assumed a cylindrical shape and had doors for draft and regulation of ash removal, 3 legs provided the base support, a metal gate and two handles. However, they were never insulated, thus radiating heat to the air as well as the pot.

Fireless Cooking baskets

In Western Kenya, many projects have embarked on improving the traditional stoves by coming up with fireless cooking baskets which significantly save on the fuel

Fireless cooking basket
Source: Internet Yaota.com

energy. A fireless cooker is an insulating basket that traps heat and allows the cooking process to be completed without additional fuel.

Clean fuels

Clean fuels in Kenya are generated from systems that do not produce and form of

pollution. They include biogas, ethanol, LPG, solar energy and electricity. Clean cooking reduces on the need to get wood biomass from the forest hence reduces on environmental degradation. Clean fuels in Kenya do not cause indoor air pollution and are used for clean cooking. Kenya has committed to 100% transition to clean energy by 2030. Currently not many people can afford clean fuels. Improvement in energy efficiency and conservation will help Kenya to achieve this goal.

Conclusion

Large scale shift from traditional biomass to clean energy may take time. Kenya should therefore continue to implement its policy and legal framework to enhance uptake of clean cooking. To achieve this, all environmental projects and programmes should have a component geared towards supporting clean energy especially for the rural households.

BODABODA-NOMICS; ANARCHY OR ECONOMIC SOLUTIONS IN EAST AFRICA?

COL J B J RWEYEMAMU
TANZANIA PEOPLES' DEFENCE FORCES

The *bodaboda* sub-sector has frequently been viewed as a double-edged sword, offering both economic solutions and aggravating insecurity among East African countries. Although the sector has provided innovative transport and logistics solutions, it has

occasionally been linked to some of the most heinous crimes the area has seen. The *bodaboda* sector among the three East African States namely; Uganda, Kenya and Tanzania is one associated with chaos, impunity and even deaths.

The *bodaboda* sub-sector has expanded into a very large industry that employs people from all vocations, including riders, traders of spare parts and managers of small cooperatives and Saccos which the operators have membership. During my keen observation of the *bodaboda* sector, I have met university graduates, diploma and certificate holders, trained teachers and other people with full-time jobs who have joined the trade as a side-hustle to supplement their incomes, realizing that; *bodaboda* is an exciting venture capable of turning their economic fortunes. Although employment opportunities for university graduates have drastically decreased recently, the *bodaboda* sub-sector has served as a "humble net

employer" where the majority of job seekers have sought safety.

Provision of Economic Solutions

It is true that *bodabodas* have come a long way toward helping East Africans with their economic problems. Youth employment rates in *bodaboda* taxis have been increasing recently, nearly doubling annually. The growth in the sub-sector is attributed to the ease of acquisition of the motorcycle given the relatively lower cost compared to motor vehicles and other automobile devices. Apart from the low prices for acquiring bodabodas, the cost of running the taxi trade is relatively small while offering efficient consumption of fuel and on saving time. The use of *bodabodas* as public transport in cities and towns has attracted small and medium investors dealing in spare parts and in other accessories. The bodabodas have organized themselves into cooperative movements and organization where their members pool

resources and offer credit to their members among other benefits. Because of the severe traffic snarl-up, the region's cities, towns, and highways frequently come to a complete stop. *Bodabodas* offer an effective way to get around the gridlock.

The Anarchy associated with *Bodabodas*

There is an unsightly aspect of the *bodaboda* sub-sector that has gained popularity recently and caused governments, communities, and individual households to become more aware. Recent reports indicate that; in most cities and towns in East Africa indicate there is a serious increase in fatal road accidents involving bodabodas. Many people have lost their lives in road carnage involving *bodabodas,* while others have been maimed and reduced to confinement onto wheelchairs after being engaged in grisly road accidents. These records have raised a debatable question of whether the *bodabodas* improve people's lives economically and socially or rather it is another cause of poverty and anarchy in the region.

In 2022, the general public in Kenya was treated to rather an awkward scenario where a female motorist was sexually molested by *bodaboda* riders who descended on her while stuck in traffic. As a result of the incident, the public erupted in a flurry of anger toward the *bodaboda* riders, whom they accused of being rowdy, negligent, and always acting with impunity in regard to traffic and road rules. The incident attracted global condemnation and was regarded as a single case of an existing plethora of ugly incidents which continue unreported and deeply rooted among societal grievances. The recklessness with which *bodaboda* have been operating on East African roads is one riddled with impunity. Occasionally, a *bodaboda* is seen cruising on the pavements which are designated for pedestrians, on the wrong side of the road or making a wrong turn in the middle of the road. They play hide and seek with the police and the city authorities as a means of ensuring their survival in the streets.

Bodaboda riders' carelessness is primarily motivated by their desire to earn more money as quickly as possible, with little regard for their own safety or the safety of other road users. Households and families are losing breadwinners daily with other incurring high medical bills for recuperating riders and pavement users who suffer serious injuries resulting from reckless riders and with a realization that the majority of *bodabodas* lack insurance covers particularly third-party insurance. There are rising cases of injuries and death among riders and pavement users recorded every year. Such development prompted the government to introduce a mandatory third-party insurance cover for *bodaboda* riders to cater for costs related to motorcycle accidents.

Way Forward

Even though the *bodaboda* trade is causing excessive anarchy, a ban is not an option because it would harm the East African region's developing economies. They have a sizable impact on economic expansion and progress. Authorities in respective countries need a policy shift that formally recognizes *bodabodas* as public service operators and which needs official regulation like the rest of the public service sector. The policy shift should entail mandatory training, registration and testing while at the same time a mandatory requirement which insures all the *bodaboda* riders and their passengers. A third-party insurance scheme is an appropriate insurance scheme which can cover for injuries and deaths resulting from *bodabodas*. The police and local authorities need to double up their surveillance and intelligence gathering to smoke out criminals who are hiding in the sub-sector. The authorities in each country should place a strong emphasis on civic education and campaigns that promote wearing safety gear and reflective clothing for both the rider and the passenger, as well as having valid identification.

THE MILITARY STAFF OFFICER - THE UNSUNG HERO

COL C O MITOKO
KENYA ARMY

Leadership is an art that influences by example or persuasion to effect action. Before the advent of the 'Mission Command Philosophy', leadership in the military was more inclined to the authoritarian style of leadership, where the leader directed the subordinates on what was to be done and how it was to be done, without seeking views from the subordinates. This leadership style was perfect in wartime environments, where the Commander had the information to solve the problem, there was little planning time and the subordinates were well motivated. In laisse-faire style of leadership, the leader involves the subordinates in decision-making while maintaining responsibility for the decision. This is essential when the subordinates are able to analyze the situation and determine the course of action to take.

Critically, therefore, one would argue that in most successful military operations, several leadership styles have been applied interchangeably depending on the situation at hand and that the styles manifest in an intricately interwoven manner during the action. This is apparent in conventional warfare and the same applies to hybrid and/or unconventional setups in the contemporary world. But while decision-making might have been well understood in the conventional setup, in the new strategic reality and in the context of a transparent battlefield, it is more dynamic, quick, and technology-driven. Therefore, modern militaries must prepare to operate within a more dynamic, uncertain and unpredictable environment. It is seemingly a complex environment invested with an adversary employing irregular, unconventional, and asymmetric means whose closing norm is: 'Adopt or Die .' who then does the timely planning?

Leadership styles aside, success calls for intelligent and quick minds to navigate smoothly and swiftly through the speedy military planning with a ruthless determination to succeed. Commanders therefore in this loop cannot act alone but require a strongly assembled team of staff officers who are able to interpret situations at a speed that matches the battle rhythm. Similarly, even in peacetime setup, commanders will still require brilliant staff and subordinates to shadow their daily progress. The point is, in every career path of ninety percent of successful military leaders across the world, there is a fine and brilliant staff officer who works behind the curtains to build the visible images of successful generals

But writing a chapter for them in an effort to have them share the 'Cake of Fame and Reward' has not been forthcoming. They shape the critical path that make generals in militaries across the world but remain unsung heroes.

Upon the death of Franklin Roosevelt, Walter Lippmann, an American writer absolutely observed that: 'The final test of a leader is that he leaves behind him in other men, the conviction and the will to carry on…The genius of a good leader is to leave behind him a situation with common sense, with which the grace of genius can deal with successfully. Lippmann, in this text, was referring to a well-kept record of events, a diary in the form of an institutional memory clear enough to ensure continuity. This can only be done by an assembled staff that works closely with the leader or commander. There is always a staff officer who must be able to correctly predict the ideas in the leaders' mind, draft and present them into a workable plan. The staff officer walks the longest journey most of the time. Even though wars and actions happen away from where they stand, they will have traveled the whole sequence before it even begins.

Similarly, history has witnessed that superior generals surrounded themselves with staff officers who would complement them by covering their 'blind spots. Napoleon Bonaparte for example was widely acknowledged to be the most esteemed commander who led troops into battle with tremendous success. But little is spoken of his Chief of Staff Berthier, who did the planning, endured the waspish sting of his burning intellect, and bore the weight amid occasional humiliations. Instead, he is

Col C Mitoko of KDF during Command & Staff training with counterparts from the East African militaries in Uganda (2011).

more often referred to by historians as a clerk.

Soon after WW II, Field Marshal Montgomery, a highly celebrated British general was asked to enumerate the requirements for a good general. He listed nine items but the first, he said was 'to have a good Chief of Staff and in his book 'The Path to Leadership' he goes ahead to elaborate that a good staff officer is the pearl of a very great price. Montgomery held on to several staff as he progressed through the ranks because of their strengths and capabilities thus underscoring the essential duties performed by the staff.

Field Marshal Erwin Rommel was one military general who undoubtedly stood distinct, particularly among German generals of the Second World War. In a war in which the reputation of the German officer corps was associated with atrocities, brutalities and mass genocide, Rommel epitomized the gallant, skillful and tactical genius of exceptional gifts which gained him open respect even among his enemies. Though a great general, history records that it was his staff that made vital decisions at times when he was seen to be pursuing incorrect strategic lines. Their accurate

> Success calls for intelligent and quick minds to navigate smoothly and swiftly through the speedy military planning with a ruthless determination to succeed.

handling of situations earned Rommel an unmeasured reputation on the battlefield. General Rommel's Chief of Staff, Alfred Gause is singled out and recorded as one staff officer who would anticipate with near-perfect accuracy what Rommel needed and when he needed it.

Consequently, below the Chiefs of Staff, there is usually an assembly of tirelessly working staff in various roles, who walk the longest journey in the planning. Most of the time, wars are fought slightly away from where they stand, drained and fatigued in their planning. Even though they have the bigger picture, their contributions are not immediately recognized as they do not share the medals but stand there holding the pillars of the reward arena. That is a glimpse of the unwritten chapter of the staff officers' story. Indeed, there is no simple set of rules by which to establish the pillars of successful military leadership in the absence of staff officers. Most applicable in my own speculation, though, is that the general officer must be adept at the art of choosing competent and compatible subordinate staff to support his generalship. Bravo to the Staff Officer - the Unsung Hero!

ROLE OF LAKE TANGANYIKA IN THE FUTURE EAST AFRICAN COMMUNITY TRADE EXPANSION TO SOUTH

COL E MBERAMIHIGO
BURUNDI NATIONAL DEFENCE FORCE

Lake Tanganyika is one of the great lakes systems; it occupies the southern end of the Western Rift Valley. Lake Tanganyika is the second deepest in the world after the lake Baikal, the world's second-largest fresh water in volume after Lake Victoria, and the world's longest freshwater with 673Km from North to South. The lake is bigger than Burundi, and covers about 12,700 square miles (32,900 square Km). Its shoreline touches four (04) countries which include: Burundi (8%), Zambia (6%), the Democratic Republic of Congo (45%), and Tanzania (41%). Lake Tanganyika serves for fishery activities, trans-border trade, and tourism.

Geo-strategic Location of Lake Tanganyika

The lake lies at the crossroads of three main sub-Saharan African Trade Corridors namely Northern Corridor (Mombasa in Kenya), the central corridor (Dar-es-Salaam in Tanzania), and the Southern Corridor (Mpulungu in Zambia/Durban in South Africa). Therefore, the lake constitutes a southwards corridor, thus promoting trade between the major ports of Bujumbura (Burundi), Kigoma (Tanzania), Kalemie and Kalungu (DRC), and Mpulungu (Zambia). The population of the four riparian countries is estimated at 174 million people; of whom 12 million are living in local communities around the lake, particularly on the western and northern shore

To reinforce the regional connectivity, a program codenamed "Lake Tanganyika Transport Corridor Development Project" is supporting the rehabilitation of ports infrastructure and their connected roads and railways; and the development of harmonized policy framework on cross-border transport. The program will boost regional integration and foster trade in a wide range of agricultural, manufacturing, and fishery; as well as enhance tourism and other economic activities. Bujumbura port is linked to about a dozen of ports and should serve as an inter-regional trade hub

Expansion of East African Community borders

Since its restoration in 2000, the East African Community has grown very faster from three member states in 2000 to six member states in December 2016; from

a simple economic organization to a full political federation ambition. The EAC aims at widening and deepening cooperation among the Partner States in political, economic, and social fields for their mutual benefit. Its market has expanded gradually through the integration of new member states but also by fostering cooperation with other regional blocs (RMs and RECs) and the rest of the world. The recent integration of the Democratic Republic of Congo (DRC) on 8 April, 2022 as the 7th member state, has crossed cultural barriers between the east Africa Bloc (English) and central Africa Bloc (French). This was seen as a demonstration of regional leaders' maturity to break colonial differences and come together as one people. Lake Tanganyika has become almost entirely part of EAC resources since the integration of DRC.

New Opportunities for East African Community Trade

The Port of Bujumbura in the north of the lake will become the crossing point for trade movement towards DRC and SADC blocs. On one side, DRC will provide a good opportunity to create trade ties between the two blocs, thus extending the lines of communications from the Indian Ocean to the Atlantic Ocean. DRC on its own has expanded largely the EAC regional market from 180 million citizens to 300 million. The country also presents diverse opportunities for trade and investment which include the mining sector, agriculture, and infrastructure development in terms of Roads, Highways, Ports, Airports, Railways, Architecture, Energy, Telecommunication roads, and the Environment. This means numerous contracting opportunities and creation of a market for vehicles, boats, and engines.

On the other hand, the EAC region will extend its trade southwards using maritime transport on Lake Tanganyika, thus reaching the SADC bloc through the port ofMpulungu in Zambia. Trade and investment are expected to flourish along the shoreline where an estimated population of 12 million is living in small communities. The lake offers opportunities for trade with the 6,8 million inland population of eastern DRC that surround Lake Tanganyika. The poor roads and railways infrastructures connect Kalemie port to the areas around Nyunzu, Kabalo, Kongolo, and Lubumbashi.

Challenges and Way Forward

One of the major problems with the Lake Tanganyika Transport corridor is the lack of harmonized policy framework for trade and trans-borders movement of people; the major barrier is that countries have signed several trade agreements and none of these trade agreements is currently providing comprehensive coverage of the Lake Tanganyika basin region. However, this might change with the Tripartite Free Trade Area (TFTA), which would combine COMESA, SADC, and (EAC); and furthermore,with theAfrica Continental Free Trade Agreement(AfCFTA). Another important issue is inadequate port infrastructure in the major ports of Bujumbura, Mpulungu, Kalemie, and Kigoma. This problem is being handled by "Lake Tanganyika Transport Corridor Infrastructure Project." The port of Bujumbura is being rehabilitated under phase I of the project, and the modernization of the Mpulungu Port will be implemented in Phase II. Japan International Cooperation Agency (JICA) is also financing the new passenger terminal, cargo hangar, and access roads to Kigoma Port.

Conclusion

Since its restoration in 2000, the EAC has expanded its borders from 3 member states to seven countries; and this has made the Lake Tanganyika to be almost entirely part of EAC resources. The lake offers numerous advantages for EAC trade and investment. It is at the crossroads of trade corridors towards ECCAS and SADC and constitutes a southwards corridor with an import market along the shoreline. This will boost regional integration and foster trade in a wide range of agricultural, manufacturing, and fishery; as well as enhance tourism and other economic activities. Bujumbura port is likely to become an inter-regional trade hub.
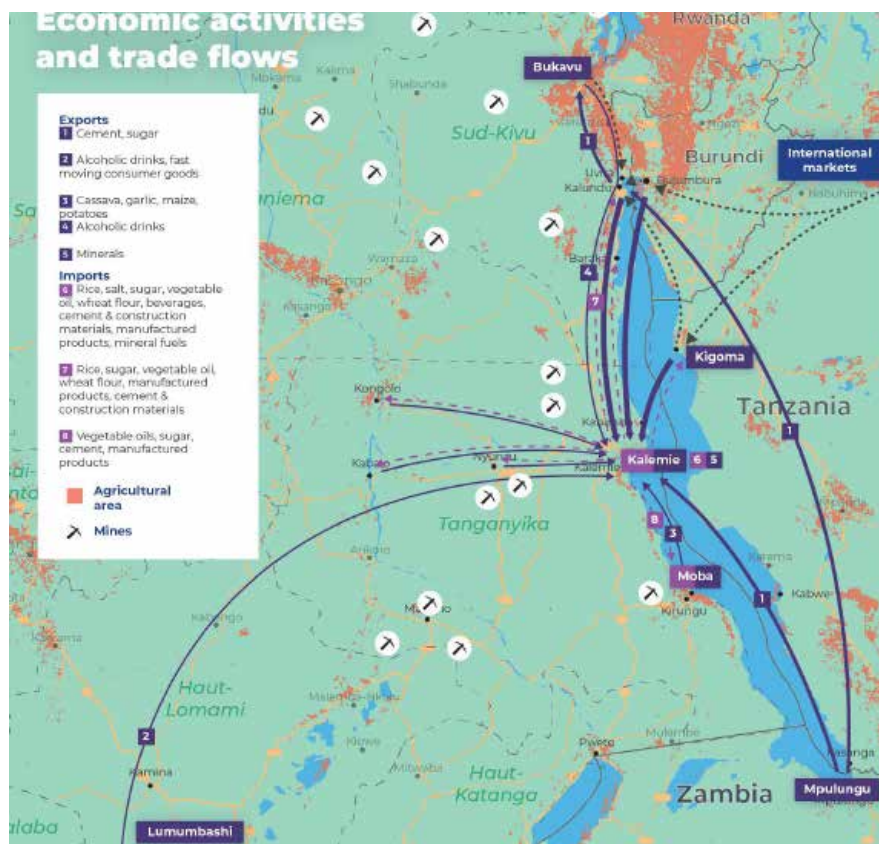
Map of Lake Tanganyika Transport Corridor (Market study Lake Tanganyika, Commissioned by Netherlands Enterprise Agency, page 46)

CHALLENGES OF ACCESSING FUNDING FOR SMALL MEDIUM ENTERPRISES

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KENYA REVENUE AUTHORITY

Many innovative business concepts have been known to fail since their creators could not get funding for them, and lenders could not determine if they were worthwhile investments. It is well acknowledged that Small and Medium Enterprises (SMEs) deal with challenges that limit their potential to expand and prosper and, as a result, lessen their ability to make a meaningful contribution to economic growth. Therefore, this article highlights various challenges SMEs face while accessing funds.

Indeed, information technology has progressed quickly. The number of households with cell devices, smartphones, and tablet devices has increased significantly in recent years. The e-commerce business for consumers is growing due to customers increasingly preferring Online purchases to in-person transactions. SMEs, nonetheless, have struggled to take advantage of these prospects fully. Micro-firms typically don't have websites. For instance, according to a World Bank report published in 2016, SMEs sold goods and accepted orders in Japan while households had mobile phone usage above 90% and Online service users at 90.58% in 2014. consequently, 10% of the total of all transactions were made via their websites, and fewer than 10% of those transactions have websites where they sell their products or do business on online marketplaces

Notably, getting financing is a protracted process; whether it is successful relies on the financier's approach to evaluating and providing credit. This procedure begins with facility registration and concludes when the loan is paid in full via the line of the credit process. The credit acquisition process contains obstacles and diversions before arriving at the target, much like any human endeavour. One cannot escape borrowing money while in business. Therefore, it's critical to understand how banks decide whether to give money to a company.

Another challenge SMEs face in accessing funds is the necessary skills and expertise of the staff. Most of the companies in charge of this industry lack the necessary business abilities, primarily due to poor educational levels. It is not enough to understand how to make a high-quality product. The producer is also responsible for knowing how to market the product successfully and keep the firm's financial aspects under control. Moreover, the managers are responsible in maintaining a competitive advantage against its competitors in the domestic and international markets. When the entrepreneur lacks the necessary knowledge, small and medium firms result in low productivity and low connections with investors. Thus, to achieve this, the entrepreneur must have strong entrepreneurial skills.

Numerous critics claim that fundamental information issues in the market for micro business loans may prevent mortgage lenders from efficiently allocating loans. These informational issues might be so severe as to cause financing constraints and the collapse of the debt market. Lending companies consider SMEs riskier in investing. Numerous institutions, especially banks, favour investing in major corporations over SMEs when allocating funds. The explanation is that large businesses have a lesser probability of defaulting and have transparent financial accounts. However, SMEs are riskier, particularly from creditors' perspective, since they lack transparent accounting data. Therefore, common knowledge says that small businesses can't get loans from banks or commercial finance companies until their output level is sufficiently high. Moreover, financial institutions require that small businesses provide financial statements showing many measurable assets that can be used as leverage, such as receivable accounts, inventory, and machinery.

Every financial services sector is inherently concerned with knowledge. Nevertheless, there is an asymmetrical knowledge issue between money providers and customers. To address this issue, knowledge is necessary. Most large corporations register their assets on stock exchanges and provide securities on bond exchanges. As a result, corporate information exchange programs in equity markets can enable entrance to a wide variety of information required to determine the credibility of large firms. Unfortunately, most SMEs do not have access to the financial sector. Microfinance companies can rigorously and continually monitor borrowers but doing so is expensive for borrowers of modest loans. Information asymmetry is made worse by SMEs' lack of information infrastructure. The easiest option for small and medium enterprises and banking firms to lower the interest rate in loan proposals in collateral-based borrowing is to provide assets. But when the Basel capital agreement was established, several authorities increased policy-based lending for SMEs to lessen the restrictions on those firms' financing as a necessary emergency precaution. In such a case, the funding required using effective and reasonably priced credit risk assessment methods, particularly for transaction-based loans. To comply with Basel II risk management standards, complex data infrastructure is required to handle the substantial credit limitations SMEs must overcome.

Recommendations

Kenya's government should develop detailed plans to make it easier for small and medium-sized businesses access credit. Besides making it easier for people to get credit, small businesses will be better equipped to invest in better technology and, as a result, produce better products. This will make them more competitive in their market and sell more, hence make better profits. Additionally, renovation, maintenance, and preservation of transport networks and improvements to telecommunicating services will help lower production costs, attract investors, and help small businesses grow. This will decrease the expense of moving and distributing goods, making each output unit cheaper. Lastly, investing in education helps people learn the skills and expertise they need to run a successful SME. This will also enable the training of a group of experienced managerial and technical workers to help the SMEs grow.

MY BATTLES WITH THE MOST DANGEROUS ANIMAL IN THE WORLD

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MINISTRY OF HEALTH

I was born and brought up in Limuru Constituency, Kiambu County in Kenya. The area is known for its relatively cold climate compared to other parts of the Country. After I completed my education in medicine, I was posted to work at a health facility in my home area. It was a great honor to serve the community that made me who I was. I was thereafter posted to work at the Ministry of health headquarters at the National AIDS & STI Control Program in Nairobi. My new posting involved a lot of travelling within the Country as we developed and implemented policies and strategies to fight HIV.

I remember this time when I had just come back to Nairobi from Kisumu when I started feeling unwell. I developed a fever, chills and headache. Being a Doctor, I assumed and self-diagnosed myself with a flu. I went to a pharmacy and purchased some antibiotics and drugs to relief the fever and headache. After taking the medication, I seemed to feel better and continued with my work schedule. I however did not fully recover from the symptoms and in fact would have episodes of high fevers and severe chills. I assumed that these continued symptoms were due to delayed response to the medication and pushed on with my life as I continued with my self-prescribed treatment. One day, while in the office, my symptoms worsened and I decided to take a nap hoping that the rest would help. This did not happen, I woke up feeling worse, I could not even stand up from my seat. I called on a colleague of mine who rushed me to hospital.

At the hospital, I was without much delay diagnosed with malaria and immediately put on treatment. The Doctor was surprised that I had been sick for over a week without seeking proper medical care despite being a Doctor myself. He informed me that I was progressing towards severe malaria which is usually life threatening and more difficult to treat. I informed him that having lived in Limuru, I had never been infected with malaria before and therefore did not suspect that it was the cause of my symptoms. A few hours after taking the antimalaria drugs, I felt better and fully recovered in a few days.

I few years later, I was posted to head the National Malaria Control Program at the Ministry of Health. Malaria is the second leading cause of hospital outpatient visits, a leading cause of mothers losing pregnancies and the leading cause death among children less than five years old in Kenya. Malaria has a huge negative effect on the health and economic security of communities where it is endemic. Treatment of the disease especially severe malaria is costly and causes a strain to our health system. Several studies have shown that communities living in malaria burden have higher poverty levels.

Majority of the interventions in the control of malaria target the mosquitoes which are the vector that spread the parasite from one person to another. The ultimate goal is to reduce and eliminate the contact between humans and the mosquitoes. The other strategy is to ensure that there are no malaria parasites to spread. Mosquitoes do not cause malaria, they spread the parasites from one person to another. This can be done through prompt diagnosis and treatment of malaria cases; this ensures that even if a mosquito bites someone, it will not be infected with the malaria parasites and therefore will not spread what they don't have. In malaria endemic areas, we can presumptively treat all vulnerable malaria populations (pregnant women and children) to protect them from malaria.

Not all mosquitoes spread malaria, the female Anopheles mosquito is the only one that spreads malaria. This species of mosquitoes enters the house/indoors either early in the morning or later in the evening and rest on the walls as they wait to bite people at night. They do not bite during the day or outdoors. The mosquitoes that bite outdoor and during the day are not the malaria spreading species.

The malaria spreading mosquitoes have previously been found in low altitude, high humidity and high rainfall areas. With the ongoing climate change phenomenon, this is changing with the mosquitoes now beginning to thrive at higher altitude areas. The populations at risk for malaria are therefore rapidly increasing. Climate change has led to reversal of decades of progress that had been made in reducing the burden of malaria globally. Indeed, malaria is now classified as a re-emerging disease where cases of malaria transmission are increasingly being detected in previously malaria free areas.

The malaria spreading mosquitoes have also been evolving at a rate which our researchers are finding hard to keep up with. There is increasing resistance to insecticides used in the control and elimination of the mosquitoes. Most insecticides that we have used in the recent past are now completely ineffective, while we are barely developing new ones that the mosquitoes are sensitive too. The malaria parasites are also becoming increasing resistant to the drugs used to treat malaria. No so long ago we were using quinine, then we went to sulfadoxine pyrimethamine (fansidar) which both are now totally ineffective due to development of resistance. We are seeing emerging and increasing resistance to the current drugs; the artemisinin combination therapies. It is important to note that this resistance is making the prevention and treatment of malaria more expensive as the newer insecticides and treatment drugs are more costly. This further endangers the economic and health security of individuals and societies affected.

One of the major lessons that I learned during my fights with infectious diseases is that; it is never that far away from you, you cannot protect yourself alone, you are not safe if the disease is out there circulating and it is only a matter of time before you either become infected or affected (a close relative or friend is infected).

Societies and Governments need to work together to eliminate infectious diseases for prosperity.

THE LIFE AND TIMES OF A WILDLIFE WARRIOR

Wildlife Conservation is one among many interesting jobs one can ever ask for. It involves dealing with abiotic and the biotic organisms, which of course never talk, with some being defiant enough to attack you on slight provocation. They are defiant because they are more muscular than man and are accustomed to living in natural wilderness which man has consciously invaded.

Wildlife species like monkeys, snakes, elephants and buffalos have globally been domesticated to provide services like transportation, farm jobs like ploughing, besides being pets. However, some species require technical handling skills after domestication since they will definitely depend on your interventions for their survival; unlike when in their natural habitat. Interactions with the wilderness is therefore too fulfilling; and away from the hustles and bustles of town life, it's in the wilderness where you get fresh unpolluted air, view natural sceneries and beautiful animal species everyday of your working life as a warden.

A Warden's Resilience.

Being a warden comes with it both exciting and challenging encounters each dawn and this is because one has to deal with humans, wildlife and nature. During rains for

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example, some National Parks dirt roads are rendered impassable and this calls for the warden's intervention to ensure smooth flow of visitors; even those who intentionally or unknowingly passed through roads sections that are marked impassable. Any of the visitors getting stuck in mud inside the park requires the warden's rescue within the shortest cycle time and once rescued, some will appreciate while others will hurl insults at the warden while lamenting about the poor state of roads.

Who Came First?

Wild animals knows no boundary and quite often find themselves inside peoples farms where they destroy crops, damage property or kill livestock and people hence creating conflicts that require the warden's intervention. To maintain a good relationship with the aggrieved parties, besides ensuring safety of the animals involved the warden has to act fast enough to prevent more damage once a case has been reported. But who came first? This question has never been answered and as long as the natural law exists, man will always get away with it in the spirit of human life first. Biblically, God created everything else and man came last, but it's the authority that God gave man to domineer all other creatures that puts the lives of all other living creatures at the mercy of the un-merciful man.

A warden's duty also involves ensuring human communities residing around the protected areas are not in any way harmed by the wild animals, as well as ensuring no human gets unauthorized access to the wilderness areas without known intentions. Human-wildlife conflict is defined as when wild animals move out of the protected areas and cause havoc to human and property in their farmlands and homesteads.

For harmonious interaction with communities surrounding the protected areas, wardens ensure they are well versed with the protected areas rules and regulations. Violation of these rules is

Hyena - Source : Kenya Wildlife Service, 2022

Red spitting Cobra - Source: Kenya Wildlife Service 2022

Source: Kenya Wildlife Service,2022

enforceable by law with culprits apprehended and presented to a court of law. High demand for wildlife products like elephant tusks, rhino horns, sandalwood among others have led to increased negative interactions with some community members who master mind modalities of getting into the protected areas undetected. This has led to armed encounters between the wildlife conservation personnel and the armed culprits and at times, the warden losses his life or the life of some of his fighting rangers.

Are they the Cause?

Some human pandemics and epidemics have had their origin traced from interactions with wild animals, but some sects of the community are yet to get convinced since they have survived to the current age while feasting on game meat and other wildlife products. Eating un-inspected bush meat for example puts the consumers at very high risks of infections and this is one crucial issue that a warden fights against on daily basis.

Local people are always interested in park resources which the warden is there to protect and until when harmony is created, the warden and communities continues to engage in cat and mouse game. The warden is therefore mandated to create a peaceful and mutually beneficial coexistence with the communities for ownership and collective protection of the natural resources.

> Local people are always interested in park resources which the warden is there to protect and until when harmony is created, the warden and communities continues to engage in cat and mouse game.

Training and Mentorship

Being a warden is being a trainer; a trainer for the newly employed, both uniformed and civilian. He or she is a trainer for that local citizen who is not aware of the existing rules and regulation on conservation matters and how the law provides for interactions. Proximity to a public or private training institution gives a warden an extra mandate that is of course in line with his duties of creating awareness to the general public on wildlife and related conservation policies and emerging issues like science and non-science based human-wildlife conflict resolution strategies.

For better work performance, discipline is vital in each field and a warden is the greatest disciplinarian and mentor for his workforce. Necessary working environment and logistical support is provided when needed to ensure no excuses are extended in case of failure to perform by a warden.

Generally, a warden is that person deployed in the field to help in management of wildlife on behalf of Kenyan people and is usually a jack of all trades. A warden is a scientist because he should know when there is a disease outbreak in wild animal population, he should be well versed with wildfire control strategies, an engineer too and mechanic to ensure infrastructure and machineries under his or her care are functional to enhance his daily duties performance. It is a call about guarding wildlife and handing over to the future generations as they were handed over to us. It's worth emulating a warden!

THE PLACE OF DIASPORA IN KENYA'S FOREIGN POLICY

Diaspora is increasingly becoming an important component in international relations especially on matters of foreign policy. Diaspora is an integral part of foreign policy in the context of being a pillar in the foreign policies. According to Kenya's Foreign Policy of 2014, the diaspora is considered as the fifth pillar other than peace diplomacy, economic diplomacy, environmental diplomacy and cultural diplomacy. In the policy, diaspora is recognised as an important component of promoting national development.

In Kenya, remittances of diaspora have become the greatest earner of foreign exchange. This has increased interests of various groups in the role of diaspora in Kenya's economic growth. In recent times, the new government has placed emphasis on diaspora. This has included the inclusion of special administrative unit on diaspora into the Ministry of Foreign Affairs. The diaspora desk is therefore a critical component in the foreign policy of Kenya aimed at not only improving foreign exchange but also bilateral relations.

In most countries, directorates or departments within Ministry of Foreign Affairs do management of Diaspora affairs. In Kenya Ministry of Foreign Affairs handles matters of people in Diaspora such as investments, political rights e.g. voting and general welfare. In Nigeria, France and Italy diaspora matters have been institutionalised in the legislature where people in diaspora are given slots in the legislature. This indicates that as foreign policy can originate from the legislature, there is already high support for such policies from members who represent the diaspora.

In this regard, the existence of an institutional framework on matters of diaspora strengthens legitimacy of the foreign policies that affect diaspora. In addition, other foreign policies, which are not directly affecting people in diaspora, can easily get wider acceptance and recognition

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KENYA ARMY

among people in diaspora. This indicates that the principles of public participation and sustainability in foreign policy making are fulfilled thereby strengthening foreign policy making process. Supporters of this move argue that institutionalising the foreign policy making process by focusing on the role of diaspora is important in extending relationships about citizenships and sovereignty. This implies that countries are reaching out to their people in diaspora thereby promoting their roles in strengthening relations with countries hosting their people.

Institutionalising of diaspora matters is also observed in regional organisation structures. For example, the African Union (AU) has recognised diaspora and made it its sixth region. This is also present in the East African Community (EAC) where member states are required under Article 104 of the EAC treaty to recognise role of diaspora in the integration process of the region. Kenya being part of the EAC has therefore increased its efforts in institutionalisation of diaspora by embedding it in the Ministry of Foreign Affairs which includes foreign missions outside Kenya. This implies that member states are required to ratify treaties on diaspora of the AU and other regional bodies.

The institutional framework provides decision makers with an opportunity and modalities of defining the situation concerning diaspora. For example, the Ministry of Foreign Affairs provides executive and legislature members with adequate information for assessing the needs of people in diaspora. It is from such assessment that alternatives to existing problems are identified and decision made on the implementation plan. In this context, reports about torture and mistreatment of Kenyan house helps in Saudi Arabia and other Gulf countries are increasingly finding its way in the legislature. The purpose is to ensure that Kenya's foreign policy not only foster bilateral relationships but also support adherence to human rights as envisaged in the UN Charter on Human Rights.

In view of the commitment of member states to institutionalising the diaspora matters through policy making, the member states are directly engaging each other. For example, in Kenya's Diaspora Policy which has integrated EAC's and AU's diaspora framework, the Ministry of Foreign Affairs is expected to initiate dialogue with destination countries to open consular services and enter into bilateral agreements. This gives the indication that for Kenya to implement such frameworks and policies, there is need to first have good foreign relations with countries hosting Kenyans. In another situation, the regional frameworks automatically bind Kenya with other countries within the same bloc or region hence promoting foreign policy frameworks in these setting.

In Kenya, foreign policy making process has partly been defined by the guiding principles of policy on diaspora. According to the diaspora policy, Kenyans living in diaspora have been given an opportunity of improving foreign relations with host countries through participating in identifying issues affecting them thereby prompting Kenyan government in conjunction with

host countries to respond to the issues. One of the responses from government of Kenya has been enhancing capacity in offering consular services. In this regard, Kenyan government has entered into bilateral negotiations and agreements that have allowed setting of consular services. This kind of agreement indicates that diaspora are promoting the implementation of Kenya's foreign policy objectives on promoting bilateral and multilateral cooperation.

Diaspora has continued to influence foreign policy making process through trade and investments. By taking a good example of Kenya's relationship with Somalia and other Arab countries, this case example helps us to uncover the cementing factor in this relationship is trade. Research reveals that Somali diaspora in Kenya has ventured into booming trade of clothes and electronics in Eastleigh area in Nairobi commonly

known as "Little Mogadishu". In order to gain from this booming trade, Kenyan government has continued to maintain good foreign relations with United Arab Emirates and other gulf countries where merchandise destined for Eastleigh in Nairobi originate.

In conclusion, diaspora is a critical constituent of Kenya's economy that cannot be ignored. Thus, foreign policy becomes an anchor of all activities related to diaspora. In Kenya, the importance of diaspora is expected to grow with increased strengthening of foreign policy. Continuous review of foreign policy in response to emerging needs will therefore be a game changer in increasing remittances and cultivating bilateral relations. Diaspora has therefore been entrenched into Kenya's foreign policy making process as well as enforcement.

> Diaspora has continued to influence foreign policy making process through trade and investments.

IS KISWAHILI THE LANGUAGE OF DIPLOMACY?

MS B M MUTHIGANI
MINISTRY OF FOREIGN AFFAIRS

On 23rd November, 2021, the United Nations Educational, Scientific and Cultural Organization (UNESCO), at its 41st Member States' session held in Paris, France, declared the 7th of July as "World Kiswahili Language Day". The date was deliberately proposed by Tanzania, which was the key proponent for the

recognition of the language with the support of Kenya and other East African Nations. On 7th July, 1954, Mwalimu Julius Kambarage Nyerere, the founding father of the then Tanganyika together with the ruling party Tanganyika African National Union (TANU), declared Swahili an important and unifying tool for their independent struggle.

The declaration by UNESCO solidified the recognition of Kiswahili as the only indigenous African language to receive such a well-deserved acknowledgement by the United Nations (UN). It is, notably, one of the top ten most spoken languages globally, with more than 200 million speakers. Kiswahili is widely spoken across East Africa and is also geographically distributed in parts of Central and Southern Africa. It is the lingua franca for Kenya, Tanzania, Uganda, Rwanda, Burundi, eastern Democratic Republic of Congo, and parts of Comoros, South Sudan, Somalia, Northern Malawi and Mozambique. In addition, Kiswahili is widely spoken in the

Middle Eastern region, within the Sultanate of Oman and in Yemen, both of which share historical trading connections with the east coast of Africa. It is equally extensively used in radio broadcasting and has no equal among sub-Saharan African languages. Among the globally-renown Frequency Modulation (FM) radio stations that have a strong Kiswahili component are the British Broadcasting Corporation (BBC); Voice of America (VoA); Deustche-welle (DW); Radio-France International; Nippon Hoso Kyokai (NHK) of Japan; Radio Nigeria, Radio Beijing, and UN Radio. This is in addition to the numerous FM radio stations within the Kiswahili-speaking region.

On the internet, the growing influence of Kiswahili is manifested internationally through Google search engine's Kiswahili option; the "UN News" portal which offers the option of viewing the page in Kiswahili; and in Hollywood where such blockbuster movies as "The Lion King" not only named the key characters in Kiswahili, but also

promoted phrases in the movie, including the now world-famous "hakuna matata" phrase.

Likewise, numerous institutions of higher learning across the world are offering Kiswahili teaching programs. Significantly, more than one hundred universities, colleges and schools in the United States of America (USA), including Harvard, Yale, Stanford, Princeton, and Howard universities offer Kiswahili as a course.

In view of the foregoing, the fact that the language is holding its own place among global languages cannot be overstated. Is it time, therefore, to actively promote and preserve African languages? And more specifically, has the veil been lifted for Kiswahili to leverage and fully embrace its potential as a cultural diplomacy tool, and a symbol of African unity and social cohesion?

Language facilitates communication and understanding, defines identities, builds relationships and creates a sense of community. Kiswahili's present range represents an immense potential for cultural wealth, building bridges, providing education, fostering unity as well as contributing to peace. The ground appears to be already set for the East African countries to seize the opportunity and sustain the momentum in this regard. To begin with, Kiswahili is already an official working language of both the African Union (AU) and the East African Community (EAC). Interestingly, Spanish was adopted as an official language of the AU way before Kiswahili, despite the fact that it is only spoken in Equatorial Guinea, by about 1.5 million people.

Kiswahili has also been adopted as the fourth official language of the Southern Africa Development Community (SADC), in addition to English, Portuguese and French. Recognition of Kiswahili within the SADC region goes beyond the conduct of official government business. In September, 2018, the South African Minister for Basic Education announced that the language would be taught in primary schools, while Botswana made a similar announcement in September, 2020, expanding the potential number of Kiswahili speakers exponentially. The Southern Africans embraced the announcements positively, which was in stark contrast to the negative reaction and

criticism that met an announcement in 2015 that Chinese language would equally be taught.

The prospects for cross-continental communication is a goal that can be reached, with a little bit of effort. Kiswahili can become more than a means of communication, becoming a window to diverse cultures and a form of understanding, while creating common ground between

> While other international languages are already entrenched, the diplomatic potential that this recognition of Kiswahili portends for Africa is immense. It is hoped that it will serve as the springboard from which Kiswahili will be catapulted into one of the languages of diplomacy, alongside English, French, Spanish, Arabic, Chinese, Russian and Portuguese.

countries and people every day. It can promote and contribute to the consolidation of the African integration goal, while aiding the achievement of both the United Nations Agenda 2030 for Sustainable Development and the African Union Agenda 2063: The Africa We Want.

While other international languages are already entrenched, the diplomatic potential that this recognition of Kiswahili portends for Africa is immense. It is hoped that it will serve as the springboard from which Kiswahili will be catapulted into one of the languages of diplomacy, alongside English, French, Spanish, Arabic, Chinese, Russian and Portuguese. One of the objectives of the cultural pillar of Kenya's foreign policy is 'to promote the recognition of Kiswahili as a continental and global language'. This provides an excellent opportunity for Kenya to project and promote her soft diplomacy through language exchange programs, facilitation in curriculum building for countries that decide to adopt Kiswahili, promote Kiswahili Day activities through the Embassies abroad, or even initiate learning programs that target diplomats based in Nairobi. At the East Africa level, it is incumbent upon Kenya and Tanzania to take the lead by taking up the challenge and consider working on a joint cultural and public diplomacy strategy to leverage this opportunity. In any case, it is a path that others, including the Chinese and their Confucius institutes and the French and their Alliance Française, have successfully trodden.

SOME CRITICAL PHILOSOPHICAL CONCEPTS OF LIFE

COL G O OHNDYL
KENYA AIR FORCE

Welcome my reader to this mind puzzling concepts about your world! What is the meaning of life? What are good and evil? What is justice? These are some of the questions that philosophers have been asking for centuries whose answers probably would be triangulated from them:

Plato's Theory of Ideas
Plato was the first philosopher to separate the "world of things" from the "world of ideas." His vivid illustration of the allegory of the cave, He explains our world in imagery, where people live, believing that the shadows on the walls are the only way to know reality. However, in reality, the shadows are just an illusion. Still, because of this illusion, it is difficult for people to pose critical questions about the existence of reality to overcome their "false consciousness."

The Concept of Introspection
Introspection is a way of achieving self-knowledge during which a person observes their internal reaction to events in the external world. Philosopher John Locke, relying on the ideas of Rene Descartes, pointed out that there are only two direct sources of all knowledge: the objects of the external world and the human mind. The method helps to keep track of the stages of thinking, breaking down feelings into elements and providing a complete picture of the relationship between thoughts and actions.

The Concept of Solipsism
Philosophical concept to which a person recognizes only their mind as the only reality that always exists. Mark Twain demonstrates the main message of solipsism in his story The Mysterious Stranger: "There is no God, no universe, no human race, no earthly life, no heaven, no hell. It is all a Dream, a grotesque and foolish dream. According to solipsism, the existence of things for a person will always be only a matter of faith.

The Theodicy: The Attempt to Vindicate God
If the world was created according to some higher plan, why is there so much absurdity and suffering in it? Leibniz created this doctrine to conditionally "justify" God. The main question of this concept is: why does God not want to rid the world of misfortunes? The possible answers can be reduced to four: either God wants to rid the world of evil but cannot, or he can but does not want to, or he cannot and does not want to, or he can and wants to. The first three options do not correlate with the idea of God as the Absolute, and the last option does not explain the presence of evil in the world.

Moral Relativism
Life would be much easier if good and evil were fixed, absolute concepts. But often, we are faced with the fact that what is good in one situation may be evil in another. This ethical principle denies the dichotomous division of the concepts of "good" and "evil" and does not recognize the existence of mandatory, absolute moral norms and categories. It is not morality that dominates the situation, but the situation over morality. The philosophical doctrine of "permissiveness" recognizes each individual's right to form their own system of values and their own ideas about the categories of good and evil and allows us to assert that morality is, in essence, a relative concept.

Categorical Imperative or the Golden Rule of Morality
"Treat others how you want to be treated" – surely many of us have heard this phrase connected to a similar concept the "categorical imperative" or the "golden rule" of morality. Introduced by Immanuel Kant, moral principles always exist, they do not depend on the environment, and

The Allegory of the Cave speaks of ignorance of humanity trapped in the conventional ethics formed by society.

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The Character of God

"GOOD PEOPLE DO NOT NEED LAWS TO TELL THEM TO ACT RESPONSIBLY, WHILE BAD PEOPLE WILL FIND A WAY AROUND THE LAWS."
~PLATO

must constantly connect. Kant proposes not to consider the other person as a means to an end, but to treat them as the ultimate goal. In all decision making always think of humanity beyond self.

Determinism/Indeterminism: Are Our Fates Sealed?

Philosophical doctrine of predestination, the interconnectedness of everything, no events are considered random but are the consequence of a predetermined, but unknown to man, a chain of events. Determinism excludes belief in free will, in which all responsibility for actions lies with the person themselves, and forces the individual to entrust their fate entirely to the external world's causality, regularity, and omnipotence.

I Think, Therefore I Am

Philosophical concept originating from Rene Descartes, and a good starting point for those who doubt everything. Descartes questioned everything: the outside world, his feelings, God, and public opinion. The only thing that could not be questioned was his own existence, since doubting one's own existence was proof of existence. "I think, therefore I am" – this phrase became the metaphysical basis of modern philosophy.

"God Is Dead"

God remains dead. And we have killed him. How shall we comfort ourselves, the

> Philosophical doctrine of predestination, the interconnectedness of everything, no events are considered random but are the consequence of a predetermined, but unknown to man, a chain of events.
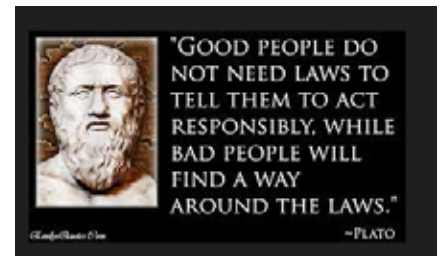
murderers of all murderers? What was holiest and mightiest of all that the world has yet owned has bled to death under our knives: who will wipe this blood off us?" Nietzsche was not implying the death of God in a literal sense. He meant that in traditional society, the existence of God was a fact; he was in a single reality with people. But in the era of modernity, he ceased to be part of external reality, becoming an internal idea.

Existential Crisis: A Contemporary Philosophical Concept

Philosopher Søren Kierkegaard, formulated the concept of "existence," opposing it to the "system" of the German idealist Hegel. An existential crisis is a feeling of anxiety associated with the loss of the meaning of life provoked by a difficult situation, uncertainty in the economic situation, illness, death and great life upheavals. Occurs when life is threatened or in a situation where a life does not "suit" the person living it.

Allow me to conclude through a passionate call of inviting you to the undiscovered journey of new knowledge to empower your understanding of the world! All "men" by nature have a desire to know. Through observations, your senses and your mind don't be afraid of unleashing those disturbing WHY? questions, the WHY??? Of KNOWING!

WHERE AM I GOING? WHAT AM I DOING? WHAT IS THE MEANING OF LIFE?
EXISTENTIAL CRISIS

We seal our fate with the choices we take, but don't give a second thought to the chances we take.
Gloria Estefan
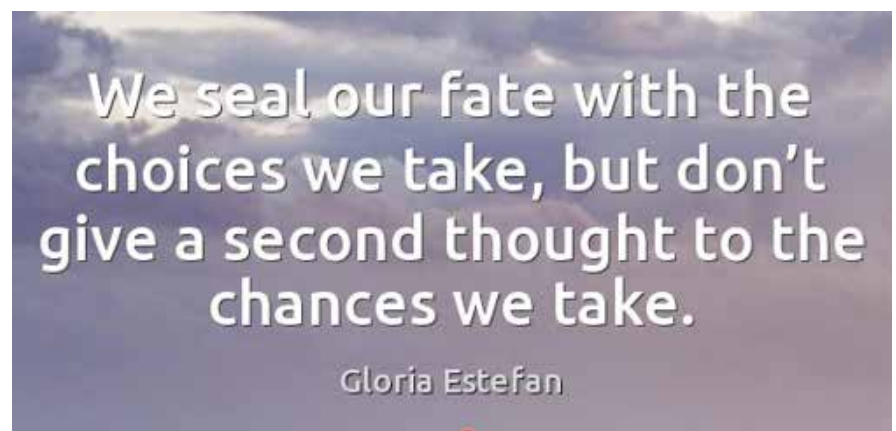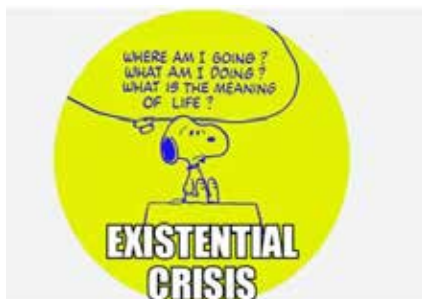
CAMEL MEAT AS A DELICACY

DR. I MOHAMMED

DIRECTORATE OF VETERINARY SERVICES

In common parlance, food is taken to mean any substance consumed to provide nutritional support for an organism. Food is usually of plant, animal, or fungal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. In parts of Kenya and the middle east, including some parts of the caucuses, where camel meat is considered a delicacy, hardly anyone eats it using a knife and fork. It is usually a hands-on affair.

Camel meat is tasty andis usually raspberry brown in color and has an almost similar taste to lean beef but unlike most other red meats it is healthier because it contains low cholesterol and is rich in vitamins Band C and complex minerals likecopper, potassium, sodium, iron, zinc, and magnesium. In fact,in many food journals, camel meat is described as the healthiest meat one could hope to deep fry. However, camel meat is not aged like other meats because it can be quite tough especially if it loses moisture. Itneeds marinating and being cooked well in order for it to be tender.

Over the year camel meat has become popular in Kenya hence it's increased in price. In2016-2017 the price for a kilo of camel meat was around four hundred and sixty shillings. Now the price stands at about five hundred and fifty shillings per kilo. Kenya like many other parts of the world like Syria or Egypt usually has specialized butchers for camel meat. In the Arabic world or Somali world camel meat is the preferred delicacy during wedding celebrations and the most prized part is usually the hump. Contrary to popular belief the hump is filled with fat and not water. The fat makes the hump succulent even after roasting thus giving it an even more delicious and sensuous taste. It should be noted that in the middle east and among Somalis eating camel meat is not a daily thing and it is a great honor when one slaughters a camel in your presence.

Some of the market stalls that stock camel meat in Kenya includes Kamundia Butchery in city market stall number 55. There are other butcheries in places like South C and Eastleigh.Aside from the variables that determine the quality of camel meat as mentioned earlier, the greater determiners of the price of the meat are sex and age. Young live male calves can cost about twelve thousand Kenyan shillings while adult females could cost overa hundred thousand shillings.

In Kenya, the price has risen by 7.6% since 2016 while it has only risen by 9% in Kazakhstan since 2010.It is interesting to see the effects of migration on the culinary delights being placed on the western world's tables. Due to the influx of Pakistanis and Somalis in Britain and France, camel meat has found its way into the meat shops of big cities like Londonand Paris. It is interesting to note that camel meat is being presented in more western friendly ways like mincemeat or burger patties unlike presenting a whole steaming camel head on a platter. Chef Luke McKay was one of the first to experiment with this when he was making Keema curries by seasoning the minced meat and making patties.

Countries that are actually regular consumers of camel are Palestine, Morocco, Syria, Egypt, Pakistan, Eritrea, Somalia, Kenya, UAE, and Kazakhstan.The common factor is that they are mostly arid or semi-arid lands. This indicates that camels became popular in these areas because they have adapted well here unlike cattle and sheep or chicken.

There are certain rules or tricks or pointers or just good practices that need to be observed when cooking camel meat.

Firstly, camel meat is lean meat which means it does not need too much cooking, it is best served medium rare.Secondly, it should not be cooked cold. It should be left out to warm up to room temperature first.Thirdly, oil the meat and not the pan. Fourthly, when barbecuing it is best to brush the meat with oil on both sides and sear both sides quickly in order to trap the juices inside the meatfifth always rest the meat. This means after the meat is ready let it rest on a cool station for a period of between five to ten minutes before serving.

The common cuts for camel meat are as follows:

- The strip loin and tenderloin cut. The ideal cooking method for it is pan frying and barbecuing.
- The leg cutsconsist of rump, topside, silverside, and rounds. The rump is ideal for pan fry grill and roasting; the topside is ideal for casseroles, curry, braised, smoked, or dried cooking; the silverside is ideal for casseroles, curry, braised, smoked, or dried; and the round leg cuts are ideal for barbecue, roast, casserole curry, smoked or dried.
- The shoulder or blade boneless cuts. They are ideal for slow roasting, dry or wet dishes such as casserolecurries and they can be minced for burgers.
- The diced boneless or bone-in cuts are ideal for wet dishes such as casseroles and curries.They should be seared gently and cooked at low temperatures.

It is only in the early part of the twenty-first century that humans are now being forced to consider the health hazards of eating camel meat. According to the center for infectious disease and research policy institute, augmented evidence shows that indeed some cases of Covid 19 infections in humans have originated from camels, mainly middle eastern camels. But recently the ministry of health in Riyadh issued a statement claiming that the consumption of camel meat is completely safe as long as it is well cooked.Nevertheless, it seems that the camel meat industry has massive potential for growth outside difficulties consisting of supply chain issues, pandemic-related restrictions, and political instability, to rival already established meat markets of beef, fish, and chicken.

WHEN I WAS IN AMERICA...

MR W N MUGO

DIRECTORATE OF IMMIGRATION

For my colleagues of Course 25 of 2022/23 at the National Defence College (NDC), the phrase *"When I was in America…"* will definitely elicit some furtive looks and knowing giggles. This is because it was a common phrase popularized by our International Relations and Diplomacy lecturer who constantly used it as some form of comic relief during his many lectures. Though at times used in jest, this phrase camouflages a strong desire held by many people in developing countries, the burning desire to migrate to the United States (US) by all means necessary. Individuals are known to sell their property, use their hard-earned cash to engage migration agents and even risk life and limb to go to the US.

This aspiration is shared not just by professionals, the non-professionals, the employed, the unemployed, the underemployed and those in between. For the unemployed and underemployed, the American dream is definitely valid. For professionals, the US offers opportunities to self-actualize in many ways. For others migrating, US offers an opportunity to study, work and live in a country whose systems truly work. While for many others going to the US is simply a route for survival.

And why would one dissuade an individual from moving to the US, since after all it is a highly industrialized country with high life expectancy, high standards of living, excellent infrastructure, excellent health facilities, very solid education facilities, and a very responsive personal security system. The US ticks virtually all the boxes in the human development indicators index, which was developed by the United Nations Development Program (UNDP).

The access to basic services like water, electricity, sanitation, schools, hospitals, banks, and internet is assured in virtually all parts of American. This is in contrast to the situation in many developing nations where the services are either not available or have a very limited availability. Moreover, when available the services in developing countries experience constant outages, are erratic and suffer constant disruptions.

It is no wonder that when one starts a conversation with the phrase "when I was in America…" his audience immediately take notice since it signifies that the speaker has had the opportunity of experiencing the high living standards and conveniences that are enjoyed by inhabitants of first world. The mere mention that one has been in America indicates some sophistication and class. Little wonder then that the US Embassies and Consulates are daily inundated by applicants looking for visas to go and enjoy a piece of the American dream. This despite the fact that even after payment of hefty processing fees and presenting all manner of supporting documents, only few get the coveted visa to America. These visa denials come at a great cost psychologically and financially. However, these denials do not deter applicants from trying their luck of migrating to the US. Equally, the US receives millions of applications for its annual Diversity Visa Program from people seeking to migrate to that country.

When I was in America, (I actually was in America for almost 5 years working at the Embassy of Kenya in Washington DC) it also came to my realization that US is indeed a land of opportunities. I met Kenyans who had gone to the US with nothing but were now doing very well socially and financially. I met professionals who were leaders in their fields and were honoured and recognized by their peers. I met ordinary Kenyans who had migrated to the US on the Diversity Visa Program and had managed to build a comfortable life for themselves and their families. I also met students who went to study in the US after they failed to secure opportunities in Kenya universities and were performing exceptionally well in American universities.

I must also caution that despite all these success stories, life is not all rosy in the land of opportunities. I witnessed parents who worked more than three jobs to just make ends meet and had no time for their children. I heard of spouses who only met briefly as they came home to shower, change clothes and rush to another job. This not only led to dysfunctional families but was and is still a major cause of divorces among many immigrants. I also interacted with professionals from developing countries who had quit very good jobs in their countries to go chase after the American dream and only needed up doing menial and degrading jobs in America. I also saw homelessness, destitution, and drug addiction in cities and urban areas in the US. I saw ordinary folks struggling to make a living as is normal in any part of the world. As much as I saw opulence, I also saw poverty and hopelessness in the US.

So even as we seek to migrate, we must be aware that success anywhere in the world is not handed in a silver platter more so in the US. One must be ready to put in the hours to realize the American dream. Of most important though is that governments in the developing countries must constantly seek to improve the living standards of their people through the implementation of public policies that are geared towards helping their people realize their aspirations in their home countries. Governments should seek to protect the dignity of their citizens through the provision of basic services and ensuring their personal security. No citizen should be forced by circumstances like a dysfunctional and non-responsive public system to leave their homeland to go abroad to live in dignity or to just so that he can survive.

A 2015 Photo of the writer at National September 11 Memorial Museum in New York, United States.

MILITARY TRAINING IN PUBLIC SPACES - THE DIMINISHING TRAINING FIELD

COL J K MUTUA
KENYA ARMY

Traditional military operations require the application of lethal force and the members of the Armed Forces must train in that environment. Military personnel learn how to direct and maximize such force in a way that controls and minimizes possible harm to themselves (fratricide) and to others not intended to be exposed to it. In a conventional setting, the concept of war fighting brings to the fore the safety of troops in battle by subjecting the enemy to maximum and sustained firepower through the accurate and deliberate application of combat power. The highlight of combat power is the adroitness of joint training by army units, operating with their counterparts from the Air force and where applicable their Naval counterparts. The Armed Forces of a country offer an equivalent to a "comprehensive insurance cover" to the citizenry and all its vital national values against any external aggression.

To achieve the required skills proficiency and mastery of their individual specialties, organized military components train jointly. This joint training is carefully designed in accordance with its fighting doctrine. To achieve realism, units are evaluated in the field in an environment that resembles actual combat. Due to the nature of war fighting and the desire to attain realistic training, military maneuver units must train in expansive fields. Suffice it to say, these training grounds are governed by the national land use policy. In whichever case, military field training is conducted in designated military training areas, less populated areas, or in close proximity to settlement areas. Growing populations and the ever-diminishing training areas, calls for careful planning and coordination to ensure the achievement of military training objectives while taking great care of the concerned citizens.

Military training must prepare individuals to enter into harm's way and perform physically and mentally demanding tasks at the highest possible levels of proficiency. This is the defining characteristic of military training. It means the difference between life and death. A common observation among tactical analysts and military historians is that the greatest harm is suffered by military personnel who abandon their tasks, break, and run under the pressures of combat. For these reasons, military commanders often view training as discipline. Military commanders have held this view at least since the Persian campaigns of 480–479 B.C. in Greece. In those campaigns, the Greeks relied on infantry platoons, which were trained in sections of about 8 to 16 men. The training emphasized teamwork and physical conditioning. Each section had to learn how to perform precise platoon maneuvers. This was not simply a matter of executing close-order drills on parade fields. Each platoon had to learn to use his weapons proficiently, to stand and fight without exposing his comrades to flank attacks, and to close ranks quickly when others fell.

Unexploded Munitions

War fighting includes the use of small arms, armoured fighting vehicles, Artillery, aviation, Air Force fires and pyrotechnics. Some munitions have residual effects to

Source: Internet

Source: Internet.

the environment, human beings as well as animals. These include; unexploded explosive devices such as bombs, artillery shells, landmines and booby traps littered within the training area. Whether dropped on the surface, buried beneath the ground or trapped on trees, these items area risk to unsuspecting members of the public. They are risk hazards to both human health and the environment. It is incumbent of the leadership of the training contingents to develop safety management systems to ensure clearance of all military-grade materials including exploded and unexploded munitions at the end of every training exercise.

Training Safety Management System

Manoeuver units that train on the land ranges and public spaces must prepare and adopt a comprehensive safety management system that makes them top-level duty holders. This is to be anchored on the national policy on the management, regulations and maintenance of training areas and ranges. Safety management system differentiates between those who manage and control the training areas and those who use the range for training purposes. Those with management control are effectively the operators of a range and are held accountable for the safety of the training area. Where there are designated training areas, the military should ensure security and safety measures are put in place. To discourage unauthorized persons into the designated training areas, the military must exercise control of such training areas. There must be clear warning signs which point out the existence of specific hazards such as the dangers from unexploded munitions. Military policy signs should be supplemented by text in local languages.

Conclusion

Some military activities have negative effects on the general training ecosystem. These include but are not limited to; air

> War fighting includes the use of small arms, armoured fighting vehicles, Artillery, aviation, Air Force fires and pyrotechnics. Some munitions have residual effects to the environment, human beings as well as animals.

pollution due to continuous and pulsating noise from flying aircraft, firing weapons and bombing practice, which interrupt education and other economic activities due to noise; water pollution as a result of contamination of streams within the training area; soil pollution as a result of metallic leftovers on the ground; physical injuries, and sometimes deaths, to wildlife and human beings caused by unexploded ordinances left on the training grounds; physical damage to the area's vegetation cover and soil structure due to the impact of driving large vehicles on the ground; alienation of land on which the community depends for a living, thus denying them a major source of subsistence; disruption of civilian activities through forced eviction from the training areas and restriction of grazing areas for the pastoral community, among others. It is incumbent of the government to initiate Civil Military Activities (CIMIC) activities beneficial to the communities residing near military training areas for healthy co-existence.

The impact of military training activities on the ecosystem has been a subject of wide-ranging debates in the public arena. A country's military must continuously train its soldiers in order to guarantee both the state, the citizenry of their safety and survival against any external threats. This training must be undertaken within designated training areas and care taken to protect civilians residing in close proximity to the training areas.

PICTURES SPEAK

Lt Gen A.K Kendagor, Commandant receives Gen Hecker USAFRICOM at College Headquarters.

Commandant NDC addressing Course participants.

Kamba dancers perform during the cultural day.

Safaricom CEO Mr Peter Ndegwa being received at NDC by the Commandant for a lecture of opportunity.

PICTURES SPEAK

General Mbadi, Chief of Defence Forces Uganda People's Defence Forces exchange token with Head of Delegation Maj Gen Kahariri - Deputy Commandant, NDC.

Regional visit to ancient Orthodox Church - Team Egypt.

USAFRICOM Commander Gen Hecker.

Boran dancers pose for a photo with course participants.

MILITARY FAMILY CHALLENGES

COL F M NZUKI

KENYA ARMY

Growing up in a military family can be both fascinating and challenging. Military presents adventure, pride and the feeling of patriotism towards one's nation and remains one of the opportunities that many youths admire to engage. On the other side, military engagements also present risks that are associated with the combat actions that occur during the combat engagement while on the primary duties of protection of sovereignty and territorial integrity.

In the recent years, there has been increased military deployment away from the barracks, thus, resulting to long separation of the military members from their families and children. In a family set up, the children desire to grow in the presence of their parents, whom they feel secure, loved and act as their first mentors. The prolonged absence of the service members from their family, affect children and spouses and therefore remains the responsibility of the spouse available to bring up the kids and progressively educate them the reasons of their father or mothers' absence. The understanding and acceptance, makes the children move on. No wonder the children who have grown from their military parents have shown higher adaptation capacity and resilience.

Military deployment being a risky venture makes the family anxious to hear from its member, if he will be back home safely. Remember combat operations involve injuries and deaths. Also, the long separation from the family slowly, may

result to upsetting family balance and as a result, some of the family members may experience some degree of stress. This calls for the family to be made to understand the role and the positive contribution a family member in the military is making for the nation good.

Parents become the first role models for their children. The absence of either parent creates blurred boundaries of the family and especially the young adults who are starting to rediscover themselves. At this age, children experience breakdown and if not well managed, their social life and character may be acquired through influence of outsiders, friends, school and social environments, rather than from the parents. The external acquired character may be different from the way the parents may have wished to bring up their children.

In most of the cases, service members are posted from one station to another. The need by the family to stay together forces the whole family to relocate to the next station. This relocation sometimes forces one spouse to keep aside his career in order to support and take care of the family. The relocation also separates the service members family from close relatives and friends with whom may be depended upon once the service member is deployed away from the barracks. The relocation also results to loss of friends and the relocation of the children from schools.

Once the military family retires or is discharged from the military forces, families struggle to adjust and fit in the civilian life. The prolonged deployments away from the family home presents the service member's challenges in understanding the routine of the neighbours and friends. It is expected that you develop tact to easily get reintegrated back to civilian life smoothly. There is also a challenge of getting new employment opportunities or engaging in business or other income generating activities. Failure to maintain the income flow as used to while in the job, may bring further stress within the family.

Out of the combat action, several military members return home with significant injuries and also with Post Combat Stress Disorder (PCSD). It proves difficult and challenging to bring these members back to health status and be able to resume their

normal routine life. Owing to the sacrifice these members have given to the nation, it calls for comrades, family members and relatives to show their goodwill and appreciation for the contribution to the society.

In Kenya, Kenya Defence Forces (KDF) acknowledges these challenge that military members encounter while in the service and on retirement. To mitigate these challenges, KDF has a well-developed welfare system that runs from its top most office to the lowest command to ensure that the welfare of the service member and their families are met. Through the welfare officers, the command is able to respond and follow through any welfare matters that pertains a service member. This includes education of children, accommodation of the family members, provision of medical services, and communication between the family and the service member in the operation areas.

KDF further has developed rehabilitation centre for the management of those physically or mentally injured while deployed in military duties. Defence Forces Sacco (DESACO) also provides service members with credit facilities as and when need arises and one is qualified. Defence Forces Medical Insurance Scheme (DEFMIS) caters for post-retirement medical cover for the service member and spouse. While approaching retirement age, the service members are taken through a comprehensive retirement education that helps to set tone for the integration into the civilian life and also, educates on the economic activities that one can be involved in to generate income.

In conclusion, service to the nation by the military personnel is unique. Military duties involve sacrifices on one's ambitions, time and some degree of family values. A military family need understanding, resilient and to offer moral support to its member while serving in the military. For the society, it is important to understand the challenges that a military family faces and therefore, need to be supportive when need arises. Once the service member exits the military, it's important to reintegrate smoothly to the community and enjoy retirement with family at peace. Militaries should always ensure this process is smooth and easy to achieve.

CYBER CRIME: A THREAT TO NATIONAL SECURITY

COL F M WAMBURA
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In October 2019, twenty suspects including eight Kenyans, a Ugandan, and eleven Rwandese nationals were arrested for attempted cyber fraud on Equity Bank Rwanda. The arrests sent shock waves in the regional financial sector and exposed how rampant transnational cybercrime has permeated. The arrests shocked regional authorities to begin sharing details of the suspects in a strategy to avert similar incidents. The twenty were charged with unlawfully accessing computer systems with the intent of committing felonies.

The eight Kenyans identified as Reuben Kiringothi Mwangi, Damaris Njeri Kamau, Dedan Muchoki Muriuki, Erickson Macharia Kinyua, Eric Dickson Njagi Mutegi, Samuel Wachira Nyuguto, Steve Maina Wambugu and Godfrey Gachiri Githinji were arrested alongside Ugandan John Kibego and eleven Rwandese namely Seth Kaera, Robeert Kagabo, Jean Claude Nkuranga, Eliah Shyaka, Jean Cluade Dukundimana, David Rutaboba, Julius Kayitana, Fabric Amini, Mediatrice Uwinngeneye Serah Kankund and Eric Ngabitsinze were arrested by the Rwanda Investigation Bureau (RIB) while in the process of hacking into Equity Bank Rwanda system with intention of stealing from clients' accounts.

The group proceeded to Rwanda after successfully hacking into Equity Bank in Kenya and Uganda. The suspects each received an eight-year jail term and were fined 56 million Rwandese francs. The incident exposed the region's vulnerability to cyber security threats and compelled the formation of robust Cybercrime intervention by regional governments. The Kenya Information and Communications Amendment Act, defines cybersecurity as the collection of tools, policies, security concepts, security safeguards, guidelines, risk management approaches, actions, training, best practices, assurance, and technologies that can be used to protect the cyber environment. Kenya is only second to South Africa in receipt of reported cyber-attacks.

Cybersecurity Laws and Regulations Kenya 2022 deals with cybercrime issues. Kenya Chapter covers common issues in cybersecurity laws and regulations including cybercrime, applicable laws, preventing attacks, specific sectors, corporate governance, litigation, insurance, investigatory, and police powers. According to Kenyan laws, hacking which is unauthorized access constitutes a crime under Section 14 of the Computer Misuse and Cybercrimes Act 2018.

The penalty for unauthorized access upon conviction is a fine not exceeding Ksh 5 million, imprisonment for a term not exceeding three years, or both. Unauthorized access with the intent to commit or facilitate the commission of a further offense is an offense and upon conviction results in a fine not exceeding Ksh 10 million, and imprisonment for a term not exceeding 10 years.

According to research between April and June 2019, Kenya as a country experienced about 27 million cyber threats including 18 government websites taken down by hackers. Uganda is reported to have lost Ush 42 million to cybercrime in 2017 while Rwanda lost over six billion francs in 2018. In 2015, Rwanda established its National Computer Security and Response Centre to prevent and respond to cyber security threats.

The regional countries have criminalized cybercrime because of the threats it poses to regional security. But even as they do this, it should be noted that with the influx of electronic gadgets especially smartphones and computers, more and more residents are inclined towards technology.

The many new internet technology users especially those linking their banking and money transfer applications only are attractive to cyber criminals who prey on their ignorance to break into the systems and steal from them.

Such vulnerabilities pose great security

threats to a country's financial institutions and security.

The uptake of Information Communication Technology (ICT) in educational institutions has enabled many regional residents to acquire technological know-how that some are using for criminal intent.

Such is the case of two second year Jomo Kenyatta University of Agriculture and Technology (JKUAT) students Anna Wambui Nyoike and Antony Mwangi Ngige who were arrested and arraigned in court for hacking into NCBA Bank's Upperhill headquarters branch and stealing Ksh 25 million. They then went further and attempted to steal another Ksh 190 million from the same bank before they were arrested.

In early 2019, the then Directorate of Criminal Investigations (DCI) Kenya issued warrants of arrest for 130 suspected fraudsters and hackers following an outcry by financial institutions.

Despite adopting the African Union's Convention of Cyber Security and Personal Data Protection in 2014,

> The uptake of Information Communication Technology (ICT) in educational institutions has enabled many regional residents to acquire technological know-how that some are using for criminal intent.

Rwanda was the only East African member state to have signed it. The Convention is intended to keep data safe from cyber criminals and stop its misuse. The AU Convention requires that countries cooperate and coordinate regulations to combat the cyber security threat posed by these criminals.

There is a mutual legal assistance clause that allows countries to share intelligence and coordinate investigations. That transnational organized crime piggy rides on the regulatory loopholes in cyber security laws is not in doubt. Malware and ransom ware attacks pose a great threat to huge volumes of data held by governments, corporate organizations, and individuals and could disrupt or disable their operations.

The East African Police Chiefs Cooperation Organization (EAPCCO) has been compiling cybercrime investigators manual to empower its members to tackle the emerging menace. Of essence to note is that currently, most if not all crimes in the region must have a link to cybercrime.

THE GENETICALLY MODIFIED ORGANISMS DEBATE ON FOOD SECURITY IN KENYA

COL E O OWINO
KENYA ARMY

This article advances the debate on the subject of genetically modified organisms (GMOs) in relation to food security, not only in Kenya but also globally. The debate revolves around two fundamental human debates, one on safety and another on science. The debate is further compounded by three conflicting ideas; first, the idea that GMOs are not healthy and are dangerous to human life, a position that is held by most fundamentalist ideologies; the second approach is the idea that GMOs do have positive sides and negative sides, features that anything can have; the last approach is non-discriminative insight where people in this category do not care whether it is a GMO or not. Within the debate discourse, it is imperative to hypothesize that cultural biodiversity and scientific findings are mutually exclusive. What is the socio-economic implication of GMOs on human and food security?

Genetically Modified Organisms (GMO's)

Genetically Modified Organisms popularly known as GMOs can be defined as organisms in which the genetic material (DNA-deoxyribonucleic acid, the molecule that carries the genetic code) has been altered in a way that it does not occur naturally by mating or natural recombination. Its procedures are usually based on the findings of microbiological research and genetics and enable targeted interventions in the genetic material of humans, living organisms and viral genomes. A GMO can be a micro-organism, an animal or a plant. At present, almost all commercialized GMOs are plants. The basis of GMO is the mixing of genes.

Background Historical Development

Humans have been trying to think of how their crops would be better from the time they knew they could grow anything from the soil. Since the discovery of agriculture, humans have tried to search for durability in their crops by even intervening with food and their genes. By choosing some qualities over others, humans manipulated their

harvest into something greater than what they had before; for example to be tastier, bigger and juicier. Bushak asserts that plants such as strawberries, wheat, cabbage, corn and almost all the rest of our crops descended from ancestors that were nothing like strawberries or wheat or corn we know today. Charles Darwin is credited with the evolution theory upon which genetic engineering is based. In his book, he proved that species are unstable, meaning they evolve and change from the simplest to the most complex animals, humans and plants.

In 1988, scientists inserted genes into soybeans, which gave rise to the most common GMO: glyphosate-tolerant soybeans following commercialization of DNA biotechnology from 1972 to 1982. In 2003, the United Nations (UN) established the first international agreement and framework on GMOs-the Cartagena Protocol on Biosafety Relating to the Convention on Biological Diversity. It aims at establishing appropriate procedures to improve biotechnology security, in line with all overall objectives of the Convention which is to reduce all potential threats to biological diversity, taking into account risks to human health and life. This is the fundamental legal document governing the production, consumption and technology on GMOs.

GMOs Role in Solving the problem of Food Insecurity

The global population is growing rapidly, potentially outstripping food production and thus presenting a chronic food deficit. This exponential population growth will lead to food shortage and thus adoption of biotechnology capable of improving food production is necessary. Agriculture turned to GMOs as the best hope for overcoming the chronic food deficit which presented enormous good results but also presented significant adverse consequences.

There is strong support for and a strong opposition for agricultural biotechnology innovations. Those supporting base their arguments on the improved production of food in countries facing serious food shortages and malnutrition. In contrast, opponents of GMOs opine that the long term effects of genetically modified organisms is opposed to sustainability since it facilitates

the production of monocultures which cannot be reproduced again and poses human health risks. They argue that GMOs threaten food sovereignty in countries where they are imposed or adopted. According to Vandana Shiva, food sovereignty is the ability and right of countries to determine their own food production and consumption to build reserves of healthy and nutritious food to ensure food security. GMOs present a threat to such food sovereignty since large corporations are able to obtain control of the local, small-scale production and distribution of seeds with patent rights governed by the Agreement on Trade-Related Aspects of Intellectual Property Rights (TRIPS) regulated by WTO. Patents placed on GMO foods and crops provide the multinational biotech firms with undue control over farmers which subjects them to vulnerable positions and exacerbates food insecurity.

The GMO Debate in Kenya

The GMO debate has been ongoing in Kenya, presented in two extreme versions. On one hand are the anti-biotechnology groups who front concerns for human health and environmental wholesomeness as reasons to stop the technology. The other

extreme view is the diehard proponents of biotechnology who are impatient to have the technology adopted at all costs and present it as the magic bullet and panacea to the multitude of problems facing African countries. In contrast, a research study conducted by Anunda and Njoka on public perceptions towards GM crops and food in Kenya found a positive perception towards GMO crops and foods was significantly related not only to the participant's demographics but also to their Agro-ecological zones. While the debate rages on, Kenya ratified the Cartagena Protocol on Biosafety in 2003 to guide implementation of National Biosafety Frameworks and also approved the National Policy on Biotechnology Development in 2006 to guide research and commercialization of modern biotechnology products.

Further the State enacted the Biosafety Act in 2009 that lays down legal and institutional frameworks for governing modern biotechnology. The decision is not yet final among the policy-makers and Kenyans on whether to adopt genetic modification engineering for food production or not. Hence the debate continues awaiting scientific empirical justification.

MANAGING STRESS: ONE DAY AT A TIME!

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Do hours seem to pass like minutes and you are always wondering where the days have gone? Or perhaps, try to take one day at a time, only to find several days attacking you at once? Then be careful not to end up like the busy man who while working in his office located on 31st floor, someone ran into the office shouting. "John! John! Your daughter has just been run over by a car as she crossed the street". Immediately, the busy man stood, walked towards the window and jumped. As he fell down past the 10th floor, he remembered that he did not have a daughter. And just as he was about to hit the ground; he remembered that his name was not John! That was his fate!

Stress in the work place is almost an everyday norm. In Kenya today, we are stressed by challenges ranging from the outcome of the elections 2022, skyrocketing food prices, high cost of living, rising excise taxes, rising fuel prices, after-shocks of Covid-19 pandemic, and the demands of the Competency Based Curriculum (CBC). Other situations include traffic jams, overlapping motorists, slow Uber drivers, unending road diversions and vendors on the road, just to name a few, and we are yet to get to work and handle the stress that awaits us on the job. While some stress is a normal part of life, excessive stress interferes with our productivity, our physical health, emotional health as well as our mental health. It is therefore important

to find ways to keep it under control, take charge of your life and effectively manage the stress. Since there is no "one size fits all" solution to stress management, I'll focus on a solution that has worked for me - Three "A's" of dealing with stressful situations as guided by the Psychologists and Experts on stress management, Melinda Smith, Ellen Jaffe- Gill and Robert Segal.

The First A: Avoid unnecessary stress.

This is by identifying one's limits and sticking within them, distinguishing between the "Shoulds" and the "Musts" when there is too much on the desk, and sorting the daily work by priority. Taking more than you can handle is a sure recipe for stress. Avoid stress by keeping off people or environment that stress you for instance, choosing to change your route or leave early for work and avoid the traffic jam. Time is a precious resource and you may need to say no to some engagement to focus on your key responsibilities and demands. Further, why not make new friends, change channels if some evening news makes you anxious - better still, switch it off, avoid conversations that seem to get you worked up e.g. which team lost the last football match or why do I have to assist my child in making a scarecrow for their CBC assignment? Or why was I not shortlisted for the Principal Secretary positions recently? Yet you did not apply.

The Second A: Alter/Adopt to the Stressor

If you cannot avoid a situation that is stressful, try to alter it by doing something to change the conditions so the situation does not manifest itself in the future. This includes better time management, leaving the house 5/10 minutes earlier or even speaking out when someone /something is bothering you.

Sometimes, the stressor may not be changed, and the solution is to adapt to the stressful situation. This enables one regain their sense of control by changing one's expectations and attitudes. For example, rather than fume about the traffic jam, look

at it as an opportunity to reflect on what you value in your life, read a book, listen to a podcast, listen to your favourite music or rehearse for your next presentation. The options are boundless. Stop setting yourself up for failure by demanding perfection and learn to be ok with "good enough". Catherine Pulsifer, a glass artist and author advises "When you find yourself stressed, ask yourself one question: Will this matter 5 years from now? Should your answer be affirmative, then do something about the situation. If no, then let it go" focus your time and energy elsewhere.

The third A: Accept that some things cannot be changed

Focus your time and energy on things you can control, and accept that some things cannot be changed. Some sources of stress, such as the death of a loved one, illness, national recession, rising fuel crisis, drought, CBC, and the Russian – Ukraine war are things you cannot prevent or change. In such cases its best to accept things as they are, no matter how difficult this may be.

Focus on things you can control, like your reaction to problems, talk to a friend or to a therapist- it may not change the situation, but it sure will make you feel better. As goes the adage "a problem shared is a problem half solved". Look at the stressful situation as an opportunity for personal growth. George Bernard Shaw, a political activist and Nobel Prize winner in Literature puts it in this way, 'I am not a creature of circumstance. I am a creator of circumstance. I cannot control what life does, but I can control how I react to what life does." Do not stew negative energy and forgive those who have wronged you or situations that seem wrongful. It would also be prudent to learn from your mistakes and be objective in your future endeavours.

To conclude, as you choose to Avoid, Alter or Adapt, and Accept stressful situations, I leave you with what ought to be our life's guiding principle – the serenity prayer "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference".

LUCK IS THE ONLY IMPORTANT FACTOR IN STARTING UP A BUSINESS

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This headline presupposes that luck is the only determinant factor in starting up a business. But is it?

According to the online dictionary, luck can be defined as good fortune especially by chance while a business is an economic activity of any kind geared towards generating a profit. In business the role luck plays are rarely discussed and if luck is mentioned, it is done with slight condescension, and usually dismissed as a product of hard work, not deserving significant attention. Many successful business owners, when asked how they managed to work through the trials of entrepreneurship, will tell you that they were "just lucky". Others will say that luck played no part whatsoever in the success of their business, but the consensus seems to be that, the phenomenon exists, nonetheless.

Sir Richard Branson, in his autobiography entitled, 'Losing My Virginity' says: "To be successful, you have to be out there; you have to hit the ground running. And if you have a good team around you and more than a fair share of luck you might make something happen." Drucker the father of management on the other hand also acknowledges that luck sometimes plays a part in starting up a business, when he says that some people have opened up their business through luck, "a flash of genius or unexpected success". But such incidences are uncommonly rare and there is no evidence on their existence and therefore cannot be substantiated, taught or learned and to top it all, there is no known way to teach a person to use luck to open a business.

The truth is, there are numerous factors that influence the success of any business. And, sometimes it all comes down to timing and luck. Nonetheless, you can increase the chances of your business surviving if you possess the following personality traits that most experts believe are the key strengths and drivers of great business people.

Visionary: Having a vision is the main driving force in starting a business. Successful businesspersons are forward looking and forward-thinking. They think several steps ahead and focus on how to scale up.

Creativity: Creativity is key to the success of an entrepreneur. Shawn Hunter (2013), author of 'How Innovative Leaders Drive Exceptional Outcomes' defines creativity as "the act of conceiving something original or unusual and applying what you have conceived to address an issue. Business people, who are creative, innovative, solve problems, and think outside the box when facing business challenges. Even when faced with those challenges they are able to quickly pivot and implement necessary solutions to them.

Motivation: Researchers like McClelland (1961) argue that people with high achievement motivation tend to perceive their probability of success of opening a business as greater than those who are not highly motivated. Motivation is what makes people come up with business ideas, and also drives them to plan through and start the business. For instance, some people go into business because they are unemployed and frustrated, others because they want to be financially stable while others want to be their own bosses. Whatever the reason, this motivation is what

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make people come up with ideas and pushes them to see their plans come into action.

Positive Attitude: The attitude of the person opening a business can determine whether the business will see the light of the day or not. In his book 'The Magic of Attitude', Rashid Mugh argues that attitude determines our success or failures. Therefore, when the attitude is right, a person sees hope where others see none.

Risk taking: A business person who is a risk taker is willing to take risks, big or small, even when they do not know whether it will work. And in the event that their risks do not have the intended results they apply the valuable lessons they have learnt to future business decisions.

Confidence and Tenacity: To take a business idea into action, it takes bold confidence and tenacity. Tenacity helps the business person not only stay positive but also optimistic in the face of adversity. A tenacious businessperson's idea can be rejected or fail several times but they will still push on with a smile and determination. Tenacity helps in seeing hardship and failures not as stopping points but learning opportunities. Confidence on the other hand helps the business person to have the courage to see the idea through.

Passion: If you're not passionate about your idea, how can you envision it, solving a problem, or sell it to an investor? How can you pivot on a dime without losing your focus? Without passion, how can you motivate yourself over the long haul? Passion fuels the creativity, the tenacity, the confidence, the risk taking, the salesmanship and maintains the positive attitude.

These personal traits, coupled with resources, organized planning in an insightful and a systematic manner, are believed to be the major determinants in opening up a business.

It is true that, good luck can play a part in starting up a business in some situations, for sometimes one can just find themselves in the right place at the right time and feel like they have had a lucky break. However, luck plays a very small role in opening up a business, for successful business owners make their own luck by working hard, staying focused on their goals, and making the tough decisions required to grow and succeed.

THE BEAUTY OF SOCIAL MEDIA

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Websites and applications that emphasize collaboration, sharing of content, interaction with the community, and communication are collectively referred to as social media. Examples of social media platforms include; YouTube, Instagram, WhatsApp, Pinterest, LinkedIn and Twitter among others.

Social media has become very popular over the past 10 years not only among the youth but across all ages. It is the most common online activity having over 4.26 billion users worldwide. Most of us have interacted with these platforms to satisfy our interests in one way or another. These are the consequences of the development of technology which has also led to technological globalization interlinking individuals from various parts of the world. Well, society has been making very derogatory remarks about the impacts of these platforms mainly on teenagers. These include deterring them from studying, affecting their sleep pattern, and exposing them to peer pressure, gossip, bullying, and inaccurate perceptions of other people's lives. This article will however be dealing with the positive impacts which are rarely a topic for discussion.

Delving right into it, social media is the broadest and most accessible marketing avenue. Social media marketing is a type of digital marketing that makes use of the strength of well-known social media platforms to meet your branding and marketing objectives. For companies of all sizes, social media marketing is an effective way to connect with prospects and clients.

This is because people find out about, follow, and buy from brands that are not even within their location just by the tap of a button. Look at it this way, a person having a business in Kiambu county posting their products on Instagram will have more customers online and physically just because they have publicized their goods on social media where very many people will be able to see them as compared to someone in Nairobi who only has flyers or a physical shop that has not been marketed online. How will the masses really get to know?

Social media has altered conventional methods of mobilization. It has changed the terrain of all protest movements and sped up and made communication more interactive by creating a space for people to open up and chime in on any social injustices or matters of concern. By effecting symbolic change, drawing attention to economic inequalities, identifying those to blame, and keeping the concerns in the press and in the public eye, virtual protest can have an impact on institutional politics. Dunstan Omari, a famous criminal lawyer in Kenya once stated that the people through social media also influence the decisions in the courts. In that, when there is an uproar on social media about a matter that is more about morality or what a reasonable person would do rather that what the law which is rigid states, it may alter what is 'the norm'. This therefore means that social media which is a platform for public expression may lead to proper law reforms.

In these modern times, social media is not just a fun place to hang out. While many of us still have a great time on social media, it has become more commercialized. Previously, networks were able to make money from advertising by way of sponsored social and display adverts only but now, not only do networks earn from social but also influencers. They make money through various means including Photo and Video Sales, Sponsored Posts and the most common one being content creation. In Kenya, a YouTube content creator earns approximately 15,000 per 100000 views on one video. This is why many youths are really trying to be famous or for their content to go viral so as to earn some quick cash if all goes well. Some have made it a full time job as it pays the bills.

With relation to the above statement, social media has enabled very many previously unemployed persons to get jobs. This is because many companies or organizations have adopted advertising for vacant positions on social media and therefore many people are able to see

them. A good example is LinkedIn where so long as one creates a profile with their qualifications and interests, they will always receive a notification when a job opening that satisfies their qualifications and that is unique to their interests shows up, hence opportunities are rarely missed.

Social media offers a platform for connecting students with each other and for connecting students and professors. Therefore, student find it simple to find answers to their questions whenever they want thanks to this. Currently, students do not need to schedule a meeting with their teachers in order to get answers to their questions. In-app class conversations, such as those in Google Classroom, or built-in encrypted messaging are two options for doing this. This is advantageous for professors as well as students because it is possible for them to provide useful feedback and support on assignments through these platforms even when they are unable to interact with students in person. Many students are using YouTube to learn about concepts that they haven't understood and according to their feedback, the teaching and learning process has become easier and effortless for them.

Apart from the aforementioned other benefits include the ability to appeal to huge audiences as well as direct connection with viewers or people with similar ideas having a platform to express themselves. Furthermore, social media offers access to commercial advertising services and the ability to produce original content. What is more, social networking sites are free to join therefore allowing access to everyone.

With uttermost certainty, almost everyone has enjoyed the benefits of social media even if it is just a laugh through that video that someone shared with you via whatsapp, or that funny video that you watched on YouTube that can reduce stress or tension. Imagine a world without it.

> Social media offers a platform for connecting students with each other and for connecting students and professors. Therefore, student find it simple to find answers to their questions whenever they want thanks to this.

DE-ESCALATION TECHNIQUE IN PUBLIC ORDER MANAGEMENT
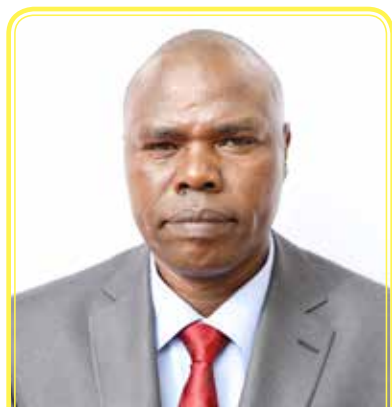
MR R K KEMBOI SSP
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Communities exist and flourish when normalcy is in effect; there is no chaos and no need for intervention by the government. In a few instances, protests, civil disturbances, or riots occur, disrupting the normalcy of a community and in some cases plunging it into chaos. In the field of emergency management, "unpredictable events" such as public protests lead to disastrous results for organizations. It is then the duty of a jurisdiction to either maintain normalcy or return it from a state of chaos to one of normalcy as quickly as possible. In doing so, jurisdictions rely on the response of their police forces. It is then logical to suggest that if one wishes to maintain normalcy, then the reduction of tactics (de-escalation) would be desired, versus the increase in tactics (escalation), which may only exacerbate underlying tensions, leading to the creation of chaos, which in this case would be a riot. It can be argued that decision-making is an important element of and contributing factor to, why some peaceful and lawful protests, turn violent and in some cases into riots. Poor decision-making and the reliance on previous tactics or methods of crowd control only add to the amount of escalation.

Public order management is part of a conflict management culture which is a result of a democratization process. The conflict requires striking a balance between the enjoyment and practice of one's basic human and constitutional rights without infringing on the human and constitutional rights of others. The issue is that one person's exuberance on the street according to law-and-order enforcement agencies should not constitute an annoyance to another. It is a cardinal duty, therefore, of whoever is exercising their rights to duly respect the rights of others. Public order management has of necessity to do with ensuring the balance between enjoyment of human rights and freedoms on the one hand, and fulfilment of attendant duties and responsibilities on the other. A host of proactive measures are in place to pre-empt public disorder. These go beyond the ordinary police mandate. Every institution of government exists to proactively contribute to public order through its respective mandate. When such mandate is effectively implemented, it creates a situation of public order; and the reverse is true. In a way, each agency in its own way participates in public order management. The failure of proactive measures to bring about or maintain public order may result in reactive and often forceful enforcement of public order, sometimes with disastrous consequences. Nevertheless, any regulation of public order situations should be for the objective of facilitating the exercise of the rights and freedoms in such a situation than to completely prevent and prohibit it. The core of public order management should be informed by the need for pro-active policing

of order rather than reactive policing of disorder. The appropriate response is critical so the actions of police should always be aimed at de-escalation the violence. Experience has shown that the use of force often negatively amplifies situations that would have otherwise been resolved in a non-violent manner or fizzled out altogether.

Even when situations get out of hand as they have done, the inevitable use of reasonable force should be based on fine judgment by well-trained and well-facilitated commanders who know that it would help public order much more than not using it at all. Understanding the complexity of the situation, including the politics therein, the crowd dynamics, and psychology, responding appropriately is the key to successful public order management

Key to reducing the likelihood of conflict between the public attending an event and the police is effective engagement and communication. Whenever possible organizers and participants should be aware of planned police deployments, and what can be expected in terms of tactics, uniforms and equipment. Likewise, the police should be fully informed of the organizers' plans. This "no surprises" approach is a key pillar of international practice and can be summed up in the following terms: 'proactive policing of order is always preferable to the reactive policing of disorder'

Public order training, leadership, communication, and de-escalation approaches as well as investigation, decision-making, and record-keeping are crucial elements of a progressive and professional approach to public order policing. As well as providing specialist police officers with the necessary public order tactical and command skills, training should explore the challenges and dilemmas of balancing the various human rights at play in a public order context. In addition, it should equip officers with the awareness and skills to reflect and learn from operational practice.

Clear and unambiguous command structures are necessary to provide a proportionate policing response. In order to maintain public confidence following incident, investigative procedures must be in place to ensure full and fair investigation of criminal incidents, as well as any alleged police misuse of force. All decisions must be justified and recorded, not just those which restrict the rights of participants.

Police supervisors must support situational problem-solving tactics in order to instil norms conducive to de-escalation within an organization's culture. Using de-escalation techniques that emphasize ethical decision-making based on departmental values can help keep both officers and community members safe and help officers become more effective in their jobs.

Those skilled at de-escalation are persuasive and understand how to defuse aggression, anger, unlawful defiance, or uncontrolled emotions. De-escalation achieves control verbally before action should be taken to accomplish control physically. De-escalation techniques emphasize the need for officers to slow down in order to give themselves more time to assess the situation and carefully consider the most appropriate response before acting. Slowing down situations and using time, distance, and cover, along with other de-escalation techniques, can help resolve police-community member encounters with less frequent and less severe uses of force. All that encourages strategic decision-making, which helps establish a command presence and gives the officer more control in any situation.

CULTURAL AND SOCIAL PRACTICES ON WIDOW INHERITANCE

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Widow inheritance is a cultural and social practice whereby a widow is required to marry a male relative of her late husband, often his brother. The practice is more commonly referred to as levirate marriage. It was instituted as a means for the widow to have someone to support her and her children financially and to keep her late husband's wealth within the family bloodline.

At the time of initiation, women were responsible for house chores and men were providers, therefore if the woman lost her husband, she would have no one to provide for the family. Because her in-laws would not want someone outside of the family's bloodline to inherit her late husband's estate, she was required to marry within the family.

Widow Inheritance traditions are particularly prevalent in sub-Saharan Africa, compared to the rest of the continent, and these traditions are reported across many nations in the region. Widows face a lack of legal rights to family property due to gender-discriminatory legal systems. They are unlikely to have the resources to utilize legal systems as a means of fighting traditional power structures. There are many formal and informal rules concerning the inheritance of property, particularly land for rural women that inhibit stable economic conditions. Due to these limitations, widows are coerced into inheritance traditions as a means of maintaining stability for their families.

Widow inheritance often emerges to combat property loss and social rejection, and forced re-marriage to a brother of the deceased husband is a common widow inheritance tradition that many traditional cultures promote.

Forms
Widow Inheritance can take different forms, namely forced re-marriage to a brother of the deceased, a return to the widow's parents' home, or a more exploitative inheritance to professional travelling widow inheritors. The prevalence of each

form varies between sub-Saharan regions and across ethnic groups, and patterns of kinship and inheritance patterns cannot be ascribed uniformly due to differences in ethnic tradition. For example, in Kenya, it is infrequent for a widow to participate in levirate marriage for the Nandi, yet for the Luo, widow inheritance is a cultural requirement.

Cleansing Practices

"Cleansing" is a form of ritual purification rite culturally prescribed for women following the death of a husband. It involves forced sexual intercourse with a male "inheritor" of the widow. The practice has not been systematically outlawed across sub-Saharan Africa, but rather encouraged in many rural communities such as the Luo community in Kenya. Cleansing occurs as it is believed to free the widow from a supernatural connection to her dead husband's spirit. It is very common for such "cleansing" procedures to be the only choice widows have in the wake of their husband's death, as without proper cleansing, the widow and her family will be socially rejected. These rituals are traumatic violations in which widows may be forced to drink water in which their dead husband's body was washed, and are coerced into sex with a relative or inheritor. In extreme circumstances, widows may be required to "have sex with their husband's dead body" to complete a cleansing ritual. Those who violate these norms can face severe social stigma in their community.

HIV/AIDS-Related Concerns

Widow inheritance traditions dramatically increase the risk of infection with HIV and other STDs, for the widow and the widow inheritor. As the HIV/AIDS epidemic began in the 1970s, the practice of widow inheritance evolved in response to the increased risk. Primarily, premature widowhood increased prevalence dramatically as many men died of HIV/AIDS. Secondarily, the brothers of the widow's late husband were more reluctant to partake in "cleansing" rituals due to the high mortality rate of the disease. Many of these young widows suffered from HIV/AIDS themselves, and professional widow-inheritance emerged as a response to the growing demand for widow-inheritance

> The practice of "cleansing" is recognized as a serious concern for the HIV/AIDS pandemic, and there is a link between widow inheritance, property rights, and the spread of the disease.

traditions to continue despite the new risks. Although professional widow-inheritance began as a response to the HIV/AIDS crisis, it also contributes to the transmission of HIV/AIDS as professional inheritors move from village to village performing "cleansing" rituals. Additionally, it is frequent that using a condom during a sexual rite is considered to break the custom of inheritance, and condoms are largely avoided in inheritance relationships.

The practice of "cleansing" is recognized as a serious concern for the HIV/AIDS pandemic, and there is a link between widow inheritance, property rights, and the spread of the disease. Professional inheritance and "cleansing" traditions have been linked to the spread of HIV/AIDS in Kenya, and in many African countries. Widows are aware of the greater risk for HIV that they face by engaging in "cleansing" and inheritance

rituals, but the pressure of cultural expectations and ensuring livelihood needs are met complicates their ability to avoid contracting the disease.

Attempts to modify the law in many sub-Saharan African nations have been in response to the HIV/AIDS concerns of the widow-inheritance practice, rather than concerns regarding the emotional trauma of inheritance "cleansing". However, modifications to formal law are often ineffective without informal implementations of changes to traditional practices.

Effects on Widows' Children

Premature widowhood results in a higher number of widows with dependent children and the children of widows are often faced with dire experiences as a result of the socio-economic consequences of widow inheritance. When a widow is faced with disinheritance practices, the consequences of the loss of income extend to the children. The lack of welfare provisions for the family, especially healthcare, childcare, and education, has severe impacts on the well-being and development of children. In extreme scenarios, disinheritance can also involve the confiscation of children by the husband's family. If a widow is disinherited or homeless, she faces risks of rape, prostitution, debilitating and fatal diseases, and exposure to adverse weather conditions. These risks extend to widows' children if they remain with their mothers post-disinheritance, and these hazards are compounded by the loss of education and even the risk of child labour.

Widow inheritance has become a thorny issue in the world for many women.

CLIMBING THE WALL OF WORRY

MR P M KERAGE
KENYA REVENUE AUTHORITY

There are plenty of salaried workers looking for ways to make extra income in a nation that glorifies side hustles. Increasing food prices and the need to continue earning regular income even after retirement have led to an increasing number of Kenyans starting businesses. In this article, I will highlight some important lessons about stock market trading from my personal experience of over ten years where I have experienced a dichotomy of both successes and failures.

Sometime in 2011, I got recruited by Kenya Revenue Authority (KRA). I had just started my employment journey and had no obligations other than to take care of myself. By the standards of a fresh graduate, I suddenly noticed a significant increase in my income (salary), but I wasn't sure what to do with it. Back then, I had these strange ideas about becoming instantly wealthy.

Photo: Investment Analysts at work.

I thought I was very knowledgeable and could perform better investing in the stock markets since I was very good with numbers, understood the fundamentals of the stock market, and considered myself to be an analyst par excellence.

Then, there was this one guy who shared my enthusiasm for the stock market, and just as one smoker finds another in a large crowd, we connected instantly and grew to be excellent friends. For a few days, we devised multiple strategies on how we would become wealthy through trading on the stocks of blue-chip companies. On our Excel spreadsheet workings, we had already reached the billion-shilling mark. Even in the worst-case scenario, we believed we would succeed.

To facilitate stock market trading, we opened a Depository & Settlement Corporation Limited (CDSC) account. In addition to standard stocks, we learned about something called options (derivatives). For us, this was a first. We examined options online and learned that they carry a high risk/high reward ratio. We focused on the "high returns" part with little attention to the "high risk" part."

One day, we bought an Option for Kshs.550,000. After a few hours, the current price of the Option trade rose to Kshs. 675,570 and we sold the stock immediately and made a profit of Kshs. 125,570. This fascinated us and we started planning how to quit our jobs to concentrate on this profitable business. However, years later, I have come to understand that one should never make money on their first trade in the stock market because doing so feeds their overconfidence and makes them believe they are very brilliant people. We heavily invested in the stock market daily in the next five succeeding years. During this time, we made some money but lost much more nearly putting us out of business.

After five years of inconsistent performance, much of which resulted in losses, we finally made a significant break and climbed the wall of worry. This achievement was the result of unwavering zeal and a story of perseverance in the face of adversity. Since then, stock trading has been enjoyable, putting us in the category of Kenyan millionaires under 40 but not billionaires as we had hoped to be by this point.

In the course of my stock market trading career, I have picked up a few lessons that I can now impart to those who are considering entering the market or those intrigued by the possibilities that stock market trading offers. I'm not claiming that my lessons are some newly discovered hidden secrets, but I can explain some key pointers that will help novice investors dispel some common misconceptions about stock market investing.

Lesson #1 – Mentor your Children for Financial Success

I believe that having a strong financial management ability is crucial to business success. I was very careless with money management and made the biggest blunders in this area, which was the main cause of my failure in the first five years. I have noted that as parents we make efforts to teach our children everything we can, like how to pass exams, how to stay away from strangers and right from wrong but we forget to teach them about the most important aspect of life- financial management. Teaching your kids to be skilled enough at managing money requires constant mentoring to help them make the right decisions and get used to it.

Lesson #2 – Handling Stock Market Turbulence

Stock market prices catch "influenza" quickly in response to incidents that happen across the globe and it's normal to get a little nervous about your investments. Incidents like elections, the COVID-19 pandemic and Russia-Ukraine war cause erosion of stock market prices. These are some of the concerns, otherwise known as the Wall of Worry. However, it usually turns out that the problems are temporary and that they are eventually resolved.

Lesson #3 – Diversify Investments to Reduce Risk

Understanding diversification in investments is crucial. Simply said, investing in a variety of assets, or diversification lowers the danger that the performance of one investment will materially impede the return on your entire investment portfolio. You could think of it as financial slang for not putting all of your eggs in one basket.

Lesson #4 – Understand Stock Market Fundamentals

Learn the fundamentals before investing your hard-earned money in the stock market. Discover the workings of the stock market, what drives it, what affect stock prices, trading and investment methods, and more. To make wise financial decisions, you'll also need to become familiar with the numerous technical jargon. Those who invest without first learning the fundamentals risk losing their money.

Mentor your Children for Financial Success.

Conclusion

I have shared my experience in trading stocks in the hope that you can gain insight from my passion, triumphs, and failures. However, this is merely a beginning point. You will not learn anything unless you actually start trading. Trading is highly addictive, and if you are like me, success is waiting for you.

KENYA'S LONGEST POLITICAL DETAINEE, BARSIRIAN ARAP MANYEI

DR. C CHUMBA
NATIONAL INTELLIGENCE SERVICE

The African continent, viewed in historical lens, depicts the resilience of key figure of men who resisted colonial rule, took up arms and stood their ground against all odds. Kenya, like most African countries, depicts a history of men faced with the dilemma of bowing to the colonial masters, or the unwavering courage of standing against colonial exploitation and rule, which more often than not, was driven by hard labour and racism. In Kenya, one man set history, Barsirian Arap Manyei (1882 - 1974); greatly recognized as Kenya's longest serving political detainee. Barsirian Arap Manyei's story begins on a sad note that culminated to the price all men who resisted colonialism paid.

Barsirian's Early Life

Barsirian was born in 1882 to Koitalel Arap Samoei, a second child to his mother who was a second wife. He had an elder brother, Surtan Lelimo Arap Somoei and three sisters named Titau, Kopot Kiboor and Kopot Chepo Siror. Barsirian belonged to the Nyongi age-set which existed between 1885 and 1900. Barsirian Arap Manyei's father, Koitalel Arap Samoei was born in 1860. He was an Orkoiyot, the supreme chief of the Nandi people of Kenya, who led the Nandi rebellion against the British colonial rule.

The Nandi's have a dual administrative system, with the Orkoiyot being the chief spiritual leader and also the one with authority to make decisions regarding security, involving the waging of war.

Koitalel Arap Samoei Assassination

Barsirian's father, Koitalel Arap Samoei, was a well-known Orkoiyot in Kenya for his efforts to resist colonialism and he paid the ultimate price with his life. He was assassinated on the 19th October 1905, by an Intelligence Officer named Richard Meinertzhagen. Koitalel Arap Samoei was shot at point blank range by the officer

Koitaleel Arap Samoei
Source: Google, (2022)

when he stretched his hand out in greeting. After Koitalel's death, a conference, termed Muhoroni Conference, was held in 1909 after which Kipeles Tamasun was picked and installed as the Nandi Orkoiyot. However, Kipeles died in July 1912 under dubious circumstances, opening up a fresh dilemma in the Nandi leadership.

Barsirian Arap Manyei's Appointment and the Nandi Protest

Barsirian Arap Manyei inherited the office of Orkoiyot from his uncle, Kipeles Tamasun, in the year 1919. The Nandi Uprising of 1923 followed a series of events in the leadership vacuums, often driven by the Nandi wars from 1905 to 1906. The land issue was at the core of the uprising, with the land reserve due to quarantine (preventive measures of selling stock outside the reserve).

The straw that broke the camel's back, so to speak, was when rinderpest broke out in cattle; and stock quarantine was imposed between 1921 and 1923 on the Nandi reserves. This meant the Nandi could not trade in livestock and had no money to pay their steep taxes. To add insult to injury there was labour conscription among the Nandi enforced by the colonial administration authorized by Northey Circulars. Sir Edward Northey who was governor of Kenya at the time (1919-1922) published a circular that read: "all government officials in charge of native areas must exercise all possible lawful influence to induce able bodied male natives to go into the labour field." By 1923, when the Saget ab eito (sacrifice of the ox) was to take place, it was used as a platform for agitation against the colonial regime.

The Arrest and Detention of Barsirian Arap Manyei

In 1923, Barsirian Arap Manyei was arrested as he planned the Saget ab eito ceremony, a Nandi ceremony where the protection of the community was handed from one age set to another. Barsirian had reigned for nearly four years before his arrest. He was charged in Eldoret Magistrate Court for being involved in seditious activities. After a speedy trial he was ferried to Nyeri for detention but later moved to Meru and subsequently moved again to Kapsabet. He stayed in detention from 1923 to 1964, making him the longest serving detainee in pre-independence Kenya. His long stay was associated with the fear by colonial

Koitalel Arap Samoei was shot at point blank range by the officer when he stretched his hand out in greeting. After Koitalel's death, a conference, termed Muhoroni Conference, was held in 1909 after which Kipeles Tamasun was picked and installed as the Nandi Orkoiyot.

governments that he could lead anti-colonial resistance movements.

Barsirian's release from prison

After his release he was honoured as a guest at the Uhuru Gardens flag hoisting ceremony when Kenya attained self-governance but was not yet a sovereign nation distinct from the crown. He bestowed upon the first Prime Minister of Kenya, Jomo Kenyatta, a traditional gown as a sign of honour and respect in January 1964 when the Prime Minister visited Nakuru.

After Barsirian Arap Manyei left prison, his fortunes did not improve, as he and his family lived as squatters in their own ancestral land. The issue was even brought up in the Kenyan Parliament on 25th November 1970 by William Morogo Arap Saina, MP, when he sought light on the plight of the Orkoiyot then aged 90 years and still living a life of penury. Barsirian Arap Manyei died on 10th April 1974, leaving behind his surviving widow and their children. His family continued to live in the homestead, but was relocated in 1990s during the allotment scheme, that pushed them to rocky parts, away from Barsirian's grave.

Implications of Barsirian Arap Manyei on Kenya's Political landscape

From the story of Barsirian Arap Manyei, we can draw a conclusion applicable in Kenya's political scene; which is, in politics there are times when a game of red herring is played to the masses. While Barsirian Arap Manyei's journey to detention elicited strong uprising, we can learn that Kenya's contest for peaceful and stable democracy in divided societies was a key factor during colonial period. Moreover, the current nature of contemporary Barsirian Arap Manyei's tactical role was part of efforts to counter colonial domination.

The founding Father Mzee Jomo Kenyatta with Barsirian Arap Manyei Source: Google, (2022).

BRAVING THE PANDEMIC TO ACHIEVE AMISOM MANDATE

COL K K MASAI
KENYA ARMY

The ninth Kenyan Contingent to the African Union Mission (AMISOM) in Somalia arrived in the mission area in January 2020, and officially took-over operations on 10 February 2020. Complete rotation however was concluded on 26 February 2020.

Upon settling down and doing the necessary orientation/acclimatizing, which normally takes two to three weeks; it was time to commence operations. As part of the military component, our major mandated tasks as contained in the AMISOM Concept of Operations (CONOPS) and the Somalia Transition Plan (STP) were to carry out joint operations with the Somali Security Forces (SSF). In areas outside Mogadishu where the AMISOM police component had not been deployed, we had to assist in the routine police work of mentoring the Somali Police Force (SPF).

No sooner had we started major operations planning than the unimaginable happened; COVID-19 was declared a pandemic by the World Health Organization (WHO). Somalia recorded its first case of COVID -19 (3 cases) in March 2020 just outside the AMISOM camp in Mogadishu. The number of cases rose to 598 by April and a further surge to 1,315 cases by June of the same year.

The declaration of COVID-19 as a pandemic by WHO came with a number of regulations/restrictions in the name of COVID-19 protocols to guard against the spread of the disease. AMISOM being part and parcel of the larger African Union (AU) and by extension the United Nations (UN) adopted the protocols. The adoption of these protocols meant a shift on how we were going to conduct our business; it also meant that we now had another enemy other than the Al shabaab (AS) to deal with. But more importantly was how this new threat was going to affect the conduct of our operations considering the limits which the protocols imposed on the activities of various components within the mission area.

Coupled with the emergence of the pandemic and the subsequent issuance of the protocols was the fact that Somalia as we all know is a nation that is still in her infancy stages - (emerging from the arm-pits of terrorism) hence a developing healthcare system. This therefore meant that to take care of COVID-19 would be a heavy toll as was the case in the rest of the world. From the operational point of view, this meant that all those we were going to interact with in the course of our duties could easily be COVID-19 carriers/victims hence a shift on how the interactions and indeed the operations in general were to be conducted.

In line with the broader AMISOM Mandate as outlined in the United Nations Security Council (UNSC) Resolution 2472 (2019) and AMISOM Concept of Operations (CONOPS) 2018 - 2021, Sectors identified priority tasks to achieve the set objectives. The tasks include but not limited to the protection of main population centers, protection of personnel, facilities, installations and equipment, conduct of targeted operations to reduce the AS threat, securing of key Main Supply Routes (MSRs), mentorship and training of the Somali Security Forces as well as the Somali Police Force.

The above were the major operations to be conducted across all the sectors. However, with the outbreak of COVID-19 and the related restrictions issued to curb its spread, automatically these operations were going to be affected. The freedom to move during patrols within towns/population centers were reduced to the bare minimum. Worse still came the lockdown hence reduction in the maintenance of presence across the entire Area of Operation (AOR); this in turn impacted on the protection of main population centers. Equally, the protection of personnel, facilities and installations could not be ensured. The resultant effect of these is that the Al shabaab gained freedom of movement/action. However, we crafted ingenious ways of adapting to the new normal. These included but not limited to employing smaller patrol teams and taking the war to the enemy's home by striking them when they least expected. Where they attempted to strike our friendly forces, we sent out reinforcements which they couldn't match.

Mentoring and assisting the Somali Security Forces was similarly affected but we found ways of conducting joint operations and trainings while observing COVID-19 protocols. During patrols, the soldiers took the chance to exchange knowledge and skills which enabled the SSF to independently conduct several successful operations on their own across the theatre of operation. Looking back at the year that was, the set objectives based on the timelines as contained in the three phased AMISOM CONOPS, might not have been fully achieved which may necessitate a review of the CONOPS, but the troops managed to execute the mission beyond expectation given the prevailing circumstances.

On the overall, despite the restrictions brought about by the COVID-19 pandemic, we managed to achieve the AMISOM mandate curtesy of the ability to adjust (flexibility) and adapt to the changing environment. Additionally, the pandemic equally affected the Al shabaab; it curtailed their movements thus affording us the opportunity to seek and strike them in their hide-outs.

SOCIO-ECONOMIC AND POLITICAL IMPLICATIONS OF THE UKRAINE-RUSSIA WAR ON EAST AFRICA

On 24th February 2022, Russian tanks rolled into Ukraine commencing one of the most devastating inter-state wars in Europe, and what analysts have described as a geopolitical supremacy war. Different explanations have emerged to account for the genesis and the cause of the Ukraine-Russia War. Liberal analysts have postulated that; Russian President Vladimir Putin is flexing muscles to boost his domestic image following unsuccessful military operations in Chechnya, Georgia, and Ukraine in 1990, 2008, and 2014, respectively. Conversely, realists assert that; Russia is responding to the North Atlantic Treaty Organization's (NATO) expansionist tendencies in Europe, which is potentially undermining Russia's sphere of influence, and that the United States (US), which is perceived as the aggressor "next door," is the main target. This follows Ukraine's renewed plans to join NATO. Whatever the reason for the War, it has had grave socio-economic implications not only on the neighbouring countries but the globe at large.

East African Response to Russian-Ukraine War

What has been the response of the East African States? When Russia recognized the independence of Donetsk and Luhansk, two breakaway regions in Ukraine, Martin Kimani, the Kenyan Ambassador to the United Nations, denounced Russia's action invoking Africa's colonial past and warned of new forms of domination and oppression. In March 2022, Lt. Gen Muhoozi Kainerugaba, son to Uganda's President Yoweri Kaguta Museveni, pointed out that: "the majority of mankind, mainly non-white, support Russia's stand in Ukraine". Unlike the Central African Republic whose President was quick to recognize Russia's declaration of Donetsk and Luhansk as independent states, East African nations

COL Z J SIKUKUU
TANZANIA PEOPLES' DEFENCE FORCES

have maintained a neutral political and diplomatic stance. In this regard, none of the East African countries introduced sanctions against Russia or Ukraine after Russia's invasion of Ukraine.

Food Security

Russia is classified as one of the World's leading producers of oil, gas, minerals, and metals, as well as petrochemicals and fertilizers. On the other hand, Ukraine is regarded as a significant producer of wheat, and grains in the global economy. According to Kenya's Parliamentary Report in 2022, Ukraine and Russia, account for approximately 29% of global wheat exports. Kenya had made significant strides toward economic recovery from the debilitating effects of COVID-19. However, the Russia-Ukraine conflicts amid other factors like drought presented major challenges and may contribute significantly to a slowdown in growth, particularly due to shocks related to food security.

The East Africa region is currently experiencing high costs of fuel, food items, and agricultural inputs, which have led to an increase in the cost of living. East African countries rely heavily on Ukraine and Russia for wheat import. The ongoing Ukraine-Russia war will create an artificial shortage

of wheat and other cereals in East Africa, while farm inputs such as fertilizer are bound to increase. The disruption of trade in the Black Sea region due to the conflict compounds the already rising food prices in many East African countries. With some East African countries already experiencing rising food prices even before the conflict, global prices would further fuel inflation of food prices, pushing more people into dire food and nutrition insecurity. The cost of petroleum products has hit hard on East Africa.

Trade and Commerce

East African countries constitute part of the major trading partners with the Russian Federation and Eastern Europe. According to Kenya's Parliamentary Budget Office Projection (2022), the total volume of trade between Kenya and Eastern Europe is approximately Kshs.60,000 million, with a trade deficit of about Kshs.33,000 million in favour of Russia as of 2020. The Russia-Ukraine conflict and the economic sanctions against Russia are likely to continue disrupting trade and supply chains leading to shortages in the market and an exponential increase in the prices of commodities. Notably, the construction sector is likely to feel the impact due to a likely shortage of iron and steel.

Tanzania has reported a deficit in its current budget after it recorded a deficit of US$ 1.3 billion in the first quarter of 2022 compared to the same period in 2021 when it recorded a deficit of US$ 352 million. The prices of crude oil have almost doubled in the East African countries, increasing the cost of production and of transportation, which in turn has impacted negatively on household incomes. In Uganda, the implication of the Ukraine-Russian war has been felt at the household level where the number of foodstuffs has declined, particularly wheat-based products. The

National Bank of Rwanda has reported an increase in inflationary pressure much of it being imported inflation. The Ukraine-Russian war is expected to slow down Rwanda's economic recovery due to the deterioration of external conditions exacerbated by the increase in international energy and food prices.

Despite these adverse implications, there is a positive side to the War. The East African economies can boost their industrial capacity and improve manufacturing capabilities with a view to mitigating disruptions occasioned by the Ukraine-Russia war as well as other future external shocks. To eliminate dependency on grain and fertilizer imports mainly from Ukraine, East African states can build joint strategic grain reserves, from the surpluses of all bumper harvests. In addition, the establishment of joint fertilizer industries will eventually offer a long-term response to the needs of member states.

The ongoing Ukraine-Russia war has so far impacted East African countries in various aspects even though it is taking place more than 7,000 kilometers away in Eastern Europe. The War has disrupted supply chain channels and disorganized economic production in the domestic economies of countries that rely on imports from the warring countries. Higher energy costs, increased food prices, shortage of inputs (both industrial and agricultural), and inadequacy of raw materials are a reality East African countries are experiencing. The war has generally increased the cost of living in East Africa.

Motorists in Nairobi queuing for fuel due to acute shortage of the commodity following the Ukraine-Russia War in early 2022.

THE CURSE OF HUNGER IN AFRICA

COL T G SOKOBE
KENYA ARMY

While most of the world has found ways to prevent famine, the continent of Africa is still struggling with hunger and famine. But, learning from its own experiences is at least as important for Africa as adapting lessons from other continents. Not only does the context of famine differ between Africa and other parts of the world, but the conditions that breed famine within are constantly changing.

Africa's transforming economic and political systems, wars and civil unrest, declining productivity and rapid urbanization, as well as interaction with each other and with environmental variables create new famine risks. The United Nations Food and Agriculture Organization (FAO) and the World Food Programme (WFP) warned that 20 countries faces acute food insecurity and identified them as hunger hotspots. Most of the hunger hotspots are located in Africa with the continent accounting for over seventy five percent. Countries like Ethiopia, Nigeria, South Sudan and Yemen were further classified as in dire need of urgent humanitarian assistance to prevent starvation and death. For decades, the continent of Africa has been plagued with a high incidence of hunger, a condition that could certainly be prevented if germane measures were taken.

Although Africa is home to abundant agricultural resources that could produce more than enough food to feed the region's population, the reality is quite different. A FAO report of 2020 indicates that more than a third of Africa's population, or about 282 million people, were undernourished, a surge of 46 million over 2019 figures. In other words, one in five people in Africa are experiencing hunger. The region has been characterized by hunger for decades while actions aimed at ameliorating the condition have yielded minimal results. However, with Africa's burgeoning population, perhaps this should have been the opportune moment to change the situation.

So what is the reality on the ground? Countries across the continent have repeatedly indicated that they are not up to the task in unlocking the full potential of agricultural resources in the region. With 60 percent of the entire world's unused arable land (about 1,119 million hectares), it is astounding that Africa is a net importer of food. According to the United Nations Conference on Trade and Development (UNCTAD), from 2016 to 2018, Africa

imported approximately 85 percent of its food from outside the continent. It is projected that Africa's food import bill could exceed $110 billion by 2025.

Apparently, Africa's excessive reliance on food imports has been anything but the solution to ending hunger and clearly, food aid to the region has also not been the panacea. Why so? While the region significantly depends on food aid, it is interesting to note that post-harvest losses in Africa far exceed the food aid the continent receives. For instance, in 2011, the World Bank and FAO jointly published a report that estimated the value of grain post-harvest losses alone in Sub-Saharan Africa amounted to $4 billion a year out of an annual grain production of $27 billion for 2005 to 2007.

Several restrictive measures, such as lockdowns and travel restrictions, adopted by African governments to curb the spread of COVID-19 have been both a blessing and a curse as they have contributed significantly to increasing post-harvest losses as farmers were not able to transport their harvested crops to the markets. The sustainable solution to end hunger in Africa does not revolve around soliciting more food aid or increasing food imports but addressing post-harvest losses and strengthening climate-resilient agriculture as well.

According to WFP report of February 2022, thirteen million are people experiencing severe hunger in the Horn of Africa (Ethiopia, Kenya and Somalia),

> Weak social and physical infrastructure, unprepared government and a relatively closed political regime, all enhance vulnerability to famine. Arguably the same factors constrain longer-term poverty reduction.

as severe drought clutches the peninsula. With the Horn of Africa currently facing the driest conditions recorded since 1981, the area has now experienced three consecutive droughts, destroying crops and causing abnormally high livestock deaths. Widespread water and pasture shortages are compelling people to flee their homes, a situation that has increased conflicts and pushed many communities into poverty and increased hunger substantially.

Similarly, in other parts of the continent, climate change, poverty and conflicts which are the primary causes of hunger now exacerbated by COVID-19, could be largely addressed via agriculture development. So, what is the way forward? Certainly, the solution to these challenges requires rethink of food policies and strategies.

Weak social and physical infrastructure, unprepared government and a relatively closed political regime, all enhance vulnerability to famine. Arguably the same factors constrain longer-term poverty reduction. Recognizing the contingent nature of the market and institutional failures that underlie famines points to implications for both their relief and prevention.

Recurring drought, conflicts and instability in most African countries have led to severe food shortages. Repeated drought cycles plunge communities into a new food crisis before they have a chance to recover sufficiently from the last one. Droughts have become more frequent and intense in recent years in West, East, and southern Africa. These droughts affect food-production systems in fragile contexts in similar ways that conflict does. Scarcity of food and water also lead to the death of livestock in the affected areas. This devastates families whose herds are their main source of income and nutrition.

In order to tackle the challenges of food security and the realization of Sustainable Development Goal (SDG) Number Two of ending hunger, African countries should adopt policies and strategies aimed at increasing agricultural productivity and production in a socially, economically and environmentally sustainable manner.

FROM RAGS TO RICHES

COL P W SIMWAKA
MALAWI DEFENCE FORCE

Wavisanga was born from a low-income family and raised in the Southern African village of Mwenelupembe in a forested area. He was a stout, and muscular youngster at adolescence stage. The kids of Mwenelupembe community did not take academic studies seriously. Their routine activity was setting bird traps in the village forest using ancestral techniques. To establish the dominant boy in the hamlet, senior boys organized boxing events and the winner would feel superior to other boys in the village. Wavisanga, the impoverished boy had a mediocre academic record but was revered by other youth due to his strength. He usually performed poor academically and failed exams. He hailed from a very ambitious family. His family enjoyed a high level of social respect in the village. At times, his parents could punish him for his poor performance.

On the other hand, his elder brother Zawa was an extremely intelligent boy. He was taught by the whites when he was at the foundation stage at Kaponda Mining School, where his father worked as a miner in the early 1960s. Wavisanga's parents retired and moved to the village when he was a child. Wavisanga, who attended the village school had a different academic background compared to his brother who had a distinct upbringing in his early childhood. Typically, his brother always emerged first. Wavisanga struggled and had to repeat in certain grades creating a gap of four grades between Wavisanga and Zawa. When Zawa went to Mlare Primary School, he managed to be selected to Chilumba secondary school. Zawas' selection motivated Wavisanga to concentrate in studies. Before Zawa was chosen, the two brothers had an extremely close relationship. Wavisanga's loneliness amid Zawa's absence in the village motivated Wavisanga to work hard on studies and would occasionally come out first in class.

The parents were highly motivated by Wavisanga's abrupt shift in performance. To give Wavisanga possible chance of secondary school education, his parents sent him to a suitable school. Wavisanga enrolled at Saint Marys Boys Primary School. The institution had a good reputation and sent a lot of students to secondary schools. Wavisanga settled in Karonga and joined the household of his aunt, Nyaluhanga who was married to Mr Gondwa, a business mogul. The Gondwa family made a fortune in real estate, restaurant, transportation, and meat industries. The tycoon had three spouses with many siblings. Kumbali, firstborn son of Nyaluhanga was Gondwa's favourite son, who could often report to his father's business and collect money whenever he wished. His concentration in education waned. Usually, he could brag about his father's wealth and make fun of Wavisanga for being a poor kid.

Wavisanga remained resolute and maintained focused on what he intended to achieve. The first year did not bear fruits. He insisted to repeat for another chance. His experience made his performance to skylocket. He consequently got selected to Rumphi secondary school. His performance continued to improve from strength to strength. In the end, he got selected to Polytechnic to undergo Bachelor of Science in Electrical Engineering. Kumbali continued to struggle academically. He had already impregnated a young girl and was completely distracted between two worlds, girlfriend and school. He completed his ordinary level with an average qualification. The changing economic situation dwarfed his fathers' business. The tycoon was later involved in motor accident and died on spot. Kumbalis' flirting lifestyle resulted into Sexually Transmitted Disease (STD) infection. The demise of his father from a motor accident and decline of business changed the lifestyle of Kumbali.

On the other hand, Wavisanga graduated and secured a very lucrative job. The engineering skills Wavisanga obtained from the Polytechnic assisted him to engage in private business. Though he was an electrical engineering graduate, Wavisanga chose to engage in real estate with the wealth he was accumulating from allowances. From Rags to Riches, Wavisanga became the hub of real estate business and opened all sectors of entrepreneur; schools, rest houses, bars, hospitals and warehouses in his native village of Mwenelupembe. Wavisanga became a celebrity in his society and was among the elite. Kumbalis' trail of life stressed him and succumbed to accumulative stress.

> Rich parents should train their siblings to focus on issues which would assist and enable them to be self – reliant. Necessary values should be taught for them to grow into effective citizen who will contribute to development of the nation in future.

Rich parents should train their siblings to focus on issues which would assist and enable them to be self – reliant. Necessary values should be taught for them to grow into effective citizen who will contribute to development of the nation in future. It is the responsibility of parents to give appropriate guidance to the children on drug abuse. Village elders, teachers, pastors, child protection and civil society should join hands to engage in passing productive messages to the youth to ensure they grow into effective future leaders.

THE PLEASURE OF TRAVELLING ALONG KENYA'S COAST

COL B KHULA
KENYA NAVY

The most common travel is pleasure travel. Other travels include visiting friends and relatives and business travels. Scholars have defined pleasure travel as the pursuit of pleasure in a location away from every life and the use of one's leisure time for a non-work purpose. Our lives are dominated by overindulgence in other goals. We all need leisure time away from routine work. Pleasure is further defined as a feeling of happiness, satisfaction, or enjoyment. The pursuit of such feelings through travel is referred to as pleasure tourism. Other scholars say Tourism means pleasure travel, and the UNWTO in 2007 referred to pleasure as that

which represents the main purpose of tourism. People have travelled since time immemorial. The idea that pleasure is the beginning and end of living happily was broadened by Plato and Aristotle, who argued that what is most important, is not the immediate pleasure of the moment or restoration of the body after some physiological imbalance, but the long-term pleasantness of living a good life. Traveling for pleasure is good for your health. Experts recommend pleasure travel for, Immune System Boost, good for better brain health; reduce stress, reduced risk of depression, and better fitness among other benefits.

People travel around the world for pleasure and in recent years, Africa is a growing destination. Some 67 million tourists visited Africa in 2018, representing a rise of 7% from a year earlier, making Africa the second-fastest growing region when it comes to tourism, after the Asia pacific. African countries are now reaping the benefits from positive policy changes coupled with increased investments in the sector, which have made it a more attractive destination for tourists.

Kenya is one of the most popular travel destinations in Africa; the country has one of the most diverse landscapes in Africa. In Kenya besides general tour, honeymoon, or safari, there are lots of activities to engage in ranging from the great places to visit in

the Coastal Region of country, and feel the pleasure of being there include the South coast, Mombasa, Kilifi and Malindi, and Lamu Archipelagos. The beaches along the entire coastline are some of the best in the world not forgetting the beautiful coral reefs, which are sites to behold. Spectacular dives with simple snorkel and masks unravel what there is in the world under the sea. The most spectacular dive sites best for pleasure visits are the enclosed Marine Park sites of Watamu and Malindi and Wasini Islands.

Mombasa offers travellers an opportunity to indulge in luxury with its abundance of beaches and resorts that offer everything from luxurious spas to private boat trips with spectacular views. Kenya's coastal city of Mombasa is the perfect destination to experience a whole different culture. It offers beautiful beaches, the opportunity to visit historic places, and lively markets with lots of restaurants and shops. It is arguably one of the most famous African cities, with diverse cuisine and rich historical memories.

The South Coast has three most prominent destinations including Diani Beach, Kisite-Mpunguti Marine Park, and Shimba Hills National Reserve. Diani beach is the longest and liveliest of the beaches. Water sports enjoyed here include kite surfing, scuba diving, snorkeling, and jet skiing. Golf courses, spas, restaurants, bars, nightclubs,

are bought in Mozambique and sailed down to Lamu.

Superb and breath-taking, the coastal beaches in Kenya are the top in Africa. From beautiful white sand beaches fringed by palm trees swaying to the trade winds and straddling the warm Indian Ocean, the appeal of the beaches is unforgettable. World-class resorts and lodges are also found along the coastal beaches in Kenya. In short, the region is a paradise. A pleasure travel to the coast of Kenya is all you need to refresh one's self once a year from the hectic work routine. Try it and Enjoy!

Diani beach is the longest and liveliest of the beaches. Water sports enjoyed here include kite surfing, scuba diving, snorkeling, and jet skiing. Golf courses, spas, restaurants, bars, nightclubs, tour operators, and shops are found.

tour operators, and shops are found. Kisite Mpunguti Marine Park covers a marine area with four small islands surrounded by coral reefs. Attractions include Dolphins and coral gardens. More than 250 fish species have been recorded there. Snorkeling, scuba diving, bird watching, and camping are all on offer. Shimba Hills is rich in flora and fauna and has the highest density of African elephants in Kenya. Other animals found here include the Sable antelope, elephant shrew, giraffes, leopards, buffalo, and mongoose. The magnificent Sheldrake Falls are found in the Shimba Hills National Reserve on the South Coast of Kenya.

Like Mombasa, Malindi is an ancient Swahili trading port that fell under Portuguese influence in the 16th century. It is far smaller and more low-rise than Mombasa, and has a less conspicuous sense of antiquity, though the old town is scattered with a few important historical landmarks. Malindi mainly functions largely as a beach resort, offering a good choice of midrange lodges aimed at the European package market, as well as a lively beachfront restaurant scene, and a host of other urban distractions, from nightclubs to supermarkets.

Separated from Malindi by 15km of Indian Ocean frontage, Watamu feels less like a resort town than it does like an overgrown fishing village, and is all the better for it. Boasting arguably the most handsome beach in Kenya, Watamu also offers superb offshore snorkeling in the calm transparent waters of Turtle Bay, and it stands practically within walking distance of the jungle-bound ruined medieval city of Gedi and forest wildlife of Arabuko-Sokoke National Park.

Dhow boats are an integral part of life in the Lamu archipelago. Early visitors came to the islands in ancient sailing vessels from the Arabian Peninsula, China, Persia, and India, expanding trade routes in the Indian Ocean. They were perfect for transporting heavy merchandise. Today, visitors can still experience the sailing-dhows, either for a fishing trip or a sunset cruise. They're primarily used by fishermen who sometimes sail through the night, navigating their way using the stars. Larger dhows have crews of approximately thirty, and smaller ones typically around twelve. Some of the dhows

https://www.bigworldsmallpockets.com/wp-content/uploads/2018/03/The-Quick-Guide-to-the-Kenya-Coast.jpg

BEING A FIGHTER PILOT...

GP CAPT V K GUPTA
INDIAN AIR FORCE

By definition, a fighter pilot is a Military Aviator trained to engage in Air-to-Air combat, Air-to-Ground combat, and sometimes Electronic Warfare while in the cockpit of a fighter aircraft. Flying a technically advanced machine like a fighter jet requires extreme mental conditioning to take split-second decisions and a strong resolve to undergo a hard curriculum to become a good fighter pilot. While it is a matter of pride to be in a fighter cockpit, it surely is not easy getting there.

Recruitment & Basic Training

Air forces around the world recruit highly motivated undergraduates and graduates after having carefully examined their aptitude, zeal, and love for the profession. Some of these youngsters join the Air Force with the aim to study less and enjoy the agile cockpit time only to be surprised after having signed up for it. They are taught subjects like Aerodynamics, Air Navigation, Air Traffic Control, Air Laws, etc. before exporting them to the cockpit of a small trainer plane like a PC-7 Pilatus and assigning them a Flying Instructor. Some of these instructors consider the ad initio pilots a piece of metal that needs to be shaped into a fighter pilot, sometimes with force in the cockpit. They teach the rookies the basics of flying like handling the aircraft, aerobatics like a loop, barrel roll, roll, stall, etc., and

the basics of air navigation. The dropout rate from basic training is extremely high mostly due to under performance, ability to cope with 'g' forces in the cockpit, and air sickness in a few cases. Those who complete the basic training then progresses to Fighters, Transports, and Helicopters based on merit.

Advanced Training

So far the ad initio pilots have just proved their mettle on a small piston-engine or a turboprop plane. The race to become a good fighter pilot is still very long. The trainee pilots in some cases end up flying up to three trainer aircrafts with each stage being done on a more advanced plane than the previous, before reaching a Fighter Squadron where they would fly an operational Fighter Jet. All through, they keep studying more and more about the aircraft systems they are flying and other subjects related to aviation. In advanced training, they are taken through the flying training on an advanced trainer like Hawk or Hindustan Jet Trainer where they are expected to handle these more versatile aircraft capable of flying at higher speeds and altitudes. The basic flying on these aircraft is followed by basic fighter maneuvers, dogfighting and low-caliber weapon employment of unguided bombs, rockets, and guns.

Fighter Squadron

Having completed the flying training on various trainer aircraft, having studied loads of books, and off-course looking down on people from the medium of air for more than two years, these stalwarts finally reach their Operational Fighter Squadron where the highly experienced mammoths are waiting to check out the lean and thin sweeties and bring them to mother earth. The grueling sessions to learn the Fighter Jet of the Sqn starts within no time and they are taken through some intense times while being taught how to treat that plane as an extension of their body. The handling or aerobatic sorties (flight) give young lads confidence in controlling the mean machine which is followed by basic fighter maneuvers, low-speed handling, supersonic profiles, air navigation, etc.

Weapons and Tactics Training

The fighter pilot is now taken into the realm of Weapons and Tactics. This is the most difficult part of the whole training and the training in this regime never ends even till the pilot is retiring from his active fighter flying. The maturing fighter jock is now expected to know the weapon systems and tactics along with the aircraft systems to be able to effectively employ the fighter plane as a lethal weapon against the

PC-7 Trainer of Indian Air Force.

enemy forces. He is taken through close combat (dogfight) training against one to two enemy acwith close-quarter missiles & guns, Air to Ground Weaponry to employ guided &unguided bombs, rockets, etc., Long Range Beyond Visual Range combat utilizing BVR missiles, and finally electronic attack against enemy's electronic order of battle. After having learned these weapons and tactics by day and night, he is declared an operational pilot who can go to war as a wingman. A grueling leadership program is used to declare him a leader to lead missions into war shouldering the responsibility of achieving mission success while ensuring the safety of his wingmen.

On a Lighter Note

Fighter flying is inherently a risky profession. Some call it madness to get strapped to a small seat with an explosive cartridge in it, carry tons of fuel in the wings and heavy armament under the aircraft with an open fire behind. Fighter pilots always wish each other "Blue Skies and Happy Landings" as they don't like adverse weather phenomena like a thunderstorm and love to land back happily after a successful

Su-30 MKI aircraft of Indian Air Force loaded with bombs.

mission. They love to be in the company of beautiful girls as they consider it to be their right being in a glamorous profession. They also love their Ray-Bans and love to flaunt them while reasoning them as an apparatus to save their precious eyes that can track enemy aircraft from miles. They hate Surface to Air Missiles as they hide and try to kill and thus they would like to kill it soon after they know it is there.

Fighter jets are such an amazing feat of modern technology that it's almost impossible not to be totally amazed by these military aircraft. Multi-million-dollar precision equipment of such over-the-top speed and firepower gathers everyone's attention in a jiffy. This profession is surely one of the best in the world as it has an extremely thrilling effect and sense of fulfilment that is impossible to achieve anywhere else along with the glamour it brings along. But at the same time, it has an extremely demanding nature and it is not easy being one of them.

EFFECT OF MORALE ON MILITARY EFFECTIVENESS

COL M BALATA
KENYA ARMY

According to Oxford dictionary, morale is defined as the confidence, enthusiasm, and discipline of a person or group at a particular time. The process by which armed forces transform resources into combat

strength is known as military effectiveness. A military that gets the most fighting power out of the material and political resources at its disposal is one that is completely effective. Thus, some idea of efficiency is incorporated into effectiveness. Combat power is the ability to inflict damage on an opponent while limiting the amount of damage from the opponent. The main component of a soldier's morale, according to the Australian Army's Leadership Theory and Practice (1993), is the attitude towards the unit and its superiors. Military morale is the internal power that binds a unit together to accomplish a mission. It may be described as the psychological condition or attitude of a soldier or group prior to undertaking a task. Morale includes an emphasis on having a positive outlook and being excited about something that is important to everyone.

Effect of high morale

Commanding officers of units have come to understand that individuals can achieve a high level of morale when they are willing to perform their best under challenging and difficult circumstances without being coerced. Such inner energy will motivate the personnel to improve equipment service ability and success in operations and training. The motivation for the high level of performance stems from the commanding officer's dedication to the interest and welfare of soldiers first. Poor performance, decreased productivity, absenteeism, and disciplinary issues are a few of the obvious signs of low morale. In some situations, a leader's behaviour and communication skills during trying times can increase subordinate trust and have an effect on morale, but from my perspective, the commanding officer standing relationships with his officers and soldiers are the best

indicators of morale in the battalion. Interactions by a commanding officer on a personal level with the soldiers in the unit will encourage the soldiers to open up and talk about some of the most hidden personal issues that, if resolved, will considerably improve their performance translating into the overall mission accomplishment. The most important aspect for any commanding officer is to learn the art of transformative leadership and endeavour to leave the unit in a better condition than he found it.

Negative effect of low morale

Low morale in the military will lead to military inefficiency; this condition may develop as a result of commanders' inability to persuade troops to perform tasks ahead. For instance, in the current conflict between Russia and Ukraine, Russian troops may face significant difficulties in what many fear will be a protracted conflict. The first five months of warfare in Ukraine resulted in many deaths, but the fact that Ukrainian military has been inspired by their president to defend their country against an enemy keeps them fighting. Studies have demonstrated that effective leadership boosts personnel morale. Leaders must urge followers to overcome their fear of conflict and address and accept the moral dimension of their work. Successful military commanders are those who, whether in times of war or peace, prioritize the needs of the mission over their own needs and worries. By adhering to the organization's beliefs and aims, leaders must be devoted to enhancing cohesion in the units. In order for people to accomplish the required goals, leaders must be able to influence, encourage, and inspire. Military leaders, particularly those in AMISOM, must strike a balance between completing missions successfully and providing much-needed welfare to their soldiers in the mission area. What is key in such a circumstance is to provide the much-needed social and psychological needs by providing a conducive environment through open communication, trust, and group interactions. Military leaders have always been interested in morale with the goal of utilizing the extraordinary abilities required for mission success without considering the welfare of their subordinates thereby affecting military effectiveness. According to the article by Temitope B Oriola on 'Nigerian soldiers on the war against Boko Haram' published by Royal African Society Oxford, the war against Boko Haram failed because the soldiers believed that the war was prolonged by political and military elites with a sole purpose of making money at the expense of their welfare.

The contemporary Army requires high morale since it is essential in helping the force overcome some of its obstacles. The success of future armies may depend on the morale of its members. In the military, morale is recognized as one of the key factors in personnel management. Commanders are given different levels of authority to reward or punish, and these actions frequently influence subordinates' performance, morale, motivation, and attitude. Military commanders at all levels must adopt transformational and transactional leadership philosophies because they directly impact military morale both during peacetime and in times of war. Commanders must interact with each soldier personally and address all issues in order to enhance morale. Our experience with the troops has also demonstrated that even modest counselling on domestic issues may significantly influence behaviour change, and reduce stress in the field. Morale will be crucial in helping the force overcome some of its problems. One of the pillars on which the army of the future may rely to achieve operational success is moral. Discussions in the social sciences and military strategic studies have focused heavily on the connection between leadership style and morale. A new idea in the fields of transformational leadership

> The contemporary Army requires high morale since it is essential in helping the force overcome some of its obstacles. The success of future armies may depend on the morale of its members.

and transactional leadership has emerged in popular literature on the issue of morale and leadership. Commanding officers and those officers on command appointments have seen a strong link between leadership style and morale. Morale is more affected by top-down than by bottom-up factors. In order to have high or poor morale, a number of interconnected factors must be present; these include adjustments to the internal and external environments as well as applying the leadership strategy that will address such adjustments. The adoption of transformational and transactional leadership strategies will in the future enhance morale and contribute to overall mission success and military effectiveness.

Participants of Course 25 keenly following Gen Hecker's Lecture at NDC.

PICTURES SPEAK

Commadant samples Malawi cuisine after being received by Col Patrick Simwaka at Malawi Stand.

Justice Ouko delivering a lecture of opportunity.

Amb. Peter Kaberia, PS Ministry of Sports delivering a lecture to participants at NDC.

Gen James Hecker - US Africom delivering a lecture of opportunity at NDC.

THE COLONIAL QUEEN

COL P K LIMO
KENYA AIR FORCE

The British people and establishment may have lost their queen but the legacy of their overbearing foreign policy still remains. It should be noted that the monarch never publicly expressed regret on her government's colonial past and swiftly moved on to form the commonwealth as if nothing atrocious ever occurred within her colonies and now these independent nations should naturally be her allies.

It should not be forgotten that the same year Queen Elizabeth ascended to the throne was the same year that the last king of Egypt was overthrown by his military. This was mainly due to the humiliation the military personnel felt as a result of the 1942 coup carried out by the British to impose on them a puppet monarch. Therefore it was only natural that the new regime would be suspicious of the British and the interest they had in the Suez canal. A deal by the Egyptians, British, and the French was reached in 1954 where it was agreed that both the French and the Brits would be allowed control of a narrow corridor of the canal on Condition they withdraw their troops from the canal.

The British tried to counter him with exigent measures, using spurious attacks on the Israelis as their reason. Unfortunately, world affairs superseded their concerns as there was a Hungarian revolt going on against the Soviet Union at the same time. America thought that it would be best to play nice with Egypt in order not to lose a key strategic country to the Soviet block and therefore spoke against Britain's underhanded tactics toward Egypt in the United Nations. Thus Britain had to comply and prime minister Eden resigned in disgrace. This was the watershed moment that one could actually safely claim was the beginning of the end of the British empire. The establishment from then henceforth feigned to seek goodwill from what appeared to be emerging new states in the continent of Africa, but as time has shown it was only a ruse to protect their interests and plundered wealth. This shifted the attention of the empire to the Gold Coast of Africa, today known as Ghana.

The British government saw the jubilation across the entire continent and decided to accelerate the independence of her colonies. This saw the rapid adaptation of self-governance, of one man one vote regardless of race, across East Africa. It was a jubilant time but was quickly followed by the corruption of the leaders aided by their European facilitators. The crown didn't have such swift success in southern Africa in granting countries there their independence as they did in East and West Africa. It forced the British prime minister to travel to South Africa and give his famous "winds of change" speech. To quote him, he said: "the wind of change is blowing through the continent whether we like it or not." It should be remembered the people who were resisting the independence of African nations south of the continent were white settlers who had been for centuries supported by the British crown.

In 1952 a state of emergency was declared in Kenya leading to the arrest of thousands of people who were then herded into jail or reserves while hundreds of others were being killed. There were also covert killings of chiefs like Ole Lenana whom the Brits wanted history to record that he died of "dysentery". Chief Koitalel Arap Samoei was neutralized by a British agent who ensnared him by inviting him to parley only for the officer known as Meinertzhagen to shoot him at point-blank range. The killings of these two chiefs happened before the reign of Elizabeth, but they set the tone of how the empire would deal with Africans. In Nigeria, her majesty's government

Source:

supported the Nigerian government during the Biafran war where a million people died. The war lasted for three years. It was caused because the Igbo officers were frustrated at the killing of their kith and kin with impunity. The legacy of callousness could be clearly seen when her progeny appropriated large tracts of land while the natives were hauled into concentration camps and forced into hard labor. These areas came to be known as the white highlands.

The whole travesty started way back in the 1500s when the landed gentry came up with the concept of the common enclosure. This was the process of forcing the lower classes that shared common land resources to move out of their lands and push them into wage labor. This effectively cut off their subsistence and forced the creation of a large working class. It kick started industrialization and much later introduced gentrification. Land was not the only thing stolen by the British from Africa and never returned during the reign of Queen Elizabeth. Precious artifacts were appropriated from Nigeria, Benin and Uganda, and many other countries. The Bunyoro of Uganda has launched a formal appeal for the artifacts to be expatriated from the museums of London.

It is thus worth pointing out that in the writer's opinion, Africa does not mourn the demise of Elizabeth but rather her reign and though the death of a human being is a tragic affair, it is more tragic to see Africans mourn her. Bluntly put by a US-based Nigerian-born professor, Uju Anya: "if anyone expects me to express anything but disdain for the monarch who supervised a government-sponsored genocide you can keep wishing upon a star." Gitu Kahengeri who is the secretary general of the *Mau Mau* veterans association was more polemic with his disdain. He said: "I cannot forget that I was incarcerated for seven years. I cannot forget that I was detained together with my father. I cannot forget that I left my children for seven years without food, and without education. That I will not forget."

Source: Why Go to Botswana? Africa's best authentic tailor-made safaris.

BOTSWANA TOURISM INDUSTRY: ANOTHER DIAMOND IN THE WILDERNESS

COL M K MOKGADI
BOTSWANA DEFENCE FORCE

Tourism offers a wide array of benefits, including economic benefits for countries attracting a large number of visitors, due to the money they spend not only on their actual stay, but also on local businesses. It also provides a large number of jobs for people working in the transport and hospitality industry, among others.

In a study on the analysis of tourism contribution to economic growth in SADC Countries by Albert Makochekanwa, it was established that tourism contributes significantly to GDP, export earning, employment, human and physical capital investment of SADC countries. Global estimates show that tourism has the potential to contribute on average around 12% to a country's GDP. The study established that; the contribution of the tourism sector towards GDP in most SADC countries is above the global average, with the share of tourism in total economic activities being highest in Seychelles (above 50% of GDP) and followed by Mauritius (more than 25% of GDP).

Botswana is known for its diamonds, but they are not its main treasure. The real treasure and the value of Botswana is its distinctive nature and wildlife. Hence, Botswana has identified tourism as one of the key sectors that could help expand the economy beyond diamond mining in the last two National Development Plans. Pansiri and Mmereki have observed that the potentials of what tourism can do to a country and its communities are overwhelming, however, they have highlighted that care has to be taken to insure that Tourism does not bring its negative impacts. Since tourism is community-based its development requires the active support and participation of local communities. It is, therefore, essential to periodically consider tourism's impacts on communities, using communities' sensitivities.

After Independence in 1966, the Botswana Government made the decision to 'manage' tourism. As guardians of many fragile ecosystems including the Central Kalahari, Makgadikgadi Pans, and the Okavango Delta, they wanted to ensure that the natural habitats and the wildlife they sustained would be preserved for many future generations. More recently, the Government sought to develop its eco-tourism policies and directed the Botswana Tourism Organisation to develop the existing grading standards for accommodation facilities to include 'green' credentials. This resulted in the development of a new Eco-Certification scheme. The first of its kind in Africa.

The Okavango Delta is one of very few large inland delta systems without an outlet to the sea, known as an endorheic delta, its waters drain instead into the desert sands of the Kalahari Basin. The Okavango Delta is further recognized as an Important Bird Area, harbouring 24 species of globally threatened birds, including among others, six species of Vulture, the Southern Ground-Hornbill, Wattled Crane and Slaty Egret.

Botswana's principal tourist attractions are its game reserves, wildlife and wilderness with hunting and photographic safaris available. According to Botswana Tourism Industry Report 2021, the Botswana government has identified tourism as a sector that could contribute to the diversification of the economy from its reliance on commodities. Tourism

Source: Why Go to Botswana? The meandering rivers of the Okavango Delta.

contributed 13.1% of Botswana's GDP in 2019, increasing from 6.3% in 2000. In 2019, travel and tourism accounted for 8.9% of total employment in Botswana.

According to, secretafrica.com, Botswana is not only regarded as one of the most exclusive safari destinations in Africa but one of the most remarkable wilderness areas on earth. Boasting vast areas of protected wilderness, pristine landscapes, and rich diversity of wildlife, as a safari destination.

Botswana's wild landscapes attract nature lovers from around the world, a safari destination that boasts outstanding wildlife density and variety, and it is wild and organic without fences and developed tourist facilities. Botswana tourism attracts adventurous travellers who are passionate about nature and wildlife experiences and who are not nervous in the presence of wild animals.

Visitors are captivated by its dramatic panoramas, from the undulating dunes of the Kalahari Desert to the lush Okavango Delta. Clusters of ancient baobab trees and glittering salt plains also draw in the crowds. Whether it's your first trip to Botswana or your 10th, there is always something unique and exciting to experience when visiting one of Africa's most extraordinary safari destinations.

UNESCO World Heritage Convention has classified Okavango Delta as a World Heritage site. Okavango Delta is one of the most exclusive wilderness destinations in the world. The world heritage site is the backdrop to wild Africa's grand spectacle, presenting unparalleled wilderness experiences in a serene inland delta unlike anywhere else on Earth. An outstanding example of the complexity, inter-dependence and interplay of climatic, geo-morphological, hydrological, and biological processes. The continuous transformation of geomorphic features such as islands, channels, river banks, flood plains, oxbow lakes and lagoons in turn influences the abiotic and biotic dynamics of the Delta including dryland grasslands and woodland habitats. It is therefore one of the iconic places to visit in Botswana.

Source: Botswana Wildlife Highlights - Safari Concultants.

EFFECTS OF CLIMATE CHANGE ON TSAVO NATIONAL PARKS

COL W N MURIMI

KENYA NAVY

The world has had its fair share of challenges in combating climate change ranging from finances, natural disasters such as drought and the need to produce enough food for the ever-growing populations. Kenya and most of Africa are currently experiencing the harshest drought conditions in the century. The forests, shrubs, savannah grasslands and ecosystems have not been spared by the ravages of the drought and therefore necessitating urgent short-term and long-term mitigation measures.

Tsavo East and Tsavo West are some of the major National Parks in Kenya. Despite river Tsavo passing through both parks to join river Galana and drain into the Indian Ocean, no significant efforts have been made to utilise its water to address the impending disaster. To mitigate the situation, concerted efforts through an all-government approach are required in the short term and long term.

Africa however, contributes negligibly to the changing climate; it stands out disproportionately as the most vulnerable region in the world. This vulnerability is driven by the prevailing low levels of socioeconomic growth in the continent majorly due to Land use, food security, creation of income and enterprise opportunities for the youth and economic expansion. To mitigate this, UNEP Africa office's climate change work in the region focuses on supporting countries to put in place a structure for implementing their climate action commitments.

The Kyoto protocol was an international treaty which extended the 1992 United Nations Framework Convention on Climate Change that commits state parties to reduce greenhouse gas emissions, based on the scientific consensus that global warming is occurring and that human-made CO_2 emissions are driving it. The Protocol operationalized the United Nations Framework Convention on Climate Change (UNFCCC). 192 nations committed to reducing their emissions by an average of 5.2% by 2012, which would represent about 29% of the world's total emissions. Countries that ratified the Kyoto Protocol were assigned maximum carbon emission levels for specific periods and participated in carbon credit trading. Others like the Doha Amendment and the Paris Climate Agreement have also tried to curb the global-warming crisis.

The UNFCCC participants signed another pact, the Paris Climate Agreement, which effectively replaced the Kyoto Protocol. It addressed the negative effects of the climate crisis. A major directive of the agreement is to cut GHG emissions so as to limit global temperature rise in this century to 2 degrees Celsius above pre-industrial levels. It provides a way for developed nations to help developing nations and creates a framework for monitoring and reporting countries' climate goals transparently.

The updated Nationally Determined Contributions (NDCs) report submitted in 2020 shows that governments take the NDCs and the Paris Agreement seriously, with commitment and responsibility in the following areas:
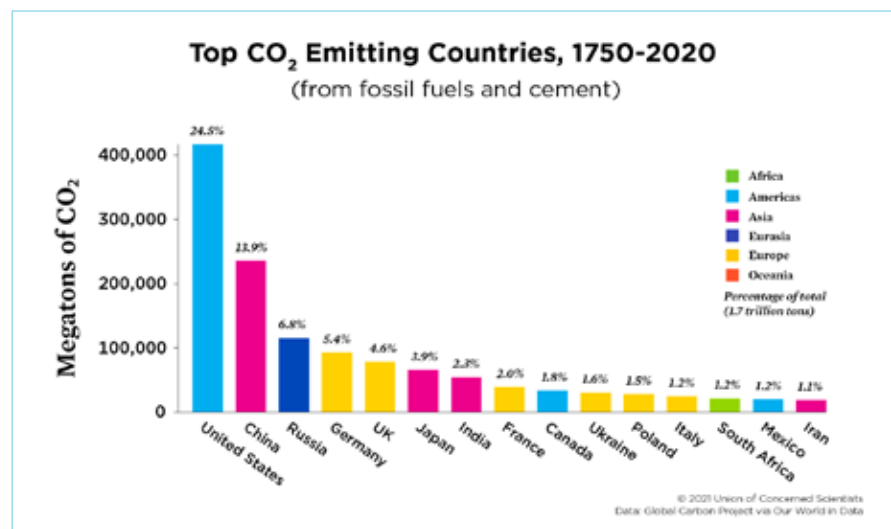
a. The quality of NDCs, including data on mitigation targets, has clearly increased.

b. Implementation is addressed comprehensively, including linkages to relevant national planning, regulatory and legislative processes as well as to Sustainable Development Goals.

The Africa Climate week 2022 held on 29 August to 02 September 2022 in Libreville - Gabon in preparation for COP 27, 6th to 18 November 2022 in Sharm el-Sheikh Egypt is on-going. Focus is on recent developments and current trends, System transformations, Linkages between mitigation, adaptation, sustainable development and strengthening the response to limit global warming.

Accelerated and equitable climate action in mitigating, and adapting to, climate change impacts is critical to sustainable development. Climate change actions can also result in some trade-offs. The Sustainable Development Goals (SDGs) adopted under the UN 2030 Agenda for Sustainable Development can be used as a basis for evaluating climate action in the context of sustainable development. There is a strong link between sustainable development, vulnerability and climate risks. Coordinated cross-sectoral policies and planning can maximise synergies and avoid or reduce trade-offs between mitigation and adaptation.

Mitigation options which are feasible to deploy in the near term. Feasibility differs across sectors and regions. Barriers to feasibility would need to be reduced and enabling conditions strengthened to deploy

Top CO₂ Emitting Countries, 1750-2020
(from fossil fuels and cement)

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Data: Global Carbon Project via Our World in Data

mitigation options. They include geophysical, environmental-ecological, technological, and economic factors and especially institutional and socio-cultural factors.

Policies shifting development pathways towards sustainability broaden the portfolio of available mitigation responses. Climate governance, acting through laws, strategies and institutions, based on national circumstances, supports mitigation by providing frameworks through which diverse actors interact. It is most effective when integrated across multiple policy domains, helps realise synergies and minimise trade-offs, and connects national and sub-national policymaking levels. Effective and equitable climate governance builds on engagement with civil society actors, political actors, businesses, youth, labour, media and local communities.

Many regulatory and economic instruments have already been deployed successfully. Policy packages that enable innovation and build capacity are better at supporting a shift towards equitable low-emission futures than individual policies. Economy-wide packages, consistent with national circumstances, can meet short-term economic goals while reducing emissions and shifting development pathways towards sustainability.

Tracked financial flows fall short of the levels needed to achieve mitigation goals across all sectors and regions. The challenge of closing gaps is the largest in developing countries. Scaling up mitigation financial flows can be supported by clear policy choices and signals from governments and the international community. Accelerated international financial cooperation is a critical enabler of low-GHG and just transitions, and can address inequities in access to finance and the costs of, and vulnerability to, the impacts of climate change.

International cooperation is a critical enabler for achieving ambitious climate change mitigation goals. The UNFCCC, Kyoto Protocol, and Paris Agreement are supporting rising levels of national ambition and encourage the development and implementation of climate policies. Partnerships, agreements, institutions and initiatives operating at the sub-global and sectoral levels and engaging multiple actors are emerging.

The Tsavo Case requires concerted effort through the whole of government (Multiagency) approach in the deployment of mitigation options. They should include geophysical, environmental-ecological, technological, and economic policies and measures.

Recommendations

Efforts should be towards saving the animals and regeneration of the ecosystem. This can be done through the following:

a. Water Drilling, Pumping and Troughing. Pumping water from Rivers Galana and Tsavo and building water troughs in the parks where animals can access water would greatly reduce the number of animals dying from lack of water or exhaustion from travelling long distances.

b. Paddocking and Tree planting Programmes. The adoption of forests (parks) and starting of reforestation programmes are also necessary to regenerate the ecosystem. This can be done in bits where certain areas are fenced off, watered and trees are replanted before being reopened again.

c. Community Engagement. Community initiatives should be incorporated into all the actions taken to ensure acceptance, support and continuity. Small community projects can be initiated to reduce community overreliance on forest products and foster support for government programmes.

THE THIEVES IN OUR BUS

A Case Study of Alexander The Great

COL T A AYOOLA
NIGERIAN ARMY

It was one hot afternoon in the month of November of that year, the campaigns for the next general elections have been heated up and every supporter was putting their best to sway the general public to support their candidate. I was with our grandfather when my elder brother ran inside, grabbed my grandfather's matchet, and ran outside. I ran after him to see or know what was happening. My brother is a hot-tempered person who unlike me smokes cigarette and takes alcohol and these usually affect his behaviour, particularly in what he believes in. Unlike my elder brother, I don't smoke because smokers are liable to die young, but I take 'shisha' or 'weed' otherwise called 'marijuana', which usually reflects in my gentle behaviour and approaches to issues.

I followed my elder brother outside, and I discovered that it was an argument between him and his old-time friend who belongs to a different political party that was arguing over the honesty of their candidates. My elder brother is a member of the Crocodile Party while his friend belongs to Elephant Party. The two had argued about which candidate was more honest, truthful and competent to lead the country and, in the process, my elder brother's friend called the Crocodile Party's candidate corrupt and a thief. My brother flared up and said "I know what this man did for me when he visited our village, he was caring, he loves the masses and he gave some bags of rice and groundnut oil to the villagers during his rally. He even paid for Mr Lekwot Thondalis hospital bill when he was sick. How can you call him a thief and corrupt individual, what has your Elephant Party's candidate done to the people?"

We tried and separated the two quarrelling persons and, in the process, my grandfather came out and beckoned them to sit down he began a story thus: An employee received his salary and boarded a crowded bus back to his home, and there was a thief in the bus, so the thief stole the employee's money from his pocket. After the employee had reached his destination and the driver asked for the fare, the employee found nothing in his pocket, his face blushed and his tongue became heavy, so the driver said mockingly: Shame on you, you consider

yourself a respected person while you cannot afford your transport fare! Pride hit a portion of the thief's ego and he said to the mocking driver: My brother, the teacher's fare is on me! The thief offered to help the teacher, his victim, not out of pity for the poor teacher but to buy trust and confidence from the other passengers, by using some of the stolen money. As a fact, the thief earned respect from the rest of the passengers and driver of the bus. The poor employee smiled and said to the thief: May God bless you and multiply your likes, sir! Then some of the passengers on the bus praised the thief, praised his kindness, and also prayed for him and that God should increase his kind. Since then, the number of thieves has increased, and they still receive our thanks and appreciation; we are still on a bus where thieves rob us, and we thank them for their kindness. This is the metaphor for the state of our nation, Benbuza!

Looking at what the politicians are campaigning with, and what their supporters are praising them for, one cannot do but say that: indeed, the victims of the thieves on our bus this year are surplus! The politicians rob us of our education to send their children overseas to get standard education. They rob us of our peace but travel overseas to enjoy peace in another man's land. They give us death traps as roads but fly in their expensive planes. They deny us electricity but buy themselves fuel to power their generators. They do all of these on the detriment of our collective comfort and rights, they equally weaponize poverty to bait us with the crumbs falling from their

dining tables during election time.

Our only means of having the feelings of what it feels like graduating from a standard institution is when we see their children being celebrated on social media; we aren't even invited- who invites the downtrodden to feast?! While they do this, they save some of the stolen money from the national treasury and then share it amongst us to buy our consciences under the guise of helping the electorates and then some of the oppressed citizens praise them, thank them and celebrate them. This is the reason why the number of politicians who are stealing our money from our national treasury is increasing. No matter how big a politician gives in this Federal Republic of Benbuza of today, he deserves no appreciation, what he deserves is to explain when he is going

to return the rest of the money and then ask for forgiveness from the people they have stolen from, to buy themselves comforts in another man's lands. The number of thieves in our bus is increasing all the time because we continue praising them for returning small bits from the much, they steal from us.

At this point, my elder brother who could not complete his university education due to incessant strikes and high school fees realized that the Crocodile Party Candidate children are all outside the country for their education. My brother then remembered that his party's candidate came by helicopter to our community during his last campaign due to a bad road. He retorted, why am I fighting my old-time friend because of him, they are all *'Thieves in our Bus'.*

SHOULD WE BE CONCERNED ABOUT CLIMATE CHANGE?

MR F O ESHIKUTA
MINISTRY OF FOREIGN AFFAIRS

The world should be alarmed by the impacts of climate change. It is of great concern and importance, and something tangible needs to be done. Climate change is defined as the variation of weather patterns in a specific area over a long period. Human activities are the leading causes of climate change, leading to droughts, wildfires, and hotter temperatures. Various activities, including fossil burning and deforestation, lead to carbon monoxide emissions into the atmosphere, resulting in higher global temperatures. Consequently, I believe that we, as the planet's inhabitants, should put measures and actions that reduce the impacts of climate change for the sake of the current and future generations.

In late 2021, I had a chance to visit the counties of Turkana and Kajiado in Kenya,where I witnessed fast- hand the effects and consequences of climate change in the form of drought, diseases, poverty, and loss of poverty and lives. Turkana happens to be the largest Kenyan County in terms of land area and is in the Northwest part of the country. It is a semi-arid county that borders Lake Turkana. Turkana residents are normally pastoralists with a large herd of cattle. When I visited Turkana in September 2021, I felt the most extreme weather conditions combined with high night and day temperatures. Furthermore, I got to witness the daily struggle of Turkana residents as they sought to find water and food for themselves and their cattle over long distances under the scorching sun. Some of the residents told me that the temperatures that year were much higher than the previous year, and they only got a week's rain during that year. As such, they had to walk long distances searching for water and pasture and faced heat-related illnesses.

Although most of them had no clue why the weather had suddenly changed for the worst, I had no doubt in my mind that this was attributed to global warming due to global climate change.

The case for Kajiado is almost the same as that of Turkana. Located in the South of Kenya, Kajiado is also one of the largest counties in Kenya andis home to the widely known national parks in the country, including the Amboseli National Park. The residents are also largely pastoralists. During my visit to Kajiado, I experienced fast hand the effect of climate change in the form of drought and loss of livestock due to little rains and extreme heat conditions. Interestingly, Kajiado borders Nairobi and hosts various industries. These industries are one of the major causes of climate change due to their release of greenhouse gases, including carbon monoxide, into the atmosphere leading to global warming.

According to Guo et al. (2018), climate change results in increased temperatures as a result of the release of greenhouse gases.It has been noted that the global rise in temperature is linked to heat-related ailments, including cramps. Moreover, extremely high temperatures have been known to result in heatstroke. It has been associated with high temperatures in most areas like Australia where wildfires are rampant. Interestingly, high temperatures favor the spread of fires through the dry lands. Furthermore, in extreme cases, the rise in temperature results in unpredictable heavy and violent rainfalls.Droughts have also been linked to climatic changes, as in the case of Turkana and Kajiado. In these areas, droughts have led to reduced or drying up vegetation and grass, resulting in challenges among pastoral communities since their animals and income are impacted. Nonetheless, drought has a dire impact on animals and humans and the country's food security.

However, some scholars and academicians hold the belief that individuals should not be concerned about climate change since it causes mental stress. Hayes et al. (2018) argue that people should avoid fallinginto trauma and depression by not concerning themselves with matters of climate change. However, I believe this approach is wrong and we ought to do something to alleviate the impacts of climate change since we have the power and capability to make changes today.

My opinion, therefore, is that people should take the initiative to reduce the impacts of climate change since it affects both us and future generations. Scholars, including Hayes, should desist from misleading the masses about climate change.

Source: World Health Organization (WHO).

TREK TO THE EVEREST BASE CAMP

COL D K KARKI
NEPALI ARMY

Trekking to the Mount Everest Base Camp (EBC) in Nepal is in many ways like visiting a real mountain museum. Nowhere else on earth is there such a dense concentration of mountains of such stature. Four out of ten of the world's highest peaks are here. You will be breathing and eating mountains throughout. In the backdrop of this grandeur, you will find the Himalayan Tahrs as tame as your domestic goats and the iridescent Himalayan Monal more trusting than your barn chicken. To top it all, the amazing Sherpa hospitality comes second to none. In the contemplative adventure that is the Everest Base Camp Trek, you will miss nothing, not even the internet.

The journey starts from Kathmandu, the capital city of Nepal. The trek starts from Lukla after your arrival in a small mountain flight from Kathmandu. From Lukla, the trek goes through Phakding, Namche Bazaar, Khumjung, Tengboche, Debuche, Pangboche, Dingboche, Thukla, Lubuche, Gorakshep, Everest Base Camp and return. The total distance cover during the trek is 120 kilometers on both sides. The maximum altitude gain during the trek is 5365 meters.

Access to Nepal

Nepal Airline is the national flag carrier of Nepal with flights to and fro various cities of India, Dubai (UAE), Doha (Qatar), Riyadh (Saudi Arabia), Narita (Japan), Kuala Lumpur (Malaysia) and number of International airlines operating from/to Nepal. Visitors coming to Nepal by land can enter through Nepal-India border and Nepal-China border. Overland, tourists entering the country with or without their vehicles must possess international customs formalities.

Kathmandu / Ramechhap–Lukla (Altitude: 2,860 meters, Flight time: 30 Minutes)

Lukla is a small town in the Khumbu Pasanglhamu rural municipality of the Solukhumbu District in the Province No. 1 of north-eastern Nepal. Situated at 2,860 meters, it is a popular place for visitors to the Himalayas near Mount Everest to arrive. Lukla is served by the Tenzing-Hillary Airport, is the busiest, serving as the key point of entry and exit for climbers hoping to ascend Everest. Weather permitting, twin-engined Dornier and Twin Otters make frequent daylight flights between Lukla and Kathmandu/Ramechhap.

Lukla - Monjo

Walk for around 3 hours through villages, forests and some long ass bridges to reach Phakding, Walk for another 3 hours to settle for the night at Monjo. Monjo is the last village before the Sagarmatha National Park and is quite a sight during late May when there is a profusion of pretty foxgloves. The grandeur of rock formations in this area is a fitting tribute to the highest National Park in the world.

Monjo - Namche Bazaar

Enter Sagarmatha National Park and walk uphill for around two to three hours to reach Namche Bazaar, Namche Bazaar, a gateway to the high Himalayas and known for offering wonderful views of the snow-capped peaks, is considered to hold the distinction of being the wealthiest district in Nepal. It is in fact, a junction of trekking trails where different Everest trek routes are diverged. Stroll around Namche and enjoy
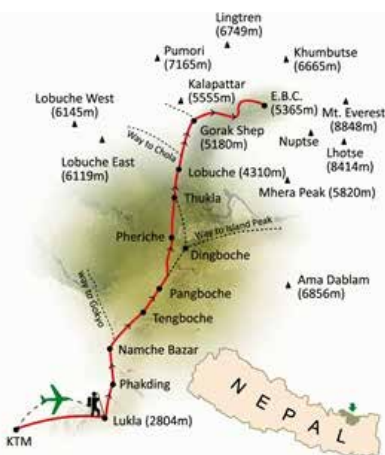
Trekking Route to EBC, Source: blog.walkaholic.me

Lukla Airport, Source: theculturetrip.com

Namche Bazaar, Source: trekebe.com

Lobuche Village, Source: honeyguideapps.com

the sunset from the National Park View Point.

Namche – Tengboche – Deboche

Walk past the beautiful mountain views of AmaDablam, Thamserku, and Kangtega to reach Phungi Tenga and then walk out for Himalaya Tahr and Himalaya Monals on the first section. Climb up to the famous Tengboche Monastery. Tengboche is also called Buddhist lighthouse, has something of a charm about it. The famous Tengboche Gompa has a part to play in this, but the beautiful birch-rhododendron forest and the expansive views offered by this ridge top settlement have got to be the ones that nail it. Walk further 20 minutes to reach at the quiet monastic village of Deboche. It is a monastic settlement established by Lama Gulu for the benefit of nuns.

Deboche – Dingboche

Walk past the village of Pangboche to reach Syomare (3 hours), walk further up to settle in for the night at Dingboche. Dingboche which used to be a summer settlement for yak grazing now caters to trekkers year round. Located about 1,000m above Namche it is crucial that you take a rest day here for acclimatization. There are plenty of opportunities for day hikes, the most popular ones being Chukung and Nangkartshang Peak.

Dingboche – Thukla – Lobuche

Walk past some amazing mountain sceneries to reach Thukla right at the mouth of the Khumbu Glacier (3 hours), Settle in for the night at Lobuche (3 hours). Tucked safely in a corner near the meeting point of Lobuche and Khumbu glaciers, this place offers some of the most breathtaking views of the mountains. One of the more popular viewpoints is at the top of the moraine and a futuristic looking high altitude research center.

Lobuche - Everest Base Camp – Gorakshep

An early start from Lobuche will make sure that you get to Gorakshep (3 hours) in good time to have a leisure time in Everest Base Camp, walk to Everest Base Camp and come back to Gorakshep to settle down for the night. Gorakshep marks the end of lodges and will be your base camp for your trips to the Everest Base Camp and Kala Patthar. The birdlife is surprisingly tame here and especially noticeable are the snowcocks and choughs. The place actually gets its name from a bird, the raven which is called gorak by the Sherpas.

Getting to the Everest Base Camp doesn't have to be technically difficult, but you have to be reaching into thin air. By the time one reachesto the Everest Base Camp, an individual will be acclimatized to the altitude and gain sufficient psychological strength and physical stamina, likely to take lesser time to return Lukla as compared to approaching Everest Base Camp.

Everest Base Camp, Source: honeyguideapps.com

THE DARK HISTORY OF PRESIDENTIAL ASSASSINATIONS SHAPED THE AMERICAN POLICIES (1865-1965)

This historic perspective sounds rather mocking but it is a true historical fact that the United States of America (USA) lost four (04) seating presidents in assassinations within the period of 100 years, an occurrence that successively and coincidentally shaped today 'seen to be firm' policies of the American government.

COL P KIHUTA, psc (U)
UGANDA PEOPLES' DEFENCE FORCES

This historic perspective sounds rather mocking but it is a true historical fact that the United States of America (USA) lost four (04) seating presidents in assassinations within the period of 100 years, an occurrence that successively and coincidentally shaped today 'seen to be firm' policies of the American government.

Abraham Lincoln - The 16th President (1861-1865)

He was assassinated on 15/04/1865 by a well-known stage actor John Wilkes Booth. The assassin actor shouted "sic semper tyrannis" (ever thus to tyrants!). The south is avenged," as he jumped into the stage and fled on horseback. The assassination of President Abraham Lincoln was just one part of a larger plot to amputate the federal government of the US plan of construction after the civil war. Lincoln never lived to enact this policy. He died the following morning on 15th April 1865. His successor Andrew Johnson assumed office and presided over the reconstruction.

Andrew Johnson – The 17th president (1865-1869) was a congressman and former slaveholder from Tennessee and the only southern senator to remain loyal to the union during the civil war. He favoured lenient measures in readmitting southern states to the union during the reconstruction era.

A proponent of states' rights Johnson granted amnesty to most former Confederates and allowed southern states to elect new governments. As a result, new state governments formed across the South and enacted "black codes". These restrictive measures were designed to repress the recently freed slave population. Soon many African-Americans had little choice but to continue working on southern plantations.

James A Garfield - The 20th President (4th Mar 1881 to 19 Sep 1881).

On July 2nd, 1881, President James A Garfield was shot twice – in the arm and back as he entered the old Baltimore and Potomac railroad station in Washington D.C. The former Ohio congressman, was en-route to Massachusetts to give an Independence Day speech. He had been a president for only four months at the time. Garfield survived the initial injury but died two months later from a severe infection. The infection likely was the result of unsanitary surgical practices as doctors attempted to remove the bullet from his back.

Charles Guiteau, the man who shot Garfield, was an unsuccessful lawyer and preacher who had stalked the president around Washington DC for weeks before the attack. Months earlier he had written a speech on   Garfield's behalf. The speech was largely ignored, but Guiteau had formed the delusion that it had been a deciding factor in the president's victory.

Seeking patronage for the "vital assistance he had provided to the president Guiteau insisted he should be awarded an ambassadorship in Paris. He turned to revenge when he was denied the post.

Chester a. Arthur - The 21st President (1881 to 1886)

The assassination of Garfield by Guiteau, the disgruntled public officer seeker, became the impetus for the Pendleton Civil Service Act. Garfield's successor, Chester A Arthur, signed this Civil Service Act in 1883 and was called- the 1883 Act, which reformed the Civil Service System and further established the principle that federal jobs should be awarded based on merit rather than political patronage.

William McKinley - The 25th President (6th Sept 1901 -14 Sept 1901)

Anarchist Leon Czolgosz shot PresidentWilliamMcKinleyon September 6, 1901. McKinley was shaking hands at a public reception, at the Pan-American exposition affair in Buffalo, New York. Czolgosz concealed his weapon with a handkerchief and shot Mckinley twice in the stomach at close range. Mckinley died of his wounds eight (08) days later, on September 14. McKinley's assassination led to the creation of the modern Secret Service. Before McKinley's death, presidential security was sloppy and often piecemeal. After his death, the Secret Service originally, a branch of the treasury department created to investigate counterfeit currency, become the president's dedicated permanent security detail.

Theodore Roosevelt - The 26th President (1901-1909)

McKinley's successor Theodore Roosevelt was widely regarded as the first modern president. Roosevelt increased the power of the executive branch by enforcing strong anti-trust legislation at home, while

simultaneously increasing the influence of the United States in global politics abroad.

John F Kennedy - The 35th President (1961-1963)

President J F Kennedy's assassination took place on November 22, 1963. He was traveling with his wife Jacqueline and the Texas governor John Connally in an open-top convertible during a 10-mile motorcade through Dallas, Texas, when gunman Lee Harvey Oswald fired three shots from the sixth-floor window of a nearby building. Two shots hit President Kennedy in the head, killing him instantly. One bullet struck Connally, who survived the assassination attempt. Oswald was shot and killed two days later by Dallas nightclub owner Jack Ruby as he was escorted out of police headquarters.

Before his death, then Vice President Lyndon B Johnson (who was three cars behind Kennedy in the motorcade), took advantage of the national outpouring of sympathy after Kennedy's death to push through the historic Civil Rights Act and Voting Rights which helped in ending the racial segregation and provided greater protections to black voters then.

All in all, things never come the easy way with the Presidential assassinations of; Abraham Lincoln forming the background of the Reconstruction Policy after the Civil War, James A Garfield forming the basis of the Pendleton Civil Service Act of 1883, while for, William McKinley offered the backdrop of the today Secret Service and finally John F Kennedy providing the very strong Civil Rights Act and Voting Rights to BlackVoters. Therefore, the current United States of America unprecedently had to go through these presidential assassinations to appreciate where they are today in terms of Policies.

LEPROSY: THE FORGOTTEN DISEASE

DR. C A ASIN
MINISTRY OF HEALTH

Leprosy, also known as *'Hansen's Disease'* is a body bacterial infection that damages the skin, nerves, upper respiratory tract and the eyes. Leprosy causing pathogen, Mycobacterium leprae multiplies slowly and the disease may have an incubation period of five years. This disease is transmitted through mucus and saliva droplets as well as through frequent contact with untreated cases. It can also lead to disability or disfigurement if not detected and treated early.

Biblically, leprosy was a disease inflicted by God upon the transgressors of His law. Leprosy corrupted the body so conspicuously that it served as a symbol of sinfulness. The disease was so feared because whoever had it was considered to have been smitten by God. The priests would pronounce such people as unclean and they therefore had to live segregated from the community. The Jews expected Jesus the Messiah to remove the affliction, which he often did by cleansing the lepers.

Archeology suggests that leprosy first appeared in China and later on in Europe three centuries before Christ. Today, leprosy is curable and not highly contagious as previously thought. However, the disease has continued to carry social stigma as it used to during the olden biblical times. Lepers are seen as fringes of the society and treated as outcasts thereby carrying a heavy burden.

Initially, there was no known treatment for leprosy and hence, lepers were segregated from family and isolated in camps. In Kenya, the isolation of lepers began in the 1930's when lepers were segregated in a colony at Kaloleni, in the country's coastal area. The first colony consisted of 36 lepers. This was during Kenya's colonial era and money was set aside to maintain the lepers. Kaloleni Hospital in Kilifi County, which was built by the Church Missionary Society, had an agreement with the government to receive funding to treat the lepers but the staff did not allow the lepers in their wards. Reverend Burns pleaded with the colonial government to establish a camp for the lepers, give them financial support and allow them to be taken care of until death relieved them of this awful disease.

A leper's colony was therefore established in Kaloleni near the hospital which became a home to the lepers. Those that got healed of the disease never went back home due to stigmatization.

Since then, the number of lepers has been increasing in Kaloleni. In 1955, a Leprosy Research Centre was established in Alupe, Busia County in memory of John Lowe Alupe, who was a dedicated leprosy worker in India. The Centre was started with 300 patients and was being run by the Ministry of Health. With introduction of Sulphone drugs in the British colonies, lepers were offered outpatient treatment. There was a need to introduce leprosy villages for ease of access to medication and care for the lepers. However, locals did not want leper colonies in their neighbourhood due to the stigma associated with leprosy. One of the villages in Alupe was literally burnt down and the sick were never supported to rebuild their houses.

By 1989, Kenya had attained leprosy elimination to 1 case per 1000 persons. However, there are still cases of leprosy in some counties in the country. In a study conducted for the period 2012-2015, it was found that children that are less than 15 years account for 7.5% of all leprosy cases in Kenya. The study further revealed that Kwale and Kilifi have the highest risk of leprosy while Homabay and Turkana have the lowest relative risk. These areas have been marked as hotspots for leprosy occurrence and transmission. Leprosy transmission in Kenya is active with cases increasing with age. Most of the infections occur in young adulthood with high cases of disability rather than mortality in late adulthood.

The high cases of disability resulting from leprosy are due to late diagnosis.

Disabled patients are hidden by their families which implicates negatively on the socioeconomic status of these communities. This is further triggered by the stigmatization associated with leprosy. Early diagnosis, multi-drug therapy and tackling stigma are the suggested ways of reducing the psychological and economic impacts of leprosy. This can reduce the endemic in the high-risk counties in Kenya. However, leprosy control activities have not been a priority in Kenya. According to research conducted in 2014, it was revealed that there are active and increasing cases of leprosy especially in Kwale, Kisumu and Homabay. Leprosy cases in Kenya do not receive financial support consistent with the cases. Additionally, the health system in Kenya relies heavily on the passive surveillance of leprosy.

Further, studies in Kenya have shown that more men than women are infected with leprosy. However, this has not been conclusively decided because the previous studies have been conducted with uncertainty. It has been found that the counties with high risk of leprosy have open water bodies where people bathe and this can catalyze transmission. In 2021, Kenya recorded 99 cases of leprosy which was a slight increase from the 95 cases detected in 2020. This can be attributed to the COVID-19 pandemic which disrupted the implementation of leprosy program in Kenya. It has also been found that those affected to the point of disability are detected late. This can be attributed to inadequate knowledge amongst health practitioners and a delay by the patients in seeking care.

Kenya had a National Strategic plan for leprosy 2015-2018, which was used to improve leprosy surveillance in Kenya by guiding cost-effective programmatic interventions with focus on the high-risk counties. There is need to sensitize the community and volunteers in these counties on leprosy especially on early diagnosis and treatment, tracing the contacts of those screened and provision of high quality care to the infected and affected. Similarly, county health departments need to be proactive and allocate resources towards leprosy control. The leprosy surveillance system in Kenya should also focus on improvement of treatment outcomes and generation of monitoring and evaluation data that can be compared over time.

I THOUGHT YOU SHOULD KNOW

MR E K OBURA
KENYA REVENUE AUTHORITY

One of my 'moments of pride' was during a visit to the Nairobi National Park in 2018, where I came across a group of lions. What a pride to behold. My family had been nudging me to take them for a game drive at the park, but I had been postponing that moment by telling them to wait for God's time, and keep praying for this. It appeared their prayers were being answered the moment I issued a 'family decree' to the effect that we were to visit the park the following day. Joy could be sensed in the air; the house was filled with an aura of thanksgiving to God who answers prayer.

Lions from Dynasties. Source: bbcearth.com

Boom! The day came and off-we-went and shortly, park-we-arrived. After the entry protocols, our bus drive began, and within the first 15 minutes of our drive, boom! boom! without notice we experienced a *'pride moment'* surrounded by over ten lions. By now, you could be aware that a group of lions is called a pride, not exactly, let us clear this out before we progress. A pride of lions constitutes mostly female lions and their cubs, and usually has up to twenty members.

The lion kingdom is an organized one such that every pride has a leader referred to as the mane. The key role of the mane is to ensure; maintenance of order, safety of cubs as well as pride-mates and observance of pride law. Since lions move across physical borders, you may nudge a student of international law near you and exclaim that you have just made a new discovery! 'pride law' is a source of international law, really? it applies to the pride even when they cross physical borders of states.

In the spirit of gender mainstreaming, let me state here that a group of male lions is called a coalition. Constituent members are usually (though not exclusive to) brothers and cousins who have been brought up in the same pride. A time comes when a male lion desires to sire cubs and start a new generation. He must separate himself from his pride, identify a new pride, displace the dominant male there and take-over the pride and be its key defender. This is no mean feat in the wild, hence such a one may partner with other males to form a coalition, thereby enhancing his chances of success.

The Mapogo Coalition, Kruger National Park. Source: https://www.kingdomstv.com

It appeared that in this 'park-venture', my knowledge capacity would tower above the level it had been prior to our arrival. As we drove along, my six-year-old son noticed that while within the park, there was an excellent view of Nairobi City and specifically the Times Tower building, which houses the taxman in Kenya. Suddenly, we noticed the tree branches moving as if disturbed, a closer look gave a glimpse of five giraffes. With their long necks, they stared at us below in a giraffe's eye view and my son wondered loudly if there was a difference between a bird's and giraffe's eye views. Honestly, I had no answer. We admired in silence, till my son raised an animal trivia at us, "what is a group of giraffes called?" a herd, I quickly retorted. There and then, I was schooled that the more appropriate name is a tower of giraffes. As if to add insult to injury, he went ahead to state that he learnt that when he was a pre-schooler. Oh me!!Aha! just like you, now I know.

A Tower of Giraffes in Nairobi. Source: https://www.amanigardensinn.com

Talk of getting schooled!! Our bus drive proceeded smoothly and we were approaching a watering point within the park. We noticed that amidst the calmness of the water, there seemed to be some protruding leaf-like figures. At first, I saw a pair, then two, three and counting. These were the ears of hippos submerged in the water. Our driver slowed down, and I thought to myself…is another trivia loading? Before I knew it, my wife noticed five hippos in sight. She proceeded to do the unthinkable, asking my son to "find out from daddy the name for a group of hippos". The trivia was then shot at me once again and like in the earlier incident, I was not in a frame of mind to quickly volunteer the right answer. As I stared into blankness, a hint is aptly provided to the effect that students meet there every morning. My guess of a school bus was rendered not-

so-smart, prompting a deep conversation; "Daddy listen carefully! that is a school of hippos, understood?" Of course, I had more than understood, I was already in the realm of disillusionment.

Hippo School, Seronera River, Serengeti. Tanzania. Source: https://www.123rf.com/

We were not through, and I was quietly hopeful for the best in the next leg of our drive. I saw a herd of rhinos, and to avoid further embarrassment, I was first to remind my son that it was mummy's turn to answer his questions from this point onwards. The trivia was quickly loading… as mummy was talking on her phone. When she finished her conversation, she was asked the name for a group of rhinos as there were three of them ahead of us. She responded without blinking "it is called a crash". She then proceeded to remind my son to school me that not every group of animals is referred to as a herd, to which I responded that it is safe to herd-it till you know-it. My hopes of an equalizer were indeed crashed at this point, and the game drive was over. I tried to find out how she knew of the crash of rhinoceroses, and realized that her phone conversation was with Mr. Google, our modern-day virtual encyclopaedia. If you know, you know, as for me, I thought you should know!!

Hippo School, Seronera River, Serengeti. Tanzania. Source: https://www.123rf.com/

THE FUTURE OPERATING ENVIRONMENT

COL P M KIMONDIU
KENYA ARMY

The end of the Cold War brought hope that the World would cease teetering on the brink of existential annihilation. This hope of a better world was cautiously balanced by precarious uncertainty. The emerging world has proved to be a combination of international rivalries, non-state actors leveraging power asymmetrically, and challenges to traditional politics. Most countries today face more complex and divergent threats from a myriad of sources like terrorism, cyber attack, large scale accidents, natural hazards etc. The operating environment is "a set of conditions, circumstances and influences that affects the use of capabilities and decisions of the military commander. Advances in technology have allowed people to connect globally, migrate more easily, and compete for resources, leading to diffusion of centralized power and shifting traditional identities. The operating environment has evolved to extraordinarily complex, dynamic, and adaptive systems in which new actors, both state and non-state, interact.

Discussion

Great power competition in the 20th century reinforced a posture and readiness to fight conventional wars. The last three decades have witnessed threats and conflicts involving unconventional, asymmetric warfare waged by individuals and groups in shifting alliances in a complex, chaotic and competitive environment. Such complexity has created gray zones between outright war and peace, where diverse actors compete for resources, access, territory, and power within states. Operating successfully in such environments requires a detailed understanding of likely trends and their disruptive potential. This part identifies the trends that may certainly shape the future

operating environment.

Technological Evolution: Technology will continue to evolve with change, advances in processing and computing, and dispersion of technology to traditional centres of power and the people. Technological evolution and absorption by the population is growing exponentially. For example the iPhone 3G launched in 2008 sold ten million units in five months worldwide. This speed of technology diffusion pushed the industry to evolve web access to new web-enabled smart phones. These points to continued rise in technological adoption through increased development and decreased costs, with more capacity to overcome infrastructural drags. This ability leads to the assessments that such technology hunger and fulfillment will continue to increase in future.

Cyber warfare: Cybercrimes are not new digital ways to ransom, blackmail or pirate information and can be perpetrated anonymously with undiscovered access. Use of cyber warfare against states includes major disruptions of digitally managed key infrastructure, precipitating catastrophic economic, physical and humanitarian outcomes. The cyberspace is ubiquitous pervading every aspect of the physical environments to a higher degree. Dominance of global cyberspace may be impossible and states will struggle to control it, because of its widely dispersed infrastructure. The rise of cyber warfare against states; cybercrime against corporate and personal entities; as well as social and economic changes brought about by virtual connections that augment if not replace physical real relationships, will have an impact.

Globalization: Technology and globalization have created an interconnectedness of the global population that has occurred in the absence of absolute-gains seeking context. The practice of governments and opposition groups remains fixed on their own interests. The "hypocrisy" of promised benefits running into unmet expectations for a better life will remain a core potential for anti-status quo groups to catalyze core grievances on a scale and ease not experienced in previous decades. Tools that enable populations to communicate and organize are also facilitating their fragmentation; identity-based populations quickly coalesce around perceived grievances, unencumbered by state boundaries, and enabled by instant communications.

Resource Competition: Growing populations and environmental changes point to resources conflict. Resources are coming under increasing competition driven in part by scarcity, environmental factors and shifting populations. Until such a time as replacement sources can be found, conflict among and across populations will increase. It's worth noting that resource competitions occur during a narrow band of time between plenty–scarcity–replacement. The

biggest impact of resource scarcities are felt prior to replacement. Where it takes long due to weak or unwilling states, regional competition, or local people using up resources for their personal needs, there is a higher chance of resource driven conflicts. Conflicts can occur directly as with water scarcity in Syria, or indirectly through commodity futures like the Arctic where several nations scramble to interpret existing international laws concerning undersea territories in their favor.

Demographic Shifts: Migration due to drought, floods, physical changes in landscapes due to climate change, political oppression, and economic opportunities are some of the demographic drivers. Though migration can result in the blending of cultures, ethnicities, and ideologies as groups assimilate into their new region; on the other hand, disparate cultures, ethnic tensions and stigmatizing stereotypes can force people into small enclaves or neighborhoods of ethnically homogenous migrants. Broader integration issues, influx of migrants not only strains infrastructure and security apparatuses in the short-term, but can cause the counter-reaction of centralized nationalism.

Comments: With these, it's clear that future technological innovation will allow artificial intelligence and other technologies to rule the battle space. Connections between cyber and physical assets will grow into the future with more information moving to cloud. Digital services will continue increasing with more people working remotely from less-secured networks thereby widening the vulnerability. Globalization being an inherently unstable system that breeds insecurity, will generate more conflicts as perceived grievances and competition for resources lead to economic struggles. Developing countries will experience youth population explosion; keep large families hence create youth bulges. With limited job opportunities, they won't absorb the manpower in their economies, creating sources of instability and recruitment terrain for terrorists and criminal groups. These notwithstanding, it's assessed the future of warfare will largely remain human.

These characteristics are neither definitive nor all-inclusive. Future operating environment will be more complex and ambiguous in all aspects. Manoeuvres will be through densely-crowded, increasingly complex, technologically-connected terrain, while focusing on the human domain, influence, and cyber operations. That situation would be best met by an integrated methodology that utilizes flexible and creative approaches plus an appreciation of the complexity of the global ecosystem.

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KIKUYU MALES- CIRCUMCISION

COL P M MUIRURI
KENYA ARMY

Traditionally, young Agīkūyū boys (Ihii) underwent coming of age ceremonies, (Mambura ma irua). This included the traditional surgical removal of the male organ's foreskin. Circumcision (Irua) was and remains by far the most important ceremony. This ceremony signifies not only a child's passage into adulthood, but also a whole wealth of other socially significant meanings and assumptions of responsibility. Boys initiation into adulthood marks their admission into full membership of Agikuyu society. This was thus a momentous occasion, both socially and individually for initiated boys. Through circumcision and the period of initiation and instruction that accompanied it, an individual became a full participant in society as a whole, beyond the scope of the village (Itura) and their families. Their responsibilities, therefore, extended not just to their family group, but also to the Agikuyu as a nation.

Origins of circumcision

It's believed that the system of circumcision was borrowed from Cushitic and Nilotic peoples by the early Thagicu (early Agikuyu people), one of the ancestral groups of the Agikuyu and possibly the tenth of the 'full nine' clans mentioned in oral tradition of Gikuyu and Mumbi. The point to note here is that circumcision was adopted approximately five centuries ago.

Circumcision is widely practiced, and has no stigma attached to it at all. There are no groups advocating for men's rights, and indeed circumcision is fore most a much-yearned practice, though slightly dreaded, event. The shame that surrounds a boy who flinches or cries during the incitation will remain with him throughout his life: to flinch is a sign that he is not as manly as his age mates, and cannot be trusted with the defense or governance of his people. Few, in consequence, fail the ordeal.

The meaning of circumcision

Outwardly a relatively simple physical act, circumcision is in fact of crucial social importance, with complex meanings that affect the entirety of society. On its most basic level, circumcision marks the passage of a child into adulthood. The cutting of a foreskin marks the wounding away of childhood.

Circumcision symbolizes a person's assumption of adult responsibilities - both social and cultural - and the individual's acceptance as a full member of the tribe. Among Agikuyu, an uncircumcised person, no matter how old he or she might be, will generally be regarded as a child, or else will be seen as inferior or lacking. If a person who is not circumcised has children, the act is believed to anger both God and the spirits of the ancestors, and the whole community will suffer in consequence.

There would be a drought, for example, because someone who was not circumcised had sired a child. Circumcision, therefore, was necessary for maintaining relations with ancestors and God. In consequence, many societies - the Kikuyu included - have a taboo against an uncircumcised man having children. If this occurs, the usual punishment is coerced exile for both the mother and father, which nowadays takes the form of people heading off to Nairobi to fend for their own. The taboo against uncircumcised people applies not just individually, but across entire people.

The conduct of Agikuyu tradition circumcision

On the chosen day when the circumcision ceremony took place, the boys trooped to the river very early in the morning. That early chill, the water flowing from God's seat, Kīrī Nyaga or God's sleeping hides. Nyandarwa, was ice cold and when the boys dipped themselves up to the waist, they came out numbed to face the circumciser's knife. Even after weeks of preparation, it was a painful experience. The real test was facing the knife without flinching. The boys would stand up straight with the river behind them and with their faces unblinkingly looking straight up to the hills Top. The supporter (Mutiiri), of each boy would stand behind him, and the circumciser would move quickly from boy to the other with the same knife. The women at a safe distance up the hill would look down and break into song. The boys too would sing much later after healing during the cerebrations of newly circumcised (shiumiri).

Almost all boys in Agīkūyū land today face the knife not at the chill rivers but in a medical doctor's operating table under local anesthesia. The pain of traditional circumcision has been reduced to a minimum. The modern medical doctor has come to deliver current generation from pain just as the religion came to deliver humans from evil. By embracing pain and suffering as part of the human experience, we gain and learn a lot from this landscape of pain.

Traditionally, there was a circumcision ceremony for boys organized by age-sets of about five-year periods. Although boys could be circumcised throughout that period, they would become part of the same age-set, and all the men in that circumcision group would take an age-set name. Times in the history of Agikuyu society could be gauged by age-set names. Circumcision was traditionally a public affair, which only added to the anxiety - and determination - of the boys to pass the ordeal without showing the slightest trace of fear. Traditionally, boys who underwent circumcision became anake (warriors). As in so many other societies all over the world, relationship with women was seen as a weakness. For this reason, junior warriors were barred from erotic relations, though in compensation they were also given a lot of food staff to make them strong.

Source: Rift Valley Hills Resort- The meandering road and magnificent view of Keiyo Escarpment

BARINGO TOURISM: A GOLDEN GEM

MR E K WENDOTT

MINISTRY OF INTERIOR & COORDINATION OF
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As you plan your next excursion trip away from the hustle and bustle of life, your intent to explore Kenya's beautiful countryside; appreciation of nature's scenic marvel, grace, and rich cultural heritage, consider visiting Baringo County in the middle of the Great Rift Valley. You will be awed, amazed at exquisite scenic topographic landscapes, natural forests, lakes, hills, mountains, escarpments, and more importantly the rich cultural heritage of the Tugen, Ilchamus,

Turkana, and Pokot communities, the inhabitants of Baringo.

Baringo County has a population of 666,763 in an area of 10,976.4 Km2, with a density of 61 people per Km2. The strategic position of this County coupled with a wide variety of unique attraction sites, makes Baringo the next dream destination for local and international tourists. Indeed, the untapped under-utilized tourism sub-sector has a huge potential to contribute immensely to the county's revenue streams through tourist earnings and job creation for the residents. In Kenya, tourism accounts for about 8% of the overall GDP with total earnings estimated at Kshs.145.6 billion in 2021 and supporting approximately 1.6 million jobs. Hence, Baringo County Government has to heavily invest as part of a strategy to make the tourism sub-sector vibrant, and competitive in Kenya and the region as a whole. Undoubtedly, huge tourist attractions spread across various parts of Baringo County have the potential to transform the devolved unit into a world-class destination for eco-tourism, archaeological sites owing to the rich culture, heritage, and discovery of fossils

within the County in early 2000, and of course, wildlife tourism.

Perhaps this might sound utopic, unreal, or exaggerated for anyone who would want to visit for the first time. Not at all, tourism in Baringo is a hidden treasure; a golden gem. With this great potential, the County Government of Baringo has made deliberate efforts to improve facilities and infrastructure to enable its visitors' experience valuable and memorable. The tourism promotion and investments by the county government in eco-tourism, cultural tourism, safaris, business and conferencing, and other new innovative products have made the County gain and maintain a competitive edge in the service industry. The enhanced collaboration with key stakeholders and educational institutions to promote conservation efforts for the sub-sector are also essential for sustainability.

Kenya is a renowned destination for beach tourism, eco-tourism, cultural tourism and sports tourism which attract thousands of local and international tourists annually. Baringo County is part of the tourism circuit in the country. Among the renowned tourist attractions in the county include:

a. The hot Springs/geysers in Lake Bogoria and Cheparwas in Kapedo;

b. The unique flora and fauna, particularly wildlife such as elephants, leopards, giraffes, and kudus in Lake Kamnarok and Lake Bogoria National Reserve;

c. The breath-taking picturesque of the Keiyo escarpment across the valley and the famous Cheploch Gorge;

d. The flamingos in Lake Bogoria and over 500 bird species in Lake Baringo and other parts of the County like Baringo South, and Tiaty;

e. The rich culture and heritage of the Tugen, Ilchamus, Pokot, and Turkana inhabitants of the County;

f. Korossi Volcanic Hills – are ideal for sport and bird watching; and

g. Kabarnet National Museum and Kipsaraman Community Museum, which house a variety of Kalenjin traditional artefacts depicting the County's rich cultural heritage.

These are but some of the exquisitely known attractions but rest assured there are other endowments in this great County awaiting discovery and utilization. As a visitor, your experience will be worthwhile and quite memorable. Baringo County headquarters at Kabarnet can be accessed from Eldoret via Iten 'home of athletics', Nakuru via the Mogotio-Marigat route, and also from Laikipia through the Mochongoi route. Hence, one can complete a circuit that will definitely give a first-time visitor a truly magnificent experience of Kenya's tourist attractions worth writing home about.

Your visit to Baringo will never be boring since there are a number of activities which you can undertake in the many tourist sites mentioned above. You will be able to enjoy bird watching, boat rides, or a visit to the many famous islands in Lake Baringo and of course enjoy the tasty goat meat of Koriema. While at Lake Bogoria you will not only marvel at thousands of flamingos but enjoy bird watching of many bird species found in the surroundings as you also view the hot springs and geysers.

At Kamnarok National Reserve, a game drive will enable you see the elephants, white Rhino, crocodiles, rare bird species, and other wildlife. Your visit to the National Museum at Kabarnet and the Community

Source: Baringo County Government- The flamingos and geysers in Lake Bogoria

Museum at Kipsaman will enable you to appreciate the rich culture and heritage of the Kalenjin tribe. This is not to mention the game drives and safari experience in Lake Baringo, Tiaty, and Lake Kamnarok, which will make you desire to come again. Don't forget to visit Kursalal falls in Lembus Forest and Chemususu Dam in Eldama Ravine to appreciate nature at its best. We also have excellent viewpoints among them, Kimgochoch hills in Sacho, which are ideal for picnics and hikes.

Don't worry about accommodation and security, the County is safe. The county has excellent accommodation facilities in Kabarnet, Lake Bogoria, Lake Baringo, and Mogotio town supported by hotels in Nakuru City, Iten in Elgeyo Marakwet, and Eldoret in Uasin Gishu to mention but a few.

Plan a getaway with your family, friends, and workers for a totally unforgettable experience. Welcome to Baringo County; 'the home of happy people and plenty of honey!'

Source: Sande Nyongesa- The Tugen Hills.

SPORTS DIPLOMACY AS AN INSTRUMENT OF FOREIGN POLICY IN KENYA
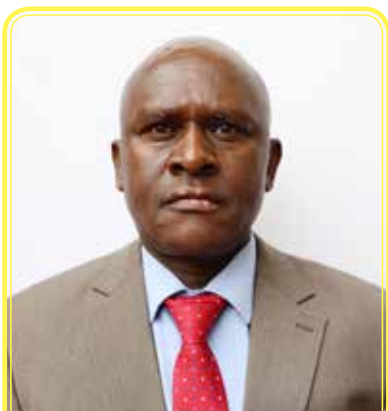
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Sports diplomacy can be defined as the art of using sport as a platform for maintaining and strengthening alliances, increasing a states' national prestige and pursuing its national interests abroad as a tool to promote and project its foreign policy goals. Sports diplomacy has been maximized by some countries in Europe, United States, Japan and Australia in pursuit of their national interests, highlighting their cultures, identity and national values. Similarly, African countries have persistently capitalized on sports to showcase positive aspects of the continent amid challenges including conflicts and human rights violations in some countries.

Kenya continues to exploit sports diplomacy as an instrument or strategy to relate with other countries through the power of attraction to influence the spread of its values, culture and identity. For instance, in November 2019, at the launch of Kenya's bid for the United Nations Security Council non-permanent seat, the country's top athletes were part of the high-level delegation of diplomats led by the then Cabinet Secretary, Ministry of Foreign Affairs, Ambassador Monica Juma.

In putting these sport icons at the forefront of its campaign, Kenya sought to promote its image through their achievements and showcased the contribution of Kenyan people to the world. In the last three decades, key Kenyan sports icons such as Paul Kibii Tergat, Tegla Chepkite Loroupe and Eliud Kipchoge have demonstrated their eminence in world athletics, thereby elevating Kenya's position within the global stage of sports. In addition, Kenya as a high-performing sporting nation continues to exploit its sports diplomacy to deepen engagements with other countries to achieve its foreign policy agenda regionally and internationally.

Kenya's Foreign Policy is anchored on five (5) separate but interconnected pillars; Peace, Economy, Culture, Diaspora and Environment. Under the cultural pillar, the policy, prioritizes and elevates the use of sports diplomacy as an instrument for enhancing Kenya's position and stature in international affairs through improving public opinion, spreading culture and values and promoting influence as well as fostering peace.

Sports diplomacy continues to promote Kenya's political image through soft power, international relations and Nation branding. It also promotes economic propensity through sports tourism, investment and development projects. In addition, sports diplomacy themes include peace building, building trust, cooperation and multilateralism supported by state and non-state actors such as sports ministries, federations, corporate institutions and people that employ sports as an instrument for diplomacy.

Sports are considered a common bond amongst people of various colours, race, religion and geography as it can be used to change perceptions and opinions amongst states. For example, after the 2008 Beijing Olympics, many people felt that China was becoming more open and that as a society it had a lot to offer to the world. Similarly, South Korea used the 1988 Summer Olympic Games in Seoul to bolster relations with the Soviet Union and was successfully able to prevent USSR from boycotting the games in support of North Korea.

Economic impact of sports diplomacy is a massive driver of profit for brands globally. The sports events offer an opportunity to showcase brands on billboards, sport channels, stadium and on television advertisements with high purchasing power

Eliud Kipchoge breaks Two-Hour Marathon Barrier- The New York Times, 2019.

from global audience. Kenya continues to exploit sports in shaping its public opinion and reputation through initiatives that encompass its political system and ideologies, diplomatic infrastructure and appeal to business. For instance, agencies such as Brand Kenya and government officials such as Cabinet Secretaries and Ambassadors as well as sportspeople endeavour to promote Kenya as a Brand through soft power bearing in mind that political image is a catalyst to more economic benefits in sports tourism and direct foreign investments.

Kenya as a strong power in global athletics, particularly in long distance running with a roster of world record breakers such as Kipchoge Keino, Catherine Ndereba, Paul Tergat and Tegla Loroupe has the potential to continue exploiting sports as a tool in furtherance of its foreign policy objectives. The emergence of eSports offers the country the opportunity to market itself globally through participation in regional and international athletic events as the eSports viewership surpasses the traditional sports broadcasting, which is a marketing forum for governments, individuals and companies to engage, create and inform positive image of the youth involved in eSports.

Kenya needs to fashion its sports diplomacy as a status symbol, interest promoter and identity marker to position itself for benefits in the future. As a status symbol, the country needs to exploit its rich culture of sports to send signals of its rising status, both as a regional hegemony and as a global player in international politics. Additionally, as an identity marker, sports diplomacy can be used to

Tokyo Olympics: President Uhuru Kenyatta in the presence of Sports CS hands over Kenyan Flag, Daily Nation, 2020.

promote Kenya's identity and values of morality, democracy, rule of law, human dignity and international cooperation. Furthermore, as an interest promoter, sports diplomacy can serve as convenient platform where Kenya can have the opportunity to negotiate new political and economic ties, enhance bilateral and multilateral relationships, and consolidate the existing ones.

THE ISLAMIST JIHAD MISCONCEPTION

COL Y A MOHAMED
KENYA ARMY

For believers of the existence of God in many religious set-ups, it only begs to ponder the harmony in which the world and its ecosystem operate in a seamless architecture. Nevertheless, examining the human body and the countless functions orchestrated in utmost delicate balances, which are replicated in the human genome in a perfect fashion, not forgetting the many auto-piloted body functions, which we have no android application to regulate. The endless mercy from God has shown no segregation, be it a believer or a non-believer of God. Every one body temperature continued to be maintained for free at an average of 37c. This is what any analyst will deduce as observable actions of the almighty God which did not choose to favor any across the board. If we are to go by the parable of action speaks louder than words, then it only behooves that similarly His words will equally be balanced, be it in the Holy Bible (Injil) or Quran or any other holy books.

It is crucial to appreciate that holy books particularly the Islamic Quran as a source of law were revealed 1400yrs ago to an Arabic environment that differed largely from the many other demographics which later embraced the Islamic faith. The linguistic, interpretational, and cultural challenges caught up with the spread of the faith. However, many jurisprudential paradigms emerged with time and formed various schools of thought which ameliorated the understanding and focus of the sharia dispensation. The holy Quran is not a casual book. It took Prophet Muhamad peace be upon him (PBUH) 23 years with God's supervision, and it only calls for anyone to ponder on what it takes if you don't have a supervisor to guide you on the Qur'anic studies. God says in the holy Quran [18:109] Say, 'If the ocean were ink for [writing] the words of my Lord, it would run dry…'it's imperative to deduce that the book as indicated has depth in meaning and might not be for anyone but rather established scholars to guide.

It's no wonder today, as a consequence of the nature of the holy book, that we have countless volumes and libraries of books globally all emanating from the commentaries as a result of the complexity and nature of its literature and scope. The danger comes when a single perception

of the Qur'anic verses are held in a rigid sense, one will be bound to make a mistake, particularly in these modern eras of Google search scholars.

The Islamist Jihad misconception

The centrality to the Islamist call on Jihad is based on 4 major principles the establishment of Muslim Ummah (Nation), the establishment of the caliphate (Islamic governance), the establishment of the sharia rule of law, and the jihadi militancy. Jihad (struggle) in an extended meaning connotes fighting for the cause of God, and has been mentioned severally in the holy texts and at the most crucial times when the Prophet mission in Mecca was violently challenged. However, he could have waged direct wars against his open enemies, despite many verses of the Qur'an which were revealed during this period mentioning the word "jihad". But on the contrary, we did not observe any combative response during his first 13years in Mecca. It is imperative to note that ordinarily, the conditions were all ready and permissive on today's standard to wage a combative war. So, this brings a wider understanding of jihad as a struggle. It could be a struggle against own-self character, patience, charity and many other positive struggles in life.

The prophets (PBUH) migration to Medina approximately 500km N of Mecca following persecution of his followers and sanctions from the elites of Mecca, saw after 8 years of his stay in Medina the first holy text permitting his combative response. It's obvious that Prophet Mohamed's (PBUH) mission was not focused on hostilities but specific reasons as stipulated in the holy texts provided him with the mandate for self defense. It is crucial to examine the verses which permitted military engagement. This will shed light on how the extremist have misinterpreted the whole jihad concept.

[22:39] "Permission ʿto fight backʾ is ʿherebyʾ granted to those being fought, for they have been wronged. And Allah is truly Most Capable of helping them ʿprevailʾ."

[22:40] "They areʾ those who have been expelled from their homes for no reason other than proclaiming: "Our Lord is Allah." Had Allah not repelled ʿthe aggression ofʾ some people by means of others, destruction would have surely claimed monasteries, churches, synagogues, and mosques in which Allah's Name is often mentioned. Allah will certainly help those who stand up for Him. Allah is truly All-Powerful, Almighty."

The above verses clearly show that military campaigns can only be conducted on self defence which it's a conventional standard (jus ad bellum). One of the critical verses radicals hold to their legitimization of their acts. Quran [9:5] But once the Sacred Months have passed, kill the polytheists ʿwho violated their treatiesʾ wherever you find them, capture them, besiege them, and lie in wait for them on every way. But if they repent, perform prayers, and pay alms-tax, then set them free. Indeed, Allah is All-Forgiving, Most Merciful.

The above verse pointed to specific violators of agreements and treaties and by so doing waged war against the Muslims. In retaliation, they were given permission to engage.

Major vulnerability to the radical problems lies with the casually handling of the Qur'anic exegesis forgetting that the Quran, is not an ordinary book where literal linguistic translation is casually applied to bring meaning. By casually, approaching Qur'anic exegesis, it has generated deadly doctrines which apparently are forming the center of gravity for radical moral legitimacy. The radicals exploit the meaning of Qur'anic verses specific for military campaigns, and take them out of context, misinterpreting and disregarding its historical context thus treating the verses in isolation. Islam humanitarian law of conflict stipulates stringent measures to all its commanders and that limits have to be observed, contrary to the terrorist collaterals.

What is JIHAD ?
Smiling In Tough Moment Is Jihad.
Keeping Patience In Hard Times Is Jihad..
Struggling For Good Deeds Is Jihad..
Taking Care Of Old Parents In A Loving Way Is Jihad..
Forgiving Is Jihad..
Jihad is not what the media shows but what the Qur'an says to Strive and to Struggle!

"The greatest Jihad is to battle your own soul, to fight the evil within yourself."
- Prophet Muhammad (PBUH)

HELICOPTER AERIAL FIREFIGHTING

COL T K VIGISA
KENYE AIR FORCE

A helicopter is a type of aircraft that uses spinning rotors to generate lift and sustain flight. This allows the helicopter to be ubiquitous due to its ability to take off and land vertically, hover, and to fly forward, backward and laterally. These attributes allow helicopters to be used in wild terrain, congested and isolated areas where fixed-wing aircraft cannot operate. That is why military and civilian helicopters are strategic utility assets during periods of national emergencies and disasters.

Kenya regularly experiences periods of dry weather and is currently staring at its longest stretch of 'dry spell' ever experienced in over forty years. Dry spells come with the risks of wild fires and forest fires. In the year 2020 wild fires burnt through the Northern regions of Kenya, which include Garissa, Turkana and neighbouring counties, and in the central part of Kenya, which included Meru, Nyeri and Kirinyaga counties. While wild fires may play some role of shaping the ecosystem as an agent of renewal and change, it can be destructive as well. It can destroy homes, wildlife habitat, timber and pollute the air with emissions harmful to human health. Fires also release carbon dioxide (which is a key greenhouse gas) into the atmosphere. In March 2022, fires scoured sections within Mt Kenya National park which is a natural forest, threatening key moorland and forest habitats on Mount Kenya. Some forest glades containing mature rosewood and cedar trees were lost due to an ineffective response.

The personnel at the Kenya Forest Service (KFS) and Kenya Wildlife Service (KWS) are trained to manage forest and grassland fires, but do not have the capability to contain fast-moving fires. Manpower shortages, limitations in Personal Protective gear and mechanized equipment have been a challenge. Kenya Defence Forces, NGOs like Sheldrick Wildlife Trust and private ranchers have regularly tried to offer help as well but the impact remained low. Apart from wild fires, Nairobi frequently experiences arson fires in densely populated sections of Nairobi city especially Gikomba market and Mathare slums. Gikomba has had its annual fires in the past years of 2015, 2018, 2020 and 2021. In October 2022 a fire razed down part of Gikomba market destroying property worth millions of shillings.

As wildfires become a more substantial risk worldwide, it is critical that policy makers are cognizant of how uncontrolled fires and fire seasons impact the economy. An economic study in the United States of America (USA) estimated that each additional day of smoke exposure from a wildfire reduces earnings in a community by about 0.04% over two years. Fires across the U.S.A in 2019 caused about 3,700 civilian deaths and another recorded 16,600 injuries. Apart from the personal trauma of deaths and injuries to the community, these fires also have the potential to bring about transformation in local economies. Victims may not be able to work ever again or may be unable to do so for a stretch of time while recuperating. Loss of assets and property is an instantaneous economic impact of uncontrolled fires, but the ripple effects can last for several years. Alongside the loss of property, there is displacement of people or communities from their homes, a devastation of commerce and a substantial impact on insurance companies.

Considering the potential huge losses caused by raging fires in the wild or in towns, it is critical that vulnerable countries like Kenya should have sufficient aerial fire-fighting capability. This is because fire fighting aircraft are the quickest and most effective means for an initial attack. It is essential to locate and reach the scenes as quickly as possible at the breakout of

MI 171E Helicopter with bamby bucket.

Overview of fires worldwide in 2020

a fire. When the fires are still small, the extinguishing methods are usually very effective. The most ideal initial attempts at extinguishing the fires should be from the ground, however in expanses that are more problematic to access, or where there is an extreme danger of raging fires, fire fighting aircraft may be the only alternative for a real quick initial attack. During situations of combating wild fires, helicopters can be a force multiplier and could be the difference between life and death. The Ubiquity and multi-role capabilities of helicopters allows them to be used on fire fighting roles, passenger transport, cargo transport, water or retardant application, reconnaissance and mapping of fire zone, aerial ignition operations, search and rescue, law enforcement missions, winching or hoisting operations and sling load transportation.

There are generally three broad types of helicopters categorized by size and capacity in fire fighting operations. Type 1 helicopters are the large, fast and most expensive helicopters in use for wild and forest fires. They are capable of delivering up to 3000 litres of water or retardant via a bucket or a snorkel (that fills an internal tank) accurately in coordination with ground personnel. Type 2 helicopters can support fire-fighters on site by delivering up to 1,500 litres of water to the fire line in a bamby bucket. Type 2 helicopters are very effective during the initial attack. Type 3 helicopters are smaller but have a higher cruise speed than the Type 2 helicopter and can reach the scene of an initial attack wildfire much quicker. They are capable of deliveringupto700 litres of water using a bucket.

Kenya Air Force has been able to conduct fire-fighting missions after modifying its fleet of MI-171E helicopters to allow them the capability to sling bamby buckets of up to 2000 litres of water or retardants. This is however not sufficient to cover all the vulnerable regions in Kenya and they may also not be available on call due to other operational engagements. There is need for the Government to consider training, modifying and equipping all state helicopters to be able to deal with raging fires in the country. The National Air Support Department (NASD) which is a semi-autonomous government agency can be tasked with the development and coordination of aerial fire fighting capability for all Government operated helicopters. Thereafter the NASD can be linked with the National Disaster Operations Centre for coordination during emergencies.

Kenya Air Force has been able to conduct fire-fighting missions after modifying its fleet of MI-171E helicopters to allow them the capability to sling bamby buckets of up to 2000 litres of water or retardants.

The view of the Nairobi Expressway by night.

"EXPRESSWAY" TO PROSPERITY

COL V N MBURU

KENYA ARMY

As social development continues to expand, growth in societies that depend on road transport and networks are becoming more common across the world. A good road network provides efficiency in the movement of goods, which boosts the economy of a country. Roads offer various benefits to businesses including easier business travel, logistical benefits, and organizational improvements, which are instrumental in enhancing business productivity. The iconic Nairobi Expressway is one of the most expensive China-funded infrastructural splurges that Kenya has built in recent years. This partially elevated highway, which transverses through the city was officially launched in July 2022 and is expected to spur modernization and create various economic benefits.

The Nairobi Expressway is a 27km four-lane dual carriageway that links Jomo Kenyatta International Airport (JKIA) and Mlolongo to the Nairobi-Nakuru highway, at ABC Place. It is part of the government's long-term economic plan as articulated in the Kenya Vision 2030. Infrastructural development is a key part of this plan, and the aim is to make the country more interconnected through roads, airports, railways, ports, and telecommunications. The government has planned that by 2030, there will be no region in Kenya that will be referred to as 'remote'. It expects that these changes will help transform Kenya into a middle-income economy.

When looking at the economic benefits that the Expressway brings to the country, it is important to first determine how it helps to ease the traffic woes in Nairobi City. According to a Bloomberg report, each year the economy loses about $1 billion in productivity because of traffic jams in Nairobi City. Therefore, the Expressway is essential for reducing congestion along some of the major roads in the capital, such as the Waiyaki Way, Uhuru Highway, and Mombasa Road. Road congestion occurs when road capacity cannot meet traffic demands. As a recurring problem on the mentioned roads, the Nairobi Expressway is the much-needed solution because it offers an alternative route of travel, thereby reducing the traffic demand on the mentioned roads.

Road congestion impacts negatively on reliability and speed of travel. The ensuing inconveniences end up impacting negatively on the economy, especially because they affect businesses. A lot of time is wasted by traffic congestion, and this non-productive action decreases the country's productivity. It creates delays in the delivery of goods,

View of the Nairobi Expressway Snaking through the City (Standardmedia.co.ke)

An Aerial view of the Nairobi Expressway (star.co.ke)

and movement of people to their work places or businesses. This results in loss of business opportunities. In addition to the cost of fuel, recurrent braking and acceleration during traffic jams increases the costs of vehicle maintenance and repairs. Road congestion also encourages road fury, which is a risk factor for road accidents. According to a statement by the Transport Cabinet Secretary in 2022, over 31,000 motor vehicles use the Expressway daily. This is a clear indication that traffic demand has reduced on other roads, and consequently reduced the economic losses attributed to road congestion in the city.

The Nairobi Expressway is also an integral part of the Northern Corridor. The Northern Corridor describes the infrastructures including the trading routes which connect to the landlocked economies in East Africa, including Burundi, Rwanda, the Democratic Republic of Congo, Uganda, South Sudan, and Kenya. To make the Northern Corridor more effective, and for it to be a more effective factor of economic development, the roads and other infrastructures that serve it must be in good condition. The Nairobi Expressway is part of the efforts that member states are making to improve the Corridor's main road network. During the inspection of the Northern Corridor Projects, Kenya's Transport Cabinet Secretary said that the Expressway allows for seamless movement on the Northern Corridor. The Northern Corridor Transit and Transport Agreement (NCTTA) is a treaty that was signed in 1985 to enhance regional cooperation among East African states by facilitating interstate and transit trade.

The Expressway allows Kenya to facilitate closer economic integration with other East African countries. This in turn opens the avenue for trade promotion enabling Kenya increase her exports to other NCTTA member states. The Nairobi Expressway has also enhanced Kenya's economic competitiveness. The transportation efficiency it provides helps to reduce transit costs along the Northern Corridor. The transport costs through the Northern Corridor have been the highest in the world, which has impeded the region's trade competitiveness. When the transit cost is high, this cost is borne by transporters and reflected through higher costs of imported goods, which in turn reduces their demand in foreign markets. On the other hand, when the transit costs are low, the country's imports become more desirable in foreign markets. So far, Uganda is Kenya's largest trading partner in the East African region. Kenya's export volume to Uganda in the first half of 2022 stood at about Ksh 46 billion. This is

in comparison to exports to Tanzania (Ksh 28 billion), Rwanda (Ksh 19.2 billion), and South Sudan (Ksh 13 billion). The Nairobi Expressway has enhanced the fluidity of transport, and so there is an opportunity for Kenya to continue growing these volumes.

The Nairobi Expressway also entrenches the country's position as a business hub for prospective foreign investors. Notably, the tourism sector stands to benefit greatly because the Expressway has greatly reduced the travel time from JKIA to Nairobi's central business district (CBD). According to the Ministry of Tourism and Wildlife, the seamless connectivity and the city's beautiful scenery will attract more international hotel brands to set up their operations in Nairobi City. This will boost the revenues for the economy and help to lower the high unemployment rate in the country.

The effectiveness of the Expressway is also a good marketing strategy for hotels and travel agencies that organize and facilitate tourism activities for organizations and individuals. It also boosts Meetings, Incentives, Conferences, and Exhibitions (MICE) tourism. MICE tourism is part of the hospitality industry and is one of the most profitable sectors. The double-decker road presents an opportunity for MICE to flourish. The majority of MICE activities usually take place in cities, and the business tourist may want to add on leisure travel, which makes the transport network key in this business. An efficient road makes it easy to move such tourists from their places of residence, to and from various areas of attraction. The Nairobi Expressway, therefore, has remarkable effects on Kenya's tourism sector and economic prosperity in general.

Motorists in traffic jam along Mombasa Road before the construction of the Nairobi Expressway (Pulselive.co.ke)

SHOWCASING CULTURAL DIVERSITY

National Defence College (NDC) ON 21 January 2023 held its annual Cultural Day in Karen, Nairobi with pomp and colour. With this year's theme dubbed 'Fusion of knowledge and cultural diversity for prosperity' the organizers, National Defence College "participants intake 25 – "Trailblazers", sought to highlight the diversity of the various cultures represented by this year's course participants, and in addition, help individuals appreciate and understand the diversity in each other's cultures.

The day saw family and friends of Senior Civil Servants of the Republic of Kenya and Senior Military Officers, drawn from the different allied countries studying at the college showcase their richly diverse culture through donning of traditional attire, food, songs, and dance.

Speaking during the event, the Commandant NDC Lieutenant General Albert Kendagor highlighted that Cultural Day is an integral activity for the college as it serves as a unifying factor in the midst of cultural diversities.

"This event is a solemn reminder that forging a cohesive community contributes to national, regional, and international peace and prosperity." Said Lt Gen Kendagor.

Representing the Chief Executive Officer (CEO) Safaricom Peter Ndegwa, Chief Corporate Security Officer Safaricom Nicholas Mulila, appreciated the different cultures present and pointed out the importance of culture adding that it is a source of identity for any individual.

This year's course participants are drawn from different allied countries namely: Bangladesh, Botswana, Burundi, Egypt, Ethiopia, India, Kenya, Malawi, Namibia, Nepal, Nigeria, Rwanda, Tanzania, Uganda and Zambia.

The trailblazers as usual showcased the day with exceptional excellence. The day's event would go down as one of the best organized events in the college. Congratulations to All Trailblazers.

Agikuyu Participants pose for a photo during NDC Course 25 Cultural Day Event.

Agikuyu Participants pose for a photo during NDC Course 25 Cultural Day Event.

Chief corporate Security Officer Safaricom Mr Nicholas Mulila representing the CEO Safaricom addressing the Cultural Day Event.

Marakwet Dancers and Parcicipants pose for Photo during NDC Course 25 Cultural Day Event.

WHERE DID THE SNOW ON THE PEAKS DISAPPEAR TO?

MR S M MBIUKI

MINISTRY OF INTERIOR & COORDINATION OF NATIONAL GOVERNMENT

When we were growing up, every space available was covered by trees and bushes, and animals roamed the village any time of the day. They had a home they could hide in if they fell under threat. Every village was surrounded by lush bushes, and a variety of tall and magnificent trees. Streams of very clear and clean water sprout from every hill within the villages. The environment was virgin then. Living on the majestic slopes of "Kilima Kia Nyaga" (Mt Kenya) was fulfilling; we enjoyed a clear view of all its beautiful peaks, which were arranged systematically in well-calculated ascending order. All higher peaks enjoyed the cover of very beautiful whitish snow caps. Therefore, everyone could enjoy very cool waters from the mountain, our mountain.

Crops of all kinds and bush fruits of all tastes, colours, and shapes were easily available and free for all. Food was plenty and every household had enough at all times. The forests provided all the dietary needs required for both people and their livestock. The rains were enough and came in their seasons without fail. The forests provided meat, tubers, and honey too. Indeed, life was full of joy and easy in the villages.

Every person young and old protected the environment. I remember when we were young there were prohibitions on the felling of certain types of trees from the common forest, which were regarded as rare and valuable. Anyone in need of trees from the forest for any use was obligated to seek permission from the clan leaders who were front liners in protection and conservation initiates. The forest supported almost all the needs of every household in the village. Village members were encouraged to conserve the environment within their individual means. The tree cover was high as tree planting was almost mandatory for everyone in the community. The general thinking of villagers was that trees helped in the process of making rain and the clearest sign then that rains were being made was the presence of the snow caps on top of the mountain. The mountain was a revered place because it was believed that the god of the villages resided therein.

As we were growing up we started noticing some unpleasant changes, the white caps started reducing to small patches scattered along several peaks. The rainfall that was very regular and sufficient became irregular and could not support the growth of all the crops. At one time with the support of authorities then, loggers also arrived and entered our forest with their big tracks and tree-cutting machines. And within a decade, they had cleared all magnificent trees and left a bleeding forest. And that signalled the start of rapid destruction of the forest cover and general environment in our villages.

Afterward, the white patches started disappearing slowly until they vanished completely from the mountain tops, which remain bare and ugly till today. This marked the start of suffering in our villages. As I document this, the villages which used to produce sufficient foodstuffs from the farms, today rely on meager government subsidies and irregular receipts of food packages. The villagers who were strong and energetic then are now feeble and emaciated. The forest that was thick and home to many peculiar varieties of trees, specifically the camphor variety approximated to be over 500 years

is now covered with scattered shrubs and a few bamboo trees. The rains that were regular and sufficient were replaced by long periods of dry spells.

Our forefathers insisted on the conservation of the forest in order for it to continue serving our needs and those of future generations. In other words, it was the responsibility of everyone to preserve and conserve the environment. Many unwarranted human activities on the environment have destroyed water catchment areas leading to ever-changing patterns of weather thus interfering with food production. The situation is deteriorating day by day as industrial processes continue to harm the environment. More lands are becoming deserts with rivers and lakes drying up at unprecedented rates. The future looks bleak unless individuals, communities and governments come up with sustainable and innovative strategies to conserve the remaining forests, water resources, and other aspects of the environment for the posterity of future generations.

Thank God that communities around "Kilima Kia Nyaga" have started organizing themselves in order to develop strategies aimed at regenerating the forests in order to restore white caps at the peaks of the mountain and subsequently normalize the

rain patterns. To this end, every villager is required to plant trees on their farms and protect the remaining few water sources. Hopefully, the villagers far and near shall sustain the momentum to enable the initiatives to bear fruits in the near future.

Let's all preserve and conserve our environment, people from the seven villages surrounding the mountain requests.

When will the white snow caps fully return to the beautiful peaks of our Mountain, Kirinyaga?

FEMALE GENITAL MUTILATION: AN ENDURING PROBLEM IN KENYA

MS A J PARMERES
NATIONAL INTELLIGENCE SERVICE

Female Genital Mutilation (FGM) is an ancient practice that violates human rights and undermines the socioeconomic well-being of many women and girls across the world. FGM entails the modification and injury of the female genitalia for non-medical reasons. The World Health Organization (WHO) categorizes FGM into four types: incision, de-infibulation, and re-infibulation with the fourth category being the combination of two or all three. A study by WHO in 2019 estimated that over 200 million women and girls had undergone FGM globally, with a further 4.1 million others at risk annually. Studies also show that FGM is still entrenched among some communities in 30 African countries, including Kenya, Egypt, Ethiopia, Malawi, Nigeria, Somalia, South Sudan, South Africa, and the Middle East and Asia. Equally, a dearth of literature indicates that some immigrant communities in Australia, Canada, France, Norway, the United Kingdom, and the United States still practice FGM.

The origin of FGM remains unclear. However, some scholars claim that FGM predates Islam and Christianity following the discovery of circumcised mummies in Ancient Egypt (present-day Sudan and Egypt) in the 5th Century BC. The ritual, which is often practiced for cultural or religious reasons, is underpinned by the desire to control female sexuality. Efforts to eradicate the practice in Africa began with European missionaries in the early 20th Century. Currently, concerted local and international efforts led by the United Nations are aimed at eradicating the vice by 2030. However, the ancient ritual remains deeply entrenched in many countries. This paper aimed to assess the economic, social, and reproductive health consequences of FGM from the perspective of individuals, families, communities, and healthcare systems in Kenya and propose solutions.

In Kenya, the Government has intensified anti-FGM efforts, leading to a decline in national prevalence. The 2014 Kenya Demographic and Health Survey indicates that 21% of girls and women aged between 15 and 49 years had undergone FGM, a remarkable decline from 38% in 1998. These efforts have been buoyed by the use of the media, including the vernacular radio stations to galvanize public support against FGM. Consequently, UNICEF has classified Kenya as a group 2 country, where FGM is only prevalent among certain ethnic communities. Despite the steady decline at the national level, FGM prevalence remains high among the Somali (94%), Samburu (87%), Abagusii (85%), and Maasai (78%).

The high prevalence is attributed to the move by the affected communities to adopt clandestine ways of practicing FGM, including cutting girls as young as 3 years old, and increased cross-border FGM, particularly within border areas of Kenya, Ethiopia, Somalia, Tanzania, and Uganda. In addition, some Abagusii and Somali tribesmen have increasingly adopted the medicalization of FGM, mainly performed at home or in private clinics by health workers from the affected communities. This allows families and health personnel to conform to social norms while averting risks of FGM complications and prosecution.

The Maasai community has steadfastly clung to their traditional values and customs, including FGM, despite witnessing the positive impacts of western cultures on surrounding communities. The Maasai

Maasai girls aged between 12 and 14 years from Kajiado County who have gone FGM.

reside in parts of Kenya's Rift Valley Region, mainly Kajiado, Narok and Laikipia counties as well as parts of Northern Tanzania. FGM is a rite of passage among the Maasai, which marks the transition from childhood to adulthood and a prerequisite for marriage. The ceremony targets girls between the ages of 12 and 14. After the cut, the initiates undergo a period of seclusion, where they are imparted with life skills to prepare them for gender roles in the new family and society at large. The belief that women who have not undergone FGM would be promiscuous in marriage, remains a hindrance to the fight against the vice as men, particularly the warriors (Morans), continue to shun marrying uncut women.

Like many other African cultures, the Maasai have myths about their origin as well as the genesis of their customs and traditions. Maasai folklore explains the origin of FGM in the story of Naipei, a young girl who had intercourse with her family's enemy, and whose punishment came in the form of FGM, to prevent other girls from committing obscenity. Since that day, all adolescent Maasai girls undergo the cut to protect the honour of the community.

Unlike male circumcision, which provides protection from infections, particularly HIV/AIDS, FGM does not have any known medical or health benefits. On the contrary, studies have shown that FGM has numerous health, psycho-social and psychosexual implications on the affected women and girls. Key among the

repercussions of FGM are excessive bleeding, which could be fatal, infections, infertility, sexual dysfunction, and post-traumatic stress disorder as well as pregnancy, and labour complications. Studies have shown that FGM is partly responsible for the high maternal and infant mortality rates, which are common among FGM-practicing communities. Furthermore, the WHO projects that the cost of FGM to world economies will increase to US$2.3 billion by 2047, from the present US$1.4 billion per year in healthcare costs for women living with resultant effects.

To eradicate FGM, adopting a multi-faceted approach that upholds human rights is necessary. This could encompass increased advocacy on the consequences of FGM, sustained empowerment of women and girls, provision of support for victims of FGM, increasing collaboration with traditional and religious leaders towards adoption of alternative rites of passage, and strengthening anti-FGM legislation besides addressing the medicalization of FGM.

In conclusion, FGM is an outdated practice that perpetuates gender inequality in society and curtails the freedom of women and girls, rendering them voiceless victims with no choice but to live with resultant consequences. To this end, there is a need for concerted efforts to empower women and girls besides promoting states' development, which will in the long run uphold their dignity, human rights, and posterity.

NAMIBIA'S RELATIONSHIP WITH HER SADC LANDLOCKED NEIGHBOURS
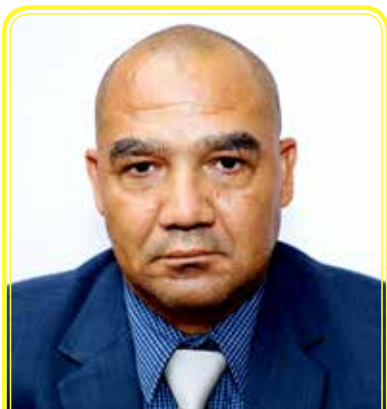
COL P O ORANGE
NAMIBIA DEFENCE FORCE

Namibia is a small country inside the Southern hemisphere of the African continent, with a floor location of 824,290 square meters. It is bordered with Angola to the North, Zambia and Zimbabwe to the North East, Botswana to the East, South Africa to the South and the Atlantic Ocean to the West. All its neighbouring countries considering

that independence shared an amazing relationship until today in addition to the truth that all of the nations are contributors of the Southern African Development Community (SADC). However primarily based on the fact that Namibia borders Atlantic Ocean to the West, gave it a bonus in reference to Maritime transport. Maritime shipping consequently is one of the most crucial modes of transporting and delivery used worldwide with the aid of supporting international locations to fulfil their travelling and business requirements.

Maritime delivery therefore emerges as extra green over time and chance unfastened with the introduction of modern ships from the present-day state of artwork which can journey from one corner of the world to every other. In the equal vein with the aid of transporting items and materials via maritime modes makes it less expensive as compared to different modes of delivery and extra safe because of assured protection mechanisms in ships.

Therefore, Namibia's closely depends

on Maritime shipping for worldwide trade and the worldwide economic system. This phenomenon makes Namibian financial system, collectively with the economies of the Southern African Development Community landlocked countries inclusive of Zimbabwe, Zambia and Botswana to be specifically dependent on the two ports on Namibian shoreline, specifically Walvis Bay and Luderitz Ports. Initially while Namibia were given its independence in 1990, the landlocked countries did not share the benefits of Maritime modes of transport, and simplest after numerous years through agreements the landlocked international locations round Namibia gave dry ports as a way to decorate regional relationships, permitting the landlocked international locations to revel in the benefits of Maritime way of delivery in addition to further alternate within the Region and increase their respective dry ports.

The dry port of Botswana mainly to the Walvis Bay port Lease agreement signed in 2009, (hereinafter referred to as the

Dry Port Agreement) entered into among the Republic of Botswana and Namibia after the agreement took numerous years to negotiate and it has a selected scope and constrained period of fifty (50) years. Further discussions on the settlement aimed to determine minimal adherence to the United Nations Conventions at the Law of the Sea (UNLOS) noting that, even though the Agreement is time bound and can be taken into consideration to be of a brief length, and therefore offered an possibility for the Governments of Botswana and Namibia to go back to the negotiation table, with the possibility to resume the agreement with the intention to have a larger scope which includes the UNCLOS rights and permissions.

Though the Namibian Government will gain through infrastructure development as well as boosting the Namibian financial system, for Botswana the Agreement provided a important opportunity ports within the Republic of South Africa of which have been heavily congested ensuing in an increase in charges and delayed services because of the distance and many other elements, in addition to that not one of the Southern African coastal States have granted their landlocked nations neighbours through Article 69 rights in exploration.

Botswana's dry port measures 36 200 hundred square meters in size and serves inclusive field managing with a ability to carry 17 000 twenty containers equivalent Unit in keeping with month with a automobile coping with, spoil bulk shipment coping with, bonded warehousing, trendy and specialised warehousing with a total capability of 80 000 tones. Customs and fitness inspections, cartage and different value delivered services clients may additionally require. the dry Port of Botswana in Walvis Bay will consequently, serves as logistic market locally and in the course of the Southern African and controlled by the Sea Rail (Botswana) (Pty) Ltd, opening a smart hyperlink between markets in Southern Africa and world, a one stop facility to move shipment visa versa. The Botswana port may also provide imports and exports on an extensive kind of cargo and items.

The Namibian Government donated 19 000 rectangular meters of land to Zimbabwe, for setting up a dry port as well, that allows them to battle the economic problems perpetuated via monetary sanctions towards Zimbabwe and get admission to to the ocean, to lower fees.. In this regard the Zimbabwean dry port in Walvis Bay was formally commissioned on the July 2009. Previously Zimbabwe imported and exported cargos through South Africa and Mozambique that became more costly. However after the commission Zimbabwe's alternate volumes via the port of Walvis Bay have grown significantly in which it presently ships around 2500 tonnes through the Namibian harbour.

Today, after 2014 dry port Zimbabwe became constructed through Zimbabwe's State-owned logistics firm Road Motor Services (RMS) facilitating exchange between Zimbabwe and the rest of the world.

It be began in 2008 when the Namibian Government presented Zambia with 27 430 rectangular meter dry port in Walvis Bay Harbour, of which Zambia best started the use of the port on December 2017. The facility was constructed at a cost of three million US dollar by Zambia Government. Likewise, with the alternative landlocked international locations the Namibian Government supplied the dry ports to benefit all of them from the maritime modes of shipping. As a member of SADC, Namibia in its potential consequently, supplied her landlocked nations the opportunity to efficaciously trade internationally, for the benefit of the Region and boosting their respective economies along with Namibia.

PICTURES SPEAK

The Faculty and Course participants celebrate Nepal National Day.

Kamba Traditional Dancers performing during the Cultural Day.

Col (RTD) Cyrus Oguna delivering lecture of opportunity at National Defence College.

Deputy Commadant Amb Ngwesu presents College book to PS Amb Peter Kaberia after delivering lecture of opportunity.

Gen Hecker USAFRICOM Commander Group Photo with Course 25 at NDC Kenya College.