



## HWANGE

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## PROCRASTINATE

By Abigirl Phiri

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## FINANCE BILL

By Charles Kabiriri

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*Diaspora Source Of Anything... Everything you are looking for.*

# The Diaspora Times



e-paper

June 29th, 2024 Issue 253

We fail because we do not try The Diaspora Fountain Of News & Knowledge

Let us all share this moment with the bereaved and pass message of condolences to the families of those whose sons and daughters perished as they fought from the frontline to salvage and fix the future of Kenya.

# The Gen Z Have Put Kenya On The Spotlight.



**Kenyan police officers and anti-government protesters clashed in the center of the capital Nairobi on Thursday (June 27). Police made arrests and used tear gas in an attempt to disperse them.**

**Protesters vowed on Thursday to keep up their demonstrations against President William Ruto's government despite his pledge to withdraw proposed tax hikes that prompted a week of deadly unrest.**

Protesters expressed their anger on the 2024 Finance bill while chanting Ruto must go

**I**t all started on 9th August 2022 with a crop of regime that was coming with all entitlement.

Young people, Gen Z had to rise in solidarity following a decision by parliamentarians to support Finance Bill 2024-2025, which was facing widespread rejection in the country.

It caused discontent, anger, and frustration as they felt the decision to support the bill did not represent their best interests!

Protest is a way of expressing oneself. It was a good starting point for Gen Z to breathe life to the 2010 constitution. Whereas Article One of the Constitution states that sovereign power belongs to the people, read together with Article thirty-seven, which guarantees the right to picketing, the pendura box went open. The urban youth felt most affected by this Finance Bill 2024-2025.

By Charles Kabiriri...cont page 3

**R.I.P. heroes of your times! Such courageous invasion of parliament will mark the beginning of times that never were. Kenya will never be the same again!**



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**OPINION  
NEW KENYA MOVEMENT**  
The Kenya Gen Z have put the nation on the spotlight for stopping at nothing in their quest to have their voice on leadership issues heard.  
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**Laughter is medicine**  
  
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**FALLEN HEROES**  
  
Makhan Singh was a Kenyan labour union leader who is credited with establishing the foundations of trade unionism in Kenya.  
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*"Success without honor is an unseasoned dish; it will satisfy your hunger but it won't taste good." – Joe Paterno*

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# BEST RATES IN DIASPORA- LEMFI LEADS



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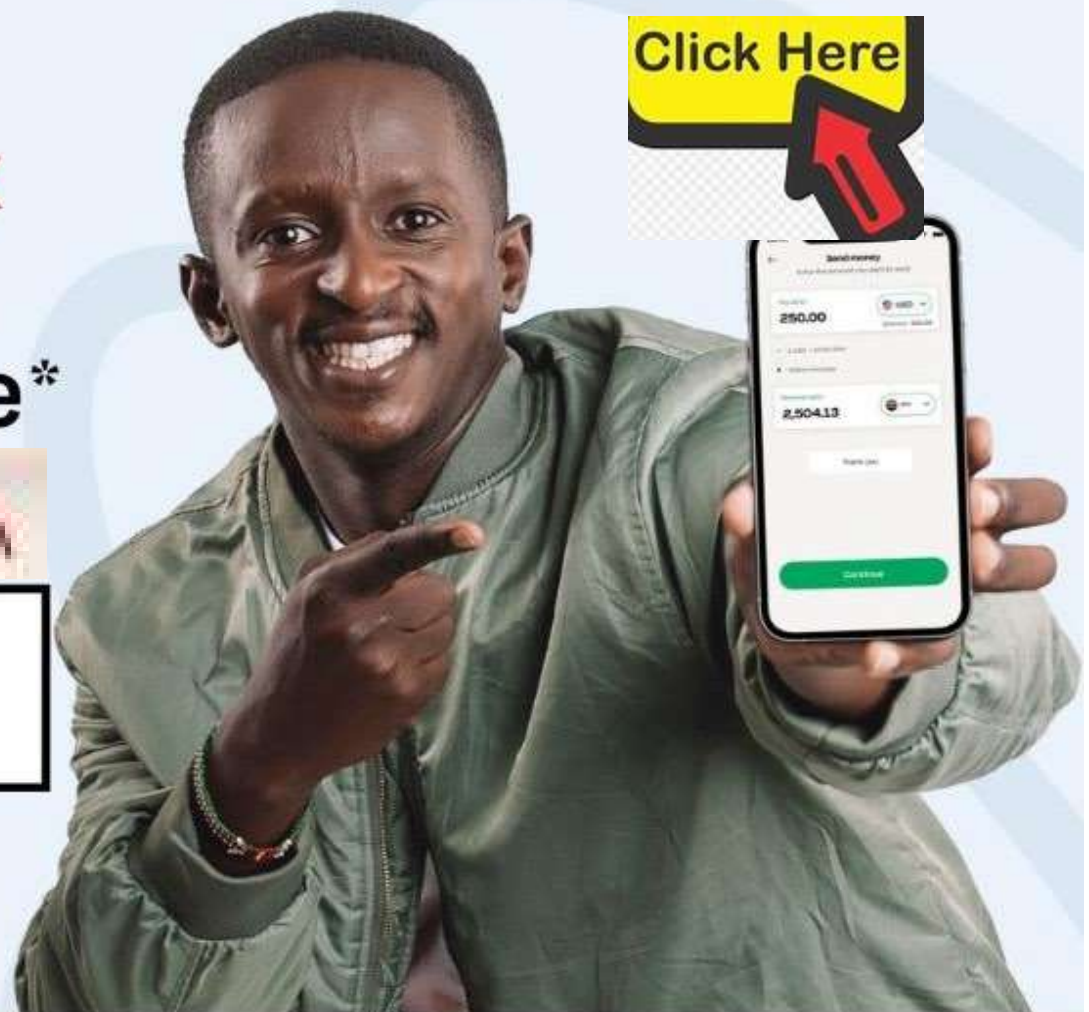
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Charles Kabiriri  
Political Activist  
New Kenya Movement  
For Change

The Haiti deployment are some of the obligations Ruto vowed to undertake on behalf of the West, even when the decision to do so is unpopular at home or face legality issues.

# The Kenya Gen Z Have Put Kenya On The Spotlight.

The Kenya Gen Z have put the nation on the spotlight for stopping at nothing in their quest to have their voice on leadership issues heard, and their concerns exposed a deeply rooted crisis in the country especially upon their storm and occupy the parliament declaration that caused mayhem that was close to a revolution!

Revolutions are spontaneous! Troubles facing the nation is a systematic emasculation of the institution of governance through years of ignorance and arrogance directed by the elected to the electorates!

It all started on 9th August 2022 with a crop of regime that was coming with all entitlement.

Young people, Gen Z had to rise in solidarity following a decision by parliamentarians to support Finance Bill 2024-2025, which was facing widespread rejection in the country.

It caused discontent, anger, and frustration as they felt the decision to support the bill did not represent their best interests!

Protest is a way of expressing oneself.

It was a good starting point for Gen Z to breathe life to the 2010 constitution.

Whereas Article One of the Constitution states that sovereign power belongs to the people, read together with Article thirty-seven, which guarantees the right to picking, the pendura box went open

The urban youth felt most affected by this Finance Bill 2024-2025.

Protests should be seen as what they are.

They have come up after many other avenues have failed.

The youth making up 65% of Kenya's population have forced the ruling class from the recent protestations to have self introspection!

The legitimacy of the Kenya Kwanza administration is coming out as one that is very unpopular, too soon.

This is because the mandated representation of the people has been averted by



corrupt practices where sides are taken in accordance with the loot given by the executive, pushing decisions even when they are unpopular with the people.

It's from this anomaly that Gen Z took up a robust protest to the Legislature dubbed #OccupyParliament

after the parliamentarians failed to heed the voice of the majority that supported a No vote to the Finance Bill 2024-2025 thought and believed to have been prepared by the IMF courtesy of Global Economic Forum supported by the West whose policies were in total contravention with our own individual economic growth.

However, since President Ruto ascended to power courtesy of the West, he has become lethal by acting on the advice of the West, perpetuating their interests at the expense of his natives.

President Ruto is thus considered to be a puppet of the West.

The Haiti deployment are some of the obligations he has vowed to undertake on behalf of the West, even when the decision to do so is unpopular at home or face legality issues.

To President Ruto, court orders are nothing to care about, and this has set his leadership in a very unfamiliar territory as in good governance and fidelity to the constitution and the rule of law unlike his predecessors. Gen Z came together to confront the truth by forming one of the largest collections of persons in Kenya's protests and marching in their thousands to parliament.

They engaged the police in running battles but eventually overwhelmed the forces and made their way to the parliament buildings. In disbelief, the parliamentarians had to be evacuated through emergency exits to escape the rage with the Gen Z protestors. Everything was vandalized and destroyed as one side of parliament was set ablaze. However, some lives were lost in the process as police snipers used live bullets! This was received as shocking news to the world, with world-circulating journals like Wall Street and Kenya News dominating its front page for a record three days in a row.

Kenya's Gen Z has set new levels of inspiration globally.

Countries like Nigeria, South Africa, and Pakistan, notwithstanding our neighbours have expressed their concerns with the spirit and determination of young Kenyans.

The President climbed down and signed a memorandum that was then sent to the speaker of the National Assembly, as is the law in his rejection of the bill.

This was after President Ruto realized that a civil coup was about to take place following the countrywide destruction of critical government infrastructure, indicating the level of unpopularity and deterioration of the Kenya Kwanza regime countrywide partly two years into their tenure.

Gen Z have taken their space in Kenya politics and have vowed to rally behind a new leadership come 2027 general elections for real socioeconomic and political transfor-

mation.

They have accused the President of lying when he is not flying.

President Ruto has never been able to deliver any of his campaign promises and has continued to align the nation with the interests of the West, exposing the country to international dangers that we have nothing to do with.

These are some of the aspects that flared Gen Z protestations against the regime.

Of interest, too, is the level of looting currently observed among people close to the President.

Gen Z feels that punitive taxes being pursued by the regime in line with the level of corruption in government are both quite destructive and are thus stealing their future, considering that manufacturers are being forced to leave the country from high cost of production.

The unemployment level keeps surging!

Gen Z is an evolved version of those who lived the Moi era regime.

The current crop of leadership have been forced to swallow their pride!

Gen Z are fearless and take every step of their life with determination.

The abductions that followed nights to protests and the massacre that was reportedly to have claimed over 200 lives of Gen Z marks the downfall of the Ruto regime as his hands are smeared with blood of the Kiambaa church massacre of 2007 post elections violence and the recent Githurai massacre, an aftermath of the occupy parliament escaped!

Let us all share this moment with the bereaved and pass message of condolences to the families of those whose sons and daughters perished as they fought from the frontline to salvage and fix the future of this nation.. R.I.P. heroes of your times!

Such courageous invasion of parliament will mark the beginning of times that never were.

Kenya will never be the same again!

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FROM THE ARCHIVES



“Uhuru Kenyatta’s victory is due in part to his running mate, Mr. Ruto — an odd alliance given that their factions were on opposing sides in the 2007 violence. *A consummate chameleon, Mr. Ruto joined forces, in succession, with Mr. Moi, Mr. Odinga and Mr. Kibaki. He was this election’s kingmaker, happy to be wooed by both leading candidates.*”

From the editorial pages of **NY Times March 14, 2013**- Article by Literature guru Ngũgĩ wa Thiong’o



# LAUGHTER IS THE BEST MEDICINE



**THE MEDICINE CALLED LAUGHTER IS THE BEST MEDICINE**



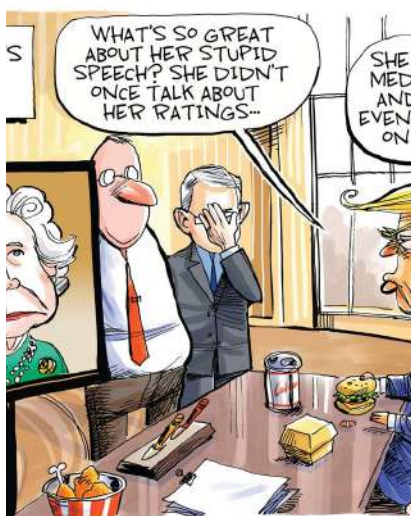
**"We don't laugh because we're happy – we're happy because we laugh." – William James**

A man is driving down a highway, and he hits and kills a rabbit. He gets out of the car and walks over to the rabbit. He picks it up and starts crying, thinking he's a horrible person. Someone else driving down the highway stops and walks over to him, and asks, "What happened?"

The man replies, "I hit this rabbit with my car and now it's dead!"

The other person gets a thoughtful look on their face and goes back to their car. They rummage around in the trunk, and eventually walk back over to the man holding a spray bottle. They spray the rabbit with the bottle, and it comes back to life. It starts hopping away, turning back every few hops to wave at the two people. The man, astounded, turns to the other person and asks, "What was in that bottle?"

The other person replies, "It's hare spray."



400 passengers but only 200 meals were loaded onto a flight from Delhi to New York City. It was only discovered after take off, when the flight attendants started going through their preparations for the meals. So, the airline had bungled, and the crew was in a fix. However, one smart flight attendant had an idea. A couple of hours into the flight she nervously announced, "Ladies and gentleman; we don't know how this happened, but we have over 400 people on board, but only 200 dinners.

Anyone who is kind enough to give up their meal to someone else, will receive unlimited free liquor for the duration of the flight!"

Her next announcement came six hours later: "Ladies and gentlemen, if anyone wants to change their mind, we still have 180 dinners available."

It's the World Cup Final, and a man makes his way to his seat right next to the pitch. He sits down, noticing that the seat next to him is empty. He leans over and asks his neighbour if someone will be sitting there. "No", says the neighbour. "The seat is empty."

"This is incredible", said the man. "Who in their right mind would have a seat like this for the Final and not use it?"

The neighbour says, "Well actually the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first World Cup Final we haven't been to together

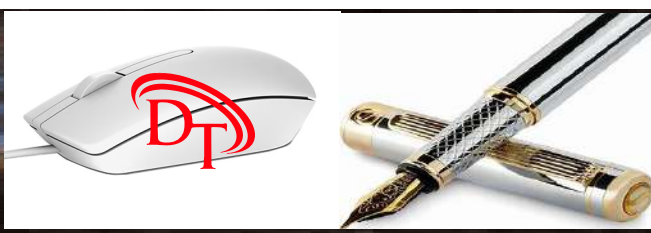
since we got married." "Oh, I'm so sorry to hear that. That's terrible... But couldn't you find someone else, a friend, relative or even a neighbour to take her seat?" The man shakes his head. "No", he says. "They're all at the funeral."

Two young salmon are swimming along one day. As they do, they are passed by a wiser, older fish coming the other way. The wiser fish greets the two as he passes, saying, "Morning, boys! How's the water?"

The other two continue to swim in silence for a little while, until the first one turns to the other and asks, "What the hell is water?"



## EDITORIAL PICK



Internet sourced story

# WE WILL SOON SHOW YOU THE EXIT DOOR, GEN Z'S TELLS RUTO AND HIS COHORTS.

**Mass arrests were recorded in Nairobi earlier on Tuesday with at least 283 people, including journalists covering the protests detained by police, civil society groups said.**

**Young Kenyans or GenZs, say they are fighting for their future and are using social media platforms such as TikTok to amplify their message.**



Article By Abigirl Phiri- Zimbabwe



# Procrastination Is The Thief Of Time.

The end goal being to achieve their purpose. In the same vein such is life. It needs an individual to plan and have a strategy.

**W**e tend to procrastinate. This is a common habit in human beings. But you should force yourself on other issues not to procrastinate especially work and school related specifics. It's better to do your things timeously so that you have room to do other things. Give yourself time and breaks before continuing on a set out life goal. Procrastination is the thief of time.

If you continue delaying you might end up not doing that thing at all. Some owe this procrastination to laziness. We are living in a fast paced world. For that reason we are caught up in a lot especially on the internet. Such things play a huge role in leading people to procrastinate on their set goals.

Provided although you procrastinate but ultimately you end up doing that specific thing then it's a cause of celebration. This is because some people tend to not do it at all then later on wallow in self pity that they should have done this or that but it will be too late.

Have the strength to do certain activities there and then and be done with them. Worth noting one needs to have a checklist of the things you need to do on a daily basis. In a way this will help to keep you on track. Li-



keewise what athletes do, they have a routine they follow without fail. The end goal being to achieve their purpose. In the same vein such is life. It needs an individual to plan and have a strategy. Do not live your life haphazardly going where the wind goes and not following through your set goals. Indeed, we acknowledge that now and then one might feel tired but that should not stop you indefinitely.

Set aside time to refresh and do things that make you happy. After that continue with the set goals because we have little time on this face of earth. That said, you need to spend your time wisely because time is money. When the stacks are high you will do the needful and shake of procrastination, a disease that has caught up a lot of the people in the world.

It might seem as if this is a small matter but when you are old you will realise how important not procrastinating is. This is because you will compare what could have been but it

will be too late needless to mention one can't go back in time. Thus if given an opportunity seize it up and act on it whilst there is still time and breathe of life in your body.

Lately I have been setting aside my school work due to other commitments. But through self reflection I realised I should not waste such a opportunity that some people are crying for but can't have. All in all life is a tumultuous journey characterized by a lot. However the ability to plan and face the day makes it all worthwhile this experience of living.

There is no room for procrastination but only action. Pressing the same point, if you keep yourself busy and executing your every goal you will lead a happy life free of drama. This is because you won't have time to focus on infinitesimal things. If God himself didn't procrastinate in the creation of the world then how can you do so, a mere mortal being. In life be results oriented and wise enough to

know high flyers plus achievers have no time to waste doing small talk. Instead they are super on point in ensuring everything goes according to plan just like project management doctrine that make sure everything is done to the letter. You shouldn't be in a position to call yourself you are slacking. Contrary you should be able to label yourself a perfectionist who does everything by the book. Only a person with good ethics can be able to manage this.

Funny enough some do not have the zeal to do this due to various reasons. But to those who can turn a new leaf for the better, this is the time to become proactive enough to lose the procrastination jacket. Once done then you are set to witness and enjoy wonders. Rugarre treasured readers.

Article by Abigirl Phiri, Zimbabwe

## 5

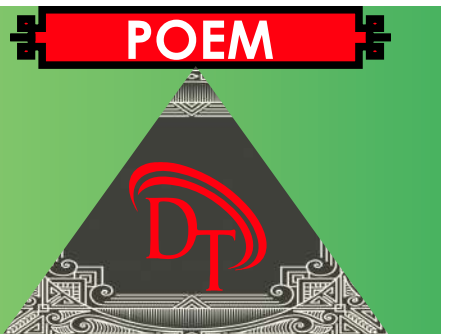


By Abigirl Phiri-Zimbabwe

### summary



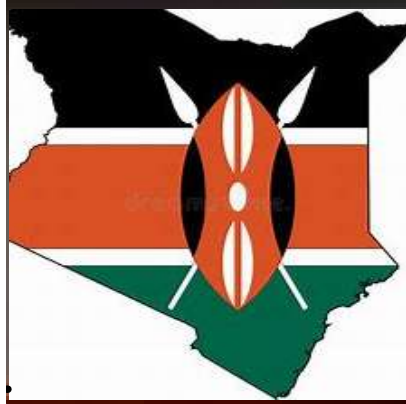
Poem Title: To say  
By: Abigirl Phiri  
To say  
I do  
To things  
I don't  
It's nerve wrecking  
To think  
I can't  
To things  
You can  
It's devastating  
To feel  
Absolutely  
To mediocrity  
Then act on it



Earning a promotion enables you to assume a more important role in your company, earn a higher salary and gain a heightened sense of accomplishment. To effectively advance your career within your company, you will need to have excellent work performance and catch your supervisors' attention. While performance, experience and skills are common requirements for a job promo-

tion in many workplaces, you can take extra measures to become a prime candidate for your desired position. You can take several measures to increase your chances of securing a promotion at work. While the requirements for promotion may vary from one company to another, you can distinguish yourself as a good candidate by follow-

ing these practical tips: Improve your skills to deliver increasingly better results for your company. Expose yourself to a broader range of company activities that enable you to broaden your knowledge, skills and experience and find new opportunities for career growth.



# Makhan Singh

**Post-independence, Makhan Singh was left out of any national involvement. Heartbroken, he became a social recluse and directed his mind to writing the history of Kenya's trade unionism in his volumes. He died of a heart attack on 18 May 1973 at the age of 59.**

**E** (27 December 1913 – 18 May 1973) Makhan Singh was a Kenyan labour union leader who is credited with establishing the foundations of trade unionism in Kenya.

He is credited to have played a vital role in the Kenyan Freedom Struggle. He was detained by the British colonialists for 11 years from 1950 to 1961 - the longest ever political detention in Kenya's history.

Makhan Singh was born in Gharjakh, a village in Gujranwala District, Punjab to a Sikh family. In 1927, at the age of 13, he moved with his family to Nairobi, a municipality which, since 1905, had functioned as the administrative capital of the British East African protectorate.

From the end of the Second World War he participated in the Indian Freedom Movement from Kenya where he was jailed in Gujarat Jail, he was freed after multiple fasts unto death.

The Indian Trade Union was formed in 1934 and Makhan Singh elected its secretary not long after, in March 1935. Soon, Makhan Singh convinced his nearly 500 fellow unionists to change the name of their association to the Labour Trade Union of Kenya and open membership to all, regardless of race.

Singh's action at both a basic, semantic level and a broader, organizational level signalled his intent to break free of the political and racial narrowness of daily life in colonial



**LABOR UNION LEADER MAKHAN SINGH**

Kenya. To this end, biographer Nazmi Durrani says, the union published its handouts in Kiswahili besides Punjabi, Gujarati and Urdu. This encourages us to believe that Makhan Singh's inclusion of Africans in his trade union activities was not merely symbolic and that he was determined to reach out to as wide a swathe of subjugated races as possible.

He was arrested in 1943 and in January 1945, he was set free. Wasting no time, he took up work as a sub-editor at Jang-i-Azadi, the weekly published by the Punjab Committee of the Communist Party.

Kenya was a centre of Ghadr Party until 1947. Three Punjabis Bishan Singh of village Gakhhal Jalandhar, Ganesh Das and Yog Raj Bali of Rawalpindi were summarily tried and hanged to death in public

in December 1915 for possessing and distributing Ghadr.

In Kenya he had done something unprecedented. In the month of April, Makhan Singh gave a call in Nairobi for Uhuru Sasa, a Kiswahili expression meaning Freedom Now. For the first time, someone had commanded the British to grant complete independence to their territories in East Africa.

In 1935, he formed the Labour Trade Union of Kenya and, in 1949, he and Fred Kubai formed the East African Trade Union Congress, the first central organization of trade unions in Kenya.

After having spoken out in clear and strong terms against British occupation and colonial rule in Kenya on 23 April 1950 at Nairobi's Kaloleni Halls, Makhan Singh was arrest-

ed within 21 days on 15 May. He had inadvertently given the British colonial masters an opportunity to silence him. At a trial in Nyeri, Chanan Singh (later Justice Chanan Singh) defended him eloquently and with rigour. He was acquitted.

While in jail he still organized strikes and fasts. Although the greatest feat of his power was from 1951 to 1955, where he issued the Sector Nairobi, Kenya Trade Union to stop trading with Britain altogether. After he left jail in 1961 he was able to reset his Trade Union although Jomo Kenyatta and him, at the time partners with the same respect in society, were able to negotiate with the British to set up Kenya as a democracy, although he wanted it to be a Communist nation.

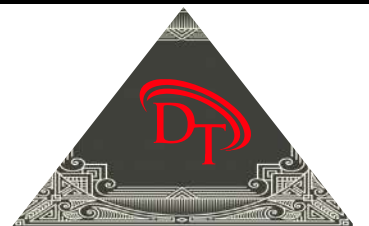
By Dr. Jean Kamau  
Excerpts from Sms Diary  
jean@gmail.com

## summary



RIP

He was born on December 27, 1913 in Gharjakh, a town near Gujranwala (Pakistan) in the family of Sudh Singh who went to Kenya in 1920, about two decades after the British took Indian labour to Kenya to lay the railway track from Mombasa to Kisumu to feed their commercial needs. In the 16th century the Portuguese had also imported workers from the then colony of theirs, Goa, to help build the coastal Fort Jesus. But it was in the last years of the 19th century when 37,000 workers and petty tradesmen were introduced from Punjab and Gujarat for the line that is termed by the African tribes and subsequently by Robert Hardy as The Iron Snake. The slithering of this 'snake', passing through the dense forests took life of about 2,500 workmen; roughly four persons per mile of the track. Another 6,500 were injured seriously.



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A DIASPORA INVESTMENT

# American Airlines CEO says the removal of several Black passengers from a flight was 'unacceptable'.

In 2017, the NAACP warned Black travelers about flying on the airline, claiming that several African American passengers had experienced discrimination from airline employees.

**A**merican Airlines put an unspecified number of employees on leave for their involvement in an incident in which several Black passengers were removed from a flight in Phoenix, allegedly over a complaint about body odor.

American CEO Robert Isom wrote in a note to staff that the incident was unacceptable. "I am incredibly disappointed by what happened on that flight and the breakdown of our procedures," Isom said in the note this week. "It contradicts our values. ... We fell short of our commitments and failed our customers in this incident."

Three Black passengers sued the airline last month, charging that they were removed from the January flight because of racial discrimination. They said they were told that a white male flight attendant had complained about an unidentified passenger's body odor.

The men said they did not know each other and were seated separately while waiting for the plane to depart for New York. The three said they were among eight passengers – all the Black men on the flight, they said – who were told to leave the plane.



**FILE - American Airlines President Robert Isom speaks at a news conference about the company's new partnership with Alaska Airlines, Thursday, Feb. 13, 2020, in Seattle.**

The men said they demanded an explanation for their removal during a confrontation with airline personnel in the jet bridge. At least one of the men recorded the discussion, capturing an airline employee seeming to agree that the men were discriminated against, according to their lawsuit.

After a delay of about an hour, they were allowed back on the plane.

American did not say how many employees were put on leave or describe their job titles. A spokesperson for the airline said, "We are holding those involved accountable,

including removing team members from service."

Isom said American would form an advisory group to focus on the experience of Black customers, to promote the reporting of discrimination allegations, and to improve diversity training to "focus on real-world situations to help recognize and address bias and discrimination."

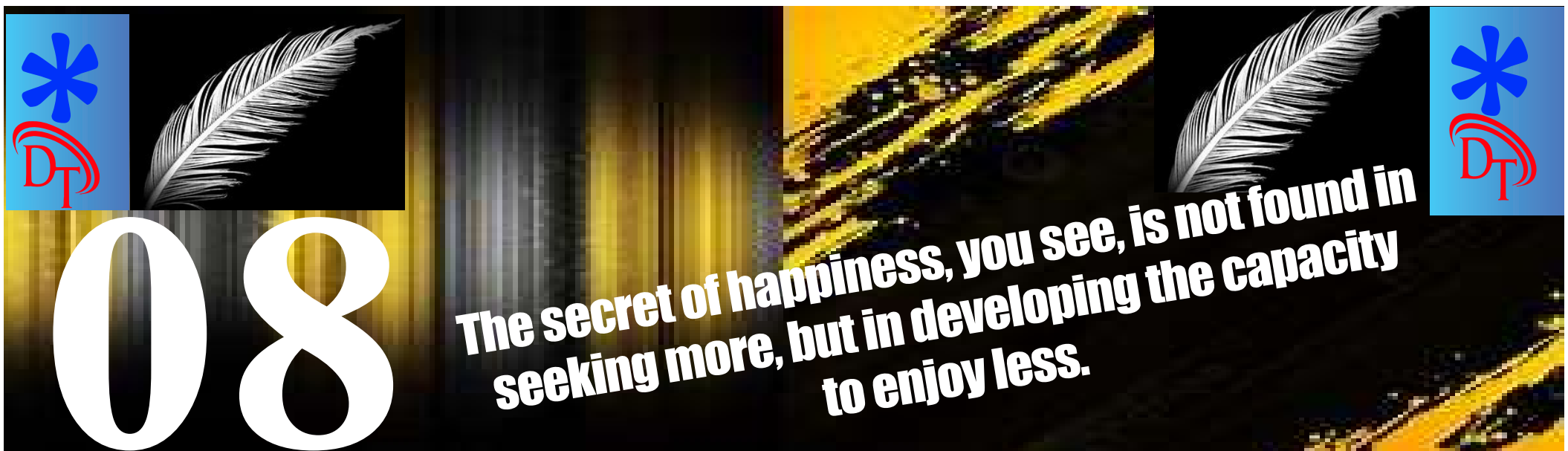
In his note, which was reported earlier by CBS News, Isom said he had spoken with the president of the NAACP about the incident. The civil rights

group did not immediately respond to a request for comment Thursday.

American has faced allegations of discrimination in the recent past. In 2017, the NAACP warned Black travelers about flying on the airline, claiming that several African American passengers had experienced discrimination from airline employees. American promised to make changes, and the NAACP lifted the advisory nearly nine months later.

AP Report

**The men said they demanded an explanation for their removal during a confrontation with airline personnel in the jet bridge. At least one of the men recorded the discussion, capturing an airline employee seeming to agree that the men were discriminated against, according to their lawsuit.**



You have brains in your head. You have shoes. You can steer yourself any direction

feet in your shoes. You choose. -Dr. Seuss

08

"If life were predictable it would cease to be life and be without flavor." -Eleanor Roosevelt



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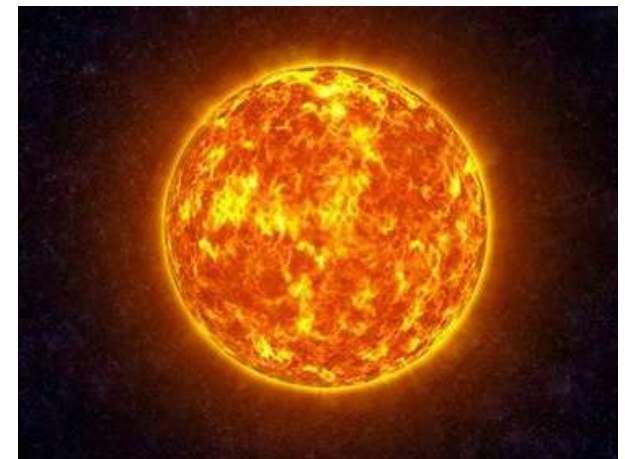
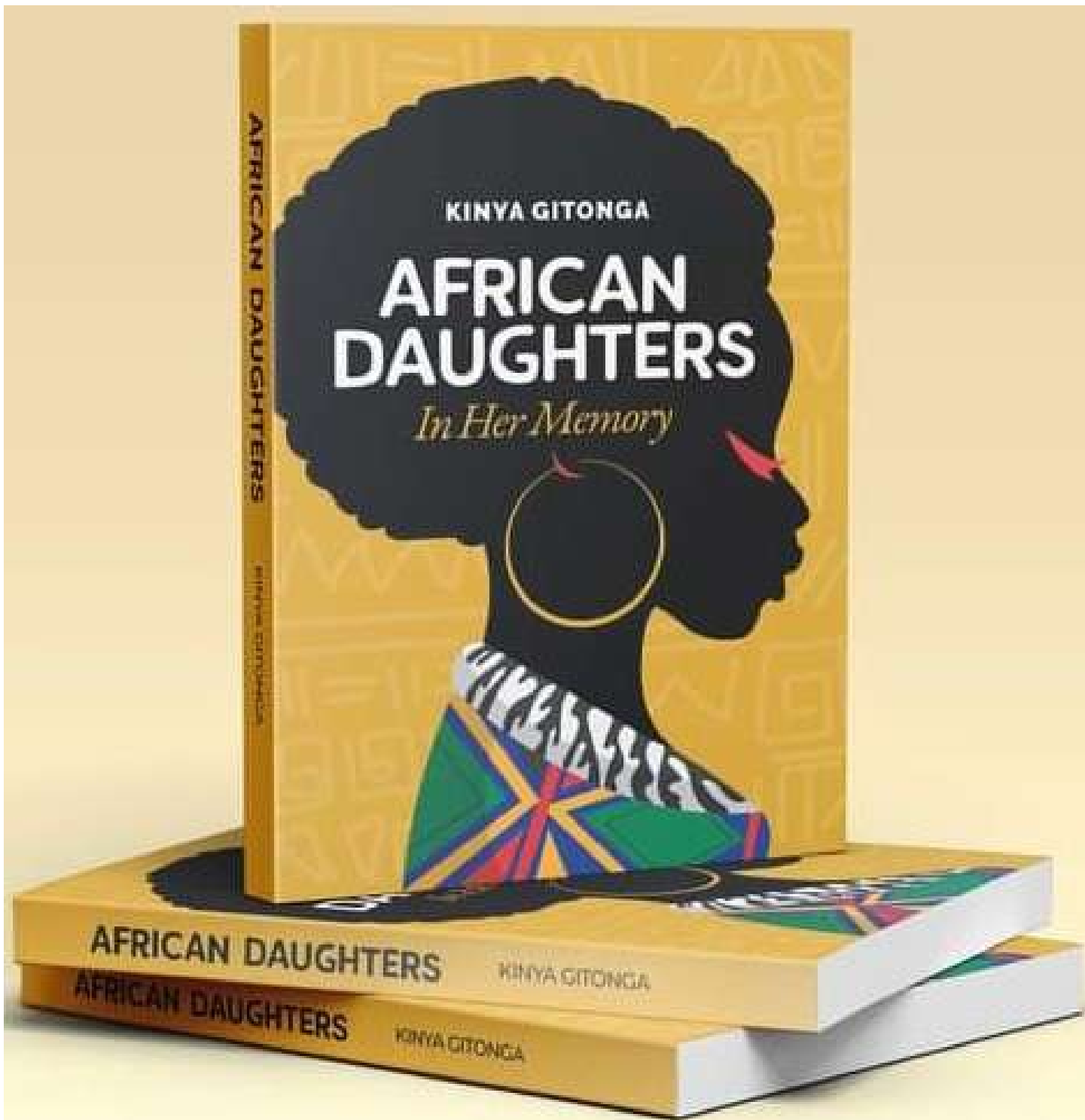


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*The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela*

*Helen Keller Life is a long lesson in humility.*



# Netanyahu Tells US 'Give Us the Tools and We'll Finish the Job'.

Biden previously held back a shipment of 2,000-pound bombs to signal his frustration and said last month that he would halt additional shipments of offensive weapons if the country launched a full-scale ground invasion of Rafah.

## HIGHLIGHTS

### BIDEN HIGHLIGHTS



President Joe Biden has received a boost in the polls as voters view him more positively on the hot topics of the 2024 election: the economy and immigration. A Fox News survey of 1,095 registered voters showed that Biden is leading his presumptive 2024 Republican rival, Donald Trump, by two points (50 percent to 48). This is the first time that the president has led Trump in a survey from the news network since October 2023. When broken down further, the Fox News survey also found that more people feel that the United States economy is in excellent or good shape (32 percent) than at any other time of the Biden administration.

In an English-language video released Tuesday, Netanyahu said he told US Secretary of State Antony Blinken during his visit to Israel last week that he appreciates Washington's support but that it's "inconceivable" that weapons or ammunition have been held back in the past few months. That video angered the White House and prompted the Biden administration to cancel a high-level meeting with Israel about Iran that was scheduled for Thursday, Axios reported, citing two US officials. US envoy Amos



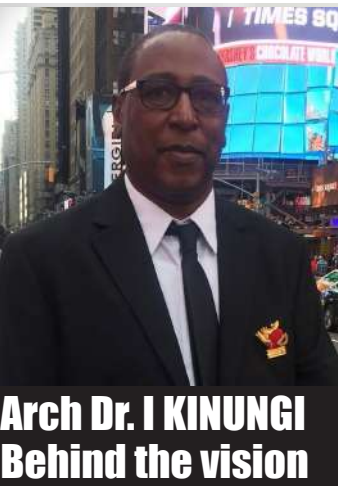
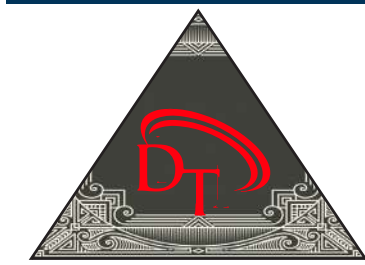
Hochstein delivered the administration's frustration directly in a meeting with Netanyahu, according to the report. US officials didn't immediately respond to a question about the meeting. Earlier, the White House denied that any

weapons are being withheld beyond a previous decision to hold back on the delivery of some bombs. "We genuinely do not know what he's talking about," Press Secretary Karine Jean-Pierre told reporters. "We just don't."

The Biden administration has become increasingly critical of Israel's offensive in the Gaza Strip to root out Hamas, the group designated a terrorist organization by the US and European Union that killed more than 1,200 Israelis and abducted more than 250 on Oct. 7, triggering the ongoing war. More than 37,000 Palestinians have been killed, according to the Hamas-run Gaza health ministry, which doesn't differentiate between combatants and civilians. Boomerang share



**While the chameleon is capable of changing colors, there are people in leadership who change their beliefs (if any) according to circumstances. They have no principles to guide them- but rather spontaneous quick decisions that are only beneficial to themselves. THE NARCISSIST IS A CHAMELEON AND AN EMPTY VOID-Toni Evans**



## WE FAIL BECAUSE WE DO NOT TRY

### THE FUTURE

**"Its all about dreams. Dreams cost nothing, they are free" -Sylvester Stallone**



Charles Kabiriri Activist, Kenya

Our dedicated contributors to different topics make the newspaper to continue informing the Diaspora the current affairs of where they live and back home



Abigirl Phiri



Memory Phiri

## Senior Reporters



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# A Night Game Drive In Hwange

It's so rhetorical to say that there is nothing to fear since you will keep your distance



Tourism with  
Memory Phiri  
Zimbabwe.

**W**hat you see is what you get. I always talk about a game drive in passing but today

I will delve deeper into this adrenaline pumping activity. It plays a huge role in the safari circles because the game or wildlife is the center of attraction.

The wilderness is their natural habitat so we have to visit them time and again to check on what it entails. Thus, everyone will be ready for action when the tour guide steps on the gas. But have you ever wondered why sometimes we do not get the chance to see some game.

Technically, it's the timing that matters for one to enjoy some game viewing especially when it comes to the ever elusive cheetah. Standing vigil in the afternoon waiting for the animals to pitch up at a waterhole is out of the question at a night time game drive. Need I mention

**This only narrows down to the fact that the destination has history because it is our very own wildlife sanctuary that represents the Great Limpopo Transfrontier Park and Conservation Area.**



## The experience at Hwange is just exciting

that it will be quite and our nocturnal wild friends will be strolling about.

Furthermore, the cat family has very sharp night vision so they will be active and comfortable in the dark. Without any shadow of doubt, you are bound to witness the high concentration of wildlife at night.

Hwange National Park is offering a night wildlife encounter which enables nature and outdoor enthusiasts to see it all. Good examples include the wild dogs, porcupines, genet, leopard and civet cats and antelopes you name it.

The beauty of travel or safari photography lies in the fact that you can always take some pictures in the process. Thanks to technology and its advanced cameras, taking a picture at night is possible these days. Truth is, if you fail to see anything worthwhile in broad daylight

then try out the night time game drive. Forget about your beauty sleep and explore this activity that enables tourists to reap the fruits of seeing every animal that you daydream about.

It's so rhetorical to say that there is nothing to fear since you will keep your distance. Fortunately, a professional guide or ranger will keep you posted about the animals in the immediate environment.

Participants are supposed to have some proper walking gear and a night torch therefore the guiding services, transport and refreshment are part and parcel of the package. Accordingly, Hwange National Park is a protected area and it is the place to be.

In the aftermath of the game drive, you can also do some camping at Bumbusi and experience the exciting safari tourism product. Four nights at this camp

is the optimal time to view the gorges, rivers and hills. After dinner campers will be sitting around a bonfire that will be shielded by giant rocks and captivating trees. Interestingly, these are some of the perks that come with a night experience. What a way to end your nocturnal safari under the stars.

By Memory Phiri

15

*The way to get started is to quit talking and begin doing.*  
-Walt Disney

15

*The future belongs to those who believe in the beauty of their dreams.*  
-Eleanor Roosevelt

# Diaspora Sunday

Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you.  
Exodus 23:25 Romans 15:13

## PRAYERS

### Prayer for a Healthy Cardiovascular and Respiratory System

God of Might, please give me a healthy cardiovascular and respiratory system, so that I don't have any circulation or breathing issues that would damage my well-being. I pray that You will contend with any inherited propensities to heart or lung disease and help me make important changes to my lifestyle to promote healthy circulation and respiration. I praise You for splendid and majestic is Your work, O Lord. Amen.

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.  
Isaiah 40:31

The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore.  
Psalm 121:7-8

# 16

HEAL ME, O LORD, AND I SHALL BE HEALED; SAVE ME, AND I SHALL BE SAVED: FOR THOU ART MY PRAISE.  
Jeremiah 17:14

ALL Things WORK TOGETHER for Good for those who Love GOD



Pastor Mukuria



Brother Kigume

The world and its desires pass away, but whoever does the will of God lives FOREVER.  
1 John 2:17

MORNING AFFIRMATION  
Morning Affirmation  
Psalms 32:8  
I will instruct you and teach you in the way you should go, I will counsel you with my eye upon you.  
Good day!!!!

Efficient is a character trait that describes the ability to do things in a quick and effective way, using the minimum amount of resources possible.



You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon

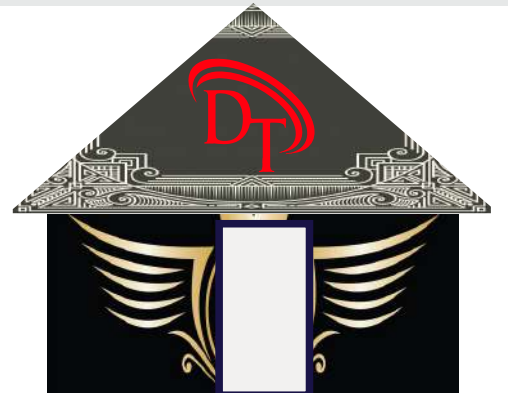
If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success. -James Cameron







# Health Tit Bits



# MENTAL ILLNESS

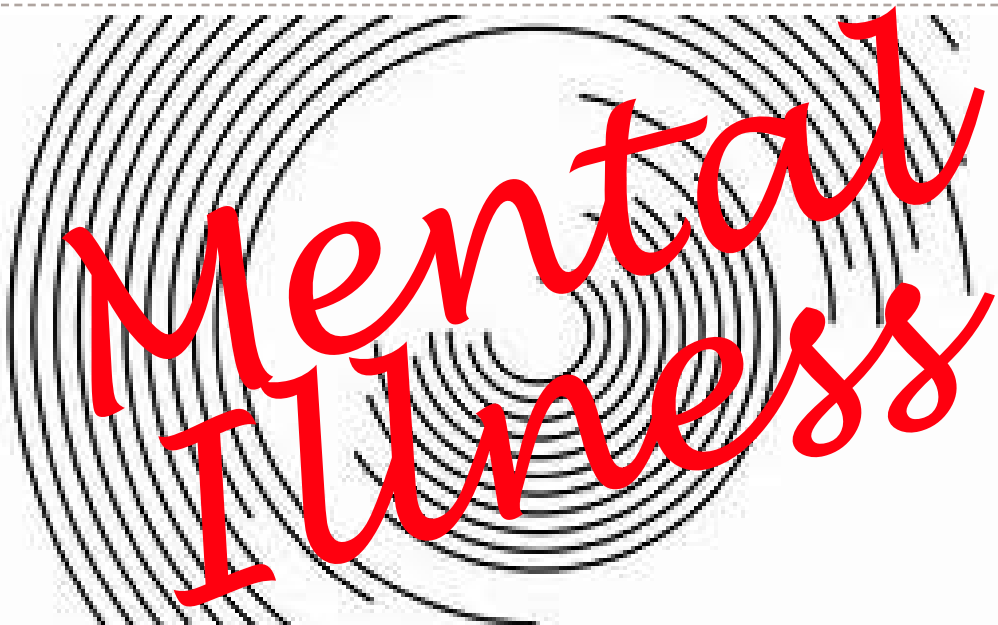


Suicidal thoughts and behavior are common with some mental illnesses. If you think you may hurt yourself or attempt suicide, get help right away.

By Maggie Gonna  
mngona@gmail.com  
Internet MC sources Share only

summary

**M**ental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.



Get regular physical activity on most days of the week

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function. A mental illness can make you miserable and can cause

problems in your daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy).  
Symptoms  
Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors. Examples of signs and symptoms include:  
Feeling sad or down  
Confused thinking or reduced ability to concentrate  
Excessive fears or worries, or extreme feelings of guilt  
Extreme mood changes of highs and lows

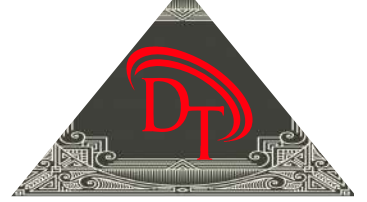
Withdrawal from friends and activities  
Significant tiredness, low energy or problems sleeping  
Detachment from reality (delusions), paranoia or hallucinations  
Inability to cope with daily problems or stress  
Trouble understanding and relating to situations and to people  
Problems with alcohol or drug use  
Major changes in eating habits  
Sex drive changes  
Excessive anger, hostility or violence  
Suicidal thinking  
Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back

pain, headaches, or other unexplained aches and pains.  
When to see a doctor  
If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems.



Mental illnesses, in general, are thought to be caused by a variety of genetic and environmental factors:  
Inherited traits. Mental illness is more common in people whose blood relatives also have a mental illness. Certain genes may increase your risk of developing a mental illness, and your life situation may trigger it.  
Environmental exposures before birth. Exposure to environmental stressors, inflammatory conditions, toxins, alcohol or drugs while in the womb can sometimes be linked to mental illness.  
Brain chemistry. Neurotransmitters are naturally occurring brain chemicals that carry signals to other parts of your brain and body. When the neural networks involving these chemicals are impaired, the function of nerve receptors and nerve systems change, leading to depression and other emotional disorders.

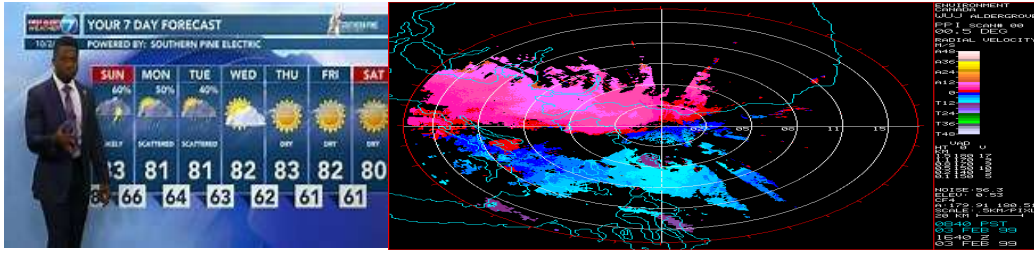
Mental Illness



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Do not go where the path may lead, go instead where there is no path and leave a trail. -Ralph Waldo Emerson

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller



summary

Temperature, rain, snow, fog and wind are all part of weather. Severe weather events such as tornadoes, tropical storms, hurricanes, cyclones, floods, lightning strikes and extreme weather affect us all. In addition to weather forecasts are ozone levels, changing climate conditions and solar winds. Weather warnings are important forecasts because they are used to protect life and property. People use weather forecasts to determine what to wear on a given day or to plan travel or events. Since outdoor activities are severely curtailed by heavy rain, snow and the wind chill, forecasts can be used to plan activities around these events, and to plan ahead and survive them.

WEATHER



# SpaceX Falcon Heavy rocket launches powerful hurricane-hunting weather satellite



## A SpaceX Falcon Heavy rocket blasts off on the program's 10th flight,

A powerful SpaceX Falcon Heavy rocket boosted a hurricane-hunting GOES weather satellite into orbit Tuesday, the final member of a four-satellite fleet at the heart of an \$11 billion upgrade to the nation's forecasting infrastructure. "NOAA's geostationary satellites are an indispensable tool for protecting the United States and the one billion people who live and work in the Americas," said Pam Sullivan, GOES program director. "They provide a constant real-time view of weather and dangerous environmental phenomena across the western hemisphere." A powerful SpaceX Falcon Heavy rocket boosted a hurricane-hunting GOES weather satellite into orbit Tuesday, the final member of a four-satellite fleet at the heart of an \$11 billion upgrade to the nation's forecasting infrastructure. "NOAA's geostationary satellites are an indispensable tool for protecting the United States and the one billion people who live and work in the Americas," said Pam Sullivan, GOES program director. "They provide a constant real-time view of weather and dangerous environmental phenomena across the western hemisphere." Appropriately enough, the primary

obstacle to launch of the latest Geostationary Operational Environmental Satellite — GOES-U — was the same sort of weather it was built to observe. Forecasters predicted a 70 percent chance of late afternoon storms that threatened prevent takeoff. But the expected bad weather took longer to develop than expected, and the Falcon Heavy thundered away from historic pad 39A at the Kennedy Space Center at 5:26 p.m. EDT, propelled by more than 5 million pounds of thrust from the 27 engines at the base of three strapped-together first stage boosters. After helping push the rocket out of the dense lower atmosphere, the two side boosters fell away and reversed course to fly back to spectacular side-by-side landings at the Cape Canaveral Space Force Station. A minute-and-a-half after the side boosters separated — four minutes after liftoff — the core stage dropped away, breaking up as planned as it fell to the Atlantic Ocean below. The single Merlin engine powering the rocket's second stage fired three times over four-and-a-half hours to reach a highly elliptical "transfer" orbit where the GOES satellite was to be released. All three "burns" went off without a hitch, and live video from

the rocket showed the satellite's release from the second stage with the blue-and-white orb of Earth in the distant background. Renamed GOES-19 once in orbit, the Lockheed Martin-built satellite will have to fire on-board thrusters five times over the next 14 days to circularize its orbit at an altitude of 22,300 miles above the equator where the weather station will circle the globe in lockstep with Earth's rotation, taking 24 hours to complete one orbit. Satellites in such "geosynchronous" orbits appear to hang stationary in the sky, allowing uninterrupted views of the Earth below. Such orbits are used by GOES-type weather satellites, imaging and eavesdropping spy satellites and communications satellites, both military and civilian. Shared from CBS NEWS



"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." -Martin Luther King Jr.

"Spread love everywhere you go. Let no one ever come to you without leaving happier." -Mother Teresa



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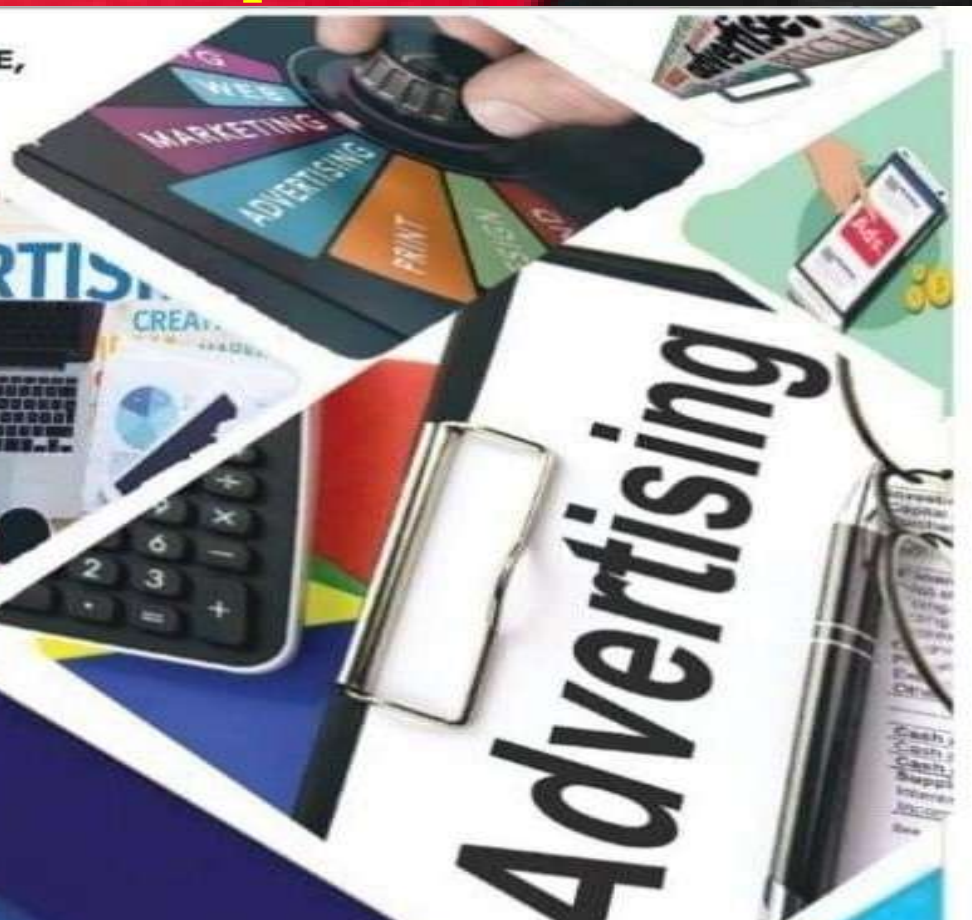
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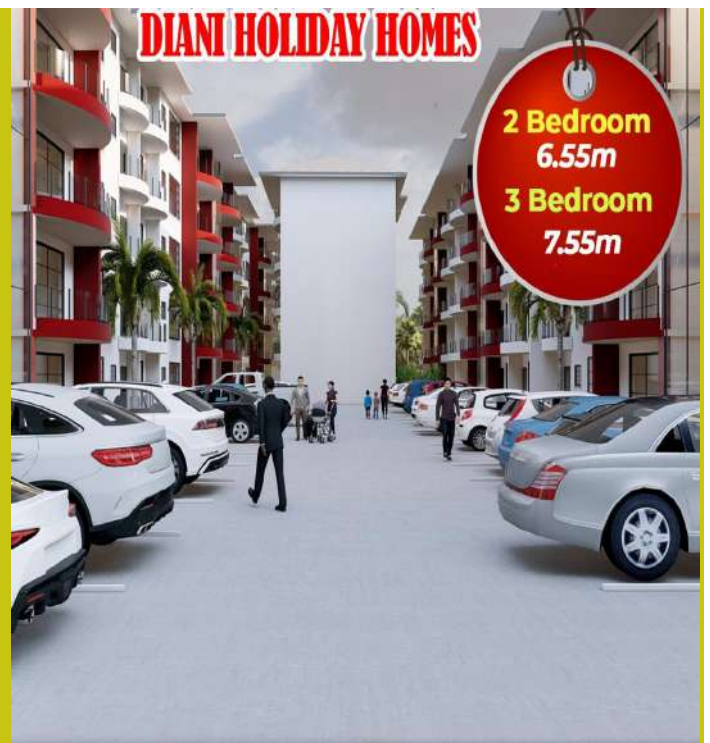
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# BACKPAGE

# WORLD OF SPORTS

## Raiders have answer on right side of OL in 2022.



Shared by:  
By Tafara  
Makusha

**Sometimes centers are more natural being right-handed guys than they are left-handed guys for whatever reason, and he's just more natural moving over there.**

**a**s uncertain as it seemed the right side of the Raiders' offensive line seemed to be this offseason, there wasn't any uncertainty if you ask them. They had their guys already in the house.

Through the offseason so far, the first team right guard and right tackle spots have been manned by Dylan Parham and Thayer Munford respectively.

Both young linemen were selected by the Raiders in the 2022 draft. Parham was the team's top pick in the third round and Munford a seventh round pick. And here they are entering their third NFL seasons with the inside track to be the team's starters on the right side.

Parham had started at left guard since he was a rookie, but his offensive line coach James Cregg likes the former center better on the right side.

USA today Share.



# SPORTS WORLD

