





**By Abigirl Phiri**Page 5



The Diaspora Meet & Greet Party held on December 21st in Kenya at the posh Laymack Suite grounds was more than a social gathering.

Page 8

### The Diaspora Times.

Saturday, Dec. 27th, 2025 Weekly newspaper. Vol. 407

News with roots, stories with impact — this is the Diaspora voice.

# "Across Borders and Time Zones: How the Diaspora Keeps Christmas Alive".





### The Diaspor Times-Atlanta

### **Mary Silas Baltimore MD**

Christmas in the Diaspora is never just a date on the calendar, it is an emotional negotiation between where one is and where one comes from. For millions of Africans living abroad, Christmas arrives wrapped in nostalgia, memory, and quiet longing. It is celebrated not only with lights and gifts, but with deliberate cultural acts meant to summon home into foreign spaces. Snow may fall outside, but inside diaspora homes, Christmas smells like pilau, nyama choma, goat stew, chapati, ugali, rice, and spiced tea. Culture, once left behind at the airport, is temporarily reclaimed through food, language, music, faith, and community.

Unlike back home, where Christmas is communal by default, diaspora Christmas is intentional. Nothing happens accidentally. You must plan for it, cook it, invite it, drive long distances for it. Families travel across states, sometimes across countries, to be together. A living room in Atlanta, London, Toronto, Minneapolis, or Sydney becomes a temporary village square. Furniture is pushed aside to make room for guests, laughter, and children running between adults who have not seen each other since the last funeral, wedding, or fundraising harambee Food sits

at the heart of this cultural remembrance. The menu is rarely foreign. Even those who eat turkey will insist it be seasoned "properly." Traditional dishes are prepared the long way, the way mothers and grandmothers did it, no shortcuts, no apologies. Cooking becomes an act of resistance against cultural erasure. Elders supervise the kitchen like ritual custodians, correcting measurements that cannot be written down, reminding the young ones that "this is how it is done." Recipes are stories, and every dish carries a geography. Cont. P.9

THE PROPERTY PARTIES AND ADDRESS OF THE PROPERTY PARTIES AND ADDRESS OF THE PROPERTY PARTIES AND ADDRESS OF THE PARTIES AND ADDRE





Inflation has a way of entering the markets quietly and then refusing to leave, squeezing consumers, unsettling investors, and turning once predictable trading patterns into emo-

tional minefields. For traders and long term investors alike, inflation creates a unique psychological burden, prices rise everywhere except in portfolios, interest rates climb, headlines grow darker, and fear becomes the loudest voice in the room. Many traders begin to question their judgment, their timing, and even the wisdom of staying in the market at all. Yet history, discipline, and data all point to the same conclusion, this is not the time to give up.

Cont.Page 2

### Trading During Inflation And The Fear Of Losing. Page 2

### Whats Inside Laughter P. 04

Spiritual
Green Card
Sports
Weather
Africa Resouces

P. 04
P. 16
P. 18
P. 19
P. 20
P. 21

HIGHLIGHTS



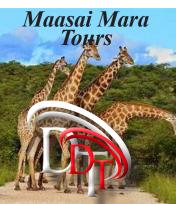
One of the greatest gifts in life is having siblings with whom

you share its joys. Exchanging gifts that honor your bond is more than a gesture, it is a celebration of blood ties. Siblings are individuals who always have your back, no matter what, bonded by blood. This is why it is said that blood is thicker than water.

STORY Page 05



THE BOLD MOVE





We do not specialize in investigative journalism. Most reports are done by our correspondents from across the globe Email diasporatimeskenya@gmail.com | Published in USA, Zimbabwe \$ Kenya. \$1 ksh 0.00 all you need. TEL+4049668550



### KENYA NEWS



### TRADING DURING INFLATION AND THE FEAR OF LOSING.

Big technology companies like NVIDIA and Microsoft are not speculative startups surviving on hope, they are cash rich, globally entrenched giants with real products, real customers, and strategic importance in the modern economy.

By The Diaspora Times Editorial Desk.

### By Arch Dr D.K. Gitau Chief Editor The Diaspora Times

Inflation has a way of entering the markets quietly and then refusing to leave, squeezing consumers, unsettling investors, and turning once predictable trading patterns into emotional minefields. For traders and long term investors alike, inflation creates a unique psychological burden, prices rise everywhere except in portfolios, interest rates climb, headlines grow darker, and fear becomes the loudest voice in the room. Many traders begin to question their judgment, their timing, and even the wisdom of staying in the market at all. Yet history, discipline, and data all point to the same conclusion, this is not the time to give up.

Inflation driven markets punish impatience and reward conviction. When central banks tighten monetary policy to tame inflation, liquidity dries up, valuations compress, and growth stocks, especially technology giants, often suffer first and hardest. This is exactly why names like NVIDIA and Microsoft, once market darlings, experience sharp pullbacks that feel unsettling to retail investors. The instinctive reaction is to assume that something is fundamentally broken, when in reality, the market is repricing risk, not rejecting innovation.

Fear of losing is not just emotional, it is biological. Behavioral finance has long shown that losses feel more painful than gains feel pleasurable. During inflationary cycles, this fear intensifies because everyday life reinforces it, groceries cost more, fuel costs more, rent and mortgages climb, and suddenly red numbers on a trading app feel like confirmation that everything is



going wrong at once. The danger lies in allowing short term fear to override long term logic.

Big technology companies like NVIDIA and Microsoft are not speculative startups surviving on hope, they are cash rich, globally entrenched giants with real products, real customers, and strategic importance in the modern economy. NVIDIA sits at the heart of artificial intelligence, data centers, advanced computing, and next generation automation. Microsoft controls enterprise software, cloud infrastructure, productivity tools, and is deeply embedded in governments, corporations, and institutions worldwide. Inflation does not erase these realities, it merely delays the market's willingness to pay a premium for them.

Market history is blunt in its lessons. Every inflationary period, every rate hiking cycle, every recession scare has eventually been followed by recovery and expansion. Those who exited in panic often locked in losses, while those who held quality assets, averaged down responsibly, or

stayed disciplined were positioned for the rebound. The stock market does not reward perfect timing, it rewards endurance.

Trading during inflation requires a shift in mindset. This is not the season for reckless leverage, emotional overtrading, or chasing hype. It is the season for patience, position sizing, and strategic accumulation. Volatility is not the enemy, it is the mechanism through which opportunity is created. When high quality stocks pull back, they do not lose their future, they become temporarily discounted. Microsoft has survived dot com crashes, financial crises, regulatory battles, and technological shifts. NVIDIA has weathered crypto booms and busts, supply chain disruptions, and sector rotations. In each case, periods of fear preceded periods of extraordinary upside. Markets swing not because companies forget how to make money, but because sentiment overshoots reality in both directions. It is also important to distinguish between trading and investing during inflation. Traders may tighten stops, shorten time frames, and focus on technical levels, while investors may lean into dollar cost averaging and longer horizons. Both approaches can coexist, but neither should be driven by panic. Selling simply because prices are down is not a strategy, it is surrender.

Inflation eventually cools, interest rates eventually peak, and capital eventually flows back into growth. When that shift happens, it often happens faster than expected, leaving those on the sidelines watching in disbelief. The greatest market moves rarely announce themselves politely, they emerge from moments when fear is highest and confidence is lowest.

The current environment tests discipline more than intelligence. It asks whether investors truly believe in the businesses they own, or whether they only believed in rising prices. If the conviction was real, then volatility becomes tolerable. If the thesis remains intact, then patience becomes an asset.

This is not to say losses should be ignored or risks dismissed. Risk management matters, diversification matters, and knowing your time horizon matters. But abandoning high quality positions purely out of fear has historically been one of the most expensive mistakes investors make.

Inflation is uncomfortable, markets are volatile, and uncertainty is real. But so is innovation, earnings power, and the long arc of market growth. NVIDIA and Microsoft did not become giants by accident, and they will not fade quietly because of one inflationary cycle.

In moments like this, the market is not asking for bravado, it is asking for resolve. This is not the time to give up, it is the time to understand the cycle, manage emotions, and remember that even the strongest trees bend in the storm, they do not break.

diasporatimeskenya@gmail.com This will be a monthly review of the stock market at the NYSE

### KING P IN CAPITAL

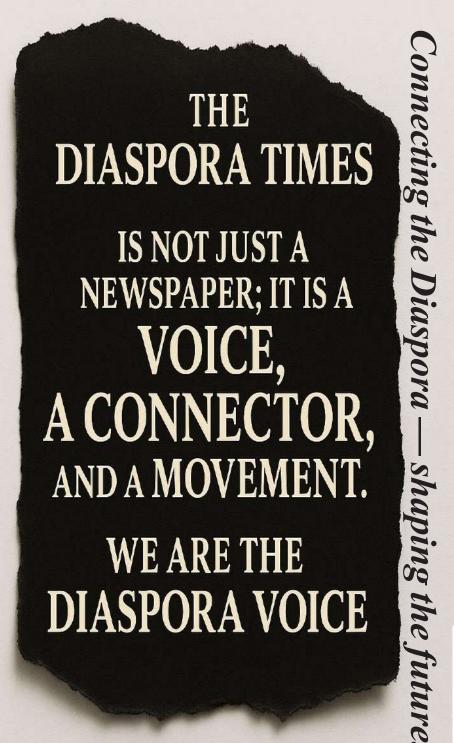


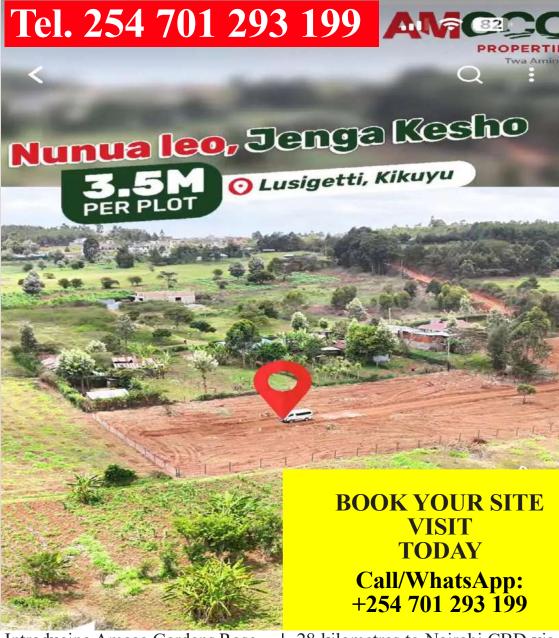
Kingpin Capital Inc is a transportation factoring company specializing in helping small trucking companies and owner/operators with their invoicing and funding needs. We recognize that nothing happens without drivers, and make it our goal to keep you rolling through quick funding and hands-on customer service and support.

We look forward to working with you!

Contact us!

contact (at) kingpincap.com 800-866-1245 If you sign up with this company, notify us by email (front Page) and get a direct \$200 by cashapp





Introducing Amcco Gardens Rosegate in Lusigetti/Ruthigiti, Kikuyu Premium 50x100 plots in one of Kikuyu's fastest-growing areas. Located just 800 metres from Shell Petrol Station on Dagoretti Road, 15 minutes to Kikuyu Town and

28 kilometres to Nairobi CBD via Waiyaki Way or Southern Bypass through Ngong Road. Surrounded by modern maisonettes a stone throw away from the Nairobi Ndogo neighborhood area.

# DIASPORA TIMES WE ARE THE DIASPORA VOICE POLITICS DIASPORA AFFAIRS HEALTH JOKES AND MANY OTHER TOPICS

### HAZKAT TOWING SERVICES



CONTACT HAZRON MAINA TEL 4043335006 ACWORTH, GA

### KING P IN CAPITAL



Kingpin Capital Inc is a transportation factoring company specializing in helping small trucking companies and owner/operators with their invoicing and funding needs. We recognize that nothing happens without drivers, and make it our goal to keep you rolling through quick funding and hands-on customer service and support. We look forward to working with you!

Reliable Loads Factoring Company Try them- Cant go wrong!

Contact us!
contact (at) kingpincap.com
800-866-1245



If you sign up with this company, notify us by email (front Page) and get a direct \$200 by cashapp



### LAUGHTER THE BEST

### DIASPORA KENYA & TANZANIA JOKES — CONTINUOUS LI

- 1. A Kenyan in America sees snow for the first time and asks, "Ati this is the cold that killed the dinosaurs?"
- 2 Diaspora Kenyans send money home and text, "Use it wisely," only to find Uncle has updated his WhatsApp profile sunglasses, leaning on a Probox, captioned: "Family is everything."
- 3. Kenyan abroad will miss ugali loudly until they start making it with quinoa, coconut milk, avocado, chia seeds and suddenly it's: "Plant-based gluten-free Kenyan polenta."
- 4. Kenyan parents in the diaspora behave like WiFi strong signal when visitors arrive, disconnected when you ask for money.
- 5. Diaspora Kenyans say, "I'm coming home soon." Soon means three elections, five presidents and two currencies later.
- 6. A Tanzanian abroad sees joggers at 5am and panics: "Wanatoroka nini? Simba iko wapi?"
- 7. Explaining Swahili abroad is a mission someone asks how to say "hi," and a Tanzanian replies, "Depends. Who are you greeting and what did they steal?"
- 8. When Tanzanians abroad speak Swahili on the phone, the volume can solve a border dispute.

igoplus

- 9. Tanzanians traveling home carry two bags one for clothes, the other full of spices, vitunguu saumu and unga; airport dogs start writing reports.
- 10. A Tanzanian visits home for one week and returns with 36kg of luggage34kg is mangoes.
- 11. Kenyan vs Tanzanian ugali debate abroad is serious international diplomacy one says ugali, the other says ugali wa sembe, and the waiter only offers mashed potatoes.
- 12. Diaspora Kenyans say they speak Swahili; Tanzanians judge them like examiners.
- 13. When a Kenyan and Tanzanian in the diaspora meet, the first conversation decides two things who has been abroad longer, and whose accent is more confused.
- 14. Diaspora WhatsApp groups are like Netflix full of drama, suspense, sequels, fundraising episodes, and the same character who ALWAYS says, "I will support next week."
- 15. Diaspora aunties can detect your relationship status from 4,000 miles away they smell breakups before you post quotes.

### DIASPORA KENYA & TANZANIA JOKES — DATING & WEDDINGS EDITION

1. Diaspora dating is tough — you meet someone online, talk for five months,

then discover they live 12 hours away and two connecting flights deep.

2. A Kenyan man in the diaspora will say: "I'm not ready for a serious relationship."

Three weeks later — traditional introduction, dowry negotiations via Zoom, and a WhatsApp matrimonial committee formed.

- 3. Tanzanian diaspora couples start as "Hi, are you also from East Africa?" Three dates later the families back home already call each other shemeji.
- 4. Diaspora relationships collapse faster when someone answers a video call without a filter.
- 5. Kenyans abroad love long-distance relationships until the day comes to buy the plane ticket suddenly love becomes spiritual.
- 6. Tanzanian guy says, "I'll pay dowry slowly, step by step."
- Girl's family: "Is this marriage or a Safaricom Fuliza repayment plan?"
- 7. Diaspora weddings start at 1pm but the African guests arrive at 5pm holding gift bags they packed in the parking lot.
- 8. Diaspora bridal party dresses are always extra sequins, feathers, shiny fabrics half the guests look like an Oscars delegation from Arusha.
- 9. In diaspora weddings, the MC always asks, "Are you ready to dance?"

- Of course we are we paid \$85 per plate!
- 10. Diaspora committee meetings on WhatsApp:
- One person sends voice notes
- One types essays
- One only sends emojis
- One disappears when it's time to pay.
- 11. Diaspora dating rule: If someone says, "I've been too busy to text," just know they are busy replying to someone else.
- 12. Kenyan diaspora girlfriend: "Babe, communication is key."

Kenyan diaspora boyfriend: "I agree." Proceeds to respond every 11 hours.

13. Tanzanian abroad says he wants a simple wedding.

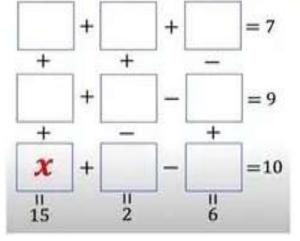
Simple = march-in song, three outfit

changes, drone camera, smoke machines and a cake taller than a primary school student.

14 The diagnora breakup silence is loud.

- 14. The diaspora breakup silence is loud no status updates, no quotes about healing you just see them slowly removing tagged photos like dismantling a bomb.
- 15. The fastest way to know a diaspora couple is fighting?
- They start posting Bible verses and gym videos





GUESS THE
MISSING
NUMBER SERIES
PUZZLE

ONLY HIGHIQ CAN SOLVE

Find value of Square?





Share if you could solve it!!!

"You may pave the streets with gold, but if you silence the people with bullets, history will remember only the blood." THE YOUTH DEMAND CHANGE REMEMBER THE YOUTH

Diaspora times global news

### The Unbreakable Bond of Siblings



Like everything else in life, one may have a favorite, and this applies to siblings too. You might feel closest to one sibling because you share similar interests, likes, and aspirations.

This is completely normal. However, all siblings should be valued equally, because you share the same DNA.



Abigirl Phiri | Zimbabwe Senior Editor

One of the greatest gifts in life is having siblings with whom you share its joys. Exchanging gifts that honor your bond is more than a gesture, it is a celebration of blood ties. Siblings are individuals who always have your back, no matter what, bonded by blood. This is why it is said that blood is thicker than water. I was fortunate to have an idyllic childhood, especially with my siblings. We were young, free, and carefree, with little understanding of the troubles life would later bring. We were also only a few years apart in age, which strengthened our connection.

Sibling rivalry should never become a defining feature in families, because together, siblings stand to gain and achieve far more than when they are in constant disagreement. Persistent conflict only brews trouble and opens a can of worms that can affect the entire family.

Proper family planning by parents is important. Being an only child can sometimes be a hardship, as there is no sibling to talk to or share one's deepest fears with. This contrasts sharply with growing up with siblings who teach you the ways of life. In times of trouble, they are there to lend a helping hand or come to your rescue. They are people with whom you can share your trials and tribulations without fear of ridicule or dismissal.

Although siblings may have moments of disagreement or differing opinions, this does not erase the bond they share. Often, forgiveness comes quickly, and life moves on. Happiness returns, just like old times. It is said that the more, the merrier, a saying that brings to mind the Weasley family in Harry Potter

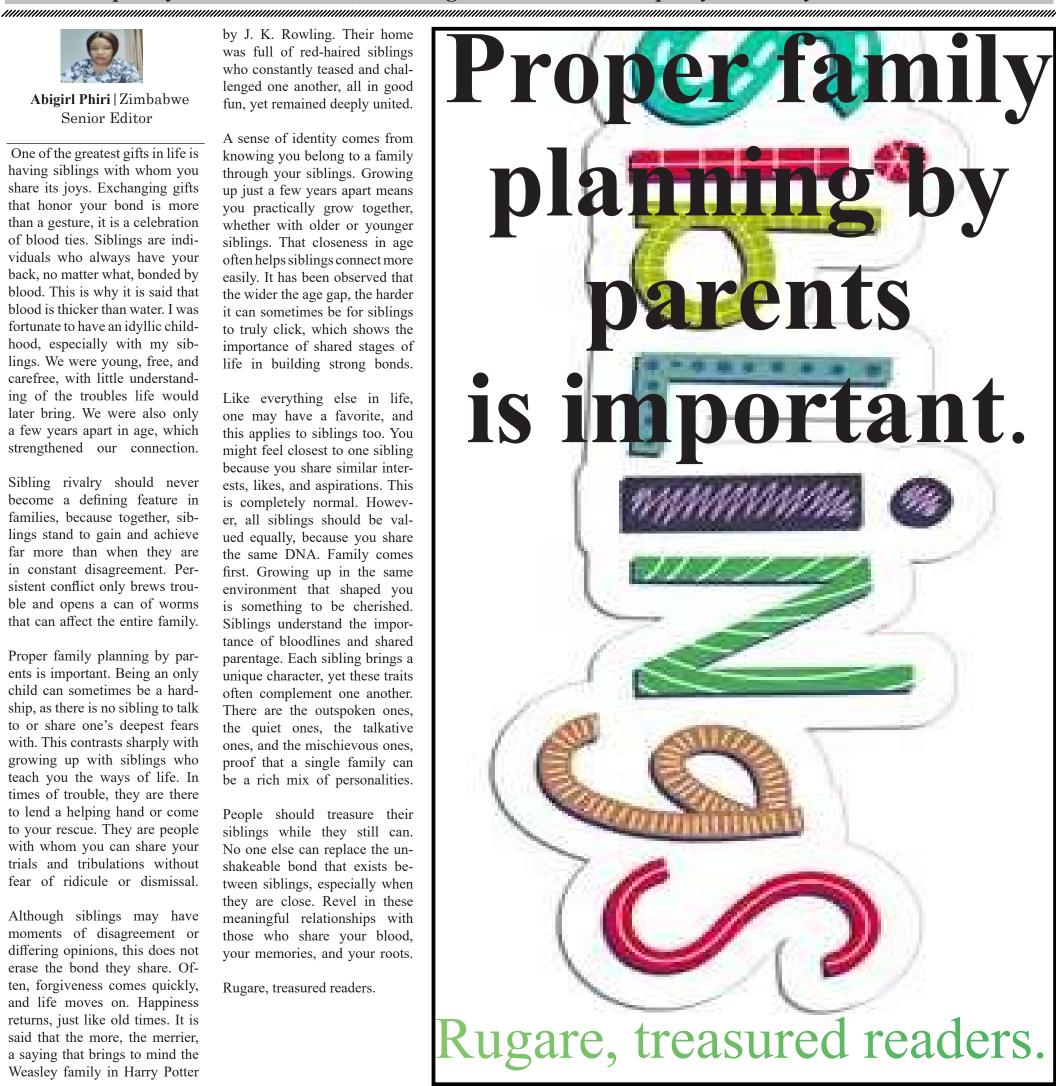
by J. K. Rowling. Their home was full of red-haired siblings who constantly teased and challenged one another, all in good fun, yet remained deeply united.

A sense of identity comes from knowing you belong to a family through your siblings. Growing up just a few years apart means you practically grow together, whether with older or younger siblings. That closeness in age often helps siblings connect more easily. It has been observed that the wider the age gap, the harder it can sometimes be for siblings to truly click, which shows the importance of shared stages of life in building strong bonds.

Like everything else in life, one may have a favorite, and this applies to siblings too. You might feel closest to one sibling because you share similar interests, likes, and aspirations. This is completely normal. However, all siblings should be valued equally, because you share the same DNA. Family comes first. Growing up in the same environment that shaped you is something to be cherished. Siblings understand the importance of bloodlines and shared parentage. Each sibling brings a unique character, yet these traits often complement one another. There are the outspoken ones, the quiet ones, the talkative ones, and the mischievous ones, proof that a single family can be a rich mix of personalities.

People should treasure their siblings while they still can. No one else can replace the unshakeable bond that exists between siblings, especially when they are close. Revel in these meaningful relationships with those who share your blood, your memories, and your roots.

Rugare, treasured readers.





12/25/2025 6:24:41 AM

### 06 HEROES WHO PASSED ON. Rest In Power





### Tom Joseph Mboya

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

Tom Joseph Mboya remains one of the most luminous, and haunting, figures in Kenya's political history, a man whose life burned bright and fast, and whose assassination at the age of thirty nine robbed the nation of a future it never fully lived. To speak of Mboya is to speak of possibility, intellect, modernity, and the painful cost of visionary politics in a young African republic still struggling with the ghosts of colonialism and the jealousies of power.

Born in 1930 in Rusinga Island, Homa Bay, Mboya rose from modest beginnings to become one of the most formidable minds of Kenya's independence generation. Unlike many of his contemporaries who came to politics through ethnic mobilization or traditional leadership, Mboya arrived armed with ideas, organization, and an uncanny ability to speak to the world. He was articulate, cosmopolitan, disciplined, and unapologetically modern, a trade unionist who understood that political freedom without economic empowerment would remain hollow.

Mboya's early leadership in the trade union movement transformed workers from a neglected colonial labor force into a conscious political constituency. As Secretary General of the Kenya Federation of Labour, he organized, negotiated, and challenged colonial authority with a sharp intellect rather than brute force. He understood systems, institutions, and strategy, and that understanding later shaped his national and international influence. Long before independence, Mboya had already become a recognizable African voice on the global stage.

Perhaps his most enduring and tangible contribution to Kenya was the airlift program of the late 1950s and early 1960s, which enabled hundreds of young Kenyans to study in universities in the



United States and Canada. At a time when colonial structures deliberately restricted African access to higher education, Mboya looked outward, forging alliances with civil rights leaders, foundations, and American universities. The beneficiaries of those airlifts went on to shape Kenya's civil service, academia, medicine, engineering, and diplomacy. In many ways, modern Kenya's professional class carries Mboya's fingerprints, even when his name is no longer spoken.

After independence, as Minister for Economic Planning and Development, Mboya articulated a bold vision for a unified, industrializing, and merit based Kenya. He believed in national institutions over tribal patronage, in productivity over populism, and in a Kenya that could compete globally without apology. His Sessional Paper No. 10 on African Socialism was an attempt, however contested, to define a development path rooted in equity, efficiency, and pragmatism rather than ideological dogma. Mboya saw Kenya not as a collection of tribes negotiating favors, but as a nation that had to be deliberately built through policy, education, and discipline.

Yet it was precisely this clarity of vision that made him dangerous. In a post independence environment increasingly defined by ethnic consolidation, patronage networks, and political insecurity, Mboya stood out, too visible, too popular, too capable, and too young. He was seen by many as a natural successor to Jomo Kenyatta, a prospect that unsettled entrenched interests who viewed power as inheritance rather than responsibility. His assassination on July 5, 1969, in broad daylight on a Nairobi street, was not just the killing of a man, it was

yet incomplete. Mboya's murder marked a turning point, signaling that intellectual brilliance and national appeal could be fatal liabilities in Kenya's political arena.

For the Kenyan diaspora, Mboya's legacy resonates deeply. He was, in many ways, Kenya's first global citizen, a man comfortable in Nairobi, Washington, London, and Addis Ababa, long before globalization became fashionable. He understood the power of international networks, education abroad, and diaspora connections as tools for national development, not as symbols of betrayal. In an era where diaspora remittances sustain families and economies, Mboya's outward looking mindset feels prophetic.

Today, as Kenya grapples with corruption, debt, ethnic polarization, and a crisis of leadership credibility, Tom Mboya's life poses an uncomfortable question. What kind of country might Kenya have become if competence had been protected, if ideas had been allowed to mature, if succession had been based on vision rather than fear. His legacy is not just in monuments or streets named after him, but in the standard he set, a standard that continues to challenge mediocrity, tribalism, and short term thinking.

Tom Mboya did not live long enough to grow old, compromise excessively, or betray his ideals. That, perhaps, is why his memory remains sharp, admired, and unresolved. He belongs not only to history, but to the future Kenya is still struggling to imagine. For The Diaspora Times, his story is a reminder that nations rise or fall not by slogans, but by the courage to protect their brightest minds, and to allow vision to triumph over fear.



the silencing of an alternative future. The aftermath of Mboya's death exposed the fragility of Kenya's unity and the unresolved tensions beneath the independence celebration. Public grief quickly turned into anger, suspicion, and division. To this day, questions linger about who truly benefited from his elimination, and why justice felt rushed

### We Remember the Dead

In silence and sorrow, The Diaspora Times remembers the FALLEN HEROES

Lost in struggle, fallen in flame. They spoke the truth, they walked boldly,

Their dreams live on, unbought, unsold.

Though guns or poor health silenced their cries,

Their courage will never die.

Every week, The Diaspora Times features a story about a fallen Kenyan hero.

Those who died naturally, through assassinations or accidents.





**PROPERTIES** 

Twa Aminika

### READY TO BUILD PLOTS IN KIKUYU AND NGONG!

699K

Beryl ESTATE

O Along Ngong, Suswa Rd

**PER PLOT** 

Namayian ESTATE (II) © Kimuka, Ngong

**PER PLOT** 

HAVEN ESTATE NACHU Q Nachu, Kikuyu

**PER PLOT** 

Goldleaf

**ESTATE** O Thigio, Kikuyu

**PER PLOT** 

**Woodley ESTATE** 

🔾 Kamangu, Kikuyu

**PER PLOT** 

Grand View ESTATE © Kamangu, Kikuyu

1.7M **PER PLOT** 

Emerald ESTATE

🔾 Thigio, Kikuyu

**PER PLOT** 

**Sifa ESTATE** 

🔾 Kanyanjara, Kikuyu

**CALL US TODAY** 

+1(443)451-4407 (3@00) +1(939)406-2451 anccoproperties

customerservice@amcco.co.ke

12/25/2025 6:24:41 AM

amccopropertiesItd.co.ke

### **JEREMY DAMARIS**

### DIASPORA MEET & GREET PARTY 25, SYMBOLIZES A BRIDGE BETWEEN KENYAAND ITS GLOBAL SONS AND DAUGHTERS: THE STORY OF JEREMY DAMARIS.

The December 21st Diaspora Meet & Greet Party brought all these strands together. People who had only interacted online finally met face to face. Conversations turned into relationships, and relationships into ideas for future collaboration. It was a reminder that movements are sustained not just by technology, but by presence.

### By Arch. Dr. D.K. Gitau Diaspora Times Editorial Desk

The Diaspora Meet & Greet Party held on December 21st in Kenya at the posh Laymack Suite grounds was more than a social gathering. It was a statement. In a relaxed atmosphere of conversation, laughter, music, and shared memories, something deeper was taking place: the reaffirmation of a diaspora that refuses to be disconnected from home. The event symbolized unity, trust, and purpose, values that have increasingly come to define the work and philosophy of Dr. Jeremy Damaris, the man behind Kenya Diaspora Media.

For years, Jeremy Damaris has positioned himself as more than a media personality. Through Kenya Diaspora Media, he has cultivated a platform that functions as a bridge, linking Kenyans abroad with realities on the ground at home. Though not trained as an anthropologist, he is more than one as his lens is deeply human; he understands communities as lived systems shaped by history, displacement, aspiration, and survival. That grounding explains why his work consistently moves beyond commentary into action.

A defining pillar of his impact has been humanitarian support for the less privileged in Kenya. Through harambees organized with friends and diaspora networks, Jeremy has helped raise funds to build permanent homes for vulnerable families, restoring dignity that poverty had reduced to mere survival. His engagement with internally displaced persons has been particularly notable. Long after the political noise of post-election violence subsided, many IDPs remained stranded in camps, forgotten by both policy and politics. By visiting these communities, assessing needs, and mobilizing collective support, he helped secure access to land and stable settlement, offering some families not just shelter but permanence

Another critical, and often overlooked, dimension of his work has been economic empowerment for the diaspora itself. Over time, Jeremy has played a facilitative role in helping Kenyans abroad invest safely back home by identifying and connecting them with trusted, vetted real estate agents. In a space riddled with fraud, broken promises, and painful losses for diaspora investors, this role has been significant. Through networks built on credibility and track record, he has helped many diaspora members acquire properties in Kenya with confidence, reducing risk and rebuilding trust in homeland investment. For many families, land and home ownership are not just financial;



they are emotional, cultural, and symbolic of belonging, and his interventions

What makes this work resonate is his insistence on accountability. Whether dealing with humanitarian aid or property investment, Jeremy has consistently emphasized verification, transparency, and due diligence. In environments where exploitation is common, this approach has earned him credibility within diaspora circles that are often cautious and skeptical.

Kenya Diaspora Media itself has evolved into more than a news outlet. It is a community platform, a mobilization tool, and a space for shared identity. It highlights struggles that rarely make headlines, celebrates quiet victories, and challenges the diaspora to see itself as a stakeholder in Kenya's future, not merely a source of remittances.

The December 21st Diaspora Meet & Greet Party brought all these strands together. People who had only interacted online finally met face to face. Conversations turned into relationships, and relationships into ideas for future collaboration. It was a reminder that movements are sustained not just by technology, but by presence. The gathering was both a celebration and a recommitment, to community, to integrity, and to collective progress.

In many ways, the Meet & Greet marked a symbolic milestone in Jeremy Damaris's journey so far. Media led to mobilization, mobilization to impact, and impact back to community. It reflected a diaspora growing beyond nostalgia and outrage

into organized compassion and purposeful investment. As the evening ended, one truth lingered, the bridge between Kenya and its global sons and daughters is strongest when built deliberately, with trust, action, and shared responsibility.

### Disclaimer:

This article is based on publicly shared accounts, community narratives, and reported activities associated with Jeremy Damaris and Kenya Diaspora Media. It is intended for informational and community-awareness purposes only and does not constitute legal, financial, or investment advice. Readers are encouraged to conduct independent due diligence when engaging in humanitarian initiatives or property investments.

Many of life's failures are people who did not realize how close they were to success when they gave up. -Thomas A. Edison

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



### "Across Borders and Time Zones: How the Diaspora Keeps Christmas Alive".

Christmas budgets stretch across continents. Joy is shared unevenly, but intentionally. Many diaspora families feel a moral obligation to ensure that Christmas back home is felt, even if modestly. The act of sending is itself a form of presence, a way of saying, "I am not there, but I remember."

From The Desk Of Arch. Dr. D.K. Gitau The Diaspora Times

Christmas in the Diaspora is never just a date on the calendar, it is an emotional negotiation between where one is and where one comes from. For millions of Africans living abroad, Christmas arrives wrapped in nostalgia, memory, and quiet longing. It is celebrated not only with lights and gifts, but with deliberate cultural acts meant to summon home into foreign spaces. Snow may fall outside, but inside diaspora homes, Christmas smells like pilau, nyama choma, goat stew, chapati, ugali, rice, and spiced tea. Culture, once left behind at the airport, is temporarily reclaimed through food, language, music, faith, and community.

Unlike back home, where Christmas is communal by default, diaspora Christmas is intentional. Nothing happens accidentally. You must plan for it, cook it, invite it, drive long distances for it. Families travel across states, sometimes across countries, to be together. A living room in Atlanta, London, Toronto, Minneapolis, or Sydney becomes a temporary village square. Furniture is pushed aside to make room for guests, laughter, and children running between adults who have not seen each other since the last funeral, wedding, or fundraising harambee.

Food sits at the heart of this cultural remembrance. The menu is rarely foreign. Even those who eat turkey will insist it be seasoned "properly." Traditional dishes are prepared the long way, the way mothers and grandmothers did it, no shortcuts, no apologies. Cooking becomes an act of resistance against cultural erasure. Elders supervise the kitchen like ritual custodians, correcting measurements that cannot be written down, reminding the young ones that "this is how it is done." Recipes are stories, and every dish carries a geography.

Language also returns home for Christmas. Parents who speak English all year suddenly switch to Kiswahili, Kikuyu, Luo, Kamba, Luhya, Shona, Ndebele, Yoruba, or Amharic. Children respond awkwardly, half-fluent, half-embarrassed, but Christmas gives permission to try. Songs from home play softly in the background, gospel hymns, old rhumba classics, church choirs, familiar voices that once filled radios and bus stations. For a few hours, accent anxiety disappears. You speak as you remember yourself.



Church remains central for many in the Diaspora, but it often looks different. Services are longer, louder, and more emotional. Christmas sermons carry extra weight, mixing scripture with migration struggles, homesickness, undocumented fears, racial fatigue, and gratitude for survival. Churches double as cultural centers. After prayers come announcements, fundraisers, burial committees, and welfare updates from back home. Faith becomes both spiritual anchor and social glue, holding displaced lives together.

Gift-giving in the Diaspora is layered with complexity. There are gifts for children in the house, but also money sent

back home, mobile transfers to parents, siblings, cousins, and neighbors. Christmas budgets stretch across continents. Joy is shared unevenly, but intentionally. Many diaspora families feel a moral obligation to ensure that Christmas back home is felt, even if modestly. The act of sending is itself a form of presence, a way of saying, "I am not there, but I remember."

Technology has reshaped diaspora Christmas. Video calls bridge oceans. Families eat together across screens, one side wrapped in winter coats, the other sweating under December sun. Conversations freeze, reconnect, laugh, and repeat. Time zones confuse schedules, but the effort matters more than perfec-

tion. Screens become windows into villages, estates, and neighborhoods that still feel like home.

Yet beneath the laughter, Christmas in the Diaspora carries quiet grief. Empty chairs remind families of parents buried without proper goodbyes, of siblings aging without daily contact, of traditions fading with each generation born abroad. There is joy, yes, but also a sense of cultural urgency. Elders worry, sometimes aloud, sometimes silently, that this may be the last Christmas where certain songs, dishes, or languages are remembered correctly.

For the younger generation, Christmas becomes an education. They learn fragments of origin, sometimes romanticized, sometimes confusing. They ask questions, challenge traditions, negotiate identities. Diaspora Christmas becomes less about recreating the past perfectly and more about translating it forward.

In the end, Christmas in the Diaspora is not a replica of home, it is an interpretation. It is a fragile, beautiful bridge built once a year, using memory as timber and hope as nails. It proves that culture does not die when people move, it adapts, travels, and waits patiently for moments like Christmas to remind its people who they were, who they are, and who they are becoming.



You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.
-Dr. Seuss



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

### **NEWS NEWS NEWS**

### Exaggerated Funeral Budgets Are No Longer Rare Whispers.

The solution is not to kill the spirit of giving but to demand transparency. Every diaspora funeral fundraiser should be treated like a mini-public project.

### Japheth Kipkalia Kones Diaspora Correspondent UK

Across many diaspora communities, death has quietly become a fundraising industry. What begins as a genuine call to support a grieving family often turns into a lucrative opportunity for relatives, friends, and even strangers who know how to mobilise emotions online. WhatsApp groups, Facebook pages, and community forums quickly light up with posters, links, and paybill numbers "to assist with funeral expenses and support the children left behind." Yet after the burial, uncomfortable questions remain: How much was collected? How much was actually spent? And where did the balance go?

Complaints about exaggerated funeral budgets are no longer rare whispers; they are a pattern. In Kenya and its diaspora, cases have been highlighted where communities raise far more for burials than was ever available to save the person while they were still alive, provoking public anger when it emerges that only a fraction of the money was needed or properly accounted for

In the diaspora, similar stories surface of committees budgeting for air tickets, hotel stays, and lavish receptions, while widows and children receive token support, if anything at all. The language speaks of "dignified send-offs", but behind the scenes, the deceased becomes a convenient excuse to collect money that is quietly shared later

This problem is not entirely new. Studies of burial societies and in-



formal funeral funds in African communities have long warned about "misuse of moneys", administrative inefficiency and failure of reciprocity - members contribute generously when others are bereaved, only to find little or nothing when their own crisis comes. Modern diaspora fundraisers, often run by ad hoc committees with no legal status, reproduce the same risks: loose structures, no obligation to publish accounts, and no penalties for abuse. Distance and technology make it even easier to hide the real figures behind screenshots and emotional appeals.

Digital crowdfunding has also opened the door to outright fraud. Investigations in different countries show scammers setting up fake funeral fundraisers on platforms like GoFundMe or copying real obituaries to collect money from well-wishers; the grieving family either receives nothing or is unaware that a second campaign even exists. In more subtle versions within

diaspora networks, people in the extended family run parallel collections – one "official" and one private – sending home only a small portion and labelling the rest as "logistics" or "thankyou" money for organisers and travellers.

Unsurprisingly, these abuses are eroding the culture of giving. Kenyan commentators warn that repeated "sympathy scams" and inflated appeals are breaking the trust that underpins harambee traditions and mutual aid. Many now hesitate before contributing, wondering if they are helping a widow or padding someone's travel budget. In response, some African diaspora communities are turning to more formal solutions such as funeral insurance and diaspora funeral cash plans, precisely because people are tired of endless emergency harambees where accountability is optional.

Yet it would be dishonest to claim that all funeral fundraisers are corrupt. In countless cases, diaspora friends and relatives act with integrity, raising money overnight to repatriate bodies, pay medical bills, and set up education funds for orphans. The problem is that the same unregulated system that enables genuine solidarity also allows exploitation. Good people give in faith; bad actors quietly capitalise on grief.

The solution is not to kill the spirit of giving but to demand transparency. Every diaspora funeral fundraiser should be treated like a mini-public project. Organisers should present a simple written budget, keep clear records of all collections, and provide a complete statement afterwards showing how much was raised, how it was spent, and what remains. Any surplus should be channelled transparently - for example, into a trust for the widow and children or a registered benevolent fund with clear rules – not divided in private.

Religious leaders, welfare

groups, and diaspora associations have a role to play. They can insist on minimum standards: no collections without budgets, no unreceipted cash, no vague "logistics deductions" that are not pre-approved and documented. Community media and opinion leaders can highlight both success stories and abuses, making it socially unacceptable to enrich oneself on the

Ultimately, this is about dignity and justice. When a person's death becomes a profit opportunity, we betray the very values of ubuntu, harambee, and mutual care that funeral collections are meant to express. Diaspora communities must draw a clear line: grieving families deserve transparency, widows and orphans deserve protection, and the dead deserve more than to be turned into business projects for the living.

Diaspora funeral fundraisers, once rooted in community support, are increasingly being misused for personal gain. Families and organisers often exaggerate costs to raise more money than needed, with the surplus quietly shared or spent on travel and hospitality rather than supporting widows and children. Some campaigns send only a small portion of what was collected, while others are outright fraudulent, exploiting grief for profit. This growing mistrust undermines the harambee spirit and mutual aid traditions. To protect dignity and ensure accountability, diaspora communities must demand transparency, audited budgets, and clear post-fundraiser reporting so contributions genuinely help the bereaved.

### Beyond News — The Diaspora's Pulse, Purpose, And Power.

### \*ATough Year For Consumers: How The \*Economy Has Tested Household Resilience.

The labor market, often cited as a bright spot, has offered mixed relief. Employment levels have remained relatively strong, yet job security feels fragile. Layoff announcements in technology, media, and manufacturing sectors have kept workers on edge.

Jane Shako, Nairobi, Kenya / The Diaspora Times

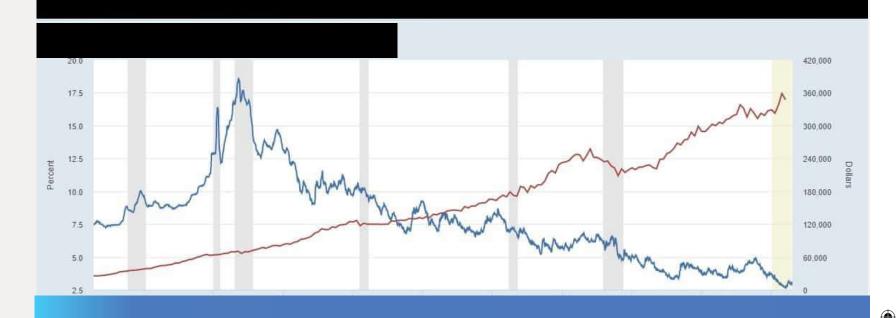
This year has been a demanding one for consumers, defined less by optimism and more by careful calculation, restraint, and survival. Across households, the mood has shifted from ambition to caution as economic pressures have tightened spending power and eroded confidence. Inflation may have cooled from its earlier peaks, but for ordinary people, the cost of living remains stubbornly high, wages have struggled to keep pace, and uncertainty has become constant companion.

At the heart of consumer anxiety has been inflation's lingering bite. While official figures suggest moderation, the lived reality tells a different story. Food prices, rent, healthcare, insurance, and transportation costs have stayed elevated. A trip to the grocery store has become a lesson in compromise, with shoppers increasingly trading down to cheaper brands, skipping non-essentials, or simply buying less. For families already stretched thin, even small price increases have accumulated into a heavy monthly burden.

Housing has been another major pressure point. High interest rates, driven by aggressive tightening from central banks such as the Federal Reserve, have made mortgages significantly more expensive. First-time buyers have found themselves locked out of the market, while renters have faced rising rents with few alternatives. For many households, housing costs alone now consume an unsustainable share of income, leaving little room for savings or discretionary spending.

Debt has quietly become the coping mechanism of choice. Credit card balances have climbed as consumers bridge gaps between income and expenses. Buynow-pay-later services, once marketed as convenient tools, have increasingly been used for necessities rather than luxuries. While

### Tough Year for Consumers: PRICES VERSE INTEREST RATES



this has helped households manage short-term cash flow, it has also deepened long-term vulnerability, especially as interest rates on revolving credit remain painfully high.

The labor market, often cited as a bright spot, has offered mixed relief. Employment levels have remained relatively strong, yet job security feels fragile. Layoff announcements in technology, media, and manufacturing sectors have kept workers on edge. Many who are employed report working more hours or juggling side hustles just to maintain their standard of living. Wage growth, though present, has not fully compensated for years of price increases, creating a sense of running hard just to stay in place.

Consumer confidence surveys throughout the year have reflected this strain. Sentiment has oscillated with every inflation report, rate decision, or geopolitical shock. Households have delayed big purchases, postponed travel, and reined in celebrations. Even during traditional spending seasons, retailers have noted a shift toward discounts, promotions, and value-oriented shopping, underscoring a cautious consumer mindset.

Small businesses have felt the ripple effects. With customers spending less freely, many have faced slower sales and tighter margins. Higher borrowing costs have made expansion difficult, while increased input costs have squeezed profitability. For local shops and service providers, the consumer slowdown has not just been an abstract economic trend, it has been a daily operational challenge.

Globally, these pressures have been amplified by uncertainty beyond national borders. Conflicts, supply chain disruptions, energy price volatility, and fluctuating currencies have all fed into consumer insecurity. Even when shelves are stocked, the memory of shortages and sudden price spikes has made households more defensive in their spending habits.

Yet amid the hardship, resilience has emerged as a defining theme. Consumers have adapted with remarkable creativity. Budgeting apps, community support networks, shared housing arrangements, and informal savings groups have gained traction. People are

cooking more at home, repairing instead of replacing, and rediscovering thrift as a survival skill rather than a lifestyle choice. These adjustments speak not only to economic pressure but also to a collective recalibration of priorities.

Looking ahead, much depends on policy choices and economic direction. Any sustained relief for consumers will require more than easing inflation numbers. It will demand wage growth that genuinely improves purchasing power, housing solutions that address affordability, and credit conditions that do not punish households for simply getting by. Central banks, including the Federal Reserve, face the delicate task of balancing price stability with economic growth, while governments grapple with social safety nets stretched prolonged strain.

For consumers, this year will likely be remembered as one of endurance rather than progress. It has tested patience, resilience, and financial literacy. While there are signs that the worst pressures may gradually ease, the experience has left a lasting imprint. Many households

are likely to remain cautious long after conditions improve, having learned firsthand how quickly stability can give way to strain.

In the end, this has been a year that reminded consumers of their vulnerability within larger economic systems, but also of their capacity to adapt. The challenge now is whether institutions and policymakers can meet that resilience with meaningful support, ensuring that recovery, when it comes, is felt not just in statistics, but in everyday lives.

© The Diaspora Times Global pick.

407.indd 11 12/25/2025 6:24:42 AM



"A ruler's legacy dies the day justice is buried with the victims."

"Progress built on graves is merely a monument to cruelty."



Not merely media—a community, a platform, a global Kenyan identity.

### KENYASHOULD NOT BECOME SINGAPORE, KENYASHOULD BECOME KENYA.

The idea that Kenya should become Singapore is one of the most repeated political slogans of our time, yet it is also one of the most dishonest. It is a convenient phrase, endlessly recycled at rallies, church podiums, and international forums, but stripped of substance, context, and sincerity. Kenya is not Singapore, will never be Singapore, and does not need to become Singapore to succeed. What Kenya needs is honest leadership, grounded policy, and respect for its own people, not borrowed dreams used to excuse policy failure and excessive taxation.

Singapore did not become what it is through slogans or public relations tours. It was built through ruthless discipline, strong institutions, zero tolerance for corruption, long term industrial planning, and a social contract that worked. Taxes in Singapore were imposed after productivity had been created, after jobs had been secured, and after public trust had been earned. Kenya has attempted to reverse that order, taxing first, borrowing second, promising later, and delivering almost never. That is not reform, it is economic gambling with human lives.

You cannot tax a poor country into prosperity. Singapore taxed wealth, Kenya taxes survival. Today, Kenyans are taxed when they eat, when they move, when they save, when they send money, when they build, and when they bury their dead. Fuel is taxed beyond reason, food is taxed without mercy, mobile money is taxed like a luxury, electricity is

priced like a privilege. This is not nation building, it is extraction. A government that treats its citizens as a revenue source rather than partners in development cannot claim to be following any successful model.

Singapore built institutions before ambition. Kenya sells ambition before building institutions. Singapore protected strategic national assets, Kenya casually discusses selling parastatals as if they are private furniture. Singapore invested in national champions, Kenya flirts with offloading Safaricom, a company built by Kenyan taxpayers and admired across the world. Asset stripping is now dressed up as reform, and surrender is sold as vision.

You cannot copy a country without copying its discipline. Singapore jailed corrupt officials, Kenya recycles them. Singapore rewarded merit, Kenya rewards loyalty. Singapore planned cities, Kenya reacts to slums. Singapore invested in human capital, Kenya weaponizes poverty for political survival. Until corruption becomes costly, until theft of public funds leads to jail not promotion, until public office stops being a private business, no amount of taxation or borrowing will produce develop-

Kenya is not a city state. It is not small, homogeneous, or centrally controlled. Kenya is large, complex, diverse, and constitutionally decentralized. Singapore functions through tight control, long term continuity, and political rigidity. Kenya functions through nego-

"Singapore did not become what it is through slogans or public relations tours. It was built through ruthless discipline, strong institutions, zero tolerance for corruption, long-term industrial planning, and a social contract that worked. Taxes in Singapore were imposed after productivity had been created, after jobs had been secured, and after public trust had been earned. Pretending that the two can follow the same path is not visionary; it is administrative ignorance. As it stands now, Singapore remains a political lullaby sung to an exhausted nation that is already paying too much for too little."



tiation, pluralism, and constant political contestation. Pretending that the two can follow the same path is not visionary, it is administrative illiteracy. Kenya needs Kenyan solutions rooted in its geography, demographics, economy, and constitutional reality.

The hustler narrative promised empowerment. What it delivered was taxation. Kenyans were told they would breathe easier, instead they are suffocating under rising costs, shrinking incomes, and expanding debt. Healthcare promises collapsed into confusion, housing promises became publicity, and job creation turned into statistics without pay slips. What remains is religious language, motivational rhetoric, and comparisons to foreign success stories that have nothing to do with lived Kenyan reality.

Singapore did not use churches to sell economic policy. Kenya increasingly does. Economic failure is now baptized, budget pain is spiritualized, and suffering is reframed as sacrifice. This is not leadership, it is manipulation. Faith should comfort citizens, not silence them while policy punishes them.

Kenya does not need to become Singapore, Dubai, China,

or any other borrowed fantasy. Kenya needs to become accountable, just, predictable, and productive. It needs leaders who tell the truth about debt, who respect the limits of taxation, who understand that development is not measured by speeches but by whether people can live with dignity.

Vision without a plan is deception. If Kenya is truly following a Singapore model, then Kenyans deserve to see the industrial roadmap, the corruption prosecution list, the tax relief timeline, the cost of living reduction strategy, and the employment numbers grounded in reality not projections. Without these, Singapore remains a political lullaby sung to an exhausted nation that is already paying too much for too little.

A serious government does not rule by slogans. A serious leader does not hide behind comparisons. A serious nation does not allow itself to be insulted by empty metaphors while its people struggle to survive.

Kenya will not rise by pretending to be another country. Kenya will rise when leaders stop lying to it, stop treating citizens as automatic tax machines, and stop masking failure with borrowed dreams. The future of Kenya lies not in imitation but in honesty, not in fantasy but in responsibility, not in speeches but in governance.

Kenya should not become Singapore.

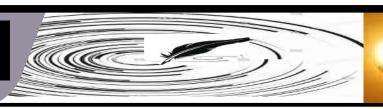
Kenya should finally become Kenya.

### DISCLAIMER

This article represents the independent opinion of the Editorial Board. It reflects a broader concern shared by many Kenyans, both at home and in the diaspora, regarding governance, taxation, and economic direction. The views expressed herein are intended to stimulate public debate, promote accountability, and defend the constitutional right of citizens to question public policy without fear or intimidation. The Diaspora Times does not endorse political parties or candidates, but remains committed to truthful discourse, civic responsibility, and the protection of democratic space. Any reference to individuals, institutions, or government policy is made in good faith and in the public interest.

407.indd 13 12/25/2025 6:24:42 AM





### The Diaspora Times Editorial Team



### Those who steer thedream

Letters to the editor diasporatimeskenya@gmail.com
Tel. 4049668550







Advertise with us and see real results.

We only partner with trusted

companies that deliver—

No Abunuazi Stories.

diasporatimeskenya@gmail.com

Professor Peter
Ndiangu'i
He speaks not to
please, but to
reveal—without
adornment, without
disguise, as truth
demands."



Memory Phiri
A dedicated senior
writer from
Zimbabwe
Topics: Tourism
email address
abigirlphiri@gmail.com



Abigirl Phili
A dedicated senior
writer from
Zimbabwe
Topics: Lifestyle
email address
abigirlphiri@gmail.com

### The Diaspora Times: Bridging Continents, Amplifying Voices

Your Weekly Window into Diaspora Life, Kenyan Politics, and Global Success

# THE DIASPORA TIMES

The Diaspora Times is a lifestyle and current affairs newspaper tailored for both the Kenyan Diaspora and readers within Kenya. It offers a vibrant platform for cross-continental dialogue, bridging the experiences, dreams, and challenges of Kenyans abroad with those on the ground at home.

Sourced from a wide network of global contributors, The Diaspora Times delivers high-impact stories on Kenyan politics, diaspora dilemmas, investment opportunities, cultural identity, and success narratives from Kenyans making a mark across the globe. Whether covering bold Gen Z protests in Nairobi, real estate prospects in Kajiado, immigration policies in the U.S., or inspiring tales of Kenyan nurses, truck drivers, and tech innovators in Europe and America, the newspaper remains committed to amplifying authentic voices.

More than just a news outlet, The Diaspora Times serves as a community mirror and a cultural compass. It offers opinion columns, lifestyle features, health advice, family and faith reflections, legal guidance, and even business ads, creating a holistic ecosystem that supports diaspora families in navigating both worlds.

Published weekly in both digital and print formats, The Diaspora Times is widely circulated through churches, community centers, Kenyan-owned businesses, social events, and online platforms, ensuring that the heartbeat of the diaspora is heard, felt, and acted upon.

Not just a newspaper — a lifeline of the Diaspora, a bridge home, a force for change.

### By Memory Phiri Corner



### Gastronomy as Culture, Tourism, And Identity.

Tourism with Memory Phiri Zimbabwe.

Beyond cooking, the competition embraces broader cultural elements such as the Nhanga/Gota philosophy, which emphasises moral guidance and intergenerational knowledge transfer, as well as the wearing of the National Fabric dress by participants.



By Memory Phiri Zimbabwe. Senior editor The Diaspora Times

The first-ever Regional Forum on Gastronomy Tourism for Africa, convened by UN Tourism, was held last year in Victoria Falls, and by all measures, it was a resounding success. The forum underscored the growing importance of gastronomy as a powerful driver of tourism, cultural preservation, and economic development across the continent. At its core, gastronomy tourism celebrates traditional dishes, indigenous ingredients, and culinary practices, positioning food not merely as sustenance, but as a living expression of culture and identity.

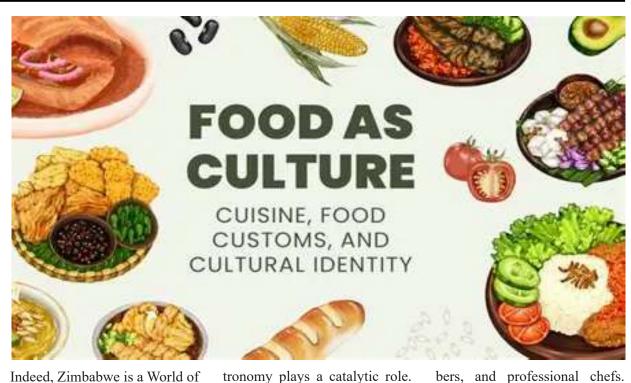
In Zimbabwe, this vision has tangible expression through the National Traditional Cooking Competition, spearheaded under the patronage of First Lady Dr Auxillia Mnangagwa. In simple terms, this national cookout competition forms part of a broader and deliberate strategy to develop gastronomy tourism while safeguarding Zimbabwe's rich culinary heritage. Structured as a nationwide program, the competition begins with provincial cookoffs that culminate in a national final, ensuring wide participation and grassroots ownership.

Through this initiative, the First Lady has played a pivotal role

in reviving and celebrating traditional Zimbabwean recipes, many of which were at risk of being forgotten. These dishes showcase unique indigenous ingredients, time-honoured preparation methods, and deep-rooted cultural practices that define Zimbabwean cuisine. What is particularly striking is how the competition has spread "like veld fire" from urban centres into rural communities, reigniting pride in local foodways and strengthening cultural connections across generations.

Beyond cooking, the competition embraces broader cultural elements such as the Nhanga/ Gota philosophy, which emphasises moral guidance and intergenerational knowledge transfer, as well as the wearing of the National Fabric dress by participants. These symbolic elements reinforce the idea that gastronomy is inseparable from culture, values, and identity. At its core, the cookout competition ensures that Zimbabwe's food culture is not only preserved, but actively passed from one generation to the next.

This cultural impact was vividly displayed in May this year at the 17th Gastronomy Festival, where the Zimbabwean Pavilion emerged as a major attraction and a beacon of national pride. Visitors were treated to iconic traditional dishes such as sadza, maputi, nhopi, rupiza, kapenta, and madora, all prepared using recipes drawn from winning editions of Amai's Traditional Cookout Competition. The pavilion stood as a testament to how local cuisine can create memorable tourism experiences that are authentic, immersive, and deeply rooted in place.



Indeed, Zimbabwe is a World of Wonders, and its culinary heritage adds yet another layer to its tourism appeal. Without doubt, this initiative reinforces Zimbabwean identity while simultaneously attracting tourists eager for meaningful cultural encounters. According to Honourable Minister Barbara Rwodzi, Minister of Tourism and Hospitality Industry, the government is committed to promoting diverse tourism clusters, including township, rural, religious, cultural, and heritage tourism.

tronomy plays a catalytic role.

The traditional cooking competition, in particular, acts as a driver of economic development, especially in rural areas. It creates opportunities across the tourism and hospitality value chain, from small-scale farmers and food vendors to event organisers, cultural performers, and accommodation providers. Importantly, the competition emphasises inclusivity, welcoming participants from all walks of life, including people with

In conclusion, Zimbabwe's traditional cookout competition demonstrates how food festivals and culinary initiatives can be strategically leveraged to promote tourism, preserve heritage, and stimulate local economies. By placing indigenous cuisine at the centre of national storytelling, Zimbabwe is not only honouring its past, but confidently serving its identity to the world—one plate at a time.



Gastronomy, the art of selecting, preparing, serving, and enjoying fine food. Gastronomy is grounded in relationships between food, culture, and tradition. Through the ages gastronomy has proved to be a stronger cultural force among the peoples of the world than linguistic or other influences.

The new scientific discipline concerned with the physical and chemical transformations that occur during cooking is called molecular gastronomy. The new culinary style based on this new field is called molecular cuisine.

Brazilian cuisine; gastronomy

Brazilian cuisine; gastronomyBrazilian shrimp stew, served

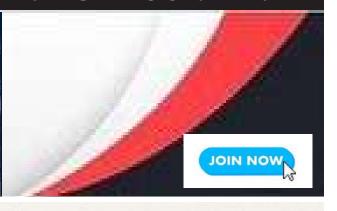
with various side dishes.

Today the world may be divided into definite gastronomic regions, areas where distinctive cuisines prevail and common culinary methods are practiced. Rice is the staple in most of Southeast Asia. The distinctive feature of the cooking of India and Indonesia is the generous and imaginative use of spices to lend an added zest to foods. Olive oil is the common denominator of the Mediterranean cuisines. Northern Europe and North America use a variety of cooking fats, among them butter, cream, lard, and goose and chicken fats, but the common gastronomic denominator throughout most of these lands is wheat. *In Latin America corn (maize) is* the staple and is used in a wide



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

### DIASPORA SUNDAY



"The Lord will fight for you; you need only to be still."

- Exodus 14:14

For I know the plans I have for you, declares the Lord... to give you a future and a hope."

- Jeremiah 29:11

I can do all things through him who strengthens me.

Philippians 4:13

God is our refuge and strength, a very present help in trouble.

Psalm 46:1

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you,

I will uphold you with my righteous right hand.

Isaiah 41:10

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.

Kennedy Mwangi

"Defend the cause of the weak and fatherless; maintain the rights of the poor and oppressed." - Psalm 82:3

407.indd 17 12/25/2025 6:24:43 AM



### Lottery of Hope, Executed by Politics: America's Ruthless War on Diversity Visas

This shift is not happening in a vacuum. It reflects an America that is increasingly suspicious of outsiders, increasingly intoxicated by nationalist rhetoric, and increasingly comfortable defining human worth by economic utility.

By Arch. Dr. D.K. Gitau | Diaspora Times -Green Card OPINION

The Green Card Lottery is dying, and let's stop pretending otherwise. America is not quietly phasing it out, but it is strangling it in broad daylight. A program that once symbolized fairness, equality, and global opportunity is being cornered by politicians who have decided that diversity is no longer a national asset but an inconvenience.

For three decades, the Diversity Visa was the one immigration American pathway that did not bow to money, connections, or privilege. It allowed the son of a farmer in Nyeri, the daughter of a tailor in Kampala, the taxi driver in Accra, or the student in Harare to have the same chance as anyone else. And that, apparently, is exactly what Washington can no longer tolerate.

Let's call this moment what it is: the near-extinction of the most democratic immigration idea the United States ever produced. The political class has spent the last fifteen years sharpening knives against the program, hiding behind the usual recycled excuses, national security, modernization, and "merit-based reforms." But strip away the diplomatic vocabulary, and you are left with a brutal truth: America is retreating from the moral courage it once claimed to represent.

The Diversity Visa is not being killed because it is unsafe or ineffective. It is being killed because it gives a chance to the wrong kind of immigrant without wealth, without elite credentials, without family ties, and without the power to lobby Congress.

Washington has systematically poisoned the well. First came the speeches attacking "random" immigration. Then came the legislative proposals to abolish the program entirely. And now we have the silent weapons, slow-walked applications, unexplained delays, stricter interviews, endless documentation traps, and shrinking allocations masked as "administrative adjustments."

The message is unmistakable: even if the law still allows the Green Card Lottery to exist, the system will make the process so suffocating that fewer and fewer people will make it through. Bureaucracy becomes the assassin when politics fears public confrontation.

For Africans, the near end of the lottery is not just disappointing but enraging. For years, the U.S. used this program as a public relations tool, a shining example of how open and inclusive American democracy could be. It told the world: "We are a nation that welcomes the ambitious, not just the privileged." And millions believed it.

Families planned futures around it. Diaspora com-



munities grew from it. Remittances that now help sustain African economies flowed because of it. People built lives and identities around the promise that America remained a place where birth did not determine destiny. And now, that very promise is being quietly shredded for political convenience.

This shift is not happening in a vacuum. It reflects an America that is increasingly suspicious of outsiders, increasingly intoxicated by nationalist rhetoric, and increasingly comfortable defining human worth by economic utility.

Today's political class prefers immigrants who come pre-packaged as engineers, PhD researchers, AI experts, and Wall Street-ready analysts. Everyone else, no matter how hardworking, brilliant, community-driven, or hungry for opportunity, is dismissed as a burden before they even arrive. Merit-based immigration sounds noble until we admit the truth: merit has

become a sanitized vocabulary for exclusion.

The worst part? America is killing the program without accountability and without shame. No hearings, no moral debate, no national soul-searching. Just silence because the people most affected do not vote, do not live on U.S. soil yet, and cannot fight back. It is easy to end a dream when the dreamers have no political voice. And when the obituary is finally written, it will not come with fanfare. It will arrive buried inside an immigration bill or disguised as a technical update. The American public will barely notice. But across Africa, millions will feel the earthquake.

The U.S. does not want to say this aloud, but the writing is on the wall: the era of an open, random, egalitarian path to migration is over. America no longer believes diversity must be earned at the grassroots level. It thinks it can selectively import the best while leaving the rest be-

hind. And that ideological shift is not just policy but a betrayal of the country's own mythology.

When the Green Card Lottery finally falls, historians will mark the moment as a turning point, a confession that the U.S. chose caution over courage, elitism over equality, and self-protection over global justice. And for Africans who grew up believing that every October might bring a new beginning, it will be a harsh awakening. The message could not be more blunt: America is closing the door, not because the world changed, but because America lost the will to keep it open.

### Disclaimer:

This article is for awareness and guidance purposes. It reflects shared experiences of African immigrants and aims to help new winners of the U.S. Diversity Visa (DV) Lottery prepare realistically before relocating.

© The Diaspora Times | Arch. Dr. D.K. Gitau



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

407.indd 18 12/25/2025 6:24:43 AM



### Mental Illness Among Teenagers.

Peer relationships are another powerful influence. Acceptance, belonging, and identity formation are central during adolescence. Bullying, social exclusion, discrimination, or peer rejection can deeply affect a teenager's mental well-being. For some, these experiences lead to long-lasting trauma, social anxiety, or suicidal thoughts.

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

Mental illness among teenagers has emerged as one of the most pressing public health and social concerns of the 21st century. Adolescence is a critical stage of human development, marked by rapid physical growth, emotional changes, identity formation, and social pressures. While this period is often portrayed as vibrant and energetic, it is also a vulnerable phase during which many mental health disorders first appear. Depression, anxiety disorders, attention-deficit hyperactivity disorder, eating disorders, substance abuse, and self-harm behaviors are increasingly affecting teenagers across cultures, economies, and social classes.

One of the defining features of teenage mental illness is its silent progression. Many adolescents struggle internally without openly expressing their distress. Mood swings, irritability, withdrawal, declining academic performance, changes in sleep or eating patterns, and loss of interest in activities once enjoyed are often dismissed as "normal teenage behavior." Unfortunately, this normalization delays diagnosis and treatment, allowing conditions to worsen. Research consistently shows that half of all lifetime mental health conditions begin before the age of fourteen, underscoring the importance of early recognition and intervention.

Several interconnected factors contribute to the rise of mental illness among teenagers. Academic pressure is a major driver. Many adolescents face intense expectations to perform well in school, secure future careers, and meet parental or societal standards. The fear of failure, competition for limited opportunities, and constant evaluation through exams and rankings can lead to chronic stress and anxiety. For some teens, academic pressure becomes overwhelming, triggering depression or burnout long before adulthood.

The digital age has added a new layer of complexity to teenage mental health. Social media platforms shape self-image, social validation, and peer relationships. While technology offers connection and information, it also exposes teenagers to cyberbullying, unrealistic beauty standards, comparison culture, and constant surveillance through likes and comments. Many adolescents measure their self-worth against curated online images, leading to low self-esteem, body dissatisfaction, and feelings of inadequacy. Excessive screen time has also been linked to sleep disruption, social isolation, and increased anxiety.

Family dynamics play a crucial role as well. Teens growing up in environments marked by conflict, neglect, abuse, substance misuse, or economic

hardship are at higher risk of developing mental health disorders. Even in stable households, lack of emotional communication or excessive pressure can leave teenagers feeling misunderstood or unsupported. In some cultures, mental illness remains stigmatized, discouraging open discussion and pushing struggling adolescents into silence.

Peer relationships are another powerful influence. Acceptance, belonging, and identity formation are central during adolescence. Bullying, social exclusion, discrimination, or peer rejection can deeply affect a teenager's mental wellbeing. For some, these experiences lead to long-lasting trauma, social anxiety, or suicidal thoughts. Alarmingly, suicide is now one of the leading causes of death among teenagers globally, highlighting the severity of untreated mental illness.

Despite the growing prevalence of mental health challenges, access to appropriate care remains uneven. Many schools lack trained counselors, psychologists, or mental health programs. Healthcare systems in both developed and developing countries often struggle with shortages of child and adolescent mental health professionals. Financial barriers, lack of awareness, and fear of stigma further limit access to support. As a result, many teenagers rely on peers or online sources for help, which may not always be reliable or safe.

Addressing mental illness among teenagers requires a comprehensive and compassionate approach. Families must foster open communication, emotional safety, and non-judgmental listening. Schools should integrate mental health education into curricula, train teachers to recognize warning signs, and provide accessible counseling services. Governments and health institutions need to invest in adolescent mental health infrastructure, community programs, and early intervention strategies. Equally important is challenging stigma by normalizing conversations about mental health and treating it with the same seriousness as physical health.

In conclusion, mental illness among teenagers is not a passing trend or a sign of weakness, it is a complex and urgent reality shaped by biological, social, cultural, and technological forces. Supporting teenage mental health is an investment in the future of society. When adolescents are given understanding, timely care, and safe spaces to express themselves, they are far more likely to grow into resilient, healthy adults. Ignoring their struggles, on the other hand, comes at a cost that societies can no longer afford.



### ADOLESCENT COUNSELING

EALTH CORNER

### WARNING SIGNS OF TEEN MENTAL **HEALTH ISSUES**



**Persistent** mood changes





Social withdrawal or isolation

Risky or self-destructive behaviors



Changes in sleeping or eating patterns





Preoccupation with death

**Expressions of** hopelessness or worthlessness



Increased aggression or irritability

Substance use or escapist behaviors



Substance use or escapist behaviors

> Mr. Therapist mrtherapistmft.com



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

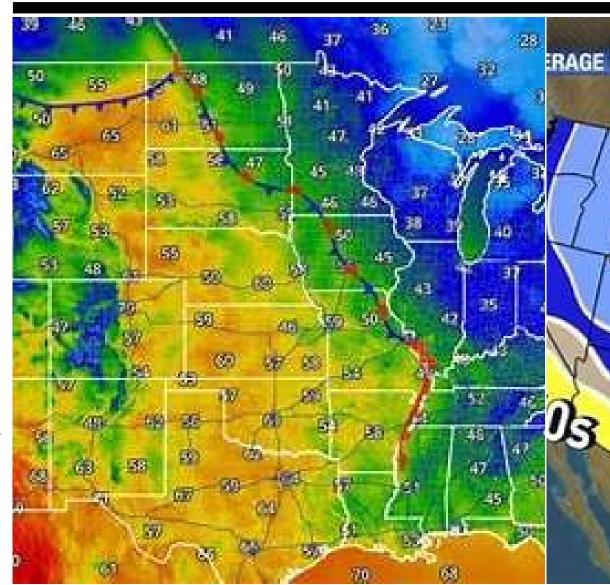
The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller

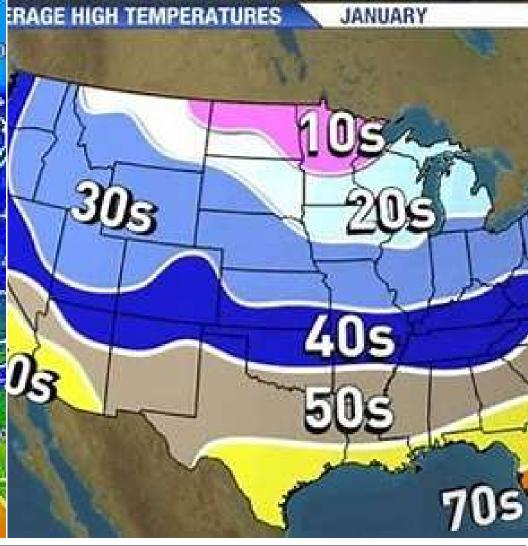


## THE WEATHER IN USA IN BRIEF GEORGIA



### U.S. Weather Forecast Report.







The weather across the United States continues to reflect a nation of striking contrasts, shaped by geography, season, and increasingly visible climate patterns. From the Atlantic Coast to the Pacific, Americans are experiencing a mix of winter chill, mild conditions, and pockets of unusual warmth that underscore how diverse and unpredictable

the country's climate can be.

In the Northeast and Upper Midwest, winter remains firmly in place. States such as New York, Pennsylvania, Michigan, Minnesota, and Wisconsin are seeing cold temperatures accompanied by periodic snowfalls. Lake-effect snow continues to affect areas near the Great Lakes, occasionally

disrupting travel and daily routines. Nighttime temperatures in these regions often drop well below freezing, while daytime highs struggle to climb above average winter norms. Residents are advised to remain cautious on icy roads and stay updated on local advisories.

Moving southward to the Mid-Atlantic and Southeast, conditions are generally milder. States like Virginia, North Carolina, Georgia, and parts of Florida are enjoying cool moderate temperatures, with occasional rain showers. Coastal areas may experience gusty winds and brief storms, especially when cold fronts push down from the north. Florida remains comparatively warm, though cooler evenings remind residents that winter still has a presence even in subtropical zones.

The Central Plains and Midwest are experiencing

fluctuating conditions. Texas, Oklahoma, Kansas, and surrounding states are seeing temperature swings between cool mornings and warmer afternoons. Dry conditions dominate many parts of the Plains, though isolated storms can develop when warm air clashes with colder systems moving eastward. Farmers and ranchers are closely monitoring the weather, as soil moisture and temperature patterns influence winter crops and livestock conditions.

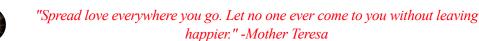
In the Western United States, the picture is equally mixed. The Pacific Northwest, including Washington and Oregon, continues to receive rain and mountain snow, beneficial for water reservoirs and ski resorts. California is experiencing mostly dry weather, with cooler temperatures in the north and milder conditions in the south. Meanwhile, the Rocky Mountain re-

gion is seeing heavy snowfall at higher elevations, making for good winter sports conditions but challenging travel through mountain passes.

Overall, America's weather highlights the country's vast climatic range. Meteorologists continue to urge the public to stay informed, as sudden changes remain possible. As climate variability increases, weather awareness has become not just a seasonal concern but a year-round necessity for millions of Americans.







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



### **WHY SUCCESS GARDENS PHASE 2**

**GATANGA ROAD** 

Sucess Gardens Phase II is strategically located only less than 9 minutes from Blue Post Hotel Thika; off exit 18 of Thika Superhighway and right on Gatanga Rd.

The property is situated near the award winning project

Success Gardens Phase 1 by Optiven that is sold out and customers are now building their palatial dream homes.

### **PROPOSED VALUE ADDITIONS**

- Compacted Murram roads
- Trees on ground
- Perimeter Wall

- Water tower
- Caretaker on site
- Solar Street lights

Click Here For More Info

0790 300 300 | 0723 400 500

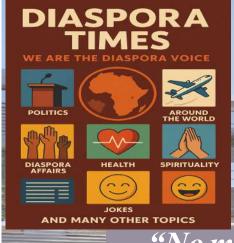
www.optiven.co.ke | info@optiven.co.ke

97.indd 21 12/25/2025 6:24:44 AM

**(** 

Africa Resources epaper is published in USA, Kenya, Zimbabwe, & UK. Issue 405





"No monument can outshine the shadow of a murdered citizen.



"Silencing dissent is the first step toward dictatorship. **Defending it** is the last stand for freedom."







### A Summary Of The Kenyan Constitution:

By Arch. Dr. D.K. Gitau

The Diaspora Times | October 2025

### Chapter Sixteen: Amendment of the Constitution

Chapter Sixteen of the Constitution of Kenya (2010) outlines the processes and procedures for amending the Constitution. It balances the need for flexibility in governance with the imperative to protect the foundational values and principles of the Republic from arbitrary change.

The chapter provides two primary paths for constitutional amendment:

- 1. Parliamentary Initiative
- 2. Popular Initiative

1. Amendment by Parliamentary Initiative Under this method:

- A Bill to amend the Constitution may be introduced in either the National Assembly or the Senate.
- The Bill must be supported by two-thirds of all members in both Houses of Parliament.
- If passed, the amendment takes effect without a referendum unless it affects specific protected provisions (see below).
- 2. Amendment by Popular Initiative This method allows citizens to directly propose constitutional amendments:
- The initiative must be supported by at least one million registered voters.
- It is submitted to the Independent Electoral and Boundaries Commission (IEBC) for verification.
- If valid, it proceeds to all 47 County Assemblies for approval.
- At least 24 County Assemblies must endorse it for it to move to Parliament.
- Parliament then considers the Bill, but cannot block it if it meets the thresholds.
- If the amendment involves certain protected areas, it must go to a national referendum, even if Parliament approves it.

3. Matters Requiring a Referendum An amendment must be submitted to a referendum if it relates to:

- The supremacy of the Constitution
- The territory of Kenya
- The sovereignty of the people
- The national values and principles of governance
- The Bill of Rights
- The term of office of the President
- The independence of the Judiciary or constitutional commissions
- The functions of Parliament or devolved governments

To pass, the amendment must receive at least 20% support in at least half of the counties and a majority of the national vote.

4. Safeguards

This chapter introduces strong procedural checks to avoid abuse or rushed changes. It ensures public participation, legislative scrutiny, and where necessary, direct consent of the people through referenda.

In essence, Chapter Sixteen provides a structured, democratic process for changing the Constitution—one that balances the will of the people with the stability and sanctity of Kenya's foundational law.

### Chapter Seventeen: General Provisions

Chapter Seventeen of the Constitution of Kenya (2010) contains general legal and administrative provisions that support the implementation, interpretation, and coherence of the Constitution. Though brief, this chapter plays a critical role in safeguarding the integrity and continuity of constitutional governance.

1. Enforcement of the Constitution

The chapter confirms that the Constitution is the supreme law and that all laws and actions must conform to it. Any law, act, or omission that is inconsistent with the Constitution is deemed invalid to the extent of the inconsistency.

It also allows individuals or groups to enforce the Constitution in court if they believe any part has been contravened, and it grants courts wide interpretive powers to give life to constitutional values and protections.

2. Interpretation

This chapter emphasizes that the Constitution must be interpreted in a manner that:

- Promotes its purposes, values, and principles
- Advances the rule of law, human rights, and fundamental freedoms
- Contributes to good governance In case of ambiguity, courts are instructed to interpret the Constitution in a way that most favors the enforcement of rights and freedoms.
- 3. Laws Consistent with the Constitution Existing laws—those enacted before the Constitution came into effect in 2010—remain in force but must be interpreted in line with the Constitution. If they conflict with the Constitution, they must be amended or repealed.

This ensures a smooth transition from the old legal order to the new, while maintaining institutional continuity.

4. Customary and Religious Law

Chapter Seventeen acknowledges the role of customary and religious laws, but only to the extent that they do not violate the Constitution. For example, cultural or religious practices that undermine human rights or dignity are not protected.

5. Oaths of Office

All public officers must take an oath of allegiance to uphold and defend the Constitution before assuming office. This reinforces accountability and personal commitment to constitutional governance.

In essence, Chapter Seventeen acts as the legal compass of the Constitution, guiding its interpretation and application, ensuring its supremacy, and embedding it into all aspects of public life and governance.

# THE CONSTITUTION OF KENYA (2010) AN INTELLECTUAL YET ACCESSIBLE SUMMARY FOR THE PEOPLE

POWER TO THE PEOPL

"This Constitution is the supreme law of the Republic and binds all persons and all State organs at both levels of government." – Article 2(1)



The ethnicization of key institutions in Kenya has often served as the fuel for electoral unrest, with past elections degenerating into violence, most notably in 2007–2008, when over 1,000 people lost their lives and hundreds of thousands were displaced.



407.indd 23 12/25/2025 6:24:45 AM







**(** 

# WORLD OF SPORTS

### NFL power rankings:

New York Jets quarterback Brady Cook (4) is sacked by Jacksonville Jaguars defensive end BJ Green II (95) during the third quarter of a NFL football matchup at EverBank Stadium, Sunday, Dec. 14, 2025, in Jacksonville, Fla. The Jaguars defeated the Jets 48-20. [Corey Perrine/Florida Times-Union]

The New York Jets head into Week 16 fresh off a 48-20 loss to the Jacksonville Jaguars.

The Jets have been at the bottom of NFL national power rankings polls most weeks throughout the year.

Is this week going to be different?

Here's how the Jets fare in national media power rankings polls heading into Week 16: 28. New York Jets (3-11)Last week: 28

Sunday: Lost to Jaguars 48-20

MVP: Isaiah Williams

Williams leads the league in punt return yards (396) and has returned two for touchdowns. What would have been his third was called back by penalty on Sunday. He's 15th in kickoff return yards (653). And, on top of that, he had career highs in catches (six) and receiving yards (53) against the Jags. All of that is good enough for MVP honors on this team.

Source USA Today







