

K I T E N G E L A

BIZNET



FREE COPY

Digitize your Business

JAN - FEB 2022

INSIDE

TRANSITION:

Death of the Duke...

PAGE 7

HEALTH:

7 Signs of endometriosis

PAGE 9

SECURITY:

A prediction for Kenya in 2022

PAGE 10

KAJIADO EAST

12 declare to battle out for MPs seat

PAGE 17



DRIVE COUNSELING SERVICES



We are located at Wingu House, Kitengela Next to Faulu Bank
Contact: 0722 602 474



SUNRISE OF AFRICA SCHOOL



INTAKE ON GOING
WE OFFER TRANSPORT & WELL BALANCED MEALS

About Us

Our Sunrise of Africa School, Garden Grove, and Kitengela follow the sunrise Tradition of striving for academic excellence and trusting in God. Our facilities continue to improve with each passing term.

Vision

Sunrise of Africa School is an academically outstanding co-educational school based on Christian Principles. It aims to provide education equal to the expensive Nairobi, Private Schools. This is achieved by reinvestment of all revenues into the amenities of this school.

Mission

To develop the whole Person

- a) The Childs Character,
- b) Emphasizing intellectual and spiritual Development
- c) Gaining tactile skills through carefully chosen educational toys and activities
- d) Learning social SKILLS,
- e) Taking Part in Physical activities

Balanced Student-Teacher ratio

Best Pre-School

Institution Christian Based

**For Enquiries Contact us
SUNRISE OF AFRICA SCHOOL**

P.O.Box 5654-00100 G.P.O Nairobi / Email:sunriseofafricaschool@gmail.com

0720569344, 0702080951, 0722386156

From the Editor's Desk

A new year is a good time to take stock. What's been happening, what have we learned, what should we change? What should end, and what should commence?

These past two years have been highly unusual for pretty much everyone. We have all lived through a global pandemic, a first for most of us. We have experienced radical, forced adjustments; we have protected our families as best we could; sadly, many of us have lost loved ones. And just when we think we are done with this bug, it has a nasty tendency to bite us again.

If months like these don't make us pause to reflect, perhaps nothing will.

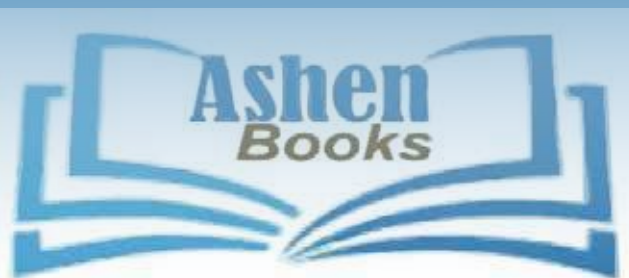
When did you pause and try to did you learn about yourself, about your world, about what really matters to you?

I wish you fruitful reflection, and look forward to your company on this page as a New Year unfolds.

Have you advertised?

You wake up from an advertised bed, you do your ablutions using advertised products. Breakfast is consumed using advertised farm produce, you go to your daily chores using an advertised vehicle. You work from an advertised desk, using advertised pen and call using an advertised phone and advertised airtime. And then you dare say advertisement does not pay? When your un advertised business goes down, you advertise for it sale....

Be wise, advertise with Kitengela biznet



The Team

C.E.O

Terry Mbata

Managing Editor

Julius Musungu

Editor

Kiptanui Rutto

Busines Development Manager

Alex Omoro

Advertising and Marketing

Elizabeth Kiilu

Alec Owuoth

Ronald Chukwu

Caleb Otieno

Justa Sian

Kitengela Biznet
"Digitise Your Business"

Visit
www.kitengela-biznet.co.ke
YOUR ONLINE MARKETING PARTNER

Marketing is an essential component of any company proliferation and growth.

Kitengela-biznet.co.ke is an online business marketing platform which will offer the residents and customers of the various goods and services a podium to interact and network with an overall objective of increasing business transactions.

To ease visibility the locations of the listed Businesses will be availed on Google maps.

The website will also provide information on important events happening in Kitengela and beyond on News, Business, Fashion, Sports and entertainment.

Kitengela Biznet listing will be on

- ✔ Hotels
- ✔ Hospitals
- ✔ Schools
- ✔ Companies
- ✔ Politics
- ✔ Emergency Numbers

CONTACT US

+254 718 139 481
+254 721 153 618

info@kitengela-biznet.co.ke

P.O.B.O.X 3293-00100Nairobi

Wingu House

KitengelaBiznet @kitengelabiznet

Design & Layout

Bacoolle Kings Media

IT and Support

Dennis Moinket



Kitengela Biz-Net is Published by Ashens Books Limited All Article, Photographs, Artworks and Designs of any nature or description appearing in this magazine are exclusively reserved for the management of the company.

Covid-19 and Counselling

What is Your Story?

I am a former career civil servant who had worked at various areas of the country and abroad. I retired in late 2018 and settled within Kitengela. It is within Kitengela that I set up a counselling clinic along Namanga Road.

How do you define Counselling?

This is a professional relationship between a trained counsellor and a client. It is designed to help clients understand and clarify their views of their life space, and to learn to reach their self-determined goals through meaningful, well informed choices and through resolution of problems of an emotional or interpersonal nature.

What is your counselling story?

My counselling journey started in 2004, when I felt that I had a desire to fill a gap in the lives of people who had absorbing issues in their lives. I, therefore, joined a college within the Nairobi CBD and pursued a higher diploma in counselling psychology. Presently, I have done all the requisite counselling courses including trauma and psychological debriefing, Counsellor Supervision and Training of trainers. I am presently studying for masters in the discipline.

What is the uptake of counselling in Kitengela and its environs?

Just like across the nation, Counselling is yet to be fully embraced by the community. I personally attribute it to the fact that it is a relatively new discipline and the fact that as a community there have been traditional ways where people with issues had the

communal support systems. A mentality had also crept across board that Counselling was for people who were 'Mad' hence a stigma attached to anybody who was seen to have visited a counsellor. The fact is people need counselling and you only need to listen to the many callers on the various FM stations to realise that people are hurting secretly in their daily lives and need that listening ear.

So far, we in Kitengela are 18 counsellors who have come together to periodically interact and complement each other in our counselling journey. The node of the operations for the time being is at the second floor of the Wingu House on Namanga Road.

Our intention to be more vibrant to the Kitengela community was curtailed by the onset of COVID -19.

But aren't pastors in the various churches doing a good job as counsellors?

Counselling is a profession, it is a process. While pastors do an essential service in providing spiritual nourishment, few are actually schooled as professional counsellors and therein lies the challenge.

How has COVID-19 affected the counselling journey?

The COVID -19 effects has totally changed the overall path of counselling with new and emergent challenges at personal levels. Cases like separation anxiety have become so common especially during the lockdown period; Counsellors are witnessing issues of Corona anxiety, a case of people being highly strung with obsessive fear of the virus that it hinders their normal day to day functioning. Loss of a steady jobs, underemployment, marital

ONE
ON ONE



with Counsellor Joe

stress, reduced income and teenager/parent issues are now a common feature in the counsellor's clinics.

Could you comment on the future of counselling in Kitengela?

Counselling in Kitengela has finally been accepted as a necessary profession and with the acceptance we are seeing many walk in clients. Schools are also steadily referring students to the counsellor's for the developmental challenges and due to some excessive youthful mischievousness. The national government has also finally embraced the profession and we are likely to see more counsellors in our day to day interactions.

What is your personal philosophy?

A strong belief in the power of prayer. Prayer does not necessarily every time change the mind of God, but it surely changes the person who prays.



ARE YOU AN ASPIRANT?

**President?
Governor?
Senator?**

**Member of Parliament?
Women Representative?
Member of County Assembly?**

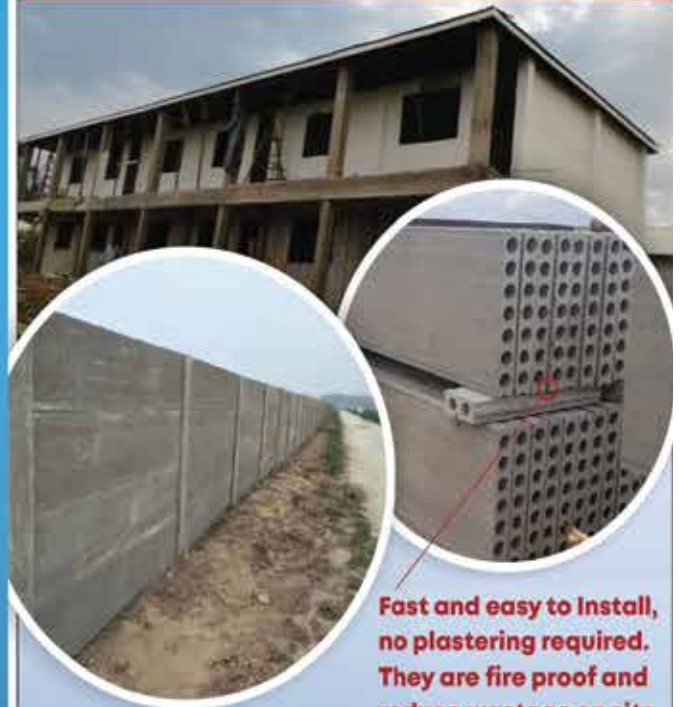
What can you tell WANANCHI?

Your expressed sentiments will reach the Mwananchi in Kitengela, Isinya, Kajjado, Namanga, Machakos, Kyumvi, Ongata Rongai, Kiserian, Mlolongo and syokimau

We want to see your portrait and in a paragraph tell us what you will do for the Mwananchi. Call 0718139481 or 0722602474 to take advantage of a special offer specific for aspirants' coverage .



GLOBAL PRECAST PANELS LIMITED



Fast and easy to install, no plastering required. They are fire proof and reduce wastage on site



by using **Global Precast Wall PANELS.**



For more info
Contact Us

0702 247 267
0731 247 267
0796 247 267

WE ARE LOCATED IN KITENGELA TOWN

Email: info.globalprecastpanels.co.ke
www.globalprecastpanels.co.ke

TRANSITION: Survival series - Dr Richard Leakey



Richard Erskine Frere Leakey breathed his last on the second day of January only hours after the demise of his close friend Charles Njonjo. He was 77.

The paleoanthropologist, conservationist and politician. Leakey held a number of official positions in Kenya, mostly in institutions of archaeology and in wildlife conservation.

During his life Richard Leakey had several brushes with death, when he was young boy, he fell off a horse and fractured his skull, a few years later a puff adder bit him. He barely survived.

In his mid-age years, his kidney malfunctioned and doctors said his time on earth was up but his brother donated kidney which Richards body rejected until miraculously his body only adjusted in the last minute when the doctors had lost hope of his recovery.

Then his liver failed and a friend had to donate a slice of his own.

His most chilling experience was surviving an aircraft accident with him as the pilot. He survived but both his legs were amputated. His friends called his survival as the hand of God. Leakey rejected that thinking, he called it luck.

While in the hospital, Leakey told President Moi, a religious man, not to pray for him, but act on matters pending for the Kenya Wildlife Service.

“God is the biggest fake news of all time. I am a humanist. I believe in evolution.”

In 1995, Richard Leakey joined some Kenyan intellectuals in launching a new political party – the Safina Party. Leakey again survived when officials of the party-Leakey included were brutally attacked by youthful party wingers

**Kitengela Biznet wishes it could say:
Rest in peace
Richard Leakey?**

DANCE & FITNESS WITH ANYANGO

Dance Classes
~ Choreography & therapeutic freestyle

Yoga classes

Dieting

Personal training
~ Weight lifting (mass gaining)
~ Aerobics (weight loss)
~ Toning & flexibility

GET IN TOUCH

+254 11555 9352

Hellen Anyango

DANCE & FITNESS with ANYANGO

a_nya_ngo

ANYANGO HELLEN

1ST 2 TRIAL SESSIONS ARE FREE !!

GET FIT DON'T QUIT

TILL YOU DROP

dancefitnesswithanyango@gmail.com
[dancefitnesswithanyango](https://www.facebook.com/dancefitnesswithanyango)
[@AnyangosDance](https://www.instagram.com/AnyangosDance)
[a.nya.ngo](https://www.facebook.com/a.nya.ngo)

Lyant Precast Concrete Works
Concrete Home of Quality

- ★ Concrete waffles
- ★ Hollow blocks
- ★ Road kerb
- ★ Fencing posts
- ★ Paving slabs
- ★ Culverts
- ★ Cabros
- ★ Louver vents
- ★ Drainage (IBD, shallow drains)
- ★ Wall copings
- ★ Road channels
- ★ Etc.

Tel: 0721 377 235, 0721 392 015, 0735 815 653

Email: info.lyantventures@gmail.com

LYANT PRECAST CONCRETE WORKS



TRANSITION: Death of the Duke...

Sir Charles Mugane Njonjo, famously known as the Duke of Kabeteshire passed on the 1 January 2022 from Pneumonia complications. He was 101.

Described as a steadfast personality and a man of his word without hesitation.

The unofficial title of Duke was as a result of him being regarded as an Anglophile par excellence. He married at 52 years and one of the many congratulatory wishes was a card from Prince Philip which read:

“Congrats Charles, it is never too late to get married”

These are some of the Duke’s many quotes:

“All those girls and I couldn’t find one I could live with. It took a long

time but I eventually, found one and I married her at All Saints Cathedral... she was in the choir.”

“It is treason to “imagine, think, or encompass the death of the president.”

“You mean there are adults in this country not circumcised?”

“Kenya is a man-eat-man society,” and Tanzania is a man-eat-nothing society.”

“The Agikuyu are indispensable in Kenya’s power matrix.”

“This country will never move forward until the day comes when we vote for a person because he is qualified and able to hold that position

...

Rest in Peace boss!

Inset: 1956 photo of Mr. Njonjo when was Ass. Registrar General.

3: 1978 photo of Mr. Njonjo with the then Vice President the Late Daniel Moi when he took oath as the acting president.

4: Mr. Njonjo during his wedding.

5: Mr. Njonjo with former PM and leader of ODM Party Rt. Hon. Raila Odinga.



3



4



5

HINGRAJ ENTERPRISES

Stylish Living



**Showers | Outdoor Lights | Sink Pedestals | 1 PC Toilet | Wall floor tiles
Close Couples | Brass & Stainless Taps | Mixers | Showers | Solar Lights**

 hingrajenterprisealtd@gmail.com

 **0727027866**

 **Unit 3 Sinkeet Arcade off Nairobi-Namanga Highway**

7 Signs why you should be worried of endometriosis

Painful periods should be a worry that you may be having developing Endometriosis. Do not wait to be too late. Biznet research reporter *Kiptanui Rutto* came up with the following reasons why you should see your doctor.

Endometriosis, which can cause pain, sometimes severe and fertility problems especially during menstrual periods, is an often painful disorder in which tissue similar to the tissue that normally lines the inside of your uterus grows outside your uterus. It commonly involves your ovaries, fallopian tubes and the tissue lining your pelvis.

Endometrial-like tissue would thicken, breaks down and bleeds with each menstrual cycle. But because this tissue has no way to exit your body, it becomes trapped. When endometriosis involves the ovaries, cysts called endometriomas may form and surrounding tissue can

become irritated, developing scar tissue and adhesions causing pelvic tissues and organs to stick to each other.

Symptoms

Although many experience cramping during their menstrual periods, those with endometriosis typically describe menstrual pain, the primary symptom, that's far worse than usual and may increase over time. Other common signs and symptoms of endometriosis include:

- a) Pelvic pain and cramping (dysmenorrhea) may begin before and extend several days into a menstrual period. You may also have lower back and abdominal pain.
- b) Pain during or after sex is common with endometriosis.
- c) Pain with bowel movements or urination most likely during a menstrual period.
- d) Occasional heavy menstrual periods or bleeding between periods.

e) Infertility- Sometimes, endometriosis is first diagnosed in those seeking treatment for infertility.

f) Other signs and symptoms are fatigue, diarrhea, constipation, bloating or nausea, especially during menstrual periods.

Endometriosis is sometimes mistaken for other conditions such as Pelvic Inflammatory Disease (PID) or ovarian cysts and Irritable Bowel Syndrome (IBS) that can cause pelvic pain and bouts of diarrhea, constipation and abdominal cramping respectively. IBS can accompany endometriosis, which can complicate the diagnosis.

It can be a challenging condition to manage but fortunately, effective treatments are available. See your doctor if you have signs and symptoms that may indicate endometriosis.

Security in Kenya- A prediction for 2022

By Drive Today Security CEO



Chaos as houses went up in smoke during the 2007/08 PEV. File/Photo

Over the last 12 months, Kenya's security trajectory has been extremely volatile, ranging from cattle raids in the far flung nomadic areas of the country, rampant reports of domestic violence, suicide and homicide among the security personnel, kidnappings and Covid 19.

But the main focal point will be in the electioneering exercise.

The country is set to go for general elections later in the year and is likely to be the most intensely watched elections in Africa this year for three reasons; One, the country's history of violent and contested polls; two, this year's elections are set to lead to a presidential transition and three, the country's pivotal position in the east and horn of Africa region.

The election campaigns are expected to be long drawn, confrontational and toxic but unlikely to lead to major episodes of violence as seemingly the security machineries are on top of the situation and the fact that other international agencies are keenly monitoring the electioneering developments. Localized but muted political violence, is however expected across country.

The Al Shabaab scourge however remains a potent headache in Somalia and are bound to be active in the country during the electioneering period as the country's security focus is expected

to be heavy on the electioneering and elections.

COVID -19 is also another security issue which continues to cause adverse effect on overall human security in the country with job losses, corporate restructurings, reduced earnings and an overly sense of despondency. The uptake and impact of the vaccine in the country is bound to take a long time to be realized mainly due to cost constrains and the logistic challenges.

There have been an upsurge of unexplained cases of kidnappings and disappearance of people who even after release have remained mute. Worryingly, many have been found dead after missing for extended periods. Without clear explanations or arrest, this trend is bound to continue.

Mental stress has been blamed for many cases of suicide and homicides across the country last year and particularly among the security personnel. This too is likely to persist in the year. Exam stress and drug abuse was also blamed for rampant cases of arson in the secondary schools. With two national exams set to be done this year, a repeat of arson cases is expected.

Cattle rustling among the nomadic communities are expected to continue in the year with no solution expected in the

foreseeable future. The reasons are complex and gravitate along social, environmental and economic spheres.

The arid northern areas of the country experienced long stretches of drought leading to famine, human deaths and loss of livestock. Again, this scenario is expected to be repeated in 2022. Ironically, the changed weather patterns will lead to heavy rains in most parts of the country with resultant death and destructions.

As pointed out, the country's security landscape is highly volatile and unpredictable but the listed cases are likely to be the most dominant with political violence attributed to the elections leading the pack.

Mental stress has been blamed for many cases of suicide and homicides across the country last year and particularly among the security personnel.

”

KAG PLOTS FOR SALE

Ksh 1.5M

- Water & Electricity
- 8 Km from KAG Uni.
- 7 Acres each with title
- Ready Title Deeds
- Murramed access road

Call: +254 727 89 84 54
+254 746 62 38 65

BOOK NOW

info@anganihomes.co.ke
www.anganihomes.co.ke
VISIT US ONLINE

ISINYA PLOTS

@450k

Size: 50x100
Water & Electricity Available
Cash Price 400k
Higher Purchase 450k
6months

6km from Tarmac
Ready Documents

Call: +254 746 623 866
Email: info@anganihomes.co.ke
www.anganihomes.co.ke

KITENGELA PLOTS

@2M

Size: 100x100
Next to East African University
Kitengela
Deposit 50% balance
3months

1km from Tarmac
Ready Title Deeds

Call: +254 746 623 866
Email: info@anganihomes.co.ke
www.anganihomes.co.ke

KITENGELA MILIMANI PLOTS

@1.5M

Size: 50 x100
Water & Electricity Available

READY DOCUMENTS

Call: 254 746 623 866 / +254 727 896 454
Email: info@anganihomes.co.ke
www.anganihomes.co.ke
Office Location Winga House Opp Maasai Discovery
First Flr Rm No.17

WhatsApp Trends



This is how a grade five pupil filled the missing blanks:

- ~ Bendera hufuata -Skauti
- ~ Mtoto umleavyo -Ndivyo ananona
- ~ Chelewachelewa utapata -Mwana amezeeka
- ~ Akili ni nywele -Kila mtu asinyoe
- ~ Cha mlevi huliwa na -Malaya
- ~ Mto wa nyoka ni -Kanyoka

How could I get rich?

If you want to get rich, here are seven "poverty habits" that handcuff people to a life of low income:

- ▶ Plan and set goals. Rich people are goal-setters
- ▶ Don't overspend
- ▶ Create multiple streams of incomes
- ▶ Read and educate yourself
- ▶ Avoid toxic relationships
- ▶ Don't engage in negative self-talk
- ▶ Live a healthy lifestyle

Overheard

- "Conflict resolution training cancelled due to disagreement over venue"
- "How I managed to inherit Adam's sins and not Solomon's wealth is beyond me"
- "Unlike the brain, the stomach notifies you when it is empty"
- "Jesus does not have Covid-19; you may get close to him"
- "You have been arrested for impersonating a politician...I was just sitting there doing nothing"
- "Too much patience is cowardice"
- "Revenge is cathartic and therapeutic. The problem is that revenge takes its own mental toll and avenger becomes the persecutor"
- "In order to be successful, it is not enough to be wicked"
- "Alcoholism is the slowest form of suicide"

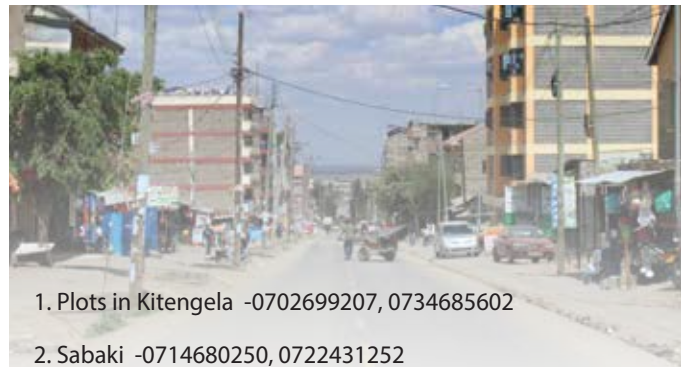
BIZNET CLASSIFIEDS

Soulmates



1. A 53-YEAR-OLD Ugandan man living in Kampala seeks a lady aged 36-50 interested in a secret intimate relationship. Contact me on +256704455161-Colins
2. Hi! Am Alex, 20 years, seeking a sugar mummy. Mukariaaleki@gmail.com
3. Am Robert M. Aged 29 based in Nairobi, looking for a rich Mama for a long term relationship. Reach me on +254728850680.

Property



1. Plots in Kitengela -0702699207, 0734685602
2. Sabaki -0714680250, 0722431252
3. Kitengela Acacia -0718447575
4. Kitengela -0723254111 (KSh1.35M)
5. Ngon'g Plot -0113996392

Financial Boost



Have you got a running business based in Kitengela? Is your Mpesa passable? Have you got a collateral? You need an urgent financial boost of upto 30K?
Call: 0708853638

Sichwa Technology, The e Hub

SICHWA, THE TECHNOLOGY HUB



OUR VISION

We develop technology solutions that help our clients meet their business and personal needs.

OUR MISSION

We endeavor to continuously come up with new IT brands under our name to solve societal needs where necessary

Our Values

- Honesty,
- Creativity,
- loyalty,
- commitment,
- Reliability,
- consistency and
- efficiency.

SICHWA LAB

At Sichwa Tech Lab, we specialize in Web Design and Development, software solutions, Bulk SMS, Branding and Graphic technology as well as Cloud Hosting for potential client. (Visit Sichwa Lab www.lab.sichwa.com)



Some of Our IT Clients in Kitengela



Doxa Christian Academy
www.doxachristianacademy.sc.ke



Remnant Vision School
www.remnantvision.sc.ke



Blooms Junior School
www.bloomsjunior.sc.ke



Royal Brains Kinderstart
www.royalbrainskinderstart.sc.ke

MORE FROM SICHWA



1. Sichwa News - www.news.sichwa.com



2. Sichwa Post - www.post.sichwa.com



3. Sichwa Jobs - www.jobs.sichwa.com



4. Sichwa Stream Live - www.streamlive.sichwa.com



5. Sichwa Sports - www.sports.sichwa.com

Lenana Pharmaceutical Building, Opposite Equity Afya Medical Centre,
Ground Floor, Office 12,
Kitengela Town

Call / Whatsup - +254 0751 956329 +254 7456511933

ANOTHER ONE BY WANGUI

2022 has drooped but not with a resounding bang like the previous years. I am not completely sure why but we can play a guessing game together.

'New year new me' chants have not been glamourized as before. It might be because many of us have realized that we are never getting new. We don't want to claim embarrassment and or disappointment even if it's just to ourselves. We are older we know the cycle by now. Now that you are reading this am sure some of your goals are in the gutter. You need to do better.

Just pick one goal and refuse to relent.

As for the moving in silence community, the big boss community. The ones that want to that "part the red sea" moment. We are depending on you to surprise us; give us motivation with your impeccable results so we can rethink on our lives. Keeping going on those goals. keeping grinding. Always remember to rest. Dont die alone though. I know you want your success to make us think you joined illuminati, we won't disappoint.

My 90s babies don't kill yourselves your almost at the third floor. Your 12-year-old self thought you would be driving a Ferrari in the Chuck Norris series. Well here you are surviving the tides of life. Keep on keeping on. You are alive. Give thanks for life. Kindly open an emergency fund, savings account investment in stocks. Invest in yourself for once; read a book or the bible you'll be happy you did.

Baby boomers, we appreciate you, and also its time to get with the program. Heal your trauma, it is needed. Forgive yourself, your parents, and your kids. I promise you will not pass out if you apologize or ask forgiveness. If you think that I love will choke you to death put it on a card, we can read.

Millennials, we are the epitome of confusion, the I want and give me generation. We are the transition from analog to digital. From firewood to microwave. From military punishment to gentle parenting. We have had the privilege to see it all. You can't tell us anything. We have the wounds from the jungle, and the cravings of a soft life. We will continue

to tell the jungle stories as we sip expensive lattes and dawas at coffee shops. Roll your eyes all you want. We have earned our position in society. The experience we have between the generations is everything.

2022 is not going to be different as much. We will work harder, drink lots of water, pretend to mind our business. You know we are thirty or almost we must be millionaires soon. Might be methuselah soon or this year soon. You will find out once you can smell channel No.6 on us, a British accent might be in the mix, you never know.

Gen Z, THE AUDACITY!! I must say cheers to you. Millionaires at 19, 20. Doing what you want because you want. I have respect

for this new generation. They actually invented the I can actually think for my self-theory. My parents can either support or stand on the sides and watch. Can you imagine!? The audacity? I am sure some of us can hear our bones cracking. We literally cannot breathe.

Gen Z the only thing that is required is to put some respect on your audacity. All respect is self-respect.

All I am trying to say is: assess where you are, who you are, why you do what you do. It will do you a lot of good.

Have a great 2022.

WN

UNIVERSAL HEALTH PRODUCTS

Acts on Low libido
 Improve Confidence
 Joint Pain
 Fibroids
 Immune Boost
 Weight Reduction









International Herbal Clinic that work closely with Universal Care Supplements to deliver top of the range original products and care

0722 800 063..... (call/text/ whatsapp)
 0799 215 179.....(call/text)

beatfastenter@gmail.com
 Facebook @universal care

Oloosrikon/Sholinke Ward, 2022

The Seven Key Agendas

Infrastructure

Health Care

Security

Education

Youth Empowerment

Women Empowerment

Equality in Bursary distribution

Vote Shem for Change & Development



Shem Omoke Keraka

#OmokaNaOmoke



Lets Talk

0722 602474



A Real Estate Agency You Can Trust. Credible, Devoted, Affordable

Vision:

To be the market leader in provision of real estate services, market research and consulting services in Kenya.

Mission:

To provide the highest quality of real estate services market research and consulting services with diligence, expertise and professionalism.



Real Estate, Property Management, Business, Research & Consulting Firm.
 We are located at RIM House 014, Next to KCB Plaza, Kitengela
 Tel: 0755404522/ 0746143100
 Website: www.berkleylimited.co.ke Email: berkleylimited@gmail.com

BARISTA HOSPITALITY & COMMERCIAL COLLEGE

GET WORLD CLASS BARISTA TRAINING

WITH MOST CUTTING-EDGE CONCEPTS FOR COFFEE PROFESSIONALS.

JOIN US TODAY

Full Course, 2 Months @ Ksh 32,000/-

Short Course 10 Days @ 15,000/-

Roasting Skills 5 Days @ 8,000/-

Latte Art @ 8,000/- 8 Days

Basic skills of brew @ 8,000/- 5days

Basic skills of brew 8,000/- 5days

INTERNATIONAL AWARDS IN BARISTA SKILLS

0722 227 646
 LOCATION: Information Hse, Hakati Rd. RM 523

ENJOY A DELICIOUS MOMENT AT

FOR FRESH & TASTY MEALS

FOR FINDER LUCKYHO DISHES
+254 720 099 095
 SHARRET ARCADE, YUJONG, KITENGELA



DRIVE TODAY SECURITY SERVICES

Drive Today Security Services is a Limited Security Company has been operational from mid 2015 we are headquartered in Kitengela in Kajjado County with branches in surrounding environment.

OUR SERVICES

- Risk Assessments
- Risk Advance Strategies
- Disaster Management
- Security Assessments
- Manned Security Measures
- Technical Security Measures

HOW WELL DO YOU KNOW?

Your Nanny?
 Your Workers?
 Your Gardener?
 Your Security Guard?

We do Background Checks
 Consult Us Today



+254746-623-968

Email: consult@drivetodaysecurity.co.ke

www.drivetodaysecurity.co.ke

KITENGELA EBENEZER JUNIOR ACADEMY

We are a mixed Day and Boarding Primary School
 located at Baraka Road, New Valley at a
 Serene Environment in a low Housing Area.



KITENGELA EBENEZER JUNIOR ACADEMY
MIXED DAY & BOARDING SCHOOL



Affordable fee for Excellent Performance.

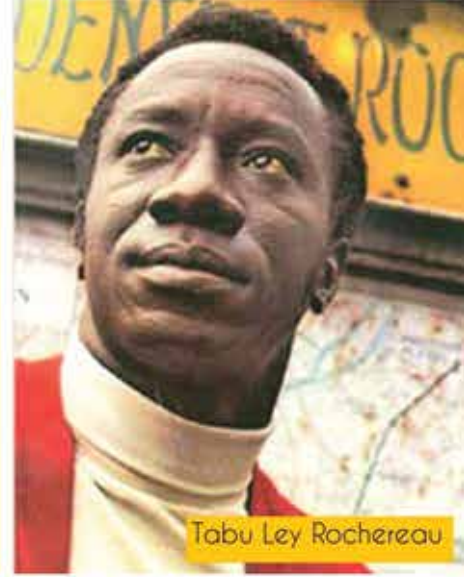
Pre-school|Play Group,PP1 AND Pp2| Primary School Grade 1-3 and 4-8
 Computer Studies | Swimming | Guidance and Counselling | French Classes
 Offering New Curriculum

Contact:

0725796346 - Headteacher

0706210227 - Office

www.ebenezerjunioracademy.sc.ke



Tabu Ley Rocherzau

RHUMBA TIME!

Summary of the Song "Muzina"
 This song is a secular song mixed with a religious message sung by Tabu Ley Rocherzau. The word "Muzina" is taken from a common phrase used by Christians, especially Catholics, at the beginning and at the end of every prayer. It is from the phrase "in the name of the Father and the Son, and the Holy Ghost" It is a powerful phrase and Tabu Ley has used it to give his prayer more power.

ORIGINAL LYRIC IN LINGALA AND KIKONGO	ENGLISH EQUIVALENT
Muzina ah ah	In the name of
Muzina di tata, e di mwana, e di mpeve santu	In the name of the Father, and the Son and the Holy Ghost
Muzina di tata Nzambe oh oh, muzina	In the name of God the Father oh oh, in the name of
Bobotama bazala bakufa balamuka basekwa ah ah	People are born, they exist, they die, they wake up, they resurrect from the dead ah ah
Basumuki baboya nzambe batala ye mpamba ntango ya bisengo oh oh	Sinners have rejected God, they neglect him in good times
Kasi nkombo ya Nzambeezi ya makasi boboto bakolim-bisa bango oh oh	But the name of God is powerful and the grace and power of God will forgive them.
Muzina ah ah	In the name of
Muzina di tata, e di mwana, e di mpeve santu, Muzina di tata Nzambe oh oh, Ya Muzina ah	In the name of the Father and the Son and the Holy Ghost, in the name of God the Father oh oh for the name of...
Baluka moto na ngai	They have tried to finish me
Balaka ngai liwa ah ah	They have threatened me with death
Bamekola basuka ah ah	They have tried but they have failed
Bamema se mongambo eh	They have only got problem
Lisolo oyo ya ngai	This story of my life (lit: this story of mine)
Ekoma mosala	Has become a profession
Na kati ya lisanga	During meetings in the community
Na ba ndako na nganga	In witch doctor's places
Kofinga-finga ngai, kotonga tonga ngai	Insulting me, gossiping about me
Kokana-kana ngai, epesa ngai bomoyi eh	Plotting against me has given me life
Naboma moto te, nateka moto te	I did not kill anybody, I have not betrayed anybody
Nisdimins nkisi te mpo nazwa bomengo eh	I have not visited a witch doctor to get charm in order to become rich

LensArt Media is a Video, Animation, Sound and Graphics production Company based in Kitengela. We offer Services Such as Video Production, Sound Production, Animation and house floor Plan Development and recreation.

0724 943 274 / 0718 139 481

Lens Art Media



3D Modeling & Product Design
 Graphic Design
 Web Design
 Advertising
 Media Consultancy
 Documentaries
 Music Videos



Dealers in Building Glass, Aluminium Doors,
Windows and all types of Partitions

LEX Com
Enterprises

Glass & Aluminium

Cell: 0736520573

Email: lexcomenterprises@yahoo.com

P.O.BOX 4971-00100, NAIROBI



Miano Hse Namanga Road,
Next to Cooperative Bank, Kitengela

Wonderful Products for Wonderful People

A-Z LIST OF DECLARED KAJIADO EAST LEGISLATIVE ASPIRANTS



Antony Wambugu



Bob Njagi



David Parseina



Daniel Kanchori



Douglas Keton



Douglas Oluoch Okeyo



Kakuta Maimai



Kelly Marina



Koin Lompo



Mary Seneta



Samuel Mwangi



Wilson Kisimei

DAILY NATION



The EastAfrican
Understanding the region

BUSINESS DAILY
more possibilities
www.businessdaily.com

To advertise on this platforms or in Kitengela Biznet, call 0722 602 474