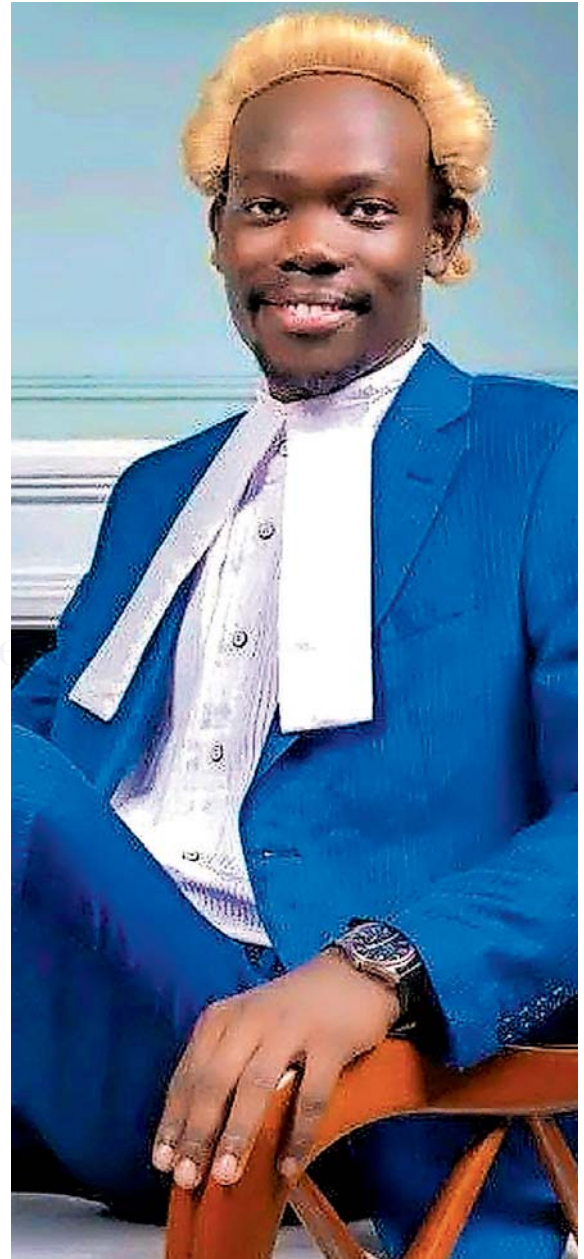


2 MyNetWork



HOW I MANAGE MY HOLIDAY BUDGET

Why young professionals are trading consumerism for connection this festive season. **P.4&5**

MyNetWork Show Biz



Elizabeth Nengi

Why Kenyans Love Relationship Podcasts

Kenyans are hooked on podcasts about love, sex, and dating, making relationship topics the country's most popular audio content, according to Spotify's latest report. With over 400 million minutes streamed in 2024, Kenya ranks third in podcast consumption across Africa, trailing South Africa with two billion minutes and Nigeria with 700 million. "Numbers don't lie. Podcasting is here to stay," said Ncebakazi Manzi, Spotify's Sub-Saharan Africa Podcast Manager. While spirituality dominates the charts in Nigeria and South Africa, Kenyans are drawn to relationship-centered shows.

Hotspot



Jamaican's Shenseea is set to headline Raha Fest on December 31 at Uhuru Gardens. The much-anticipated performance, first confirmed in August, will be her debut show in Kenya, marking a thrilling end to 2024 for lovers of her global hits. Joining Shenseea on stage is Tanzanian superstar Alikiba, whose legendary Bongo Flava tracks have earned him a loyal Kenyan fanbase. Rising Bongo star Marioo will also grace the festival, making this his second appearance in Kenya this year, a testament to his growing popularity. Congolese crooner Ya Levis will headline Raha Rave on December 28, setting the stage for a week-long musical celebration. Ya Levis, Alikiba, and Marioo, Little Maina, Father Moh TV, Ndovu Kuu, and Harry Craze 254 will also be performing.

In what he describes as both the best and worst year of his life, comedian-turned-philanthropist Eric Omondi reflects on 2024 as a deeply transformative period.

While Kenyans continue to face immense challenges—including economic instability, health crises, and devastating natural disasters—Eric says he has found purpose through his foundation, Sisi Kwa Sisi.

What began as a casual social media initiative has evolved into a mission to support those in need, touching the lives of 68 families.

From funding life-saving medical procedures to helping families regain stability.

Eric also faced profound personal loss with the passing of his brother, comedian Fred Omondi.

He says grieving has been an ongoing process for his family, as they continue to navigate the surreal absence of someone so close.

Eric also envisions a revival in the entertainment industry, urging artists to balance showbiz theatrics with authenticity to reclaim the sector's former glory.

1. How has your 2024 been so far?

I can say it has been the best and the worst year for me in equal measure. This year, Sisi Kwa Sisi, we have managed to help a lot of people, which is something that has been very fulfilling.

But on the flip side, Kenyans have faced so many challenges—from health crises and economic instability. For Kenyans in general, 2024 might be the worst year since independence.

We have seen students struggle under the new funding model, natural disasters like floods, and so much more. It has been a very tough year for the country. For me, it has also been a confusing year, the worst and the best all rolled into one.

On one hand, I have faced personal losses, like losing my brother, Fred Omondi, which has been heartbreaking.

On the other hand, my efforts to help others have exceeded all expectations. I am so grateful to Kenyans for holding my hands while assisting needy families.

2. You mentioned helping others through your foundation, Sisi Kwa Sisi. How many people have you helped this year?

With the help of Kenyans, I have managed to support 68 families. This foundation began as a joke on social media, but it quickly took on a life of its own. The cases kept coming, and we kept responding. It became more than just a project; it has now become a mission. Of the 68 cases, which one has affected you the most? Two of them stand out. The first was of a child who needed a kidney transplant. He received the kidney, recovered, and even went back to school. The second case was one we lost. Despite all our efforts, we couldn't save them. Those two cases have stayed with me the most.

At the beginning of the year, my goal was to help five families.

I thought if we could change the lives of a few Kenyans, it would be enough. Instead,

Comedian turned philanthropist Eric Omondi. PHOTO | POOL



T5

Eric Omondi

we have helped 68 families.

Each case required significant resources, from paying medical bills to providing housing and business support. It has been overwhelming but deeply rewarding. Not all cases were successful. Some people we have helped have struggled to sustain the support we provided.

We can only do so much.

3. How are you coping with the loss of your brother?

It is still very surreal for my family and me. I will be honest with you that we are still in denial. It is like we have not fully accepted it yet. Every time I go out or hear stories about my brother, Fred, it feels unreal. Mourning is a process, and we are still navigating it. Losing someone close changes you profoundly. I avoid some people because they give me his memories. I am learning how to live life without my brother. We were very close and the fact that we were in the same industry made our bond even stronger.

4. What is your take on the state of Kenya's entertainment industry?

I think we are on the point of a revival. By the end of 2025, I believe we will see a shift where we reclaim our industry's glory. It is time to create narratives that resonate deeply with our people. We need to bring back authenticity and passion to our art. Kenyan artists have faced criticism for some of their behaviours while some artists thrive on clout chasing.

I prefer to call it showbiz because that is what it is. Without the clout, there would be no news about our celebrities. The clout is a necessary part of the industry.

I think some Kenyan artists don't know how to go about it. Some go overboard. You need to engage your audience without crossing boundaries that tarnish your reputation.

5. As the festive season approaches, what are your Christmas plans, and having recently turned 40, what are your aspirations for this new decade?

This Christmas will be special because

my family is growing. Years back, I was always working because I did not have a family but right now, I have one. That is very special to me.

We have not introduced traditions like Santa gifting yet, but we are getting there. Last year, my daughter was still too young to understand anything about Christmas.

This year, I hope to create new memories with my family.

In my 40s, I want to see a new Kenya. I have studied history, and I believe change is possible. Just like our forefathers fought for independence, we can fight for a better Kenya.

My dream is to live in a country where everyone has equal opportunities and dignity. That is where I see myself contributing—toward a brighter future for our nation. I am disappointed with many of the young politicians. Out of 349 MPs, only a handful seem genuinely invested in making a difference. Most are out of touch with the struggles of ordinary Kenyans. We need leaders who prioritise the people, not their interests.

Humour: Chance encounter and a peculiar transaction collide with family tragedy

My midnight dance with fate

BY MIKE SAFARA

I looked at the swarthy European boy with the curly hair, wild eyes and a fat wallet with Sh100 K in it, who desperately needed some 'powdered Cola' from me, having mistaken my pimpled-up look for my being some dealer in white flour.

"Do I look like...?" I started. Then I remembered that to be a Hustler in Kenya requires that a wo/man be a Jack of All Trades, and looking at this Petros boy with his desperate look, I said: "Of course, Petros, I can get some unga for you..."

"Good, good, good," he said, rubbing his oily hands in glee, his expensive cologne assaulting my tickled nostrils. "How much is three grams of white flour here, sir?"

I had no idea. "30 grand," I said. Without hesitation, Petros said: "Only 30k? In my country, it would be 600 to 700 dollars, depending on the flour vendor. Let's go to toilet..."

So Petros and I furtively made our way to the hotel bathroom, one of those swanky restrooms

that smell of lavender in the air and seats that warm your bums at their business end.

"Here," Petros said, counting out the money as we squeezed into one lavatory.

Coming out of the loo, we came face to face with Andrew Kithika, the man who had invited me for the business summit at this six-star hotel.

"I wait for you in lobby," Petros said, slinking away like a guilty man once he saw that Drew knew me.

"It is not wha-what you think, man," I stammered.

"What you do in the bedroom, or the men's lavatory, is none of my business, Mike," Drew said with a smirk. "But I will always make sure there's at least two urinals between us when we pee. Never thought you swung that way tho, bro."

Embarrassed, I fled the scene. And taking advantage of the diversion Drew had provided, left the grand hotel altogether, avoiding the lobby by slipping into the 'Fire Escape' to flee the scene.

"Maybe Petros was going to O.D. in his hotel room tonight," I justified my larceny.

No sooner had I gotten to the house, seeing the 30 K windfall as an Xmas miracle to pay my long overdue December rent, when I got a call from my cousin Uhuru. "Come quickly to the hospital, Mike," he said. "Our brother Safari has taken a turn for the worse."

Calling an Uber/Bolt, although it was now 23 past 11 PM at night,

Taking advantage of the diversion Drew had provided, left the grand hotel altogether, avoiding the lobby by slipping into the 'Fire Escape' to flee the scene.

Mike Safara



I dashed to the hospital, and made my way to the third floor ICU wards where I found Uhuru with my other first cousins Margie, Anne and Josh, all three siblings who had come from the USA for December 'Winter Bunny' holidays; but were now on a death watch for their brother, and my fave childhood cousin and friend, Safari Safara – a bachelor who'd liked the ladies, but never found the time or serious woman to sire a child with.

There is a weird ethereal feel that hospitals have at night with their ghostly, fluorescent lights, and at exactly midnight, an exhausted looking doctor in white scrubs and an electronic tablet came out into the corridor, his voice as strained as his face as he said the usual words they say:

"I am very sorry to have to tell you that George Safari Safara is no longer with us!"

As the two sisters burst into tears, Josh comforted Anne as I held Margie and said:

"There, there, it will all be okay." Then added in a total daze: "Happy Jamhuri Day!"

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Movie Review



THE DAY OF THE JACKAL
Where: Peacock
Genre: Thriller

The Day of the Jackal (2024) is a thrilling reimagining of Frederick Forsyth's classic novel, brought to life by the talented Eddie Redmayne and Lashana Lynch. Directed by Brian Kirk, this film masterfully blends suspense, action, and drama, making it a standout in the genre. Eddie Redmayne delivers a captivating performance as the enigmatic assassin known as "The Jackal." His portrayal is both chilling and charismatic, capturing the meticulous nature of a man who is always one step ahead. Redmayne's ability to convey the Jackal's cold precision and occasional vulnerability adds depth to the character, making him more than just a faceless villain.

Lashana Lynch shines as Bianca Pullman, an MI6 agent determined to stop the Jackal. Her performance is powerful and grounded, providing a strong counterbalance to Redmayne's elusive assassin. Lynch's character is not just a pursuer but a fully realised individual with her own motivations and struggles, adding layers to the cat-and-mouse dynamic that drives the film.

The film's modern setting enhances the story's relevance, with contemporary political tensions providing a rich backdrop for the Jackal's mission. The cinematography is sleek and stylish, capturing the high-stakes world of international espionage with a keen eye for detail. From the bustling streets of London to the serene landscapes of rural France, each location is beautifully shot, adding to the film's immersive quality.

One of the film's greatest strengths is its pacing. The narrative unfolds with a steady build-up of tension, keeping viewers on the edge of their seats.

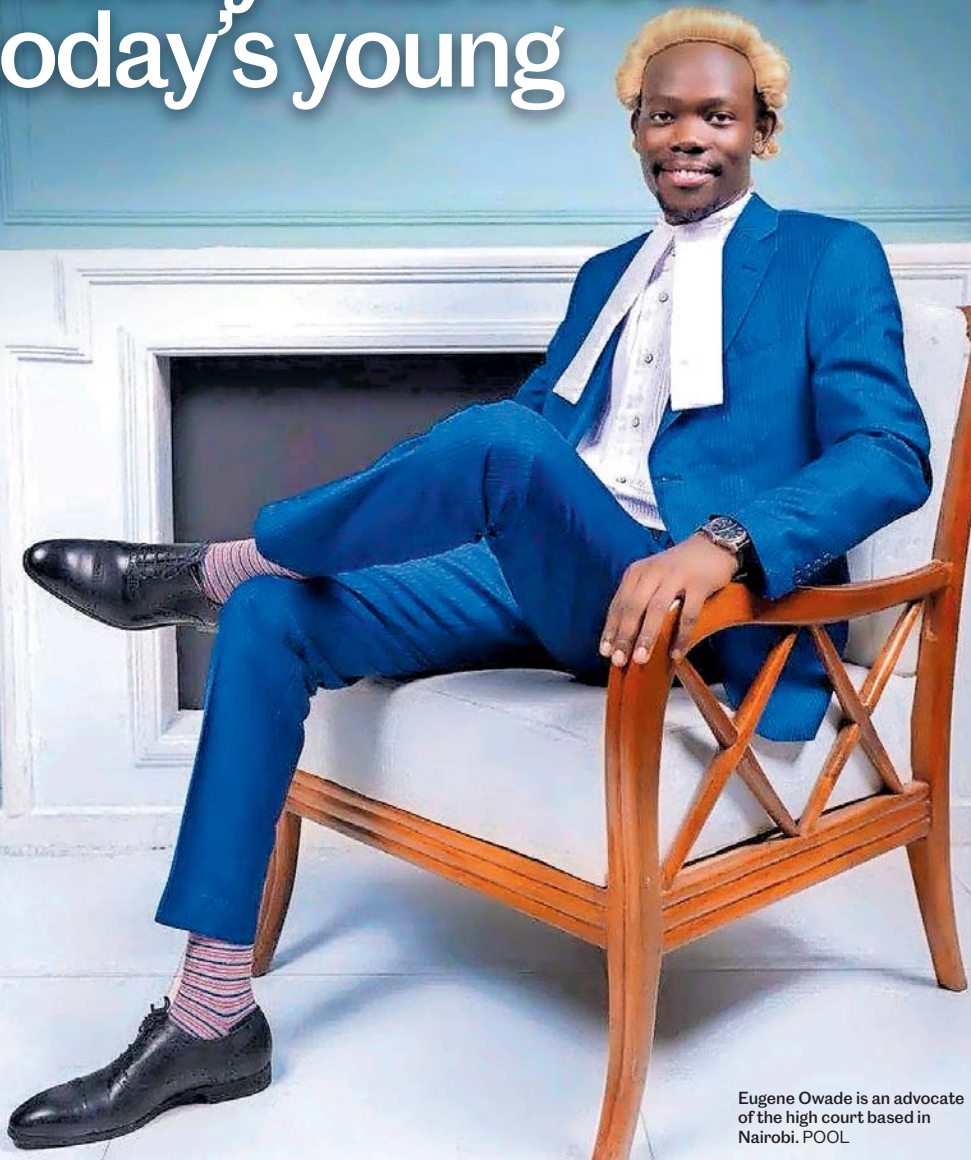
The meticulous planning of the Jackal's assassination attempt is interwoven with the relentless pursuit by Pullman, creating a gripping dual narrative. The film's climax is particularly well-executed, delivering a satisfying and thrilling conclusion that leaves a lasting impression.

Overall, The Day of the Jackal is a masterfully crafted thriller that pays homage to its source material while bringing a fresh and modern twist.

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Beyond the Mpesa anxiety: The new holiday manifesto for today's young



Eugene Owade is an advocate of the high court based in Nairobi. POOL

Forget expensive gifts and social media pressures. These young professionals are trading consumerism for connection, one intentional celebration at a time.

BY THOMAS BOSIRE

Twinkling lights, festive playlists, and the subtle anxiety of Mpesa statements – welcome to the holiday spending dilemma facing millennials and Gen Z. In a world where Instagram-worthy celebrations clash with financial reality, five young professionals are rewriting the script of seasonal spending.

Far from the traditional holiday portrait, these individuals are

navigating a complex landscape of financial constraints, personal values, and the pressure to create picture-perfect memories. Between bill payments, rising living costs, and the siren call of holiday sales, how do they balance festive cheer with fiscal responsibility?

My Network dove deep into the wallets and wishes of these young professionals, uncovering a nuanced narrative that goes beyond mere transactions – it's about meaning, connection, and strategic celebration in an era of

economic uncertainty.

Saving for holidays still feels like a luxury

Eugene Owade, 26, Advocate of the High Court

This year, I've set a budget cap of Sh70,000—a number that feels both ambitious and necessary for holiday spending. Much as my spending philosophy is always a

balance between planning and spontaneity, I have come to realise holiday planning tends to sprout unexpected expenses.

Eugene Owade



Social media influences my holiday planning. One moment I'm planning a simple trip to the village, the next I'm contemplating a flight to Diani or exploring vacation spots at the coast. The constant stream of information plays a massive role, especially for my age group, where most of our insights come from online platforms. I'm determined to pay my rent for December and January upfront to avoid January's typical financial stress. Then, about Sh10,000 for household shopping, with the remainder earmarked for travel and family gatherings. Travel isn't cheap these days. A one-way bus ticket can cost upwards of Sh2,500, and a flight, Sh8,000 just to go back to upcountry.

Family gatherings are the trickiest part of holiday planning. There are numerous parties, social meetups, and family events where spending can quickly spiral out of control. Sometimes you're not able to control these spontaneous expenses, especially when you're meeting people and interacting in various social settings.

I keep minimal cash on hand and prefer using mobile money or bank transfers. This not only protects me from potential over-extension but also makes me think twice before spending. As an SDA (Seventh-day Adventist), my holiday celebrations have nuanced meanings. Christmas on December 25th isn't necessarily an obligation for me—it depends entirely on which side of the family I'm with. My maternal side celebrates Christmas, so I'll participate fully. My paternal side? We're all about the New Year—a time when the entire family comes together to take stock of the past year.

This year feels particularly significant. I was admitted to the bar, which is a major career milestone. Between professional challenges, health concerns, and financial pressures, I'm craving something more than just another holiday. If money were no object, my dream would be a complete escape—perhaps an out-of-the-country experience to Bali, or a remote location in Kenya with no network connectivity, just pure, uninterrupted family time.

As a firstborn, there's pressure to provide, but I'm learning to contribute only what I can afford.

I allocate specific amounts—maybe Sh2,000 to Sh5,000 for each gift.

Currently, I'm using my current income for holiday expenses. Saving specifically for holidays still feels like a luxury—something I aspire to but haven't quite mastered. It's a financial culture I want to develop, understanding that future planning is key.

It's not about expensive gifts but experiences

Mercy Temesi, Social Entrepreneur

This holiday season, I'm approaching things differently. Last year was a struggle, with cancellations and budget constraints, but now I'm planning. My focus is entirely on experiences, especially travel. I've mapped out an ambitious 16-day journey across four countries - Tanzania, Malawi, Zimbabwe, and Uganda - because for me, travel is about more than just moving from place to place. It's about understanding different cultures, observing how people live, and connecting with diverse backgrounds.

My budget has expanded to Sh160,000 primarily to ensure my children have an incredible holiday experience. It's not about expensive gifts. My children don't remember the gifts they got last year but they vividly recall the time we spent together and the highlights of the season.

Social media used to heavily influence my holiday decisions, but now I'm more strategic. I'll scroll through for inspiration, but my real research happens on the ground. I'm planning a trip to Victoria Falls - a bucket list ad-



venture for both me and my children.

I'm extremely cautious about spending. There's always January lurking around the corner, and I'm disciplined about not touching my savings. My priority is ensuring my children are comfortable when they return to school, even if that means sacrificing my own wants.

This year, my approach is crystal clear: experiences over extravagance. I want to create meaningful moments without breaking the bank. The boundaries are set, the plans are made, and I'm ready to make this holiday season unforgettable.

I'm investing in moments that matter

Elizabeth Mathenge,
Investment Professional

As a finance professional, I usually approach the holiday season with a plan in mind. While I hadn't meticulously mapped out every expense this year, I had set aside some funds to enjoy the festivities. Life, however, brought a few pleasant surprises—a spontaneous trip to the coast, for instance, which, though short-lived, helped me embrace the holiday spirit. It reminded me that some of the best investments don't always come from careful planning but from allowing yourself to be present and open to the moment.

This year, I'm focusing on giving—not just material gifts but meaningful contributions. Participating in gift exchanges with colleagues and fellowship groups or simply being a blessing to my family has shown me how generosity creates lasting connections.



Dalpheen Moraa is a human rights expert. POOL

For me, it's not about how much I give but the thought and care behind it.

Heading home for Christmas is a tradition I hold dear. It's more than just a journey—it's a chance to contribute to family celebrations and reconnect with loved ones. As an adult, I've come to see this season as a time to give back, whether it's helping with logistics, organizing meals, or simply being present. I consider this an investment in family and tradition, the kind that yields returns far greater than any monetary measure.

Half of my holiday budget goes directly to food and drinks—the heartbeat of our family gatherings.

Dalpheen Moraa



and miscellaneous expenses, always with one core philosophy: making memories that money can't buy.

Family is my priority. Throughout the year, we're all scattered, busy with work and personal commitments. But during the holidays, we reconnect. Our tradition isn't about lavish parties or expensive gifts. Instead, we gather, eat together, talk, and help each other. It's a beautiful networking moment where job opportunities are shared, future plans are discussed, and connections are deepened—all over food and conversation.

Our family gatherings follow a rhythm passed down through generations. We meet, share food, and engage in meaningful conversations. Sometimes we sing together, dance, or take walks after eating. For the younger crowd, the celebration might extend to clubs, but the core remains the same—connection and community. I've watched how rising liv-

ing costs have transformed holiday spending. In the past, people would spend everything because it was Christmas. Now, my friends and family are more intentional. We understand there's life after the holidays, so we keep things simple.

Interestingly, I'm not a big saver for holiday seasons. Unlike birthdays, which feel more personal, I approach holiday spending more spontaneously. I save for what makes me comfortable, understanding that these days are temporary and life continues after the celebrations.

My perfect holiday isn't about how much I spend, but about the quality of time spent with those closest to me. The most important thing in life is making memories.

I don't let sales or trends dictate my holiday plans

Valyne Kinya (26),
Communications and Marketing executive

As a 26-year-old communications and marketing professional, my approach to holidays is anything but traditional. My family doesn't do conventional gift-giving, and our celebrations are more about experiences than material things.

I'm planning to spend most of my holiday budget on travel to my home county and musical festival experiences such as Blankets and Wine. With an estimated expenditure of around Sh15,000 for each event, I'm looking for-

ward to various activities. Most of my spending will be on travel.

I describe myself as a planner with a twist of spontaneity. This holiday season, my family is planning to stay within our home county, potentially visiting the national park. We prioritise spending time together over elaborate celebrations.

For me, it's about maximising wellness during the holidays. This is the longest time we're getting off work, so I want to use it wisely. I'm moving away from the traditional consumerist approach to holidays. I'm not caught up in buying new clothes or expensive gifts.

I'm resistant to social media-driven holiday spending. My plan is not to let social media influence my choices. I don't let sales or trends dictate my holiday plans.

I'll spend less than 20,000, primarily on gifts

Metrine Papa (29),
Communications and Marketing Officer

Holidays are not an obligation for me. This is the duration where you get to spend time with your loved ones for a week plus. It's more about fulfillment and just going with the flow.

I emphasise planning months in advance, while also remaining flexible. If something good pops up, I'll go for it. This year, however, is different. With financial challenges in mind, I'm focusing on minimising expenses.

I estimate I'll spend less than 20,000, primarily on gifts for family and outings with friends. I'm planning a road trip with friends to Port Victoria, which is a key highlight of my holiday season.

The social aspect of holidays is crucial for me. We always have a lot of weddings. It's more of a family activity. If you are a big family, there are always activities to be done. You will go to your aunt's or your grandmother's.

When it comes to holiday food, it often comes from family, reducing my personal expenditure. Actually, I think Christmas is the time I spend the least, especially on food.

I'm moving away from the traditional consumerist approach to holidays. Throughout the year, I always give myself small awards. If I need a new wardrobe, I'll buy it—not because it's the holidays, but because I need it.

When I fantasise about the ideal holiday spending scenario, I dream of a family vacation to Bali or Malaysia, experiencing a "Black Christmas" away from home. Maybe we'll start a totally different tradition—the whole family comes to an island for the holidays.

I'm resistant to social media-driven holiday spending. My plan is not to let social media influence my choices.



Valyne Kinya is a marketing and communication professional based in Nairobi. POOL

My budget is around Sh100,000, but I'm deliberate about every coin

Dalpheen Moraa, Human Rights expert

Every holiday season is a carefully planned adventure for me, but this year feels different. I've learned that holiday spending isn't about extravagance—it's about creating meaningful experiences with the people who matter most. My budget is around Sh100,000, but I'm deliberate about every single coin.

Half of my holiday budget goes directly to food and drinks—the heartbeat of our family gatherings. Everyone can chip in. These moments are about sharing, not just spending. The remaining funds are shared between gifts



Mercy Temesi, a social entrepreneur professional based in Nairobi. POOL

MyNetwork Pitchside

Field athlete
Caroline
Cherotich poses
with the discus
and gold medal
won in the dis-
cus throw at the
Africa Military
Games. PHOTOS
/ POOL



How winner Caroline Cherotich balances the discus and army duty

Q&A

BY GEOFFREY ANENE

From bread and soda rewards to raising the Kenyan flag high

What does it take to become a champion at such a high level as the Africa Military Games?

To be a champion, you need to be dedicated, work hard and persevere. It is a journey that involves setting goals and striving for improvement.

How much work do you put in discus throw in a day?

Discus throw is a technical event that needs a lot of attention as well as putting efforts together. I have three sessions every day. I train for one and a half hours early in the morning and then from 9.00am to 1.00pm and finally, one hour in the evening.

Balancing athletics, military duties, and personal life...how do you manage?

It boils down to planning. This makes my workout easier for the

day. Additionally, I set manageable goals to avoid constraints.

What is your best and worst moment in athletics?

I have 14 titles from the Kenya Defence Forces Athletics Championships, 10 national titles, and won the 2024 Africa Military Games in Abuja, Nigeria. However, my best experience was during the 2015 World Military Games in Mungyeong, South Korea. Although I did not get a medal, it was nice. It brought athletes from all over the world. The

Sh200 needed to access Nyayo and Kasarani stadiums for training might look like small money, but sometimes you just don't have it.

Caroline Cherotich



worst moment is when you have financial constraints and you cannot train. Sh200 needed to access Nyayo and Kasarani stadiums for training might look like small money, but sometimes you just don't have it. Additionally, the worst moment is when you get an injury that needs a lot of attention. I had a groin injury in 2017 which made me stop training for weeks.

What specific challenges have you encountered in your athletics journey?

I cannot have high altitude training because I have an allergy. It means that the training environment may also be part of the problem, so I can't train in an area such as Kaptagat where many athletics camps are located.

What do you make of facilities for field events in Kenya?

Either we get them at the stadium or have our implements. I love discus throw so much. I have invested in four discuses for personal training at Kibiku Camp in Ngong. One discus recommended by World Athletics costs Sh7,000 at Nairobi Sports House. I use four discuses and they can't last two years. Discuses break up

even faster during dry seasons.

Tell us where you got the inspiration to take up athletics

I loved soda and the loaf of bread given to athletes during competitions in primary school where I did high jump. I took up athletics seriously when I joined high school in 2004. Since I did not make it in the high jump, I decided to concentrate more on discus in 2012. I joined the military because they have athletics. Being a champion in athletics in the military inspired me, even more, to take up the mantle and raise the Kenyan flag high.

What life lessons have you picked from athletics?

Athletics has taught me that patience pays. You can't take up a sport today and expect to get results immediately. It is a process. In addition, athletics has also taught me that respect and discipline is a two-way traffic. I have also learned that the resources you earn during your active years should be well managed. I cannot throw discus forever, so whatever I get I use it well. I believe if you don't invest when you are still an active athlete, you are most likely to get frustrated in retirement and even slump to de-

pression or alcohol abuse.

What's your take on gender-based violence which is mostly meted out to women for several years now?

Sadly, these cases find their way into sports, especially athletics. I think we should boost the fight against gender-based violence through increased awareness. Additionally, we should create policies for gender equality by empowering them.

Who is your role model in athletics?

Two-time Olympic discus throw champion Valerie Allman from the USA. She is super-human.

What does your family think about your athletic career?

They give me a lot of support.

I believe they understand it is a talent that one needs to achieve with the support of the family.

Give us one piece of advice from your parents that you will cherish for life...

Life is a learning process and I should work hard for my easy tomorrow.

What is your big dream in sport?

Pushing harder until I achieve my goals, visions, and dreams. And not to stagnate.

What else do you do in life?

I rear chicken not for business, but for my own consumption. Rearing chicken for business is a lot of work which I believe I can't do now because it needs my full attention.



A new discus champion emerges at the Africa Military Games

> **Caroline Cherotich** is the newest Africa Military Games discus champion. She bagged the African crown on November 25, 2024, during the second Africa Military Games in Abuja, Nigeria, where she recorded a throw of 48.00 metres.

> She finished ahead of Zurga Usman from Ethiopia and South African Daleen Fleming. Caroline attended Tebesonik Primary School and Litein Girls High School in Bureti, Kericho County

> She has been to the World Military Games in Mungyeong in South Korea (2015) and African Athletics Championships in Cameroon and the Africa Military Games in Nigeria (2024)

> The last-born from a family of eight children held the national record for discus throw of 50.28 metres set in January 2024 which policewoman Roseline Rakamba improved to 50.90m during the African Games in Ghana in March 2024

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