

TRANSFORMATIVE LEADERSHIP

2014/2015

*A publication of Kabete Campus
University Student Organisation*



KABETE FOCUS 2015





WHAT IS KCUSO?

- IT IS THE COLLEGE BASED STUDENT LEADERSHIP BODY IN CAVS-UON
- IT'S OFFICIALS ARE ELECTED BY CAVS STUDENTS EVERY ACADEMIC YEAR

OUR VISION

TO BECOME A HIGHLY REPUTED STUDENT BODY BOTH WITHIN THE COLLEGE AND OUTSIDE ITS
PRECINCTS

OUR MISSION

TO PROVIDE EFFICIENT AND ACCOUNTABLE SERVICE DELIVERY TO STUDENTS AT
ALL TIMES

QUALITY OBJECTIVES

- TO LINK STUDENTS AND THE CAVS AMINISTRATION.
- TO ORGANISE AND COORDINATE STUDENTS' EVENTS AND ACTIVITIES WITHIN THE COLLEGE.
- TO ADVOCATE FOR GOOD SERVICE DELIVERY TO THE STUDENTS.
- TO SAFEGUARD THE INTERESTS OF THE STUDENTS.
- TO PROMOTE PEACEFUL CO-EXISTENCE AMONG STUDENTS.
- TO DEVELOP SENSE OF RESPONSIBILITY AMONG STUDENTS.
- TO ORGANIZE ACADEMIC AND PROFESSIONAL EXPOSURE TO THE STUDENT.

KABETE FOCUS 2015

EDITOR'S NOTE

This is yet another opportunity we get to share ideas and thoughts from The UON- College of Agriculture and Veterinary Sciences- upper Kabete Students fraternity. The whole concept of this magazine is to provide a platform for students in their own unique way, share creative ideas, thoughts and opinions in matters life, academic, social and religious spheres of interactions.

May I take this chance to thank the College under our principal for the support in facilitating this concept and idea till its publication. May I also thank all those who burned the midnight oil to ensure that this magazine is compiled and produced. It is not an easy task and I understand that it has taken a lot of time and dedication. I also thank all those who contributed ideas, concepts, thoughts, views and opinions that are enshrined in this year's magazine. Thank you for your contribution.

This year, Kabete had lots of activities and events. This magazine is a documentation of the Milestone this great college has made in ensuring that students also take part in reaching out and impacting on society.

May I wish you a happy reading as you enjoy this edition. God Bless.

Ipara Billy

Editor-in-Chief

FROM THE CHAIRMAN'S DESK



Welcome to *THE FOCUS*, a yearly magazine about Campus Life at the UoN, College of Agriculture and Veterinary Science-s Upper Kabete Campus. Being a Science Campus, we are a Science college at the center of a great research university where students are taught the skills and virtues of a science scholar. Far from being just one academic unit among many, the College has long drawn together other parts of the University in broad critical thinking about aims and methods of education and in the interdisciplinary scholarly culture that is one of this institution's great distinctions.

As the chairman of KCUSO, The College Based Students Organization, let me take this opportunity to thank our dear Principal for the support given to me and my team in the day to day management of student affairs. It has not been a walk in the park but we have managed to pull through because of team work and dedication.

The 2014/2015 Academic year has been full of challenges, opportunities and great strides in terms of students' welfare and activities. We managed to have mentorship sessions, talks, sports tournaments, tree planting activities, Social responsibility events, Mr and Miss Fresher and the ever growing Mr and Miss Kabete Beauty Pageant. I thank all the students and the administration for the full support in ensuring the success of each and every activity.

Educating students is part of the college's fundamental mission. Education stretches beyond the classroom and prepares students for careers and professional life. This magazine is a milestone in student affairs. It reflects the role of students in sharing their knowledge, ideas, thoughts and contribution in educating and informing each other on all spheres of life. This is the true spirit of Comradeship that is cultivated in all the students in this campus.

May this magazine inspire you, educate you, motivate you and entertain you.

God Bless You. God Bless Upper Kabete.

Mwita Eric Marwa

Bsc in Agribusiness Management- Year 4

KCUSO Chairman 2014/2015



To my esteemed brethren,

“The heights by great men reached and kept, were not obtained by sudden flight; but they, while their companions slept; were toiling upward in the night”,
Long Fellow.

I thank you all for we have fought together. Thank you for your cooperation .KCUSO continua! Kudos KCUSO.

This is the time that we need to work smarter to keep up the pace. A time like this demands strong minds, great hearts, true faith and ready hands. To the incoming KCUSO government remember: In your tender and loving hands the future of Kabete is entrusted. In your innocent hearts, the pride of Kabete is enshrined. Servant leadership is more about character than style. Speak up for the people who cannot speak for themselves. Protect the rights of all who are helpless, speak for them and be a righteous judge and protect rights of the needy.

To the student fraternity, homes are built on the foundation of understanding and wisdom. Where there is knowledge, the rooms are furnished with valuable, beautiful things. Let peace prevail as you engage in teamwork in this organization.

I thank the administration most sincerely through Prof. Agnes Mwang’ombe for the numerous opportunities she has opened to us; the events, leadership trainings, mentorship programmes and numerous activities we have organized.

I call upon unity and a sense of decorum to prevail in the new leadership. I wish all of you best of luck in everything you do for this is your time. God bless CAVS. God bless you all.

Father George Muganda

SECRETARY GENERAL 2014/2015

A message from the sports director



Sporting activity has been on the rise in the college of Agriculture and Veterinary science (University of Nairobi) basically known and identified as the home of physical dexterity and sporting champions. The administration through the principal Prof. Agnes W. Mwang'ombe has been more than supportive to enhance diverse talents. This ranges from football, rugby, basketball, hockey, handball, lawn tennis, Netball, Athletics, Volleyball and the indoor games which majorly include chess, scrabble, table tennis, badminton, karate and taekwondo.

As the sports director of college on the academic year 2014/2015, this has been one of the most vibrant years from all the games of the college ranging from different participation and competitions. For the first time our college football team registered for the university and college's football league (UCFL) which included football teams from all the universities and colleges in Nairobi County and its environs. The CAVS football team ended up becoming the 2nd runners up on their debut in one of the toughest football league among universities in the country. The college football team has been very outstanding right from winning the rapid results initiative (RRI) tournament and later defending the title during the University of Nairobi football league. Our ladies football team has also been on the rise as the fiercest and classic in the Nairobi county and the best among universities and colleges. This was manifested through winning the UCFL ladies category football.

For the first time CAVS organized an ANTI-ALCOHOL AND DRUG ABUSE tournament for the students and the youth generally in Nairobi. This was a football tournament which was meant to pass the message for the youths on the effects of over indulgence in alcohol, drugs and other harmful substances. The theme of the event was "VIJANA TULENGE MIHADARATI, TUJENGE NCHI YETU".

The college was also well represented in the Kenya University Sports Association (KUSA) games. Majorly we were represented by the indoor games of chess, scrabble and badminton and by so our performance was the envy of other teams. The most outstanding performance also came from our taekwondo team dubbed THE ASSASSINS who are the East Africa defending champions.

Kabete campus has been well renowned for perfection on the games basically because the student's talents are nurtured right from the moment of admission to the highest level possible. It starts from first year's co-curricular activity of sports day whereby the newly admitted comrades spend a whole day of sports orientation by the various games captains, sports professionals and the continuing students.

Sports in the college has been taken with the seriousness it deserves right from giving back to the society such as corporate social responsibility which included visiting the Mulli's children's home and also a sports fun such as the most valued trip of the retreat to Mombasa which includes representatives from all the games in the college. This year also included the major activity which usually brings together the staff and the students on the college traditional college fun day whereby all sports activities such as the indoor games competition, Olympic games, music, rugby match dubbed KABETE SEVENS and the football match of the arch rival teams of the Veterinary faculty and Agriculture faculty. Finally the academic year was graced by the annual unique principal's BULL MATCH. This is usually held during the colleges cultural week and it includes inter courses, departments and faculty games competition then graced by the Principals Bull match as the students enjoy free meals including bulls going down courtesy of the college principal.

I must admit that I have really enjoyed my service to the students as the college sports director 2014/2015 academic year. I have enjoyed the passion, commitment, support and discipline by the sports men and women.

Finally let me take this opportunity to appreciate the college Principal Professor Agnes Mwango'mbe for her unwavering support on all the sports activities in the college and also the games tutor who has been very close and a direct coordinator on the college activities as this has enabled the college to retain its top most level in sports.

Oliver Otieno Opondo

Sports Director

COLLEGE FUN DAY 2014

1



2



3



4

1. The college Registrar and SWA members pose for a photo.
2. Football competition between AGRICS and VETS.
3. The principal juggles it out with staff members.
4. Upper Kabete upcoming Bolts.



The battle of the titans between the freshers and finalists

1

2



3

4

1. Students participating in eating competition. 2. Agric students celebrating after receiving the trophy.

3. Female students play with balloon balls as others watch. 4. Egg racing.

C.A.VS - F.C.

SOCCER WITH A PURPOSE

May I take this opportunity to share the experience I have gathered both on the pitch and outside. As a leader, I have learned a lot on ways to handle mass of people as well as an individual person without conflict of interests.

Back on serious business, the last two academic years have been very busy with soccer matches in various categories ranging from intercampus, soccer tournaments and the league matches (UCFL). The League started on a high note with every team yearning for top spot and just to appear in newspapers especially on Tuesday dailies. To sum it up all, we maintained the top spot for most of the times but since the luck was not on our sides, we definitely finished as second runner's up having conceded the least goals compared to the rest of other teams in the league. Since that was our first experience in the league and having been taken as underdogs, I believe we achieved what many people did not expect from us. It was not a walk in a smooth road but it had its ups and downs. Many players got injured in the process but were well taken good care of. Some had some personal issues that put them out of the team but we kept on holding one another's hand since CAVS F.C. is more of a family than just a soccer team. Due to the facts that every player had a winning mentality, we managed to lift the trophy at the end of the season and I still believe that the same spirit will carry on.

Besides that, we also got engaged in other tournaments namely; Inter-campus, anti-drug campaign tournament, RRI tournament and University Christian tournament. We won all the tournaments except the Christian tournament that we emerged number 4.

Football has really transformed both CAVS F.C. players and the soccer lovers in this campus because through weekend's matches, all those players who used to drink alcohols had to either reduce the intake or to completely stop taking the alcohol especially when we had matches over the weekends. The same was the same to our fans Chaired by the managers to be: Mr. Billy Ipara (Team Doctor and the second best keeper besides De gea), the outgoing chairman, Mr. Mwita who could not talk to me after losing critical points for up to a day yet we are neighbours, outgoing sports director, Oliver K'Opondo, the photogragher and manager....hehe, without forgetting Douglas Akatsa who has been the key member of this wonderful team and his services to the team has been tremendous.

Finally, my gratitude goes to the Principal Prof. Agnes Mwang'ombe for her kind financial support and to always being there for the team. Our games Tutor was the core in making the team achieve the mileage it did through ensuring facilitations of the teams and to make sure that transport was available whenever the team was playing away from the home ground. Our fans have been throughout very supportive of CAVS F.C and they are the main reasons for our good performance since the team felt energized especially when being cheered at by fans. Above all, let the glory be to God for he was always there for us and in deed He is Alive. God bless CAVS, God bless Kenya.



CAVS Team after lifting trophy and given medals



Captain Steve (in Black top) & his assistant Elkana at the right.

VICE CHANCELLOR'S VISIT TO CAVS



CAVs student leaders waiting to receive the VC



Left: VC Sharing some light moments with the KCUSO chair, and Right: Principal CAVS congratulates the VC on his appointment



Left: The VC plants a memorial tree during his 1st visit in the College after appointment, and Right: The KCUSO chairman, finance director and former Sec. Gen. Pose for a photo while waiting to receive VC

U.S Embassy offers student career growth and mentorship program

CAVS students got a rare mentorship opportunity thanks to Mrs. Delia Day Quick from the U.S Embassy (Nairobi).

Being an economic officer at the embassy, topics of economic empowerment and policies that nurture entrepreneurship were discussed at length. Students got an opportunity to inquire more on how to develop their agricultural entrepreneurship skills during the question and answer session.

The college frequently organizes such events for the students. A student benefits from a mentoring relationship because he has someone with greater knowledge and experience to turn to for advice.

Mentors help demonstrate tasks to students, guide them through solving problems, or, in some cases, critique their work. Mentorships help the students to feel less isolated in their studies and encourage them to interact more with others.



Mrs. Delia Day Quick (carrying red hand-bag) in a group photo with students and some members of staff who facilitated the mentorship program.



Mrs. Delia Day Quick giving her mentorship speech to the students.

STUDENTS, STAFF MEMBERS PARTICIPATE IN BEYOND ZERO HALF MARATHON



First Lady Margaret Kenyatta crossing over the finishing line. She successfully finished the 21 kilometer race with an improved time of 3:24.55 up from last year's 3:55.05.

CAVS staff members and students joined more than 15,000 participants in First Lady's Beyond Zero Half Marathon at Nyayo stadium.

The event, which was also used to mark World Women's Day, had the participation of prominent persons including; Deputy President, William Ruto, CS foreign affairs, Amina Mohammed and Supreme Court Judge, Njoki Ndung'u.

Apart from the 21 kilometer race, the event featured 10 kilometer race, a 2 kilometer race, a tricycle race and a wheelchair race.



Some College staff members who participated in the marathon.

CAVS Teams Trophies Presentation

College of Agriculture and Veterinary Sciences teams have performed extremely well in various leagues and tournament participated in during the semester, making the teams to scoop several trophies.

The teams presented the trophies to the acting Principal Prof. S. G. Kiama during a meeting held in the principal's office. The acting principal professor Kiama congratulated the teams for the excellent performance. CAVS football teams and Taekwondo are among the few UON colleges to participant in external leagues and tournament.

Among the league's and tournaments participated in this semester, the football Men and Women teams have been participating in a very competitive Universities and Colleges football league and tournament 2014 that has over 32 universities and colleges participating and emerged as the winner. The Women team won the tournament and was awarded the overall trophy, while the Men team won the league and was awarded the runners up trophy.



Prof. S.G. Kiama, Ag. Principal - CAVS receiving the trophies from Student Leaders

TREE PLANTING ACTIVITIES IN CAVS "GREENER CLEANER ENVIRONMENT"

The College of Agriculture and Veterinary Sciences has always taken the lead in planting trees, 2014 planted over two thousand (2,000) trees of fifteen (15) different species which comprised of indigenous medicinal trees and trees of cultural values, like the Mugumo tree.



The Chief Guest, Ms. Juliet Murugu of Total Kenya, Plants a Tree at the Uni-Bio Park on 28th November, 2014



Prof. A. W. Mwang'ombe, the Principal CAVS, Plants a Tree at the Uni-Bio Park on 28th November, 2014

BVM first year students do their end of semester practicals examinations in Veterinary Anatomy



First year students of Bachelor of Science Veterinary Medicine doing their end of semester practical examinations at Department of Veterinary Anatomy and Physiology, Chiromo. These end of semester exams ended on the week of 27th February 2015.

YOLO: YOU ONLY LIVE ONCE

Would you do what you do if you found out you were rich? How would you behave if you were given billions-even trillions- to manage? I bet that if you had the internet, plus this extraordinary abundance, you wouldn't even know about Kim Kardashian's latest selfie or the highest priced weave-wearer in Kenya and her obese "sisters-on-the-anterior" (made in China, assembled in the U.K, paid for by a Nigerian tycoon and researched on by Kenyans on Google). Perhaps you would be too busy to care because you would prefer to keep the tint on your Mercedes to removing the tint on your skin. Chances are that beauty would shift its definition, and so long as you stay generous with the *Benjamins* or the *Ndovus* who cares what you look like and how you act and why you do what you do? Truth be told, we all love us some Benjamin Franklins- on nicely crisp green dollar bills- and we hate the poachers who raid our national parks (sorry- wallets), killing our elephants and stealing our ivory, right? WRONG! Because we are well capable of doing so ourselves. We even already have the perfect escape! Why not blame it on the politician, or the government, the system and our backgrounds? We blame the Devil and when that doesn't work we blame it on the a-a-a-a-alco-hol.

Sorry to burst your bubble but it's about time we woke up and smelt the coffee. Without any palm-reading I will right down your typical life, my fellow student of *the* University of Nairobi. You joined this prestigious institution as a first year, probably taking to every activity with much excitement. Whether it is sports that you liked, Christian Union, politics or leadership and student clubs and lectures, you made friends and made merry. But, you lost yourself in it all, adopting and abusing the "You-Only-Live-Once" mentality and the kind of freedom that binds you instead; because freedom without restriction is madness. Then one day, four, three, two years, maybe one year or less down the line you will suddenly wake up and everyone will be waving goodbye to you. Your relatives will be asking about what's next and HELB will be hunting you down just as you persistently walked to the Anniversary Towers in protest and even attempted to stone the building. Your friends will most probably scatter with the wind- and if you're lucky, you may get wind of some of them here and there. It doesn't matter which is your fate here, whether good or bad we all have to face this transition. But we can choose to face it without regrets.

Again I ask: Would you do what you do if you were rich, knowing that you only get to live once? I insist because we *are* rich. Indeed, we have been made equal with the same resource so there is no poor one or rich one amongst us. This is so, because we were never made for excuses. We were given TIME: seven days a week, twenty-four hours a day, sixty minutes an hour and sixty seconds a minute for each and every one of us, be you Mark Zuckerberg or a freshman in the Department of Crop Protection in CAVS. If you thought that the dollar was the strongest currency in the world then think again. Please spare us the politics of world trade and let's focus for a moment. The strongest currency in the world is the one sought after by everyone, big or small. It cannot be recovered once lost though it has been given freely to everyone and in equal measure. No matter what faith you profess or even if you don't subscribe to any faith at all, we all know that we have to account for this currency one way or another. So we try to make time for things and those we care about and save time and waste or blow time away and of course, spend time. All this, because time is the currency of life and nobody wants to run out of time because nobody can buy time.

So here we are, doing what we do as the clock chimes, oblivious of this blessing so we waste the very opportunities that we will one day be begging for. We squander our currency yet hope that somebody would invest in us. Indeed, we have been born investors but for some reason, perhaps the folly of our youth and

inexperience, we invest in throwing our currency to the gutter and to things that don't deserve our audience. But there is a saying that goes, "A fool waits to learn from his mistakes always, but a wise man learns from the fool's mistake". Taking it from someone who has heard it all before, has been there and may soon be there no more: There shall always be a "yesterday" and a "today" but we are never assured of a "tomorrow". I see you there, Team YOLO swaging it up in campus, living like you are 2-chains or YMCMB, I hear you. I caution you to tread carefully because we all have to face the transition phase. Nevertheless, we don't have to face it with regrets.

O: THE LETTER, THE SHAPE OR THE NUMBER?

A renowned radio personality once commented, "Former President Kibaki was my rock star. During his tenure as the president, I got my chance to develop myself: I made successful investments and benefited from some of the policies of his government. Now it is time for the young generation. This (President Kenyatta) is the youngest president we've ever had. And his government gets what the youth need. If you (the youth) do not make it during this term, you will never make it EVER."

Lately, mentorship for students has been among The University of Nairobi's top agenda. This *is* a rare window of opportunity. There has been no time such as this when, even on a national level, that so much attention has been focused on the youth. The government has proven to be committed by the establishment of development funds specifically for the youth like the Uwezo Fund and the Youth Enterprise Fund. Will this last for long? Perhaps the answer depends on the response of the party concerned. Sadly, despite the efforts of the government and other institutions students and youth in general are not grabbing on these offers.

A mentor by definition is a wise and trusted counselor or teacher. Wise, because he has the experience and a reliable reputation and a Teacher, because he passes down his knowledge and advice to his audience. However, like any counselor would tell you, you cannot be helped unless you make a conscious decision and accept that you need it. I recognize and appreciate the administration's goodwill in the matter of mentorship. Similarly, I regret to say, but it goes without saying that these efforts may amount to naught because the recipients are not really getting the message. This is what basically happens: A qualified, experienced, seemingly successful speaker is sought to advice, interact with, correct students during these sessions that major on a specific topic say, Career development, self-employment etc. Yet most of the time, the students have to be convinced to be part of the audience. Is it that we do not need help? Maybe it is because these topics are irrelevant to us. Nevertheless, a few students still show up. But after these sessions, how do we really know whether the impact was beneficial?

As scientists, we are compelled to always be objective. We should not make statements without basis and facts to back up our statements, be it from literature or our own research and surveys. In the same spirit, I

shall not say that students are benefitting from these sessions yet until we get the solid facts. In addition, it is important we re-evaluate our approach towards being mentored. How can one get the most from a mentorship program?

1. Have a reason to be there.

It is wrong to carry out in life without being mentored. A fool waits to learn from his mistakes alone but a wise man learns also from the mistakes of others. Surely, you cannot live long enough to make all the mistakes yourself! Moreover, it is insane to attend a mentorship session with a pen and notepad minus a real reason to be there. The result- a very motivated fool. Forgive the blunt nature of my words.

If the session is focused on a topic for example, Securing employment and Career Development, what are your ambitions and goals in this area? What steps have you taken to achieve these goals? What were the challenges you faced and the milestones you attained? Always evaluate yourself to know whether you have a reason to attend a session. If you have to interact with the speaker, have questions to ask and specific things you wish to learn. If you cannot come up with any then maybe you need not attend or better yet, you have something new you need to learn.

2. Go all the way and take things personally

So you have evaluated yourself and probably figured one or two areas of need. This is where you are allowed to get personal with the speaker. Remember, the speaker most probably gives a personal account, how things worked for him/her, therefore you need to give a personal experience too to get valuable advice that is specific and most importantly relevant to you. Still on the topic of Securing employment and Career Development one can already predict the questions that will be asked and answered: How to write the perfect CV; The Do's and Don'ts when attending an interview; Office etiquette etc. All these things we've already heard before and can be learnt also by simply searching the web. So why attend such a session?

Because you have "been in the trade" and you have or keep identifying a new problem or challenge. No matter the topic being addressed in a session, always have something personal you need to be addressed. You may be there because your friend is there too, but ensure your needs are at the forefront of the agenda. You can attend several sessions; still on the same topic, but each time ensure you have something different to learn and a new problem to be solved.

3. You shouldn't just "know people"

Notice that I have so far used the word "speaker" instead of "mentor"? Well, if he/she comes and talks for around two hours and answers all your questions then leaves after a vote-of-thanks and a prayer then, yes, he/she is just a speaker. A mentor teaches; teaching is a continuous process that cannot be limited to a two-hour session. In this session, we have a rare opportunity as students to choose our own teacher and what we want to learn from them. Most of the time a speaker will leave his/her contacts because he/she wants to be your mentor. You have to establish a network of influencers who will mentor you towards attaining your goals. This shouldn't be hard with the social media and internet. However, build a beneficial relationship with your mentor, even to the extent of direct communication whenever necessary.

4. Keep an active, live network

Building a relationship comes with responsibilities and demands accountability to a certain extent. Perhaps that's why we are becoming so afraid of relationships, right? Nevertheless, to get the best out of mentorship, you must keep a live network by building and maintaining relationships with your influencers. This is beyond posting a comment in Facebook or sending an email. You have to offer something in return for someone's time and input, and when this something is not money, it gets tricky. You have to show that you are of the same mindset (Not just "liking/ re-tweeting" a comment). Perhaps you have run a certain side-hustle and have vision of growing it into a successful enterprise and you have identified suitable influencers, how do they keep tabs on you? There are cases of people who have gotten opportunities and boosts from their networks simply because they knew someone who knew someone who knew someone- an active, live network of like-minded influencers.

5. Do something

Remember the very motivated fool? He listens to a renowned speaker, reads motivational books and attends mentorship sessions religiously. He even asks questions and follows the speakers on Facebook and Twitter, liking ALL their comments and what-have-you. But he does nothing towards what he has been exposed to- two days after a session everything is back to business-as-usual.

One famous billionaire business man (Because we love this type) is on record as having said "If you cannot write your whole idea at the back of my business card, then you have no vision I'm interested in." In the event you meet the one person who can make your dreams come true, can you write your entire game plan on the back of his business card to the point that he is convinced and ready to assist you? In short, what are you doing to attract great mentors to your network? Why or on what do you want to be mentored?

So far on matters “mentorship”, even with the university and other institutions championing for it, we are like a child staring at this:

LEADERSHIP TRAINING AT DIANI BEACH MOMBASA NOVEMBER 2014



Mr. Lenard demonstrates during the training



Students and the university staff pose for a photo after the training in the last day



KCUSO chairman keenly following the training



College Registrar during the training.

THE A'S THE B'S AND A LITTLE BIT OF THE C'S

The sun shines on everyone: the rich and the poor, the diligent and the sluggards, the wise and the fools. The rain does not discriminate as well. Yet life has a way of sorting us out into small classes- its preferred caste system, I would say. This fact cannot be any clearer to finalists. The clock's ticking is, like the church bells, louder with the nearing of the final lap. This is why, even at four-thirty on a Friday evening, even as the rain pounded down on the ground, we eagerly and patiently waited. The Dean of the Faculty of Agriculture had organized a talk on Career Development after university for the final year students.

Admittedly, a tint of pessimism lingered in my mind. After all, nothing spells dire more than the statistics: Forty percent of Kenyans are unemployed- sixty percent of which are the youth. The uncertainties that lay ahead for each and every one of us is what compelled us to show up and have our concerns addressed. Do not mistake this as fear and self-doubt on our part. Far from it, I am confident that here at The University of Nairobi, I have been privy to the best quality of education there ever can be. Furthermore there are many success stories to draw from. For example Dr Syombua who urged us to be in the habit of setting goals. "Set goals daily, weekly, monthly and on yearly basis" She said. "In fact, set goals for this forum." She insisted. One would be forgiven for thinking that the talk was over at this point. However, the main speaker was yet to address us.

Well, Mr. Eric Ogumo is what I would term as beautiful. It is at this point that I would explain. He is God-fearing, hardworking, resilient, focused and especially very humble. This could be seen from his calm countenance even as Professor Kimenju, the Dean, introduced him to us by stating his attributes. He is also considerate enough to insist to talk specifically to finalists since he thought that we would benefit most from

the talk than anyone else. The Source Technical Manager (for African hub) for Tesco emphasized on the need for students to be self-conscious and passionate about what they want. He challenged us to have a vision, that is, to be aware about where we intend to be.

So, how does one get there? "You are the only limitation to your potential." He said. We determine how far we get to go in our various circumstances and in such cases; preparation is a crucial factor to our making it. For instance, the first interview in the search for employment is always a preliminary stage of screening and a candidate must impress. The letter of application and CV speak for a candidate to a Human Resource Manager even before the candidate is seen. Mr. Ogumo also urged students to be very knowledgeable in their specific fields as well as in matters of general knowledge. "When you are studying, do the A's, the B's and even a little bit of the C's." Even after school, we should always do what is expected of us and go a step further. Our preparation is also evident in how we answer questions during an interview. He gave an example of answering questions by applying our theories to current issues such as the Global Gap and Kenya's transformation into a middle income economy.

In the event one lands that job, the speaker advised us to align ourselves with all the relevant authorities and make sure that they know us and can identify our impact on the organization. To climb up the career ladder, one has to be hardworking and show resilience. Graduates have been accused of lacking perseverance and not being appreciative in the workplace. To grow a career, we were encouraged to ask question because it is still a learning experience. Having a live network of industry linkages will also aid in progressing up the ladder. However, when one got to a higher level, it is important to be empathetic.

In conclusion, Mr. Ogumo made clear that one's career revolved around his/her determination and we all had a bigger role to play. Looking at life after school from this perspective was a motivation to work harder because we owed it not just to ourselves but to the nation to succeed. He gave examples on the power of students to influence the overall governance of the country and push for positive changes. Leadership, as he demonstrated, was a responsibility that unfortunately was not so commonly well managed in our society. In short, he urged us that even as we aspired to succeed, we had to always use our potential to fight for the improvement of the disadvantaged around us.

Finally, we learnt that many are called but few are chosen. The chosen are the ones who always do more than is required of them. As Professor Kimenju said, "Ninety percent of people don't think at all and five percent of people think once in a while. Out of the remainder five percent, only two percent think constructively and the rest think destructively." I was motivated to be confident and to consistently work towards my goals therefore my goals and expectations for this forum were met and I look forward to more such as this.

Beauty of Kabete



CULTURAL WEEK 2015

The Principal`s Bull Match

1



2



3



4



1. The games tutor CAVS pose for a photo during the principal`s bull match.
2. Dean faculty of VET MED presenting the trophy to the victors of the match.
3. Agric football team poses for a photo after winning the match.
4. Dean hands the certificate of participation to the Football team captain.

Beauty Pageant

MR & MISS KABETE 2015





MR & MISS FRESHER 2015



CORPORATE SOCIAL RESPONSIBILITY

VISIT TO MULLY CHILDREN`S HOME MACHAKOS COUNTY

On 28th March 2015 CAVs staffs and students visited the **Mully** children`s home as part of CAVS social responsibility. This is an initiative that was started by the college to ensure that there is recognition of the disadvantaged so as advise them, mentor them and even motivate the children.

During this particular day the CAVS community interacted with the children in various activities. With the effort of the children, students and the staff, we were able to plant 1000 trees so to appreciate and respect the environment. We were also privileged to interact with the children in various games within the home, the visit was so amazing.



Halls officer, Mrs. Okemwa playing with the kids at Mully children`s home



Madam Merete, the Games tutor CAVS having fun with the children during the visit.



Tree planting was among the activities that took place during the visit, above is the CAVs staff and students interacting with the kids as they plant trees.

SPORTS RETREAT TO MOMBASA

The students who participate in various forms of sports activities ranging from football, rugby, basketball, netball, hockey, athletics, volleyball and the indoor games who selectively get an opportunity for a yearly retreat to Mombasa.

This academic year of 2015 indeed was great as the sports men and women got the chance to visit various places in Mombasa including the pirates' beach, Mombasa sports club, Likoni and the mama Ngina drive. The sports men and women also got an opportunity to surf in the ocean and boat rides.

The College of Agriculture And Veterinary Sciences football team also got an opportunity to showcase their talents against the flamboyant UoN Mombasa campus football team where the CAVS football team mercilessly hammered their opponents by five (5) goals to (1).

The students also got an opportunity to play soccer beach, beach volley ball and participate in ocean swimming competition.

This is one of the sports events that acts as a motivation to support and enhances student's talents. It is an event to reckon as the administration has been so supportive in ensuring that the trip is safe, enjoyable and a success.



CAVS Students spectating a football match at the Mombasa sports club during their annual sports retreat to Mombasa



Cavs Sports men playing beach soccer at Pirates beach Mombasa.



Students taking a boat ride during the retreat



Soccer at the beach during the retreat

Hey Bubbler, Give Me a Break

You just came in,
And the chalkboard is full,
Your mouth is already drying,
And the words keep coming out.

Give me a break, bubbler,
I mean, do you even sleep?
Do you even have time for family?
Do you live a normal life? Do you?

Are you Doctor for this?
Talking and talking and talking volumes,
Do you even like this job you do?
Talking and talking while they are chatting and dosing.

And will you be as kind as to show the way,
For one to get this disease you suffer from,
A friend would like to be like you,
And master botanical names like you do,
Spit out scientific concepts like a b c d,
And who knows, maybe am the only friend to myself!

My Girl

My girl is an iron girl,
My girl is the best in town,
My girl is a heroine,
Can't compare, she plays her league.

Her talking, her actions, her courage,
She beats them all,
And that's why I like it near her,
And that's why I call her my girl,

I see her rolling around,
I see her going by the gossip stands,
Smiling like every day,
Joking like yesterday, like yesterday
Unshaken with her current state,
And that's what moves,
And she's the best, and the best she'll always be.

Death

When we put on black,
And hang red cloths on our cars,
What do you wear?
Do you put on your party cloths?
And hang balloons on your car?
I ask you, Death.

Up and down, we sweat,
Then we make them,
Uptown to downtown to feed them,
Job to job to educate them,
I mean, it's a huddle to make a person,
But you, you just sneak in in one day,
And destroy what we made in years,
I wish you were tangible, I just wish you were tangible

Let me just ask you,
When we cry, do you laugh?
When we sing the dirges, do you sing praises?
When we eat githeri, do you go for chicken?
And when we curse you, do you get cursed?

Cry of the Dad less

I look at your picture every day,
Hoping that you will talk, or even smile at your son,
But you don't, you face remains in the same position,
And that cuts not my hope, I still hope you'll talk,

I look at your picture every day, to see if your eyes would twinkle,
So that you could see me grown, and not the small boy you used to pinch.
I look at it keenly, to detect any ear movement,
So I could know you can hear, because I have a lot to tell you.

I would like to talk to you, to tell you that I have found her,
That girl you said has my rib, to tell you that I passed my exams,
Just as you wanted, and that am almost moving out,
But you can't hear!

I need your advice, on whether to date her or not,
On whether I should shave this three beards, or wait for the whole chin to be forested fast,
On whether the course am doing is good or not But you can't talk!

I need you to clear some doubts for me, that the house we used to stay in belonged to Uncle Joni
That you never owned any land that your bank accounts had nothing,
And that the car you used to have belonged to uncle Kenner But you can't show up!

You can't clarify, am drowning dad,
This state is too bad, I live in this world like a bat,
Like a sodium on water, I am energized to dart,
And I dart, yea, I really dart, without direction I dart.

TOO TO

I can't sing this poem,
Neither can I recite it,
I am just from the farm,
And am too... to

When I was young,
I couldn't think into the future,
I didn't what life was like,
But I can't blame myself,
I was too...to

When I grew into an adolescent,
I forgot my school motto,
And lines filled my mouth,
Then came the bad grades,
I think I was too...to

My mom didn't correct,
Or maybe she didn't know I was chick,
A family of 11 you can imagine,
I guess it wasn't her making,
She was too...to

And now I live a low life,
I can't even cater for my bills,
I can't drive like my friends do,
And worst, I can't have a family,
All because I am too...to.

Its final, nothing can't change this now,
Because it's too...to.

When Love Makes You Sink

No one says this to you,
No one wants to talk of its ills,
Because the world is in a cocoon,
Branded, "Love is Sweet"

Every sweet comes from sweat,
I ask you, is love an exception?
Love, having its highs, also has its lows
Be wary when you praise it,
Because he who praised the rain was rained on.

Don't be an ostrich
That time when it's not love anymore,
That time when true love becomes a lie,
Because that is the point in time,
When love makes you sink.

Black Snow

This girl stirred me up,
She interfered with my system,
I remained startled, wondering why she was black
While she was made white.

In her blue skirt,
Knit by some red string,
And her green blouse,
Which has no relation at all with her skirt
This girl was still stunning.

I moved close and said hi

And I got back a shy hi,
A hi that was suppressed by a lot of factors,
Factors that turned the white snow black,
That those who lack keen eyes won't notice.

I want to take her in,
I want to scratch the black dye off,
I want to make her mine,
I will brush her new,
And everyone will now notice,
And I will get them starring at her,
And I will remind them that she is mine.

Is Religion Their Umbrella?

Come to think of it,
Why they started it,
A structure to hide their deeds,
To remind us we have no say.

They say power is God given,
and leaders come from God,
Yet we pick them by ourselves,
and in Africa they pick themselves,
Then they remind you a few lines,
and they summarize it as Gods plan.

Are we really worshiping God?
Or are we worshiping our oppressors,
They kill and, "God has taken,"
They steal and, "God has blessed"
They rig and say God has chosen,
And if this is their umbrella,
then they'll never be rained on.

Source: Emmanuel Oriedo <http://oriedo.blogspot.com> / <http://www.ibuzzle.com> /
<http://figment.com/books/808436-The-Cry-of-The-Dadless>

SUCCESS

Success is one of the mysteries of this world. I know that when I call it a mystery, I will get a lot of you opposing me, so before I divide the floor on the basis of those who believe success is a mystery and those who don't, I will explain myself. Everyone knows what success is, I mean every person above 1 year. Then if everyone understand what success is, why is it a mystery then? It's a mystery because everyone understands it in their own way. Failure of presence of a common way of defining success makes it a mystery.

You can't achieve something that you don't know, I mean....how do you go about that? Before you start moving towards success, define what it means to you to succeed, jot it down somewhere, and say for example

you are a farmer raising chicken and you have 10 newborn chicks, you want to start raising them and if you managed to raise them to your satisfaction, that's your success! So you may say that "If I manage to raise 8 chicken out of these 10 chicks, that will be a great success" Well, you can as well say that "Because of this and this, I would have made a great success if only 2 out of this 10 survive."

Success is not about pushing yourself to the wall, success is not about forcing a maize stalk into a concrete floor, success is all about doing what you can, it's all about making it to your targets, that's what success should be for all of us. If I feel weak in math's, and I score grade E this exam, I should sit down and say that next time I will work so hard, so smart until I get grade D then next exam. That's my target, so when I get my paper and I have actually scored grade D, I should rejoice because I have succeeded in what I went for. I should not say that I haven't succeeded just because my desk mate scored a higher grade than mine, I wouldn't be fair to myself if I did that, would I?

We miss it out when we fail to acknowledge our own success, we miss it out when we imagine that success is all about being at the lead, we can't win every battle and we should not also lose all the battles but rather consider success in the small coins we picked on the road, the achievements we have made in the endeavor, because we were at nothing but we ended up at something, that is success. So come out of that blanket, stop making up excuses, if your conscience condemns you for not making the big win, just tell it where it where you started and where you have stopped at and say the same to those who will want to judge you.

So from today, start looking at yourself as a successful person, don't wait for their claps, you can clap for yourself. Don't concede to their judgment, be a good judge of yourself, set your own goals, set your own pace and when you succeed, you are at liberty to clap for yourself!

What the Sun Sees

I stood at a tall storey building where I had gone to see what the sun sees. I moved to the window which was wide enough to make me see what the sun sees when it shines above us. And indeed it was very strange, it is something I can't explain in a million words, the thoughts that it triggered in me are enough to replace the Bible. To replace the Bible by its length and ambiguity, I saw and wondered about a lot of things.

Down I could see all the works done by this gluttonous creature called man. They were a lot, this guy had done a lot already, I looked at the decorated buildings put up by him, small and big cars alike running around the city, and a lot of other beautiful things designed and created by this one animal. And trust me, his works were amazing, I never thought of the cleverness of man in that angle. I really liked what I saw, I felt that his works had actually touched me.

As I looked down more keenly, I saw something else that really perturbed me, it shook my senses, and it actually left me wondering. I saw the same creator of all that beautiful infrastructure running around through the hot sun. I thought it so greedy, I thought it unfair, I thought it in many other ways that cumulated to my conclusion that his running around after doing all that kind of creation was actually uncalled for. There was no substantial reason for man to be running around even after making all that he had made. Or is there anyone who think that this run is justified?

If it's really true that the Bible, I refer to it because am Christian, is Gods own book, why don't we follow the whole of it? If God only created for six days and rested, until now, not shaken, He ran his race, He created. But look at man, the son of God, so stubborn that he can't even learn from His father. He has done a lot of things, he has invented the engine, he has created the cars, he has created, designed different types of small worlds,

houses. He has given life to an uncountable number of all sorts of machines but he doesn't want to rest. He wants to get to where he doesn't know, or does he know?

I looked at him running around and felt pity for him. This guy is simply overworking. You look at what man does every day, its wonders, and real wonders. He can't sit down and relax to appreciate his works just as his Father did. He works for years, day in day out to get what he already possesses, I pity this guy who runs from point to point without having time to rest.

And I thought that its time that son does what father did. It's time that man gives himself a break and look at what he has done. Have a period to rest like daddy, or even rest forever because what he has done is enough to justify his existence on earth.

BY: Emmanuel O. Atamba

STUDY ON RELATIONSHIP BETWEEN DOG AND MAN CANCER IN NAIROBI COUNTY



Tumours are emerging public health threat in Africa and a leading killer in the globe. Ironically tumours receives low health priority in Africa and in Kenya ranked as third major cause of death with the figures estimated to almost double in the next two decades thereby having effect on both man power and the crippling economy through income loss and chemotherapy/physiotherapy health related cost.

Cancer affects Animals, Man and Plant. This study discusses tumours of Human and Dogs. Man and Dog are selected for this study since tumours in Man could best be inferred by comparing and relating studies done in Dogs. Dog is selected here as a model for Human cancer study since it shares some degree of genetic makeup resemblance, ecological environment and even food. It is important to note that unlike in Man where there is Human Cancer Registry the same does not apply in canine therefore informational gap. With respect to above similarities I tend to derive my point of argument and hypothetical question that there is perfect relationship with respect to number of cases and trend over the years in Human and Dog tumours.

The purpose of the study was to ascertain common tumours in Dog and Human establish the correlation and pattern of the tumours of Dog and Man in Nairobi County; determine Dog tumour distribution with respect to age, bread and sex and investigate common therapeutic and diagnostic approaches to veterinary tumour patients in Nairobi County.

Information from cancer records for eleven years (2002 to 2012) was collected by visiting Nairobi Cancer Registry database for Human and laboratory and Veterinary Patient Records for Dogs. A total of approximately 17,150 of Human and 400 Dogs cancer recorded cases were obtained and analyzed. With respect to sex females recorded higher cancer incidence than male in both Human and Dog. Cancer incidence in both Man and Dog increased significantly by four times during these eleven years on study. Canine diagnosis was mainly at postmortem (41.7%) and most cases occurred in the utility breeds (50.9%). In humans, prostate (6.5%) and

mammary cancers (15.3%) were highest with respect to sex, In the canines, skin cancers (17.2%) were the highest regardless of gender. Of the ten most common cancers in each species, mammary (15.3%, 10.9%), prostate (6.5%, 5.2%), liver (3.2%, 6.0%) and respiratory (4.3%, 5.2%) cancers occurred in both humans and canines respectively.

The current translation of canine genome and above commonality provides enough grounds of similarities in those two species, therefore necessitating the possibility of using dog as a model in human tumor study.

Prepared by: AbdullahiKhalif Bulle Fifth year Bachelor of Veterinary Medicine

MY DREAM PLANET

(Reaching Out For a Sustainable Future)

Achieving a sustainable environment is a painstaking endeavour contrary to the rampant destruction of ecosystems and biodiversity the world has obliviously taken to. A sustainable environment encompasses nothing much than a viable system ensuring intergenerational equity in human access to and utilization of natural resources as well as a healthy place to live in.

A possible ideal world begins with us, our choices and our actions; an imperative thing we have largely disregarded. This world I envisage however, is not devoid of natural cataclysms or environmental shocks but is stable. In a self-perpetuating system, these events occur in a way that can be mitigated. Interferences with the parameters of the pristine environment thus accelerate and accentuate the magnitude of the occurrences. These interferences could be unsustainable logging, overuse of fossil fuel resources, poor agricultural practises, globalization and the eventual pollution.

Unsustainable logging is the largest identified culprit in the failure in carbon sequestration process. This is because there remains a diminished number of trees to use up carbon in the atmosphere in their food and energy production cycle. Together with the charcoal burning from the felled trees, intensive fossil fuel use is known to contribute record amounts of carbon in the atmosphere. This carbon accumulation results in the hindrance of infra red deflection back into space due to the significant longer wavelengths and lower penetrative power. It beholds then the green house effect and eventually the phenomenon of global warming

Globalization has been a step forward in universal developments but several backwards in environmental sustenance due to biodiversity loss. Its components that include technological advancements and industrialization have brought land cover change and affected land use replacing all initial life forms within the

ecosystems with artificial establishments. Together with the accompanying change in agricultural practises, increased resource degradation and environmental pollution has been realised.

A sequential negative continuity results in land and water resource contamination and air pollution. For instance, increase in chlorofluorocarbon release from aerosols and refrigeration technology has led to ozone destruction which in turn permits entry of the sun's harmful ultra violet rays into the earth's atmosphere. Encroachment into catchment and high profile areas for example the Mau forest for habitation and agricultural practises leads to biodiversity loss through species extinction and migration.

These are all anthropogenic causes that through controlled approaches, a dream world can be achieved. Legislation and awareness will be instrumental in achieving this.

Foremost people must recognize the efficacy of prevention approaches. Protection of the environment is best achieved by preventing environmental harm in the first place rather than relying on remedies or compensation for such harm after it has occurred. It is less costly to prevent them allowing damage to occur then taking responsibility

Taking informed precautions is another step. By recognizing limitations of science, we realize that it is not always able to accurately predict the likely environmental impacts of resource utilization. Thus environmental problems occurring today such as ozone depletion and climate change were not foreseen in good time by scientists. It thus calls for precaution in making environmental decisions where there is scientific uncertainty.

Legislations against polluting parties ought be implemented. Polluters of natural resources should bear the full environmental and social costs of their activities. It aids in the internalization of environmental externalities reflected in the ultimate market price for products of such utilization. Since environmentally harmful products will tend to cost more this approach will promote efficient and sustainable resource allocation as consumers are likely to prefer the cheaper less polluting substitutes of such products.

Finally my ideal world must encourage public participation in environmental conservation processes. The local communities, beside other conservatory institutions must be viewed as the largest stakeholders in biodiversity protection since their livelihoods directly affect the environment. Aside from fostering environmental democracy, they can engage in development decisions and be educated on proper ways to interact with the natural resources sustainably.

With these measures incorporated, we can look objectively towards an efficient ecosystem complete with unaltered ecosystem and environmental services, clean and distinctive blue and green water resource

preservation and effective grey water use, immunity towards environmental shock from provisioning and regulating services, biodiversity conservation and preservation and healthy comfortable lives without scarcity, my dream planet.

TIME, GOD'S GIFT TO ALL!!!

No one should determine our schedules but ourselves, as God guides us. We must understand God's will and, from that perspective, set our priorities. Doing so requires identifying the most important things in our lives and arranging our schedules so none of these priorities are neglected. Staying organized is a deliberate and ongoing process. A cluttered schedule one month can deteriorate into a calendar filled with extraneous activities the next. Wise and diligent people regularly prune their schedules of unnecessary commitment. They learn to delegate and to say a firm NO. They redeem time (Ephesians 5:16) Great people want their lives to count so they use their time wisely.

Avoid time wasters

- ❖ Technology
- ❖ Idle conversation
- ❖ Excessive hobbies
- ❖ Disorganization

Embrace what is important

- ✓ Unhurried time with God
- ✓ Regular and quality time with our families
- ✓ Time for our health
- ✓ Time for people

Time is God's gift. Ecclesiastes 9:11 I have seen something else under the sun: The race is not to the swift or the battle to the strong, nor does food come to the wise or wealth to the brilliant or favor to the learned; but time and chance happen to them all.

Let's be diligent in the way we use **TIME**, and God will mysteriously transform our lives to impact our generation positively.

Compiled by **Abel Manoti**,

UKCCU Chairperson, 2015/2016.



DENNIS TOMOINA

GRADES AND FINANCIAL SUCCESS

What is the relationship between school grades and wealth creation? Life is not always about how hefty your bank account is. And in His eternal wisdom, God created each one of us with a purpose and for a purpose. The greatest of all is to serve Him and to serve His people, which we are all doing, whether we have a hefty bank account or not.

That aside, formal education is strictly programmed, though at the end of it there is no programme on how to make it financially useful. School programmes you to be the top candidate, not to be the richest after graduation. To become financially successful, you must learn how to convert your project in to an income-generating project. However, whenever professionals who excelled at school became entrepreneurial, society keeps reminding them that they have become unethical. Most of them need coaching, mentorship and counseling to become entrepreneurs. It is not that they are failures in this area, it is just that they focused on serving and not on making money. **Ponder this, if we all set businesses, who will be the doctor, engineer or pastor?**

TAFAKARI YA OLE!!!



TIYO CHAIRMAN-UKCCC GIDEON:

At one time a challenge was posed; why should a Christian in a public gathering call for everyone to "let us believe and pray" without consideration of the totality of different religious perceptions? First I should say it is the most rational thing to do. Secondly it is the democratic decision to make; who commands that you must "believe and pray". What makes you feel that one is overlooking your religious perspectives, also keeps reminding you that you can't be on fence. Decide now and be clear on your stand, CHRIST LOVES YOU. Eph 1:3-6

Dear comrades, life is full of understanding the essentiality of being alive, having an identity that is so distinctive. The church doesn't condemn people but condemns evil deeds that are not of righteous endowment. The essence of your being alive is the love of God through His son our Lord. Let us all learn to appreciate each other's diversification and be evangelistic of love and peace throughout our sovereignty of the world.

Just to mention, a life well-lived is a life full of serving the Lord our God. The difficult but uttermost simple question being is; is there an exhibit of who you are serving? The long term answer is; yes; the one next to you is the exhibit; image and likeness of God. Service to humanity is service to God that its rewards rest upon the Most High, our Creator. I am made to understand that no one wishes to get good results; we strive in anguish to get excellent results! Therefore, to achieve magnificent results, seek and pledge your loyalty to God through your deeds. ***"Oh come let us adore Him, Oh come let us worship Him" shalom brethren.***

FEMALE SPEAK: Husband material



One of my best friends' relationships is still relatively new, but she already has a feeling about this one. Most likely because the guy has qualities that make him primo, grade A husband material. Qualities that anyone might notice and say, "wow! What a mensch!" but that one lucky woman recognizes as reasons to marry the man.

So how do you know if your beau is husband material? It's a toughie. how can you ever really know that he is going to be the type of guy you can count on when push comes to shove? The type who will wine you and dine you after you've been together for five trillion years? The type whose happiness will always be crucial to your own?

Without further ado, here is my idea of a husband material.

When he apologizes, he really means it. He doesn't belittle you, but he doesn't put you on the pedestal either. He is someone who teaches, but never lectures.. He makes you laugh. He isn't in the life of the party, but is always there if you need to be carried home. His opinions are not irrational, they are backed up. He knows when to drop it and when to address it. He has dreams as big as yours.

He is a great listener but also expects to be heard. The kind of man who can keep you grounded while still challenging you to grow and be the best you can. He'd never be malicious or say something to hurt your feelings, but he can give a joke as well as you can. You know each other well to know when you've crossed the line, but your shared love of sarcasm and your knowledge of each other's weak spots make teasing fun - never threatening.

He is as strong as I am, but more subdued. He'll push me to the best I can be and challenge every decision I make - but I'll love him for it. Life with him is always exciting and never ceases to surprise me. He is confident enough to know that the mild flirtations I get at a

+cocktail party are never a threat to our relationship. He knows I am his and never feels the need to question me because our relationship was based on a foundation of trust. He has his own life and respects that I have mine. He is never going to give me a hard time about hitting the club with my girls. Instead he encourages me to spend time with them whenever I want to coz he knows whom am coming home to.

He has my full trust and we can tell each other anything. I am not afraid that my embarrassing stories are going to come up at a friend's party when we disagree. What's said between the two of us stays between the two of us. He is a source of comfort for me. I feel at ease with him. When am angry he somehow knows how to deal with me with more grace than anyone else. Depending on how I am feeling, angsty and emotional or overwhelmed and exhausted, he lets me have my space and knows when to hold me in his arms. If he has done something wrong, he'll always be man enough to admit it and tell me that he is sorry. He is not arrogant or pigheaded- he won't do something sh*tty and turn the tables on me. He won't hurt my feelings and make me feel stupid for being upset. He is a man, not a boy.

MARY NJOKI GITARANGA

FINANCE DIRECTOR KCUSO

A JOKE

A man buys a lie detector robot that slaps people who lie.

He decides to test it at dinner.

DAD: Son? Where were you today during school hours?

SON: At school.

The robot slaps the son.

SON: Okay! I watched a DVD at my schoolmate.

DAD: Which one?

SON: "Kung Fu panda".

The robot slaps the son again.

SON: Okay! Was a porno.

DAD: KHAT!! When I was your age, I didn't even know what porno was.

The robot slaps the Dad.

MUM: Ha hahahahahahahaaaa!!!

: After all he is your son???

The robot slaps the Mum.....

BY: VALARIE .E. ODUOR

KCUSO, A BRIDGE BETWEEN THE STUDENTS AND THE ADMINISTRATION



Kabete Campus University Students Organization (KCUSO)

P.O. BOX 29053-00625, Nairobi.

Email: kcuso@students.uonbi.ac.ke

Web: cavs.uonbi.ac.ke

Tel: +254 723536703