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# MyNetWork Show Biz

E2

Elizabeth Ngigi

## Podcast Review

<https://afripods.africa/podcast/my-first-time-stories>

Janet Mbugua's *My First Time* podcast boldly tackles the taboo subject of menstruation. Janet takes on the challenge of changing perceptions and addressing period poverty through compelling stories. The podcast, an extension of Mbugua's book of the same name, delves into the experiences and voices of individuals sharing their 'first time' encounters. The narratives go beyond personal anecdotes, as Mbugua seamlessly weaves stories that have the potential to make a substantial impact on millions of lives. Be sure to give this a listen.

## Hotspot



This January 28, immerse yourself in an unforgettable exploration of Ragia's profound significance. Nestled in the heart of the Aberdare Forest, Ragia emerges as a haven of historical and natural wonders waiting to be explored. Located in Lari, a sub-county of Kiambu county, Ragia beckons adventurers just 90 kilometres north of Nairobi, offering a unique and accessible hiking experience, unlike other Aberdare's trails.

The journey to Ragia's iconic waterfall is a thrilling escapade, weaving through a serene bamboo section before revealing the majestic waterfalls. Covering a moderate distance of 18 kilometres, the trail promises around seven hours of adventure, with a particularly demanding descent through the forest. Hikers are urged to exercise caution, emphasising the importance of sturdy hiking boots for safety and stability on uneven terrain.

# KRG The Don

T5

**Renowned for courting controversy in the Kenyan dancehall scene, KRG The Don wears two hats – an artiste and a devoted single father. In this exclusive interview, KRG, who is known for showcasing his opulent lifestyle on social media, opens up on his plans for 2024, and reveals the origins of his money and fame. He attributes his lavish lifestyle to a diversified portfolio of established businesses in the city, as well as his affluent family. The Don asserts that his path to success has nothing to do with academics, as he did not complete his Information Technology course.**



## 1. What were your highlights of 2023, and what are your key plans for this year?

While 2023 brought me numerous successes, it also proved to be a demanding year, particularly in the realm of business. Managing a young family on my own while staying committed to my music and business was quite challenging.

It was a steep learning curve that forced me to adjust quickly. As I step into 2024, I aim to apply the valuable lessons picked from these experiences. One of the key takeaways is the importance of adopting a more assertive approach in my career and being attentive to various aspects of life. In the hustle to maintain momentum in my career, I realised that I unintentionally neglected the people dearest to me, which was particularly painful. A profound lesson I learnt is the need to shield the ones I love, especially because I am a public figure, and refrain from entangling them in my professional ventures.

Some individuals who I once viewed as friends turned out to be more interested in reaping from my success. I have dropped some of those friends and I am now prioritising and protecting the cherished relationships in my life.

## 2. Between wealth and fame, which one would you prefer?

Haha, without a doubt I would opt for money any day, although fame does have its merits. While fame can pave the way for more financial opportunities, money in itself holds the power to address numerous challenges. Interestingly, you can even use money to acquire fame.

That said, the two are connected in that they both have the ability to cushion you from certain life challenges. Your influence, backed by financial means, can unlock doors that mere wealth alone might not. While some degree of fame can be beneficial, there are instances when it may work against you.

## 3. What did you study in college?

First if all, my success did not come from books. I would say my talent is what has kept me at the top. I was talented from way back when I was a young boy. I didn't limit myself to one sector in life. I studied Information Technology, but I dropped out.

I am looking forward to going back to school to make my father proud. I want him to feel honoured that I did what he always wanted from me. It is the joy of every parent to see their child achieve what they started. I also plan to study business management since that is also relevant in my career.

While education has played a role in getting me to where I am, my bold approach and positive outlook have equally been key to my success. The connections I have made in the course of my journey have opened doors to significant opportunities and contributed to my overall success.

## 4. How did your friendship with Jamaican dancehall artist Konshens develop, and how did your collabo come about?

*Time Bomb* is about a good vibe and the trendy wave that is going on in the industry. It is just about enjoying the moment. My relationship with Konshens goes way back. We met on social media in 2017 before he first visited Kenya in 2019, and from there we started talking business and thinking about what project we could do together.

Because we deal in the same genre, dancehall music, our partnership grew organically, and that synergy naturally led to the creation of this new song. I am not many people's favourite role model, but it all depends on what you want to pick from KRG. Some underestimate my capability but I would say, if I inspire you, take whatever you want and shine with it.

## 5. What serves as your main source of wealth, and what would you say to those who doubt the authenticity of your lifestyle? Do you hold any intentions to venture into politics?

You can't please everyone or control what others think. Everyone is entitled to their opinions. People who think negatively about others are just selfish. I come from a financially stable background and have inherited considerable wealth from my family, which I've responsibly managed and expanded. I keep wondering why some Kenyans want everyone to be living in the streets. Some feel like I am showing off too much but that is just my lifestyle.

If in future the stars align and my family supports it, I wouldn't rule out running for political office. I was born a leader, and my close supporters at home have expressed their desire for me to enter politics, but the timing isn't right yet.



## People

# My childhood dream to become Chief Justice has brought me here

BY MAGDALENE WANJA

Emily Muriguh is an advocate of the High Court of Kenya, a certified professional mediator and an accredited legal audit governance and compliance expert. She is a member of the law society of Kenya. She manages a legal firm by the name DNA Legal Consultants, and serves as the Executive Director of Democracy and Legal Aid Centre.

## What was your dream career?

As a young girl I saw myself being the country's Chief Justice. Throughout my life, I've remained focused on achieving that goal, which is why I studied law.

## Which branch of the law did you specialise in?

My areas of focus are disability law, legal audit, compliance and governance, and I have keen interest in mental health issues. It is important to note that a mental health condition is not a disability. Mental health is dictated by our environment, for instance, what is causing us stress or making one depressed. However, a mental health issue can lead to a disability if it prevents a person from performing their daily activities. Let us normalise speaking out, reaching out to our loved ones and seeking professional help where needed. The stigma surrounding mental health is often a barrier to people seeking help.

I am motivated to offer legal audit services by a combination of factors including promoting compliance, risk mitigation, professional growth and making a positive impact to my clients and the society at large.

## What inspired your career choice, and your areas of specialisation?

I am a caregiver to a lovely child with disability, hence my interest in ensuring that children with disabilities have a better tomorrow. I have firsthand experience on what it is like to be with someone living with a disability. I passionately conduct civic education on the need for inclusivity and dignity for all.

## Tell us a little more about disability law and mental health.

Disability law seeks to protect disabled persons from discrimination and eliminate barriers towards full enjoyment of their rights and inclusion in the society. The Constitution of Kenya recognises the importance of preserving the dignity of individuals and promoting social justice, as well as the realisation of the potential of all human beings.

The Constitution goes further to prescribe certain rights entitled to persons with disabilities in Article 54. These rights include: To be treated

with dignity and respect, and to be addressed and referred to in a manner that is not demeaning.

We also have in place the Mental Health Amendment Act, 2022. The Act guarantees the dignity of persons with mental disability by recognising that they have a legal capacity to make decisions by themselves. As a society, we come in by respecting their will and preferences and availing information in a format or manner that they are able to understand. In summary, mental health is the psychological, emotional and social well-being that affects how we think, feel and act.

Mental illnesses on the other hand are the conditions or disorders that affect a person's feelings, thinking, mood or behaviour. These conditions include bipolar, schizophrenia, neurodevelopmental disorders such as autism spectrum disorder, attention deficit hyperactivity, post-traumatic stress disorder, personality disorders among others.

Mental health and mental illness can be compared to physical health and physical illnesses. While legal framework change is appreciated, a lot more needs to be done to ensure inclusion of persons with disability in all spheres of life for them to enjoy the bill of rights and live dignified lives.

## What are the most memorable moments in your career?

I can never forget when the Democracy and Legal Aid Centre in partnership with another NGO and the National Gender and Equality Commission successfully ensured the release of a child with disability who had been wrongfully detained in prison for five years. She was arrested and taken to Mathare Maximum Prison hospital as a child with a mental illness. Her age was wrongly assessed and she was subjected to medication of an adult for the entire five-year period. With our intervention, she was released. It was such a pleasure witnessing the reunion between the minor and her family members as she exited the criminal justice system.

## What does it take for one to be in your career?

It takes passion, interest and educational qualifications. The academic qualifications required for one to be a lawyer include a Bachelor of Laws degree from an accredited university. And for one to be an advocate, a higher diploma in law from the Kenya School of Law or equivalent of the same.

## What challenges do you face in your career, and how do you tackle them?

Managing and balancing growth of the organisations that I lead, while maintaining the quality

of services is not easy. I tackle that by focusing on attaining sustainability and maintaining the organisation's mission and culture.

## How do you ensure you're consistent in your work?

Continuous monitoring and evaluation. I stay flexible and adaptable in response to changing circumstances and maintain open and transparent communication with my team.

## What do you do when you are away from your day to day work?

I enjoy quality family time.

## What are your future goals?

I would like to prioritise my well-being and self-care in order to manage and maintain the focus needed to balance all areas of my life. I also want to continually build on my knowledge of relevant legal issues and current affairs.

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Emily is an advocate of the High Court of Kenya, a certified professional mediator and an accredited legal audit governance and compliance expert. PHOTO/POOL



BY MICHAEL OCHIENG

**THE BROTHERS SUN**  
WHERE: NETFLIX  
GENRE: ACTION, COMEDY

*The Brothers Sun* is a hilarious and heart warming series that follows the adventures of two estranged siblings who are thrown together by their father's shooting. Charles Sun is a tough and loyal member of a Taiwanese triad, while Bruce Sun

is a naive and aspiring comedian who knows nothing about his family's criminal background. Together, they have to deal with assassins, rival gangs, and their overbearing mother, played by Michelle Yeoh.

The series is a refreshing blend of comedy and drama, as it explores the culture clash and the family dynamics of the brothers.

The humour is witty and clever, as it pokes fun at the stereotypes and the absurd situations that the brothers find themselves in. The

drama is engaging and emotional, as it reveals the secrets and the conflicts that the family faces. The action scenes are thrilling and well-choreographed, as they showcase the skills and the courage of the brothers.

The cast is superb, especially Michelle Yeoh, who steals the show as the matriarch of the Sun family. She delivers a charismatic and powerful performance, as she balances the roles of a loving mother and a ruthless leader. Justin Chien

and Sam Li also have great chemistry as the mismatched brothers, as they bring out the best and the worst in each other. They are both funny and relatable, as they struggle to find their place in the world.

*The Brothers Sun* is a delightful and entertaining series, as it defies expectations and delivers a unique and fun story. It is worth your time, especially if you are a fan of Michelle Yeoh.

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## MyNetWork Cover Story

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If you're in school, it can be hard to find work that fits in around your schedule. But some students have found other ways to fund their lifestyle

Consider these entrepreneurial ways to top up your bank account without interfering with classes and study

BY MICHAEL OCHIENG

The holiday season is over, and lectures are back. Looking back, are you proud of how you spent your time? It is no secret that life on campus is hard, and that students often find themselves living from hand to mouth due to limited sources of income and tight school schedules. But did you know that there are young adults who are making money from their skills and talents even though they are still in school?

In this article, we explore some of the practical ways students can make money over the holidays, such as securing seasonal employment, freelancing and babysitting. Our interviewees, all of who engage in profitable part time hustles, also offer valuable tips on how they balance work and rest, and how to use the earnings wisely.

### HAPPINESS WAIRIMU, 21 UNIVERSITY OF NAIROBI

As a fourth-year student, I keep myself engaged during the holidays by helping out in my family's hardware business. I handle quotations and finances and I've been doing this for seven months now.

Managing the business has provided me with valuable experience and enhanced my finance and problem solving skills. My role as a student and budding entrepreneur has been exciting and fulfilling.

I have encountered numerous challenges that have truly been great sources of learning and personal growth. Engaging in this venture has not only enabled me to gain a deep understanding of various companies and organisations, it has also provided me with valuable opportunities to interact with older, more experienced persons from whom I can gain insights on business management.

One of the recurring challenges I have faced is managing my time effectively, as my role involves significant financial responsibilities and demands my full presence and attention. Balancing this role with academic commitments such as attending classes has not been easy.

Furthermore, getting personal time has been quite challenging, given that our business operates six days a week. Nevertheless, by diligently confronting and surmounting these obstacles, I have achieved a sense of financial independence. This independence empowers me to meet my financial obligations and make significant strides towards accomplishing my goals.

As I delve further into the world of business, I am increasingly drawn by its potential and the invaluable knowledge I gain from my time at the hardware shop. The ability to exercise caution and make sound decisions is a crucial life skill that can only be acquired through keen observation and learning from the experiences of others. The abundance of online resources has proven to be beneficial since it helps in unravelling the complexities of entrepreneurial pursuits.

Surprisingly, my journey has taken me to the realm of the construction industry, where I have discovered a wealth of knowledge that I never anticipated. It is a field that has unfolded before me with surprising ease, allowing me to gain substantial insights and expertise in this fascinating domain. In my time at the shop, I have come to know about dependable places where one can buy construction materials at highly competitive prices.

Seeing these coveted items being swiftly purchased from store is thrilling, and I



am greatly encouraged by the knowledge that if I were to embark on constructing my own home, I know where to get materials at a reasonable price.

These encounters have been truly enlightening, and have deepened my understanding of the business world.

# How we made good money during the holidays

### WICKLIFE ODHIAMBO, 25, MASENO UNIVERSITY

I am a fresh graduate from Maseno university with a Bachelor's degree in journalism and mass media. During the holidays, I did photography as a part-time job. I started this photography venture when I was in my second year. I wanted to make some extra cash so I requested my older brother to help me get a camera. With his help I acquired a camera of my own which has helped me establish myself as a photographer.

Throughout my photography journey, I have participated in different fields. My friend, who runs an online TV station called Climax TV, sometimes invites me to help him with live coverage of events. This involves handling a video camera and taking photos for the social media platform. I also take photos for a fee at birthday and wedding events, as well as personal shoots.

From my earnings, I have managed to purchase new equipment to expand my business. I use part of the money I get to support myself financially and help my parents pay my school fees. I also save part of my earnings to avoid wasting my money on too much leisure.

Every good thing comes with some challenges that hold us back. One of my biggest challenge is payment of clients. Some clients don't appreciate the art of photography. They give false promises and pledges, and sometimes they refuse to pay completely. This is a huge set back because I have to pay for my fare to and from the venue, and cater for other expenses.

Another challenge I faced was the shift from holiday season back to lectures. I had already built a good cli-







**As a media student, I would rather spend my holidays hustling and developing my portfolio than staying at home and sleeping on my talent**

Wicklife



ent base, but I had to return to school and that affected my schedule. I could get calls during classes, with clients calling me to cover big events or ceremonies. Balancing the two isn't easy. Nevertheless, I managed after reaching a compromise. I had to sacrifice some of my classes and turn down some of the projects I received.

I chose to do photography during my holidays because I had passion in it, plus it is part of the course I am taking at Maseno. It was a good opportunity to put into practise what I had learnt in school.

Now that I have my camera, I would rather spend my holidays hustling and developing my portfolio than staying at home and sleeping on my talent. As a media student, this venture helps me improve my fieldwork skills before I get an internship or job.

### FAITH MUENI, 22 UNIVERSITY OF NAIROBI

I am a fourth year student pursuing a Bachelor's degree in Literature and Communication. This was my dream course and I am glad that I got to do it. It motivates me to work hard every single day.

Since I was young, I had a great passion for beauty. Even when I was busy with my studies in school, I always looked for opportunities to convince my parents to let me enrol in a makeup academy. My dad was not keen on the idea at first. He thought I wanted to drop out of school and do something else. How could I ever quit school? I had to get my mother on board and I thank her for helping my father change his mind. That's how I started a new chapter in my life – a beautiful part-time make up journey.

During the long holiday after my third academic year, I signed up for makeup classes and excelled so well that I was recognised as the best student. In three months, I had acquired many clients, and this was even before graduating. I was proud of my progress. I got my certificate and launched my business by the name 'Glam by Imani' on my social media handles. This was a huge achievement from a mere hobby to a part time career.

My parents gifted me my first make up set and I was grateful for the growing clientele. I was new to the industry but I loved getting bridal makeup requests from different people. The experience has been really eye-opening for me. My family has been my backbone throughout.

I have faced challenges that made me want to quit, but I have always persevered. Sometimes a client shows up late and I miss another appointment. When this happens, I don't scold them, I just try to appease the other client.

**I work during holidays because I love it and it keeps me busy. During school days, I rarely pick calls. My clients understand that I am a student**

Faith



I once had a wedding call in Bungoma, but the couple's phones were both off. I waited for eight hours, stranded in a place I had never been to. I had to take a bus back to Nairobi having not accomplished the work I was called for.

I work during holidays because I love it and it keeps me busy. During school days, I rarely pick calls. My clients understand that I am a student and they prefer weekends for the services.

Makeup can be very lucrative if you are patient with your clients and your work is flawless. You can save a lot of money if you spend wisely and invest in quality products. I use my savings to cover some of my personal expenses, which reduces the financial burden on my parents.

It has been a wonderful journey so far and I am eager to graduate from school and start my own make-up academy.



### FABISH MAGOYA, 21, KISUMU NATIONAL POLYTECHNIC

Before I joined campus, I often heard that college life is hard and requires a lot of sacrifice and commitment. That's why I decided to start my own small business of making and decorating necklaces. I mainly work with pearl necklaces, anklets, and bracelets.

I call my business Street Pearls. I learnt how to make these ornaments at home from YouTube videos. Pearl necklaces are part of my cultural attire. I use traditional beads to make them.

I have been in the industry for about six months now. I started in June last year. When I first began making necklaces, people would tell me, "Bro, you are just wasting your time. I would rather buy a real chain than that traditional necklace." In our current era, people don't appreciate cultural things. I had to work hard and be patient with my work. I did my best to make a positive impact in the society. A friend of mine invited me to a youth seminar that inspired and helped me accept myself and my work. I watched more trending videos to find more examples of how to make my necklaces look unique and charming. I posted my samples on social media and people admired them. In my free time, I walked on the street to show people my art. It was exhausting at first as I walked long distances with the sun overhead at times. No one was buying anything but I trusted the process. One day I got a message from a thrift shop called YO7 clothing. They offered me a contract to make pearls and bracelets for them. I supplied them with my products and started receiving orders from different clients. This was the breakthrough I needed.

Some of the challenges I face include price increments. Today I can buy beads at Sh100, the next day the price might go up by Sh50. Another challenge is finding different types and materials such as emojis, smiley beads,

**I not only work over the holidays, but also during school periods because I love what I do and I am passionate about it**

Fabish



and pendants. I have to order and wait for three days or more to get them.

By then, I might have lost some customers. Some customers are reluctant to pay after they receive their orders. Sometimes I end up not getting payment for my sales. I don't get support from anyone, neither do I have a business partner. Sometimes it gets hard because I run out of stock and I don't have enough funds to restock.

My earnings depend on the sales I make daily. In a good day I can make up to Sh1,000. And on a bad day I can make between Sh150 and Sh300. I thank God for the money I get. I usually save 15 per cent of the money I make for stock, and the rest helps me cover my daily expenses.

I not only work over the holidays but also during school periods because I love what I do and I am passionate about it. I can't go a single day without making at least 20-30 necklaces. In my area, I am the only one who makes them, so I don't have any competitors. I keep myself busy and avoid getting involved with drugs, because many young people have lost focus due to idleness.



## Q&amp;A

BY GEOFFREY ANENE

*You are the first Kenyan to make it to the podium at an ultra-cycling race. Tell us more about this...*

One of the reasons I chose to do ultra-racing is because my slender body is suited for long distances, riding in different weather conditions and going for long distances with little food. The success of Kenyan long distance runners gives me confidence to confidently pursue this passion.

I also like that long distances give me more time with myself. You ride almost all day and all night. You get to see different countries and all the beautiful scenery along the route. I enjoy riding solo, stopping to eat different foods and interacting with locals.

I like to push my limits both mentally and physically. The lack of sleep, fatigue and long hours on the bike takes you into a different head space that you can only experience during an ultra-race.

#### Why do you do ultra-cycling?

I do it to show people that everything is possible. I want to inspire people to take on long distance events and show the world that Kenyans can be triumphant in these competitions. I believe I can win these races and create a lasting legacy for Kenyan cycling. I am hoping to build on my racing knowledge and improve my performances.

My first ultra-race was Race Around Rwanda in 2023. I finished second in the 1,000 kilometres race in a time of 56

**Endurance** Kenneth competes in gravel and mountain bike races

# The trials and triumphs of an off-road cyclist

hours and 11 minutes. My goal this year is to win the Race Around Rwanda in February and improve my time.

#### What is the difference between ultra-racing and other forms of riding competitions?

The distances in ultra-racing are longer, and take more than a day. There is also less pressure on cyclists because you have more time. If you are organised, have the right equipment and know how to manage your time, you will succeed. It is different from short distance racing where things are quick and calculated, and one mechanical problem can get you out of the competition. Ultra cycling is more of an adventure. You get to see different places and experience things on a different level.

#### Tell us how this cycling journey started...

Previously, I was a track athlete specialising in long-distance running. I did this in primary school and even in my first year in high school. I switched to cycling when I was in Form Two. I was inspired by my uncle Stephen Gituku who used to compete with a Black Mamba bike. He did a few competitions in his days and used

to cycle to and from work. I started my cycling career with a similar bike worth about Sh3,000 in 2012. I sharpened my skills when I joined the cycling group, Safari Simbas, where I also learned to be a bicycle mechanic.

#### What challenges have you encountered in your journey?

Lack of sponsorship almost made me quit just before the Covid-19 outbreak. It had been seven years and I had not seen any benefits. Just when I was about to give up, in 2021, help came my way in the form of Australian professional gravel and road racing cyclist Lachlan Morton. He was looking to partner with someone from Kenya for the annual mountain bike stage race – Cape Epic in South Africa – after his partner Alex Howes broke his thumb two weeks before the race. Mikel Delegrange, who is the manager of Team Amani, suggested my name to Morton and I accepted the challenge. The experience in South Africa changed my mind completely. I came back very

energised. Before Lachlan came through, I had lost my business. I had employed 10 bodabodas, but the business took a hit in 2020 and got worse after the pandemic. We did the race with Lachlan in October 2021 and that is when I realised the doors of cycling are not yet closed for me.

#### Tell us briefly about your journey with Team Amani...

I joined the team in 2022 and so far it has been a wonderful journey. Team Amani aims to turn East Africa into a cycling powerhouse. They help with equipment, race registration, travel and nutrition. I have signed a professional contract with Team Amani, renewable every year depending on performance. In the contract, I get a monthly allowance.

#### Who inspires you in this sport?

Australian Lachlan Morton is my role model. I had been watching him on YouTube to get tips about cycling even before we met. He has continued to help me with training



programmes and advice.

#### Why do you like cycling so much?

I have travelled abroad and to many parts of Kenya courtesy of this sport, and made a lot of connections. I have constructed a good house from my earnings, employed 30 bodaboda riders and opened a shop for bicycle spare parts. I have helped eight boys to nurture their cycling talents.

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Kenneth at the Atlas Mountain ultra-race in Morocco. PHOTO/POOL

## In Brief

- Kenneth Karaya, 27, is a professional cyclist who mainly competes in gravel and mountain bike races
- Kenneth, who started cycling while in high school, has grown to become one of Kenya's most consistent off-road cyclist
- The second-born in a family of four features for Iken-based Team Amani
- Highlights of Kenneth's career include winning the Soko Forest MTB Challenge and Kibiku XC MTB in Kenya, coming second at the Race Around Rwanda 2023, winning the Atlas Mountain Race 2022 (paired with Geoffrey Langat) in Morocco and winning Stage 3 of the Migration Gravel Race 2023 in Maasai Mara, Narok County
- Kenneth has specialised in ultra-racing events. These are cycling events covering distances of more than 400 kilometres, either over a single day or multiple days. They are self-supported cycling events meaning participants cannot receive any assistance from others and must carry all they need with them on the bicycle
- In ultra-racing, participants can either sleep along the course, outside, in a tent or at a hotel along the way (hotels cannot be pre-booked). Participants are also not allowed to ride in groups unless they are registered under the pairs' category.







# THE TREND

WITH AMINA ABDI RABAR

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