



Weekly Bulletin

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Cervical Cancer Advocacy and Medical Camp



A medical practitioner enlightens staff of Lower Kabete during the Cancer Screening and Medical Camp on February 3, 2023. The camp was organized by the Margaret Kenyatta Institute in collaboration with the Beth Mugo Cancer Foundation and Beyond Zero Initiative.

BY VIVIANNE NGUGI

The unnecessary deaths caused by cervical cancer continue to cause a global outcry. The growing number of new cases of women diagnosed with cervical cancer is on the rise, estimated at 604,000, with more than 341,000 women

dying due to cervical cancer-related complications each year. In Kenya, nine women die of the disease every day, a number that is expected to rise to 22 deaths per day by 2040.

These unnecessary deaths have led to broken families, orphaned children, widowed husbands, and

loss of livelihoods. Yet it does not have to be this way. The pain, emotional distress, and financial burden of cervical cancer almost ridicule the fact that it is preventable and is also treatable if detected early. Cervical cancer can be eliminated through advocacy, awareness, and community education; if

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Cervical Cancer Advocacy and Medical Camp



Registration and checking of the vitals; the starting point of any medical process. Ms. Adija Amiri gets her blood pressure checked by the triage nurse.

effectively mobilized and applied nationwide.

Many countries around the world have committed to the elimination of cervical cancer; led by the World Health Organization which has determined the disease as a public health problem. To this end, WHO's strategy for lowering the rates of new cases to less than 4 per 100,000 targets must be achieved by 2030 for countries to be on the path to elimination. These targets include:

- 90% of girls fully vaccinated with the HPV vaccine by age 15
- 70% of women be screened by 35 years of age and;
- 90% of women identified with pre-cancer or cancer receive treatment.

Advocacy, awareness, and community education are among key global strategies for

"The value of early screening, prevention, and treatment is undeniable. Through the health education talks given at the mobile clinic outreaches, we are reminded of how we can improve our individual survival rate."

Vivianne Ngugi

mobilizing collective responsibility for the prevention and control of the disease. These strategies are aligned with the National Cancer Control Strategy 2023 - 2028 for Kenya to be on the path to elimination.

There are, however, certain things that contextually need addressing before the WHO 90-70-90 targets can successfully be achieved. First, is the issue of access to health information which includes reaching the marginalized and vulnerable or target populations- women and girls- who urgently need this information. Second, is access to affordable or free routine cancer screening opportunities and third, is access to affordable treatment. Screening has been made available countrywide at the county health facilities level, private facilities, and at faith-based hospitals.

Kenya's national cancer response efforts are outlined in the Cancer Prevention and Control Act 2015. The Act also highlights effective advocacy, access, service delivery, and good governance with regard to the national cancer response efforts as mitigating measures that will advance Kenya's progress towards the path of elimination.

But it also calls for collective stakeholder engagement, at all levels, to play their part to support the global clarion call for a world free of cancer.

Cervical Cancer Advocacy and Medical Camp

One of the key instruments of community awareness and engagement is by providing outreach for screening, treatment, and referral through mobile clinics. The heartbreaking stories we hear about cervical cancer, the unnecessary deaths affecting a number of families, and the trauma and despair expressed by families, caregivers, and friends are a harsh reminder that cervical cancer is a disease without boundaries, it recognizes no social status, age, personality or moral inclination.

This brings to the fore Margaret Kenyatta Institute's commitment to contribute to the delivery of public service programs by supporting a public health education outreach through free medical camps and advocacy campaign against cervical cancer. The outreach commemorates the cervical cancer awareness month observed every year in January and also commemorates World Cancer day held on 4th February.

These advocacy and outreach health education programs through the mobile clinic have been instrumental in strengthening health systems, especially in hard-to-reach areas. The outreach aims to provide an impetus to stimulate demand for cervical cancer screening in efforts toward the elimination of cervical cancer. It is critical for women that early detection and timely

treatment is made since it saves lives. In its early stages, cervical cancer has no signs and symptoms; but is preventable if discovered through routine screening for women of reproductive age. Immunization of girls of 15 years works in protecting girls from the infection of the Human Papilloma Virus (HPV) that causes cervical cancer.

The value of early screening, prevention, and treatment is undeniable. Through the health education talks given at the mobile clinic outreaches, we are reminded of how we can improve our individual survival rate, and advance our collective efforts of reversing the trend of

rising breast cancer incidences among our communities.

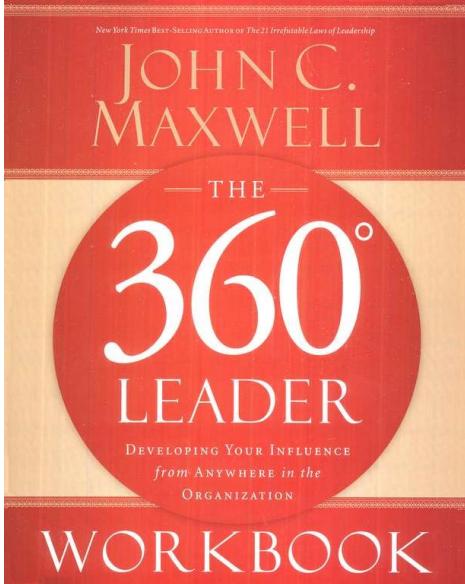
However, there are instances where social perception and cultural barriers negatively impact people's perception of cancer screening. Health education is therefore critical to foster knowledge about the benefits of early screening and early detection.

Cervical Cancer month and World Cancer Day's themes are meant to encourage collective action and responsibility - the "power of working together". We are called upon to take action that will make a difference in any way we can so that we can aspire towards a cancer-free nation.



One of the mobile clinics provided by Beyond Zero used for the screening. Mobile clinics have ensured preventive and primary healthcare is brought close to homes, in towns and settlements.

Leadership Abilities: Effort, Trial and Error



It is a misconception that leadership is all about power and perks. The thinking that those seeking to climb the career ladder, freedom, and wealth are awaiting them is disastrous as it could make them abuse the organization's resources. Those who believe that leaders enjoy power and perks do not know that one needs to be willing to forego some things to become a successful leader.

This week in this column, DOUGLAS MOCHAMA gives you a fragment of the second section of THE 360° LEADER by JOHN C. MAXWELL, an American author and speaker who has written many books on the art of leadership.

Section two: THE CHALLENGES 360° LEADERS FACE brings you seven problems, according to the author, that come into play in the daily responsibilities of a leader; these are – tension, frustration, wearing many hats, ego, fulfillment, vision, and influence.

The author gives an illustration of an ambitious grill cook who decided to move up and became the sous chef responsible for running the kitchen in a

restaurant. Maxwell observes that initially, this cook had to please only one person, the sous-chef, and he took orders only from him.

With his elevation, he was the one to tell the cooks at every station what to cook. He coordinated the various cooks' efforts so that the food they cooked at the different stations was ready simultaneously for serving. He was also responsible for interacting with the waiters, helping them meet the customers' expectations and solve their concerns. But those were not the only new pressures the sous-chef experienced. Every cook in the kitchen looked up to him for guidance on meeting the standards. He drew their schedules, arranged their pay, and mediated the disputes that may occur.

Maxwell adds that the sous-chef was also responsible for ordering food and supplies. Apart from meeting their expectations, he had to ensure quality and value for money.

What about accountability to the owner of the restaurant? The sous-chef had to ensure that the business was a going concern. When he was just a cook at the grill station, he was insulated from the customers and hardly interacted with the owner. Life was easier for him as a cook. He did not have to work with suppliers and had no staff to lead.

According to Maxwell, dealing with the Multi-Hat Challenge is one thing that keeps people from moving up in an organization because of the headaches they have to bear in the balancing act of leadership. He encourages anyone interested in developing his leadership never to give up but instead work on their weaknesses, adding that leadership

abilities grow through effort, trial, and error met with many sacrifices.

Maxwell terms what is seen of a successful leader as just an iceberg because the vast hidden part of leadership is neither exciting nor glamorous; it entails effort and much sacrificing for success.

To understand what a leader has to do to overcome most of the challenges they face, this writer had firsthand experience of a classroom discussion in the Strategic Leadership Development Program at KSG Baringo Campus, where officers were encouraged to embrace discipline in their responsibilities.

During the session, Senior Principal Lecturer Dr. Vincent Bosire urged the participants to embrace discipline, which he said is a mechanism for restoring order in society, another dimension of expert performance.

"It is when confronted with difficult circumstances that discipline manifests itself. Discipline is, therefore, best tested in times of challenges and adversity. Take note that discipline is the hallmark of a well-functioning public service," said Dr. Bosire.

He further referred the participants to the tenets of ethics, integrity, and the rule of law. These crucial aspects have led to the establishment of institutions with specific mandates to ensure high ethical standards in public service.

Are you grappling with leading your team and need help figuring out what to do? Then catch up with us next week when we share section 3 detailing the principles 360° leaders practice to lead up according to the author.

Unstoppable: Ogopa triumphs yet again

BY BRIAN OLOO

Ogopa's perfect start of the season continued with an emphatic victory over Thika Shinners F.C. in a match staged in Thika over the weekend. After earning a 3:1 victory over Muthiga F.C. at their own turf the previous weekend, the Scholars were looking to continue their current winning streak. Coach Nzomo alias Wise made a host of changes with Daniel Ekai and Mohamed Rainel replacing Lutah and Robert Wesonga, respectively, in the starting lineup; Lutah due to injury and Robert Wesonga because of a two-game suspension for receiving a red card last weekend.

The first half of the game was a cagey affair, with both teams displaying classy and intricate play but limited opportunity to break the deadlock. Despite Ogopa's short and rapid passes, the opposition's defensive shape of 3:5:2 was able to prevent Ogopa's flank play from developing. Ogopa's self-assurance increased as the game went on, and eventually, the ball made its way into the path of Kevin Odhiambo presenting a fantastic opportunity to score, but his shot went agonizingly wide of the goal.

Kevin took advantage of Gavole's beautiful cross a few minutes later after a defense-splitting pass from Daniel Ekai. The diminutive striker was able to pounce on a loose ball and fire a shot that went all the way into the top right corner of the goal. 10 minutes later, Ogopa's lead was increased thanks to a penalty kick that was scored by Ken Maina after Antony Mwanjala's mazy run was illegally



The routine welcome handshake between teams: Thika Shinners F.C. (in yellow) welcome Ogopa F.C players at their home ground in Thika.

halted by the opposition defender. Ken Maina stepped up to the spot and successfully converted the penalty kick, establishing a 2-0 advantage to Ogopa before the break. The Scholars concluded the first half in controlling possession of the ball and looking set to bag the three points.

The home team made a number of changes to try to get back into the game they were losing. Thika Shinners' coach modified their defensive formation from 3:5:2 to 4:3:3, moments later, the tide of the game shifted in their favor. A penalty kick was awarded to the away team 15 minutes into the match when Geoffrey Gavole was penalized for handling the ball inside Ogopa's penalty area. The game was finally launched into motion when Wayne Makokha of Thika Shinners converted the penalty kick. Coach Wise reacted by making a number of changes to the lineup in an effort to

clinch victory and keep the team's lead intact by subbing Antony Mwanjala, Ken Maina, and Timothy Anga'ng'o with Stephen Kamau, Gilbert Otieno, and John Maina.

The home squad continued to apply pressure in the hopes of drawing even, but the stout Ogopa defensive line held fast and prevented any scoring opportunities. Douglas Mbugua received a superbly weighted ball from Daniel, checked inside on the right, and unleashed a thunderous shot on goal with his right foot to score a goal-of-the-season contender, dampening Thika Shinners's hopes of salvaging a point from the game in the process.

The game ended at 3:1 in favor of Ogopa. Despite the victory, Coach Wise reminded his players that there is always an opportunity for growth and improvement. He expressed gratitude to the fans for their unwavering devotion to the Scholars.

Preparing youth for service

The Kenya School of Government (KSG) is intentional about engaging the youth for integration into the workforce and in particular into the Public Service. KSG Internship Program offers such an opportunity for the youth who have been studying in the universities, to gain practical experience and get exposure to various environments so as to sharpen their skills as they transition into their desired career roles.

The adoption of the internship and attachment program by the School is part of the Government's initiative through the Public Service Commission Internship Program (PSIP) for graduates to acquire and develop valuable technical and professional competencies, as well as work-related experience in the Public service.

Further, it provides young workers, the chance to demonstrate their talents and abilities with the ultimate objective of attracting and retaining the best, who would want to pursue their profession in government service. Many have been fortunate to advance in various areas of their careers through networks, secondments to other sectors and agencies,

and enhancing their studies among many other benefits.

In contributing to these efforts, KSG is determined to give a holistic view of public service by admitting students from universities and other learning institutions across the country and deploying them to KSG campuses in Baringo, Embu, Lower Kabete, Matuga, and Mombasa.

Bulletin writers caught up with two of the interns to note their experiences at the School thus far.

In their own words...



Elizabeth Sisianoi Kilelo
Intern at the Office of the Director Academic Affairs, Lower Kabete

"My name is Elizabeth Sisianoi Kilelo, a licensed dietitian, having pursued a Bachelor's degree in Human Nutrition and Dietetics from Masinde Muliro University of Science and Technology. My goal is to augment my professional knowledge and training to improve the technical skills that I

have gained over time. Ultimately, I endeavor to implement these skills in finding solutions to emerging challenges in society and also executing any task(s) that may be assigned to me. I am also really passionate about research in public health and nutrition.

I got to know about the Kenya School of Government through the Public Service Commission; I joined the School as an intern of the PSIP Cohort 4 in February 2022 and was deployed to the Office of Director of Academic Affairs. I took an active role in the process of preparing and dispatching certificates for participants who have completed their programs, updating the certificate tracking matrix, assisted in academic data analysis and preparation of academic reports.

I would describe my experience as a great moment of learning and interaction with officers from different departments that enabled me to fit in well in the Directorate and the Campus in general. Professionally, I have been fortunate to be a part of some exciting projects and enjoyed the support of the School's leadership and my supervisors who have made me feel valued and respected.

KSG has a great work setting and culture and above all, an admirable way it prides itself in its

Preparing youth for service

core mandate; training, research, advisory, and consultancy. I have been fortunate to have experienced all these to a large extent; in particular, I attended the Supervisory Skills Development Course, a career progression training; received mentorship on rapporteuring, research, and publication writing, and I also attended various held at the School that gave a chance to network widely. These have been an eye-opener in helping me make informed career choices and streamlining my path for the future.

My most memorable moment in KSG was at the onset of our Induction Week. Leadership is everything, and makes all the difference; in knowing our leaders, whom we were introduced to; the Director General, Directors and Heads of Department, we got a sense of confidence and motivation to adapt quickly to the sections and campuses that we were deployed to. The way you are inducted to a place or an environment also determines your output as you need to feel comfortable to give your best. To the others who will be joining the School in the

near future, I want to assure them KSG is a place to learn and come out well-baked.

Parting shot: My biggest lesson has been to always look on the bright side so that difficult days can be just another way to grow in my career and life in general."



Kelvin Lekapua
Intern at the Security Management Institute

"My name is Kelvin Lekapua, a public policy enthusiast with a Bachelor's degree in Political Science and Public Administration from Moi University. I first got acquainted with Kenya School of Government during my university years and was therefore delighted when I got the opportunity to join the School as an Intern through the PSIP Program in 2022.

I was attached to the Security Management Institute, an Institute that best aligns with my academic background. During the one-year internship period, I have been exposed to knowledge management and skill development opportunities. Such opportunities include rapporteuring for conferences, symposia, and workshops held within and outside the School, the most memorable one being a week-long course validation program for the Puntland State of Somalia's delegation to KSG. I was also involved in the coordination of events such as the International Narcotics and Law Enforcement program organized by the United States Embassy held at the School.

Parting shot-One of the valuable lessons from the whole experience is that there is a lot to learn from each and every person we encounter. I would encourage those intending to join KSG, that the institution has one of the best organizational cultures; you get to be part and parcel of the School's core mandate, creating a viable environment for career growth and development."

*Compiled by Beth Muigai and
Pauline Ngurukie*

Weekly Activities in Summary



KSG Mombasa hosts, inducts Lamu County Officials

BY GLENN LUMITI

This week, Lamu County Executive Committee (CEC) members, Chief Officers (COs), and other senior county officials convened at the Kenya School of Government Mombasa Campus for an Induction Program. The Program introduced officials to new areas of knowledge and gave them insights into significant areas relating to the provision of their services in the County.

The training covered areas such as devolution and intergovernmental relations, productivity and performance management, public finance and resource stewardship, and county planning for local economic development.

At the training, the County Governor, Issa Timamy noted the need for the officers to be trained with an aim to enhance their knowledge and understanding for the synergized smooth running of the affairs of the County to realize development.

"This training should not just be a talk show; we need to set goals that will be carried out so that we can fix the issues that prevent Lamu County from moving as quickly as it should," he stated.

Besides the training, the Governor said that he is banking on the diverse experience of the officials to contribute to the success of the County's development programs.

"Most of you have worked in different sectors which gives you great insights that will be valuable in your mandate to offer policy direction in your respective departments," said Mr. Timamy.

The Campus Director, Dr. Tom Wanyama, on the other hand, called upon the county officials to have a mindset that is focused on change saying that it will easily help the county to realize the set targets and achieve success.

"The challenge of this set of leaders is to develop the right mindset among the residents of Lamu so that they can take advantage of the resources available to create a great County," Dr. Wanyama suggested.

Apart from the Induction Program, the Campus hosted a number of programs within the week including Government Protocol, Etiquette and Event Management, Senior Management Course, Management Skills Course, Project Planning and Management Course, Management Course for Office Administrators and Public Relations and Customer Care Course, and various workshops attended by officers from various National Government Ministries and Agencies and from County Governments.

Weekly Activities in Summary



KSG Director General Prof. Ludeki Chweya and Director Linkages and Collaborations, Dr. Prisca Oluoch receive Dr. Philip F. Laird, Vice President, Innovation Global and Academic Partnerships and Dr. Imbenzi George, Director of International Engagement (Africa) both of Trinity University, Canada. KSG has been a point of reference for capacity development for transformation in the Public Service. The two institutions discussed possible areas of collaboration.



Senior Management Course class No. 166/ 2023 of Baringo Campus during their four week stay at the School. Tree planting is a practice of the School to contribute to the efforts in combating the effects of climate change in the country.

Leadership Lesson

Let the improvement of yourself keep you so busy that you have no time to criticize others.

“Listen with curiosity. Speak with honesty. Act with integrity. The greatest problem with communication is we don’t listen to understand. We listen to reply. When we listen with curiosity, we don’t listen with the intent to reply. We listen for what’s behind the words.”

— Roy T. Bennett

Have Your Say

Humor of the week

“You’ll feel refreshed after a nice weekend”

Me at work on Monday:



Quote of the Week

We are what we repeatedly do.
Excellence, then, is not an act, but a habit.

-Aristotle

Baringo Campus

Strategic Leadership Development Programme	9th January - 17th February, 2023
Senior Management Course .	6th-31st February, 2023
Supervisory Development Skills	6th -17th February, 2023
Induction for Probation Officers	13th-17th February, 2023
CEDGG Workshop	14th February, 2023
Police task force forum	5th February, 2023

Embu Campus

Strategic Leadership Development Program No. 342/2023)-Meru County Assembly	23rd January - 3rd March, 2023
Senior Management Course Online No. 183/2023	16th January -10th March 2023
Strategic Leadership Development Program Online No. 340/2023	16th January-10th March, 2023
Supervisory Skills Development Course No. 87/2023	16th -27th February , 2023
Essential Computer Skills	6th February - 3rd March, 2023
Senior Management Course No.184/2023	13th February- 10th March, 2023
Senior Management Course No.185	13th February - 7th April, 2023
Management Skills Course	13th February -10th March, 2023
Public Relations & Customer Care Course	13th - 24th February, 2023
Supervisory Skills Development Course No. 88	13th- 24th February, 2023
Hospitality Skills Development Course	13th- 24th February, 2023
Kenya National Commission for UNESCO	15th- 16th February, 2023

Matuga Campus

Senior Management Course NO. 113	30th January -24th March,2023
Retirement Planning Program (National Youth Service)	13th -17th February, 2023
Senior Management Course NO. 114	13th February-10th March,2023

Mombasa Campus

Strategic Leadership Development Program	23rd January - 3rd March, 2023
Strategic Leadership Development Program No 337	9th January - 17th February, 2023
Strategic Leadership Development Program No. 337	9th January- 17th February, 2023
Strategic Leadership Development Program No.343	23rd January - 3rd March, 2023
Senior Management Course No. 162	6th February - 3rd March, 2023
Management Skills Course	6th February - 3rd March, 2023
Project Planning and Management Course	6th February - 3rd March, 2023
Management Course for Office Administrators	13th - 24th February, 2023
Supervisory Skills Development Course No. 35	13th - 17th February, 2023
Retirement Planning Course	16th - 24th February, 2023
Induction Program for CECs & COs (Kitui County)	6th - 17th February, 2023
Public Relations and Customer Care Course	13th - 17th February, 2023
Corporate Governance (KSG Matuga)	15th- 17th February,2023
Board Induction (KIPI & KSG Nairobi)	16th & 17th February,2023
Women Enterprise Fund	

Lower Kabete

Public Sector Financial Management Course (Isiolo County)	30th January-24th February, 2023
Strategic Leadership Development Programme No.341/2023	23rd January -3rd March, 2023
Strategic Leadership Development Programme	13th February -March 24,2023
Senior Management Course No.395/2023	6th February-March 3rd, 2023
Board Induction Programs (Agricultural Finance Corporation)	13th - 15th February, 2023
Workshop (Kitui County Government)	15th -17th February,2023
Board Induction Programs (Kenya Industrial Property Institute)	15th - 17th February, 2023
Records Management Course	6th-24th February, 2023
Supervisory Skills Development Course No. 120/2023	6th-17th February, 2023
Training of Trainers course for PCVE Practitioners	6th-17th February, 2023
Workshop (Kenya Revenue Authority)	5th-18th February, 2023
Induction Training for Chief Officers (Machakos County Government)	13th-17th February, 2023
Workshop (JOOSTI)	14th-16th February, 2023
Department of Civil Registration Services	15th February 2023
Board Meeting (Agricultural Finance Corporation)	16th February,2023

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