



MMUST NEWS

A Weekly Digital Publication of Masinde Muliro University of Science and Technology

Post

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we Prepared?**

UPCOMING

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□ 13th Multi Disciplinary International
Conference-19th June, 2019



Editor's Pen

Dear MMUST Community!

Hello and Welcome to our fresh, thrilling and comprehensive Volume 3 Issue 1 of your weekly *MMUST NEWSPOST*.

In this edition, we introduce a new column christened "Know Your Professor". We debut the feature with Prof. Asenath Sigot; a Professor of Nutritional Sciences in the School of Public Health, Biomedical Sciences and Technology and a former, Deputy Vice Chancellor, (Academic Affairs) at Masinde Muliro University of Science and Technology. We get to know her earlier life as she continues her journey in academia.

We also keep you updated on news from various events and activities that occurred in the previous week.

Keep Reading.



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Boundless Partnerships for Security and Disaster Preparedness

By Awuor Sandra Dorcas

MMMUST staff and students underwent training on preparedness, safety, and security sensitization that was held on 29th and 30th April 2019 at Masinde Muliro University of Science and Technology (MMUST). The event was organized by the Department of Emergency Management Studies -School of Disaster Management and Humanitarian Assistance (SDMHA) and MMUST security department, in conjunction with the National Disaster Management Unit (NDMU).

Speaking during the training MMUST Ag. Vice Chancellor Prof. Bosire said that programmes in disaster management are relevant to the current global happenings. He said that training in these programmes should impart skills on how to defend oneself when in danger and allow the intersection of theories and practices in the School of Disaster Management and Humanitarian Assistance (SDMHA). Prof. Bosire observed that MMUST being part of the training was good because there is a need to learn how to manage disasters when they happen. In addition, the Acting Vice-Chancellor said that there should be prior communication of early warning signs of imminent danger. He added that he looked forward to many such collaborations in the future.

"As much as we have government units dealing with disasters, we as individuals need to take the first step," he said.

Prof. Frank Matanga (a Political Scientist), said that terrorism is a major security threat to Kenyans. He said that even as the government thrives to contain terrorism, we should focus on the causes of terrorism.

"In the absence of socio-economic and political needs, chances are, we shall invite other dimensions of security," he concluded.

Continues >>>

Masinde Muliro University of Science and Technology's Ag. DVC (ASA), Dr. Sabuni, said that disaster management cuts across all disciplines and everyone has a role to play in it. She added that such training should be more inclusive since disaster is dynamic. While speaking to the media, Dr. Sabuni said that it is high time corruption was declared a national disaster in order to get external help. She emphasized that all mitigation measures taken will be baseless if the country does not deal with corruption first.



Ag. Deputy Vice Chancellor (A&SA)
Dr. B Sabuni on her opening remarks

"We can make Masinde Muliro University of Science and Technology (MMUST) a center of disaster management," she said.

***"It's a High Time
Corruption was
Declared a National
Disaster", Dr. Sabuni***

Dr. Ferdinand Nabiswa, who chaired the MMUST Organizing Committee for the event said that the Government has shifted funding to Technical Vocational and Educational Training (TVET) because of the

mismatch in skills from University graduates. He added that the existing narrative can be changed by organizing more of such training to impart students with relevant skills through hands-on training from professionals in different disciplines.

Representing the Western Regional Police Commander, Mr. David Kiroi, Commissioner of Police in Charge of Complaints, said that MMUST as an institution should be prepared to manage disasters. He added that the Western Region has had its own shares of disasters.

In attendance too was Inspector John Waihenya (NDMU), who gave an account of the past major disasters in Kenya such as the United States Embassy 7th August 1998 Bomblast, Westgate Attack, Garissa University attack, Nakumatt Downtown attack, and the Sachangwan Tanker Disaster. He said that response without proper coordination and lack of policies and structures are some of the lessons learnt from these gruesome attacks. Overall, more than 1.5 billion people were affected by disasters in various ways, and with women, children and people in vulnerable situations being disproportionately affected.

He said that every incident should have an incident commander. The Incident Command System allows its users to adopt an integrated organizational structure to match the complexities and demands of single or multiple incidents without being hindered by jurisdictional boundaries. Inspector Waihenya said that existing frameworks such as Sendai Framework has 4 priorities namely; Understand disaster risk, strengthen disaster risk governance to manage disaster risks, invest in disaster risk reduction for resilience and invest in disaster preparedness to enhance response and "Build back better" in recovery, rehabilitation, and reconstruction.

Continues >>>



Inspector John Waihenya
National Disaster Mgt. UNit

The Chief Inspector of Police (NDMU), Mr. Makusa Cosmus took students and staff through active shooter training, fire safety, and preparedness. He said that in case of an active shoot out, one should hide behind concrete interior walls and not make phone calls while in a hideout. However, if there is nowhere to hide, fighting the attacker is the last resort. He said that targeting weak points on the attacker provides a better chance of disarming him or her.

"Improvise weapons from what you have around you. Use the element of surprise. Disarm the shooter or move his/her hand in a direction away from you in order to avoid being shot but do not take the gun," he said.

Mr. Makusa advised that in case of a grenade attack or explosion, one should not run but immediately lie on the ground. Mr. Patrick Leshan, a trainer from NDMU, said that terrorism is not necessarily sponsored Islamic religion as popularly believed. He added that terrorist groups are well organized and that their respective organization and structure goes through processes such as recruitment, training,

selection of target, planning finances and finally execution. The execution involves the attack, which is mostly a deception plan, and the post-attack, which is the main attack.

Mr. Leshan said that for Kenyans to be safe, we need to make information more confidential. He advised that learning institutions such as MMUST should intensify searches and install CCTV cameras at strategic entry points.

"Terrorist target communities, therefore, we have to approach terrorism on a community level through community-based counterterrorism," he added.

He said that more high tech weapons which resemble things from our everyday life such as pens, water bottles, are being created and used by terrorists . Military ammunition are also being used by terrorists. Some of the indicators of a suspected suicide attacker include; loose or bulky clothing which may not fit weather condition, exposed wire possibly through sleeves, rigid mid-section (explosive device or may be carrying rifle), tightened hands(may hold detonation device).



Prof. Kennedy Onkware,
Dean, School of Disaster Management & Humanitarian Assistance

The National Disaster Management Unit (NDMU) was formed through a Presidential directive on 8th August 2013 with a mandate to provide overall leadership, monitoring and response, identify communities at risk and advise the authorities accordingly, safe demolition of unsafe structures and buildings and conducting safety drills.

“I am Simple, Humble and Patient”

Prof. Asenath Sigot

In this new weekly column of “Know Your Professor” we debut the feature with Prof. Asenath Sigoth. A Professor of Nutrition from the School of Public Health, Biomedical Sciences and Technology and a former, Deputy Vice Chancellor, Academic Affairs at Masinde Muliro University of Science and Technology, we learn to know her earlier life as she continues her journey in academia.

**Interview By,
Wambugu Mary Wangari
Sandra Dorcas Awuor**

Q: Tell us about yourself?

My full name is Asenath J.Sigot. I was born in a small village called Kamobon, Kaptumo Location in Nandi County.

Q: Do you have a family? Please tell us about it.

Yes. We were 10 in our family, 3 girls and 7 boys but my parents and some of my siblings are late. I got married to a Professor from Maseno University who passed way in 2016. We were blessed with three children, 1 girl and 2 boys.

Q: What is a typical day like for you?

Most of the time I wake up at 6 am in the morning, pray, do a bit of my homework if I have some, take a shower, prepare and take my breakfast. After breakfast, I come to work. I walk from Otiende Estate in town to Campus. It takes me around 45 minutes to 1 hour because sometimes I meet people on the way and I have to greet and talk to them. I tell people that the road is my gym, so if I walk to Campus and back home, it's as good as having gone to the gym. Walking has greatly improved my breathing compared to when I used to take a taxi. When I get to work, I rest for at least thirty minutes while reviewing notes for my lecture. After lectures, I go to Milimani to check on my mushrooms and micro algae spirulina research. If everything is okay then I walk back home. On reaching home, I usually take a short nap, do some cleaning, prepare notes for the next day's lecture, prepare supper then I go to bed. I try to go to bed between 10 and 11 pm.

Q: What do you do in your free time?

During the week it's very hard to have free time but even if I did, I don't know what I would do with it. I only have free time over the weekend because I do not teach on Saturdays. I can do laundry on Saturday morning then have some free time in the afternoon. If I don't have laundry, I visit my vegetable garden. I eat my own vegetables. If I have any other extra time, I browse on my tablet, respond to Whatsapp messages, visit Pinterest and update my boards, which are on gardening, interior design, prayer and flower arrangements.



*Younger Sigot Riding a horse
in the USA, 1977*

Q: How would you define a professor?

A professor is someone who has something to profess. He or she is someone who has some discipline that they are passionate about, and they like to spend time sharing with others. So I cannot say that a professor is someone with a PHD, no.

Q: What are some of your academic achievements?

Of course the degree is quite an

achievement; going from undergraduate to PHD was my greatest achievement. Meanwhile, I have been given some awards, one, I was given an award when I was in the US studying because I was an international students' president in the University. Then in 2008, they recognised my achievements when they came to Kenya to follow up my development since I left the US with my masters, they realized I had already received my PHD, I had been deputy principal and deputy Vice Chancellor, so they thought it was a good recognition as their alumni and gave me an award.

Q: What was your encounter in the states being an African student?

Those days actually they were very friendly when they learned that you were from Africa. I think they were not friendly to their own blacks but as soon as they realized that you are an outsider, you have just come to study and you are going to go back to your country, they were very friendly. They supported me. I was not a well off student. I had to work to pay my fees. So when they realised I was really stranded, they raised funds for me. I was there for four years, came back and did my PHD locally.

Q: Other achievements?

I have written a number of publications, all of them related to food security and nutrition. I also came up with 'MMUSTMUG' which is a product from my research. This is a tasty breakfast porridge made of millet, sweet potato and mushroom. It has no additives. We also grow micro algae spirulina from which we get the green powder and you can use it in a drink or put in soup, or put it in capsules to swallow. I could say that's quite a big achievement in terms of research because I don't believe in research where people write colourful reports and put them on the shelves.

Q: What other areas of research are you interested in?

I have not done much in other areas, I have actually concentrated in mushroom and micro algae since I came in 2003. Before that I used to do research on the indigenous vegetables.

Q: Do you love teaching in MMUST?

I would say yes, even though it's a very hard task. You know I have taught all the way from nursery up to University, but teaching in a University is the toughest. There is very little support. For example, here, all the shopping for teaching materials must be done by procurement. Now, even if I need a pineapple or vegetables, I should be the one to go and pick and say, for my class I need A,B,C, but you can't do it in the University. That's the frustration I have because I don't even have a technician. Otherwise, I enjoy teaching. I think I was born to be a teacher.

Q: Tell us some of the challenges you encounter in your profession.

Lack of resources to teach practical courses

.There's very little support in teaching at University level and everything must be bought through Procurement office. For example, there is a wide variety of vegetables so I should be the one to go pick what I want exactly for teaching.

'MMUSTMUG' porridge goes for only 250/= but people prefer to go for cheap brands. I try to make people understand that the porridge is rich in nutrients and good for one's health. So I get disturbed that people don't want to spend their resources on their health. Otherwise, I love research and teaching.

Q: What advice do you have for students that want to become like you?

I want to tell them that they have to work very hard because nothing comes easy. They need a lot of patience, a lot of determination and passion for their respective disciplines.

Q: Describe yourself in 3 words?

Simple, Humble and Patient

Prof. Sigot in Pictures



Young Prof. Sigot at 5yrs, 1957



Prof. Sigot graduation with BSC in Education & Foods Nutrition, 1978



Prof. Sigot graduation with BSC in Education & Foods Nutrition, 1978



Prof. Sigot graduation with PHD at Kenyatta University, 1988



Peace Campaigns Ahead of MMUSO Elections

By Sandra Dorcas Awuor

Peace Campaigns by Peace Ambassadors-MMUST Chapter were flagged off by MMUST Electoral Commission Chair, Dr. Ndiku on Monday 6th May 2019.

The campaigns, which are to run until Thursday 9th May 2019, were scheduled ahead of the MMUSO Elections to be conducted on Friday 10th May (Electoral Colleges) and Monday 13th May 2019 (Student Executive Council).

M'mbetsa Ngome, the Peace education project coordinator for the Peace Ambassadors Club said that the peace campaigns themed 'Peaceful MMUSO Elections', are held to remind students and staff that elections come and go but we shall remain as a family. He added that the campaigns have yielded a lot of good outcomes during election of student leaders, which have been peaceful over the years.

"We should not let ethnicity or tribalism divide us. We should all speak the same language of peace and harmony and forge towards realizing our vision as institution," he said.

The campaigns were held within the University and outside to reach both residential and non-residential students. The Dean of Students, Dr. Rev. Omwoha accompanied by Dr. Abwao joined the students in the peace walks.

MMUST staff selected to participate in the upcoming student elections underwent training by IEBC on 6th May 2019.



AGRICULTURAL SOCIETY OF KENYA

2019 Theme : Promoting Innovation and Technology in Agriculture and Trade

By Wangari Mary Wambugu

Masinde Muliro University of Science and Technology is one of the stakeholders that will be showcasing its products in the upcoming 52nd Agricultural Society of Kenya (ASK) Western Branch Show, which will take place from 30th May to 1st June, 2019 at the Kakamega showground. The show, which is rated among the top shows in Kenya, attracts over eighty (80) exhibitors and tens of thousands of show-goers each year. Its theme will be 'Promoting Innovation and Technology in Agriculture and Trade.'

The exhibition will be a perfect opportunity for exhibitors to make deals, publicize to the show-goers, other exhibitors, suppliers and customers, bench mark with other competitors and launch their products and services.

For the first time ever, the Branch Committee invited exhibitors for a breakfast meeting on Tuesday, 30th April, 2019 to discuss on what will be needed during the show as well as pick up issues to be handled, such as water and power supply. During the meeting, Ms. Purity, one of the committee members in charge of the trade department, explained to those in attendance some of the rules and regulations to be adhered to at the show. They were in regards to; water, power and lighting, application for space, buildings, repossession of stands and upkeep of plots among others.

Speaking in the meeting, the dean School of Agriculture, Veterinary Sciences and Technology (SAVET) urged stakeholders to encourage young people to do agriculture-related courses.

A portrait of Reginald Abraham Mengi, a smiling man in a dark suit and striped tie, with his hands clasped in front of him. The background is dark and slightly blurred.

I Can, I Must, I Will

The spirit of success

Africa Mourns yet another icon: The Late Reginald Mengi

By Sandra Dorcas Awuor

The internet has been flooded with news of the demise of the legendary Reginald Abraham Mengi, one of the most successful businessmen in Africa, who died on 2nd May 2019 in Dubai after a short illness. Aside from his immense wealth, the 75-year-old Tanzanian tycoon was an author of the famous book 'I can, I must, I will', which narrates how he rose through the ranks from a humble beginning. This book has been an inspiration to success for many people, especially in Africa.

'I can, I must, I will' paints a true picture of a man who fought against all odds to achieve grand entrepreneurial success. The late Dr. Calestous Juma, Professor of the Practice of international development, Harvard Kennedy School and Dr. Martin Luther King, Jr. visiting professor, Massachusetts Institute of Technology (2014-2015), termed the late Reginald's book as;

"This is a powerful account of the story of Africa told through the life of one its contemporary shapers, Reginald Abraham Mengi of Tanzania. I Can, I Must, I Will comes at a time when Africa is casting a new vision that is guided largely by the power of entrepreneurship. There can be no better guiding light for that vision than the spirit of courage, determination, and dedication to self-improvement that is so vividly represented by the life and work recounted in this book".

His vision and efforts towards empowering youths sit at the forefront of his ventures as an icon who was the epitome of hard work and persistence. With a following of over 2 million on Twitter, the late Reginald Mengi used his influence to mentor young entrepreneurs and unemployed youths.

According to Forbes Africa, the late Reginald Mengi owned one of the largest media conglomerates in Africa called IPP Media Group. This perhaps goes to show that Africa has yet again lost an iconic and influential media mogul, scholar and activist.

The successful father figure leaves behind a set of twin boys, beautiful wife Jacqueline Ntuyabaliwe and 3 other children from a previous marriage.



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