



THE CONSULATE

Where thought-provoking conversations begin

Kenya & Mexico Bilateral Relations

By AMB. Erasmo Martinez

The Pride of Poland
A Speech written by His
Excellency the President of
The Republic of Poland
Andrzej Duda



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Kenya and Mexico Bilateral Relations

ACKNOWLEDGEMENTS

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The pride of the Republic of Poland

The 230th anniversary of the enactment of the Polish Constitution, the first in Europe, should be an inspiring holiday for the whole of today's Europe - writes Andrzej DUDA



Filled with the joy of spring, we are celebrating a great Polish holiday whose origins date back to the 18th century. It marks the anniversary of the Constitution signed on the 3rd of May 1791 also known as the Government Act or the Constitution of 3 May. It was Europe's first and the world's second modern act of this type and a truly momentous piece of legislation. Its adoption by the Great Sejm of the Polish-Lithuanian Commonwealth held in Warsaw was a historic breakthrough. The legacy of the Constitution, the idea of a political system it contains as well as its liberating and democratic message all make an important contribution to European heritage. Indeed, the 230th anniversary of the enactment of the Constitution should be an inspiring holiday for the whole of today's Europe.

Great constitutional acts often result from political or cultural crises that require careful reflection on the light and dark sides of the previous course of events. However, it takes great skill to reform wisely rather than destroy everything based on utopian ideas divorced from the realities of history. A new order cannot be decreed arbitrarily on paper, but must be derived from authentic human experiences, desires and aspirations.

One example of a successful combination of visionary outlook and realism is the world's first constitution adopted in the United States of America as a response to the challenges of history. Creators of the Constitution of 3 May of 1791 also grounded their plans for reform in a specific political and social context. The Act they drafted proved to be a well-chosen cure for the ailments of the Republic. Its aim was to strengthen the rights and freedoms of citizens as well as the governability and stability of the state. It was designed to make that state strong enough to be independent and successfully resist hostile activities of neighbouring powers which sought to dominate the Republic and, eventually, steal its land. It was not by chance that Catherine the Great's Russia and Frederick II's Prussia made efforts to discredit Poles in the eyes of the international community as incapable of self-determination and effective government. The Constitution of 3 May proved the contrary, showing that Central and Eastern Europe, the Republic of the Polish Eagle and Lithuanian Pahonia, home to many nations and cultures, was the birthplace of solutions that were modern as well as visionary, commonsense and pioneering.



Today's anniversary is a good opportunity to recount the long and glorious political tradition of the old Republic, a tradition of the rule of law, democracy and parliamentarianism that represents an important part of our identity. It is worth pointing out that the rich republican traditions inspired by the achievements of ancient Rome and Greece were present in Poland as early as the 14th century. Granted in 1430, the Polish privilege of the nobility *neminem captivabimus* ("we shall not arrest anyone without a court verdict") preceded by far the English Habeas Corpus Act from 1679. The act *nihil novi sine communi consensu* ("nothing new without common consent") – prohibiting the monarch from passing any laws that were not approved by the parliament – comes from 1505.

From 1573, kings were elected in free, universal elections by all members of the nobility who made up about 10% of the population. The Warsaw Confederation of 1573 is believed to this day to be a paragon of religious tolerance. Finally, the very founding of the Polish-Lithuanian Commonwealth in 1569 – a common state of Poles and Lithuanians established as a voluntary, equal union – was an extraordinary phenomenon in the Europe of that time which may be considered an archetype of today's European Union.

And so the Constitution of 3 May – changing the 18th-century Republic into a constitutional monarchy based on the separation of powers and guaranteeing legal protection to citizens – was a logical continuation of our traditions. Notably, this seminal and innovative constitutional reform was the result of a political process rather than an armed revolution and bloody repressions against whole social classes. The main theme of the Constitution was the idea of the community of citizens: Long live the King, long live the Sejm, long live the Nation, long live all estates. This historic act is a source of great pride for us.

Enemies of freedom decided that the modern, liberal Constitution of 3 May posed a threat to their interests. Absolutist, imperial Russia, supported by Prussia, started a war against the Constitution and did its best to destroy its legacy. Nonetheless, the work accomplished by the Constitution lived on. Future generations carried the memory of the groundbreaking reform of the political system, this great upsurge of thought and spirit aimed at a much-needed modernisation based on the most noble, universal values. The heritage of the 3 May Constitution is an integral part of the finest European traditions. It is no accident that the Constitution of 3 May was hailed as "one of the first sources behind the idea of the European Union" during the commemorations of the 50th anniversary of the Treaty of Rome.

I am convinced that, even today, we can all draw on the ideas that founded the May Constitution and on its legacy, including when we consider the future model of European integration and possible amendments to European treaties. The following principle from the Constitution should be a source of constant inspiration: All power in civil society should be derived from the will of the people. Democratic deficit and insufficiently recognised representation of citizens in EU decision-making processes are some of our most important common challenges – it is interesting to note that the tension between the need for democracy and meritocracy can also be found in the provisions from the May Constitution.





Authored By:
Andrzej Duda President of
The Republic of Poland

Similarly, the document tried to find ways to reconcile tradition with modernity as it combined Enlightenment ideas with Christian values defined as the foundation of European unity. It must be underlined that the Government Act of 1791 was based on the very principles that we ourselves treat as the bedrock of the European civilisation and order: respect for human dignity, freedom, equality and solidarity. They are an axiological beacon that we must never lose sight of.

This is why I want to share with you the great pride and joy on the 230th anniversary of the Constitution of 3 May. It is a great holiday for Poles, Lithuanians and all the nations of Central and Eastern Europe that contributed to the achievements of the former Republic, but, beyond that, it is also our shared, European holiday. Let it be an inspiration for an even better and more integrated Europe. Let it be, to quote the old song, “the dawn of May”.

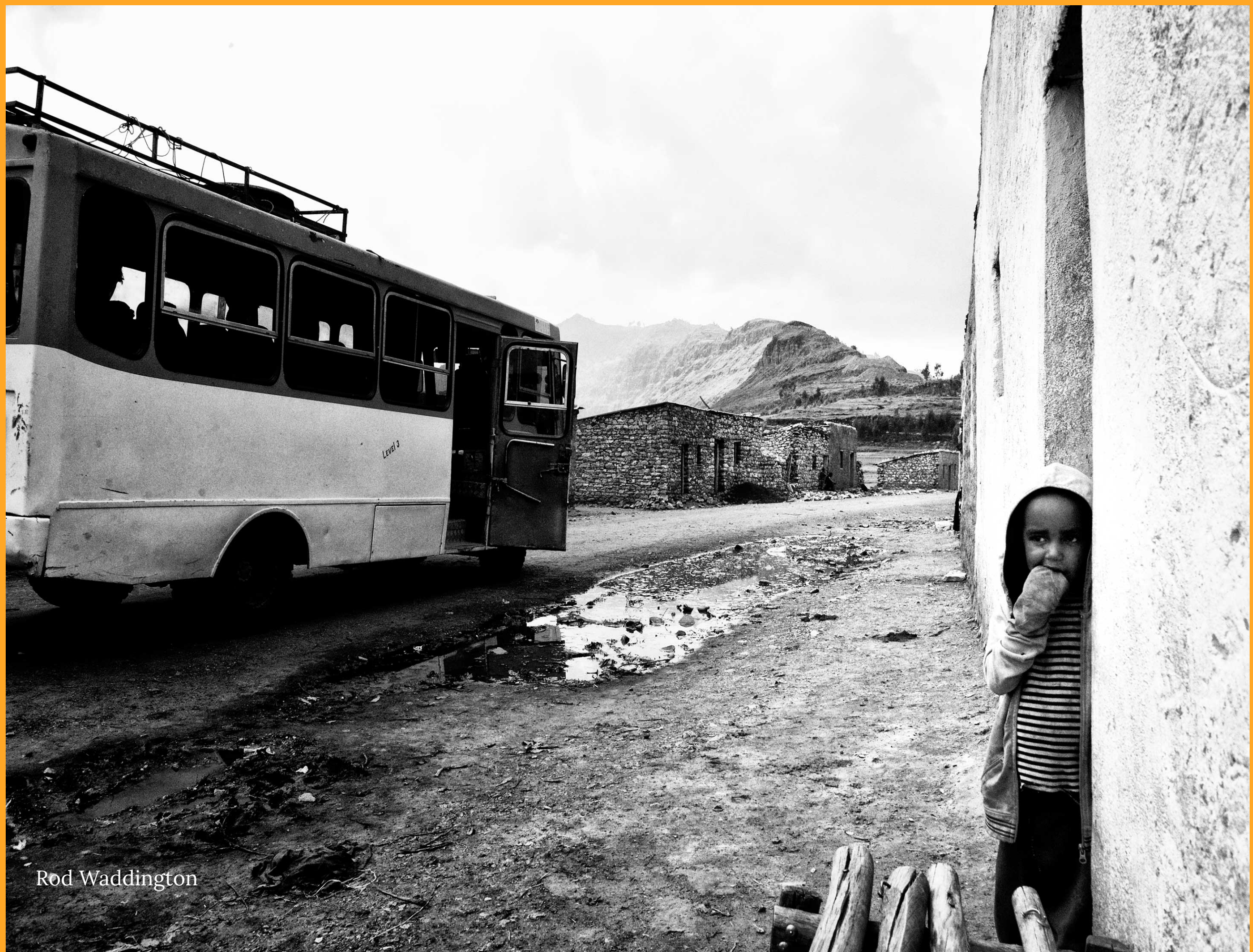
The text was published simultaneously with the Polish monthly „Wszystko co Najważniejsze” in a cooperation with the Polish Institute of National Remembrance and KGHM



Ethiopia`s Tigray Crisis: The impact of the fighting on the Horn of Africa

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Ethiopian Prime Minister Abiy's November 4, 2020 decision to launch federal troops into the country's western Tigray region has sent shockwaves across the Horn of Africa region and beyond. With a population of 110 million people, Ethiopia is the second largest country in Africa and borders six other African nations astride the Horn and East African regions. Chronic instability and acute humanitarian needs are rife across the region.

A prolonged conflagration between well-armed factions inside of Ethiopia could send hundreds of thousands of refugees across borders, disrupt trade routes, and force Addis Ababa to abandon its role of regional anchor state, mediator, policeman, and peacekeeper. That would be a potentially cataclysmic scenario for a region ill-equipped to handle additional tumult or a humanitarian fallout that could affect more than nine million people, according to the United Nations.





Nowhere are the threats of instability more acute than in neighboring Sudan, which two days after fighting began announced the closure of portions of its eastern border with Ethiopia, and reportedly began positioning more than six thousand of its forces inside of Gedaraf state, which borders Tigray. Anecdotal reports from inside Sudan suggest that the normally heavy volume of trade at border checkpoints has already been curtailed and that Tigrayan truck drivers are being prevented from bringing their shipments into Sudan out of fear that federal authorities in Addis could see this as an effort to aid in the Tigrayan resistance.

Earlier last week, the first truckloads of Ethiopian refugees began crossing into Gedaraf state, according to local media, and will be housed in the first of what could be many new refugee camps being set up to receive people fleeing the fighting in Tigray. At the same time, shipments of arms and ammunition headed for Tigrayan forces were also stopped en route from Sudan, adding to the potentially explosive mix inside Sudan. Sudan's far eastern states have already been witness to growing tribal and militia-led violence in recent months, and have even skirmished with forces on the Ethiopian side of the border. If Sudan has its powder keg, it is here. A significant influx of weapons, fighters, and refugees to the area could well unleash substantial new tensions that Sudan's transitional government has already been proven ill-equipped to handle.

Somalia and South Sudan have come to rely on a substantial Ethiopian peacekeeping presence to help reduce sectarian bloodshed in their own countries. Ethiopia withdrew approximately six hundred of the troops it has deployed in Somalia's western border region (though it has so far left its troop contributions to the African Union peacekeeping mission to Somalia intact). Though they are reportedly being replaced with Ethiopian police units, a United Nations security report warned that these "redeployments from near the border with Somalia will make that area more vulnerable to possible incursions by Al Shabaab," which is the al Qaeda-linked insurgency trying to overthrow the government in Somalia.



Photo : UNICEF Ethiopia

Admittedly, this is a worst-case scenario that will only occur if the fighting between the TPLF and Abiy's federal forces is prolonged and requires a greater redeployment of Ethiopian military resources than has yet taken place. Ethiopia's hard security presence among its neighbors is a source of stability in the region, but even more at risk is Ethiopia's well-earned reputation as a peacemaker and mediator. In a region with a troubled history of political, military, and humanitarian crises, Ethiopia in recent years has been a net contributor to regional stability—even as internal fault lines were emergent.

By addressing the Sustainable Goal 16 (Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable, and inclusive institutions at all levels), regional leaders must also embrace good relations with neighbors as a pillar of peace, since countries with higher levels of intergroup cohesion have tended to be those which experience better outcomes in terms of peace.



PHOTO : (Courtesy) of Embassy of Mexico Kenia
San Miguel de Allende, Guanajuato Mexico





The pandemic can be a catalyst for decolonization in Africa



Photo (Courtesy) President Zuma introduces Minister in the Presidency Collins Chabane and Minister of International Relations and Cooperation Nkosazane Dlamini Zuma to Premier Wen Jiabao. President Jacob Zuma holds bilateral talks with Premier Wen Jiabao at his residence Zhongnanhai in China. President Zuma is in China attending the 5th Ministerial Conference on FOCAC.

The Western “brand” is suffering from what many see as a “slow and haphazard” response by Western governments to the COVID-19 outbreak. As the epicentre of the pandemic moved from China to Europe and now to the US, the weakness of Western neoliberal and neo-colonial systems has come to the fore. As African countries started cancelling flights from former colonial countries and putting their citizens under quarantine, the myth of Western invincibility fell apart, alongside its corollary that only the Global South is susceptible to infectious epidemics. Indeed, it was perhaps the Western hubris and delusion of grandeur that initially made many governments in Europe and North America not take the outbreak of COVID-19 seriously.

In this unprecedented historical moment, many fear for the future. Africans do, too, but while they will certainly also go through a tough period, they should see this crisis as an opportunity to fast track the process of decolonialisation. This first has to happen on a rhetorical level. The idea that Africa is a continent of disease and death has to be challenged, especially now that the West itself is suffering from major outbreaks and alarming death tolls.

This is a trite view about the continent informed by colonial, missionary and unethical humanitarian lenses that reduces an entire continent of 54 countries to a malicious or ignorant single story. Surely, there are undeniable weaknesses in many sectors of African states and economies, including healthcare, but that does not mean there is no infrastructure or services, no preparedness, resilience, creativity, local knowledge or innovation that are utilised in normal times and times of emergencies.

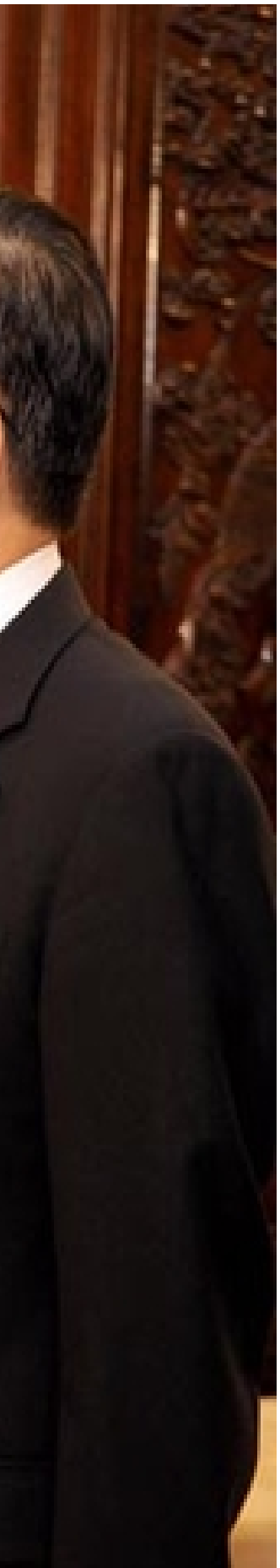
The COVID-19 crisis is fast disrupting this colonial perspective that healthcare systems in Africa are the only ones always overwhelmed by outbreaks. COVID-19 has shown that austerity measures and lack of investment anywhere in the world cripple healthcare systems. In many ways, the pandemic presents an opportunity for African peoples to see themselves differently, and the world to consider the African continent as a partner in finding solutions to complex problems such as COVID-19.

And Africans already are seeing themselves differently and are readily challenging the tired old tropes amid the pandemic. But the work on decolonialisation should not stop at rhetoric only. While this new crisis might be another challenging moment for African peoples, after the epidemic is over, the continent will have the chance to become more autonomous and self-reliant, as the West focuses on its own survival. It will have the opportunity to wean itself off of exploitative neo-colonial relations.

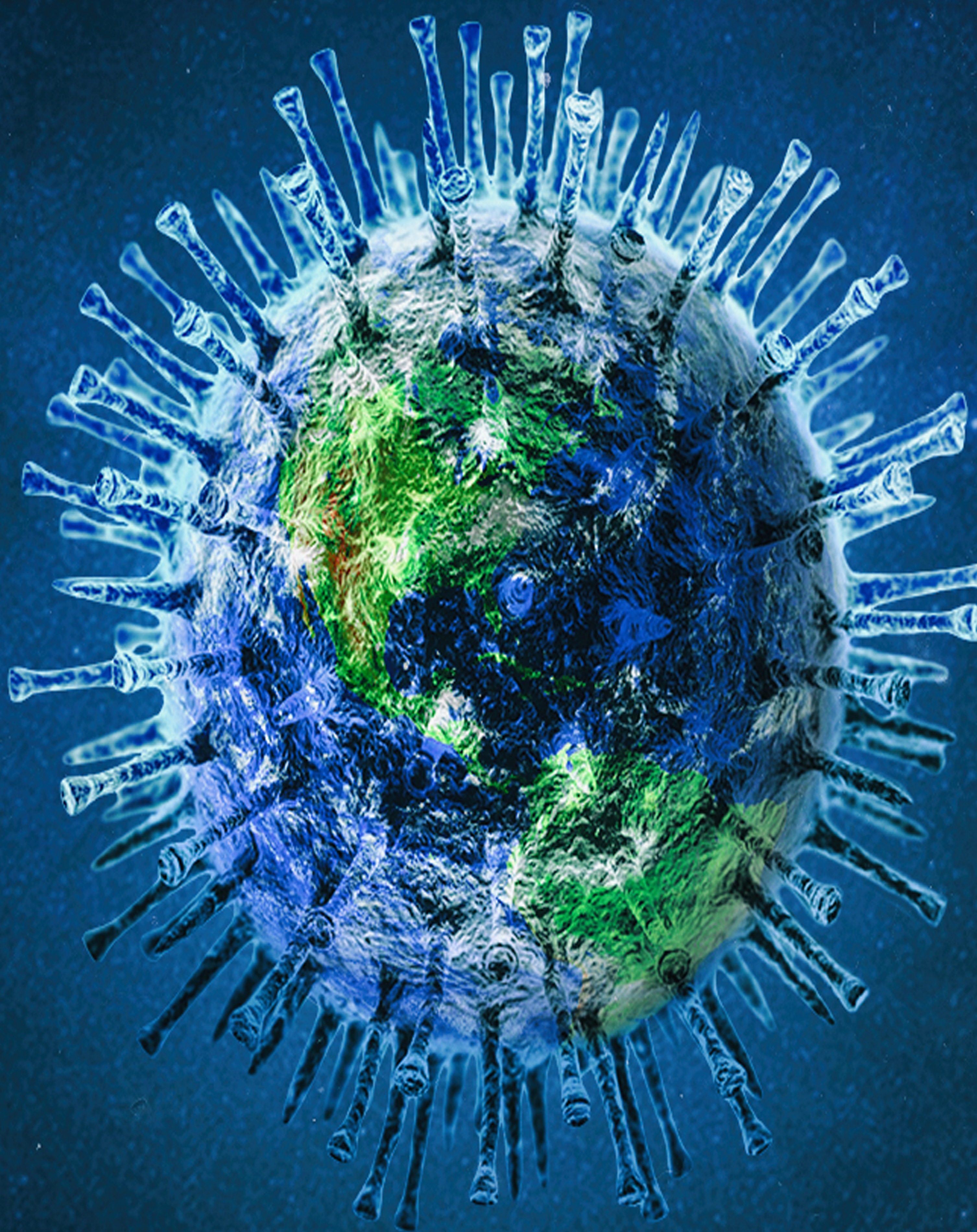
This will be the time to lay the foundations of economic reforms that prioritise African markets, innovation and local manufacturing and end the “resource curse”. A major overhaul is needed across the continent to transition economies from relying on the extraction and sale of raw materials to the West (and East – ie, China), and into building up local industries that utilise local resources and turn them into value-added products for export.

This should happen in parallel to renegotiating various trade agreements with foreign entities, which aim to extract African resources and make African markets dependent on foreign imports. At the same time, other trade arrangements within and outside the continent should be fast-tracked. For instance, this will be a great time to start implementing Africa Free Trade Area agreements (AFCFTA), an idea first proposed by pan-Africanist leaders who dreamt of a continent that would first trade within its own borders and not give priority to its former colonial countries.

This process has to go hand-in-hand with putting a stop to African dependence on foreign “development” loans, which have forced governments into austerity for decades, as well as aid and charity, which have curbed local efforts to develop social services. Foreign funding should be gradually substituted with national funding drawn from taxation, repatriation of funds and new higher-value exports.



Ms Maite Nkoane-
President Zuma is in





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A strengthened continental trade will allow the African Union, or African regional blocks to assert their agency more globally. This will also be the best time to start cracking down on capital flight and tax evasion by local monopolies and foreign corporations which rob Africans societies of billions of dollars every year. If implemented properly, taxation and the repatriation of illicit gains can provide the needed funding for economic overhauls across the continent.

This process has to go hand-in-hand with putting a stop to African dependence on foreign “development” loans, which have forced governments into austerity for decades, as well as aid and charity, which have curbed local efforts to develop social services. Foreign funding should be gradually substituted with national funding drawn from taxation, repatriation of funds and new higher-value exports. It will also mean that African countries will have to stop importing foreign “saviours” to help solve African problems. The continent has enough local talent and educated experts at home and in the diaspora to tackle challenges in a variety of fields and they would do it better than foreigners, because unlike them, they actually know very well the local context and specificities.

This would allow African countries not only to use local expertise but also to develop it and eventually export it. In this sense, it is important to open up intra-African cooperation, especially in the context of the current pandemic. West African countries have built important knowledge on dealing with the Ebola outbreaks that can help others on the continent improve their national responses to COVID-19. With an economic overhaul and a local talent focus, African countries can then proceed to develop their social sector. Improving healthcare should be a top priority, as should be the stimulated growth of local pharmaceutical industries and biotechnology.

Just as Western governments are now realising the mistake they have made in outsourcing production of everything to China – from masks to ventilators – African governments too should make sure that their nations are self-sufficient in key industries essential to national security, safety and health. Education and innovation should also be on top of the agenda. African governments should increase investment in the education sector and continue to expand innovation initiatives that have sprung across the continent.

All this is part of a decolonialisation process that is long overdue. In fact, the African people have long been ready to embark on it, but they have been waiting for their political elites who have lagged behind. But perhaps now that Western hospitals are no longer able to take in and treat African leaders and their assets stashed away in Western banks may be at risk amid the global downturn, they too may finally come on board.

Indeed, there are already a few positive signs. We have recently seen the African Union mobilise resources to confront COVID-19. African leaders are speaking with one voice, and in a recent teleconference have expressed the need to be united in finding solutions for the pandemic. Such initiatives are encouraging in a crisis that has seen many countries in the West react selfishly and refused cooperation with others.

We are living a historical moment which could engender a sense of reawakening and assertiveness among Africans that could guide us through the difficult journey our ancestors started in the 20th century. Indeed, decolonisation may well be fast-tracked because of the threat of a pathogen.

This article first appeared at Aljazeera News Sight republished with permission from the author

By Dr. David Mwambari

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Studies at King's College London



The rule of law must evolve into the rule of justice





The law is a pillar of stability, predictability and democratic ethos. Object and purpose is to serve the human person and progressively achieve human dignity in larger freedom. However, because law reflects power imbalances, the ideal of the rule of law must not be reduced to enforcing the status quo, maintaining privilege, and the exploitation of one group over another. The rule of law must be a rule that allows flexibility and welcomes continuous democratic dialogue to devise and implement those reforms required by an evolving society. It must be a rule of conscience and of listening and not instrumentalized to consolidate power structures

Throughout history law has been all too frequently manipulated by rulers, becoming a kind of dictatorship through law, where people are robbed of their individual and collective rights, and the law itself becomes the main instrument of their disenfranchisement. Experience has taught us that law is not coterminous with justice and that legislation can be enacted and enforced to perpetuate abuse and cement injustice. Accordingly, any appeal to the rule of law should be contextualized within a human-rights-based framework..

Already in Sophocles' Antigone, we saw the clash between the arbitrary law of King Creon and the unwritten law of humanity. Enforcing Creon's unjust law brought misery to all. In Roman times the maxim *dura lex sed lex* (the law is hard, but it is the law) was mellowed by Cicero's wise reminder that *summum jus summa injuria* (highest law is highest injustice, *de Officiis* 1, 10, 33), i.e. blind application of the law may cause great injustice. The argument that "the law must be obeyed" has been challenged by human rights heroes for thousands of years. Spartacus fought against the Roman slave laws and paid with his life. And yet, slavery remained constitutional and legal until 1804 in Haiti and until the mid-nineteenth century elsewhere, the slave trade was protected by law and fugitive slaves were hunted down pursuant to fugitive slave laws; colonialism was constitutional and legal until the decolonization processes of the 1950's, 60's and 70's; the Nuremberg laws of 1935 were constitutional and legal; Apartheid was constitutional and legal; segregation in the US was constitutional and legal (see, for instance, the US Supreme Court judgment *Plessy v. Ferguson*).





Experience has taught us that law is not coterminous with justice and that legislation can be enacted and enforced to perpetuate abuse and cement injustice."

Civil disobedience and armed resistance by Henry David Thoreau, Zaghloul Pasha, Michael Collins, Dietrich Bonhoeffer, Mahatma Gandhi, Martin Luther King, Jr., Nelson Mandela, Ken Saro Wiwa, Mohamed Bouazizi were legitimate and necessary to give example and initiate reforms -- but they all suffered the consequences of opposing blind positivism, the fetishism of the rule of law. As Martin Luther King Jr. wrote from imprisonment "One has not only a legal but a moral responsibility to obey just laws. Conversely, one has a moral responsibility to disobey unjust laws." (letter from Birmingham Jail, 16 April 1963).

Democracy in the 21st century requires that the rule of law cease being the rule of power, might makes right, geopolitics and economics. The rule of law must incorporate human dignity into the equation and enable people power, self-determination and referenda. The rule of law must evolve into the rule of social justice and peace.

By Alfred De Zayas High Ranking United Nations Official and an Expert in Human Rights and International Human Rights

The Life of Prince Philip Duke of Edinburgh

PHOTO: Allan Warren



"PHOTO:Coat of Arms of Philip, Duke of Edinburgh (Order of the Seraphim) (by Ssolbergj)

The news of the untimely passing of Prince Philip came as a shock to the whole world. Prince Philip passed away at the age of 99 on the 9th of April 2021 and was buried on the 17th of the same month. The cause of death remains undisclosed. However, the palace says that he died peacefully. Prince Philip was the husband to Queen Elizabeth II and was the Duke of Edinburgh. Prince Phillip lived for many eventful years and has had a lot of achievements to his name and we will capture some of the major achievements he has had throughout his life.

GREATEST ACHIEVEMENTS

1939

In 1939, Prince Phillip served in the Royal Navy, joining in as a Cadet. He has had the accolade of serving during the second world war. Prince Phillip, during a 1995 interview recalled witnessing the signing of surrender in 1945. While serving in the navy, he was a keen aviator with 5,500 hours of flying different types of aircrafts.

1952

Prince Phillip learned to fly in the year 1952. In 1956, he received his Helicopter Wings. In 1959, he got a private pilot's license and had the honor of being the first member of the royal family to fly in and out of Buckingham Palace garden in a helicopter.

Prince Phillip is known to be the oldest male royal in British history. Between 1952 and 2017, Prince Phillip completed 22,219 engagements

2015

Prince Phillip was awarded Knight for the order of Australia by Prime Minister, Tony Abbot for his life of service during The Queen's reign and this was Australia's highest honor.

1947

Prince Phillip renounced his right to the Greek and Danish thrones and took his mother's surname, Mountbatten. His Father's family name was Schleswig-Holstein-Sonderburg-Glücksburg.

On November 20th, 1947, Prince Phillip married Queen Elizabeth II. At the time, Queen Elizabeth II was already the heiress to the throne that would be left by her parents, King George VI and Queen Elizabeth. Despite the doubts that were in her mother's mind, Queen Elizabeth II was determined to marry the prince and her parents had no choice but to let her be. Phillip proposed to Elizabeth with a three-carat diamond ring that had the stone from a tiara that belonged to Phillip's mother. The wedding ceremony took place at Westminster, serving 2,500 guests, and was broadcast on radio to millions of listeners. xt

1971

Prince Phillip was passionate about Polo and he was involved in the sport for over 60 years, having won some of the game's prestigious championships during his years of playing the sport. Prince Phillip had to retire in the year 1971, due to Arthritis. Despite his setback, he continued to play a role in the sport as president of the International Equestrian Federation.



Britain's Queen Elizabeth II, with Prince Philip wait on their thrones for the Queens speech, in the House of Lords in London Tuesday, Nov. 6, 2007. The speech contains the outline of her Governments legislative program for the coming Parliamentary year. The speech is written by the Government of Prime Minister Gordon Brown. (AP Photo/Alastair Grant POOL)

México

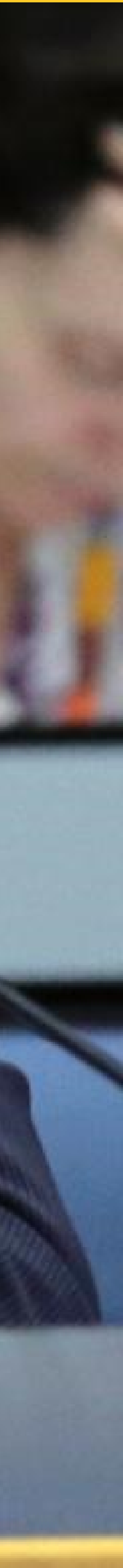




Kenya & Mexico Bilateral Relations



H.E Erasmo Martinez, Ambassador of Mexico to Kenya



In 1981, exactly 40 years ago, the Embassy of Mexico opened its doors in Kenya with a dual function. On the one hand, it fosters our relations with Kenya and other Eastern African countries to which it is concurrent (Burundi, Comoros, Rwanda, Seychelles, Tanzania, and Uganda). On the other, it serves as Permanent Mission to the United Nations Environment Program (UNEP) and the United Nations Human Settlements Program (UN-Habitat), headquartered in Nairobi.

It is certainly hard to think of a more relevant year for multilateralism and these two Programs than 2021, since one of the greatest lessons of the current crisis caused by the Covid-19 pandemic is precisely that stronger governance mechanisms and international collaboration are essential to build back better. It is in the interest of every nation to take care of the planet we share as humans. The wide array of issues of the multilateral environment agenda are crucial for the governance of the 21st century due to the effects on the sustainability of national and international development and on the improvement of the quality of life.

For this reason, Mexico has assumed the commitment to chair the UN-Habitat Assembly for the period 2019-2023, from where we aim to promote the New Urban Agenda, as well as greater visibility for the organization at the international level. Similarly, Mexico is an active participant in UNEP, supporting the efforts to strengthen the Program, and to improve its reach and results.


From the bilateral standpoint, the relations between Mexico and Kenya have been positive and have acquired greater importance throughout these years, especially at the political level, reflected in a notable increase in visits of government officials, businessmen, academics and members of civil society. Furthermore, the two countries are collaborating effectively in multilateral fora of the United Nations System based in Nairobi, New York, Geneva and in other places.

From increased trade exchange and tourism to sharing best practices, there are a number of areas that hold promise for further deepening our bilateral ties, particularly around food security. We have reaffirmed the commitment of Mexico to encourage Kenyans to adopt the nixtamalization technology as a way to reduce the levels of contaminated maize with the cancer-causing aflatoxin.

The adoption of such lime-cooking process technique ancestrally used in Mexico, is a paramount project in the bilateral cooperation, as it would leave a footprint to improve the food security in the country and the way that people consume maize-based food products. From ugali to githeri, maize prevails as the main staple food in Kenya, which is also the case in Mexico. More than 300 food products commonly used in my home country are derived from nixtamalized maize.



We have reaffirmed the commitment of Mexico to encourage Kenyans to adopt the nixtamalization technology as a way to reduce the levels of contaminated maize with the cancer-causing aflatoxin. "



"We are particularly interested in cementing the basis of robust technical cooperation that is financially sustainable along with alternative international cooperation agencies who can join this effort to scale up results in the near future."



Written By

H.E Ambassador

Erasmus Martinez

Over the last years, we have collaborated with research centers, authorities, universities, millers, and the private sector to map out ways through which nixtamalization could be extended to the industry, small and medium enterprises, farmers, consumers, and communities at the grassroots level in Kenya. We have come a long way, though there is still a lot to be done. Political will and a longer-term strategy would play a key role in this project. We are particularly interested in cementing the basis of robust technical cooperation that is financially sustainable along with alternative international cooperation agencies who can join this effort to scale up results in the near future.

In retrospect, since our Diplomatic Mission opened its doors throughout these four decades, Mexico has considerably deepened ties with Kenya. Aware of its strategic importance within the African continent, the road ahead envisions stronger and wider associations in niche areas of mutual benefits, such as within commercial exchange, being non-GMO white maize one of the main exported goods when this country needed the most in 2017 and 2020. But there is also much to be done to strengthen technical cooperation, and common interest areas of the international agendas for a sustainable environment and urbanity, both of unprecedented importance for the world.

On a personal note, I can only express gratitude and appreciation for Kenya, a country where I have devoted close to eleven years of work within my diplomatic career, and where my two daughters were born when I was posted to Nairobi for the first time thirty years ago. From then and until now, I have witnessed great national development. I am certain that there is potential to continue in that vein, and that I will remain closely tied with this great country and its warm people.



Culinary students in Kariobangi in a nixtamalization Workshop



Grinding Maize during a nixtamalization workshop at Jomo Kenyatta University of Agriculture and Technology



Dr. Ammar Kadry

Journey of an Egyptian doctor in a Pandemic

The Consulate caught up with Dr. Ammar Kadry after a busy shift at Mansoura University Hospital, located three hours away from Cairo. Still clad in his doctor attire he joins us for a skype interview and we get to find out about his journey as a doctor during this pandemic.

What hospital do you work for?

“Well, thank you for having me, I work for Mansoura University Hospital, in the Emergency wing. The hospital is divided into two sections, one side receives Coronavirus patients or the isolation ward, while on the other Trauma patients. I work in the Trauma section.”

What is your medical specialization?

“Currently, I specialize in General surgery, actually this year I was about to begin further specialized training in surgery but the Pandemic happened and I could not travel, outside the country.”

Describe your most memorable experience, so far working as a doctor

Laughs then shifts to a serious face.” Well working in Egypt, there are people from all walks of life. We have had cases of relatives of patients shout and even attack doctors. I mean we are entrusted with a lot of responsibility as a doctor, and when certain expectations are not met by the doctor, the relatives turn vicious towards doctors. There is one time this happened, and immediately, when the doctors sensed a looming attack from the patient’s relatives, they scampered for safety, leaving me standing alone in the hospital. Luckily I was not harmed.”

What do you like most about being a doctor at this time, and what do you hate most?

“What I like the most now is that doctors have much more respect than before especially from the government before there was very little of it. What I hate most is losing a patient or a colleague. It makes me really sad.”

In this Pandemic, a lot of people have suffered from mental health issues and the inaccessibility of mental health services has further exacerbated the problem. As a doctor, have you suffered from this?

“Within this Period of the Pandemic, I have lost an uncle with whom I was very close just recently. I have lost a colleague who I knew very well and she was very young. It can really take a toll on someone but I try my level best to respond to the call of duty in a more personal way because I know what it feels to lose a loved one.”

What vaccine would you recommend for people to use? Now the Johnson & Johnson vaccine rollout has been paused because of allegations of blood clotting as the AstraZeneca.

“My recommendation as a doctor is to use the vaccine that gives side effects because it means the vaccine is working. AstraZeneca has shown such effects and I **would recommend it. Currently, no studies show any correlation between a vaccine and blood clotting, as far as I am concerned. The essence of vaccination is to introduce a mild form of the virus into your body, to prepare the body to fight against it. However, taking the vaccine does not necessarily make you safe, other measures must also be taken including wearing a mask, social distancing, and sanitizing**”

What do you do to steam off?

Chuckles. “Well, I go to the gym. I love working out a lot it makes me sweat and afterward, I feel more energized and positive to work the next day. Before, I could play the piano, but that requires focus and time, currently, I barely have time but I will get back to it soon enough.”

Thank you for taking the time and all the best in your work!

“Thank You too for having me.”







Mental Health and Coping Mechanism





To be able to take care of your mental health, one must learn and practice healthy coping mechanisms. "

Moises Da Silva Psychologists
based in Netherlands

In times of a worldwide major health crisis, there is a lot of uncertainty, mourning, and economic challenges. For many people, discussions about mental health could not be more relevant than today. Those with pre-existing mental health illnesses can get their mental status worsened when sudden outbreaks occur. Thus, learning how to maintain good mental health is crucial for assisting us in dealing with

According to the World Health Organization "mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to her or his community" (Who.int., 2021). If you feel that this pandemic has caused you to feel sadness, withdrawal from friends and family, worries or fears that seem out of proportion, poor sleep patterns, drug abuse, etc. you may need to look after your psychological health (Signs of Mental Illness, 2021). To be able to take care of your mental health, one must learn and practice healthy coping mechanisms.the challenges due to stressors and psychological issues.

There are several coping mechanisms that you can use to help you to deal with mental health issues and the good news is that you can start practicing them today. First of all, if you notice any signs of mental health challenges you must ask for help. Your general practitioner can assess your needs for mental support and can treat you or refer you to the right professional if you need it. So, asking for help from professionals is the most important step you can take. You can also reach out to a family member or a friend. Try not to get discouraged if they do not understand you. Just find someone else who cares and shows understanding towards you. Other things you can do to improve your mental health are positive thinking, regular exercises, a balanced diet, relaxation exercises, regular daily routine, and socialization (online) (Kar et al., 2021).

Hierarchy and Hubris: An Overview of The European Super League Fiasco



Our topic today involves a situation that reverberated through the football world. With an estimated population of 3.5 billion worldwide, soccer fans are a multitude to reckon with - a fact that will become clearer as we proceed with this article. The source of the storm was an announcement that dramatically dropped out of nowhere on Sunday, 18th April. The news broke that some of the largest clubs in Europe planned to form their cross-continental league, with 15 slots reserved for big-name clubs and 5 remnants other clubs would compete over.

The league's strongest proponent was Florentino Perez, president of the Real Madrid Football, who stepped up as the chairman of the nascent Super League. The idea immediately sparked uproar, not only from fans but also from football associations, politicians, managers, national governments, former and current players, and, last but not least, the fans. From the grassroots, the anger was fuelled by long-time fans, who felt betrayed by the same clubs they had followed and supported from childhood.



At an organizational level, FIFA and UEFA (the global and European football associations, respectively) released statements condemning the idea and asserting they would ban players and teams in the ESL from all other matches under their purview. The ESL responded with a legal counter, and a Spanish court even issued a preliminary ruling in favor of the ESL, arguing that no football association could block the league's launch before the case could be heard by the court.

The brunt of the criticism was directed to the league's anti-competitive practices, notably the decision to reserve 15 spots for big-ticket clubs. For context, almost every other football association promotes a putative meritocracy. Fans also strongly opposed the manner in which the announcements were made. Players and managers were not consulted beforehand, with the decision coming directly from owners. We shall discuss the owners' rationale for the ESL in a minute, and for now let us simply note that the decision appeared elitist, heavy-handed, and unreasonable

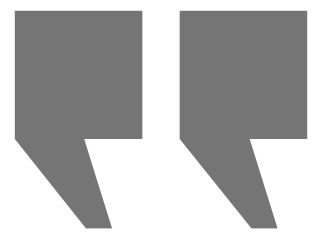
Background

Discussions pertaining to forming a continental Super League go as far back as 1998. In 2021, such discussions gained momentum, powered by various impacts of the most significant worldwide events since World War 2: the (ongoing) coronavirus pandemic. Historically, a large chunk of club revenue comes from matchday revenue, which includes revenue from matchday and season ticket sales. For elite clubs, commercial and broadcast revenue outstrip matchday revenue. As the CoVid pandemic bit deep into the economy, matchday revenues fell and many clubs faced (and continue to face) financial struggles if not outright disaster.

It is against this background that elite club owners decided that a new competition was required to 'save the game'. Founding clubs were promised as much as €10 billion over the course of their initial commitment period. Without dipping too much into the details of revenue breakdowns, we can say that founding clubs would take home a larger proportion of league revenue than they currently do as part of the UEFA or as part of their home country's football association. The mind-boggling sums of money being discussed (in excess of €120 billion) were to come from the coffers of renowned financial institution JP Morgan.







The brunt of the criticism was directed to the league's anti-competitive practices, notably the decision to reserve 15 spots for big-ticket clubs."

By Advait Joshi Python Engineer and football enthusiast

Aftermath

In less than 50 hours, the league that would 'change the game forever' was no more. Within two days, fans, specifically British fans showed up physically at key club properties to make their feelings known. Chelsea supporters besieged Stamford bridge, the club's iconic football stadium. Cadiz supporters showed up in thousands outside a hotel where Real Madrid players were staying. The social media outrage did not die down.

By Tuesday night, all six British 'founder' clubs made U-turns and announced their departure from the league. Chelsea was first to capitulate to the angry hordes, and the other Premier League clubs quickly followed suit.

The worst losers from the entire debacle turned out to be the clubs. Their credibility shot, fan protests against the ESL have now spilled over into wider protests against foreign ownership. According to leaked documents, they face up to €130 million in fines for withdrawing from the ESL. UEFA is reportedly considering sanctions on the offending clubs. The British government announced a football governance review, which will partly focus on the possibility of introducing new ownership models to reduce external investors' outsized influence.

Ironically, Florentino Perez wasn't entirely wrong: the English Super League has changed the game permanently. The twin forces of socialist reform and the economic impact of coronavirus pandemic are two powerful trends that are setting the stage for a dynamicity that football has not seen in a long time. What does the future hold for the beautiful game? Only time will tell.



ARTS & CULTURE OF MEXICO





Photo: Courtesy of Embassy of MexicoTown of Tequila

Did you know?

You may have sipped it in a shot, seen it in a movie or heard it in a song. Tequila is by far the excellent beverage of Mexico. It is also an internationally known cultural icon along with the mariachi music bands. According to the Tequila Regulatory Council, this regional alcoholic beverage is a product of the meeting of two worlds. It was created in the sixteenth century by using a technique originated in Europe to transform the blue agave plant that grew in the town of Tequila, located in the state of Jalisco. Today the industry employs over 300,000 people who are proud to offer this Mexican drink to the rest of the world at the highest quality standards.



Tequila drink

SWEET TAMALES

Made of corn and maize flour (unga wa ugali), pineapple flavour

Ingredients:

10 white corncobs with leaves
2 cups of maize flour
150 grams of butter
1 cup of sugar
1 small can of condensed milk
1 teaspoon of baking powder
1 teaspoon of vanilla (optional)
Tender corncob leaves (as necessary)
5 big fresh pineapple slices cut into cubes
½ a cup of raisins (optional)

Preparation

1. Cut the edge and the base of each corncob to avoid the leaves from breaking. Detach the leaves gently in order to use them later on to wrap the dough (step 4). Clean the maize, cut or thresh it in a vertical position and ground it in the blender in small portions.
2. Whisk the butter and the sugar in a bowl until the mixture is fluffy.
3. Mix the maize flour with the corncob dough. Add a teaspoon of baking powder, the vanilla and the can of condensed milk. Whisk until there is a uniform mix, cover it and keep it in the refrigerator for 30 minutes.
4. After that time, spread 3 tablespoons of the dough on each corn leaf. Add 2 or 3 pineapple cubes and raisins to your liking and cover the dough with leaves so that is completely wrapped. Once covered, bend the thin end of the leaves in order to seal the tamal.
5. In a pressure cooker or a normal pot, arrange the tamales, one by one, vertically, with the fold towards the bottom to prevent the mixture from spilling and cook them Maria heat in a double boiler or in a bain-Marie for 25 minutes in the pressure cooker or express pot or for one hour in a normal pot or until the leaves are detached from the dough. The normal pot should be perfectly covered with aluminum foil and then with the pot lid.
6. Once cooked, serve them, take the tamales out of the corn leaves and enjoy them with a delicious Kenyan coffee or tea, or your preferred drink!



Tamales de piña

As a Mexican living abroad, one of my passions and constant challenges in the different countries where I have lived is getting to know the local food and blending it with our traditional Mexican recipes. In a very simple way, with this recipe I intend to mix the richness of products that mother Earth gives us in Kenya —maize, pineapple, and sugar— with the Mexican culinary tradition. I hope you enjoy tamales very much!

By Lupita Valencia

Email: gvalencia-rijor@hotmail.com



Spanish Lingo!

Are you planning to visit Mexico someday? You might find the following words very useful as a



(Chichen Itzá, Yucatán)

¡Bienvenidos a México!

Translation: Welcome to Mexico!



(Palace of Fine Arts, Mexico City)

¿Dónde está el museo?

Translation: Where is the museum?



(Cancún, Quintana Roo)

¡Vamos a la playa!

Translation: Let's go to the beach!



(Agua Azul Falls, Chiapas)

¡Vamos a nadar!

Translation: Let's go swimming!



(Palenque, Chiapas)
 ¡Hola Palenque!
 Translation: Hello Palenque!



(Los Cabos, Baja California Sur)
 Me gusta el mar.
 Translation: I like the sea.



(San Miguel de Allende, Guanajuato)
 Vamos a caminar.
 Translation: Let's go for a walk.



(Guadalajara, Jalisco)
 ¿Dónde está el restaurante?
 Translation: Where is the restaurant?



(Bahía de Kino, Sonora)
 ¡Adiós amigos!
 Translation: Goodbye friends!



(Teotihuacán, Estado de México)
 Subimos la Pirámide del Sol.
 Translation: We climbed the Pyramid of the Sun.



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