

Sports Spotlight

# G B - N E W S

ISSUE 029 | DEC 4<sup>TH</sup> 2025



*It's a big win for team Black.*

## G-BiACK Youth Empowerment Program Sports Day Brings Energy and Unity to the Center

The Youth Empowerment Program held its annual sports day at G-BiACK, and the energy on the field said everything about the spirit of these young people. What started as a simple idea to break the routine turned into a lively day of movement, teamwork, and laughter.

Students kicked off the morning with warm-ups led by the more athletic members of the group, followed by friendly competitions in football, relay races, sack races, and a few improvised challenges that kept everyone on their toes. It wasn't about who won or lost. What stood out was how the students encouraged one another, shared tips, and celebrated small victories. Even the quieter ones found themselves opening up as the games went on. For many

of these youths, the day made space for something they don't always get in their everyday lives—time to play, connect, and simply enjoy being young. The coaches and mentors watched proudly as teamwork came naturally, reminding everyone why holistic learning matters. It's not only about skills inside the classroom or the farm; it's also about building confidence, learning to trust each other, and discovering new strengths. By the time the last whistle blew, the students were tired but full

of joy. They gathered under the shade for a short reflection session, sharing what they enjoyed most and how the games brought them closer. Many asked if sports day could happen more often, a clear sign of how much it meant to them.

Soil Spotlight

## It's World Soil Day this Month on 5th Dec 2025

is essential for building resilient food systems. Protecting the soil is protecting the nation's future.

As we draw near, we are reminded that soil health is not only an environmental concern but a policy priority central to Kenya's food security, climate resilience, and public health. Degraded soils continue to undermine agricultural productivity, increase vulnerability to climate shocks, and heighten the cost of living for households already under pressure. Urban areas are equally affected, with shrinking green spaces, pollution, and limited investment in sustainable city farming systems.

Strengthening soil governance — from promoting agroecology and regenerative practices to supporting urban agriculture, responsible waste management, and community-led restoration —

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Quote of the week

Plant the Actions you can control today and the harvest you dream of will meet you in its season.

Verse of the Week

Those who hope on the Lord will Renew their strength. They will soar on wings Like eagle they will run and not grow weary, they will walk and not be faint.

## Agroecology for healthy soil, healthy communities

Join us on Friday, 5th December 2025, for an inspiring webinar exploring how agroecology can restore our soils and build stronger food systems in Kenya.

10:00 AM – 1:00 PM EAT

With experts in science, agroecology, organic inputs & an organic farmer

Live on Zoom & GBIACK Facebook Page

Be part of the conversation shaping resilient, nourished communities.



**Soil Health Webinar**  
Agroecology for healthy soil, healthy communities

**KEYNOTE SPEAKER:** Dr. Edward Komenji, Researcher KICPE

**MODERATOR:** Mary Irungi, Dairy Advisor, Coordinator, ILLIM Kenya

**PANELIST:** Ms. Sami Ndaitu, Director GBIACK; Mutuma Muriuki, VC GBIACK; Caroline Njoroge, Farmer GBIACK

**FRIDAY 5TH DEC 2025** STARTING FROM 10:00 AM - 1:00 PM EAT

This event will be live on Facebook @gbiack

REGISTER NOW FOR A ZOOM LINK AND REMINDER

For more information call us: +254 723 345405 / +254 726 681359

**CELEBRATING WORLD SOIL DAY**

Theme: Agroecology for healthy soil, healthy communities

**MONDAY 8<sup>TH</sup> DEC 2025**

**WARUHIU ATC GROUND**

**TIME: FROM 10:00 AM**

**ENTRY: FREE**

FOR MORE INQUIRIES CALL: +254 723 345405 / +254 726 681359

For online Resources: Scan The QR Code