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Coastweek

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Legend Of Hero Runner Antao

Kenya should accord the country's first gold medalist a 'legend status', the Minister for Tourism has said.

In his speech delivered during the Memorial service of the late Seraphino Antao at Mombasa Institute, Minister Najib Balala said the contribution that he made for this country deserved to be re-



Seraphino Antao

CONCLUDED PAGE FIVE

More Security Pledge After Beach Kidnaps

NAIROBI (Xinhua) -- A new piracy season has come with new problems: this time not on the high Seas, writes KEN OBURO.

The World is witnessing new tricks on a new frontier played out on the beaches of Kenya's Lamu resort along the Indian Ocean.

As the Monsoon winds ease their ferocious nature and allow more small vessels to take to the Seas, one would expect focus to be on the many ships seized by marauding gunmen on the Gulf of Aden.

Two women, Mrs. Judith Tebbutt and Ms. Marie Dedieu from Britain and France respec-

tively, are captives in Somalia.

Mrs. Tebbutt was captured from her home by Somali gunmen on Sept. 11 who shot her husband, Mr. David Tebbutt, possibly for trying to resist.

Mrs. Tebbutt is now reportedly suffering from stress and has even come down with fever in Hobyo, a pirate-controlled area in Somalia.

Last Friday, Somali gunmen struck again in Lamu.

According to Mr. John Lepapa, a key witness and Ms. Dedieu's partner, six assailants disembarked from a boat on Manda Island, which is close to Lamu.

Four companions remained on board. Mr. Lepapa, 39, described the group as vicious saying:

"They all had guns." Later, media reports had it that

two Kenyan officers missing following a shootout between the Kenya navy during a rescue operation for Ms. Dedieu, 66, who is disabled.

Mr. Lepapa explained that the operation was well-planned, as one of the group's members shot at him as they walked past a

particular window of the house, which he shared with Ms. Dedieu.

His sentiments were echoed by the Coast Provincial Commissioner Ernest Munyi.

During a media briefing, Mr. Munyi disclosed that the raiders

CONCLUDED PAGE FIVE

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REAR ADMIRAL GUALTIERO MATTESIE AT PORT



Rear Admiral Gualtiero Mattesie is seen in Kilindini Port aboard NATO's counter piracy task force flagship ITS Andrea Doria with Kenyan Navy representatives Col. Kombe and Col. Kambuni, and the Coast Provincial Commissioner Ernest G. Munyi. PHOTO - OPERATION ATALANTA

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MOMBASA, MALINDI, DIANI AND LAMU SHOPPING GUIDE

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Rotary Club Initiates Sanitation Project

Rotary Club of Kilindini in conjunction with Al-Mahdi Group from KSI Jamaat, initiates a hygiene and sanitation project.

Rotary club of Kilindini including a member from Al-Mahdi group, travels all the way from Mombasa to Markuveni - Machakos.

To visit a school they identified which was in need for adequate sanitation for their Girl Child.

After having approached the Rotary Club of Kilindini the group decided to empower the education of girls and decided to go ahead to initiate the project.

Finally with immense support from the KSI Jamaat community girls the project was a great success.

Rotary Club of Kilindini Members spared the weekend and travelled all the way to Markuveni to meet up with the students on Monday.

Clay school international gave the Rotary members very warm hospitality and a great tour to their school and performance of their students.

The school also claimed Rotary

Club of Kilindini were the first Kenyan Local group to come and support them and be of assistance to them.

The students entertained us as well as gave us several enlightening speeches.

We must not forget the teachers and specially the director Mr. Benson who made all this happen for Clay International.

The Girl child is good to go for adequate sanitation in a hygienic way with year supply of Lady

Essentials provided to them by Rotary Club of Kilindini in Conjunction with Al-Mahdi Group from the KSI Jamaat Mombasa. Special thanks to RTN Jaswant Obroi from Kulidip Tour and Safaris for provision of Transport



Seen [from left] Girls from Clay School Markuveni, School Teacher, Pta Blendina, Mrs Shukla, Rtn Fatema Somji (Rep for Al-Mahdi Group) and President Rtn Rajesh Shukla Looking on. Behind: Rtn Shabbir Chakera.

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Breast Cancer Awareness Charity Walk



[TOP] Breast Cancer Survivors (BRECASCO) in conjunction with the Breast Cancer Awareness Support Group (BCASG) of The Aga Khan Hospital Mombasa organized a Charity and Awareness Breast Cancer Walk on Saturday 1st October. The event was flagged off by Mohammed Hersi of Sarova Whitesands who has for many years hoisted an annual day of celebration for the survivors. Seen [from left] His Worship the Mayor Ahmed Mohdhar, Mohammed Hersi, CEO Aga Khan Hospital Mombasa Noorall Momin, the participants, Management Representative BCASG Dr Sultana Sherman, MTN Business Manager Coast Region Osman Varwani.

Cardiologists Visit Mewa Hospital

On Tuesday 27th September 2011, MEWA Hospital held a camp on free diagnosis and

consultations on cardiac diseases. The camp happens every year courtesy of Madrass Medical

Mission India which sends two Doctors; Dr. Syrian-Director Cardiac Surgery and Dr. Latchumanadas-Senior Consultant Cardiologist.

They normally come to Mombasa Hospital and MEWA Hospital but this time they extended to Jaffery Medical center as well.

Their visits are organized by Mr. Nassir-Chief Executive Officer of Mombasa Hospital.

A total of 66 patients were seen out of which 3 were children below 15years old.

The patients thanked the hospital and the camp organizers arrangement very much as it removed the burden of them going all the way to India to get the services of these doctors.

On behalf of the Hospital Board of directors, the management and staff, we would like to thank Mr. Nassir, the two doctors and all who participated in making the event a success.



Seen Dr. Lachumandhas [front] and Dr. Rajan [far right], attending to two patients who came in for the clinic. Looking on are Dr. Swaleh Breik, a Cardiology Fellow in Mombasa and Bakari Islam, MEWA Hospital clinician.

Certificate Of Excellence

BAMBURI BEACH HOTEL 4 STAR RATING



Bamburi beach hotel achieved a trip advisor rating of 4 Star by its guests and therefore awarded a Certificate of Excellence for the year 2011 by the president Christine Petersen. Displaying the certificate is [from left] Human Resources Manager Herman Makori, Deputy General Manager Peter Kithaka, Executive Chef Nelson Ayugi, Mr and Mrs L'Leary from the United Kingdom, Mr and Mrs Hageman from Belgium, Mercy Hostess, Sheina and Sylvia from the Animation team.

Aga Khan Students Visit SAFINA Eco-Cultural Trail

On Saturday the 24th of September, a group of 13 enthusiastic Aga Khan Academy Junior School students became the first to take the initiative to visit the SAFINA Eco-Cultural Trail, located in Samburu, writes SRISHTI GUPTA.

Situated 20km from Samburu Junction, off the Mombasa-Nairobi Highway, this Eco-Cultural Trail is run by local Duruma community members, who form the SAFINA group.

The tour is a picturesque walk through a Mijikenda Kaya

used for toothpaste, soap, the forecasting of weather, and many other things.

The trail sports a unique and natural rock dam where visitors can experience the challenge of natural rock climbing.

The walk also exposes visitors to aspects of Duruma civilization.

At the beginning, viewers can examine an ancestral Duruma dwelling and a series of four shrines where they prayed and conducted their rituals when they first settled in Samburu. After the tour is over, a variety of skits are performed, which further explain the Duruma civilization.



Front row [from left] Ilyyan Somani, Cliff Alex Thiongo, and the current Mxee ya Kaya. Second row: Nia Kututa, Rayhan Ishak, Timothy Kimuhu, Alimohammed Jaffer and Sameer Shah. Back Row: Rishika Gokhale, Saumya Gupta, Imaan Valyani, Neel Patel and Srishti Gupta.

(Sacred Forest), providing visitors with an opportunity to view traditional medicinal herbs

Neel, a grade six student from the Academy said "This trip was AMAZING and I learnt a lot about how the Duruma people survived in the olden days".

Saumya, another grade six student of the Academy exclaimed, "I really enjoyed the trip, especially the bow and an arrow game...the WOW Factor certainly was when we climbed a natural rock dam."

This eco-cultural trail is certainly one of its kind in Kenya and provides an exhilarating and eventful experience for its visitors.

The staff put their heart and soul in to ensuring that guests are warmly welcomed.

They create an easy, interactive and comfortable atmosphere for visitors.

Chief Sindii, current ruler of the Duruma tribe and leader of the SAFINA group, has lowered the entrance costs of the trail to 100/= per adult and 50/= per child until 31st December 2011.

If you would like to visit the trail, call Chief Sindii at 072798127 or contact him via email at info.safinatrail@gmail.com, at least a week before you plan to visit.



THE NATIONAL ROAD SAFETY AWARD FOR TRANSTRAILERS

Director of Transtrailers Limited, Imran Pasta [left] receiving the National Road Safety Award from Nyaosi Alko of the Provincial Administration Office of the President. Transtrailers Limited has been recognised as manufacturing trailers of the highest quality in the country.

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SUNJAY DUTT AND AJAY DEVGAN ACT THE PART OF RASCALS AS JIM CARREY'S TROUBLES BEGIN WITH PENGUINS

Laugh Your Way Through The Week With Comedies

DIRECTOR DAVID DHAWAN, deviates from his usual hero (Govinda) to cast **Ajay Devgn** in the lead of his newest venture, *Rascals*, opening at the **NYALI CINEMAX** this week.

Rascals also stars the producer of the film, none other than Sunjay Dutt, while the female lead is Kangana Ranaut.

As the title suggests, both men are real rascals. Each is always trying to get the better of the other in every con that he pulls. So when both fall in love with the same girl, the stakes get even higher as does the level of idiocy and stubbornness.

This love triangle has plenty of mirth and action, the hallmark of all David Dhawan films. The second new film at the **NYALI CINEMAX** is the animated family comedy *Mr. Popper's Penguins* starring Jim Carrey, Carla Gugino, Angela Lansbury, Ophelia Lovibond and Madeline Carroll.

Tommy Popper grows up in Brooklyn, a very lonely boy because his father, whom he adores, is never around. Now a successful real estate dealer in Manhattan, Tommy has his own two kids whom he seems every alternate weekends because he is divorced from his wife.

Life could not be better for him, that is until he receives a strange and unexpected package from the Antarctica.

When a real and live penguin emerges from the box, Tommy is shocked beyond belief. He realises that he is laden with this bundle and makes all effort to get the penguin feel at home in his Park Avenue apartment.

Popper's trials are not yet over by far because he receives yet another package - this time with five live penguins. Life becomes one freezing event for Tommy and his friends, but he learns quite a few lessons in life and family from these flightless birds.

Colin Farrell is still scaring the hell out of everyone in *Fright Night*. This three dimensional horror film also has Anton Yelchin, Toni Collette and David Tennant.

Based on an amazing true story is another three dimension film, *Dolphin Tale*.

This fishy film stars Morgan Freeman, Ashley Judd, Kris Kristofferson, Harry Connick Jr and Winter, the dolphin who plays herself in the film.

Nicholas D'Agosto, Emma Bell, Miles Fisher, Ellen Wroe, Jacqueline MacInnes-Wood are still in the search of their *Final Destination 5*.

Get a load of Justine Timberlake and Mila Kunis in the adults only *Friends With Benefits*.

One show on Tuesday night of *Rise of the Planet of the Apes*. Three more films hold up the Hindi fare at the **CINEMAX** this week.

Akshay Kumar's debut production of *Speedy Singhs* (aka *The Breakaway*) with Vinay Virmani, Russell Peters, Rob Lowe, Anupam Kher, Camilla Belle and Akshay Kumar in special appearance turns into it's second week.

Bheja Fry director Sagar Ballary repeats the same stunt with *Hum Tum Shabana* starring Tusshar Kapoor, Shreyas Talpade and Minisha Lamba.

Have a date on Sunday morning with Shahid Kapur and Sonam Kapoor in Pankaj Kapur's *Mausam*.

Check out the special offers on films at the **CINEMAX** this week.

CINEMAS with Anjum Asodia

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Bright, Breezy Entertainment At The La Veranda With CATS

The Coast Arts and Theatre Society is proud to announce the return of My Brilliant Divorce by Geraldine Aron.

This moving comedy was first performed in Mombasa in May of this year and now due to public demand the play will be performed again for two nights at La Veranda Italian Restaurant in Nyali, on Thursday October 13th and Friday October 14th.

C.A.T.S. has now staged 8 productions at LA VERANDA and is pleased to have found such a perfect and convivial venue for its plays.

La Veranda offers a friendly atmosphere, excellent food and a most professional service and the present chairman Mr. Philippe Zimmerlin would like to thank Alberto and his team for their continued support.

This is a perfectly constructed play and Geraldine Aron's script is marvelous.

In spite of the darkness at the heart of the play, the tone is bright and breezy and very entertaining.

Performing in this one woman play is Jean Hughes who plays the role of middle aged Angela Kennedy Lipsky who attempts to find a new life when her husband Max leaves her for a younger woman.

Using a wonderful mixture of comedy and pathos she recounts her journey back to happiness.

Jean performs this play with amazing sensitivity and humour and is certainly a performance that should not be missed.

Tickets for this production are available from Forget Me Not in Ratna Square.

Students over 14 years are welcome to attend this production.

The play will commence at 7.30pm but it is advisable to arrive earlier in order to buy refreshments and also to book your tables for a post play supper.

STARCAST GEMINI KILIFI

Libra (Sept. 22 - Oct. 21) You might want to extend an olive branch rather than being in a state of perpetual anxiety due to a difference of opinions. Constant worry about crossing paths with someone you've fallen out with keeps you from making the most of occasions you would normally enjoy.

Scorpio (Oct. 22 - Nov. 21) When you reveal your true feelings when this opens you up to attack from others? Keep a grip of your emotions as there are distracting influences around you. A persuasive person is trying to get more out of you than you are willing to give.

Sagittarius (Nov. 22 - Dec. 21) You're taking your responsibilities to others very seriously and you want to help people achieve their potential. Even if this means working at a slower pace to give those who don't think or act as quickly as you a chance to keep up.

Capricorn (Dec. 22 - Jan. 21) There's a need to cut back on family and social engagements to meet your professional goals. Someone in authority is watching you and this is starting to make you feel tense and nervous. There is a danger, because of the pressure you're under, that you will lose sight of the wider perspective.

Aquarius (Jan. 22 - Feb. 21) The more pressure others put on you, the more stirred up you will get, especially if their arguments have religious or moral overtones. Getting away from it all seems like the only way you can make sensible plans for the future.

Pisces (Feb. 22 - Mar. 21) New aims will require focus and hard work. Exciting challenges are cropping up but you aren't sure you are ready or able to meet them. If you allow doubt to get the better of you and continue to trail after others, you will never feel any personal satisfaction.

Aries (Mar. 22 - Apr. 21) You're so busy focusing on the negatives you're left with no time to dwell in the numerous positives in your life! Just because you're feeling pushed and pulled in a number of directions doesn't mean there should be no time for yourself.

Taurus (April 22 - May 21) An emotional scene leaves you with a lot to think about; you feel inspired to take charge of your life and relationships. A situation is more relevant to you than others because you interpret signs and messages as being meaningful to you.

Gemini (May 22 - June 21) An old friend or relative is hard work because they're sulking and they won't say why! It's getting too complicated trying to include loved ones and new acquaintances into all your plans and why should you feel this is necessary?

Cancer (June 22 - July 21) Reasons why you love someone do not depend on any logical answers; don't let anyone tell you differently. A new friend seems to think your partner or another who is equally as important to you, has too strong an emotional dependence on you.

Leo (July 22 - Aug. 21) A change of scene will inspire and invigorate you. Whether you're off on a long journey or it is a short trip you're planning, just getting away from it all will feel like a huge weight has been lifted off your shoulders.

Virgo (Aug. 22 - Sept. 21) Start putting together a long term financial plan if you want to get out of debt. Check your finances, make a list of your monthly outgoings then set a sensible budget. You also need to acknowledge some of your money problems weren't of your own making.



Bamburi Beach Hotel Staff, led by their Human Resource Manager Harmon Makori and other Beach Operators pose for a photograph during Coastal Beach Cleaning.



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Looking after your interest!

Kenya Airways Boost With Embraer Aircraft

NAIROBI (Xinhua) -- National carrier Kenya Airways has boosted its fleet with the acquisition of a new Embraer E190 jet, as part of the strategic move to expand its world wide services.

A statement from the Kenya Airways said the airline, 5Y-KYS, the E190 touched down at the Jomo Kenyatta International Airport on Saturday from Sao Jose dos Campos, Embraer Headquarters in Brazil.

"This is the fourth delivery following an agreement signed between Kenya Airways and the manufacturers of Embraer last year, for five jets.

"We are looking forward to receiving yet another jet in the coming months," said Kenya Airways' CEO Titus Naikuni on Tuesday.

The new 96 seater aircraft will join the growing family of Embraer jets that Kenya Airways uses for its regional operations in Africa, and helps fulfill the plans to build capacity that is more efficient for its Africa market which is the core focus for the Pride of Africa.

"With our route network expansion firmly on course, the addition of a new aircraft into the fleet is quite timely," he said.

Naikuni added that the increase



Kenya Airways new 96-seater Embraer E190 jet is popular for its regional operations in Africa.

In capacity had been necessitated by growing regional passenger and cargo demand, the ongoing expansion of the

KQ's route network and the need to modernize the fleet in line with global standards. The Embraer E190 is a Brazilian-built state-of-the-art regional jet. It has been

configured in a dual-class layout with 96 seats: 12 in business class and 84 in economy.

"The E-190 fleet brings to Kenya Airways an even higher level of technological advancement, lower maintenance and operational costs at a time when the trends in the global economy demand that businesses adopt efficiency in their processes," Naikuni said.

Embraer and Kenya Airways have finalized the contract for the acquisition of 10 Embraer E90 jets. The deal also includes purchase rights for 16 aircraft.

IMPROVED BEACH SECURITY PLEDGE

FROM FRONT PAGE forced Ms. Dedieu's live-in male labourer to take them to the main house.

The area police have, however, cast doubt on Ms. Dedieu's capture, as she had just returned from France with Mr. Lepapa.

A police source said "her employee is assisting us with investigations".

Local security forces will, however, have to do better jobs patrolling the joint border with Somalia, most of which is controlled by Al-Shabaab militants.

Though French and British agents have gotten involved in the search for the captives, their respective governments have now issued travel warnings to their nationals, who may be planning holidays to the north coast, which has sunny and immaculate sandy beaches.

Kenya's lucrative tourism industry has already brought in 400 million U.S. dollars so far but, more is expected since 600,000 visitors are enjoying their time in Lamu and other resorts.

Lamu, which is a UNESCO her-

itage site, is paradise to many visitors. It is unique as residents only use donkeys. It has no cars.

It is also East Africa's oldest and best-preserved Swahili settlement.

Pirates may have realized that Lamu is an easy pick from their normal hunting zones on the Gulf of Aden, which is patrolled by international navies.

The most hit area is on Manda Island opposite the up-market Shella town in the Lamu archipelago.

THE TAMARIND THIS WEEK

Wedding Anniversary

Weeks of conspiring and secret planning by their children culminated in a special surprise dinner party for Mr. and Mrs. Jane and Justin Ogwapit [inset] who celebrated their 40th Wedding Anniversary on board the Tamarind dhow, surrounded by close friends and family from Nairobi, Mombasa and beyond.



The sumptuous meal was interspersed with touching tributes, anecdotes, champagne and memories as guests shared their most cherished memories of the lovely couple.

The Tamarind Management and staff wishes them many more blessed years together. *Faiza Ayub*

For reservations, please call 474 600/1/2 or 0733 411 011

LEGENDARY SERAPHINO ANTAO

FROM FRONT PAGE recognised. Antao won gold in the short sprints during the era of post independence and such achievement requires recognition.

Balala said when he competed at the Commonwealth games in Perth, Australia at the height of his career the athlete brought a sense of pride.

"The athlete in life put this country on the World map and it would be right for the nation to honour him," he said.

Balala noted that as a Minister for Tourism, he will forward the name of the late runner through the Minister of Sports to be recognised as a national hero.

"Our athletes have propelled this country to a great level and the best gift that can befit the late is recognition. Therefore, he should become a legend," he said.

A relative to the late Antao, Ivan Fernandes urged the local government to honour the late Antao with one of the Mombasa roads.

"The runner broke the national records in Mombasa, trained in the town and achieved a lot of honours for this city and it would be appropriate if his spirit will live with us in Mombasa," he said.

The late Antao broke records in the 100 and 200 yards at the national level, East African championships and during the Commonwealth. He died in London after a battle with cancer.

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Thirty Two Years Ago

Coastweek, October 05 - 11, 1979:

A group of 25 members of Kenya Utalii College Staff led by College Head of Administration Joseph A. O. Ming'ala, hosted a three-day seminar at the South Coast, when they visited the Kisite Marine Park and Wasini Island Restaurant after discussions on "general administrative matters" affecting the College which the team wanted to discuss away from the Nairobi.

Tanzanian zoologist John Kundaeil, who was also Programme Officer for Africa at the International Union for Conservation of Nature and Natural Resources in Switzerland, warned that the population of the Black Rhino had dwindled to just ten per cent over the past decade.

Two Plants to produce power alcohol and polythene using sugar and molasses as raw materials were to be constructed at a cost of Shs. 280 million at Arusha.

The project - the first attempt in search for alternative energy - was jointly sponsored by the National Development Corporation and the Sugar Development Corporation.

Ted Kabetu represented Coast Province in the national Coca Cola squash tournament at Kericho, while members of the Mombasa Sports Club celebrated the installation of a new Billiard and Snooker table at the Club.

'Teeny boppers' enjoyed a whale of a time at REGAL Cinema with John Travolta and Olivia Newton John in the musical hit 'Grease'.

NAAZ Cinema was showing the first of a series of the boxing films 'Rocky' with muscle man Sylvester Stallone.

KENYA Cinema, had an adult look at a police detective with Frank Sinatra, Lee Remick and Jacqueline Bisset in 'The Detective'.

Mehmood was definitely the main man in 'Lakhon Me Ek' ('One in a Million') with Pran at CHOX.

Letter writers included Mombasa's Ezra K. Imbahale, Franklyn Pereira, Rainer Bornof, 'Disco Fans' and Musa Obieto who concluded "Money remains the root of all evils".

TOP TEN on the Charts compiled by 'Disco Bug' were "Gotta Go Home" by Boney M, "We Don't Talk Anymore" by Cliff Richard, "The Golden Lady" by Three Degrees, "Mama Can't Buy You Love" by Elton John, New Entry "Hoochie Coochie Dancing" by The Silvers, "I was made for Loving You" by Kiss, "Disco Dancer" by Music Machine, "Bad Girls" by Donna Summer, "Double Disco" by Fingers, New entry "Angel Eyes" by Roxy Music.

Seraphino Started The 'Gold Rush'

This is a tribute to the late athlete Seraphino Antao who made track history for Mombasa and Kenya.

Seraphino Antao was born in Makadara, Mombasa on 30th October 1937.

He was the first child to Diogo Manuel and Anna Maria Antao who hailed from Chandor in Goa - India.

He, together with his six siblings all, grew up in Mombasa and studied at the Goan School Mombasa.

At school, Seraphino discovered that he had an athletic prowess and participated in several sprint events and was member of the Achilles Athletic Club.

In 1957 he had the opportunity to participate in National Competitions in Nairobi.

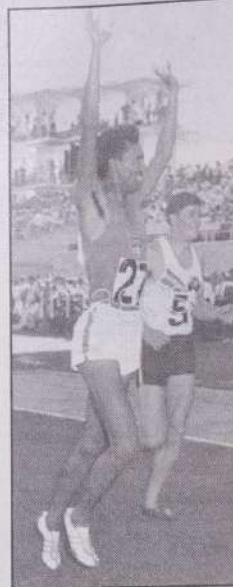
He trained on the Goan Institute grounds; at the Mombasa Municipal stadium and on the sandy beaches around Mombasa.

With his disciplined preparation and sacrifice he broke the Kenya National records for the 100 and 200 yards in 1957.

He also shattered the world record for 220 yards at our Mombasa Municipal Stadium and equaled the world record for the 100 yards in Ireland; unfortunately both were not ratified.

In hindsight I imagine this inspired him to sense his potential for becoming a world class Champion in athletics and to create an early vision that - Kenya must be a Nation of winning athletes - and that he was going to aspire to make that happen!

Seraphino was passionate about achieving more sporting fame for his young country, his



Seraphino Antao winning 100 yards Gold for Kenya at the 1962 Commonwealth Games Perth, Australia.

Community, his family and himself.

He took part at the Commonwealth Games held in Wales in 1958, and in 1960 participated in the Olympic Games, which prepared him for the zenith of his athletic career.

In 1962 aged 25, Seraphino competing against seasoned world class athletes, won Kenya's very first Gold medals at the Commonwealth games

held in Perth Australia; clocking an amazing 9.5 seconds for the 100 yards and 21.1 seconds in the 220 yards - A great sprinter - 'as fast as a Cheetah'.

Following his double gold win - Kenya's late President Jomo Kenyatta sent a telegram to Seraphino which read:

To Seraphino Antao Commonwealth and Empire Games Perth.

You have really become Kenya's priceless jewel in sports and a shining athletics star.

Please accept our profound appreciation of your tremendous success. - Jomo Kenyatta

His vision of making Kenya a Nation of winning athletes - was humbly realized as he was first to sprint across the finishing line; winning the very first Gold medals for Kenya at the 1962 Commonwealth games held in Perth Australia.

A win that not only made his vision come alive but also inspired Kenyan athletes to follow with many more golds - and to quote Seraphino - 'In a way I started the Kenya gold rush'!

Seraphino continued his athletic career winning several gold medals in East and Central Africa.

He was the flag bearer for the Kenya Olympic team for the 1964 Tokyo Olympics.

He eventually passed leadership to long distance runner Kipchoke Keino.

He emigrated to the UK in 1965 where he took up employment and continued as an athletic coach.

He returned for visits to Kenya in 2003 and 2005.

Sadly Seraphino Antao passed away in London on 6th September 2011 after a brave

battle with cancer. The late Seraphino Antao was a pioneering athlete from Kenya - the fastest Goan sprinter in the world, who brought athletics glory to Mombasa, Kenya, Goa and India.

He has left a unique and inspiring legacy especially for the people of Mombasa.

His distinctive and historic contribution, made by winning Kenya's very first Gold medals at the Commonwealth games and being recognized by the late President Kenyatta as Kenya's priceless jewel in sports and a shining athletic star, is living history that we must continue to remember.

At a memorial service held in his tribute in Mombasa on October 1st, 2011, and which was attended by the Hon Minister Najib Balala Kenya's Minister for Tourism; the Assistant High Commissioner for India and the Hon. Portuguese Consul; the Goan Community Mombasa made a call to the Government of Kenya, to name a road in Mombasa in memory of Mombasa's Golden National athletic hero, Seraphino Antao.

We look forward to seeing 'Seraphino Antao Road' in Mombasa.

In this way we will remember and keep his legacy alive in the future and his spirit will live on.

May his outstanding contribution to the Kenyan; East African and International athletic arenas be always remembered, and the fame and motivation he brought to East Africa be forever etched into the legacy of the Heroes of Kenya, East Africa and Goa.

Ivan Fernandes, on behalf of Goan Community, Mombasa.

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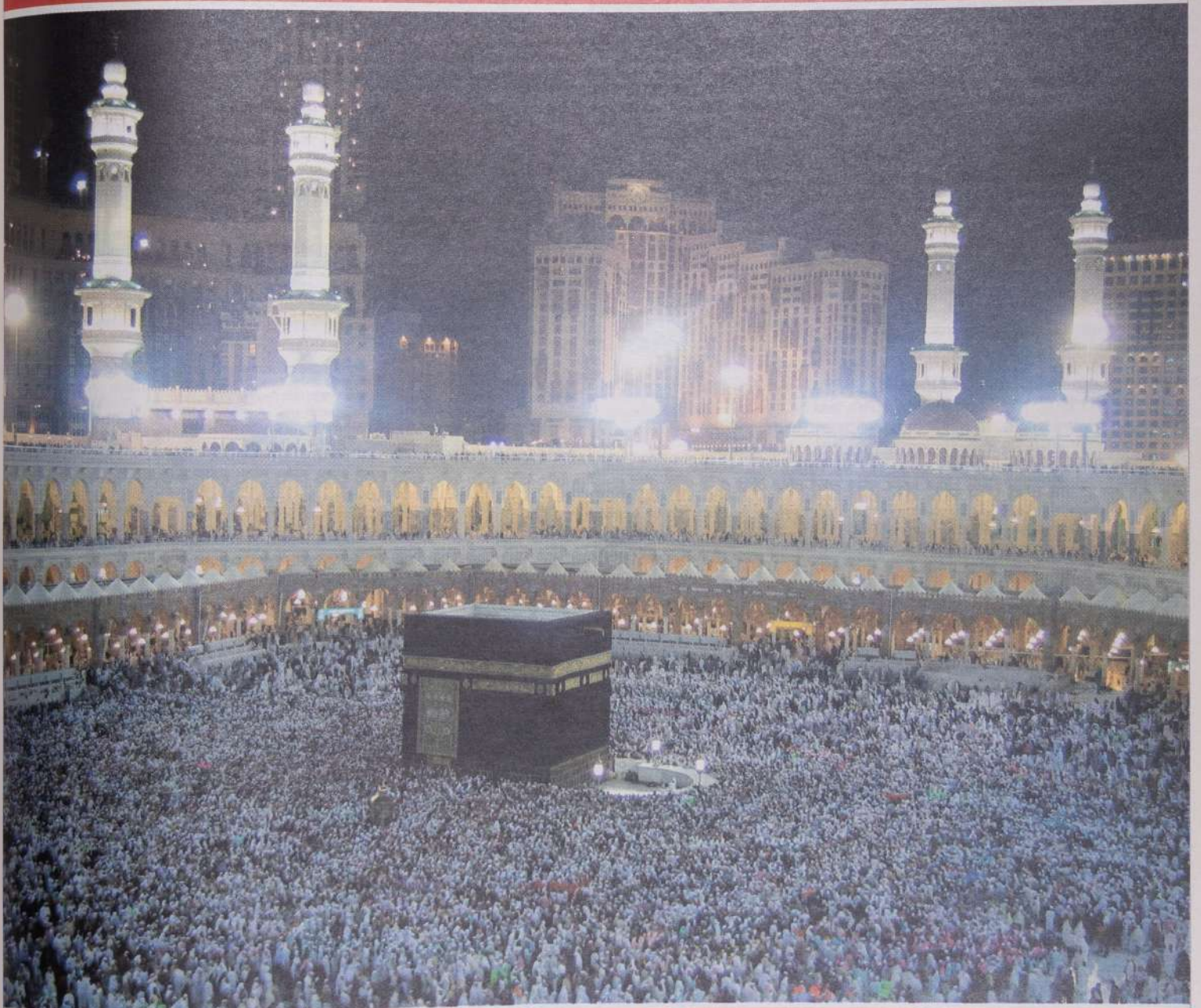
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'We Have Been Conditioned As Kenyans To Think Serikali This Or Serikali That And Not Mimi This And Mimi That ...'

In this final look at why we could be having a traditional peak of road accidents in August and September we consider some other factors that can kick in at any time - day or night - but that also contribute to accidents.

Though not given the respect that it deserves, weather is an important component in accident causation.

The current climate in our country is unpredictable to say the least.

One never knows where they are going to find rain even in the dry season.

A change in the weather can cause changes that if the driver does not adjust their thinking or driving style, then a small trigger can cause an accident.

If one is driving on a dry road and it starts to rain, the driver needs to be aware that the response of the vehicle to some of the control actions by the driver will change.

With sudden large down pours large quantities of water will be deposited on the road and when one drives at speed the car will begin to ride or float on the water and the driver will lose control both when steering as well as when braking.

If the road has been dry for the best part of a week and then one gets a drizzle, the amount of rubber deposited on the road by tyres will create a slippery surface for the first half an hour or so of the drizzle.

Anyone driving at that time is likely to experience the car sliding and not responding positively to steering or braking.

Rain can also change visibility.

Those who use light sensitive spectacles or sunglasses - whether prescription or simply cool shades - will need to appreciate that the response of the glasses is not immediate when it suddenly gets dark due to the rain clouds coming over.

This means that some of the detail the driver was used to seeing could be lost and this small lack of detail could be the one that leads to an accident.

When it starts to rain, whether a drizzle or a storm, and when the lighting changes, whether to darker or lighter, the simple thing to do is to slow right down and adjust one's driving style to the conditions that become evident as a result of the change.

Another possible cause of the accidents that we have been seeing is the likelihood that the drivers have not had sufficient rest or breaks.

Many organisations especially those in the transport business, want to maximise on profits and in the process minimise their cost outlays.

They tend to have incentives for drivers to arrive as quickly as possible to their destinations.

This means that the driver has the tendency to drive fast and in the process take risks that they would not normally take.

Sometimes, it is the passengers who encourage the driver to drive faster than he should as they enjoy the thrill of speed or some of them want to get to their destinations quickly.

The pay is also not necessarily commensurate with life expectations so drivers are tempted to take extra journeys to earn more money.

In this incessant cycle to cram as much driving for extra pay or overtime, the rest time is sac-

rificed and the driver becomes a tired machine that is driving a machine that is very demanding in terms of attention and alertness.

In reality a driver who has been on the job for more eight hours should have a minimum of eight hours sleep before they next drive.

Ideally they should not start the next journey until at least twenty four hours from the time they started the last one.

If one drives for three consecutive days then they should have at least a two day break before starting on the next set of consecutive day trips.

Whilst the rest in between journeys is important, the rest within the journey itself is equally important.

Research suggests that a driver should stop and take a fifteen minute break every four hours.

CoastDrive with Teti Kamugunda



It is also recommended that they should stop every two hours and stretch for five minutes.

I wonder how many passengers would be comfortable with a bus that stops every two hours for the driver to rest.

Many passengers would get impatient and urge the driver to continue but to what peril?

They would be putting their own lives in danger through encouraging haste.

These rest periods is very rarely applied by transporters in this country and there should really be a requirement by law that stipulates the rest periods and also the working hours that are expected of drivers.

Ordinary drivers like us should also drive and rest as stipulated above.

There are also certain periods when one is more likely to get drowsy behind the wheel.

This will depend on how much sleep one has had, the last time one ate any substantive meal and also the state of inebriation of the driver.

If one has not had sufficient sleep of say at least six hours then one should not drive for long distances.

If one hasn't had sufficient sleep over two or more days then one should not drive at all.

Food has an interesting effect on our alertness.

Most of us know that about two hours after having a good meal, one tends to feel drowsy.

This time is a bad time to be behind the wheel of a vehicle.

If one is to drive then it is best to have a small snack or a couple of fruits to take the edge of hunger and to top up every two hours or so with simple snacks.

This will ensure that the driver remains alert.

There is also medication that can cause drowsiness and if the driver does not take care, the medicine could be the reason why they go ten feet under.

There is quite a range of over the counter medicine has sleep inducing components.

A good pharmacist will tell you which ones but it is the discipline of the driver that will decide whether they will take the advice of the pharmacist, ignore the

CONCLUDED PAGE NINE

LIFE IS JUST A LAUGH



"Say 999."



"Never mind about being 'Game for a laugh - do you, or don't you?'"



"What do you give a man who's got everything? A begging letter."



"It's about some shampoo I bought to clear dandruff..."



"I'm afraid my wife's out at the moment, and she has my opinion."



"If I get rid of it, where will I rest my pint pot when I'm playing darts?"

Don't Miss ... Shaggy Dog Show At The Shanzu Girl Workshop

Yes it is that time of year again where the KSPCA is holding its fundraising event the KSPCA dog show.

KSPCA Annual Dog Show is taking place on Sunday 9th October at Shanzu Transitional Workshop (Shanzu girl guides campsite)

Not only is it a great family day for you and your pet, but it's a great opportunity to support the many animals that by no fault of their own ended up at the shelter.

You can support by either, buying your pets food from our stall, becoming a member or coming in as a spectator.

While at the show you have also the opportunity to shop at the shanzu girl guides gifted hands shop lots of likoy items sold at reasonable prices to support the girls at the centre.

There is lots of shade around for both the dogs and spectators.

There are watering points but please remember to bring the dog's water dish. Dogs must be kept on the lead at all times and should be vaccinated.

The event will start at 11.30 am.

There are lots of lovely Foods to be won.

Rosettes and prizes go to 3rd place.

Classes are: Best Puppy, Best pedigree, Best Veteran, Fancy Dress class, shaggiest dog, judges favourite, Best KSPCA dog, waggish tail, and fancy dress.

Of course no self-respecting fundraising activity would be complete without a raffle and absolutely fabulous prizes are there to be won.

Lots of snacks and drinks sold in aid of KSPCA.

We look forward to seeing the many pets in and around Mombasa.

Give your dog a day out, he or she may win a prize and you will have a great day out. See you there!

'We Have Been Conditioned As Kenyans To Think Serikali This Or Serikali That And Not Mimi This And Mimi That ...'

FROM PAGE EIGHT advice or take the risk anyway. So imagine this scenario. August holidays and schools are shut.

Plenty of travel is planned either on holiday or simply to ferry people around. Bus companies realise that there is money in the air and they cannot increase the number of drivers they trust.

So in order to meet the peak, drivers are encouraged or asked to work overtime. They work and they begin to get tired and fall ill - but they want to cash in on the windfall.

The drivers will go get medicine or use whatever it is they can to keep themselves on the job. Others will look for medication or stimulants to keep them awake so they can earn more. Get it?

Will you be the one in the vehicle that this driver is driving? How will you know? Do you dare ask? Is it for the government to do something or for you to do something? After all it is your life not the governments?

We have been conditioned as Kenyans to think *serikali* this or *serikali* that and not *Mimi* this and *mimi* that.

We must take the latter stance and begin to individually demand what we want. Legislation and enforcement alone will not drive change. All it will do is to drive people to find ways of hiding what they do that is wrong.

Change in the mentality of those whom we entrust our lives to is the only way that we can be sure that driving habits will become better. As Kachumbari says, if we do not change our bad behaviour to others also on the roads ... then, we are likely to die!

A Review Of Some Of The Basic Concepts Behind Ayurveda And The Importance Of 'Swastha Vritha'

From time immemorial, man has always tried to find out ways to lead a healthy life devoid of ailments, or with minimum of them. Cleaning the mouth after food, washing feet after travel, taking bath etc... are all part of them.

Similar searches range from unchangeable scientific knowledge of sages to selfless and dedicated hard work of saints for human welfare.

Ayurveda stands for the unchangeable scientific knowledge of lifespan.

It is not merely a medical science, but a way of living.

Ayurveda is not merely about how to prevent and cure disease but also about how to live a happy and useful life.

As per text books, Ayurveda is supposed to have a divine origin which was passed on to the humans through the saints, dating back to thousands of years.

BASIC PRINCIPLES:

Some of them are:
• *Panchamahabhootha* theory - Theory of five elements.

It says everything in the universe is made up of these five elements - Earth, Water, Fire, Air and Space (ether).

Uniqueness of any object is based on the predominant element in it.

• *Tridosha* theory - Theory of three dosha - *Vata*, *Pitha* and *Kapha*.

Harmonious coexistence of these three dosha is health and their imbalance is ill health.

Although the dosha are not practically visible, we understand them based on the actions attributed to each of them.

Vata dosha is related with the nervous system and the movements of skeletal system.

Pitha dosha is related with the digestive system and blood, metabolism in general.

Kapha dosha is related with fluid balance, lubrication of joints, nourishment.

At harmony the actions associated with the dosha happen in a normal way.

If the dosha are imbalanced, the actions are abnormal.

Thus when we see abnormal actions associated with the dosha, we assume that the dosha is / are imbalanced.

Also, each dosha has certain property also.

Vata is light, cold etc...
Pitha is hot, fluid etc...

Kapha is heavy, cold etc...

Based on these, the predominance of *Vata*, *Pitha* and *Kapha* is also considered in relation with a person, geographical region, body, day, night, year / season etc.

BRANCHES:

Ayurveda has eight branches.

- *Kayachikitsa* - General medicine
- *Kaumrabhritiya* - Paediatrics
- *Salyatantra* - Surgery
- *Salakyatantra* - Explains ailments and conditions dealing with neck and above
- *Agadatantra* - Forensic medicine and Toxicology
- *Bhoothachikitsa* - Psychology

But whatever the reasons be, those people who follow at least a majority of these suggestions feel more light and healthy and are more comfortable and happy with life.

and Psychiatry

- *Fasayanachikitsa* - Rejuvenation and geriatrics
- *Vajeekaranachikitsa* - Aphrodisiacs and infertility treatments.

In addition to or within these branches, topics of Basic principles of Indian philosophy, Anatomy and physiology - in Ayurvedic concepts, Pharmacognosy (study of medicinal herbs), Pharmacology (study of medicine preparation), Social and preventive medicine, Pathology, diagnosis and prognosis of various diseases, Gynaecology and Obstetrics etc. are also explained in detail in Ayurvedic textbooks.

For practical purpose, Ayurveda science can be explained under two major heads - *Swastha vritha* (study of maintenance of health, thereby preventing untimely ailments) and *Athura vritha* (Study of disease and treatments)

SWASTHAVRITHA - Social and Preventive Lifestyle

The three major topics under this are:

- *Dinacharya* - Daily routines
- *Rithucharya* - Seasonal routines
- *Sadvritha* - Proper conduct

Rithu (seasons) vary in different places / countries.

So, in this article, we are explaining only about *Dinacharya* and *Sadvritha*.

Dinacharya - Similar to this universe, human body is, as well, supposed to be in tune with the natural clock. Among these clocks, the day night cycle is the most important. Based on the three dosha, Ayurveda explains about the *Kapha* cycle, *Pitha* cycle and *Vata* cycle, in that order, during the day as well as during the night.

Based on these, *Dinacharya* (Daily routines) have been explained.

The approximate time of these cycles where the particular dosha is most prominent, during the day / night (considering Sunrise at around 6 AM) is as follows:

- Kapha* - 6 AM - 10 AM and 6 PM - 10 PM
- Pitha* - 10 AM - 2 PM and 10 PM - 2 AM
- Vata* - 2 PM - 6 PM and 2 AM - 6 AM

The important points of *Dinacharya* are:

- Wake up and associated activities
- Lunch
- Dinner and Sleep

Wake up: According to Ayurveda, a person should wake

up at 'Brahma muhoortha'.

Considering a physiological interpretation of Brahma muhoortha, it could be different for different persons.

Kapha predominant persons need to sleep less than *Pitha* predominant person, which is still lesser than *Vata* predominant person.

So, for *Kapha* predominant, *Pitha* predominant and *Vata* predominant person, the Brahma muhoortha can be considered to be two hours before Sunrise, one hour before Sunrise and Sunrise, in that order.

By getting up during a *Vata* period, a person gets the advantages of lightness and

avoid heavy dinner. Do not go to bed immediately after lunch or dinner.

Heavy dinner is to be avoided so that the digestion will be easier.

The extra energy for digestion can be utilised for repair of damages caused by daily activities.

Do not take bath or engage in heavy physical activity immediately after food.

Bed time: Follow the principle - early to bed and early to rise make a man healthy, wealthy and wise.

Preferable time will be around 9.30 PM, at the end of *Kapha* cycle.

not be misused. Eg: Looking at a bright object for a long time OR walking a very long distance at a stretch.

Daily bath, proper grooming, proper dressing etc. should be practised.

Try to be in the company of persons with good thoughts and deeds. Try to be constructively active with body and mind.

Regarding eating habits, the following points are important:

- Pay attention to the call of nature before eating.
- Wash your hands, face and feet (may be, when you are at home) before you eat.
- Pray and thank Nature for providing you food.
- Concentrate when you eat; avoid watching TV etc.
- Food should preferably be warm.
- Half the stomach should be filled with solid food, one quarter by liquids and the other quarter empty for air.
- Do not over eat or eat untimely.

Some of the points mentioned above may be completely contradictory to what most of us practise.

Getting up early, not watching TV in bed, respecting elders, avoiding late and heavy dinner, sleeping early etc. are just a few among them, which most of us could not do because of various reasons like habit, profession, social situations etc.

But whatever the reasons be, those people who follow at least a majority of these suggestions feel more light and healthy and are more comfortable and happy with life.

Do not read, eat or watch TV in bed.

It will be good to observe about the constructive activities that the person did on that day, before going to bed.

Sadvritha - Proper conduct is very important for maintaining health.

Proper manners, respecting teachers and veterans etc. are all part of proper conduct.

Improper conduct by word, act and body should be avoided.

Helping the needy, respecting veterans, teachers, guests etc. should always be practised.

Organs / Sense organs should

SAVE THE KSPCA **SAVE US !!**



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THIS WEEK IN PHOTOGRAPHS



German Ambassador Margaret Hellwig-Boette planting a tree in memory of the late Prof. Wangari Maathai at Sarova Taita Hills Game Lodge. The German ambassador was officially opening a two day Capacity Building Workshop on Climate Change and Wildlife Management in Kenya sponsored by the German Government. Looking on is the Sarova Taita Lodges Senior Manager Willie Mwandilo and Sarova Taita Lodges Senior Warden, Taita Hills Wildlife Sanctuary, Richard Obanda.



Regional General Manager, Sarova Hotels, Coast Region Mohammed Harsi welcomes Ms. Jessica Cox, the world's first licensed armless pilot at Sarova Whitesands Beach Resort and Spa. She was in the country to encourage Kenyans with disabilities that disability is not inability and anything is possible.



The General Import East Africa of Paulaner beer Michael Volker Schardt (left) with Susan Wambui, Catherine M. Wanjiru and Marcel Huntiker, one of the organizer of the Octoberfest displays a Giant beer glass during a celebration to mark the event held at wild waters over the weekend.



The following week on the 1st of October, 2011, was another fruitful activity done at Bamburi Village for the Blind. Ration - Cooking Oil, Kimbo, Sugar, Kidney Beans, Green Grams, Washing Soap and two bales of Maize Meal worth K.Shs. 10,900/=-, was donated. Once again, fifty Ashoka trees, a mango tree and a Guava tree were given and planted. Ladies, let us all pledge to make and save our environment. A thought to reflect on- "The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service, The fruit of service is peace" - Mother Teresa.



The cerebral palsy annual event was held at the Kikambala Thorn Tree Ranch in Mombasa. There were 800-1,000 people who came out to support this event which was in the form of a food festival with various hotels displaying their wares. Entertainment included a live band and the cerebral palsy kids (shown in the photo with Fidelity staff) who performed in order to try to raise funds for the running of the school. The school supports over 50 needy kids who require trained specialized equipment and teachers to attend to them. This annual event raises money through support from the local community in the form of sponsorships, attendance from the community at large and auction of various resorts services. The aim each year is to raise a minimum of Kshs1.5m and this year's target was to enable the school to purchase the plot on which the school is situated.

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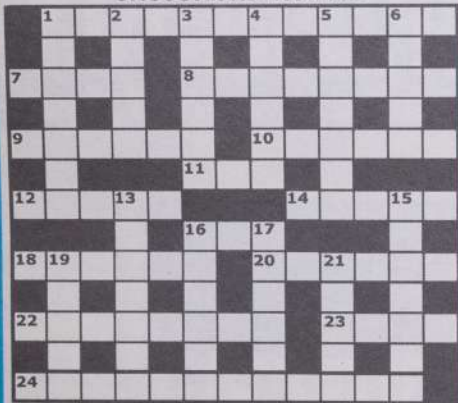
SUNDAY LUNCH: A family day out for two including lunch and swimming at Sarova Whitesands, Mombasa will be awarded to the winner. The next draw for the winning entry will be **12th October, 2011** by **10.00 a.m.** Completed Crossword should be sent to 'Prize Crossword' COASTWEEK, P. O. Box 87270, Mombasa, Kenya or dropped off at Coastweek offices.

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CROSSWORD NO. 002



CRYPTIC CLUES

ACROSS

- 1 Criminal improperly rebukes a hero (12)
- 7 Fast company (4)
- 8 Spring mist surrounds first rugby game (8)
- 9 Flip, child's horse has gone out backwards (6)
- 10 Cockleater gives back permit to take pill (6)
- 11 This man is always in agreement (3)
- 12 Knife end dipped in water during row (5)
- 14 Inhabitable alien returns to beastly home (5)
- 16 Top radiotelegraphy skill (3)
- 18 Sailors go to America to see old city (6)
- 20 Toothy beast leaves rubbish all round lair (5)
- 22 Cancellation of sailor's meeting with playwright about one (9)
- 23 Not working with one decilitre of energy (4)
- 24 GP resigns his new position through excessive propriety (12)

DOWN

- 1 Greet Reg staggering in with toletry (4,3)
- 2 Demoralise peacemaker? (5)
- 3 High praise for leg, you might find! (6)
- 4 Engineer turns and shows interest (6)
- 5 Friendly couple of fellows in a fit environment (7)
- 6 Recall Adam's misssus - it's all right inside (5)
- 7 Smashing girl gets newspaper to provide cleaner (7)
- 8 Pins and needles used to modify singlet (7)
- 9 Idiot is taking one to animal lover's home (6)
- 10 Rev is found in fish channel (6)
- 19 Warning light shown in dream Berioz work (5)
- 21 Go to parking area (5)

NAME.....
ADDRESS.....

SOLUTION TO 'PRIZE SUDOKU' NO.218

9	6	7	5	1	8	2	4	3
5	3	2	9	4	7	1	8	6
1	8	4	6	3	2	9	5	7
6	9	5	7	2	4	8	3	1
8	4	3	1	5	9	6	7	2
2	7	1	3	8	6	4	9	5
7	2	6	4	9	3	5	1	8
3	1	9	8	6	5	7	2	4
4	5	8	2	7	1	3	6	9

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Mombasa Triathlon Open Water Swim Challenge Set For Sunday

With a day to the sixth in the series of races in the 2011 calendar year, the Mombasa Triathlon is set to a new level with the new office bearers in place.

The Open water swimming is set to take place at the Nyali Beach area starting at 10:00am on Sunday and expected to finish at 2:30pm where the medals will be presented to the winners.

Special Report by
SULEIMAN SAID ABEID

The swim will be in an open water which is clean and safe due to the creek guard and the format has been simplified to give assurance to the swimmers on the new swim course.

The new interim office bearers include the Secretary Mr. Murtaza Mohamedali, Mrs Memuna Khandwalla as his assistant Secretary, The Treasurer is Nassir Said who also the treasurer at the Kenya Red Cross and holding many



posts, while assisted with Adam Adamjee who is a prominent businessman in Mombasa.

The post of the chair was asked to be headed back by Suleiman for a period as Suleiman wants to give attention on the development

of the athletes.

"I am happy with the new team, I have confidence in them and we will all deliver quality to our Athletes as we owe them the best" Suleiman comments

The Vice Chair is held by Gianni Shanzella who is a triathlete and a business man

in Mombasa.

The new team is set to make a big change in sports at the Coast and Kenya at large.

For more information or registration, please visit www.kenyatriathlon.com or call Mr. Suleiman Said on 0722415093 or the Secretary Mr. Murtaza on 0734312252

"Time For Change In Soccer Leadership"

Solwodi Ladies Sports Association (Solasa Sports) director, Elizabeth Shako, the only woman to contest the national top seat during the soccer elections has appealed to the government to sort out "bogus" clubs and delegation before elections are held.

Elizabeth said there was need to make sure the leaders are elected in free and fair elections.

"Many clubs are non-existence and those behind submission of bogus clubs and delegates should be investigated and legal action taken against them," said.

She added that it was necessary for Kenya to have a total change in soccer leadership.

She further accused the current leadership of failing to raise the standard of the sport and bringing football to its knees, sadly paying very little attention to women and youth football.

Eliza asked clubs to elect leaders who are development minded and reject those who are not interested in the promotion of the sport are there for their personal interests.

Eliza said she is an experienced soccer leader who chaired one of the two top Coast ladies soccer clubs, Solwodi Ladies Football Club for over 10 years and organised successfully the first ever National Women Premier League which involved 12 teams and held all over the country last year.

"I've also being part of the organisation of the annual National Jamhuri Cup competition being held in Mombasa for the past many years and other youth, women and men competitions," she said. She has also been an executive committee member of the Kenya Football Federation (KFF) Mombasa sub-branch.



Elizabeth Shako

COAST BRIDGE with C.P. SHAH

In the following hand North-South played a tricky Six Diamonds contract.

DEALER: SOUTH NEITHER SIDE VULNERABLE BIDDING:

EAST	SOUTH	WEST	NORTH
ONE DIAMOND	ONE SPADE	DOUBLE (1)	THREE SPADES
FOUR HEARTS	FOUR SPADES	DOUBLE	END

1. Negative Promising Hearts. Declarer won West's King of Spades lead with Ace and cashed the King of Trumps, observing the fall of West's Knave, presumably a Singleton.

He cashed the Ace of Clubs, in case there was a Singleton Knave.

He then crossed to the Ace of Trumps (West discarding) and followed with a Second Club.

When East followed low Declarer made the key play of finessing the Ten.

Assuming West holds the Ace of Hearts, he needs to

NORTH					
♠	Q	9	4	3	2
♥	Q	J	4		
♦	5				
♣	9	6	3	2	

WEST				
♠	A	8		
♥	A	8	3	2
♦	9	8	7	6
♣	K	10	5	

EAST				
♠				
♥	10	9	6	5
♦	A	K	Q	J
♣	Q	J	7	4

discard Dummy's two remaining Spades immediately.

This requires East to hold Four Clubs.

Ten of Clubs won the trick, so Declarer could now follow with the King - Queen, discarding Dummy's Spades.

He then ruffed a spade with Nine of Trumps, (East discarding a Heart) and led King of Hearts.

West could do no better than win the Ace and lead a Spade, but Declarer left East powerless by ruffing with Dummy's remaining low Trump.

East chose to overruff but Declarer in turn overruffed, drew East's last Trump, cashed his Fifth Club and scored the last trick with Dummy's Queen of Hearts.

Twelve tricks and small slam made.

SOUTH					
♠	K	J	10	7	6
♥	K	7			
♦	10	3	2		
♣	A	8			

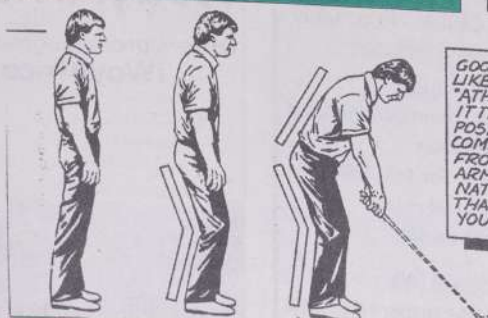


PHOTO COURTESY OF GILBERT ONCHOKE

ST. PETER'S CHURCH CHARITY GOLF DAY

Akil Mughal [left], winner during St. Peter's Church Charity Golf Competition at Nyali Golf and Country Club, receives a prize from Rev. Mwangombe of St. Peter's Church.

Be Athletic At Address



GOOD SWINGS ARE MORE LIKELY IF YOU SET UP IN AN "ATHLETIC" POSITION. THINK OF IT THIS WAY. FROM AN UPRIGHT POSITION, FLEX YOUR KNEES COMFORTABLY, BEND FORWARD FROM YOUR HIPS UNTIL YOUR ARMS HANG EASILY AND NATURALLY. THAT'S IT! CLUB IN HAND, YOU'RE READY TO GO.



EXCLUSIVE - GREG NORMANS' GOLF LESSONS

Licensed Singles 2011

On Saturday 1st October and Sunday 2nd October 2011 Lawn Bowlers gathered at the Mombasa Sports Club Bowling Green for a Kenya Bowling Association's Licensed Singles 2011.

A singles tournament which tests the bowlers specific techniques and concentration and stamina.

Bowling section secretary Bhogje Doshi welcomed all the bowlers to the Tournament and handed the Green to KBA, represented by Andrew Jones, to run the tournament.

This year we had a total of 12 bowlers participating; 6 from Mombasa, 3 from Nairobi and 3 from Limuru.

The format of play was on league basis with each bowler having to play 4 games each.

Then the winner and runner-up from each league will go on to the semi final and winners of each semi-final will end up in the final.

On Saturday 1st October 2011 rains added a hurdle for the bowlers, making the Green heavy hence hindering smooth roll of

the woods. This is when experience of the bowlers helps in overcoming the hurdle.

Sunny Sunday 2nd October 2011 turned out to be a very interesting day.

Both the Semis and Finals were played very competitively. In the semi-finals Limuru played against Nairobi.

Both Nairobi players Andrew Jones and Charles Wambugu proceeded into the finals.

GOLD MEDAL

The final lasted for two hours with Andrew Jones taking the Gold Medal and Charles Wambugu settling for the Silver Medal.

Prize giving followed where the KBA Chairman and winner, Andrew Jones thanked the Mombasa Sports Club for hosting the tournament and the great hospitality accorded to all the up country bowlers.

The Captain Bakir Ganiwalla thanked all the bowlers for participating and supporting the tournament.

Extended invitation was given to all for the Coast Open 2012 during Easter holidays.

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MOMBASA AND NAIROBI

32ND LOHANA SPORTS CULTURAL FESTIVAL

Dar es Salaam Lohana Community will host the much awaited 32nd Lohana Sports and Cultural Festival in Dar es Salaam (Haven of Peace) during the Christmas holidays of 2012, confirmed Subhash Modi, hon. PRO of the festival.

Teams are expected to participate from Mombasa, Nairobi, Nakuru, Kisumu, Kampala, Mwanza and Dar es Salaam (Hosts), according to the Secretary General Manish Rughani.

The festival was first hosted in 1974 by Kisumu Lohana Youth League the founder members of the festival are DP Mandavia (Kisumu), Subhash Modi (Nairobi) and Jayant Badiani (Kisumu). The first Secretary General of the Festival was Natubhai Nathwani from Mombasa.

Manish Rughani is very pleased with all the East African Lohana Centres for the valued support towards the festival and he will be working closely with the members of the Executive Committee who are:

Sachin dawda, Amit Modi, Prahlad Nathwani, Situ ramji, Vinay Dawda, Nitiksha Karia, Poojan Kanabar, Chandulal Thakrar, Rameshbhai Karia, Nayan Chotali, Jayesh Raja, Hemal Sachdev, Tilak Ruparel and Dr. Vishal Laiseta.

Lohana Community of East Africa have produced many outstanding and remarkable sportsmen and sports ladies who have brought glory and fame to East Africa and to the Lohana Community in general.

According to Manish Rughani, the festival is expected to bring about 1000 people in Dar es Salaam for the festival including the participants, officials, supporters and well wishers.

Congo To Take On AFC Leopards

All roads will lead to the Mbaraki Sports Club on Sunday where the local "daring" team, Congo United FC play host to the visiting mighty AFC Leopards in an eagerly awaited FKL quarter final match.

If history repeats itself, then Congo United are hotly favoured to book their place in the semi-final as they defeated Gor Mahia when they had just won their local derby against Leopards last three months.

This time, Leopards had just beaten Gor so it is up to Congo to prove their superiority in beating Leopards on Sunday in a match expected to attract a capacity crowd.

Congo United FC Technical Director, Aref Baghazally appealed to Coast soccer fans to outnumber AFC Leopards supporters and cheer their team to victory.

"We hope our fans will turn up in great number to cheer our win the game," said Baghazally.

PHOTO: ABDULRAHMAN SHERIFF



The Moving the Goalpost (MTG) out of school ladies soccer team is currently preparing to take part in ladies football competitions expected to take place in various places within Coast Province and up-country. The team is one of the best ladies sides in the province.

The Congo official said by turning up in great numbers, their supporters will be helping them to raise money intended for the players' salaries.

"As we've said before we need funds for the day to day running of club affairs," he said.

At the same time, Baghazally said though the club faces financial crisis, the players have vowed to fight tooth and nail to

make sure they remain in the country top Kenya Premier League (KPL) next season.

Currently they are third from bottom of the table.

Meanwhile, Mombasa's Sparki Youth clash against JKUAT of Nairobi in a Nationwide Division Two league match at Ronald Ngala Primary School ground tomorrow.

On Sunday, the Coastal team faces Bedjoz at the same venue.

Kaya Zosi of Ukunda will be at their Ukunda Showground to play host to Bedjoz tomorrow and JKUAT on Sunday at the same venue.

Kaya Zosi has been in the recent day a difficult team to beat at their home ground.

League leaders, Gatundu Stars FC from Central Province will have a difficult time when they play guests to Coast United at Tudor Secondary School ground tomorrow.

Gatundu faces Gunners at Refineries ground on Sunday.

Gunners are expected to have an easy time in beating Kawangware FC of Nairobi tomorrow at Refineries ground.

Coast United takes on Kawangware at Tudor Secondary School ground on Sunday.

Other league matches set for tomorrow involves Black Mamba against Huruma at Kaloleni ground, Nairobi, Commercial playing Kibera Celtics at Thika BAT ground and Green Berets tackling Moyas at Ruiru ground.

On Sunday, Commercial entertains Huruma at Thika BAT ground and Black Mamba meeting Kibera Celtics at Kaloleni ground.

The winner and the runner up of the league get promotion to Nationwide Division One league whose winner and second placed are promoted to KPL.

Prison Prepare For World Championships

BY KIMATHI KAMAU NAIROBI, (Xinhua) - African champions Kenya Prisons have named an 18-strong squad for the 2011 FIVB World Clubs Championships scheduled to run from Oct. 8 to 14 in Doha, Qatar.

Experienced and inspirational Brackides Agala will captain the team which is returning to Doha for the global event for the second time in as many years.

Agala said they are aware that the task ahead is mammoth but remained hopeful that the African

champions will put their best foot forward and qualify for round two of the event.

"Everybody in our team is positive about the Championship and all of them have promised to play to the best of their ability to help the team improve its performance," she said in Nairobi on Tuesday.

There were no major surprises in the team with regulars making the World Clubs Championship final squad.

National team player Judy Tarus as expected was named libero alongside Elizabeth

Wanyama with Lydia Maiyo, Mercy Moim and Everline Makuto being named attackers.

The experienced Prisons also have Diana Khisa and Agala, both members of the national team.

The World Clubs Championship involves 2011 continental winners but Europe has two slots due to their position as cup holders.

The Prisons are drawn in Pool A together with European champions Telekom Istanbul of Turkey and Mirador of the Dominican Republic. Pool B comprises of South America champions Osasco Voleibol Club of Brazil, Rabita Baku of Azerbaijan and Asian winners Chang of Thailand.

"We're not going to underrate any team," said head coach Lung'aho. All the teams in the Championship have an advantage over Prisons in terms of exposure but this factor won't deter our determination to go past preliminary round on this occasion," he added.

Foreign-Based Soccer Players In Kenya

BY KIMATHI KAMAU NAIROBI, (Xinhua) - Foreign based players started arriving in the Kenyan national team's camp on Tuesday ahead of Saturday's crunch 2012 Nations Cup qualifying encounter with neighbor Uganda in Kampala.

Head coach Zedekiah Otieno on Tuesday confirmed the team's captain, Dennis Oliech, who plys trade with French Ligue 1 side AJ Auxerre, Romania based Jamal Mohammed (FCM Targu Mures) and Albania FC Tirana's James Situma has joined in the squad.

"We deferred our training to later in the afternoon to give the three a chance to train with their team mates.

"Despite the reports from Kampala saying their team is struggling, we shall concentrate on our plan for the game," said Otieno.

With more than 2,000 Kenyan fans planning to travel to Kampala for the game, the largest away contingent in the team's history, Otieno noted it had added more fire to the belly for a team that is

yet to secure a visiting victory at the 2012 Nations Cup qualifiers.

"It's encouraging to the team that many fans will travel to Uganda to support their side and this is a good gesture that has made the players train with more purpose for the game," said Otieno.

He declined to divulge the travelling details of the side to Kampala from the Western town of Mumias, close to the Ugandan border, where they have been based for the past fortnight.

"What I know is that we shall honour our match and we will not stay after it ends. We will be definitely there."

Kenya gave themselves a slim possibility of making the Nations Cup in Group J when Oliech scored a last-gasp winner in their home game against Guinea Bissau in September as pool leaders Uganda went down to Angola.

A victory for the visitors in Kampala, coupled with Angola failing to win against Guinea Bissau, will give the Harambee Stars the sole Equatorial Guinea/Gabon Nations Cup ticket from their group.

Coast Pekee Face Kongonis At 'Mombasa Sports Club'

HISTORY will be written at the Coast this weekend as Supersport will for the first time ever, televise the EAC 50-over and EAPL 20-over cricket matches at the Mombasa Sports Club.

The tournament has generated a lot of interest and despite being bottom of the table for both competitions, residents and cricket lovers in Mombasa are expected to turn out in large numbers to support the home team, Coast Pekee.

To encourage maximum spectators and especially school children, Cricket Kenya will not be charging an entry fee for both the games, which will be held at Mombasa Sports Club.

The 20-over match will see Coast Pekee face Kongonis at 1.30 on Saturday 8th of October, and the same two teams will be meeting on Sunday 9th October at 9.30a.m. for what will be an exciting 50-over match. See below are the East African Cricket Competitions points table after seven rounds of matches.

EAPL T20 POINTS TABLE							
TEAMS	MAT	WON	LOST	TIED	N/R	PTS	NET RR
RWENZORI WARRIORS	7	6	0	0	1	26	+1.505
NILE KNIGHTS	7	4	2	0	1	18	+0.795
RIFT VALLEY RHINOS	7	3	3	0	1	14	+0.033
KONGONIS	7	3	4	0	0	12	+0.369
NAIROBI BUFFALOES	7	3	4	0	0	12	-0.414
COAST PEKEE	7	0	6	0	1	2	-2.280

EAC 50-OVER POINTS TABLE							
TEAMS	MAT	WON	LOST	TIED	N/R	PTS	NET RR
KONGONIS	7	5	1	0	1	22	+0.951
NILE KNIGHTS	7	4	1	0	2	20	+1.213
RWENZORI WARRIORS	7	4	2	0	1	18	+1.454
NAIROBI BUFFALOES	7	3	2	0	2	16	+0.120
RIFT VALLEY RHINOS	7	2	5	0	0	8	-0.675
COAST PEKEE	7	0	7	0	0	0	-2.071

Go-Kart Cup On As M.M.C. Kick-Starts KNRC Preps

Following high-octane rally action in Mariakani, focus now shifts to round 2 of Mombasa Motor Club (MMC) Go-Kart Cup.

Most of the crews and volunteers who featured prominently in MMC Round 3 Mariakani Rally on September 25 return to Mombasa Go-Kart's concrete track in North Coast 'ready to rumble' on Saturday, October 8.

MMC Secretary Essak Ghalia said the event is a team competition featuring 5 drivers per team.

"Each team is allowed 10 laps on the circuit and this promises thrills and spills to spectators who will enjoy proceedings free of charge," offered Essak.

Among teams expected include Team Face of Asia who won the first round earlier in the year.

Team Face of Asia will be featuring the likes of Shaf Baloch, Tony, Vincent, Adnan Din and Omar.

Team NANAQ Coast-Air is

expected to field Izhar Mirza, Indarjeet, Sonjeet and Loeb.

Team Yamakasi has the likes of Victor "Biquil" Otieno, Tamiku and Ten Ten while Team Shazz Sport will be made up of Qayyum Shiraz- his brother Riyaz, Mubashir Khan, Alfan Jiwa and Ahmed.

There has been some good-humored rivalry with most teams bantering over who comes out tops.

In the meantime, M.M.C. has already started planning for December's season-closing Kenya National Rally Championship (KNRC) event.

The KCB Mteani Rally 2011 brings down the curtains to the eight-leg national series (KNRC) which has already traversed picturesque terrains in Eldoret, Kisumu, Eldama Ravine, Athi River prestigious Safari Rally in Kajiado and Il-Bissel.

The 2011 Kenya National Rally Championship (KNRC) almost comes to a close with 2 events to go -with the popular KCB Guru

Nanak Rally slated for October 23 and December's M.M.C. round that falls right after the Kenya Airways E.A. Safari Classic Rally.

The KNRC 2011 has really been a one horse race this year with legendary Ian Duncan leading the battle.

Ian and Onkar Rai -who recently won the Mariakani Rally- may be the only ones to have finished every single event this year.

That is definitely the recipe to win Championships as seen in the past with Carl Tundo in 2009, Alastair Cavenagh in 2010 and Baldev Chager in 2008.

Essak emphasized that time is of essence and that the MMC hopes to ensure all is well before the cream of the country's best comes calling in Mombasa.

"We are recruiting new members and request old members to come back and give hand into making the event a success.

"Our recruitment is mainly for

Special Report by
Samson Ateka

time controls and marshals. They can either contact me or Roy McKenzie through secretary@mnc@gmail.com," said Essak.

M.M.C. Chairman Roy McKenzie has hinted that part of the route used during Mariakani Rally will be considered on the itinerary for KCB Mteani Rally.

Go-Kart Results Round 1: 1st: 10points Team Face of Asia with Shaf Baloch, Tony, Vincent, Adnan Din, Omar. 2nd: 8points Team Wicked Racing with Moosa, Omar, Zahir, 3rd: 6points Team CTN with Carmichael, Nanu, Tyrell, Walter, ... 4th: 4points Team Yamakasi with Biquil, Tamiku, Ten Ten. 5th: 3points Team NANAQ Coast-Air with Izhar Mirza, Indarjeet, Sonjeet, Loeb. 6th: 2points Team Bazooka with Peter Krghff, Omar, Sebastian, Rama Ramz, Kiploo. 7th: 1point Team Shazz Sport with Qayyum Shiraz, Riyaz, Mubashir Khan, Alfan Jiwa, Ahmed. 8th: Team Eagle Sport with Zahir, Thabit Khandwallas, Zahir, Abubakar, Zahur.

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NATO's Counter Piracy Flag Ship Rescue Crew Of 'Pacific Express'

M/V *Pacific Express* was towed safely into Mombasa's Kilindini Port this week after NATO's counter piracy flag ship, Italian Ship (ITS) *Andrea Doria*, had earlier successfully rescued the 26 crew some 180 nautical miles off the coast of Kenya.

M/V *Pacific Express* had reported being under pirate attack on September 20, 2011.

ITS *Andrea Doria* responded to the distress call and closed in on M/V *Pacific Express* during the night of September 20.

After evaluating the situation, the NATO warship assessed that pirates were no longer on board.

As heavy smoke was coming out of the M/V *Pacific Express*, the ITS *Andrea Doria* decided to send a boarding team to evacuate the crew and rescued all 26 crew members (25 Filipinos and one Ukrainian) who had locked themselves inside the safety zone of the merchant ship.

According to the crew, the fire was the result of the pirates' attempts to force them out of their confinement.

They also reported hearing gun shots and possibly a RPG being



Braving a blazing fire, heavy smoke and high seas a boarding and rescue team from ITS *Andrea Doria* is seen while safely evacuating all 26 crew members of the ill-fated M/V *Pacific Express*. The sailors had earlier locked themselves inside the safety zone of the merchant ship after a desperate gang of Somali pirates deliberately set fire to the freighter.


fired during their time in the safety zone. They suffered no injuries and were later safely transferred onto their Mombasa ship agency. ITS *Andrea Doria* has been engaged on regular sea patrols in Operation "Ocean Shield" to combat piracy off the coast of Somalia and is under command of Rear Admiral Gualtiero Mattioli since June 14, 2011.



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KENYA TIDE TABLES

MOMBASA, October 07 - 13, 2011

FRIDAY High Water - 2.5 m. at 01.20 hrs. (1.20 a.m.) and 2.6 m. at 13.39 hrs. (1.39 p.m.). Low Water - 1.2 m. at 07.18 hrs. (7.18 a.m.) and 1.0 m. at 19.51 hrs. (7.51 p.m.).

SATURDAY High Water - 2.8 m. at 02.10 hrs. (2.10 a.m.) and 2.8 m. at 14.28 hrs. (2.28 p.m.). Low Water - 1.0 m. at 08.11 hrs. (8.11 a.m.) and 0.8 m. at 20.29 hrs. (8.29 p.m.).

SUNDAY High Water - 3.0 m. at 02.47 hrs. (2.47 a.m.) and 2.9 m. at 15.05 hrs. (3.05 p.m.). Low Water - 0.7 m. at 08.50 hrs. (8.50 a.m.) and 0.7 m. at 20.59 hrs. (8.59 p.m.).

MONDAY High Water - 3.2 m. at 03.18 hrs. (3.18 a.m.) and 3.1 m. at 15.35 hrs. (3.35 p.m.). Low Water - 0.6 m. at 09.23 hrs. (9.23 a.m.) and 0.6 m. at 21.26 hrs. (9.26 p.m.).

TUESDAY High Water - 3.4 m. at 03.46 hrs. (3.46 a.m.) and 3.1 m. at 16.02 hrs. (4.02 p.m.). Low Water - 0.4 m. at 09.52 hrs. (9.52 a.m.) and 0.5 m. at 21.53 hrs. (9.53 p.m.).

WEDNESDAY High Water - 3.5 m. at 04.11 hrs. (4.11 a.m.) and 3.2 m. at 16.28 hrs. (4.28 p.m.). Low Water - 0.4 m. at 10.18 hrs. (10.18 a.m.) and 0.4 m. at 22.18 hrs. (10.18 p.m.). **FULL MOON.**

THURSDAY High Water - 3.5 m. at 04.36 hrs. (4.36 a.m.) and 3.1 m. at 16.54 hrs. (4.54 p.m.). Low Water - 0.3 m. at 10.44 hrs. (10.44 a.m.) and 0.4 m. at 22.43 hrs. (10.43 p.m.).

NOTE: Standard Port is Kilindini. ADD 40 minutes for Lamu and ADD five minutes for Malindi. 'No Change' for Kilifi and Diani.