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Coastweek

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Sylvia Is A Champion

Sylvia Brunlehner is the Kenya swimming champion! She swept the board in the just concluded KSF National Age Group Swimming Championship held on 7th and 8th October 2006 at the Agakhan Academy Swimming Pool.

She commandingly won nine individual events in first place position before she was declared

CONCLUDED PAGE 07

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SprintQueen - Sylvia Brunlehner smiling after winning one of her races during the two days National Age Group Swimming Championship held at Agakhan Academy.

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Ramadhan And Diwali Sale At Laxmidas Hirji Lakhani !

Laxmidas hirji Lakhani have put a clearance sale. They have various types of glass tumblers: beer, wine, whisky, brandy, champagne glasses. Water jugs, glass chimneys. Heavy duty large casseroles, stock-pots and sufurias. Table cutlery. Heavy duty dust bins, vegetable and meat crates and various kitchen gadgets. Thermos flasks and refills. Cooler boxes, jugs, spare parts of pressure cookers and meat mincers.

It is worth a visit to their shop which is situated on Old Kilindini Road across Samburu Road and between Bohra and Ithna-asheri mosque.

They are open on weekends and in the evening during Ramadhan periods from 9.00 a.m. to 11.00 p.m

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JUST A LAUGH



"Inconsiderate? Who was it who used up all the hot water?"



"Another impulse buy?"



"I don't know what it is about you Paul, but you're such a good listener."

Guests At Sun 'N Sand Hotel Help Kikambala Education

Since 1998 Sun 'n Sand hotel - partnered with an NGO (The Aga Khan Foundation) - has worked to address the local communities concerns to have their children well grounded in their faith and local culture while also increasing their readiness for, access to and success in later education.

The Program presents a unique and innovative model that builds on volunteerism, partnerships, community ownership and involvement, capacity building, endowments, research and women leadership toward the creation and betterment of early childhood development initiatives.

To date over 140 Kikambala children have benefited from the program (40 per cent girls).

A school management committee comprising members from the community oversees the day-to-day operations.

Sun N Sand has continued to provide merit based scholarships to outstanding students who otherwise would not have the opportunity to access higher education.

Over 50 students have benefited from such sponsorships and guests have donated over US \$20,000 in school supplies and literature.

Good Drives From Mohamed Ahmed 'Eddie' Muhdhar And Naushad Kara



Mohamed Ahmed "Eddie" Muhdhar (left) and Naushad Kara are seen during the KCB Visa-Card Rally 2006 held in Mombasa over the weekend. Eddie finished a well placed fourth in F2 while Kara was 17th in the main event.

'Aladdin' is Christmas Pantomime

The Coast Arts and Theatre Society has a very full and exciting calendar for the months of October, November and December.

Of course the big highlight will be the Christmas Pantomime which is *Aladdin*.

But prior to that will be a children's dance and poetry show entitled *Kaleidoscope* and a comedy, *Brenton Verses Brenton*.

Brenton Versus Brenton by David Tristram is directed by Jean Hughes and will be staged in the intimate Upper Deck Bar at Pirates.

This play is an outrageous spoof of American Soap Operas and is set in the manic world of Chicago's biggest advertising agency.

It is an epic saga of lust, greed, power and wealth.

Taking part are six new young acting talents Deke Brenton, a ruthless business tycoon is played by Shiv Morjaria.

His estranged wife is acted by Kajal Shah and their daughter Foxglove by Sheliza Ramji.

His first wife Blanche de Ville is played by Salsabia Sheikh, Matt Kirby, the family lawyer by Zain Jaffer and the hero of the play, Brett Howard by Neeraj Chandi.

The dates for the play are Friday October 27th and Saturday 28th at 7.30pm.

Tickets will as usual be available from Forget-me-not in Ratna Square. Members 300/- and non-members 500/-.

This is an adult play and is not suitable for children.

Oshwal Academy Interact Club Helping Physically Challenged

The Interact Club of Oshwal Academy organized a bowling tournament at Hollywood to raise funds for the physically challenged.

The funds raised during the event were used to buy wheelchairs, walking aids and calipers.

In total KShs.60,000/- was realized enabling the club to donate five wheelchairs, two walking frames, three customized sitting aids and one pair of caliper to the children of Tom Mboya Unit for the Cerebral palsy and to the children living around the Port Reitz area, through the APDK, Port Reitz

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John Tucker ... Is As Handsome And Smooth As Soft Ice Cream

THE TWO new films at **NYALI CINEMAX** are both comedies with a twist in the tail.

John Tucker Must Die seems like a murderous and horrific story, but is quite the opposite.

From the director of the Eddie Murphy comedy *Dr. Doolittle*, this teen story is set in a high school full of voluptuous young girls and swaggering studs.

John Tucker is the handsome and smooth as soft ice cream basketball team captain, for whose smile girls could just die.

Tucker has a little secret - he is triple dating three very hot girls all at the same time without each other knowing.

Carrie whose journalistic skills remain questionable, the pumped up cheerleader Heather and the vegetarian activist Beth all think they are the only candy in John Tucker's box of sweets.

As fate would have it, the girls do eventually meet and find out.

The girls are furious to a point that they now want revenge.

A plan is hatched to bring John Tucker into disrepute and make everyone hate him.

The only problem is that every scheme of theirs backfires making Tucker even more popular with everyone.

A final attack is laid out by the girls.

Give him back a taste of his own medicine.

Make him fall for a really sexy chick and then leave him high and dry when he has fallen heavily for her.

For this job, a suitable candidate is chosen in Kate, who has just joined the school so is unknown to everyone.

Will this plan work or not?

John Tucker Must Die stars Jesse Metcalfe, Brittany Snow, Ashanti Douglas, Sophia Bush, Arielle Kebbel and Jenny McCarthy.

The second film at **NYALI CINEMAX** is the Adam Sandler,

Kate Beckinsale, Christopher Walken, David Hasselhoff and Sean Astin starrer **Click**.

How we all wish that we could totally change our lives for the better just at the click of a button.

If wishes were horses, architect Michael Newman is definitely flying high.

His wife Donna and two kids are fed up with Michael's busy lifestyle which does not leave much room for the family.

With so many electronic stuff cluttering his house, he cannot find the right remote control for his television.

He decides to buy a universal remote that can work on any television.

What he had not bargained for was a universal remote of a special kind which is sold to him by Mory.

This new and powerful remote has magical powers.

At a click, he can control everything around him, including his work and family.

Things start going very smoothly as he now finds time for everything in his life and things are going perfectly, until...

Sanjay Dutt, Arshad Warsi, Vidya Balan and Jimmy Shergill carry on with **Lage Raho Munnabhai**.

Both Munna and Circuit are still at it with their dadagiri and everyone shakes at the very mention of Munna's name.

One day he hears a voice on the radio, that of presenter Jhanvi, whose daily radio show has won millions of fans.

Munna loses his heart to the voice and embarks on a mission to meet and of course marry her.

A small mistake makes Jhanvi

believe that Munna is a Professor of History.

This causes confusion and chaos as Munna tries to correct the error, resulting in more confusion.

Jhanvi is quite taken in by this young man, professor and all, and invites him over to her house to give a history lecture to her family.

Finding Munna in a pickle, Circuit comes up with a 'brilliant idea' - take a crash course on a very important historical figure and spew out this character at the lecture.

Will it work, or will this 'idea' fail miserably?

CINEMAS with ANJUM ASODIA

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New Low-Cost Airline Fly540 Plans Inaugural Nairobi - Mombasa Route

Lonrho has confirmed acquisition 49 per cent of the issued share capital of Five Fort Aviation Limited ("Fly540" or "the airline") for cash consideration of US\$1.5 million.

Fly540 is a recently established low cost airline based in Nairobi. Lonrho has been granted board representation with David Lenigas assuming the role of Chairman.

As well as providing freight services, Fly540 has been created to meet the growing demand for alternative domestic and regional air travel within Africa.

Kenya is seen as an ideal base for the new airline as the country is a popular tourist destination with a thriving domestic air travel market.

Fly540 plans to commence operations in Kenya within two months, with the inaugural route being the busy Nairobi - Mombasa connection.

This will be followed by regular services to Malindi and Kisumu. In 2007, with the aim of transforming the group into a transcontinental carrier, Fly540 intends to launch its first international services into the East African region with a minimum of four new destinations.

A further four routes are also planned for 2008.

two additional similar aircraft. David Lenigas, Lonrho's Joint Executive Chairman and Chief Executive, commented:

"Our investment in Fly540 represents a solid platform into the Kenyan business sector and an ideal fit with Lonrho's objective to invest in businesses that can make a substantive difference to the region.

"Business in Africa is currently severely hampered by the lack of short haul flights between East and West and we strongly believe that Fly540 represents an excellent investment opportunity."

Fly540 already has the necessary staff and facilities in place to launch the airline.

Offices and check-in facilities are established at Nairobi Domestic and International Terminals as well as at Mombasa Airport.

Fly540's Chief Executive Don Smith (48) and Chief Operations Officer Neil Steffen (52) have both enjoyed long-standing careers with major airlines and have combined experience of more than 50 years across African markets.

Most recently, Don Smith has headed up two airlines based in Nairobi.

Neil Steffen left British Airways in early 2006 as British Airways' General Manager for East and Central Africa and the Indian Ocean Islands after an extensive international management career in both the operational and commercial aspects of aviation, where much of this time was spent developing new markets in Africa.

"Lonrho is in the process of re-establishing a significant presence on the African continent.

Its investment and acquisition strategy, which was adopted following the appointment of David Lenigas as Chairman and Chief Executive and subsequent shareholder approval in February 2006, focuses on the natural resources, infrastructure, leisure and agribusiness sectors.

Lonrho's executive team has considerable experience across these industries in a wide range of countries.

This year, the Company has announced investments in Brinkley Mining Plc, Nare Diamonds Ltd and Luba Freeport in Equatorial Guinea.

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Jesse Metcalfe, Brittany Snow, Ashanti Douglas, Sophia Bush
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MI 3: MISSION IMPOSSIBLE:	Wed. 18th Oct.-6.30pm
FANAA:	Wed. 18th Oct.-9.15pm
TAKE THE LEAD:	Thur. 19th Oct.-6.45pm
GOLMAAL:	Thur. 19th Oct.-9.15pm

• Tickets: FREE with purchase of over 3,000/- at Nakumatt Likoni/Nyali
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DIWALI AND IDD ATTRACTION COMING SOON

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THE BREAK-UP

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In 2007, Fly540 plans to add

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STARCAST GEMINI KILIFI

Libra (Sept. 22 - Oct. 21) Usually you are renowned for your balanced approach in all your dealings with those around you no matter how stressful the situation. Today you will not be inclined to maintain that calm temper. Something in the workplace or the school yard will be working hard to try and unsettle you; the best response is to laugh it off.

Scorpio (Oct. 22 - Nov. 21) This is an excellent day for introducing new business transactions or putting into practice any major plans that have been of the back of your mind. The influence of Mercury in your sign means that you will be an excellent negotiator both with others and in terms of understanding your own goals more clearly.

Sagittarius (Nov. 22 - Dec. 21) As a rule you are too busy being active, engaged in day to day life to take the time to sit back and reflect. Although you tend not to see yourself as a natural individual, you have a distinct right way to express yourself more effectively. Look around your local area for a hobby's next class, you just may surprise yourself!

Capricorn (Dec. 22 - Jan. 21) As much as you love your busy, one of right now that is only a Calender day, deep down you are quite a contemplative. The influence of the planets today means that the more emotional side of your nature comes very much to the surface. It's an ideal day to spend some quality time with someone special in your life.

Aquarius (Jan. 22 - Feb. 21) Romance is very definitely the order of the day for you right now! The Moon has just entered your sign, and combined with the other planets that are affecting you today there is every chance that tonight will be a night to remember. It may not be time for a seriously significant commitment!

Pisces (Feb. 22 - Mar. 21) Mercury plays a key role in your mood today and it is encouraging you to reconnect on a deep level with those who are close to you, especially members of your immediate family. There are no issues that you need to talk through with people who really know you in order to decide on the best course of action.

Aries (Mar. 22 - April 21) A new day is destined to appear on the scene for you today, and this someone could turn out to be a good friend and confidante. This person will be almost your opposite, inverted, quiet, shy, and who had to be truthful, but you'll soon take them under your wing, Aries!

Taurus (April 22 - May 21) Romance might become more of a challenge from today, thanks to the transit of Mercury into watery signs. You'll be inclined to take little bits of more intimacy when it comes to how whether you're single or attached. You find that your friends will be invaluable when it comes to leading you out in the ground.

Gemini (May 22 - June 21) You're ruling planet, Mercury, moves into Scorpio today, which suggests that you're likely to start taking with a pinch of salt whatever more than rumours. Try not to believe too much, but remember that there is a lot to be said as well - start by engaging in the evening with friends!

Cancer (June 22 - July 21) As perhaps the quietest of all the signs you can often find it very difficult to open up to those you are feeling, especially when dealing with people whose characters are more forthright than yours. Today however, the planets are giving you the confidence to finally speak up so make sure you capitalise on the opportunity!

Leo (July 22 - Aug. 21) The Moon is moving into your opposite sign and this has a significant effect on the way you are feeling today. Come, but only for a short while, in your usual unshakable self confidence, instead you will be feeling in need of plenty of reassurance from your friends, who will be only too happy to cheer you up.

Virgo (Aug. 22 - Sept. 21) If you have to travel any distance today be sure that you check and double check anything that could possibly go wrong on your journey into confusion. However, there are also lots of opportunities to make some new friends as a result of the unforeseen disruption.

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SANDEEP WEDS DILPREET IN THE RAMGHARIA TEMPLE



Sandeep Singh Lall, son of Mrs. Ravinder Kaur and Opkar Singh, married Dilpreet Kaur Jandu, daughter of Mrs. Paramjit Kaur and Mr. Manminder Singh Jandu, on Saturday, 2nd September, 2006 at Ramgharia Sikh Temple in Coventry, United Kingdom.

A Reception Party was held at Binley Banqueting Suite in Coventry and was attended by about nine hundred guests. The Doll left residence of Mr. and Mrs. Jandu in Redford for Mr. and Mrs. Lall's residence at Selly Oak in Birmingham.

The newly married couple left for their honeymoon to Kerala, South India, for two weeks. The photograph shows Sandeep and his charming wife Dilpreet.

Chief Kadhi At Holy Quran Competition

TANZANIAN STUDENT WINS HAJJ PACKAGE

MUSLIMS have been asked to unite and desist from being divided into tribal lines, reports **ABDULRAHMAN SHERIFF.**

The appeal was made by the Chief Kadhi, Sheikh Hammad Kassim who asked Muslims to be aware of those who poison and divide them on tribal lines.

Speaking to hundreds of faithful during the finals of The Holy Quran Memorisation Competition at Makadara grounds, Sheikh Kassim said time was ripe for Muslims to be guided by Quran which teaches people not to discriminate against one another.

The Muslim leader commended Muslim Mercy Youth (MMY) for having organised successfully the annual competition and appealed to Muslims to support it.

Tanzanian's Hassan Mohammed who studies at Majlis Al-Maarif of Kikambala won the Hajj package donated by Radio Salaam after emerging the winner of memorization of full Quran.

Ali Noor from Migori took second position and was presented with Sh50,000 as Kikambala's Abdalla Omar took away Sh40,000 after finishing third.

Other winners:
Half Quran: Mohamed Abdurahman of Kikambala (Sh45,000), Suleiman Adam of Mtwapa (Sh35,000) and Said Salim of Kikambala (Sh25,000).

Quarter Quran: Mohamed Adam of Migori, Abubaker

Omar of Mito Andel and Mohamed Mahsen of Mombasa won Sh30,000, Sh20,000 and Sh15,000 respectively.

Winners of Juzu Tabaraka: Othman Salim of Mtwapa (Sh3,000 and a bicycle), Abdul Rahim of Likoni (Sh1,000 and a bicycle) and Abdulfatah Khalifa of Sheikh Khalifa Secondary School (Sh4,000).

Ten year-old Abdullim Sharif emerged the winner among the youngest competitor and was presented with Sh3,000 as 29 year old Suleiman Salim from Pemba also won Sh3,000 for being the eldest competitor.



On the main Mombasa-Malindi road, opposite Sheikh Khalifa School - Telephone: 472895. E-mail: kspcamsa@wananchi.com

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We stock a new range of herbal products for pets, and much more.

RAMADHAN TIME TABLE

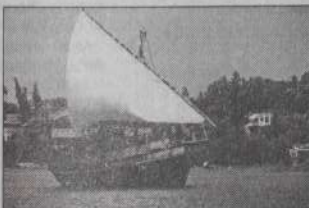
2006 OCTOBER Date	MOMBASA		MALINDI		LAMU	
	SUHR Closing a.m.	IFTAR Opening p.m.	SUHR Closing a.m.	IFTAR Opening p.m.	SUHR Closing a.m.	IFTAR Opening p.m.
13	4.33	6.16	4.31	6.16	4.29	6.13
14	4.33	6.17	4.31	6.15	4.29	6.12
15	4.32	6.17	4.30	6.15	4.28	6.12
16	4.32	6.17	4.30	6.15	4.28	6.12
17	4.31	6.17	4.30	6.15	4.27	6.12
18	4.31	6.17	4.30	6.15	4.27	6.12
19	4.31	6.17	4.30	6.15	4.27	6.12

THE TAMARIND THIS WEEK

Four Hour Cruise Delight

The Famous Tamarind Dhow offers you a cruise and dinner along the beautiful Panoramic views of the Mombasa's old port and the Historical Fort Jesus.

As you are welcomed aboard with our famous cocktail 'swahili' the pleasant ambiance enhanced by the soothing music from our Resident Band assures you of a four hour cruise delight.



Four course dinner served consisting of seafood, tender, fresh tomato soup,illed lobster,illed Prawns, Beef fillet steak or the delicious seafood swahili served in a shell, followed by our fresh tropical fruit salad rounded off with coffee and Halwa. Must for all who visit Kenya, whether you are on honeymoon, Wedding anniversary or just an outing. Come and experience our friendly, hospitable and an experience you will never forget.

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

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It is the celebration of victory of good over evil



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- A complete menu prepared by the Resorts very own Chef Yogen Datto
- FIREWORKS DISPLAY
- Kids menu
- Master of Ceremony - Sound Asia's Aman Behal
- Price: Kids Ksh.800; Adults Ksh 1500
- Great Prizes to be Won

SAROVA WHITESANDS
BEACH RESORT
MOMBASA

There will be a Fireworks Display on Saturday 14th 7:00-9:00 at Midnight

Bad News For Cars Thieves

COSTS OF SATELLITE TRACKING SYSTEMS ARE COMING DOWN

In a prior article I had written about people using car alarms to locate their vehicles when they lost their bearings in a large car park.

These were few and far between in Kenya and in time people wised up to parking in places where they could remember.

At this time fitting of car alarms was quite expensive and only few of them had these devices.

Over time, the costs have come down to such an extent that in many cars they are fitted as standard.

They can be done by the manufacturer of the vehicle during assembly or installed by the franchise holder as part of the pre delivery.

There are also a large number of specialist companies now operating in Kenya who offer such services.

In some instances, the more sophisticated alarms lead to reduction of premiums by insurance companies.

This capability of this technology is growing by leaps and bounds and the manufacturers are loading more features into the gadgets.

CENTRAL LOCATION

The ultimate in vehicles protection are the systems that are currently being offered that allow a central location to keep tabs on a vehicle by remote means.

Satellite tracking systems are now available in Kenya and costs are coming down.

More and more people are taking to these systems as insurance companies offer very good discounts when they are fitted to vehicles.

In fact, insurance companies are now offering vehicle insurance that allows for the cost of fitting the gadgets especially to owners of high-end vehicles.

However, most of us still rely on the common localised alarm that comes with all sorts of extras.

There are people who take fiendish pleasure in creating havoc using vehicle alarms.

Kachumbari tells me of two

such people.

Kachumbari was on holiday in Nairobi with family and as usual had to pay visits to the 'must see' locations in Nairobi for kids.

The two hot spots are currently Village Market and also the Junction shopping centre near Dagoretti corner.

Kachumbari had a quasi business meeting on a Friday morning at the Junction shopping centre.

The kids decided to tag along so that they could visit the large one of a kind music shop that is situated in the centre.

He parked his car and the used

lady started her car and reversed.

She then revved up her car and the racket from the souped up ex Safari Rally vehicle was enough to set off nearly fifteen alarms in the car park including the one in Kachumbari's car.

They all burst out laughing at the incident, stopped their alarm and then got into the car and drove off.

They left all the others still going off as it was difficult for the owners who were in the various coffee shops to discern which was specifically the alarm of their cars.

The next day, it was time to go to the opposite end of town and take the kids to the Splash.

The favourite time for people to go to the Village Market is to go for lunch and then split to shop, splash, movie or bowl... obviously something for everyone to do.

Arriving a bit later than intended, they found that almost all of the parking at ground level had been taken.

After going round a couple of times, he remembered that there was also roof top parking.

He made his way there and sure enough there was plenty of parking.

Ahead of them as they were ascending to the parking was an old Ford Escort RS 2000.

This was also rally tuned but had been very well preserved.

There were four young people in the car and the modern in car entertainment was turned to its most uncomfortable loud.

As the old car got to the roof top parking, the driver decided that he would rev up the car's engine to its full rally fortissimo.

They then drove round the parking as though looking for space but would slow down every thirty metres or so and rev up the engine again.

The completed the three sixty of the parking and then drove out laughing their heads off.

This action had the same effect as had happened at the Junction.

The whole rooftop parking became a cacophony of alarm bells and tunes which had been set off by the high decibel levels of the exhaust of the vintage rally car.

The driver of the vehicle obviously knew what effect the exhaust would have and he would regularly drive to the roof top

parking and purposely cause the alarms to go off.

This was told to Kachumbari by the security personnel who were on duty that day.

They had reported this type of incident to the management of the place but it was difficult to believe them as no one in the management of the place had been at hand to see the incidents.

A week later Kachumbari met the lady at a function and told her of the effect her car had on alarms at that shopping centre.

She laughed out loud and informed him that she just loved doing that every time she had any reason to go to that shopping centre.

It gave her a great thrill to set off all the alarms and annoy all the attendants in the car parks and also annoy the vehicle owners who came back to find their cars making such a racket.

Much as alarms are necessary to deter potential thieves, it must be possible to create alarms that can be disabled for motion sensing when parked in public areas and only left with internal sensors of extremely violent vibration such as when thieves would want to break the glass and enter a vehicle by that route.

This would reduce the nuisance of having them going off at the slightest provocation especially by vibration of exhausts of souped up vehicles, thunder, small explosions or even dustbins falling off garbage vehicles.

As Kachumbari says, the march of technology must be tempered with convenience for its users.

CoastDrive with Teti Kamugunda



the key to remotely activate the alarm system.

The kids took off on their search and he went to one of the coffee shops at the centre to rendezvous with his contact.

The centre was full of cars most bearing either diplomatic license plates or plates of vehicles from some of the many international institutions located in Nairobi.

Most were used to ferry spouses to do charitable works and the first point of contact would be at the shopping centre to align programmes.

The two coffee shops at the shopping centre were full at this early hour of the morning.

Kachumbari found his contact and they spent the best part of an hour and a half concluding their business.

They then left the coffee shop and collected the kids from the music place and went back to the parking.

They got to the lady's vehicle and stopped for a while as Kachumbari admired the vintage Dodge Ramcharger that must have been a left over from the Safari Rallies of the mid eighties.

They completed their goodbyes and left the lady to go to their car.

As they neared their car, the

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- Rapid Response

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- Oil Field Services
- Mine Security



Automatic Gates

Impressed By Improvement To The Main Bamburi Road

It was heartening to find an improved Bamburi Road on Sunday but why do 'Humps' not get painted white or yellow.

They are left the same colour as the road (grey) and in night are hardly discernible. They are extremely dangerous to those who do not know of them. Why is it that so many drivers do not dim their headlights at night.

Well Done All At Jaffery Academy

Congrats to all 'A', 'AS' and 'O' level students.

Hello everyone, I just want to congratulate everyone at my former school, Jaffery Academy, for doing an awesome job in the recently concluded GCE exams.

I am sure proud of my school and I am very honored to have been a part of it for both primary and secondary.

I went through the GCE exams myself and I know how much hard work it takes to get the best possible grades.

Kudos to everyone that did well on the exams and I wish you all good luck in your future endeavors, whatever they may be.

A special congrats to Kassim Gulamhussein and Hussein Altaf Haji for doing a great job on the GCE exams.

I am sure your parents must be proud of you.

Huzefa Rajabali, 1PD, (St Pete Campus), University of Florida College of Pharmacy
huzefa5@ufl.edu

I congratulate all Students, Teachers and Parents of Jaffery Academy for Very Good A & O level Results. Keep it Up.

Amir Sadak, N/A.
Amirsadak@aol.com

RAMADHAN MUBARAK TO YOU ALL

Ya Ali Madad / Asalamwalyikum

Remember the less fortunate

Aim to give alms

Make the doors of Jannah open to you

Adhere to the fasting of mind and body

Do good 'amaal' and 'duas'

Have the Angels bestow blessings on you

Ask for forgiveness of your sins

Near is Allah to those who do the above

Allah's grace be with you all

Shahin Sayani, Mombasa.

shahin@kamryn.co.ke

IMPORTANCE OF SEARCH ENGINE OPTIMIZATION

For many website owners in Kenya, being on the top of a search engine is very rare.

What I mean is for example if you type in the words "beach holiday Kenya" you rarely get Kenyan hotel websites listed first instead you find outside portals lists first.

The reason being that many of our websites are not ranked very well in search engines and for this reason you find very low traffic statistics (people visiting the website) on websites.

The other reason is that most website designers don't specialize in search engine optimization (SEO) but some do.

SEO helps to ensure that a site is accessible to a search engine and improves the chances that the site will be found by the search engine.

SEO is not an easy task and it usually can cost a lot of money to be ranked in the top ten search results as you need to register with major search engines or use special software that updates

your webpage content on the search engine portals.

In my earlier articles, I had mentioned briefly how search engines work.

Let me once again give you few points to keep record when

Choose them carefully as your website traffic depends on it.

Every webpage consists of a page title, page description, page keywords or meta-tags.

SEO depends on these three elements.

The more accurate the information placed the more chances for a search engine to rank you higher.

Page titles are given to each web-page within your website.

This will matter on the type of information on that webpage. Information can vary from life history, science, news, tourism and many more.

If you are placing information about Mombasa then your title will read as 'The Mombasa City' or 'Mombasa Town' or 'The Coastal City Mombasa'.

Once one of these page titles are placed, then the search engine will read it as the name title for the page.

Page description come just under the titles.

This part is where you give a

brief description about the page in about 50-100 words.

Search engines will use this brief info in the search results so users can read it just after the page title result.

Most of the time, web designers do some general SEO work on websites to make it running and register them for free in most search engines, but results are not always promising.

Most websites are optimized through internet professionals at a high cost.

If your site isn't indexed then no one will find your site.

If no one can find your site then your hard work and money spent creating the site is in vain.

Search engines don't like this too, they want to provide the best possible results to visitors and if they can't index a website for any reason they may be missing great content that searchers are looking for.

SEO is very important and for more information on how it can be configured you can search the internet.



INTERNET MATTERS with RIMAL PATEL

you have a website which is not generating good internet traffic.

Keywords or meta-tags are the most crucial tools in SEO, they feed the search engines spiders (software that scan the internet) with search results whenever users search the internet.

Keyword lists should contain 50 or more phrases per page.

All these keywords should be relevant to the website or webpage.

Sylvia Brunlehner Is A Swimming Champion

FROM FRONT PAGE
Best Female Swimmer in Kenya in her age group.
The 12 years old Mombasa Academy student trains under Coach Fahry Mansoor.
She promised last week to give her opponents around Kenya a hard time... and she did just that!

really encourage me to go back and train even harder as now I can see what my coach always tells me that 'anything is possible.'

Sylvia is an all rounder athlete. She is the current Kenya Triathlon Champion, the Kenya Mountain Bike Junior Champion and the Kenya Swimming Champion!

She now looks forward to taking part in the Long course National Age group in Nairobi on 11th-12th November 2006 and then compete in the Beach Triathlon on December 2nd 2006 at Nyali Beach before taking part in the Mountain Bike Challenge in Nguu - Tatu on 10th December 2006.

"Sylvia deserves to be the Kenya Champion as she has been working hard in training"

"She has done us proud and we are very happy with her performance and I believe the best is yet to come from Sylvia."

"Well done Sylvia and keep it up," commented her Coach Fahry Mansoor.

Special Report by Correspondent

Despite being an outside lanes swimmer at her events, it does not discourage her swimming queen from doing what she normally does and again Sylvia is in a class of her own.

In some events Sylvia even managed to out stage older swimmers who have been dominating the swimming family in Kenya.

The event was being used to select swimmers to represent Kenya Team in next year's Africa Games in Algeria.

My dream is to represent my team in the All Africa Games and I hope my name will be included in the list" said Sylvia. My results in this gala have

Mama Ngina Drive Mombasa Venue For 35th World Cross Country Event



Ministry of Gender, Sports, Culture and Social Services Permanent Secretary Mrs Rachel Dzombo, National Heritage Ministry Permanent Secretary Mrs. Alice Mayaka and Athletics Kenya Secretary General David Okeyo are seen together with 35th World Cross Country Secretariat CEO Isaac Kaula on an inspection tour to assess work progress at Mama Ngina Drive Mombasa - Historic Site that will be the venue for the World Cross country championship come March 24th 2007.

PHOTO - OKOKO ASHIKOYE

Twenty Seven Years Ago

Coastweek, October 05, - 11 1979:

Gold Prices reached an all time record of U.S. Dollars 441 per ounce as world wide investors went into a mad gold rush amid rampant speculation that it might soon break the U.S. Dollars 30 barrier.

The enormous run up began when several big investors, which included three major Swiss banks and West Germany's powerful Dresdner Bank, decided to hedge against inflation by switching some of their paper currency holdings into what they regarded as the world's most tangible asset.

John Kundaell, a Tanzanian zoologist and 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.

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

Plans 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 is jointly sponsored by the National Development Corporation and the Sugar Development Corporation.

Mr. 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 pool and Snooker table at the Club.

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

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

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

Shahood was definitely the main man in 'Lakhon Me Ek' (A Million) with Pran at CHOX.

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

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

W.W.F. TO HELP SAVE 'KWALE FOREST' AREA

World Wildlife Fund (WWF) in Kwale, in close collaboration with its key partners, is implementing a forest conservation and management project in Kwale District known as the Landscape Forest Restoration Project.

The project aims at improving conservation and governance of the coastal forests in Kwale.

The main objective being to ensure that the Coastal forests of Kenya are conserved, managed and sustainably utilized through a participatory system that optimizes benefits for present and future generations at landscape scales.

The project will target the key forest sites in Kwale District such as the Shimba Hills bio diversity eco system (including the Mwaluganje Elephant Reserve), Traditional Kaya Forests and the Buda Complex.

The Buda Complex is a group of six Gazetted Forest Reserves found in the southern area of the Kwale District.

These include the Gongoni forest, Buda forest, Marenje forest, Mrima forest, Dzombo forest and Gorja forests.

Planned activities for the project are to include:

- Improvement of community livelihoods,
- Support for forestry law enforcement,
- Farm forests development,
- Restoration of key degraded sites, and
- Gazettement of the remaining Kayas as National Monuments for effective management.

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An Ambitious Launch For 'Superbrands East Africa'

WHAT IS SUPERBRANDS ?

Superbrands is the world's largest independent arbiter of branding.

It identifies and pays tribute to exceptional brands by recognising, rewarding, and reinforcing leading brands from all over the world.

The organisation runs the Superbrands award schemes and promotional programmes, each with a brand focussed publication at its core.

Superbrand status strengthens a brand's position, adds prestige and sets the brand apart from its competitors.

Superbrands have launched programmes in more than 60 countries including all the key global markets.

It is now ready to launch itself in this region as Superbrands East Africa.

Superbrands East Africa will aim to identify those brands that are performing above and beyond others within the market.

At the heart of each programme is an independent and voluntary council of leading experts comprising individuals with a deep appreciation of the "brandscape" in the country being examined.

The council comprises luminaries from the marketing and communication industries plus notable figures from local and international blue chip companies and highly accredited advertising agencies specialized in branding.

Only those brands highly rated by the council are invited to join the Superbrands project.

Each country or region has its own local panel to ensure that only the most deserving brands attain the credential and feature in the project.

Superbrands East Africa Project:

Brands which participate in the project enjoy a variety of benefits:

Media Exposure - Superbrands East Africa and its PR partners will work with all sectors of the local media to promote both the project itself and the participating brands.

Television, print, radio and Internet are all utilised to inform the local market about how Superbrands East Africa will operate, and which brands in their market have achieved Superbrand status.

Participating brands will enjoy extensive media coverage directly as a result of being featured in Superbrands publications.

As participating brands represent the most powerful in their field we promote them as examples of best practice.

Coverage includes regular exposure on television, national radio, and the national and trade press.

A comprehensive database of journalists from television and radio and press receive copies of Superbrands.

The publication serves as an invaluable reference source for journalists writing features about specific markets and brands or more general branding, marketing and business stories.

Superbrands East Africa will engage Media Houses situated in Kenya, Uganda, Tanzania, Rwanda and Burundi.

Superbrands Award Seal and Certificate:

Brands with Superbrand status are entitled to use the Superbrands award seal on their packaging and in their advertising to show customers that they have achieved this recognition for their branding excellence (in the same way many companies expose ISO accreditation).

Many of the world's leading brands have chosen to advertise the fact that they have received Superbrand status, taking large advertisements in major local publications to do so.

A certificate is also provided for display.

In South Africa, England, Dubai, India, USA, and other countries whereby Superbrands is operational it has been observed that many major brands are now utilising the seal in their marketing and PR activities, and we expect to see this usage in Kenya, Uganda and Tanzania through Superbrands East Africa.

Superbrands Publication - A Superbrands book will be published by Superbrands East Africa whereby each brand receives a two page presentation as part of the package.

The book is a very high quality large format coffee table style publication and each brand receives 50 copies for their own use.

Brands may also decide to take a custom cover and extra copies of the book so that it can

be used for internal promotion or as a corporate giveaway to clients, suppliers, shareholders and staff.

Additional copies of the book are also distributed by Superbrands, both internationally and locally, to individuals and organisations that have an interest in branding and wish to get an insight into how these brands achieved their status in each particular market.

Copies are provided on a complimentary basis for the likes of journalists, researchers, business schools, lounges, and libraries.

Tribute Event - The culmination of the project is a tribute event which has been described in the press as "the Oscars for branding".

This event attracts a great deal of media attention and representatives of each brand are presented with their Superbrands tributes in the presence of senior figures from the industry and their peers.

The event is a premier marketing occasion, attended by the media (including TV crews) and a large collection of senior executives and brand guardians (including many Chief Executives and Managing Directors).

The evening is a celebration of branding, and is used to showcase participating brands.

It also acts as a highly successful networking opportunity which facilitates intimate building of relationships between executives and rewards members with a privileged opportunity to listen to and interact with authoritative experts.

Superbrands East Africa Books :

As the only book of its kind dedicated exclusively to the country's leading brands, the Superbrands Volumes are set to become the local marketing community's premier source of information on how great brands become Superbrands.

The Superbrands East Africa books will open with expert comments from each of the Superbrands Council member on "What makes a Superbrand ?" and will then go on to explore the history, development and achievements of many of the strongest brands in East Africa, revealing extraordinary findings along the way.

Each brand is presented in a double page, full colour feature which together tell the fascinating and insightful stories of East Africa's Superbrands.

A diverse selection of industry sectors will be featured in Volume One of the book, ranging from FMCGs through to corporate giants.

Many key international brands will be featured alongside some of East Africa's strongest home-grown brands and the presence of education, tourism and non profit organizations as well as beverages and sporting brands make Superbrands a fascinating and accurate reflection of the East African way of life.

Superbrands East Africa website :

The highly acclaimed website is a valuable resource and insight into the world of branding.

Journalists, researchers and all those interested in branding visit the site regularly.

www.superbrands.org.uk

The Superbrands East Africa Council 2006/2007 include:-

- Nakumatt Holdings Ltd Director Of Operations Thiagaram Ramamurthy.
- Thompson Kenya Managing Director Sunder Venkatarama.
- Z K Advertising Managing Director Brian Odwori.
- Ogilvy East Africa Managing Director Richard Mukoma.
- Brandscape Director Tom Sitati.
- Aga Khan Development Network (Kenya) Resident Representative Anil Eshani.
- Adopt A Light Managing Director Esther Passaris.
- Sameer Investments Ltd Director Sameer Merall.
- Kenya Private Sector Alliance Chairman Architect Lee Karuri.
- The Steadman Group Group Managing Director George Waititu.
- Media Initiative East Africa Ltd General Director George Lutta.
- East Africa Business Council Chairman Abid Alam.
- Kenya Airways Head Of Marketing and Corporate Communications Michael Okwiri.
- Gina Din Corporate Communications Managing Director Gina Din Kariuki and
- Nation Media Group Marketing Director Cyril Nabutola.



PROVIDING WATER FOR THE MAJENGO PRIMARY

A cheque for Kshs 150,000/- presented by members of Mombasa women's Association for sinking borehole providing running water to Majengo Primary School to Elimu Foundation. Looking on (from left) are Mrs Jyotsna Patel, Mrs Urmila Patel, Mrs Minder Khandari, Mrs Shakila Mamujee, Vice chairperson Elimu Foundation, Mrs Suman Kanji, Chairperson Mombasa Women's association, Mrs Kaushlya Magnani, Mrs Rashida Anjarwalla Treasurer, Mrs Sadhna Doshi and Mrs Satvinder Kalsi.



BOOST FOR CANCER 'ENDOWMENT' FUNDS

A cheque of Kshs 150,000/- presented by members of Mombasa Women's Association for Cancer Endowment Fund Innerwheel Club of Mombasa for six Chemotherapy Sessions for Cancer patient treatment. Looking on (from left) are Mrs Jyotsna Patel, Mrs Urmila Patel, Mrs Minder Khandari, Mrs Punam Thapa, Mrs P Oberoi Chairperson Innerwheel Club, Mrs Suman Kanji Chairperson Mombasa Women Association, Mrs Kaushlya Magnani, Mrs Rashida Anjarwalla Treasurer, Mrs Sadhna Doshi and Mrs Satvinder Kalsi.

Six Ways To Make Money

Of course there are many ways to make money but how do you know which ones will work and which ones won't ?

Having great business ideas is not a problem as most entrepreneurs will tell you, it's having the ability and knowledge to do something with those ideas that is difficult.

Production processes, marketing and capital investment are, more often than not, the major hurdle with such ventures.

The solution: get the knowledge, skills and cash from those experts willing to share.

Opening a bakery, a restaurant or launching a cosmetics line is the dream of many people, however not a lot of people have the know-how to do it.

If it were that easy everyone would do it, so why don't they ?

Answer, they just don't have the experience or wisdom to do it.

They find themselves later in life thinking 'what if ?'.

This is not necessary when you know where to get the information you desire to become a business person.

Kwetu Training Centre based in Mtwapa, Mombasa is one such place where entrepreneurs are created.

Practical skills are imparted to trainees along with the theoretic knowledge needed to start and run a business.

CREATING ENTREPRENEURS AT KWETU TRAINING CENTRE BASED IN MTWAPA

Food processing, herbal remedies and organic farming are some of the specialities that the trainees learn, along with business skills and life skills.

neem processing - cosmetics and household products, beekeeping, plus of course entrepreneurship and life skills.

The training is aimed towards women's groups, youth groups and farmers groups, with a minimum of 10 attendees.

However, courses are now available to anyone with an interest.

Courses last from one day to three days and discounts are available for groups of 15 and above.

"Our aim is to give rural communities and groups the skills they need to successfully sustain themselves and their families" said Consesha Wachenje, Entrepreneurship coordinator.



Jams, pickle and preserves.

"Many of the groups are well established and find corporate or NGO sponsorship to attend the courses, thus limiting the cost to themselves."

Some of the ways our trainees learn to make money, six ways to be exact, is through our short courses.

Anyone who would like to find out more about Kwetu Training Centre can contact Consesha Wachenje on 0734 600251 or email:

One to three day training programs designed to give you the skills to start earning income. Courses include: Baking, including charcoal oven baking, solar drying of foods, jams, pickle and preserves, tuber technology,

kwetu@sollatek.co.ke or visit Kwetu at Mtomondoni village in Mtwapa.

Rémi Thackrey, Marketing and Business Advisor

Kwetu Training Centre, tel: 0734 600 251 Mombasa.

RIYAZ KURJI WINS K.C.B. VISA CARD RALLY

Biggest Thrill At Vipingo

RALLY PHOTO: COURTESY - KARIM VERDANI



Special Report by Vivek Mehta
 What a thrill it was to be in Vipingo on the top of the Hills amongst the newly dug red soil track!
 Yes! Red soils only ten minutes from the Indian Ocean [not in Lamu or Kwale - just a left turn off the Malindi Road, a dash thru' the sisal estates, up the hill and that it is] - in one of the most panoramic settings I have seen in a long time.
 Red Soils, Cool Breezes and the Cool Blue Indian Ocean in the background stretching as far as the eye can see.
 I tried to use the view to convince my five year old son that the earth is round.
 I don't think he understood - but then he was too busy having fun watching the rally.
 Congratulations KCB! Congratulations Salim Haji [who, I understand, is the brains behind the set up].
 And congratulations to all those who organized the event this year. The Vipingo viewing was a thrill.
 I thought the Saturday afternoon at Mama Ngina Drive would have been exciting enough.
 Now lets get back to last Sunday's site in Vipingo - the World Cross Country should be located here.
 Its real Kenya, and it would be real Cross Country route.
 By the way most people refer to it as a "Marathon" - it is not.
 Watching those cars zoom by from the various vantage points as a pleasurable experience difficult to forget.
 And what was amazing is the number of people who turned up to watch - this sport will once again rise in popularity if what I saw in Vipingo is happening elsewhere in the country.
 Good stuff.
 I had forgotten how scenic & beautiful this country is, the day in Vipingo would have been the tonic.

Riyaz Kurji and co-driver by compatriot Sayeed Kadri in their N10 Subaru Impreza delight the fans along Mama Ngina Drive, Mombasa, at start of the KCB Visa Card Rally.

Ugandan In The Lead From Start To Finish!

CLAIMS THIRD K.N.R.C. CAREER VICTORY

Ugandan Riyaz Kurji co-driven by compatriot Sayeed Kadri in a N10 Subaru Impreza chalked-up his third Kenya National Rally Championship (KNRC) career win in the KCB Visa Card Rally.
 The win-coming in the 7th round of the season - was his second of the season after he claimed his maiden KNRC victory at last year's KCB Guru. Nanak Rally.
 It was also the first foreign win for Kurji in the Coast tour after the crack Ugandan Emmanuel

Katto trailed the blaze in the 1997 edition.
 In one of his most spectacular drives in the KNRC series, Kurji led the rally from start to finish amidst a fast and furious stunt in the smooth terrain of Kilifi District.
 Unlike in the August's Kajjado event - in which Kurji lost 2 minutes penalty for checking in late at the enterprise Road spectators stage, the Ugandan encountered a trouble free-run, clocking 1 hour 25.08 minutes.
 He eclipsed Mitsubishi EVO 8 driver Lee Rose by a 1.28 minutes margin.
 "We decided to go flat-out from the onset because the rally was very hot and there was no time to recover from any blander. We will hopefully go for the championship with the remaining two rounds," said a jubilant Kurji.
 With two rounds and 160 points to spare, Baldev "Baldy" Chager made good his threats by silencing the Anwar brothers who have dominated the championship this year.
 In coming third in Mombasa, Chager recaptured the KNRC lead with 290 points while Asad Anwar's fourth saw him cling on to the second place with 280 points.
 It was, however, a bitter pill for Rose to swallow after losing his grip on the Mombasa Rally title that he has held for two consecutive years.
 "We were really tough on it but we had to contend with a number of misfires.
 "We also lost three minutes for being blocked by Alastair Cavenagh when he got stuck in a river crossing," said Lee.
 Everything went Kurji's way as he opened a 1.35 minutes

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Mehr als 200 Säcke mit Abfällen von Diani Beach entfernt

HUNDERTE Plastiksäcke, Flipflops, Plastikflaschen, Zigaretten, Spritzen, Feuerzeuge, Verpackungsschaum und alte Fischernetze, um nur einige der am Strand entfernten Abfälle zu nennen, wurden gesammelt während einer intensiven Strandreinigung im Juli, organisiert von **Camp Kenya** und **Colobus Trust**.

Mehr als 200 Internationale Freiwillige und lokale Schulkinder, vom **Camp Kenya**, **Colobus Trust** und **Logitec**, sowie von den **Manuel Alexander, Mwagigwena** und **Magutu Primarschulen** beteiligten sich an einer zweitägigen Reinigungsaktion, um die ganze Dianiküste von Abfällen zu befreien.

Die Aktion ergab mehr als 200 Säcke voll mit Abfällen, die freundlicherweise von **Alliance Hotels** entsorgt wurden.

Camp Kenya Mwamba Conservation Projekt Manager Jackie Buhl berichtet:

- Freiwillige Helfer sortierten die Abfälle und übergaben die Flipflops dem Welttierschutzverein (**World Society for the Protection of Animals - WSPA**).

Diese Flipflops werden zusammen mit an anderen Stränden gesammelten verwendet, um eine riesige Walskulptur herzustellen, die in Europa ausgestellt wird, um die Aufmerksamkeit auf Marineaktivitäten zu lenken.

Alle Einnahmen aus der Ausstellung mit der Walskulptur kommen lokalen Gemeindeprojekten zugute.

Abfälle im Meer sind durch Nahrungsaufnahme und Verwicklungen die größte Todesursache für Wale, Delphine, Seevögel, Meeresschildkröten, Fische und andere Meeresbewohner.

Im Wasser schwimmende Plastiksäcke werden irrtümlicherweise als Quallen angesehen und führen dazu, dass diese ersticken oder verhungern.

Seevögel fressen oft Flaschenverschlüsse aus Plastik, die sie im Wasser finden.

Sie fühlen sich dann satt und verhungern mit vollem Magen.

Die Abfälle töten nicht nur viele Lebewesen im Wasser, sie sind auch ein übler Anblick und vertreiben Touristen.

Wir möchten allen danken, die an dieser Strandreinigung mitgemacht haben.

Das **Mwamba Conservation Project (MCP)** wurde von **Camp Kenya International** gegründet und ist ein Programm, das lehrreiche und abenteuerliche Exkursionen in Ostafrika offeriert für Sekundarschüler und Hochschulabsolventen.

Camp Kenya, eine Abteilung von **Camps International**, führt eine Reihe von Programmen durch mit Gemeindebeteiligung, Abenteuerreisen wie auch Wildlife-Ökologie.

MCP setzt sich dafür ein, die Korallenriffe und die Marine-Umwelt zu schützen durch Aufklärung, Information und aktive Mithilfe.

Das Zielpublikum sind unter anderem internationale Schüler und Lehrer wie auch lokale Primarschüler und ihre Lehrer.

Wie wir alle wissen, ist Aufklärung und Wissen der Schlüssel für die Zukunft und das einzige Mittel, um unsere Meere zu schützen, ist Aufklärung, Motivierung und Verständnis der Natur.

Das **Mwamba Conservation Project** will helfen, diese Ziele zu erreichen mit Aktivitäten, die sich auf wichtige Aspekte der Marine-Umwelt konzentrieren sowie mit aktiver Mitarbeit zur Verbesserung der Umwelt.

Wir müssen lernen, dass unsere Handlungen direkt das Marine-Ökosystem beeinflussen und auch einheimische Kinder lehren, die Bedeutung unserer Marine-Umwelt zu erkennen und darüber nachzudenken.

Mit dieser Kombination von Ausbildung und Aufklärung internationaler Schüler auf Besuch wie auch der einheimischen Schulkinder wird gehofft, dass jede Gruppe eine umweltfreundlichere Lebensweise führen wird und auch in Zukunft mehr zu Marine-Erhaltung beiträgt.

TURMALIN - DER GLÜCKSSTEIN

FÜR OKTOBER

DER TURMALIN ist bei den Sammlern wie auch bei den Juwelieren einer der beliebtesten Edelsteine wegen seiner außergewöhnlich breiten Farbskala; Turmaline kommen eigentlich in allen Farben vor.

Der Name Turmalin stammt von dem singhalesischen-Wort "Tourmal", was verschiedenfarbige Steine bedeutet, denn es kann leicht zu Verwechslungen mit anderen Edelsteinen kommen.

Der Turmalin wurde ursprünglich in Ceylon entdeckt. Weitere Vorkommen gibt es im Uraiegebirge, in Brasilien, Madagaskar und in einigen anderen Ländern.

Es gibt sechs verschiedene Mineralarten innerhalb der Turmalin-Gruppe.

Indicolit bezieht sich zum Beispiel auf den blauen Turmalin, Rubellit bezeichnet den rosa Turmalin.

Viele Turmaline in Rosa und Rot wurden von den Chinesen anfangs des vorigen Jahrhunderts aufgekauft und in verschiedene Formen geschnitten.

Turmalinkristalle enthalten oft mehrere Farbzonen (zweifärbig, dreifärbig oder



Es gibt viele grüne Turmaline in den Gebieten auf beiden Seiten entlang der Grenze zwischen Kenia und Tansania.

vielfärbig) längsgestreift oder konzentrisch wie zum Beispiel der Wassermelonen-Turmalin.

Andere Steine werden einfach Turmaline genannt mit der entsprechenden Farbe als Vorsilbe.

Turmaline sind dreieckig oder sechseckig kristallisiert; die Kristalle sind gewöhnlich lamellenförmig und prismatisch mit vertikalen Streifen. Sie erreichen einen Härtegrad von 7 bis 7,5 auf der Moh-Skala (Diamanten 10).

Es gibt viele grüne Turmaline in den Gebieten auf beiden Seiten entlang der Grenze zwischen Kenia und Tansania.

Der grüne Chrom-Vanadium Turmalin aus Ostafrika weist, im Gegensatz zum gewöhnlichen Turmalin, einen starken roten Farbrückstand auf, wenn man ihn durch den Farbfilter betrachtet.

Die Farbschattierungen dieser Turmaline sind denen der Tsavorite (grüner Granat), sehr ähnlich, die ausschließlich in dieser Region vorkommen.

Auseinanderhalten kann man sie am besten durch ihr unterschiedliches spezifisches Gewicht.

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Mr.Sondi glaubt, dass IAAF und die Regierung mit der Stadtverwaltung eng zusammen-

arbeiten sollten, um dafür zu sorgen, dass das Geld auch richtig verwendet und das Sportereignis ein voller Erfolg wird.

Er erwähnte, dass MCTA wie schon vor sechs Jahren die Renovierung der weltberühmten Elefantenzähne im Stadtzentrum arrangiert hat.

Die **World Cross-Country Championships** sollen im März 2007 vom Mombasa Golfplatz aus durchgeführt werden.

Mr. Sondi sagte: "In seiner mehr als tausendjährigen Geschichte wird Mombasa auf dieses Event als eines der be-

deutigsten Ereignissen zurückblicken."

"Die Vorbereitungen sind kostspielig, werden aber Früchte tragen."

"Unser Land produziert die besten Sportler der Welt."

"Von den 27 oder 28 Veranstaltungen in der Geschichte der Cross-Country Championships hat Kenia nicht weniger als 22 Mal gewonnen."

Diese hervorragenden sportlichen Leistungen haben sie dazu beigetragen, dass Kenia die Ehre zuteil wurde, diese Event abzuhalten.



SAROVA WHITESANDS BEACH RESORT DONATES TO THE RAHMA FOUNDATION

Rahma Foundation Donation: Sarova Whitesands Beach Resort generously donated bales of flour and cooking oil to the Rahma Foundation for the needy during the Holy month of Ramadhan. The General Manager, Mohammed Hersi (second right) is seen giving part of the donation to Shafi Yahya, (second left) the Rahma FM Station Manager. Looking on is Mohammed Omar (extreme right) and Nduta Ruth (extreme left).

'Lamu Cultural Festival'

PRESERVING UNIQUE SWAHILI HERITAGE OF KENYA NORTH COAST

This year's annual 'Lamu Cultural Festival' is being held over the weekend of 17 to 19 November, 2006.

A spokesman for the Festival organisers observed:

"Lamu Old Town is a unique and rare historical living heritage with more than 700 years of continuous settlement.

"In 2001, it was declared a 'World Heritage Site' by UNESCO.

"Since then the Lamu Cultural Promotion Centre, a community based group, has been organising an annual cultural festival to promote and preserve the unique Swahili heritage of the Lamu Archipelago.

"The trade winds of the Indian Ocean have been bringing visitors from the world to the East African coast for over a thousand years.

"The local people of Lamu have a long established tradition of welcoming travellers.

"In the same spirit the Lamu Cultural Promotion Centre bids you a warm 'Karibu' to this year's Lamu Cultural Festival to experience hospitality that has remained unchanged over the centuries."

The Festival continues to grow from strength to strength with the support of international partners including the American, German and French Embassies and local national stakeholders including the National Museums of Kenya and the Kenya Tourist Board.

"It has proved to be a major impetus in empowering the people of Lamu to take pride in their heritage and safeguard it for future generations."

The three day festival show cases traditional dances, displays of handcraft and competitions on water and land (Swahili poetry, donkey races, dhow races), and music and theatre performances from both local and visiting artists sharing a united heritage.

There will also be displays of traditional handcraft, henna painting, Swahili bridal ceremonies and a Swahili food bazaar

This year's Festival will also be marked by the return to Lamu Museum of the musical instrument, kibangala (an old

Swahili lute carved from solid wood), and other personal objects belonging to the renowned 19th century Lamu sufi, Mohamed Abubakar Kijumwa.

These items are being transferred by the University of Bayreuth in Germany in a gesture to return heritage assets for the purpose of conserving these resources.

On the same occasion, Lamu Museums will present an exhibition on the life and work of Kijumwa.

Cultural activities taking place during the Lamu Festival include: Presentations and discussions on the life and works of the Lamu 'Socrates' (Sufi), Mohamed Abubakar Kijumwa.

Presenters: Dr. Kineene wa Mutiso (University of Nairobi) Title: 'Ushairi wa Kijumwa'.

Prof. Dr. Gudrun Mlehe (Universität Bayreuth, Germany) Title: 'Preserving Swahili Literary Traditions'.

German contributions: Ms. Clarissa Dittmer (Universität Bayreuth, Germany) Title: 'Muhamadi Kijumwa - the Poet' Facilitator: Dr. Ahmed Yassin (National Museums of Kenya - Research Institute of Swahili Studies in Eastern Africa, RISSEA)

Further Presentations and Discussions on the life and works of the Lamu 'Socrates' (Sufi), Mohamed Abubakar Kijumwa

Presenters: Sheikh Ahmed Nabhany (RISSEA) Title: 'The place of Kijumwa poetry in modern poetry'

Mr. Athman Hussein (Curator: Lamu Museums) Title: 'Kijumwa's contribution toward Lamu woodcarving'

Facilitator: Dr. Tom Olali (National Museums of Kenya - RISSEA) Opening of the exhibition: 'Mohamed Kijumwa'

There will also be a Jahazi dhow race and traditional dances including such popular items as Chama cha Matondeni, Goma la Siyu, Uta, Goma la Barani, Tari la Ndia and Shabwani.

Also traditional skills and craft displays (ironsmith, wood carving, grinding, pounding, dhow building, henna painting, Swahili embroidery, matmaking, bao games, leather works)

Other entertainments include: 'Alibaba na wezi arabaini' a satire by Heartstrings Kenya.

'East African Melody' - taarab music from Zanzibar

Places of interest include:

- Lamu Fort, dating back to 1821, having been built by the Sultan of Oman shortly after Lamu's victory over Pate and Mombasa in the battle of Shela
- German Post Office Museum
- Swahili House Museum

Lamu offers accommodation to suit all pockets. Transport by road to Lamu is safe.

Public transport from Mombasa leaves daily, with about seven buses at different times during the day.

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

SUDOKU NO. 018

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

What is Sudoku?

Sudoku is a number puzzle based on a very simple idea: which is the use of clues and logic to place numbers into 81 squares in a 9x9 grid.

What are the rules?

Sudoku has only one rule: place a number in each cell such that every row, column and 3x3 group of cells contains the numbers 1 to 9 only once.

SOLUTION TO 'PRIZE SUDOKU' NO. 017

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

WINNER OF 'PRIZE SUDOKU' NO. 017
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DEATH ANNOUNCEMENT



Aminmohamed Fatehali Dhala

The family of Late Count Fatehali Dhala announce with deep
regret and much sorrow the very sad and untimely demise of
Mr. Aminmohamed Fatehali Dhala in London on
Sunday 8th October, 2006

He was the husband of Rozina Aminmohamed Dhala, and
beloved father to Akbar, Malik and Aziz. He was the brother
of Gulbanu, Karam and Hassan, and father-in-law to
Jamila, Yasmin and Amy. He lived by his maximum to the
very end.

He will be very sadly missed by all the members of the Dhala
family especially his wife, his sons, daughter-in-laws, grand
children, a sister and brothers.

The funeral took place in London on Thursday 12th October, 2006
MAY ALLAH REST HIS SOUL IN ETERNAL PEACE - AMEN!

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Ugandan In The Lead From Start To Finish!

FROM PINE NINE

overnight lead from Asad Anwar in the Saturday's Mama Ngina spectator Stage and clung onto it through to the 71km Kilifi loop that was repeated twice.

The Coast challenge wasn't a favorable hunting ground for the top KNRC contenders who bowed out with various mechanical problems.

First to go was 2004 motor sportsman of the year Sammy Aslam who retired early morning on transport with a damaged rear differential.

Reigning champion Azar Anwar also lost his grip on the KNRC leadership after retiring on the 20km CS 3 Mitangoni stage with gear box problems.

Carl Tundo and Alastair Cavenagh followed with drivetrain problems.

Jonathan Savage won the Formula Two class followed by Martin Gitata and Rajee Chager.

But Rajee consolidated his 2WD lead with 93 points while Gitata and Savage took joint second on 86 points.

Out of 24 cars that entered the KNRC event only 19 managed the 144km competitive mileage for the KNRC course.

Mombasa has been abuzz with activity as turbocharged machines reverberated around the hills of Kilifi with much vigor.

Fans were treated to some exhilarating display of rallying artistry in two of the specially designated spectators stages. More than 2000 spectators turned out at the Mama Ngina

drive to witness rally cars at full action on Saturday.

The mood was even more enterprising as the 14 Km Vipingo Ridge stages whose last 2km made up a special stage.

- Provisional results:
1. Riyaz Kurji/Sayed Kadri (Subaru Impreza) 1h:23m:08s;
 2. Lee Rose/Piers Daykin (Mitsubishi Lancer) 1h:27m:06s;
 3. Baldev Chager/Farouq Yusuf (Subaru Impreza) 1h30m11s;
 4. Ian Duncan/Amar (Toyota Hilux) 1h30m24s;
 5. Asad Anwar/Nick Patel (Mitsubishi) 1h31m59s;
 6. Susheel Shah/Kana Mohamed (Subaru) 1h36m30s;
 7. Pano Calavrias/Moses Mutovu (Subaru) 1h38m06s;
 8. Stephano Thca/Crispin Sassoso (Subaru) 1h39m03s;



Car. No. One - Azar Anwar and Imran Khan driving along Mama Ngina Drive, Mombasa.

9. Paul Semeny (Subaru) 1h39m28s;
10. Peter Horsey/Mike Bowen (Toyota Corolla) 1h39m44s;
11. Jaswinder Chana/Ravi Chana (Celta GT4) 1:45:31;
12. Ijaz Mirza/Arshad Khan (Subaru Impreza) 1:46:06;
13. Keith Henrie/Atul Kohita (Toyota Levine) 1:50:43; 14. Said Hamad/Julius Ngilo (Subaru Impreza) 1:51:47;
15. Yogesh Pate/Saqib Malik (Subaru Impreza) 1:52:30;
16. Ben Muechemi/George Njoroge (Subaru Impreza), 2:00:44;
17. Naushad Kara/Kallesh Chouhan (Subaru Forester) 2:03:39;
18. John Mburu/Wellington Ochlieng (Mitsubishi Lancer) 2:14:22;
19. Dinesh Sachania/Kiran Patel (Subaru Impreza) 2:46:28;

KENYA NATIONAL CRICKET SQUAD AT TEAM BUILDING CAMP

Having just returned from their successful tour of Uganda, the Kenya national cricket squad continues with its preparations for Cricket World Cup 2007 when they set off on 10th October for a three day 'team building' camp at the Malewa River Lodge.

Set in the Great Rift Valley some two hours drive out of Nairobi, Malewa is a small 'eco-friendly' lodge built entirely from local mud, timber and thatch.

It nestles in the shade of huge Acacia trees on the banks of the Malewa river close to the

Aberdare National Park.

While its primary reputation is that of a luxurious retreat wild complete with Gordon Bleu cooking, the Kenyan cricket team are not going to sample any of Malewa's reputed hospitality.

The reason?

Because Malewa has recently acquired a reputation for an entirely different kind of activity - a specialised outdoor boot camp involving survival in the wild - and has invited the 22 member Kenya cricket squad and coaching staff to participate in this camp as part of their preparations.

The invitation to the Kenya team is the result of a joint initiative by the staff at the nearby Greensted's School and Malewa's own team of experts in consultation with Cricket Kenya.

Pupils at Greensted's regularly attend such camps as part of their preparations for challenges they are expected to encounter in life.

Martin Bentley, MBE, Head master of Greensted's School, and himself a member of the Cricket Kenya board, explained that the programme for the Kenyan team will involve a number of difficult physical and mental challenges to enable each of them to learn to perform better individually and to understand and help each other by working as a team.

The key objectives of the camp are to include:

- Team building
- How to work together
- Decision making under pressure
- Listening to others
- Leadership
- Taking responsibility for your role
- Facing challenges and how

to win through and overcome fears

- Relying on one another - trust
- Identifying individual and team personality strengths and weaknesses
- Adopting a flexible approach - strategy and how to remain flexible when things do not work out as planned.

Physical and mental challenges and how to prepare for each

Chris Campbell Clause, the Managing Director of Malewa River Lodge has welcomed the idea of hosting the national team and said that he hoped that Kenyan cricket would benefit from the experience.

Lohana Sports And Cultural Festival

Nairobi Lohana Youth League will host the 31st Lohana Sports and Cultural Festival in Nairobi during the Christmas holidays, it has been confirmed Festival PRO Subhash Modi.

Teams are expected from Dar Es Salaam, Mwanza, Kampala, Mombasa, Nakuru, Kisumu to participate along with the hosts, Nairobi.

The festival started in Kisumu in 1974 with its founder members namely D. P. Mandavia, Jayant Badiani and Subhash Modi and the last festival was held in Nairobi under the brilliant chairmanship of Mehu Devani and Mombasa based Secretary General, Aakash Devani.

The festival has the full blessings of Aroonbhai Samani (Chairman of East Africa Lohana Mahajans) and Kaushikbhai Manek (Chairman of Nairobi Lohana Mahajan Manada).

Kamal Sanghani - Nairobi based is the new secretary General while Rashma Raikundalia is the Festival

Chairperson and is going to be assisted by Festival Secretary Madhvi Dawda.

Officials/Convenors appointed by the hosts include:

Lohana Mahajan Mandal/Lohana Youth League - Community Public Relations/ Fund Raising;

Festival Treasurer and Vice Chairman Tilak Ruparel, Joint Festival Treasurer Vijay Kantaria, Sports Convenor Aarti Chandarana, Assistant Sports Convenor Aarti Chotali, Souvenir Magazine Bhumika Amlani, Registration and Enquiries Sanjay Gandhi and Rakhee Jobanputra, Transport Chetan Jobanputra, Trophies and Mementoes Aashna Raikundalia, Accommodation Anand Chotali and Rakhi Vasani, Catering Dinaben Chandarana and Geetaben Manek, Administration Deepesh Modi, Security and Communications Mayur Rathitha, Cultural/ Hall Decorations Kamal Kantaria and Sejal Lakhani, Medical Dr. Shashi

Badiani, Public Relations Officer Subhash Modi and Seating Arrangement Neha Radia

The festival include various sports - badminton, cricket, volleyball, snooker, tennis, swimming, throwball, table tennis, marathon, darts.

BRIDGE RESULTS

Result of the duplicate Bridge played at Mombasa Sports Club on Wednesday, 4th September, 2006.

K. P. Shah and C. P. Shah 127 (Points); A. D. Shah and C. D. Shah 124; Janakbhai and Harkhubhai 121; Mr. and Mrs. D. D. Shah 113; Mr. and Mrs. M. K. Shah 109; P. Savla and D. Trivedi 105; Mr. and Mrs. Narendra 101; Dr. J. D. Shah and Amu Shah 101; Mrs. Vibha and Ketan R. Shah 92; Mr. Jyotsna and Mrs. Neemaben 87.

COAST BRIDGE with C.P. SHAH

IN the following hand Declarer had to find the ninth trick to complete his Three 'No' Trump Contract.

Dealer: West. Neither side 'Vulnerable'. **BIDDING:**

WEST	NORTH	EAST	SOUTH
2 SPADES (1)	3 DIAMONDS	PASS	3 'NO' TRUMPS
PASS	PASS		

(1) Weak Two-Six card suit and Five-Ten points

West led the King of Spades and won by Declarer's Ace. Sure to run up short of tricks if he ran Diamonds, and sure to promote too many clubs if he led a Club to the Queen and saw East win and fire back a high Club. Declarer played to set up a Second Spade, and returned the Knave of

NORTH

♠						
♥	9	6	4			
♦	A	Q	J	7	4	3
♣	K	Q	5	2		

WEST

♠	K	Q	9	5	4	3
♥	K	10	2			
♦	10	9	6			
♣	8					

EAST

♠	8	6				
♥	A	8	3			
♦	5	2				
♣	A	J	10	9	4	3

SOUTH

♠	A	J	10	7	2
♥	Q	J	7	5	
♦	K	8			
♣	7	6			

Spades at trick two (key play). West won the Queen and the only successful play from him at trick Three was an impossible communication cutting Diamond.

Very tough to find - and switched to a low Heart. East won the Ace and returned a Second Heart to the Queen and King, but all the defence could score from here was the Ace of Clubs. Nine tricks and game made.

International Pack Gathered At Forest Trails

Do you realise that Mombasa and New York are very similar to each other?

"No way!" I hear you say.

Well take New York's Central Park a green oasis in the middle of all that consumerism and compare it to our very own Bamburi Forest Trails, a peaceful oasis in the middle of all our 'siasa' and politicking and you start to see the similarities.

As trail-setting Hares becoming an endangered species, the Bamburi Forest Trails were the venue again for Bash No. 190.

Quite a good pack this time with a total of 10 Hashers boosted in numbers by three foreign guests.

Karibu to 'Beach Bum' and 'Lilly Von Stupp' from Hamburg, Germany and 'Jenny' from Paris.

So an International pack gathered, late as usual, at the Forest Trails and was greeted by a happy, couple exchanging wedding vows and their finely dressed guests enjoying the

Loong Hot One not to be outdone showed off her snowy legs in the excuse of limbering up.

After the normal argument on which trail to take, the FRBs took the 10 KM cycling trail while the more rational ones went off on the shorter walking trail.

Mzee Mouth conducts a running tour for the benefit of the 'wageni', pointing out the rehabilitated quarries while yours truly gasps for air just trying to keep up.

The overhanging trees make it cool and the One KM mark goes by. A 'gentle hill' and gay Jenny starts to have to second thoughts about following Mzee Mouth.

Very good is Mzee Mouth when it comes to leading the females up the forest trail.

'On On' goes the trail, turning left trees on both sides, and the ground covered in casuarinas leaves.

Phutt, Phutt, the sound of a rifle firing can be heard, must be a firing range close by.

the pack is divided as crafty Sixty Nine lingers behind to rescue the flagging females.

Swish, Swish, is that a bee, is that a bird, or is that a plane?

No, those are the sounds of 'live' rounds seemingly going through the treetops above us.

Lilly von Stupp obliviously knows his job as he ducks for cover while the rest of the pack keeps running... Ah well these 'mzungus' are certainly not going to forget their Mombasa Hash.

Wonderland Alice running silent as a forest elf acts as the rear guard.

First stop and the rest of the pack is nowhere in sight, no choice but to go on.

Wonderland Alice starts to go wobbly at the knees and your truly the grunting orc has to walk with her.

Five KM mark and the airstrip is ahead with three aeroplanes in.

The shortcut detour comes up and the elf goes off feeling better.

The long way for us orcs, but sighting a shy herd of long horned

Onyx in the tall grass makes up for that.

Three KMs to go and everything boils down to the basics, put one leg in front of the other and breathe.

Don't even think of the pain or stopping, one step and breath. 9 KM mark passed, sign for reception ahead.

The wedding guests certainly looked shell shocked when sweaty guys in shorts and T-Shirt gate-crashed their party.

No chance of a kiss from the lovely bride then?

Downs downs at the pavilion helped to soothe away the pain.

Log on to <http://janguvu.com> swank for online Hash reports and photos.

Next Week's Run No. 191 - Saturday August 14th 2006: The Special Prawn Run.

Meet at Miritini Railway Station. MSA-NBI Road at 3.30 p.m.

Run will start at 4:00pm sharp - latecomers can follow the katecomog.

Call Birju B. Shah on 0722 841536 for more details.

Mali Ya Abdalla Facing Kenya Ports Authority

MALI YA ABDALLA Football Club clash against Kenya Ports Authority (KPA) in one of seven Coast Provincial Mini-league matches set for this weekend in various playing fields, writes **ABDULRAHMAN SHERIFF**.

Mali ya Abdalla - KPA match will be played tomorrow (Saturday) at Mbaraki Sports Club ground and no doubt it will attract many fans for both teams have many well-known players.

Super Eagles entertain Vosalo from Voi at Miritini ground, Simba Mabati play host to Feisal at Mariakani ground and Steel makers takes on Borussia Tembo at Dr Krapf ground in Rabai, also tomorrow.

On Sunday, Steel makers play Feisal at Dr Krapf ground, Simba Mabati host Borussia Tembo at Mariakani ground and Mali ya Abdalla entertain Vosalo at Burhaniya ground.

Last week, Mali ya Abdalla FC made a flying start in their campaign by crushing Steel Makers FC of Mazeras 4-1 during a match played at Dr Krapf ground.

Timu ya Abdalla under the guidance of Khamis Baghazally got their goals through Mwanzi Mwambuzi (ninth minute but Steel Makers equalized through Mohamed Galgalo (34th minute).

Before half time, Abdalla added another via Salim Bundes after his colleague Omar Banza was brought down.

Shani Rindano and Salim Aspirila scored other Mali ya Abdalla goals in the 64th and 83rd minutes.

Taila Ngano Super Cup top scorer Fadhil Yahya scored a double to help Borussia to a well-deserved 2-1 win over Voi Safari Lodge (Vosalo) during a match played at Voi Stadium.

Big Crowds In Kwale And Kilifi

COAST FANS ENJOY LOTA MOTORS WOMEN FOOTBALL LEAGUE MATCHES

LOTA MOTORS Women Soccer League matches are to resume a week after Idd ul Fitr celebrations, the Kenya Football Federation (KFF) Mombasa sub-branch chairman, Gabriel Mghendi has announced.

Mghendi said the matches which have been attracting capacity crowds would be played in various playing fields in Mombasa, Kilifi and Kwale districts.

The ladies have been playing skillful soccer.

He appealed to up-coming girls to train hard in readiness to the

Soccer Scene with Abdulrehman Sharii



league which resumes a week after the end of fasting month of Ramadhan.

Mghendi commended the players, officials and supporters of the four clubs taking part for

maintaining high standard of discipline during the league which has secured sponsorship from Lota Motors through its Managing Director, Mehboob Lota.

When the league was stopped due to Ramadhan, Furaha Ladies Club of Mtwapa was leading the pack with 10 points after playing four matches, winning three matches and drawn one.

Railways LC of Shimanzi is second with nine points having won all their three matches they played so far. It's the only team which has yet lost a game.

They have nine goals and conceded none.

Kilifi's Moving the Goalpost (MTG) occupies third position with seven points after playing four games, winning two, drawn once and lost one.

However, MTG leading in scoring the highest number of goals with 19 goals to their credit and conceded only two.

LIKONI ALL SAINTS

All Saints of Likoni has six points after playing four matches, winning two and lost two.

Boca Juniors of Changamwe is fifth with four points after winning a game, drawn once and lost one.

Island's Soliwodi which started badly losing the first two matches have recovered to win a game and occupies sixth spot with three points.

Coastal Queens and Changamwe Ladies Club are at the bottom of the standings, both without any point but the latter are last having conceded 16 goals and scoring only one goal.

Bosuster Shame Mwalimu Kombe Fixture

HUNDREDS of soccer fans returned home disappointed when Bosuster FC failed to turn up to honour their Mwalimu Kombe Cup competition third place play-off against Malindi Salt FC, writes **ABDULRAHMAN SHERIFF**.

Referee Juma Mbita waited for over an hour at Mjanaheri ground

in Magarini, Malindi District, before he awarded the match to Malindi Salt.

It was not immediately known as to why Bosuster failed to appear for the match in a competition sponsored by the area MP Harrison Mwalimu Kombe.

Secretary General of the Magarini Football Club Association (MFCA), Julius Mweni promised to take disciplinary action against Bosuster for their behaviour saying the idea of individuals sponsoring football tournaments was to promote the sport and not just the rewards.

The Sponsor, Hon. Mwalimu Kombe, made the same sentiments and supported the MFCA decision to take disciplinary action against Bosuster.

All roads leads to Mjanaheri grounds for the final match slated for Sunday between 85 Lucky Boys and Technical FC. Several VIPs including two assistant ministers are expected to attend.

Three Different Boat Classes Sailed Their Different Races On Two Different Courses

The Sunday 8 October saw three different Cups fought for on A Handicap.

On the water three different classes of boats raced their different fights on two different courses.

The winds were more southerly, blowing a faint breeze of swinging in the coming month.

The spring tide was flooding with a strong current in tow.

V Cup, which was presented in 1959 by Dr. A. Sanford, is for Lasers only.

The fleet of six new Lasers, two yet unnamed, took to the water like the proverbial fish.

The inimitable Barnes, both Marilyn and Chris shone well in the three races with TBN yachts.

Michael Smewing in his lovely QUICKSILVER started off with gusto and fared well in the more southerly winds coming home second in the first race followed by Dave Mackay's CLAIR.

Andy Burnard's KIJIVU had to work hard to go up the finishing ladder in the last 2 races after sailing in last in the first.

Brian Emmott's SIAFU had no sting in it, trailing in the rear end.

Overall, Chris Barnes and his unnamed Laser win the V Cup followed by Marilyn Barnes AND Andy Burnard's KIJIVU.

D. Mackay's CLAIR and Michael Smewing's QUICK

SILVER share an equal fourth followed by Brian Emmott's SIAFU.

The Jorg's Cup was raced for by two boats; METEORITE

sailed by Neelam Shah and crewed by Kalim Hassanali, with a guest Christopher against CONWAY'S sailed by Fred Okoth and Teddy Ndaro.

CONWAY'S win the Jorg's Cup with two consecutive line honors.

The Bosun Whistle, in four

races sailed after a long time had two entries; Koki Doshi's CENTURION and John Koyiet skippering the ARMILLA.

Frank, a German navy officer crewing in CENTURION had his first dip in the Indian Ocean with a "man overboard" situation occasioned by a broken jib fitting.

In spite of this, CENTURION had line honors, only to cede the Trophy and the races to ARMILLA in the next three races.

Upcoming event: 1st TORPEDO TROPHY, a Pursuit Race on B Handicap on Sunday 15 October.

Sailing Notes with SEA BREEZE



TOTAL GOLF DAY - Erick nyongesa (left), Man Winner during Total Nyali Golf Day at Nyali Golf and Country Club shakes hand with Total (K) Ltd Managing Director Bertrand Fontanges.



Philip Carolan, Catering Manager of Kenchic Limited hands over a cheque for 65,000 ksh to Arty Round-Turner, Golf Manager Leisure Lodge as the 9th Hole sponsor in the Diani Beach Masters Golf Competition.

CANCER AWARENESS@HOLLYWOOD BOWL

This Friday, the Hollywood Bowl will host The Charity Pin Bowling for the Aga Khan Hospital breast cancer Awareness Support Group.

There will be great music and Bowling, and lots of fun and all are guaranteed a fantastic time!

Make a date, don't miss out, be a part of a worth cause and make a difference in someone's life.

Remember your contribution will go a long way to help protect and save lives.

Bowling games will be at a discounted rate of Ksh. 200 per game. Come One come All.

Last Tuesday afternoon, the Aga Khan Academy pupils had their bowling session and below are their results: Ilham - 83 points, Kerry - 80, 70 points and Ibrar - 65 points.

At the closure of last week the scores were as follows:

In the men's category Dallas - 204 points and Habib - 202 points. Within the week, Habib Makande managed to improve his score up to 209 points but disappointment befell him when Noor of

Al Malik Motors bulldozed his way up to the top with 220 points at the end of the week; pushing Habib a position down to land on second position.

Other entrants of the week in this category were Capone and Paresch Morjaria, who took the fourth and fifth positions respectively.

While in the ladies category, Betti Beta still maintained the first position, but was closely followed by Jenny Nerish in second place.

The under 15 years category, last week did not have any names but this week, Sunir Shah and Jay Shah enjoyed the first and second positions respectively, of the coveted positions in this category!

A look at the scoreboard at the closure of the week:-

Men:- Noor - 220 points, Habib Makande - 209 points, Dallas Mohamed - 204 points; Al Capone - 203 points and Paresch Morjaria - 194 points Ladies:- Betti Beta - 137 points and Jenny Nerish - 125 points Under 15 years:- Sunir Shah - 148 points and Jay Shah - 113 points.

Putting In Wind

SOME PLAYERS DON'T REALIZE THAT A STRONG WIND CAN TRULY AFFECT THE ROLL OF YOUR BALL THE WIND MAY ONLY THROW THE BALL A HAIR OFF COURSE, BUT ON THE GREENS THAT CAN MEAN THE DIFFERENCE BETWEEN MISSING AND MAKING A PUTT, SO WHEN PUTTING INTO A STRONG HEADWIND:

1. STAND WITH YOUR FEET SPREAD FARTHER APART FOR BETTER BALANCE;
2. EXAGGERATE THE BEND IN YOUR KNEES FOR BETTER LEVERAGE;
3. MAKE A STRONGER, BUT FIRMER STROKE.

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Coastweek

Issue No. 2941

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KENYA TIDE TABLES

MOMBASA, October 13 - 19, 2006

FRIDAY High Water - 2.9 m. at 07.40 hrs. (7.40 a.m.) and 2.2 m. at 20.12 hrs. (8.12 p.m.). Low Water - 1.0 m. at 01.06 hrs. (1.06 a.m.) and 1.0 m. at 14.12 hrs. (2.12 p.m.).

SATURDAY High Water - 2.5 m. at 08.36 hrs. (8.36 a.m.) and 2.0 m. at 21.54 hrs. (9.54 p.m.). Low Water - 1.3 m. at 01.51 hrs. (1.51 a.m.) and 1.3 m. at 15.33 hrs. (3.33 p.m.).

SUNDAY High Water - 2.3 m. at 10.38 hrs. (10.38 a.m.). Low Water - 1.6 m. at 03.27 hrs. (3.27 a.m.) and 1.4 m. at 18.02 hrs. (6.02 p.m.).

MONDAY High Water - 2.1 m. at 00.56 hrs. (12.56 a.m.) and 2.4 m. at 12.56 hrs. (12.56 p.m.). Low Water - 1.6 m. at 06.34 hrs. (6.34 a.m.) and 1.2 m. at 19.23 hrs. (7.23 p.m.).

TUESDAY High Water - 2.5 m. at 01.53 hrs. (1.53 a.m.) and 2.6 m. at 13.57 hrs. (1.57 p.m.). Low Water - 1.3 m. at 07.44 hrs. (7.44 a.m.) and 1.0 m. at 20.05 hrs. (8.05 p.m.).

WEDNESDAY High Water - 2.8 m. at 02.27 hrs. (2.27 a.m.) and 2.8 m. at 14.36 hrs. (2.36 p.m.). Low Water - 1.0 m. at 8.25 hrs. (8.25 a.m.) and 0.9 m. at 20.34 hrs. (8.34 p.m.).

THURSDAY High Water - 3.0 m. at 02.54 hrs. (2.54 a.m.) and 2.9 m. at 15.07 hrs. (3.07 p.m.). Low Water - 0.8 m. at 08.57 hrs. (8.57 a.m.) and 0.7 m. at 21.00 hrs. (9.00 p.m.).

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

Francis Kimani Of Limuru Golf Club Wins 'Diani Beach Masters' Tourney



Kenya Airways Commercial Director Hugh Fraser (left) presents the over all winner of airline's sponsored Diani Beach Masters Francis Kimani (second left) of Limuru golf Club with his trophy at Leisure Lodge golf Resort on South Coast. Mr. Kimani won the annual event on 151 points. Looking on is the last years winner James Lorum (second right) of Nakuru Golf Club and CEO of Leisure Lodge Beach Resort and Golf Club John Mutua (right). James Kangiri from same club (Limuru) settled for the second position with 152 points while Paul Thuo of Muthainga Golf Club came third with 153 points. This fourth annual tournament attracted 34 golfers from Tanzani and 82 from the country.

Kenya Harlequins Shine At Coast

SILENCE ARCHRIVALS IMPALA AT MOMBASA SPORTS CLUB GROUNDS

Kenya Harlequins prolific rugby player Victor Sudi put up a sterling performance at the second leg of the ongoing Nakumatt National Rugby Sevens circuit to lead his team to a 27-7 victory against Impala Rugby club over the weekend.

During the thrilling main cup finals game played at the Mombasa Sports Club grounds, Quins silenced their perennial archrivals Impala to reclaim their pride in the four part circuit.

Kenya Harlequins had failed to impress in the opening leg of the Nakumatt Series during the tournament played in Kisumu.

However, in Mombasa, Quins appeared a more resolute outfit exhibiting pure rugby finesse.

Team captain Sidney Shioya attributed Harlequins sterling performance in Mombasa to a strategic change in the players' line up following the Kisumu experience. In the plate finals, Blak Blad defeated the Ben-jamin Ayimba coached Strathmore University team 14-10 while Uganda's Emerging Cranes lifted the bowl title after silencing debutants Kenya College of Accountancy 29-7.

Notwithstanding the gruelling 22 hours bus ride from Kampala to Mombasa, the youthful Ugan-

dan side coached by former Kenya scrum half Tolbert Onyango no team proved to be a force to reckon with.

Following the Coastouting, the action now shifts to Nairobi this weekend as the Nakumatt Kabeberi Sevens round gets underway at the Rugby Football Union of East Africa (RFUEA) grounds this Saturday. Ahead of the tournament, KCB still tops the leader board with 32 points with Mwamba, Harlequins and Impala enjoying a rather tight threeosome tie at the second spot with 28 points.

Other leaders on the Nakumatt National Sevens standings board include Strathmore University, Blak Blad and Nakuru with 12 points respectively.

Special Report by Correspondent

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University sides JKUAT and Mean Machine have eight and six points respectively.

COASTWEEK TEL: 2230125 / 2230130 MOMBASA
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