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# Coastweek

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**Coast To Host ODI Cricket Matches**

**INTERNATIONALS NOVEMBER 12-14**

The Kenya national cricket team takes on Bermuda in a series of three one day international (ODI) matches in Mombasa on 11<sup>th</sup>, 12<sup>th</sup> and 14<sup>th</sup> November 2006 at the Mombasa Sports Club.

This will be a historical event for Mombasa as it will be the first ever officially accredited ODI series to be played in Mombasa.

**CONCLUDED PAGE 14**

### More Tourist Police Graduate At Alliance Française De Mombasa

Another group of 25 Tourist Police Unit (TPU) officers have successfully graduated at Alliance Française de Mombasa.

The officers who successfully completed a special French language course were awarded certificates in a colourful ceremony graced by Officer Commanding TPU Assistant Commissioner of Police Elias Oduori.

Other dignitaries present included Honorary French Consul in Mombasa Michael Smewing, Alliance Française Board Secretary Phyllis Mutere and Provincial Director of Tourism, Coast Ceasar Gachira.

The two-month intensive French course was specially tailored to meet work-place communication needs in the language encompassing courtesy, reporting, translation and

French culture. Tourist Police officers cater for the security of tourists and other visitors in the country.

They began training in foreign languages to improve their service delivery. Officer Commanding Assistant Commissioner Elias Oduori said the training followed an increase in the number of French tourists in the country.

"The main objective of the training is to ensure that the officers can easily communicate and provide the required services to French tourists visiting the country," Oduori said.

Oduori added that this was a commitment for TPU to become a world-class police service and people-friendly.

He said TPU has also started

training their officers in other foreign languages.

This is the second group from the unit to undergo the course given that 30 officers graduated in August 2005.

Also graduating in the latest group of graduands was Officer Commanding Mombasa Tourist Police Chief Inspector James Makau.

Chief Inspector Makau said that the training was even more important due to the World Cross

**CONCLUDED PAGE EIGHT**

**Special Report by Correspondent**

**FOOTBALL**  
**LATEST**  
News, Views, Results and Full Reports  
**DETAILS PAGE 15**

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Hon. French Consul in Mombasa Michael Smewing (left) admires the certificate presented to Officer Commanding TPU Mombasa Police Inspector James Makau (right) during the Tourist Police graduation at Alliance Française. Looking on are Assistant Commissioner of Police and Officer Commanding TPU Elias Oduori and Alliance Française de Mombasa Board Secretary Ms Phyllis Mutere.

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# MOMBASA, MALINDI, DIANI AND LAMU SHOPPING GUIDE

PLEASE NOTE - COASTWEEK NEW TELEPHONE NO's: MOMBASA 2230125 AND MOMBASA 2230130

## Information Technology Training - A Must For All Humans!

Information Technology (I.T), Computers, Internet, E-Mail, Scanning, Pentium IV, Mouse, Windows XP, DVD (Digital Versatile Disk), Formatting, Formulas, Hard Disk, Copy AND Paste, Modern and thousands of other Computer terms

are a must in every Humans Vocabulary and day to day lives in this modern and ever evolving era of Information Technology.

The usual mentality of many is to evade the entire concept of I.T.

Housewives, so called "Aged Citizens", Retired Citizens or

people connected to non I.T related occupations have this attitude of "Why do I need to learn I.T at my age?" or "I work as a Tailor by profession so I don't need to embrace I.T" or "How am I going to learn these difficult things at my age?" or "I am old and rusty you there (head) so let me spare a lecturer somewhere".

A Computer is a configuration of hardware components connected together to perform tasks desired by the user.

Computers are a part of our lives now and will be more so in the very near future.

Any thing you do will involve Computers in one way or another because the I.C (Integrated Circuit) is part of any Electronic Device.

The basic structure of an I.C is the same but it has numerous uses and it's ever shrinking size helps in reducing the size of devices we use.

Imagine a small Digital Camera the size and shape of a paper clip or I.C's that help operate Remote Controlled Vehicles millions of miles from Earth!

When a Human Brain learns something new the effects that are relayed in the Body are Positive.

hat in turn improves self-esteem, confidence and

general attitude to life and to new horizons.

We all know how to survive and live a normal life, but when exposed to new frontiers we tend to rescind into our shells and try avoiding new terminologies.

Don't avoid someone very friendly and new to you trying hugging them - but not when their spouses are around!

Similarly embrace I.T and don't avoid it, believe me, it's very cute and friendly, very easy to get along with, always helpful, will always obey you, will improve your life and is not Married and is Financially lucrative!

So, my dear Wananchi, set yourselves to decide that you will embrace I.T, look for a good Computer Training Centre with good Professional Tutors and get a good idea of what a Computer is and how it can help you to improve your day to day aspects of office work, personal, social or recreation.

One would normally start with learning what Operating Systems are and how they work e.g. Windows XP, Windows 98 or Windows Millennium etc.

After that you can now diversify to Application Programs like: - Microsoft Excel - used for number crunching scenarios, analysis, creating financial models for simulating data, creating Accounting statements and reports, graphs etc.

You also have other programs for a variety of uses like Microsoft Word for Text Processing, Microsoft Outlook Express for E-mails, Internet Explorer for Web browsing, Microsoft Access for Database Management Systems, Microsoft PowerPoint for graphic designing and Slide Show creation.

Also Sage or QuickBooks for Computerised Accounting which helps you create and prepare your Final Accounts like Balance Sheet, helps you

in Stock Control, Basic Payroll functions, Bank analysis and transactions and Reporting.

There are many more Programs in the Market, which can meet your user requirements; all you need is the right advice for which to learn.

So, age is not a factor in learning new things, you can start anytime. Learning I.T has it's basic principles which need to be adhered to - an open mind by the Student and the right and simple way of presenting information to students and overcoming resistance to learn by them is the responsibility of the Lecturer.

Otherwise happy learning and happy clicking and happy mailing and happy browsing and happy formatting and happy new Dot.com life!

Rishi Arun Parikh, Yaris Data Systems, P.O. Box 80518, Mombasa.

yaris@afrionline.co.ke



PHOTO BY JOHN OTIS

### A Workshop On 'Evidence - Based Decision Making In Productive Health' At Nyali Beach

Dr. Clukamata (right) and Dr. Oladapo Olufemi, keenly go through their documents during the workshop on Evidence - Based Decision Making in Productive Health at Nyali Beach Hotel. It was organised by WHO/ICRCH.

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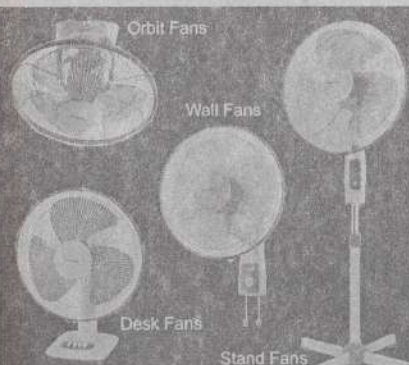
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Welding Current: 40-350A  
Duty Cycle: 60%  
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### SPOT WELDING MC25

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**JUST A LAUGH**



"Pauline. There's a six foot parrot waiting at the door for you!"



"Don't just stand there. This place will be crawling with 'Cops' in a few minutes!"



"You can still chase women. Just don't catch any, that's all."

PHOTO: JOHN OTIS

**'Executive Club' Of Nyali Beach Hotel Donate Food Stuff And Linen To Timbwani Children's Orphanage**



The "Executive Club" of Nyali Beach Hotel recently donated food stuff and linen to Timbwani Children's Orphanage next to Shelly Beach. Seen presenting the donation is Mr. Charles Gichohi, Deputy GM of Nyali Beach (second right); Ms. Monica Akello (third right) Chairlady Executive Club; Rev. Earnest Ombeva (on the left) receiving the items while his colleague Joseph Orseno (far right) and children from the home look on.

**Lunch 'Buffets' At Nyali Beach Holiday Resorts**

If it's Sunday, then it must be at Nyali Beach Holiday Resorts - That's because of its Luncheon Buffets. What is the reason for its huge popularity? You can't pinpoint any certain aspect. Its just the overall experience

that grows on you. The theme buffet Luncheons have become an addiction to regular family type clientele, who enjoy a day out with the whole family joining in, with swimming free - its kids pleasure.

The availability of Wireless Internet is an added feature. The menu keeps changing every Sunday with specialty Cuisine from around India and Middle East.

With affordable price of KShs 450/- for adults and KShs 250/- for children, the wide selection and quality of Cuisine is Amazing.

The services are top ranked; you can easily note professionalism in the waiters - a rare aspect found now a day.

There is a new theme selected every Sunday and it is never repeated.

So you experience and enjoy a different Cuisine every Sunday and never get bored.

With halal food, Nyali Beach Holiday Resorts has really being able to cater to large Muslim Community of Mombasa.

The chefs are highly trained and are always present during the buffet Luncheon to chat with you and explain you the Cuisine details.

The presentation of the buffets adds up to the pleasure of sheer delight.

So next time you plan your family's day out, try the Sunday Luncheon experience @ Nyali Beach Holiday Resorts, a wholesome family outing experience in comfortable surroundings.

**Cast Of Six Teenagers Were 'Sure And Slick' !**

One of the aims of the Coast Arts and Theatre Society is to promote cultural activities and to encourage new talent.

Well, they certainly achieved their aims when a young cast confidently and most ably performed in the comedy *Brenton versus Brenton*.

The cast of six teenagers was slick, sure and was very well rehearsed.

Shiv Morjaria was excellent as the ruthless and schizophrenic owner of the biggest advertising agency in Chicago. His performance was well timed and very believable.

His long-suffering employee Brett Howard was played by Neeraj Chandi.

Neeraj captured this character's fears and insecurities and gave a very convincing performance.

The third male cast member was Zain Jaffer who played the role of the company's English lawyer. Zain effectively portrayed the character's rather sombre and laconic attitude.

The three girls were equally brilliant!

Kajal Shah was very confident in her role as the estranged English wife and Salsabila Sheikh was excellent in her role as the malicious first wife.

The difficult role of Foxglove was very effectively acted by Sheliza Ramji.

She created the childish and pathetic character in a very convincing manner.

Well done to the entire cast and congratulations to CATS.

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## Ladies Golf To Raise Money

Tomorrow will be a fabulous day's golf at Nyali as the Coast Ladies are holding their annual KLGU Charity golf day, writes Birdie.

The Lady Captain of Nyali, Perviz Barnsley says the ladies have had a terrific response from the members of all Coast clubs in the form of prizes, all donated; sponsors of holes and generous donations.

Every year this competition is held to raise funds for the charities chosen by the Lady Captains and their committees, and the resident Lady Captains try to outdo the previous year's total amount raised!

The format will be four ball better ball which is an excellent way of getting the men involved as they love to play with the women.

In next week's *Coastweek* we shall give you the amounts raised, the charities that will enjoy donations and of course the winners of the competition.

## Coast Provincial Commissioner Ernest Munyi Visits Wema Centre Mombasa Outreach Project In Kizingo



PHOTO: STEPHEN L. MASAI

## Popular Presenter Solomon Mugeru Omollo Is Promoted Head Of B.B.C. Swahili Service

The BBC has appointed one of its most popular presenters in Africa as the Head of its BBC Swahili language service.

He is now responsible for all BBC Swahili managerial and editorial direction, for its staff located in London, Burundi, DR Congo, Kenya, Rwanda, Tanzania and Uganda, and for the service's website.

Solomon takes over from Tido Mhando who had been its head since 1999.

Solomon said: "I am greatly honoured and privileged to be offered this role and truly excited to be rejoining BBC Swahili as its Head.

"I first worked with them for three years in the late nineties but I never dreamed that one day I would return in this position.

"I'm delighted to be leading a fantastic team of people here in London as well as our talented reporters in the region.

"Their commitment and loyalty

to our listeners gives me inspiration and direction.

"I realise I have big shoes to follow, those of Tido Mhando.

"He is a household name in East and Central Africa and rightly so.

"Tido is a hard-working man with an unbridled passion for broadcasting, Africa and life in general, it's a tough job to follow."

Solomon previously worked as a senior producer with BBC African Productions.

*Coast Provincial Commissioner Ernest Munyi assured that there will be no further police harassment of street children. He said this during launch of the Wema Centre Mombasa Outreach project aimed at rehabilitating orphaned and abandoned street children. The P.C. (left) is seen while being welcomed by WEMA Centre Director Mrs Lucy Yinda at the outreach project in Kizingo Mombasa. Looking are some of the WEMA staff and former street children now being rehabilitated.*

## Seminar On 'Snakebites' Treatment!

A seminar on the treatment of snakebite is being organized at Watamu on Kenya's north coast on the 11th of November.

The seminar will focus on the new guidelines for snakebite treatment that were recently announced by the World Health Organization, (WHO).

The seminar will be a great opportunity for medical, health and clinic staff as well as safari and tour guides to understand the procedures involved in treating snakebite, especially Kenya.

Speakers at the seminar will include Dr. R. Blaylock, for SAVP, South Africa; Dr M. Chisale, of WHO, Brazzaville; Dr.s Omar, Odhiambo and Dr Erulu, of Kenya and Prof. D. Warrell, of Oxford, England.

BioKen Snake Farm at Watamu is co-ordinating the seminar, the Director of Bi Ken, Royjan Taylor said it was vital that medical staff working in clinics and hospitals across Kenya have a good understanding of how to treat snakebite.

"There are many myths surrounding snakes and the treatment of snake bite, especially in Africa", said Mr Taylor.

"There are many harmless, non venous snakes in Kenya, however for the poisonous snakes it is vital that medical workers know what to do and quickly, when treating snakebite.

"The seminar will bring together many of the world's leading experts on snakes and the seminar will give clear and simple instructions on what to do in all cases of snakebite and we will highlight snakes that are common in Kenya".

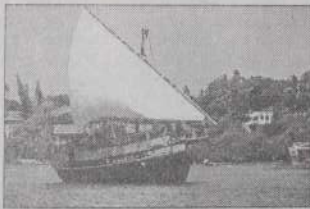
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SAROVA WHITESANDS BEACH RESORT

# This Was Breaking The 'Highway Code' And All Road Markings, But The Prison Warder Driving The Vehicle Was Not Bothered!

The boys in blue continue to feature this week but still for the wrong reasons.

It is all to do with the fact that they do not live up to what they are employed to do.

They are supposed to keep the law and be custodians of the same but very often they break the law even when they are still in uniform.

One wonders how often they would then break the law when they were dressed in civvies and could melt into the crowd.

In the recent past I have read story after story in the local dailies which describe how law enforcement agents as well as defence personnel, all constituents of the uniformed forces, are getting trigger happy.

The number of cases where armed cops or armed forces staff have taken the law into their own hands and meted out justice that they thought fit, is on the increase.

The most common case is that of man returns from work and goes to regular drinking location and drinks.

At some stage of the outing, man comes face to face with wife, fiancée or simply someone they secretly admire and they decide that they are really mad to see them in that neck of the woods.

Man gets agitated, picks up a quarrel or fight and ends up either causing grievous bodily harm or even kills the unsuspecting female.

There is the other less serious level of rule breaking by cops and some examples of these were told to me by Kachumbari.

One involved a cop and the other a prison warder and both happened in Nairobi.

In the first instance, Kachumbari was being driven past Jogoo house in Nairobi in the late afternoon traffic jam.

The boys in blue were deployed at all critical junctions and locations to ensure that any snarl up was cleared.

Just as they were about to pass the exit from the back end of the court houses, traffic stopped to

allow an "Uncle Moody bus" full of prisoners to exit from there.

The bus reversed under guidance from gun toting prison warders who jumped into the bus through the back door once the manoeuvre was completed.

The bus then proceeded through traffic.

The driver decided that he would not stick to one lane but drive straddling the two lanes which were meant for traffic going in the same direction.

## CoastDrive with Teta Kamugunda



This was breaking the Highway code and all road markings, but the prison warder driving the vehicle was not bothered.

His objective was to get to Kamiti as quickly as possible and taking the short cut was the only way to speed up this portion of the journey.

By his antics, it appeared that this was a route he regularly used.

He was able to deftly manoeuvre the vehicle in falling light without taking down any of the bollards, road signs or billboards that came into contention but would have ordinarily have been out of play.

To add insult to injury for the rest of the drivers, this whole scenario was played out right in front of a fierce looking traffic cop.

This cop did nothing. He did not move or even follow the tribulations of the Moody mobile.

The boy in blue was talking animatedly to a lady who had just walked up to where he was standing.

He did not do anything to either apprehend or help the bus that was working its way up traffic in the wrong direction.

In the second incident, one of the boys in blue was on a very early morning shift and was quietly directing traffic on one of the roundabouts in Nairobi on Uhuru highway.

At some point, he received a call on his mobile and left his perch to go and answer the call.

He went to the side of the roundabout and when finished

he walked into the middle lane of the three lanes that were in use in that roundabout and stopped.

At first, there were cars whizzing past the cop.

He seemed to be looking for something.

A matatu approached at speed and the traffic cop waved this manyanga down.

The drive stopped reluctantly and one could see him telling the cop that it was wrong to stop the vehicle in the middle of the roundabout.

The cop would have nothing to do with that sentiment.

He ordered the matatu driver to open the doors anyway, a request to which he eventually

agreed. The cop then boarded the matatu in the middle of the roundabout after it had been stationary for several minutes.

In the meantime, a large number of the vehicles coming round the roundabout were being driven at full speed with the drivers unaware that there was a stationary matatu that was in the process of getting a passenger on board.

There were several near misses where the matatu driver was trying to do the right thing by insisting the cop allow him to move and the cop doing the opposite and thus creating a dangerous situation for the drivers of other vehicles coming onto the roundabout.

The boy in blue eventually boarded without incident and they went wherever the cop wanted.

Why did both law enforcers blatantly disobey what to everyone were well known traffic rules?

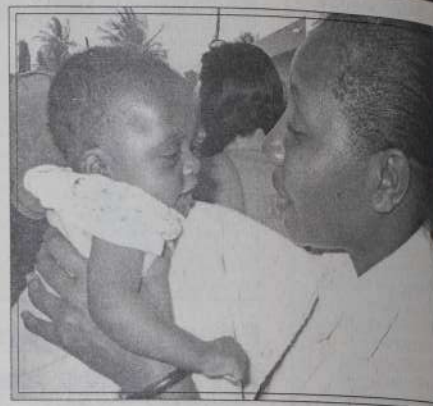
What drove them to be traffic rule breakers even when they were in uniform and in full view of the public?

Do they not have any shame or scruples? Are they in the right profession? Why can they not walk the talk they are given? The fact that they wear and uphold the crown?

As Kachumbari says, one bad apple can spoil a whole basket.

## SAROVA STAFF AT TUMAINI HOME

**A member of Whitesands Against the Spread of HIV/ Aids (WASHA) Sandra Egesa feeds baby Joan, just five months, of Tumaini Children Home in Bamburi Mombasa during the group's visit of the home for children infected or affected by HIV/AIDS to donate food, clothes and cutlery. The home, with a capacity for sixty children opened early this year after a British woman Joan Smith sold all her properties in England to establish the home.**



## Lions Club Of Mombasa Pwani New Century Pay Welcome Visit To The 'Tom Mboya Unit For Cerebral Palsy' Mombasa

Tom Mboya Unit for Cerebral Palsy is a government school in Mombasa which caters for cerebral palsy children.

These children are from poor families and their parents cannot

afford to feed them leave alone paying school fees.

It is in this regard that Lions Club of Mombasa Pwani New Century chose to assist the children during the Club's World Service Day.

Lions Club of Mombasa Pwani New Century World Service Day Convenor Lion Mary Kandu reports that the activity started at 9.00 a.m. with delivery of food stuffs for preparations of lunch.

"The delicious meal was ready by 1.00 p.m. and together we feasted.

"We were delighted to see how the children enjoyed this event."

After lunch the headmistress Mrs. Getrude Kisaka gave a brief history and condition of the school.

Cerebral Palsy unit started as a class at Sparki Primary School in 1996.

This class was started by parents of Cerebral Palsy kids with the help of the Ministry of Education.

The class had only five children then, because most parents were not aware of the class for children with special needs.

Word went round and parents started bringing in their kids. Due to the growing number of children, the class moved to the current location at Tom Mboya Unit which hosts about 55 children.

Since most of the children could not walk as per their condition, their parents were forced to carry them to and from school and it was a hassle juggling with other passengers in matatus.

UNICEF came to their aid and donated a 14 seater school van. However, the van is not enough

for the growing number of children thus several trips have to be made to collect them from different location (Kisauni, Bombolulu, Bamburi, Utange, Magongo, Changamwe, Mikindani, Migadini, Island etc).

Other areas like Likoni and Mtwapa had to be cut off due to limited time.

In this case classes start late as some children arrive as late as 9.00 a.m., hungry and cannot

turn to be taken home. They require mattresses. All in all, Mrs. Kisaka was grateful for the support the school gets from the dedicated teachers and other staff members and well wishers.

Mombasa Pwani New Century for the visit and told members that they are welcome to the school anytime to see the activities the children perform.

**'Since most of the children can not walk as per their condition, their parents are forced to carry them to and from school.'**

even concentrate. Due to limited time, activities at the school are also limited as the first trip back home starts at 2.30 p.m.

Mrs. Kisaka requested the Club to assist in acquiring another school van to ease the congestion.

She also mentioned that since most parents cannot afford to feed the children, sometimes they have nothing to offer the children thus they are forced to take them home early as learning becomes unbearable.

She also requested the Club to think of some food assistance on monthly basis.

It doesn't have to be much but something to keep them going.

She also mentioned the Club had not come empty handed and all members present came forward with the goodies

Lion Alice Kiti, President of Pwani Century Club took the opportunity to thank Mrs. Kisaka and her team for the tremendous job they are doing at the school.

She said she was touched by the plight of the children and her Club would look for a way to assist them where possible.

She also mentioned that the Club had not come empty handed and all members present came forward with the goodies

They had brought the kids. Lions Club of Mombasa Pwani New Century donated:

three bales of maize flour, 10 kg of beans, 10 kg of green peas, 50kgs of rice, 20 litres of cooking oil, 25 kgs of sugar, two cartons of juice, two cartons of toilet paper, 15kg of washing detergent, one carton of jik, two dozens of dettol soap, Kshs. 2,000= for cooking gas, Kshs. 500= for charcoal, and Kshs. 500= for breakfast

Mrs. Kisaka and her team told the Club members that it was like a dream come true for the school for they were in dire need of the items donated.

She thanked everyone for the visit and said it was a real boost for the children.

Members mingled with the children and teachers and left at their own pleasure.

"Mission accomplished and looking forward to another session with the children."

Lion members proceeded to a wonderful 'Nyama Choma Fellowship' at Cool Breeze restaurant, Buxton until 7.00 p.m.

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# Ogilvy PR Win Three Awards In Global Excellence Contest

Ogilvy Public Relations and its sister firm, OgilvyOne have received a total of three top awards in the Ogilvy Worldwide Global Campaign of the Year awards announced in New York, U.S.A.

**Ogilvy PR** - the runaway market leader in public relations consultancy - won two awards for campaigns it executed for *Dettol Heart Run* in both Social Marketing and Community Relations categories.

**OgilvyOne**, a separate PR entity under Ogilvy East Africa, won the corporate positioning award for work it did for *Equity Bank*.

In addition, **OgilvyOne** received two nominations in public affairs and crisis management for the work it did for *Kenya Tea Development Agency (KTDA)* during the tea farmers strike early in the year.

The **Ogilvy Worldwide Professional Achievement Awards** is an annual contest that seeks to build on the firm's long-standing tradition of recognizing and honoring the outstanding work done on behalf of clients across its global network.

It recognizes and celebrates the industry-leading accomplishments of individual consultants and agencies.

The awards go to individual employees or offices that demonstrate unique application of key communications tools to position brands so as to achieve the desired results.

This year's contest attracted more than 92 Ogilvy offices worldwide with Ogilvy Kenya bagging a total of three out of a possible 22 awards.

Only Washington (4) and New York (4) offices received more awards.

Ogilvy Kenya topped the rating in the Europe, Africa and Middle East region (EAME) for the first time.

The *Dettol Heart Run* was a media campaign that served to heighten awareness about the need for additional funding for cardiac care for children, create visibility for *Dettol* as a caring brand and encourage Kenyans to participate in the family fun run.

"Despite numerous gains in medical care in Kenya, the high cost of treatment for cardiac problems for critically ill children prevents most from receiving proper surgical care.

"The use of human-interest angles to appeal to both the corporate sector and general public has allowed Beckett Benckiser to create a lasting relationship with consumers," said **Marcia Silverman**, Ogilvy PR Global President.

**OgilvyOne's** communication campaign that positioned *Equity Bank* to acquire corporate status before listing at the NSE in July was described by

Silverman as:

"A campaign that orchestrated the transformation of what was once a small local building society into a publicly quoted bank which is now perceived to be a key player in Kenyan financial circles with revenues growing tenfold and the customer base almost trebling in size...an outstanding contribution from PR".

Ogilvy PR general manager, **Okoth Obado** described the win as a call to action for corporate executives and public sector big hitters to invest more in communication experts to drive their communication strategies.

"There is clear demonstration that PR can take brands to new heights if deployed appropriately".

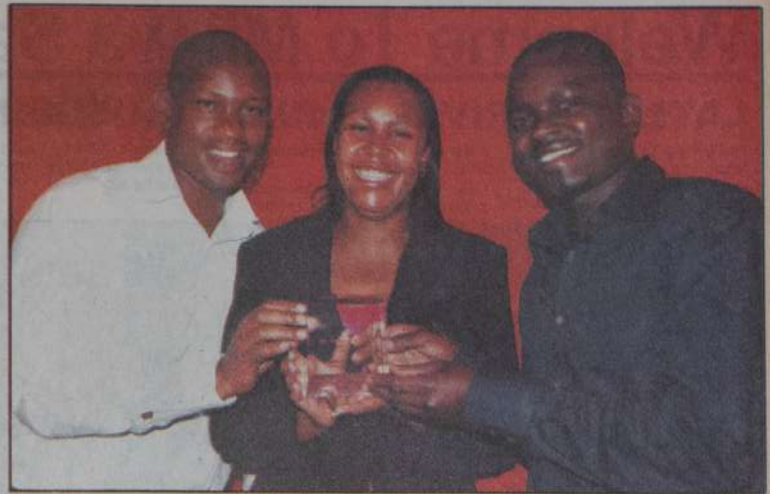
**OgilvyOne's** head of Public Relations, **Bob Okello**, said the *Equity Bank* win and *KTDA* nominations were clear pointers to the young outfit's potential in squaring with the big players in town.

"We only have a smattering of clients but this recognition is

a clear demonstration of the quality and value we can deliver to corporate, public and civil society players.

"We are keeping our powder dry for the long haul in this increasingly competitive industry," said Okello.

**AWARD WINNING: Ogilvy PR Senior Account Managers Alfred Ng'ang'a (left) Catherine Karanja and Bob Okello are all smiles as they proudly display the Ogilvy PR Worldwide Professional Achievement Award.**



Special Report by Correspondent

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# Welcome To Mji wa Salama Children's Home

## LATEST ARRIVAL IS RIZIKI HUSSEIN - JUST ONE WEEK OLD!

The *Mji wa Salama Children's Home* continues to grow and is presently caring for 56 orphaned, abandoned, sexually abused and battered children, as well as those whose parents are in jail.

Recently welcomed by her 'large family' was Riziki Hussein - just one week old!

She arrived on October 12, 2006, after being found abandoned outside a house.

A neighbour alerted a village elder who reported the incident to the police.

They are still looking for her mother or her family.

Meanwhile she is in good hands and receiving the love she needs.

Founded by the *Mombasa City Council* which, unfortunately, does not have the funds to look after it, *Mji wa Salama Children's Home* is run by a dedicated team from the *Child Welfare Society of Kenya, Coast*, its Branch Manager being Susan Kuria and her Assistant, Christine Wall, as well as staff from the home.

Keeping it going are sponsors and well-wishers - the most prominent being Inge Hoffmann and her friends from Germany who not only provided it with a kindergarten, the 'Noah's Ark Academy' but computers as well. Attendance has soared from 90 - 140.

Some of the students are from *Mji wa Salama*, others from middle-class and poor families in the neighbourhood.

The latter pay only a very small fee while some from destitute families pay nothing at all.

It also includes a mid-morning snack and lunch.

On her last visit Inge was delighted to receive a much needed gift of furniture from *Leisure Lodge Resort* which was refurbishing.

At *Mji wa Salama* Inge is popularly known as 'Mama Niki' and visits whenever she can which always includes a much looked forward to sponsored outings.

Among those more recently giving a helping hand has been the *Skål Club-Kenya Coast*.

It is an international association of professionals in tourism and the travel trade.

Among other things it repaired and provided mosquito screens to all school and dormitory windows, while *Severin Sea Lodge* continued with its support by replacing old asbestos on leaking dormitory roofs.

There have been visits to the home and donations in kind from well-wishers which included foodstuff etc. worth Kshs 80,000/- from *Kenya Bankers Sacco, Coast Branch*.

There were visits and donations in kind from *Kenya Maritime Authority* staff, *Rotaract Club of Mombasa*, tourists, schools, youth and women's groups.

Said Susan Kuria 'may the Almighty God bless you all for your much needed help for *Mji wa Salama Children's Home*'. But it remains a never-ending struggle to care for the needs of 56 children and to keep the home going with no grants from the *Mombasa City Council* nor

Government. Susan has to continually keep making urgent requests for aid.

who receive medical care from the *Coast Provincial General Hospital*.

sters with a Rotary Club later providing a 'Babies Wing'. It was later completely renovated by



**MAMA NIKI IS BACK - There was a big hug for all the children at Mji wa Salama as (left) 'Mama Niki' (Inge Hoffmann) is seen with Diana, Michelle and Mwani, while 'Mama Susan' (Susan Kuria) is seen with Baby Riziki, Mji wa Salama Children's Home latest arrival, while 'Auntie' Christine is holding Chiongo.**

She explained 'most of our children are in secondary school and we need assistance in paying their fees.

'We also have children who are completing their primary and secondary education and need help to further their studies.

'Assistance is also needed in paying the staff, electricity, telephone and fuel bills.

'A fund is also needed to meet medical costs.'

Susan revealed that among the children are a few with HIV/ Aids

Meanwhile, they have some money-making ideas in mind - a Chicken Project and reviving their Tailoring School.

Another is a 'Primary School' following the success of the kindergarten.

*Mji wa Salama* was first established at Makande by the *Mombasa City Council* as a holding place for abandoned youngsters.

The *Lions Club of Mombasa* then kindly built a home for abandoned or orphaned young-

Inge Hoffmann and her friends. Its achievements have been amazing - but it does need to have a sound financial base which *Mji wa Salama* is making every effort to make possible.

For more information: please contact Mombasa 2490622 or Mobile Nos. 0724 484114, 0721-436834

### 'MAMA NIKI' BACK

As I completed this article there was good news from *Mji wa Salama* - 'Mama Niki' was back.

When contacted she said: 'It is always a great joy to be back with my *Mji wa Salama* family whom I love so much.

'It's wonderful to see them all again, also Mama Susan, Christie, as well as the developments which have taken place.

'Also to see how the children have grown and developed.

'I also appreciate my friends and family who continue assisting to ensure that the home will always remain a good place for children and as a family to grow up happily together in cosy and warm-hearted surroundings.'

## More Tourist Police Graduate At Alliance Francaise De Mombasa

**FROM FRONT PAGE** Country Championships to be held in Mombasa next year. Alliance Française Director de Mombasa Pierre Ferran ex-plaind that the training is part of the special courses developed by Alliance Française de Mombasa to meet seasonal needs for French language for both public and private establishments. During the occasion Alliance Française five students were awarded French Diplomas and five teachers the DALF French language certification.

Laureates of the Plume d'Or 2005 French writing competition Pius Wambugu and Nassoro Niyouni also received their awards having been in the list of top 100 winners in global competition.



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## Inner Wheel Club Of Mombasa Launch New 'Breast Cancer Endowment Fund'



Inner Wheel Club of Mombasa Rotary Club President Papi Manvinder Oberoi (right) presents a gift to the chief guest during the launch of Breast Cancer Endowment fund, CEO and Chairman of Grain Bulk Handling Ltd Mohammed Jaffer on arrival at Sarova Whitesands Beach Resort to .Mr. Jaffer helped raise Sh 6,795,000 of the targetted 25 million to help save lives by prevention, early detection and treatment of breast cancer.

## Twenty Seven Years Ago

Coastweek, November 09 - 15, 1979:

The massive 51,000-ton United States Navy aircraft carrier 'U.S.S. Midway' was visiting Mombasa on a five-day call under the command of Rear Admiral W.A. Gureck.

She was accompanied by the nuclear-powered submarine 'Pintado', the nuclear-powered cruiser 'U.S.S. Bainbridge', the frigate 'U.S.S. Stein', two Sea Lift Command tankers 'U.S.S. Navasota' and 'U.S.S. Mispillon', and the store ship 'U.S.S. San Jose'.

In all some 4,200 officers and crew were expected in Port. Bishop Nicodemus Kirima blessed the new 'St. Jude Thaddeus' Church Harambee building in the Shimba Hills - the first permanent Roman Catholic edifice established in the area between Lunga Lunga and Likoni.

Also present were Kwale D.C. Michael Kihuria and Father Paddy Cooke.

The shipping community mourned the sudden 'total loss' of the 6,500-ton British freighter 'Aeolian Sky' which sank off the French Coast after colliding with the 1,000-ton German coaster 'Anna Knuppel'.

The crew had earlier been safely evacuated but all cargo bound for Mombasa and Dar es Salaam was 'lost at sea'.

Kenyan imports on board had included a large consignment of Ford motor vehicles.

Norway's top fashion model Elizabeth Halle was being photographed at *Serena Beach Hotel* for a '1980 Spring Fashions' feature in 'Vogue' magazine.

Richard Kimenyi was appointed Food and Beverage manager at *Nyali Beach Hotel*.

[Those were the days when] The *World Bank* just LOVED Kenya ... which received credits of:

- U.S. \$ nine million for Olkaria Geothermal project,
- U.S. \$ 72 million for Sugar Rehabilitation schemes,
- U.S. \$ 20 million for rural water supply development,
- U.S. \$ 13 million for Narok wheat farmers,
- U.S. \$ 20 million for local Telecommunications expansion,
- U.S. \$ 90 million for Highway Sector maintenance, and
- U.S. \$ 27 million for Small Holder Coffee improvements.

KENYA cinema screened 'The Devil's Rain' which boasted 'the most incredible ending of any motion picture ever!'

NAAZ cinema offered Tatum O'Neill, Christopher Plummer, Nanette Newman and Anthony Hopkins in 'International Velvet'.

REGAL cinema hosted the Chinese Kung Fu epic 'Blazing Temples' while at CHOX cinema it was Dharmendra and Rekha in 'Rekhwallah' (The Guardian).

Letter writers included Mohamed Ali Qoyyan of Mombasa, Peter Wafula Muhindi of Nairobi, MCTA vice chairman John Arkle who complained of lengthy delays involving passengers flying to the Coast on *Kenya Airways*, and a Coast College Principal who queried 'pointless questions' asked of students on the Schools' TV Quiz programme.

## City Council Must Clean Up "Foul Smell" At Kongowea

I am not referring to atmospheric pollution caused by motor vehicles, but actually bad odour and stench given out due to the garbage on the street and unattended sewage and gutters systems.

One such place is the Kongo wea Market Area just as one enters Nyali; you can get a whiff of the terrible smell.

And it's a shame coz it's a road widely used by all.

There are traders there, 'kibanda' owners going on with their daily business but they often appear the least bothered about their surroundings.

The road that leads to the market is caked with mud accumulated from the heavy rains.

But no one is doing anything about it.

The City Council or even the people who inhabit this area are not taking any initiative to get rid of the mud, despite the fact that one can barely walk or drive on that road.

Are people so passive?  
Or are they simply lazy?

It is not just Kongowea, there is also the Market Place in town, often visited by tourists, but I think they have been deterred from going there.

I hope the people concerned are taking all the complaints put forward by Coastweek readers (on such matters) into due consideration and will act on them.

Areema Jethmalani, Mombasa.

areema.jethmalani@gmail.com

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# Samba Jugendclub säubert die Strandpromenade auf der Insel Mombasa

**SAMBA** IST ein besonderer Jugendclub, der Wissen und Verantwortung lehrt gemeinsam mit Eltern, Lehrern und der allgemeinen Gesellschaft.

Der Club ist als Selbsthilfegruppe registriert beim Ministerium für Kultur und Sozialdienste als Jugend-Fußballklub in der **Kenya Football Federation (KFF)**, Zweigstelle Mombasa.

Zwecke des Clubs sind Förderung von Fußball bei der Jugend, Organisieren von Fußballmatches, Aufklärung über HIV/AIDS und Drogenmissbrauch, Umweltschutz und Sauberhaltung sowie soziale Beratung.

Der Club hat seine Basis in der **Sparki Primary School** in Tudor.

**VORBEREITUNG:** Samba Mitglieder bereiteten die Säuberungsaktion am **Mama Ngina Drive** vor für Samstag, den 9. September, mit Zustimmung der Stadtverwaltung von Mombasa.

Mehr als 18 Gruppen und Organisationen wurden einen Monat vorher kontaktiert und um Unterstützung gebeten.

Samba benötigte mehr freiwillige Helfer und auch Reinigungsmaterial.

Viele Bestätigungen waren eine Woche vor der Aktion eingegangen.  
**HÖHEPUNKTE:** Am 9. September versammelten sich mehr als 130 Personen an Ort und Stelle.

T-shirts wurden von **Safaricom Ltd.** und vom **Britischen Konsul** verteilt und die begeisterten Teilnehmer konnten kaum

warten, bis die Säuberungsaktion begann.

Es wurden auch Mützen gespendet, Abzeichen und Ausrüstung wie Schubkarren, Rechen, große Plastiksäcke

von Zeit zu Zeit ausruhen oder auch die Schaukeln benutzen.

Alle waren guter Laune und es war ein erfreulicher Tag für jedermann. Rund 90 Abfallsäcke wurden gefüllt an Land.



**EINE SAUBERE UMWELT:** Mitglieder des Samba Jugendclubs bei der Säuberungsaktion im September 2006 am Mama Ngina Drive (v.l.n.r.) Frankline Milimo, Mohamed Rama, Dennis Ochieng, Sylvanus Madegwa und Peter Wambua. Foto: Dan Ogada

sowie Handschuhe vom Britischen Konsul.

Dank denselben Spendern wurde eine gleiche Aktion im vergangenen Jahr ein voller Erfolg.

Es war wunderschönes Wetter für die Reinigungsarbeiten, blauer Himmel und eine angenehme Temperatur.

Die Gruppe wurde in drei gleiche Abteilungen aufgeteilt mit verschiedenen Aufgaben, Einsammeln, Zerkleinern, Entsorgen.

Die jungen Helfer konnten während der Arbeit Schiffe beobachten, die in den Hafen von Mombasa fuhren, und sich

im Meer wurden die Abfälle nicht entfernt, da die entsprechende Ausrüstung und erfahrene Taucher fehlten.

Unter den Teilnehmern waren der Samba Jugendclub, **Boca Juniors**, die **Manyimto Jugendgruppe**, Eltern, Straßenhändler und Straßenkinder.

Die Säuberungsaktion wurde um 12:15 Uhr beendet.

Es folgte eine Ansprache von einem Mitglied der Stadtverwaltung, der die Aktion überwacht hatte.

Dann gab es Erfrischungen, die nun in sauberer Umgebung genossen werden konnten.

## FESTSTELLUNGEN

Ein großes Interesse von anderen Gruppen und Organisationen. Die Presse hielt ihr Versprechen nicht ein; ein Minuswasserlieferant hatte Getränke versprochen, stellte aber kein Wasser zur Verfügung - alle waren durstig.

Die Event Organisatoren mussten tiefer in die Tasche greifen, um der Gruppe Erfrischungen zu bieten.

Die Bewohner rund herum sahen erstaunt zu, halfen aber nicht mit, sondern zogen sich zurück, wahrscheinlich weil sie nicht genügend aufgeklärt sind.

**SCHLUSSFOLGERUNGEN** Mehr Säuberungsaktionen sollten durchgeführt werden von anderen Gruppen, um die Bewohner zu motivieren.

Die Anwohner sollten für eigene saubere Umgebung verantwortlich sein und in der Stadt sollten überall Mülltonnen aufgestellt und regelmäßig geleert werden.

**VIELEN DANK** allen, die mitgeholfen haben, dass die Aktion ein Erfolg wurde.

Besonders zu erwähnen sind:  
• **Der Britische Konsul** und **Seaforth Shipping** für ihre wertvolle Zusammenarbeit.

• **Safaricom Limited** für T-shirts (nicht zu vergessen die 2000 Samba Jugendclub Fußballmatches, als Safaricom Fußballausrüstung im Wert von Kshs 100.000 spendete)

• Die Stadtverwaltung von Mombasa, die bereit war zu helfen.

**Irene Awour**, Sekretärin des Koordinators **Fredrick Kiara**.

# Sarova Whitesands offeriert ayurvedische Behandlung im "Tulia Spa"

**DAS SAROVA Whitesands Beach Resort** hat kürzlich ein **Tulia Spa** lanciert, das verschiedene westliche und orientalische Heilbehandlungen offeriert, die Leib und Seele verjüngen und den Geist beruhigen.

Das **Tulia Spa** ist das erste an der Nordküste, das ayurvedische holistische Behandlungen offeriert, die sorgfältig von erfahrenen **Ayurveda Therapeuten** aus Kerala in Südinien durchgeführt werden.

Die Behandlungen werden auf einem authentischen Ayurveda-Tisch aus dem heilsamen Holz des Neembaums ausgeführt (auf Suaheli wird er **Mwarubaini** - das heißt vierzig - genannt, weil er an die 40 Leiden lindern oder heilen soll), der die Wellnessprozedur fördert, indem das Holz die aus dem Körper austretenden Giftstoffe absorbiert.

Ayurveda-Therapien werden auch draußen offeriert, während man entspannt den beruhigenden Indischen Ozean betrachten kann.

Die verschiedenen Ayurveda-Therapien sind unter anderem **Abhyangam**, **Shirodara**, **Navarakithi**, die ein Gefühl der Verjüngung und

Entspannung vermitteln und das allgemeine Wohlbefinden ins Gleichgewicht bringen.

Verwendet werden kostbare Öle und Kräuterextrakte; Ayurveda stärkt das Nervensystem und vitalisiert die Haut.

Bericht von **RUTH NDUTA**

Diese Therapien beruhigen die Nerven und klären den Geist.

Heilbehandlungen für Knochen- und Muskelbeschwerden sind auch erhältlich.

Ayurvedische Behandlung hilft bei Müdigkeit, geistiger Erschöpfung, Stress, Schlaflosigkeit und

verschiedenen anderen Beschwerden, die bei dem heutigen hektischen Lebensstil auftreten.

**"Tulia"** ist ein Gesundheits- und Wellness Spa, der Ihre Sinne erfrischt durch Verjüngung und Stimulierung von Körper, Geist und Seele.

**Tulia Spa** ist täglich geöffnet von 9 Uhr morgens bis um 19 Uhr.

Wenn Sie eine solche erfrischende Behandlung erfahren möchten, kontaktieren Sie **Sarova Whitesands** Tel. **041 548 59 26 / 7 8 9 11** und verlangen Sie die verheißungsvolle Nummer **1001 1**



**EINE KUNDIN** erhält im Sarova Whitesands Beach Resort eine ayurvedische Shirodara Behandlung, die im "Tulia Spa" offeriert wird.

# Gäste im "Sun 'n' Sand Hotel" helfen bei der Schulausbildung in Kikambala

1998 IST DAS **Sun n Sand Hotel** mit der regierungsunabhängigen Organisation **The Aga Khan Foundation** eine Partnerschaft eingegangen und befasst sich damit, den einheimischen Dorfgemeinden zu helfen, damit ihre Kinder eine solide Grundlagede erhalten betreffend Glauben, Kultur und Tradition, um ihnen die Möglichkeit zu bieten, später eine erfolgreiche gute Schulausbildung zu erhalten.

Das Programm ist ein einzigartiges einfallreiches Musterbeispiel, basierend auf Freiwilligkeit, Partnerschaft, Gemeindebesitz und Beteiligung, Begabung- und Fähigkeitserkennung, Führungsposition von Frauen, um Initiativen in der Entwicklung der frühen Kindheit zu fördern.

Bisher haben mehr als 140 Kinder in Kikambala von diesem Programm profitiert, davon 40 Prozent Mädchen.

Ein Managementkomitee, bestehend aus Mitgliedern der Dorfgemeinschaften, überwacht die täglichen Aufgaben und Arbeiten.

**Sun 'n' Sand** stellt auch weiterhin Stipendien für Schüler und Schülerinnen mit herausragenden Leistungen zur Verfügung, die sonst nicht in der Lage wären, eine höhere Schulbildung zu erhalten.

Mehr als 50 Schüler haben Stipendien erhalten und Gäste im **Sun 'n' Sand Hotel** haben US Dollar 20.000 gespendet an Lehrmaterial und Schulbücher.

# Skål Club Kenya Coast Enjoy Delicious Dinner At 'Roberto's Italian Restaurant'

For those Skålleages who could not make the Skål Club Kenya Coast dinner at Roberto's Italian Restaurant, they missed a brodiagnagian 'Starters' course which stunned everyone, among whom were many gourmets, reports NETA PEAL.

Heading it all was a huge dish filled with a potent 'Sangria'. Afterwards there was a choice of Fish Vicentina or a Sicilian stew, followed by Tiramisu and coffee-Espresso or Cappuccino. Explained the proprietor, Roberto Mario:

'Italian food is very healthy as no butter and cream is used - only olive oil.'

He opened this restaurant just 14 months ago, giving up the making of Italian Ice Cream for something more profitable.

This was very popular and Roberto revealed he may re-open 'Blue Ice' again.

His elegant restaurant is easily accessible being in the front part of the Cinemas complex.

This very enjoyable Skål Dinner, which included wine and entertainment by the J.J. Jazz



Neptune Hotels executive Vikram Korla (left) seen with Skål Club Kenya Coast chairman Hugh Walters, Access Kenya Business Development Manager Ms. Jaqui Mate and Farmers Choice Mombasa Sales Manager Ms. Yvonne Munge.

Group, was hosted by Inter Alliance.

Skål/Chairman, Hugh Walters, after welcoming Mohammed Hersi, immediate past chairman, revealed he had just returned from Pattaya, Thailand, where he had been attending the 67th Skål International World Congress from October 15-20.

It was the first Skål World Congress for Hugh to attend which he described as 'absolutely fantastic'.

He took the opportunity of thanking the Hon. Secretary, Christina Cronchey, for 'so efficiently arranging everything for those attending'.

## INCREDIBLE HOSPITALITY

The Chairman said: 'I am first giving a report to my committee and will then tell you all about it.'

There were 10 in the Kenya contingent.

'What I can say now is that the hospitality in Thailand was absolutely incredible.'

'The country and people are fantastic and with an amazing amount of imagination in their hospitality industry.'

'The new Skål International President for the year 2008/7 is Litsa Papathanassi from Greece.'

The next Skål dinner on November 24, will be at the 'Wild Water Theme Park', just opposite the Nyali Golf Club.

It had its official opening on the same day as the Skål Dinner at Roberto's on October 27.

On December 15 Skål will be celebrating Christmas at Beach Party at Whitesands Hotel, Bamburi.

Dinner at the Italian Restaurant ended with a vote of thanks to Roberto and his staff, also InterAlliance - the sponsors and band.

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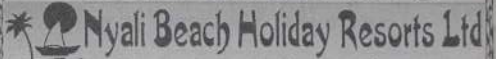
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## SAROVA WHITESANDS MOMBASA

A NIGHT FOR TWO on bed and breakfast basis at Sarova Whitesands, Mombasa will be awarded to the winner. The next draw for the winning entry will be **8th November, 2006 by 10.00am**. Completed Sudoku should be sent to 'Prize Sudoku' COASTWEEK, P. O. Box 87270, Mombasa, Kenya or dropped off at Coastweek offices.

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One draw every 2 weeks for both together

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

SUDOKU NO. 020

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. 018

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

WINNER OF 'PRIZE SUDOKU' NO. 018  
MR. N.D. RAWAL  
P. O. Box 81130, MOMBASA

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Association (CLIPA), the former  
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like to invite all librarians to a  
meeting and a tour of the  
**Aga Khan Academy Senior  
School Library on Saturday  
November 4th at 10:00am.**

Please confirm your attendance  
by informing one of the  
following members:

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- Anderson Chai (0733 483860)
- Rachel Ngumi (0721 307461)



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# Coastweek

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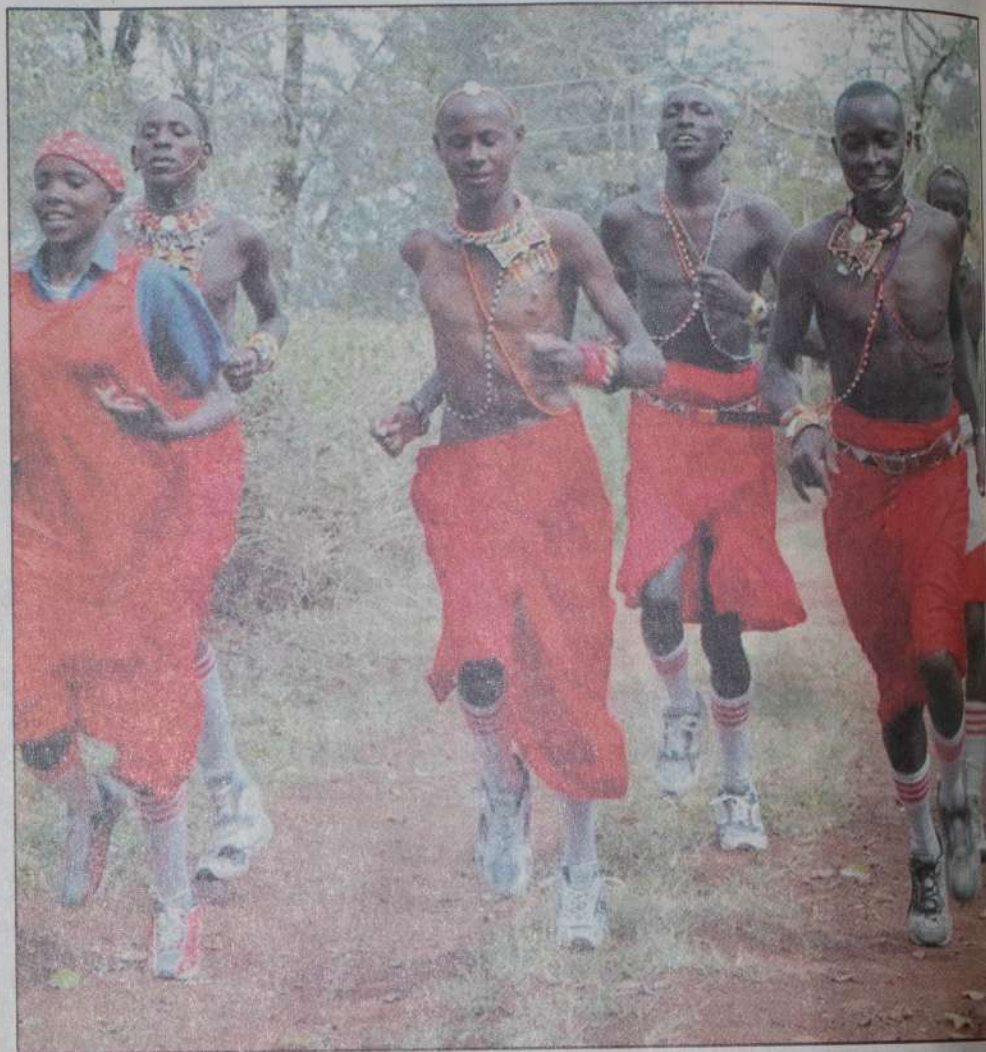
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## THE RETURN OF SAMBURU TO NAIROBI CITY STREETS



**WOMAN AND WARRIORS** - an incredibly speedy Ndito (unmarried girl) named Ngipangi Loiboni (left) is seen with Samburu from Lalkipia [running on behalf of Ol Malo Trust] as they limber up for the Standard Chartered Nairobi Marathon.

## Ngipangi Loiboni Joins Warriors

### SAMBURU ARE RUNNING TO RAISE AWARENESS OF 'OL MALO EYE PROJECT'

Samburu from Lalkipia, running on behalf of the 'Ol Malo Trust' will feature strongly in the forthcoming 2006 Standard Chartered Nairobi Marathon.

Many will have seen these col-

ourful warriors run in the 2004 and 2005 Marathons - in 2005 one of the Ol Malo Trust teams even won the 'Warrior Category' of the Half Marathon.

This year the 17 fit Moranis are

joined by an incredibly speedy Ndito (unmarried girl), named Ngipangi Loiboni.

Ngipangi became part of the Ol Malo team just a week ago, having walked for days from her

manyatta, so keen was she to take part in the race. All 13 Samburu are running to raise awareness of the Ol Malo Eye Project, a campaign of the Ol

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**DT DOBIE**  
MOMBASA: Tel: 2316701/2, 2316735/6 Fax: 2316764  
Email: Chrisangell@msa.dtdobie.co.ke

## KENYA TIDE TABLES

MOMBASA, November 03 - 09, 2006

**FRIDAY** High Water - 3.3 m. at 02.17 hrs. (2.17 a.m.) and 3.1 m. at 14.43 hrs. (2.43 p.m.). Low Water - 0.5 m. at 08.29 hrs. (8.29 a.m.) and 0.5 m. at 20.37 hrs. (8.37 p.m.).

**SATURDAY** High Water - 3.6 m. at 02.57 hrs. (2.57 a.m.) and 3.2 m. at 15.23 hrs. (3.23 p.m.). Low Water - 0.2 m. at 09.11 hrs. (9.11 a.m.) and 0.3 m. at 21.13 hrs. (9.13 p.m.).

**SUNDAY** High Water - 3.8 m. at 03.35 hrs. (3.35 a.m.) and 3.3 m. at 16.02 hrs. (4.02 p.m.). Low Water - 0.0 m. at 09.51 hrs. (9.51 a.m.) and 0.2 m. at 21.48 hrs. (9.48 p.m.) FULL MOON.

**MONDAY** High Water - 3.9 m. at 04.12 hrs. (4.12 a.m.) and 3.2 m. at 16.39 hrs. (4.39 p.m.). Low Water - 0.0 m. at 10.29 hrs. (10.29 a.m.) and 0.2 m. at 22.23 hrs. (10.23 p.m.).

**TUESDAY** High Water - 3.9 m. at 04.49 hrs. (4.49 a.m.) and 3.1 m. at 17.16 hrs. (5.16 p.m.). Low Water - 0.0 m. at 11.07 hrs. (11.07 a.m.) and 0.3 m. at 22.59 hrs. (10.59 p.m.).

**WEDNESDAY** High Water - 3.8 m. at 05.26 hrs. (5.26 a.m.) and 2.9 m. at 17.53 hrs. (5.53 p.m.). Low Water - 0.2 m. at 11.46 hrs. (11.46 a.m.) and 0.5 m. at 23.34 hrs. (11.34 p.m.).

**THURSDAY** High Water - 3.5 m. at 06.03 hrs. (6.03 a.m.) and 2.7 m. at 18.31 hrs. (6.31 p.m.). Low Water - 0.2 m. at 11.46 hrs. (11.46 a.m.) and 0.5 m. at 23.34 hrs. (11.34 p.m.).

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

**COASTWEEK TEL: 2230125 / 2230130 MOMBASA**  
PLEASE TAKE NOTE: NEW TELEPHONE NUMBERS • IN NAIROBI CALL ANJUM ON (020) 4449075