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Coastweek

Issue No. 3218 May 01 - 06, 2009

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A World Beater!

KENYAN OLYMPIC CHAMPION WINS LONDON MARATHON

Kenya's olympic champion Sammy Wanjiru smashed Martin Le's one-year-old course record to win the 2009 Flora London Marathon in a personal best of 2:05:10 after a gripping battle with Ethiopia's Tsegaye Kebede who finished just ten seconds behind.

After Le's was forced to pull out with a hip injury last night, it was the three Olympic medallists who took all three podium places as

Special Report by Correspondent

Kebede, the Beijing bronze medallist, was followed home by Jaouad Gharib, the silver medallist in China, who smashed his PB by more than a minute and a half in 2:05:27.

When three men broke 2:06 for the first time in history last year the 2008 London Marathon was described as the greatest in history.

The first three home were even quicker this year but, remarkably, there was an air of disappointment at the end.

Wanjiru had predicted he would break Haile Gebrselassie's world record of 2:03:59 and when he woke to see perfect conditions

CONCLUDED PAGE FIVE

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KISUMU	VENUE: NAKUMATT CITY DATE: 8th to 9th June TIME: 9am to 5pm
MERU	VENUE: NAKUMATT MERU DATE: 19th June TIME: 9am to 5pm
NAKURU	VENUE: LIONS CLUB SCHOOL DATE: 7th July TIME: 9am to 5pm
NAIROBI	VENUE: Hotpoint SVC HQ Ind. Area DATE: 13th to 14th July TIME: 9am to 5pm

*FREE SERVICE refers to servicing free of charge only on labour cost. Spare parts charged at 50% of cost. Subject to terms and conditions.

LONDON, (Xinhua) -- Olympic champion Sammy Wanjiru of Kenya crosses the finish line to win the champion of the men's group of the 2009 London Marathon in London, April 26, 2009. Wanjiru won the title with a time of two hours five minutes and ten seconds. XINHUA PHOTO - ZEND YI

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Swaleh Balala Wins National Triathlon Series In Kasarani

It was a great jubilation and fun filled weekend as the National and ISikh Community Triathlon event took the centre stage to attract over 150 athletes and many of jubilant supporters and parents who braved the cold stadium to cheer the participants.

Swaleh was anxious during the morning part. It was his first event out of home ground as all the athletes were gearing to get the top price. Mombasa, Eldoret and Nairobi were represented.

When the horn blew, it was a neck to neck swim portion between Swaleh and the best of the young triathlete from Nairobi George Kariuki.

At the last corner in the 7.5 lap 50m swimming pool, George managed to take the lead as Swaleh was seen to be breathless in the cold waters.

As they entered the transition one, George who is in his best form, took the lead in the first two laps.

Reginald Lusala from Kericho who is 28 years old managed to catch up with the young athletes and Swaleh decided to stick up with him.

interesting as the athletes were all fighting for the carbon frame which is one special frame and costs Ksh 160,000

Swaleh was in a clear lead of 2.5 minutes and this was the most important thing to the young triathlete who is setting his eye to the All Africa Triathlon Champs in Durban in July and also the Junior Olympics in 2010 in Singapore.

As the athletes were coming to the final bend, Reginald was sprinting to the finish and Swaleh managed to keep up with him.

Among the girls athletes, the young IRON girls, Ahliyah Mussa and Maurine Nyawira, were all

Special Report by Correspondent

outstanding performance.

Their opponent, Alice Nyanjiru Muhuhu from Makini school was a close race compared to the male athletes.

Maurine took the lead in the swim and instead of covering the 7.5 lengths of the swim, she did an extra lap.

Alice and Ahliyah came out of the swim and into the bike and went all the way to the finish bike into the run portion.

As the athletes were coming to the last lap of the run, Ahliyah had a clear 200m lead when she suddenly stopped and was having stomach problem.

As the medical team was approached Ahliyah for assistance this gave way to Alice to overtake her. As the finish line was less than a kilometer, Ahliyah did not want to quit the race and she started chasing up for Alice.

Closely behind them, in third position Maurine came in to the finish line with 4 minute improvement from her previous personal best time.

Mustafa Sheikh Hussein, the youngest triathlete also was the Silver medalist as the cold weather did not stop him from the race.

The athletes are now looking forward to the Aquathlon which will be held at their training camp and is to be organized by Abdulaziz Mohamed next month.

The Team is also looking forward to one of the toughest triathlon events in Africa that will be an XTERRA Triathlon which will be held at YULS and the Butterfly farm in Bamburi on 29/30 August and will comprise of Beach Aquathlons and XTERRA Triathlons.

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Eye Camp Activity At The Bombolulu Cultural Centre

On Sunday 8th March 2009, at Bombolulu Workshops and Cultural Centre, an "eye camp" took place.

The target group for this free eye check up and issuing of visual aids, medicine etc were the residents of Bombolulu and the surrounding suburbs like Kisauni, Bamburi, Mtopanga, Mtwapa in Kilifi District etc.

Over 120 people were examined some of them getting a pair of spectacles and others getting eye drops and other medicine, while others were referred for major eye operation to restore their sight.

This was made possible by the Lions Club of Mombasa Central in conjunction with the Lions Club of Ujesselstein, Holland under facilitation by the doctors, administrators and staff of the Kwale Eye Centre in the South Coast.

APDK is a national non Governmental organization with nine branches all over Kenya the largest being the Coast branch with its five different rehabilitation projects.

Bombolulu Workshops is the largest and employs over 200 persons 70 per cent of whom are disabled.

It was only last year when the Lions club of Ujesselstein, Holland, donated over Sh 3.4 million which was used to built rental shops in Likoni.

This very cordial relationship has been made possible by the dedication and hard work of Mrs. Jamila Rajabali, member of the Lions club of Mombasa Central and also a member of the Management Committee of APDK Coast Branch.

She is also the current Chairperson of Bombolulu Workshops and Cultural Centre where the "Eye Camp" took place.



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East African Community Minister Hon. Amason Jeffah Kingi At Mombasa Reception For Aga Khan Development Network

The Aga Khan Development Network last week hosted a reception at the Aga Khan Academy, Mombasa, that drew a cross section of key stakeholders from the Coast Province. Hon. Amason Jeffah Kingi, Minister for East African Community was the Guest of Honour.

In his speech, Hon. Amason Jeffah Kingi observed that the East African Community is currently at the threshold of signing the Protocol for the establishment of a Common Market in East Africa.

This will provide for free movement of factors of production and services and with the rights of establishment.

Under the Common Market, Hon. Kingi stated, it will be easier for development agencies to practice and provide their services within the region without unnecessary hindrances that are currently being experienced.

Hon. Kingi commended the Aga Khan Development Network (AKDN) for its development work in Kenya and the East Africa Community region during the last 100 years in the social and economic development front.

He pointed out that one of the great milestones of AKDN in East Africa was the Enabling Environment Conference of 1986

which is considered as the watershed of donor and government relationships not just in the East Africa region but Africa as a whole.

Hon. Kingi observed that the conference highlighted the crucial and complex relationships between civil society and development, between effective legislation and individual enterprise and between macro-economic policies and growth.

Applauding AKDN's partnership with the Government of Kenya entrenched in an Accord of Cooperation, Hon. Kingi observed that no government on its own can meet the requirements and expectations of its own people without promoting strong public-private partnerships.

He encouraged AKDN to continue promoting economic development in Kenya and the greater East African region with a single-minded determination to help in empowering the region's people towards the path of sustainable development.

On his part, the Resident Representative of the Aga Khan Development Network, Mr Aziz M. Bhaloo, stated that in all its endeavours, AKDN works very closely with the Government of Kenya, other international development agencies, the private sector and non-governmental organisations to bring about development.

He observed that AKDN is



Aga Khan Development Network Resident Representative Aziz M. Bhaloo [is seen [from left] together with East African Community Minister Hon. Amason Jeffah Kingi and Mrs. Amina Bhaloo during the reception hosted a reception at the Aga Khan Academy, Mombasa.

proud of its partnerships in a mutual endeavour to improve the living standards of people in education, health, rural development, and promotion of private enterprise in Kenya and the East Africa region.

Mr. Bhaloo emphasized that AKDN's economic institutions are focused on the development of a nation.

They employ people, bring in external finance, build infrastructure, pay taxes, and most importantly, build Kenya through private enterprise, which is the engine of growth for any developing economy.

The Aga Khan Development Network is a group of private development agencies working to empower communities and individuals, often in disadvantaged circumstances, to improve living conditions and opportunities, especially in Africa and Asia.

Its agencies work in over 30 countries for the common good of all citizens, regardless of their gender, origin or religion.

Its underlying impulse is the ethic of compassion for the vulnerable in society.

Special Report by Correspondent

Information On AFRICA



daily updates on Politics all over **AFRICA** provided by Xinhua News Agency on www.coastweek.com



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A ROMANTIC COMEDY BASED ON THE BEST-SELLING SERIES BY BRITISH AUTHOR SOPHIE KINSELLA 'CONFESSIONS OF A SHOPAHOLIC'

WE HAVE a long weekend ahead of us, mates so you need to get moving to the NYALI CINEMAX and catch the latest worldwide release that is also opening there.

X-Men Origins: Wolverine not only takes you back to the past, but also to the future.

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Unimaginable Special Effects And Thrilling Stunts In X-Men

Schreiber, Danny Huston and Ryan Reynolds, **X-Men Origins: Wolverine** will take us first back to James Logan (Wolverine) and his brother Victor Creed's childhood.

Logan's biological father had killed his adoptive father.

Creed and Logan kill their own father and run away to serve in many wars which are fought by the band of mutants who follow William Stryker.

Calling it a day, Logan quits and is living in the Canadian Rockies with his girlfriend, the Silver Fox.

Stryker shows up one day and wants both of them to join his new Weapon X Project, but Logan is not too keen.

Out of the blue Creed shows up and kills Silver Fox, igniting the flame of revenge in Logan.

He is willing to be part of Stryker's team only if he is infused with Adamantium that will make him indestructible.

Just in time, Logan finds out a truth that makes him break his pact with Stryker and go out on his own to find Creed and is unstoppable.

Gathering a few of his old comrades, Logan finds Remy LeBeau (Gambit) who is the only mutant who knows where to find Stryker and Creed.

There are plenty of hair raising battles and secrets that come out in this journey that Logan must take to avenge Silver Fox.

stars Isla Fisher (**Wedding Crashers**), Hugh Dancy, Joan Cusack, John Goodman and John Lithgow.

Following her dream of joining her favourite fashion magazine as a columnist, Rebecca Bloomwood has not quite got that yet.

What she is offered instead is an advice columnist for a financial magazine by the same group.

Now this is a bit awkward because Rebecca has a small problem that seems to be growing with time.

She is very good at shopping, so good that it begins to take over her mental ability to think straight and burning a hole in her pocket at the same time.

BANK BALANCE

Her shopping compulsion gets to such a peak that everything is now hanging by a thread - her career, her love life and most of all her bank balance.

Can she take a step back and correct everything before she is hauled off to prison, a lonely and broke young woman?

Dev Patel, Anil Kapoor, Irrfan Khan, Freida Pinto, Mohamed Azharuddin, Rubina Qureshi are all waiting for you to see why they won eight Oscars for **Slumdog Millionaire**.

The sounds of "Jai Ho" are still resounding around the slums of Garib Nagar in East Bandra where the two child artistes still live.

Terrorists, bombs and espionage have their fair share in the Clive Owen, Naomi Watts starrer **The International**.

Kids are definitely enjoying **Monsters vs. Aliens** which has the voices of Reese Witherspoon, Seth Rogen, Hugh Laurie and Kiefer

Sutherland. Running for the fourth great week is the Vin Diesel, Paul Walker, Michelle Rodriguez and Jordana Brewster starrer **Fast and Furious**.

Use this long weekend to catch the last shows of **Marley and Me** (Owen Wilson and Jennifer Aniston) and **Twilight** (Robert Pattinson and Kristen Stewart).

We have had no Indian releases for the last couple of weeks thanks to the strike between Multiplex owners and producers over percentages earned and it seems neither side wants to give in an inch.

Let us hope, for the audience's sake, these guys sort themselves out sooner than later.

On a sad note, veteran actor Feroz Khan lost his battle to cancer early in the week.

Having been diagnosed a few years ago, Khan had taken the bull by the horns and refused to let the illness bring him down.

He took a turn for the worse a few weeks ago and was hospitalised at Breach Candy Hospital in Mumbai.

STARCAST GEMINI KILIFI

Taurus (April 22 - May 21) You and your friends are doing quite well together - at least for now! Social business has ups and downs, but your amazing personal energy is perfect for maintaining the trappings of society.

Gemini (May 22 - June 21) You don't always feel comfortable offering criticism, preferring to let things and people be who they are. Today, though, you have to speak out about something that doesn't sit well with you.

Cancer (June 22 - July 21) Relax and socialize with anyone who seems appealing today - you may want to move beyond your usual boundaries. It's a good time to meet new people and to hear out new points of view.

Leo (July 22 - Aug. 21) If you're showing someone you care today, go totally overboard! It's one of those days when you need to make a huge effort just to have a tiny impact, but it will be remembered fondly.

Virgo (Aug. 22 - Sept. 21) You feel the urge to stretch out your boundaries somewhat and to see if you can find some new hobby or venue to explore. Your great energy helps you see the merits of each possibility clearly.

Libra (Sept. 22 - Oct. 21) You are fully able to bring people together today - even those who haven't spoken in years! It's a good day for diplomacy and you are the perfect person to get the conversation started.

Scorpio (Oct. 22 - Nov. 21) You have got what it takes to make your move today - the bolder, the better! You may feel a bit off-balance, but you're actually just experiencing the top of a perfect swing, so use the momentum!

Sagittarius (Nov. 22 - Dec. 21) You need to apply some serious mental power to the problem at hand - even if it seems to be chiefly emotional or spiritual. You can analyse the situation with greater confidence than usual!

Capricorn (Dec. 22 - Jan. 21) You're filled with creative juices today, so get to work bringing something cool to life! Write, paint, take pictures or brainstorm - you're sure to hit on something that really resonates.

Aquarius (Jan. 22 - Feb. 21) Education is on your mind today - and you know just what you want to learn. It's a good time to bone up on old topics or to pick something that would seem too dry for you on ordinary days.

Pisces (Feb. 22 - Mar. 21) You need to make sure that you're not just taking everything at face value today - there's a lot more going on than you realize! It's one of those days when your illusions might start to fade away.

Aries (Mar. 22 - April 21) You've got patience - when you need it! Today sets you down in the middle of a situation that demands nothing more from you than a willingness to wait for everyone else to move.

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Coast Arts And Theatre Society's Next Production "In The Flesh"

After the resounding success of Shirley Valentine performed by Jean Hughes in February this year, the **Coast Arts and Theatre Society** are proud to present their next production "**In The Flesh**" to be held at **La Veranda Restaurant, Mombasa**.

"**In The Flesh**" is an evening of "frolicking good fun" featuring ten of Mombasa's most talented actresses.

They are Melanie Allen, Alexandra Funke, Lyn Jetha, Shahenaz Jetha, Jean Hughes, Neelma Malde, Ann Marques, Alica McClelland, Sally Misbah and, last but far from least, Melissa Phillips.

The evening consists of two one ACT Comedy skits.

The first skit takes place in a health farm where

ladies strive, in unusual fashion, to lose unwanted pounds and other baggage.

The second play is about the ups and downs, mainly downs, of a local amateur dramatic Society. A bit like trials and tribulations of the Coast Arts and Theatre themselves.

Between skits **La Veranda** are serving a dinner that will cater for different tastes.

So plenty on the menu for the evening.

The dates for "In The Flesh" are Thursday May 14th and Friday May 15th.

The show starts promptly at 7:30 pm. Tickets are on sale at 'Forget-Me-Not' Florists in Ratna Square.

Kshs 1,500 for members, Kshs 1,750 for non-members.

Seating is limited so be sure to book early.

Theatre Notes by THESPIAN

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Sammy Wanjiru Is A World Beater!

KENYAN OLYMPIC CHAMPION WINS LONDON MARATHON IN RECORD TIME

FROM FRONT PAGE

across the British capital he must have believed today was the day - light winds, hardly a cloud in the sky, and temperatures expected to rise no higher than 15 degrees.

What could be better? But crazy early speed put paid to Wanjiru's hopes as the leaders sped through half way in 61:35 after setting off inside two hour pace.

They'd been asked to take the leaders to 20 miles, but could never maintain such a high tempo.

For Wanjiru, though, by the end the win was enough.

"A course record is very good but in the end it was better to win the race because of all the good runners around me," said Wanjiru who moves into seventh place on all-time list ahead of Lel.

Kebede moves into the top 10, while the times of the three medallists mean the average of London's ten best times make it the second quickest in the world, just two seconds on average slower than Berlin.

They had set off from Greenwich in perfect conditions as the three Kenyan pacemakers, Elijah Kaitany Kiplagat, Samuel Kosgei and John Kales, led them away at a pell, clocking 4:35 for the first mile - with Wanjiru, Gharib and Kebede right on their heels.

Tadese and last year's third-placer Abderrahim Goumri hung towards the back of a group of ten along with Kenyan Emmanuel

Mutai, and the two surprises, South Africa's Hendrick Ramaala and Morocco's Ridouane Harroufi (a 2:10 man at his best).

The third mile was clicked off in 4:22 and by the time they went through the 5km point, in 14:06, they were already inside two hour pace.

The pacemakers took a leading group of eight through the second 5km almost as quickly (14:24), and they passed 10km in a punishing 28:30, 40s quicker than Gebrselassie ran during his world record in Berlin last September.

Surely it couldn't last - at this pace they would pass half way in one hour exactly.

They slowed slightly with a third 5km of 14:42, but at 15km were still up on Gebrselassie's schedule at 43:12 - 2:01:2:02 pace - and passed half way in 61:35, the fastest half way split in marathon history.

They'd been asked to go through in 61:50, so this was great running with eight still shadowing the three pace makers.

But the blistering early pace soon began to take its toll with mile splits drifting to 4:55, 4:59 and 5:00 through miles 14, 15 and 16. At 25km (1:13:35) they were still inside world record schedule although the pace makers were slowing dramatically.

In the 18th mile Ramaala de-

cidied he'd had enough and pushed on, taking Wanjiru, Gharib and Kebede clear with a 4:37 surge for the 19th mile that left Tadese adrift.

As they headed towards Canary Wharf, Wanjiru decided enough was enough and made a burst immediately followed by Kebede and Gharib.

The two 22-year-olds, Wanjiru and Kebede, looked as fresh as Sunday morning joggers, while the 36-year-old Gharib, with a best of 2:07:02, couldn't match their youthful zeal.

Shortly after mile 20, Wanjiru made his bid for glory and opened a lead on Kebede.

Just as he had in Beijing last summer, the young Kenyan defied the swift early pace and kicked ahead, running 4:40 and 4:46 for the 20th and 21st miles.

Kebede had come to London hoping to bring Ethiopia its second major marathon victory in a week, but now he had to watch as the Kenyan gradually turned the screw.

He glanced back to see Gharib still in touch behind him and desperately trying to close the gap.

Kebede responded and began to close on Wanjiru.

The Kenyan led by 20m from the Ethiopian but Kebede dug in again as they strode along the Embankment.

With less than two miles to go,

the race was definitely still on.

Yet each time he closed Wanjiru appeared to sense the threat and kicked again, stretching away like a ball on elastic.

By the same stage in the Olympic final the world half marathon record holder had been away and clear, but this time he was running like a scared rabbit.

Glancing back, he knew it wasn't over yet.

He turned the corner at the Houses of Parliament and put in another burst up Birdcage Walk.

Finally, it was decisive.

Lel may not have been able to defend his title but the great Kenyan would have been delighted to see his friend following in his footsteps.

Wanjiru strode down The Mall to take his teammate's course record in 2:05:10.

"It was a tough race today," he said.

"All the good runners around make you run well.

"It wasn't until the last 200 metres or so that I had the feeling that I was going to win."

Kebede had given it everything, and was rewarded for his efforts with a personal best by 50 seconds.

"At around 42km I felt I had to keep running as hard and as fast as I could because I wanted to win," he said.

"There were some very good runners here and to beat most of them is a good feeling.

"As for winning, maybe next year."

"It was a really tough race," said Gharib.

"It was difficult to hold on and I think we went too fast in the first half.

"Every time I got close to the leader he was a little faster.

"At the end I gave it all I could and I could not hold on."

Mutai was fourth for the second year in a row in 2:06:53 while Ramaala, fifth in 2:07:44, capped a great return to form in the 25th marathon of his career.

Men's results: 1. Samuel Wanjiru, Kenya, 2. Tsegaye Kebede, Ethiopia, 3. Jaouad Gharib, Morocco, 4. Emmanuel Mutai, Kenya, 5. Hendrick Ramaala, South Africa, 6. Abderrahim Goumri, Morocco, 7. Yonas Kifle, Eritrea, 8. Atsushi Sato, Japan, 9. Meb Keflezighi, United States, and 10. Felix Limo, Kenya.

In the women's marathon Irina Mikitenko became the first woman since Paula Radcliffe in 2003 to retain her London Marathon title this morning as she held off a spirited challenge from Britain's Mara Yamauchi to win the third marathon of her career and cement her place as the world number one.

The 36-year-old produced a commanding performance as she broke away from the field after 20 miles and led the field across the line in 2:22:11, improving on her 2008 time by more than two minutes.

Kenya's Beijing silver medalist Catherine Ndereba again let the leaders get too far ahead and finished seventh in 2:26:22.

Special Report by Correspondent

FAMINE RELIEF FOOD DISTRIBUTION



Wimal Majithia is seen [from left] with Honourary Secretary Mrs. Nimisha Khagram, Vice-Chairman Sanjay Chandi, Chairman Vikram Kanji, Chief of Mbuguni Mwababu Ali, Program Co-ordinator and Trustee Vinu Dattani and Matuga D.O. Ms. Margaret Mwaniki with two beneficiaries of the donation.

Shree Mombasa Lohana Mahajan Community Donate Food In Matuga Area Of Kwale District

Shree Mombasa Lohana Mahajan Community have held a very successful food distribution program in Matuga area of Kwale District.

The Community distributed, rice, maize-meal, sugar, cooking oil, salt and assorted beans and vegetables.

To ensure proper distribution of the relief food, 6,000 cards to head of families were handed out within Matuga, Goini, Mteza and Mbuguni areas a week before the food distribution date.

6,000 individuals benefited from this exercise. Families travelled from as far as 10kms to reach the distribution centre at the D.O.'s office in Matuga.

In the true spirit of community efforts even the very young members, Kunaal Khagram, Karan Khagram and Ria Devani, were very actively involved and participated in the distribution.

The Mombasa Lohana Mahajan Community Members truly appreciated the D.O.'s and the local administrations efforts in ensuring a smooth and well organized food distribution.

THIRTY YEARS' AGO

Coastweek, April 27 - May 3, 1979:

'MOMBASA Welcomes Return Of The Dhows' headlined Neta Peal's report from the Old Town 'where the pungent smell of sun-dried fish permeates the air' and coincided with the arrival of more than 20 large foreign dhows from India, Iran, Dubai and Somalia - carrying cargoes of dried fish, glazed earthenware, Persian carpets and sweet Basra dates.

Kenya earned a record K. Shs. 1,200 million from its 1978 tourist traffic according to the Ministry of Tourism and Wildlife - the French intake alone had increased dramatically from 10,000 visitors in 1973 to 17,000 (plus) in 1978.

Rear Admiral S. H. Packer, Commander of U.S. Middle East Forces, was visiting Mombasa aboard his flagship the 'U.S.S. La Salle'.

Francis Sabwa, executive chef at Malindi's Sindbad Hotel, returned from hosting a successful 'Kenya Food Festival' in Zurich Switzerland.

Securicor Coast branch manager Captain Omar Ali Banafa reported on their popular 'safe mail' courier service - 'everything is locked with a numbered seal made for us in Switzerland. There is no chance of mail getting lost. This is an extremely popular service'.

Luo United football club were visiting Mombasa for a series of matches against arch-rivals Ramogi, Mwenge, Western Stars and Black Panther.

Meanwhile Mombasa Sports Club Rugby XV enjoyed their 'historical' 50-7 win against a visiting Nairobi Harlequins 'B' squad - star players for Mombasa included Ted Kabetu, Tom Muchura, John Hope and Mike Wort, who each scored a try.

KENYA Cinema was STILL showing Christopher Reeve, Marlon Brando and Gene Hackmann in the blockbuster 'Superman - You'll Believe a Man Can Fly', REGAL screened a lighthearted John Travolta in 'Saturday Night Fever', NAAZ offered Richard Burton and Clint Eastwood in the war drama 'Where Eagles Dare', while at CHOX it was Kiran Kumar and luscious Kum Kum in 'Jalte Badan' (Bodies On Fire).

Letter writers included John Arkle of Shimba Hills, S. Bhimani and Mohamed Shirazi both of Mombasa, and motoring correspondent John Gardiner commenting on the always topical 'Matatu Menace'.

BIG GAME DISCOUNTS were being offered to local residents by Hilton Hotels group luxury Taita Hills and Salt Lick Lodges - just K. Shs. 125/= per person full board including tax and service charges.

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When the sun sets on a legend, it becomes incredibly difficult to find the exact words to describe the fallen hero.

The task is made more difficult when the icon is a versatile individual.

Yusuf Karim was a great tennis, cricket and volleyball player.

Although tennis became Karim's main focus, he did equally well in almost all the games he took part in.

There was debate whether Karim might not have even been a better cricketer than a tennis player had he concentrated on that game.

During the short time Karim played cricket, he played for Kenya in 1957 and captained the *Mombasa Jaffery Sports Club* for seven seasons and hit 18 first class centuries.

However, tennis remained his first choice and with business demanding more of his time, Karim left cricket and volleyball to concentrate on the courts.

He first won the Mombasa Resident Tennis Championships crown as a 16 year school boy and went on to win the title for 25 straight years, earning him the name "*The King of Mombasa Courts.*"

At some point he ran out of opponents and found himself facing his own sixteen year old son, Aarif, the eldest son in 1977 to win his 25th year (silver jubilee) in one of the finals.

In 1961, Karim decide to try his skill in Nairobi on the unfamiliar murrum courts at the Nairobi Open Tennis Championships.

He caused an immediate sensation when as an unseeded player he beat the holder and top seed, **Ron Harris** in the first round.

His progress in the tourney became the focus of all attention but unfortunately he lost in the semi-finals.

He realised that murrum courts were alien to his style of play and henceforth pertained to the cement court with which he was familiar.

He played several exhibition matches against world class players like **Hugh Stewart, Donald Dell, Owen Williams** and **Billy Knight**, giving all of them a run for their money.

Karim's continued victories in Mombasa soon became a favourite topic of speculation among the Coasts sports fans.

Yusuf Karim - Curtain Falls On Sporting Legend

HE FIRST WON THE MOMBASA RESIDENT TENNIS CHAMPIONSHIPS CROWN AS A 16 YEAR OLD SCHOOL BOY AND WENT ON TO WIN THE TITLE FOR 25 STRAIGHT YEARS, EARNING HIM THE NAME 'KING OF MOMBASA COURTS'

Every year people gathered at the Mvita Tennis Courts to see if Karim can do it again this year.

He did.

Then speculation turned to: "Can't any one stop Karim?"

Nobody could ... although many tried.

On the courts, Karim was always a deceptively easy-looking player, always calm and unruffled and despite his strong physique rarely employed power shots.

His most difficult opponents were players who employed the same style as himself - control and placing.

The fast hard hitting players were the easiest for him to handle.

Karim however regretted not having had proper coaching, having had to learn all about the game by himself.

Many believe that had Karim been properly coached, he would certainly have made a world mark and Kenya may well have had a Wimbledon champion in her sports honours list.

Records available from a voluminous file indicate that Yusuf Karim lived at a different time from the latter day sportsman.

The letters, newspaper cuttings, receipts and invitation cards among other literature all attest to an individual who desired to keep records for posterity's sake.

From the newspaper clippings that recorded Karim's exploits, one might be forgiven for imagining that they are the same article.

For 25 years beginning 1951, the newspapers reported the same fixation: "*Karim wins Kenya Coast Tennis Open.*"

His passion for letters was unprecedented.

Never the one to miss a chance to put his thoughts on paper, Karim would remember to put in writing his appreciations, reminders, requests and information on any varied topic he deemed was important.

In one such correspondence in 1952, Karim thanks the *Railway Asian Institute* for the kind hospitality and fine reception the

latter accorded to their Mombasa-based club, The *Ithna-Asheri Sports Club*, during their visit to Nairobi for a sports encounter.

His belief in sportsmanship and fair play is captured in a prose he wrote in 1952 where he defines *sportsmanship* as "the right spirit in which a man should take part in any sport, or play the game."

Thus rather be a sportsman and make your name famous than, than be an 'unsportsman' and leaving a poor impression on the public mind."

Karim's conviction in fair play is attested by his words:

"It goes without saying that a real sportsman will never dream of cheating in a game, or taking any unfair advantage over his opponent."

"He wants keen competition and fair play."

"And yet he will always be generous to his foe."

"He would rather give away a point than claim an advantage even though he may do so without breaking the rule of the game."

Franklyn Pereira, a renowned sportsman himself and who is a director of Freight Forwarders, and had played with Karim in cricket and tennis evokes Yusuf Karim as an excellent sportsman who ruled the tennis circuit like the proverbial colossus.

"He was an excellent tennis player and a good cricket batsman; always smiling and advocated for players to shake hands after playing one another."

"He proved unbeatable as a tennis player for 25 straight years. A rare feat indeed!"

Yashvin Shretta, a Nairobi-based lawyer whose brother **Nalin** also battled it out with Karim on the courts during their tennis-playing days and who passed away almost at the same time as the tennis great, recalls a good hard court player and friend who was immensely hard to beat.

"Karim contributed a lot to tennis in the Coast and every

body looked up to him for direction in matters pertaining to tennis.

"He is the greatest hard court player the country has ever produced and he should be remembered so," says **Yashvin Shretta** who himself was one of the top tennis players in Kenya.

When he retired from tennis in 1977 aged 42, Karim looking every inch the remarkable athlete he had been; 195 pounds on a 5'11" frame, passed the baton to



Sporting icon: Yusuf Karim was an outstanding tennis, cricket and volleyball player.

his son **Aasif** who went on to represent the national tennis team and went on to participate in the **Davies Cup** tournament in 1988.

Aasif also captained the national cricket team where he played in three World Cups; 1996, 1999 and 2003.

How many fathers and sons have played for their country's national tennis and cricket teams?

When as chairman of **Aristocrats**, he joined staff of **Aristocrats Insurance Brokers** a firm run by his son **Aasif**, for their 2008 Christmas party, little was it known that it would be the 'last supper' between the late Karim and personnel who loved him.

Though wheelchair-bound due to a debilitating ailment but nevertheless alert and active in business until his last day,

running a sports shop for over 50 years, the positive effects resultant of his strong sporting background through his towering physical presence were there.

And when he passed away on the morning of Wednesday March 18, 2009, all the country's leading dailies, like they reported his many triumphs during the years he was unassailable on the tennis court, carried the news.

Jim Davies, the proprietor of **Jim Davies Academy** in Nairobi was Yusuf's tennis team manager during an international outing in Cairo in the 70's.

"I did not interact much with Yusuf after I managed him along side **Nalin Shretta** amongst others, because he was based in Mombasa, but reports then indicated that he ruled the roost down at the Coast," reminisces the grand old man of tennis.

Yusuf Karim emigrated to Kenya from Bombay in 1937 at the age of two.

Records indicate that he married **Miss Nargisbai Mohamed Abdulla Khimji** of Dar es Salaam on June 10, 1960 at the **Khoja Shia Ithna Asheri Jamath** in Dar es Salaam, Tanzania.

The unsung hero in the family's success from Yusuf to the children is the mother **Nargis**, who was married to Yusuf for 49 years (10/6/1960).

She played the background matriarchal role of supporter and backer of her family, and as said, behind any man's family success is the lady of the house.

When spoken to, **Aasif**, the second who has also been a sports icon in Kenya, regards his father also as his role model:

"My personal glory and fame locally and internationally was mainly a 'beneficiary' to all that I achieved as the real benefactor for all the accolades internally was my father, who did not get the opportunity at international level amongst other things."

"He gave all of us all the opportunities in sports and opened the

door for all three brothers to earn a degree in the USA and play tennis at the highest level college.

Jasmeer Singh, who played cricket with Karim during his youthful days remembers him as a great sportsman gentleman.

"I was privileged to have played cricket with Karim. He was an excellent cricket player and great batsman."

"How I wished he played his tennis in Nairobi as well where he would have raised the standards of the game."

Harilal Shah, former captain of the East Africa cricket team who played against Yusuf in the 1950's, concedes that:

"Yusuf was a great tennis and cricket player in the 1950's, although his first choice was tennis."

It would be a befitting tribute a road or stadium was named after Karim in Mombasa or a state accolade awarded in his honour to commemorate his contribution to sports.

His dream was to see a sports academy established for the disadvantaged or those who wanted to go further with sports as their career.

He is survived by wife **Mombasa**, three children and eight grandchildren.

Aarif lives in Uganda, **Aarif** lives in Nairobi, Kenya and **Aarif** lives in Orlando, Florida, USA.

With a humble beginning, the couple managed to get all their three children educated in USA, taking the next generation to a new level where all the sons have done proud to their parents' hard-earned living.

Mvita tennis club, where he won his 25 straight years tournament, (probably a world record), will have a "celebration ceremony" this evening, Friday May 01, 2009 from 7.30 pm.

All his well-wishers or those associated with him are welcome or send your correspondence to karim@aristocratskenya.com

Performance Boosting Devices For Your Engine

TYPICALLY A TURBO INCREASES THE POWER OUTPUT BY SOME FORTY TO FORTY FIVE PER CENT

From this week we will begin to look at some innovative technology that will and may already be changing the way our vehicles operate or consume energy.

There are plenty of research projects that are currently under way in a quest to improve the energy efficiency of vehicles and also reduce the emissions that vehicles contribute to the greenhouse gases and generally to global warming.

The areas we will look at include energy recovery devices in vehicles that help recover the energy that would otherwise go to heat up the environment or even heat up and wear out vehicle components.

We will also look at new types of fuel that are in development that could help reduce reliance on traditional hydrocarbon fuels.

The use of electricity as a primary fuel is also getting to be an increasingly available option and we will look at the state of the art electric vehicles and what they are up to in terms of storage devices.

But first, energy recovery: The first generation of energy recovery devices focused on trying to get more air into the engine and by the process improve the power output.

This generation were called superchargers and they were

driven from the engine shaft.

They took a small amount of the power that was intended to turn the wheels but by compressing the air and allowing more fuel to be burnt in the engine, they were able to increase the power output of the engine by some thirty percent.

These superchargers run at between fifty and sixty thousand revolutions per minute compared to the average speed of a car

driven from the engine shaft. They took a small amount of the power that was intended to turn the wheels but by compressing the air and allowing more fuel to be burnt in the engine, they were able to increase the power output of the engine by some thirty percent.

These superchargers run at between fifty and sixty thousand revolutions per minute compared to the average speed of a car

There are three types of superchargers.

The first is called the **Rootes blower** and consists of two lobes that counter rotate to create the compression of the air.

The next type is the screw compressor that relies on pushing air along two screws where the gap between the screws decreases.

The third is the centrifugal type and this is where you have a pump like device that transfers energy to the air and compresses it.

It is in fact similar to the two components that make up the turbocharger which is the next device we shall look at.

The next generation relied on using the exhaust gases that were going to waste to create more performance.

The most common and almost taken for granted device is the turbo charger.

This item used to be the reserve of the very high end sports cars but is now found as a standard in most diesel engines and becoming more common in high end petrol driven engines.

It works by taking the velocity of the hot exhaust gases from the engine to drive a turbine which in turn drives a compressor that increases the pressure of the fresh air that is being inducted into the combustion chambers of the engine.

The turbos rotate at around one hundred and fifty thousand revolutions per minute compared to the average speed of a car which is between three and five thousand revolutions per minute.

This device is more common in diesel engines than in petrol engines because the diesel engine relies on compressing the gas to high pressures to cause ignition of the fuel mixture compared to petrol engines which compress air to a lower

pressure and rely on spark plug to ignite the fuel mixture.

This turbo action increases the amount of air that can be squeezed into the fixed space of the combustion chamber which also means that more fuel can be added.

This increases the power output of the engine for the same weight and space.

Typically a turbo increases the power output of the engine by some forty to forty five per cent compared to a natural aspiration engine of the same size and general characteristics.

The air from a turbo is normally heated up by the action of compressing it.

This makes the air less dense. In order to ensure that the maximum amount of air gets into the engine, turbocharged engines may also be fitted with a cooler which lowers the temperature of the air and thus increases the density which means more air can enter the cylinder.

This is the type of engine which has the words "intercooled" added to the description.

These performance boosting devices make the engine do more for a small incremental amount of energy consumption.

We will continue with more devices and gadgets next week.

As **Kachumbari** says, necessary drives invention.

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Activities and Projects of the Group

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1. Work Shops in Rural and Urban Areas.
2. Going into remote areas to distribute leaflets and announce the dates of the camp
3. Walks to create awareness and fund raising
4. Bowling at the Nyalí Cinemax
5. Selling Items like T-shirts and Jewelry
6. Golf Tournament
7. Grand Tambola Night with dinner
8. Charity Raffles



The Breast Cancer Awareness Support Group of the Aga Khan Hospital Mombasa



Workshops



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Walks



Tangazo



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Lining Up

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Enjoying the Lunch



Waiting to be examined

SURVIVOR DAY

Held at White Sands Hotel Msa. We spend the day with survivors, give them tea, lunch, lectures on Yoga, Exercise, Nutrition, Massage, Play games and give them gifts



Bowling Event at the Nyalí Cinemax to raise funds



Golf Tournament to raise funds



Selling Items like T-shirts and Jewelry



Survivor Day

A SPECIAL THANK YOU

We apologize for the delay in getting this to the press due to unavoidable circumstances. However, without the Support of our Donors most of what we do would not be possible. Therefore we would like to express our Deepest Appreciation and Thanks to Everyone who has assisted us Financially, Materially, Morally and Medically.

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Two Charged Over Illegal Ivory

NAIROBI, (Xinhua) -- The Kenyan and Tanzanian suspects were on Monday charged in a Kenyan court where they pleaded 'guilty' to illegally possessing 512 kilograms of elephant tusks in what was believed to be the largest seizure of illegal ivory in recent years.

The duo who appeared in Kajiado court, south of the capital Nairobi, after they were arrested early Saturday with a huge haul of ivory near the Kenya-Tanzania border, were remanded until May 4, when they will be sentenced.

The Tanzanian suspect and his

Kenyan accomplice were arrested on in a sports utility car full of elephant tusks weighing 512 kilogram at Mbirikani on the Mali-Lokitoktok road, about 50 km from the border.

Kenya Wildlife Services (KWS) said initial investigations indicated that the suspects were headed to Nairobi and it was not yet clear the origin of the contraband luggage.

The KWS said the suspects' Kenyan registered vehicle had been tracked in Rombo area by security agencies following a tip-off from a member of the

community. According to George Osuri, Senior Warden at Amboseli National Park, the actual value of the ivory is incalculable bearing in mind that it was extracted from 35 to 40 massacred elephants.

"The haul of ivory represents unspeakable cost to our tourism industry as well as the ecosystems from which the elephants lived.

"This is a major setback to efforts by Kenya to recover its elephant population after it dropped from 167,000 in 1963 to the current 33,000," Osuri said.

BRIDGE RESULTS

Results of Duplicate Bridge played on Monday 27th April 2009 at United Sports Club Mombasa.

1. Ramnik Shah : Amubhai Shah 136, 2. Vibha Shah : Ketan R. Shah 132, 3. Aftab Chakera : Nafisa Chakera 131, 4. Rohit Shah : Rohit Chandaria 130, 5. Pulin Gandhi : Dr. J. D. Shah 129, 6. A. D. Shah : C. D. Shah 127, 6. J. Babla : Neemaben Babla 127, 8. Ketan S. Shah : Nitin Malde 124, 9. Rasik Shah : Manju Shah 119, 9. Mehendra Shah : Koki Shah 119, 11. Panu Savla : Jyotsna Savla 115, 12. Dipti Shah : Kanchan Shah 96, 13. Amit Shah : Hema Shah 75.

Result of the duplicate Bridge played at Mombasa Sports Club on Wednesday, 22nd April, 2009.

- K. P. Shah and C. P. Shah 102 (Points); Mr. and Mrs. Janakbhai 83; Mrs Vibha Shah and Mrs. Hema 77; Dr. J. D. Shah and Amu Shah 70; Mr. and Mrs. Kirti R. Shah 69; Mr. and Mrs. Narenda 67; Mr. and Mrs. Panu Savla 64; Mr. and Mrs. D. D. Shah 63; Mr. and Mrs. Mahendra 53.

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Prime Minister Odinga To Open Lions District 411 Convention At Leisure Lodge Resort Diani

Lions of Multiple District 411 are holding their annual District Convention at Leisure Lodge Resort Diani on April 29th to May 3rd 2009.

The official opening is going to be done on Saturday by Prime Minister the Rt. Hon. Raila Odinga who is also coming in especially for this function.

Lions District 411 comprises Kenya, Uganda, Tanzania, Ethiopia and Seychelles and numbers almost 5,000 Lion members.

Chairman Lion Murtaza Dunganwalla, who is the Chairman of the 6th MD 411 Convention Committee, said the convention would reinforce the first objective of Lion Clubs International code of Ethics - To create and foster an understanding among people of the world.

"Lions Clubs International is recognized as the world's largest service club organization for doing humanitarian services to the underprivileged in our communities.

"We hold a seat in the United Nations, with a network of 1.3 million members located in approximately 45,000 clubs in 205 countries and geographical areas."

The Convention is an event which will afford all Lion delegates the opportunity to become better informed and to share common experiences as well as renewing friendship.

It also provided a venue to promote Lions Leadership development.

The memberships in general are businessmen and professionals from all walks of life.

"Many Companies work closely with our organization and are proud to support our actions

so that together we get rid of the suffering caused to the under privilege in our Society."

The Convention chief guest is Past International President Dr. Ashok Mehta, who has flown in on Wednesday.

"The leadership of Multiple District is honouring a very renowned philanthropic personality and a member of Lions Club of Mombasa Pwani Hon. Lion Kanubhai Babla on Friday night whereby Hon. Ramadhan Kajembe who is also the member of Lions Club of Mombasa Pwani along with another dear friend Hon. Najib Balala will be in presence."

Other dignitaries in presence are Past International Director Manoj Shah, current District Governor Dharendra K. Shah of District 411A and his counterpart District Governor Abdul Majeed Khan of 411B.

Vice District Governors Vasakha Sabarwal from Eldoret and Kamal Joshi from Moshi will be elected as Governors for the year 2009-2010 from District 411A and B respectively.

Other elections will also be taking place and many Past District Governors from both Districts are present.

The logo created for this special occasion portrays the overall picture of the Convention.

The five countries all in solidarity shaking hands around the international Lions logo shows that they are working closely together.

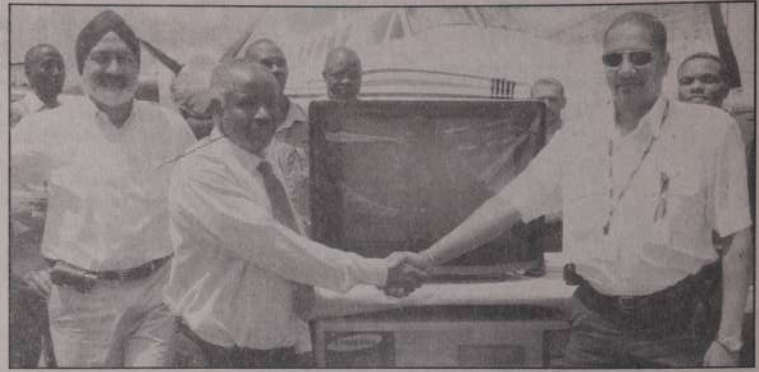
It also shows that they are surrounded in a definite area such as that of Mombasa Island with the palm tree and the sea taking its correct place.

"The slogan is very powerful and simplified as Creating Waves ..."



PHOTO: GEORGE OCHIENG

Mombasa Women's Association give a Cheque of KShs. 100,000/- to Girl's Guide, Shanzu Transitional Workshop for Deaf and Dumb. Seen [from left] MWA Secretary Mrs. Ravinder Lall, MWA Vice Chairlady Mrs. Kaushlya Magnani, MWA Chairlady Mrs. Suman Kanji, KGGA National Trustee Mrs. Damu P. Shah. In front students: Irene Muendo, Unice Wambua and Salma Tuva. Back row [from left] Mrs. Minder Khandari, Mrs. Rashida Anjarwalla [hidden] MWA Treasurer Mrs. Damyanti Ved, Training Centre Admin Ms. Elizabeth Gitonga, Mrs. Sital Sagoo, KGGA Assistant Chief Commissioner Mrs. Agnes Nyanjui.



OPERATIONS STAR. The Corporate Quality Manager of Phoenix Aviation Stirling Dyer [right], receives a 29 inch television set as the award for the best employee in the Company's Operations Department. He was congratulated by the Managing Director Sati Reel [left] and a member of the management team Joseph Muchiri [second left] for developing standards and implementing them in readiness for assessment for ISO 9001-2000 certification.

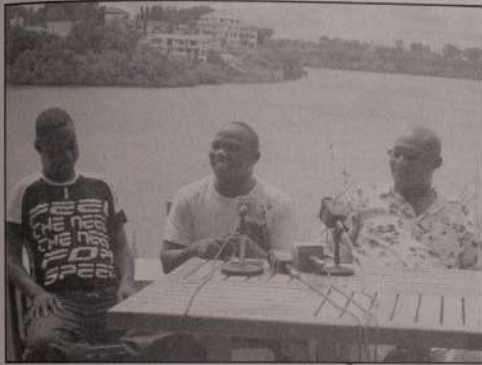


PHOTO: TOBEEY OTUM

King of Ohangala music Tony Nyadundo addressing press conference at Club Sea Front Carneval in Mombasa when he arrived back in the country at end of his four day tour in United States of American flanked the club manager Leonard Simba and Managing Director Ven Mbae.



VERTIGO TREATMENT. Consultant Neurologist at the Aga Khan University Hospital Prof. Adams [left], presents a paper on a new treatment for vertigo at a Continuous Professional Development (CPD) lecture at the Aga Khan University Hospital. He discusses his paper with Dr. Geoffrey Omuse [centre] and Dr. Osman Myanji.



Mr. Collins from safaricom center presents a trophy to the winners ladies APK Nairobi. Dorcas Ndasaba [left] and Margaret Indakala [right] during the Safaricom beach Volleyball Tournament held at Pirates Beach in Mombasa.

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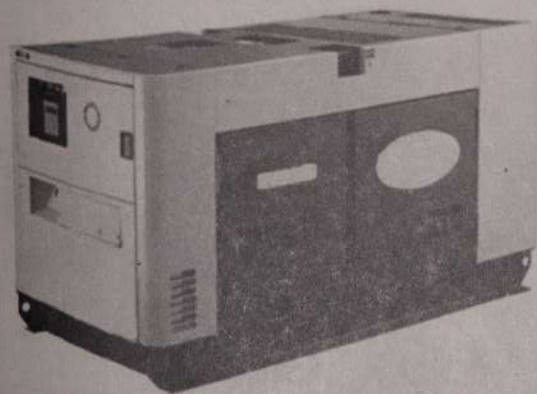
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WENN MAN auf der Fernstraße von Mombasa Richtung Nairobi fährt, sieht man nach etwa 100 km auf der linken Seite den Kasigau - ein Berg in markanter Form, der sich 1640 m aus der Ebene erhebt.

Aus dieser trockenen Halbwüste mit Busch und Grasland ragen mehrere kleinere und größere Inselberge wie der Kilibasi, Rukinga und Kisima und weiter nördlich ist die Bergkette der Taita Hills zu erkennen.

Früher lebten in diesem Gebiet viele wilde Tiere.

Es gab auch Farmen, die während der Kolonialzeit in Jagdreviere umgewandelt wurden.

Später wurde das Land aufgeteilt in Gruppen Ranches und der einheimischen Bevölkerung zurückgegeben wie zum Beispiel die Taita Ranch (98.000 Acres) und Rukinga Ranch (76.000 Acres).

Schon immer wurde dieser Gebiet als Korridor benutzt, vor allem von Elefanten, die auf der Suche nach Wasser vom Lake Jipe im südlichen Teil von Tsavo-West nach Tsavo-Ost zum Tsavo River und Galana River und zurück wanderten.

Camp Kenya, ein britisches Hilfswerk mit Sitz in Diani, errichtete in der *Rukinga Wildlife Conservancy* das **Camp Tsavo** und führt von dort aus verschiedene Projekte durch.

Die Organisation hat mehrere Camps in Kenia und Tansania.

Unterkunft gibt es im **Camp Tsavo** in makutibedeckten Rundhäusern mit einfacher, aber zweckmäßiger Einrichtung.

Zum Essen sitzt man im Freien unter einem Makutidach und kann außer der erstaunlich guten Küche Natur pur genießen, wenn am Mittag die vielen bunten Vögel herumschwirren - getupfte Barbets, gelbe Weber mit schwarzem oder rotem Kopf, Fliegenschnäpper, zierliche Sonnenvögel mit metallisch schillerndem Gefieder - während Erdhörnchen und Zwergmungsos am Boden herumflitzeln.

Vor allem Von der Decken Nashornvögel sind zahlreich vorhanden und machen sich lautstark bemerkbar.

Beim Abendessen geben die Grillen, Zikaden und anderen Insekten ein Konzert.

Das Camp ist von einem elektrischen Zaun umgeben, denn in dem Reservat gibt es Elefanten, Büffel, Löwen, Zibetkatzen, Warzenschweine, Impalas, Buschböcke, Gerenuks und Dikdiks, die sich oft auch in der Nähe des Camps aufhalten.

Diese Camps sind vor allem gedacht als Herberge für ausländische Studenten, Schüler mit ihrem Lehrer oder Personen, die Forschungsarbeiten durchführen wollen.

Schüler aus Großbritannien kommen für einen Monat und wohnen je zehn Tage in verschiedenen Camps, damit sie die Lebensweise der einheimischen Bevölkerung kennenlernen und bei den täglichen Arbeiten mithelfen können.

Gelegentlich kommen 100-250 Jugendliche, für die auf dem Gelände rund um das Camp Zelte aufgestellt werden.

Die Wasserleitung von Mzima Springs nach Mombasa führt durch dieses Gebiet.



Ein Von der Decken Nashornvogel als Zaungast beim Frühstück im Camp Tsavo. FOTOS: ALKA SUBBARAO.

Es wurden Leitungen abgezweigt, Brunnen für die wilden Tiere errichtet und das Land in gewissen Teilen bewässert, damit das Gras wächst und die Tiere dort angelockt werden.

Ein Projekt von **Camp Kenya** ist die Kleiderfabrik, die 35 lokale Arbeitskräfte beschäftigt.

um T-Shirts mit aufgedruckten Wildlife Motiven und andere Freizeitbekleidung herzustellen.

Wie **Rob Dodson**, Manager des Reservats erklärt, wird nur organische Baumwolle verwendet, die ohne Insektizide gewachsen ist.

Die Fasern kommen aus Uganda und werden in Nairobi zu Trikot und Frotteestoffen verarbeitet.

Die Fabrik arbeitet als **EPZ (Export Processing Zone)** und die Waren dürfen nicht auf dem lokalen Markt, sondern nur im Ausland verkauft werden.

Ein **Wildlife Shop** in San Francisco ist der Hauptabnehmer, aber zur Zeit gibt es wegen der weltweiten Finanzkrise weniger Bestellungen.

Aus den Stoffresten entstehen lustige Teddybären in allen Größen und Farben und die übriggebliebenen Stoffabfälle dienen als Füllung für die Teddys.

Jojoba Farm

In den 1980er Jahren wurde auf einem Teil der Ranch Jojoba angepflanzt, ein Strauch, ursprünglich aus Mexiko, der nur wenig Wasser benötigt und die Trockenzeit gut übersteht.

Er hat kleine Früchte, die wie Bohnen aussehen und Öl enthalten, das bis auf 400 Grad C erhitzt werden kann.

Es war begehrt als Industrieöl und im Treibstoff für Raketen.

Seit synthetische Öle bevorzugt werden und kein Markt mehr bestand, wurde die Farm aufgegeben.



Besuch bei den Frauen der Imani Women's Group.

unterstützt wird.

Die Frauen bezahlen jeden Monat einen geringen Beitrag und helfen sich gegenseitig.

Nach und nach wurde für jede Frau Geschirr, Wellblech für den Koch, eine Kuh oder eine Ziege für Milch gekauft.

Es gelang ihnen sogar, 2 Acres Land zu erwerben, um eine Gemeindehalle zu errichten, die von *World Vision* verschiedene Kurse abgeben werden.

Die Teilnehmerinnen geben dort erworbenen Kenntnisse an andere Frauen weiter.

Da die Region sehr trocken ist und Gemüse nicht gut gedeiht, wurde vorgeschlagen, Pilze in Elefantendung anzubauen, die reichlich vorhanden ist.

In dunklen Räumen stehen auf niedrigen Gestellen Plastiksäcke, gefüllt mit Elefantendung, der stets feucht gehalten werden muss.

Die Samen für die Austempilze stellt *World Vision* zur Verfügung.

Sie wachsen gut, aber es muss noch ein Markt und Transport gefunden werden.

Die Frauen erhielten auch Bienenkörbe; den gewonnenen Honig verkaufen sie wie auch die Pilze und einige kunsthandwerkliche Arbeiten an Besucher.

Im **Camp Tsavo** wird aus Elefantendung Papier hergestellt.

Der Dung wird mit Wasser gekocht, gesiebt, zerstampft und zur Hälfte mit Altpapier vermischt, wieder mit Wasser zerstampft und



Das endlose Buschland mit dem Kasigau im Hintergrund.

Die Frauen erhalten die Plastiksäcke und Setzlinge für rasch wachsende Bäume, die sie später bei ihrem Haus und in der Umgebung pflanzen.

Wenn man die unzähligen Säcke mit Holzkohle sieht, die entlang der Hauptstraße tonnenweise zum Verkauf angeboten werden, kann man verstehen, dass für jeden gefällten Baum mindestens ein neuer wachsen sollte.

Besonders erfolgreich ist die **Imani Women's Group** in Mauungu, die von *World Vision*

dann auf rechteckigen Sieben in Holzrahmen getrocknet.

Es entsteht ein dicker Papier mit faserigem Muster, das bemalt werden kann und als Umschlag für Einladungs- oder Glückwunschkarten sehr dekorativ wirkt.

Rund um das Camp ist flaches Buschland mit Commiphora und Akazien, alle mit Stacheln und Dornen - *acacia nilotica*, *bussel*, *sterculia* und mittendrin immergrüne *boscia* mit harten wachstüchtigen Blättern und einem giftigen Stachel, die deshalb von den Tieren gemieden werden.

Sie haben flache Wurzeln und können von Elefanten leicht umgestoßen werden.

Überall ist loses Dickicht mit umgefallenen Bäumen und Sträuchern in skelettartigen bizarren Formen.

Sie sind jedoch robust, halten Feuer, Trockenheit und wilden Tieren stand und schlagen nach dem ersten Regen wieder aus.

Gegen Abend sollte man zu einem Inselberg fahren, um von dort aus die sagenhafte Aussicht über ein endloses Meer von Buschland und den Sonnenuntergang zu genießen, wenn der Kasigau vom Abendrot umrahmt ist.

Diese Weite, diese Ruhe - ein unvergeßliches Erlebnis!

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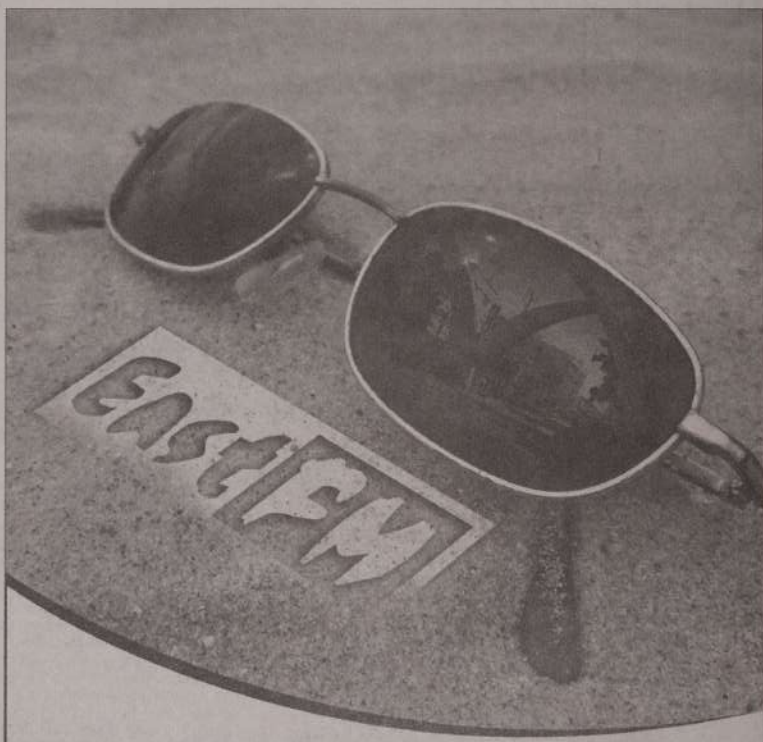
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SUNDAY LUNCH: A family day out for two including lunch and swimming at Sarova Whitesands, Mombasa will be awarded to the winner. The next draw for the winning entry will be **6th May, 2009** by 10.00am. Completed Sudoku should be sent to 'Prize Sudoku' COASTWEEK, P. O. Box 87270, Mombasa, Kenya or dropped off at Coastweek offices.

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

SUDOKU NO. 142

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 9 x 9 grid.

What are the rules?

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

SOLUTION TO 'PRIZE SUDOKU' NO. 139

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

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Notice is hereby given that a special **General Meeting** of the Club will be held at the club premises on **22nd May, 2009 at 7.30pm** to conduct the following business:-

1. Receive and adopt report of the Trustees
2. Receive and adopt accounts for the year ended 2008
3. Election of office bearer in terms of the constitution

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TRISTAR: FOR SALE - Nyali - English Point - 4 bedroomed maisonette on own sharing compound. Enquire for details.

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TRISTAR: FOR SALE - Kizingo, Dwarika Dham sea view apartments in Kizingo. EXCLUSIVELY SOLE SELLING AGENTS.

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Annual April Mug Tourney



PHOTO: TOBBY OTUM

Adel Balala, 10 years, a pupil at Nyali primary school taking part during the annual April Mug tournament played at Nyali golf and country club in Mombasa where the former club Jonathan Chebukati won the tournament with 76 points playing handicap 11.

H2O AND OILIBYA TO SPONSOR 2009 MOTOCROSS SERIES

Leading purified water manufacturer, H2O and one of Kenya's leading Petroleum distributor Oilibya have come on board as sponsors for the rest of the 2009 Kenya National Motocross Championship series.

The sponsorship takes effect with the 3rd round of the Kenya National Motocross Championship series which takes place at

Jamhuri Park racetrack on Sunday.

Also backing up the gesture is H2O's sister Company, Homeboyz Radio.

Maina Muturi, the Chairman of Kenya Motor Sports Federation (KMSF) said the sponsorship is coming at time motocross in the country is taking shape -what with a sterling performance for

Among the latest entries for the 2009 Africa Concours d'Elegance is the 1974 Datsun 180 B classic rally car of Johannesburg based Rodney Sachs.

He has brought the car to Kenya for the Concours which will be held at the Nairobi Racecourse on September 27th before contesting the East African Safari Classic later in the year.

The Datsun 180 B will be shown in the attention grabbing class for racing and rally cars in the vehicle beauty contest.

Making a first appearance at the Nairobi Racecourse will be the giant 1,150 cc Harley Davidson VRSCA of Ulf Eriksson.

Since 2005 he has spent considerable time and effort on customizing this spectacular machine.

Another first time competitor is Jorgen Ole Englund who will be presenting a 2005 Harley Davidson Victory Hammer to the

Overseas Classic Rally Car Entry For Africa Concours D'elegance



FIRST APPEARANCE. Making a first appearance at the Africa Concours d'Elegance will be this giant 1,150 cc Harley Davidson VRSCA of Ulf Eriksson. Since 2005 he has spent considerable time and effort on customizing this spectacular machine.

round of the World Motocross GP at which Kenyans stand to gain wildcards this year.

The MX2 class promises fireworks with Tutu Maina (KTM 250) and his cousin Cruze 'Control' Muigai at it to thrill the spectators.

Both Tutu and Muigai are into their debut year at MX2 but the latter appears to be enjoying top speed and success.

Dr Sunil Vinayak of East Africa Motor Sports Club (EAMSC) said they have invited over 80 youngsters from Limuru Orphanage and Gatundu Boys to witness proceedings of the race on Sunday.

EAMSC will provide food, transport and fee entry to the venue.

Dr Vinayak asked other children homes to take advantage of the gesture at future events.

Ian Guya is expected to fight every inch of the way to prove that his win against Davide Bernardi at the second meeting wants a fluke.

Davide arrived at the venue after the first heat had elapsed and as such couldn't recover from the loss and played second fiddle to Guya.

The MX1 class should remain a preserve of Shivam and so is MX50 that Murrigo Njiri should dominate.

The 65cc class will be a walk in the park for Apollo Mbuki who grappled with engine problems at the regional AMU.

Two new riders have come on board are Samuel Rafe Trundell at MX50 and Gitahi Mwangi also in the same class.

COAST BRIDGE with C.P. SHAH

In the following hand apart from Three No Trumps, North-South play in a Heart part-score. Not a Heart game.

DEALER: EAST Both VULNERABLE BIDDING:

EAST	SOUTH	WEST	NORTH
ONE SPADE (1)	TWO HEARTS	PASS	TWO SPADES (2)
PASS	THREE DIAMONDS	PASS	FOUR HEARTS

1. Playing strong No Trump. 2. Showing a good hand with some Heart support. West led a low Spade, East winning the first two tricks

with the Ace-King of Spades.

He then switched to a low Trump. Declarer successfully finessed the Knave, then led and passed the Queen of Clubs.

His reasoning for playing West for the King of Clubs was that he placed East with the Ace of Diamonds (he

NORTH

10	8	5	2	
A	6			
Q	2			
A	J	10	5	4

WEST

J	9	4		
8	5			
J	9	7	4	3
K	9	3		

EAST

A	K	7	6
Q	10	7	
A	10		
8	7	6	2

might have switched to a Diamond without it).

However, if East had the King of Clubs to go along with his Ace-King of Spades, Queen of Hearts and Ace of Diamonds he would have opened a strong No Trump.

Declarer crossed to the Ace of Trumps, then ruffed a Spade.

West's knave came down and Dummy's Ten was now promoted. Declarer cashed the King of Trumps drawing East's Queen.

Then Declarer played the King of Diamonds, East ducked to prevent Declarer reaching the Dummy via the Queen.

But a second Diamond followed to East's now bare Ace and his forced black suit lead gave Declarer access to the Stranded Dummy.

Away went his two losing Diamonds and the game was made.

SOUTH

Q	3				
K	J	9	4	3	2
K	8	6	5		
Q					

Kenyan riders on the regional scene. Muturi said they are looking to the two sponsors on a long-term basis.

H2O is a new brand in the market and is identifying with motocross for the first time. Oilibya, on the other hand, has been involved in quite a number of events in rallying.

Oilibya sponsors the Anwar siblings-Azar and Asad as well as the reigning KCB Kenya National Rally Champion Baldev Chager.

Oilibya are also proud sponsors of 2WD contender Charles Hinga.

With the two sponsors already on board, the weekend meeting is expected to exhibit thrills and spills.

Defending MX2 Champion, Shivam Vinayak has finally upgraded to a very powerful Yamaha 450 4-stroke bike in a bid to take his riding skills to the next level.

But Shivam, who is the MX1 (formerly Open Class) leader, has incidentally chosen to race his old Yamaha 250 four-stroke at all home events to gradually master the new bike in practice.

"I will be practicing on the new bike and race on the old one.

"In doing so, I believe that I will be able to push the old bike to full potential because it will be more of a toy when I am coming off a powerful bike in practice," said Shivam.

Shivam is developing the new 450cc contraption for the AMU in Namibia, the remaining Central Africa AMU meetings and above all South African

Special Report by Samson Ateka

Dr Vinayak asked other children homes to take advantage of the gesture at future events.

Davide Bernardi at the second meeting wants a fluke.

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The 65cc class will be a walk in the park for Apollo Mbuki who grappled with engine problems at the regional AMU.

Two new riders have come on board are Samuel Rafe Trundell at MX50 and Gitahi Mwangi also in the same class.

PHOTO: ABDULLAHMAN SHERIFF



Kadzongo Girls Secondary School team emerged the winners of the Mathare Girls Soccer Competition Under-14 category. Kneeling [from left] Merciline Kilate, Amina Daniel, Bidala Abidala, Beatrice Nyiro (captain), Dorcas Mwadana, Mariam Katana, Gladys Mwambao and Winnie Uhuru. Standing [from right] Peter Sanga (coach), Josephine malimbo (Headmistress), Sophy Gumo, Alice Choga, Faith kalama, Claris Kuvuna, Sharifa Ali, Halima Medza, David Chivatsi (Games master) and Joseph Saad (Chief Guest).

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EXCLUSIVE - GREG NORMANS' GOLF LESSONS-

Yusuf Harub Elected K.Y.F.A. New Chairman

Former soccer midfielder star, Yusuf Harub was elected unopposed the chairman of the Kisauni Youth Football Association (KYFA) during the association elections held last weekend.

The vice-chairman position went to Ahmed Babadi, Kilonzo Mbaluka won the secretary ship the assistant secretary post was won by Hussein Msafiri.

Ben Rau won treasurer ship while Salim Said was elected organising secretary and Margareth Bahati was elected secretary for women soccer. Committee members are Ouma Onyango, Juma James, Abdul Ali and Malingu Ouma.

Kisauni area assisted chief,

Hamisi Salim Kesi presided over the elections and was assisted by the Kenya Football Federation (KFF) Mombasa sub-branch official, Ahmed Kai and two Kisauni area elders, Athman Chai and Abbas Dola. Harub promised to work with the KFF Mombasa sub-branch officials in raising the standard of youth soccer in Mombasa and the Coast as a whole.

He said the final match of the Easter Cup competition between Maweni Heroes and Red Sharks is to be played after two weeks at Bilima ground.

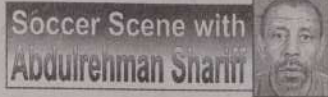


Yusuf Harub.

Shimanzi Face Tononoka In Top Of The Table Clash

Mvita Constituency Community Soccer Leagues entered its crucial stage with four last matches to take place at Ziwani Ground from today to Monday.

King'orani Ward who are currently in third position clash against lowly placed Mwembe Tayari Ward today while Shimanzi Stars



Soccer Scene with Abdurenman Sharii

faces Tononoka Ward in a top of the table clash tomorrow.

On Sunday, King'orani plays

Bondeni Brothers with the last match involving the bottom of the table teams- Majengo Heroes

and Mwembe Tayari Ward. As on Tuesday, April 27, Shimanzi and Tononoka were jointly leads each with seven points, King'orani in second spot with six points while Mwembe Tayari are in fourth place having three points.

Majengo are fifth with two points as Bondeni brothers are last without any point.

The matches are going on very well under the guidance of a Nominated Councillor, Ibrahim Babangida whose committee include Treasurer of the Kenya Football Federation (KFF) Mombasa sub-branch, Abdulbari Juma.

Meanwhile, Ukunda Ward emerged the winners of the Msambweni Constituency Community League for ladies category when they easily defeated Kingwede Shirazi Ward side 5-0 during the final match last Saturday.

The match at Ukunda show-ground was attended by a capacity crowd which included Msambweni Member of Parliament, Omar Zonga, was a thriller.

Ukunda got their five goals through Miall Mbucha who netted a double with Anisa Kombo, Mariam Chande and Mwanah-alima Somali, scoring a goal apiece.

In the semi finals, Kingwede Shirazi Ward hammered Mivumoni Location 5-0 as Ukunda knocked out Lungalunga Location.

Ukunda Ward also clinched the men's title after beating Msambweni Ward 6-5 on post match penalties during the final match at Ukunda Showground.

During the normal 90 minutes of play of the men match, the two teams tied 1-1 with Abdalla Kichwa scoring for Ukunda and Hassan Kirozo Safi replying for Msambweni.

In the penalty shoot out, Ukunda got their goals through Kichwa, A Oliver, Said Madori, Bernard Montar and Hamisi Mwapaka while Safi, Ahmed Gumo, Yassin Kaingu and Abdalla Ali netting for Msambweni.

Msambweni MP, Omar Zonga was among hundreds of soccer fans who watch the two final matches.

Mombasa United Charity Academy Win KC Sports Cup

KC Sports Cup soccer competition ended successfully with Mombasa United Charity Academy beating Sparki Youngsters 3-1 during the thrilling final match at Mombasa Municipal Stadium, writes ABDULRAHMAN SHERIFF.

Mombasa United deserved special mention as they fought back from 0-1 down in the 15th minute to score three goals in a spell of seven minutes and came out victors.

Sparki took the lead in the fifteenth minute when John Omond scored from close range after a fine combination with Bavon Kenya.

During the semi finals, Mombasa United beat Tononoka Rangers 5-4 on penalties after their game ended in a one-all draw while Sparki Youngsters defeated Mzimima United 2-1.

Aroused by the goal, United fought back gallantly to register three goals through Kimandi Hamisi, Waivona Bamji and John



Director of Mombasa United Charity Academy, Eray Fehmi [right], coach Athman Juma Rila [centre] and assistant coach, Omar Athman [left], watching the final match of the KC Sports Cup between their team and Sparki Youngsters played at Mombasa Municipal Stadium.

Mzambara in the 19th, 23rd and 26th minutes respectively.

The tournament was sponsored by KC Sports from United Kingdom through initiative of

Eray Fehmi whose ambition and dream is to build football academy through charity based on Mombasa United.

Fehmi said: "Future of football in Mombasa depends on assistance from charity organisations.

"My main aim is to turn Mombasa United to a professional team and also to help other charity organisations through the academy."

Fehmi who is also the director and head coach of Mombasa United has already donated to Makupa Primary School a set of uniform and some football boots.

The team is trained under coach Athman Juma Rila who is assisted by Omar Athman and has many talented youngsters.

M.S.C. SQUASH TOURNNEY



Seen [from left] Squash section member/sponsor James Rariैया, Mombasa Sports Club vice chairman Rakaash Radya, Runner up Yusuf Zaveri, Winner Vimal Shal and Secretary Shadrack Wasike.

Junior Stars Football School Celebrates First Anniversary

Junior Stars Football School with over 80 youngsters is to celebrate its first year since inception tomorrow (Saturday) at the Aga Khan ground in Mombasa, writes ABDULRAHMAN SHERIFF.



Mariam Mpaata, Junior Football School Director.

Juniors Stars is a registered Community Based Organization with the Ministry of Sports, Gender and Social Services as a social welfare organisation. Parents, young

footballers, trainers, friends and well-wishers would join hands to celebrate the occasion organised after a great achievements of the last one year.

The school is currently operating in the Coast Province with youths from different social, ethnic, religious and economic background enrolled.

It aims at developing local youths into professional footballers in addition to keeping them busy so that they do not engage in social evils such as drug abuse and involvement in risk behaviour that can expose them to HIV and AIDS.

The idea of starting Junior Stars Football School was born on the realization that several of the youths in Mombasa District and Coast Province in general had been corrupted by bad habits such as drug abuse and HIV/AIDS which threatened to destroy our younger generation.

The use of hard drugs has left nothing but shame and death to the young people; early sexual relationships have led to sexually transmitted diseases, early pregnancies, and early school dropouts.

Junior Stars took the challenge of counselling the youth using professional counsellors and introducing soccer training where the trainers are qualified football coaches/trainers.

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MON/WED/THUR	4PM-12AM	KSHS.1,500/-
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SAT/SUN/EVE OF PUBLIC HOLIDAYS & PUBLIC HOLIDAYS	10AM-1AM	KSHS.2,000/-

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BOWLING CHALLENGE @ HOLLYWOOD BOWL

In the Mens category, Majid Baloch, Nasir Baloch and Habib Maks are still maintaining their positions respectively.

This week led to some disappointments to Shiv Morjaria, as he was displaced from the fourth position down to the seventh position.

Pareesh Morjaria made a comeback this week and landed to the fourth position with 211 points.

Pareesh Morjaria has been missing in bowling action for quite a while. Welcome back Pareesh Morjaria!

Paras aka DJ Tiesto, made it to the sixth position this week with 196 points.

Paras was the best bowler who won the title of the Singles Bowling Tournament in the Mens Category.

Despite the little changes made on the scoreboard, a new entrant to the board was notable, Mr Zhao who settled for the fifth position with 202 points.

In the Ladies category, Daksha Morjaria made some improvements in her scores from 119 points to 123 points. Daksha is still dominating the top position in this category.

Katinda made a comeback and landed in the second position with 122 points.

Katinda was the top scorer of last month (March).

The under 15 year's category was silent for the week with no new records or new bowlers appearing

on the scoreboard

Over the week, some members from La Farge treated themselves to game of bowling had a great time.

Learning the sport and discovering new entertainment was a memorable experience for the group.

La farge bowling results: Alex-103,107; Dom-83,98; James-133,115; Jelena-70,89; Ayegsigwa-66; Cyrus-94; Emma-77; Patrick-108; Rudi De Beer-131; Babu-82; Danson-108; Ignatius-74; William-105; Winfred-73; Magoa-86,62;

Scores @ the close of the week:

Men: Majid Baloch - 232 points, Nasir Baloch - 231 points, Habib Maks- 230 points, Pareesh Morjaria - 211 points, Zhao - 202 points, DJ Tiesto - 196 points, Shiv Morjaria- 191 points and Hasnain Meghji- 152 points.

Ladies: Daksha Morjaria - 123 points and Katinda - 122 points.

Under 15 Years: Mark Kohler - 175 points, Sumi Bagri- 152 points, Ricky Kohler- 143 points and Zubair Kurji- 135 points.

Best Bowlers with the Highest Scores (Overall 300 points): **Men:** Habib Maks - 289 points.

Ladies: Angelika Shiku - 205 points.

Under 15 years: Shiv Morjaria - 224 points.

Coast Bridge Association

Coast National Bridge Teams Championship 2009

DATE: 16th and 17th May 2009
VENUE: Tamarind Mombasa (PDR/WELDON)

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Coastweek

Issue No. 3218 May 01 - 07, 2009

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Kenya At The Top Once Again

YANGZHOU, (Xinhua) -- **Men's Champion John Wambua Musyoki** [right] from Kenya, crosses the finish line during the 4th China Yangzhou Jianzhen International Half-Marathon in Yangzhou, east China's Jiangsu Province, April 26, 2009. Some 15,000 athletes from 37 countries and regions took part in the race. Kenyan **Sammy Kipkoech Tum** was the runner-up. They both received their medals and giant checks for bonus on the medal podium.

XINHUA PHOTO



KENYA CRICKET UMPIRES ASSOCIATION

The 51st Annual General Meeting of Kenya Cricket Umpires and Scorers Association was held on 25th April, 2009 at Premier Club, Nairobi at 4.00pm

The following were elected on Executive Committee for the year 2009-2010:-
Chairman: Mr. Moh'd Munir Khan from Nairobi
Vice Chairman: Mr. Nareshkumar A. Shah from Mombasa

Secretary: Mr. Himanshu D. Patel from Nairobi

Treasurer: Mr. Rockie D'Mello from Nairobi
Match Management Secretary: Mr. Moses Owesi from Nairobi

Members: Mr. Dennis Angara from Nairobi, Mr. Walter Trenk from Nairobi.



Vice Chairman
Nareshkumar Shah

Oshwal Academy Mombasa Shine At East African Open Table Tennis

A team comprising of eleven students from Oshwal Academy Mombasa, traveled to Nairobi for the East African Open Table Tennis Championships held at the Ministry of Works sports club (MOW) from the 18th-19th April 2009.

The championship drew players from East Africa, mainly Kenya, Uganda and Tanzania. OAM team which dominated most of the junior category comprised of Tej Sanghavi, Ria Sanghavi, Darshi Shah, Karishma Shah, Nikita Shah, Nirali Shah, Nihaar Shah, Rumit Shah, Mihir Shah and Bhavin Ruparella, posted the following results;

In boys under 12yrs, Tej Sanghavi scooped the runners up trophy losing to Peter Kamau 2-1.

Similarly, in girls under 15yrs Karishma Shah lost to team mate Nirali Shah by 2-1 in the finals.

In the same age category, Bhavin Ruparella took the runners up trophy when he lost to Kevin Mwangi 2-1, while in the boys under 21, OAM ex-student Jignesh Rajani won the title beating Kevin Mwangi 3-1 in the finals.

Karishma Shah came out strongly to clinch the Ladies title beating team mate Nirali Shah 3-

2 in a toughly contested match.

This is a title which was being by Sonam Sanghavi also a student of OAM but did not travel for the tournament.

Other events participated in by OAM were men's singles and men's team events with OAM losing in the semi finals to MOW 'B'.

Alongside the tournament, all the team participating in the tournament took part in the Green Kenya programme where over 100 trees were planted due to the forest degradation in the country.

The exercise was organized by the Green African Foundation in partnership with Kenya Table Tennis Association.

Meanwhile, plans for the second edition of the OAM indoor sports championships featuring Badminton, Table Tennis and Tennis are complete.

According to the HOD Sports Mr Tom, the tournament will be held on 30th - 31st May 2009 at their Nyali campus, and is expected to attract top junior players, teams and schools all over the country.

The Academy will also host the under 17 girls soccer tournament on 23rd May 2009 at the campus.



1st row [from left] Nikita Shah, Tej Sanghavi, Karishma Shah, Darshi Shah, Ria Sanghavi, Nirali Shah, Bhavin Ruparella. 2nd row [from left] Tom Anumi (coach), Nihaar Shah, Jignesh Rajani, Rumit Shah (captain), Mihir Shah.

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KENYA TIDE TABLES

MOMBASA, May 01 - 07, 2009

FRIDAY High Water - 2.6 m. at 08.40 hrs. (8.40 a.m.) and 2.9 m. at 21.05 hrs. (9.05 p.m.). Low Water - 1.0 m. at 02.29 hrs. (2.29 a.m.) and 1.2 m. at 14.28 hrs. (2.28 p.m.).

SATURDAY High Water - 2.5 m. at 10.08 hrs. (10.08 a.m.) and 2.8 m. at 22.39 hrs. (10.39 p.m.). Low Water - 1.1 m. at 03.43 hrs. (3.43 a.m.) and 1.4 m. at 16.05 hrs. (4.05 p.m.).

SUNDAY High Water - 2.8 m. at 11.44 hrs. (11.44 a.m.), Low Water - 1.2 m. at 05.15 hrs. (5.15 a.m.) and 1.3 m. at 17.54 hrs. (5.54 p.m.).

MONDAY High Water - 2.7 m. at 00.12 hrs. (12.12 a.m.) and 2.9 m. at 12.58 hrs. (12.58 p.m.). Low Water - 1.1 m. at 06.33 hrs. (6.33 a.m.) and 1.1 m. at 19.10 hrs. (7.10 p.m.).

TUESDAY High Water - 2.8 m. at 01.24 hrs. (1.24 a.m.) and 3.2 m. at 13.53 hrs. (1.53 p.m.). Low Water - 1.0 m. at 07.31 hrs. (7.31 a.m.) and 0.9 m. at 20.08 hrs. (8.08 p.m.).

WEDNESDAY High Water - 3.0 m. at 02.19 hrs. (2.19 a.m.) and 3.4 m. at 14.38 hrs. (2.38 p.m.). Low Water - 0.9 m. at 08.17 hrs. (8.17 a.m.) and 0.7 m. at 20.54 hrs. (8.54 p.m.).

THURSDAY High Water - 3.0 m. at 03.04 hrs. (3.04 a.m.) and 3.8 m. at 15.17 hrs. (3.17 p.m.). Low Water - 0.7 m. at 08.56 hrs. (8.56 a.m.) and 0.8 m. at 21.34 hrs. (9.34 p.m.).

NOTE: Standard Port is Kilindini. 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