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May 08 - 14, 2009

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**HOSPITAL'S
CODE BLUE
TEAM ON A
HIGH ALERT**

The Aga Khan Hospital Mombasa has been recognized for its efforts and contribution in providing medical services during the 2009 Land Forces Symposium held in Mombasa from 20th April to 23rd April.

Preparations for Helicopter landings had been made to take care of any emergencies needing helicopter evacuations.

The Code Blue Team together with staff at the Accident and Emergency, Intensive Care, Theatres, Laboratory and Pharmacy

CONCLUDED PAGE THREE

Help Save Our Trees - Kibaki

GOVERNMENT PLEDGE TO RECLAIM LARGEST WATER CATCHMENT FOREST

NAIROBI, (Xinhua) -- President Mwai Kibaki has expressed the government's commitment to reclaim Mau Complex, the country's largest water catchment forest among other water towers in the country which provide secure and constant water supply for the sustenance of livelihoods of millions of Kenyans.

Kibaki reassured Kenyans living in the forest that the government was putting in place the necessary mechanisms to humanely resettle them elsewhere.

Speaking at the launch of the National Tree Planting Program, Kibaki noted that unjustifiable depletion of the country's forest cover resulted in loss of biodiversity and vital water catchments which could lead to permanent catastrophic changes in the country's ecological conditions.

"Despite the critical importance of these water towers, they have continued to be degraded to the great detriment of our ecosystem.

"The Mau Complex, for example, has been degraded by extensive irregular settlements as well as illegal forest resource extraction," he said.

He asked communities living adjacent to water towers and other catchment areas to support the government efforts to conserve them for the benefit of future generations.

FOOD SHORTAGE

The president said that forests not only ensure reliable rainfall and maintenance of soil productivity but also have direct impact on the performance of key sectors of the country's economy, particularly the agricultural and livestock sectors.

President Kibaki noted that the current drought and food shortages experienced in the country were a result of climatic change occasioned by human activities.

The president assured pas-

CONCLUDED PAGE FIVE

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Al Noor Habib Jiwan Receives Head Of State Commendation



PHOTO - COURTESY: SABA SABA COLOUR LABORATORIES MOMBASA LIMITED

Al Noor Habib Jiwan [left] an active member of Rotary Club and also past chairman of Ismailia Community is receiving the Head of State's Commendation (HSC- Civil Division) award for his distinguished contribution to the Nation from the Coast Provincial Commissioner Ernest Munyi [right]. Al Noor Habib Jiwan is involved in development projects which have created job opportunities for youth and has helped improved their living standards.

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Deutsche Welle For The First Time In Mombasa

Deutsche Welle (DW) the International Broadcaster from Germany is producing for the first time radio dramas for African youth at the Kelele Studios in Mombasa.

Learning by Ear is the title of this ambitious panafrikan project produced by DW in five languages in various African countries.

At the Kelele Studios DW is producing the Kiswahili Version of the radio dramas which connect useful information on issues like Malaria, Media, Economics and Family Planning in a modern and young language.

The scripts are written by African authors and recorded with dedicated Kenyan actors.

The project is aiming to be as instructive as entertaining.

The first series to be produced on Malaria is a story of Masika, a Kenyan fisherman who has a cute daughter Karemo.

She learns a lot about Malaria protection but her father is using the moskitonet for fishing instead of the protection his family.

When his daughter and the new born baby boy Zawadi get sick,

he realizes that he should protect his family from the dangerous insect. In the meantime Karemo starts an anti-Malaria campaign at her school.

As the story continues there is lot of amusing dialogues and useful information in the radio drama.

The DW team of Andrea Schmidt, Head of the Kiswahili Service, Saumu Yusuf and Gode Buerki will remain for two weeks in Mombasa to record together with more than thirty Kenyan actors forty episodes of the radio plays.

Mombasa Academy Ball At Whitesands

This year the Mombasa Academy Annual May Ball will be held at Whitesands Beach Hotel on Saturday 16th May.

This traditional event is organised by the Mombasa Academy PTA and has become a social fundraising event which many in Mombasa look forward to.

Parents and friends of Mombasa Academy are all welcome to join us for what promises to be

a successful and entertaining evening. The evening will begin at 7.30pm with a welcome cocktail, followed by dinner at 8.00pm.

We will be entertained with live music throughout dinner and several surprise items of entertainment have been planned.

Our DJ will keep the evening moving and we will dance the night away!

After dinner the famous raffle will be drawn.

We have been fortunate to receive many fabulous prizes so it really is worthwhile buying some tickets and trying your luck!

Our top prize is two tickets to Dubai, donated by Mr Prinja, the owner of the school.

We also have plenty of other fantastic prizes, including weekends at South Coast Hotels, weekends at lodges, dinners for two at a variety of Mombasa restaurants and many more!

The cost of this wonderful evening is Ksh 2,500 per person.

Both tickets and raffle tickets are available from the school office or through PTA members.

We hope to welcome you all at the Sarova Whitesands on Saturday 16th May.



Seen [from left] Sophia Nyevu, Andrea Schmidt, Amina Chinyere, Saumu Yusuf and Iddi Ahmed studying the Kiswahili manuscripts.

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SMILE TIME



"This is Malcolm. I got him through a male order catalogue."

CHAMBER OF HORRORS



"They all looked like your relatives ..."

Hospital 'Code Blue' Team On High Alert

PART OF AGA KHAN HOSPITAL MOMBASA QUALITY IMPROVEMENT AGENDA



Seen behind [from left] Chief Financial Officer Peter Nyaga, Nursing Services Manager Sr. Keziah Asirigwa, Medical Director Dr. Majid Twahir, Diagnostics Services Manager Nilesh Vaghada. Front [from left] Joanne Cline, LTC, MS - Chief, Preventive Medicine Plans and Operations United States Army Central and Chief Executive Officer Noorail Momin.

FROM FRONT PAGE were on high alert during this period.

A drill organized by the Kenya Army and United States Army Staff to check preparedness to handle any medical emergencies during the event was carried out successfully.

This is in line with the Hospitals Quality Improvement Agenda which has seen all Doctors and Nurses at the Accident and Emergency Department recently trained in Advanced Cardiac Life Support which will enable them to handle emergencies better.

In an effort to improve service delivery to patients, the Hospital has refurbished the Accident and Emergency Department to provide all core services centralized within the area.

This includes centrally air-conditioned spacious waiting lounges, accident and emergency room, doctors' examination rooms, pharmacy and laboratory.

This was one of the many partnerships the Hospital has had with the US Military during their exercises in this region.

Information On AFRICA



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AFRICA

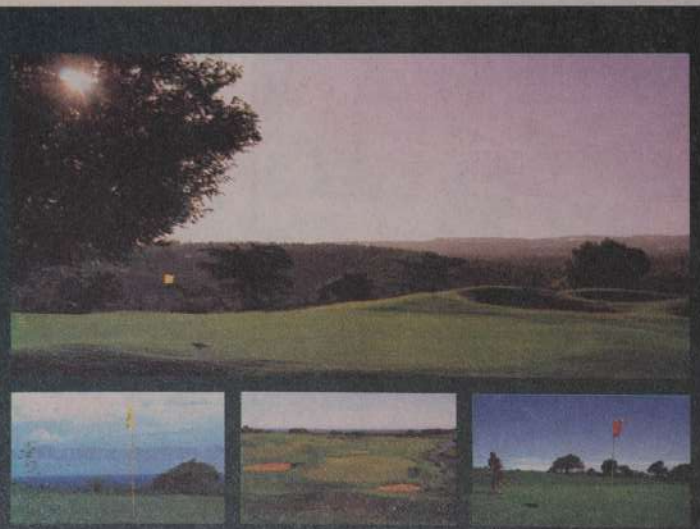
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the life play golf

OPENING IT'S DOORS TO AUDIENCES ON WEDNESDAY IS THE MUCH-AWAITED ADAPTATION OF THE DAN BROWN NOVEL 'ANGELS AND DEMONS'

AS THE Indian film industry strike bites hard, Hollywood keeps us entertained every week with new releases.

Two new films open at the NYALI CINEMAX this week, one on Friday (today) and the other next week on Wednesday.

From the director of *Long Kiss Goodnight* and *Die Hard 2*, *Renny Harlin*, comes another thriller in the form of *12 Rounds*.

New Orleans Police Detective Danny Fisher (John Cena) has foiled one of the biggest robberies and put the mastermind, Miles Jackson (Aidan Gillen), behind bars.

Despite a job well done, there was one casualty - Miles girlfriend who is accidentally killed in the fracas.

Now Miles has broken out

In A Race To Save The Life Of A Beloved One

and wants to exact revenge.

He kidnaps Fisher's fiancée Molly Porter (Ashley Scott) and then puts into action a plan that he has been plotting all those days he spent in jail.

There are 12 rounds to this dangerous game.

Each round leads to the other but is fraught with danger.

If Danny can keep up and abreast then at the completion of the 12th round, he gets his girl - alive, but there is also a

clock ticking against each round and Danny has to use all his brain and brawn to stay abreast. The second new film that will open it's doors to audiences on Wednesday, May 13th is the much-awaited adaptation of the Dan Brown novel, *Angels and Demons*.

After the super duper success of another of Brown's novels, *The Da Vinci Code*, director Ron Howard brings back Tom Hanks in the lead role as religious expert Robert Langdon, in what many will see as a sequel to *The Da Vinci Code*.

Langdon is once more drawn to Rome and the Vatican when he finds out that an ancient secret brotherhood - the Illuminati - is very much alive and kicking.

When physicist Leonardo Vetra is found tortured and dead in his laboratory, Langdon is called in to decipher some kind of clues the killer left behind.

He is joined by Vetra's beautiful daughter, Vittoria, also a scientist and together they realise that the answer

lies in the four altars of science - Earth, Water, Fire and Air.

Each clue leads them to one part of the Vatican but they need to connect the dots before one of the biggest threats is unleashed on humankind.

The clues are confusing enough, but the fact that they have to work against an unknown enemy makes it even harder to solve it.

To say that this film will be thrilling and nail-biting to the very end is an understatement.

CINEMAS with Anjum Asodia

This time round, Hanks is cast with Ewan McGregor, Ayelet Zurer, Stellan Skarsgard, Pierfrancesco Favino, Nikolaj Lie Kaas and Armin Mueller-Stahl.

Carrying on for the second great week is *X-Men Origins: Wolverine* starring Hugh Jackman, Kodi Smit-McPhee, Liev Schreiber, Danny Huston and Ryan Reynolds.

Follow the adventures to James Logan (Wolverine) and his brother Victor Creed as they run away from home after killing their biological father who had murdered their

adoptive father.

Disowned by the earthlings they are brought up by mutants who follow William Stryker.

Now retired and living a life of tranquility in the Canadian Rockies with his girlfriend the Silver Fox, Wolverine is tempted to join Stryker and his new Weapon X Project.

When Logan refuses, Stryker stoops to a new level and all hell breaks loose.

Logan, Stryker and Creed go head on in a collision that will rock this and all other worlds around.

For those who just cannot resist shopping, make sure you go and see Isla Fisher, Hugh Dancy, Joan Cusack, John Goodman and John Lithgow in *Confessions of a Shopaholic*.

Last week and last shows of Owen Wilson and Jennifer Aniston in *Marley & Me*.

Espionage and thrills are also the order of the day with Clive Owen and Naomi Watts in *The International*.

Going strong for the fifth week is Vin Diesel, Paul Walker, Michelle Rodriguez and Jordana Brewster in *Fast and Furious*.

CINEMAX ...the ultimate movie experience...

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ANGELS AND DEMONS



Tom Hanks, Ewan McGregor, Ayelet Zurer

Wed.- 13th May 9.15pm
Thur.- 14th May 6.30pm

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CONFESSIONS OF A SHOPAHOLIC

Sat.- 7pm;
Sun.- 4.45pm

Marley & Me

Fri.- 6.45pm;
Sun.- 10.45am

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CATS New, Enthusiastic And Talented Members

The Coast Arts and Theatre Society is proud to announce its latest production "In the Flesh" to be presented at La Veranda Restaurant on Thursday May 14th and Friday May 15th at 7.30pm.

C.A.T.S. is also very pleased to have so many new enthusiastic and talented members taking part.

These new comers are Shahenaz Jetha the Society's very active, persuasive and energetic membership secretary, Lyn Jetha a former Mombasa Academy teacher, Alice McClelland and Melanie Allen, both teachers at Mombasa Academy and Neelma Malde an amateur dramatic enthusiast recently arrived in Mombasa from Nairobi.

All these newcomers are highly motivated and the Society has welcomed their talents with open arms.

The rest of the cast features Alexander Funke who first appeared in Visiting Hour and last year took part in the Old Time Music Hall.

Ann Marques who is a keen musician but also an accomplished actress who we saw last year in The

Bare Essentials, Sally Misbah a former Chairperson of C.A.T.S. who has successfully appeared in many Society productions including Babes in the Wood, Visiting Hour, Noises Off, Between Mouthfuls and the Old Time Music Hall.

Melissa Phillips the present Secretary of the Society who does a wonderful job of keeping all the members up to date and who has also appeared in the Society's Murder Mystery and the Old Time Music Hall.

Finally Jean Hughes, the present Chairperson of C.A.T.S. whose most recent stage appearance was as Shirley Valentine.

This lively cast promises to give you an evening of light hearted entertainment in the convivial atmosphere of La Veranda whose reputation for excellent food and service is well known and enjoyed by all Mombasa residents.

Tickets for this production of "In the Flesh" are available from Forget - Me - Not florists in Ratna Square.

The price including dinner is Members 1,500/- and Non-Members 1,750/-.

Space is limited so be sure to buy your tickets in good time.

Theatre Notes by THESPIAN

Cheerleading Demonstration

Cheerleaders- Jean's Genies! Alka Patel, Karishma Bhagani and Shivni Bhodia demonstrate their cheerleading skills before the safaricom volleyball match at the Pirates beach.



STARCAST GEMINI KILIFI

Taurus (April 22 - May 21) Today brings a new sense of attachment to some person, place or thing that has always been important to you. Enjoy the time you spend together and see if you can strengthen the connection even more.

Gemini (May 22 - June 21) You're much more thoughtful than usual today (which is really saying something), so see if you can get yourself to think through all the ramifications of your next big project or career step.

Cancer (June 22 - July 21) Your thinking is clear and sharp - it's a great day to make plans for the future, from next weekend to several years off in the future. Not everything can be anticipated, but you do okay.

Leo (July 22 - Aug. 21) Your budget needs some adjustment - and if you don't have a budget, now is the time to draw one up! It may not be the most fun you've ever had, but your mind is in the right place to rethink money.

Virgo (Aug. 22 - Sept. 21) It seems that your life is making sense again - it's about time! Your mental energy is sharper, and you feel as if you can understand more and more about how the people in your life think.

Libra (Sept. 22 - Oct. 21) You're feeling that sense of impending catastrophe again - but you don't have to take it seriously! You should just try your best to let your friends and family take care of business for you.

Scorpio (Oct. 22 - Nov. 21) Your attention to detail makes life lots more interesting and productive today - you should be able to pick out the best arrangements, get your people talking about the same stuff and organize your desk completely.

Sagittarius (Nov. 22 - Dec. 21) The more you rail against authority, the more likely things are to go against you. Today might pit you against someone who's feeling omnipotent, and you should wait until later to ambush them.

Capricorn (Dec. 22 - Jan. 21) You should do what you can to help friends and coworkers today - you should have your own work covered, as your productivity almost could not be higher! You can score lots of bonus points.

Aquarius (Jan. 22 - Feb. 21) You and your friends and family are getting along better than ever today - though you may actually feel a bit out of sorts. Just enjoy the quiet energy and see if you need to hash anything out.

Pisces (Feb. 22 - Mar. 21) Take action today, no matter what you know, think or fear about the situation. You ought to be able to get yourself on the right side of things pretty quickly, so it's best to get going.

Aries (Mar. 22 - April 21) Your health is much on your mind right now - maybe for good reason! The good news (and it is quite good) is that now is the perfect time to do something positive for your health - it should work wonders!

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Looking after your interest

Government To Reclaim Water Catchment Forest

FROM FRONT PAGE
Pastoralists who have lost animals as a result of devastating drought in arid and semi-arid areas that the

government will consider their request to write off agricultural finance loans and also work out a program to assist them replace

lost cattle through restocking.

"The government is aware that pastoralists in Kajiado and other semi arid parts of the country have been impoverished by the drought as livestock, their economic mainstay, were dying due to lack of water and grass," he said.

Speaking at the ceremony, Prime Minister Raila Odinga said conservation of Mau forest and other four water towers in the country was a priority to save communities that derive their livelihoods from rivers and lakes.

The five water towers in the country include the Mau

Complex, Mount Kenya Arberdares, Cherangani and Mount Elgon. Odinga said soil erosion caused by massive destruction of trees in forests was a major concern and should be addressed as a priority conservation initiative.

Kenya's forest cover has reduced from 12 percent at independence to the current less than two percent, said Mr Odinga.

Forestry and Wildlife Minister Noah Wekesa said his ministry was currently providing some 60 million tree seedlings of diverse species for trans-planting in the current planting season.

UN concern At Ngorongoro Status

DAR ES SALAAM, (Xinhua) -- The United Nations Educational, Scientific and Cultural Organization (UNESCO) has expressed its concerns over the World Heritage status of the Ngorongoro Conservation Area in northern Tanzania. The UN agency pointed out in a recent report that the influx of tourists and grazing herds of livestock had posed "significant challenges" for the Tanzanian authorities who are put in charge of the conservation area which covers 8,300 square kilometers in the north of the country.

UNESCO declared in 1979 the Ngorongoro crater as a Natural World Heritage Site. Due to the growth of tourism, an average of 300 motor vehicles carrying tourists are entering the crater every day during the peak tourism season while also on the increase are pastoralists herding their livestock into the crater to graze.

Covering an area of 250 square kilometers, the spectacular Ngorongoro crater is the world's largest intact volcanic cauldren with the walls dramatically rising up to some 600 meters tall.

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The Tamarind dhow offers you that opportunity to treat yourself to an outing of a lifetime, one that you will never forget for the rest of your life.

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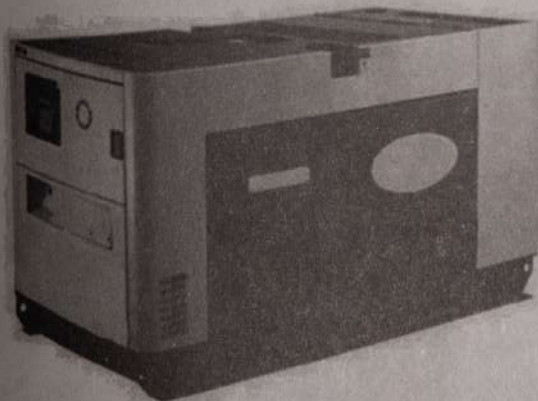


AN INDUSTRY 'ACTION PLAN' FOR KENYA UTALII COLLEGE

Mohammed Hersi is seen presenting the Utalii task force report to the Minister for Tourism Hon. Najib Balala. Looking on is the vice chairman of the task force Joan Mwangi. A 10 point action plan was mooted to reposition Kenya Utalii College in the coming years. The task force was given 1 month to come up with the report and they did it in exactly four weeks.

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Last week we looked at superchargers and turbochargers as the first items that promote energy efficiency in vehicles.

This week we start looking at another form of energy recovery in hybrid vehicles.

Any vehicle that combines two or more sources of power that can directly or indirectly provide propulsion power is a hybrid.

Most hybrid cars on the road right now are gasoline-electric hybrids although a major vehicle manufacturer is quite advanced in the development of a diesel-electric hybrid car.

The key benefits of a hybrid automobile are that it increases the number of kilometres one is able to extract from a litre of fuel by up to 30 per cent and it also reduces the amount of pollution emitted per kilometre performance of the vehicle.

The gasoline-electric hybrid car is a cross between a gasoline-powered car and an electric car.

A traditional car has an engine which drives the wheels through some form of transmission system.

The accepted general requirements that make a car useful are that it should have a range of around five hundred kilometres before refuelling, be refuelled quickly and easily and be able to perform as well as other traffic on the road and keep up with their speeds.

A typical car, as we know it, meets these requirements but in the process produces significant pollution and less than impressive consumption figures compared with what research shows is achievable.

An electric car, however, produces almost no pollution, but can only travel an average of

Key Benefits Of A Hybrid Automobile

INCREASES FUEL CONSERVATION BY UP TO 30 PER CENT AND ALSO REDUCES POLLUTION

one hundred kilometres before needing a recharge.

The current genus of electric car is generally slow and inconvenient to recharge.

A hybrid gasoline-electric car combines these two setups into one system that leverages both gas power and electric power.

energy to the batteries.

These two power sources can be combined in different ways.

One way, known as a parallel hybrid, has the engine and electric motor connecting to the transmission independently.

Both the engine and the electric motor can turn the transmission at the same time or independently.

One of the reasons a hybrid car is more efficient is that it has a smaller engine which uses smaller, lighter parts, because of the reduced number of cylinders and which operates closer to its optimum performance point most of the time.

Also bigger engines usually have more cylinders and each cylinder uses fuel every time the engine fires even if the car isn't moving.

Consider standing still in traffic jams as we are quite often forced to in Nairobi.

When two cars are driving along at the same speed, the one with the smaller engine uses less energy.

Both engines have to output the same amount of power to drive the car, but the small engine uses less power to drive itself.

The smaller engine in the hybrid car is thus man enough to maintain speed.

However, when it becomes necessary to get the car moving in a hurry or go up a steep hill, the smaller engine hybrid vehicle will need help.

This comes from the electric system, which steps in to provide the power when needed.

The engine on a conventional car is sized for what is called the peak power requirement.

This is those few times when one floors the accelerator pedal to get instant response.

Peak power in engines is used for less than one percent of the time an engine is in operation.

For a hybrid car, the smaller engine is sized closer to the average power requirement than to the peak power.

A hybrid vehicle improves fuel economy in several ways.

The first is to recover the braking energy.

Whenever one steps on the brakes one is removing energy from the car.

The faster a car is going, the more kinetic energy it has. The brakes of a car remove this energy and dissipate it in the form of heat.

A hybrid car captures some of this energy and store it in the battery for later use. This process is called regenerative braking.

This is where instead of using the brakes to stop the car, the electric motor that drives the hybrid acts as a generator to charge the batteries whilst slowing the car down.

Another way that the hybrid vehicle improves performance is that the gasoline engine is sometimes shut off.

A hybrid car does not need to rely on the gasoline engine all of the time because it has an alternate power source.

So the hybrid car can sometimes turn off the gasoline engine, for example when the vehicle is stopped at a red light.

In addition to the direct technological benefits a hybrid

car gives in improved fuel consumption, we as drivers can also contribute immensely to fuel efficiency.

Driving slower is a great way to improve efficiency.

It is a fact that the aerodynamic drag in car at one hundred kilometres an hour is double that at sixty kilometres an hour.

Maintaining a constant speed for most of the time that one is driving will also improve the energy consumption of a vehicle.

Each time one accelerates one uses energy which is wasted when one slows down. In a hybrid car one recovers some of the energy but not all of it.

We should avoid stopping suddenly or abruptly.

During braking, the electric motor in the hybrid acts like a generator and takes some of the energy out of the car while slowing it down. If we give the electric motor more time to slow the vehicle, it can recover more of the energy.

By stopping quickly, the brakes on the car will do most of the work of slowing the car down, and that energy will be wasted.

The same reasoning applies to gasoline-powered cars: Abrupt stops waste a lot of energy.

As Kachumburi says, in these days of high fuel costs, anything that saves it is worth investing in.



CoastDrive with Teti Kamugunda

Gasoline-electric hybrid cars have an engine is smaller than usual and which uses advanced technologies to reduce emissions and increase efficiency.

It has a sophisticated electric set up with electronics that allow it to act as a motor as well as a generator.

This means that when it needs to, it can draw energy from the batteries to accelerate the car.

When it needs to slow down, it harnesses that braking energy by acting as generator and return

Sr. Cecilia Commissariat Believed In Education For Girls

Sr. Cecilia, born Nargis Commissariat was the daughter of a prominent Mombasa Parsi sportsperson and cricketer Burjorji Commissariat and his wife Mithibai.

Born in Mombasa, she had her schooling at the then Convent School, now The Star of the Sea School in Mombasa.

After completing her high school she proceeded to England to train as a teacher.

Known to our family as Nargis aunty, she was very keen and eager to provide her services to the young and she found teaching a platform from which to do this.

She believed that education,

especially of the girls, was the key for the betterment of life.

Nargis aunty was always very attracted to the gentle and loving message of her Lord Jesus and through him in the Ministry she could offer to all.

Finishing her training in England as a teacher, she joined the Lord's Ministry and as Sr. Cecilia, began her long journey in her career as a teacher which spanned some forty years.

It was also typical of her, that she did not reveal much of her services in the field of education and the various places she worked at.

Northern Uganda was among her early posting.

However, her birth place Mombasa, always remained a very dear spot in her heart and eventually she returned to her childhood school as a teacher.

Sr. Cecilia spent the rest of her life teaching at the Convent School and she saw a great deal of changes during her time there.

The school was re-named Star of the Sea and it also underwent an expansion to cater for the children of the independent Kenya.

Sr. Cecilia worked at the Star of the Sea for more than twenty years and even after her retirement, worked in the library of the Star of the Sea.

Every morning she she squeezed her tiny, fragile self, in a matatu and arrived at the Star.

Were it not for the fracture of her thigh, Sr. Cecilia would have remained in Mombasa.

As she required more care and nursing from the effects of her injury and surgery, she was moved to the home of her order MSOLA, in Nairobi.

It was here that Sr. Cecilia spent the last few years among her beloved sisters and fellow workers, all of whom have given so much of their lives for the betterment of those they served and do so without voicing grievances that many of them suffer, for they do it for the love of their Lord Jesus and the love for the only race on this Planet, the Human Race.

When I last visited Sr. Cecilia in Mombasa some seven years ago, one morning we took a walk from the Star of the Sea to the Old Port, to visit the house, opposite the fish market, where she grew up.



Sr. Cecilia Commissariat

It is an indication of her dedication to her call and her love for her pupils, that as we amble along toward Ft. Jesus, we kept on hearing, 'Sista, sista...' and a young lady would rush up and embrace her.

It happened so often that I had to ask her if I too could get a cuddle or two.

Music was Sr. Cecilia's other passion and she trained the students at the Star in this too.

Whenever President Kenyatta visited Mombasa, Sr. Cecilia and her music students entertained Mzee Kenyatta at the Mombasa State House.

His Excellency was so impressed by her music students that he donated a piano to the Star of the School, which was imported especially from England.

Sr. Cecilia leaves behind her beloved Mombasa a legacy of love and teaching, which has touched all the students who were so fortunate to have her as a teacher.

Dear 'Sista' Cecilia, we and all your students and those you touched, will miss your love, and gentleness, even though you were very 'kali' angry at times with us. Hear our prayers for your eternal peace.

Kersi Rustomji, retired ex-Kenyan Mwalimu, Australia.

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It was an experience never to be forgotten, the wonderful time spent at Camp Tsavo in Rukinga Wildlife Conservancy, writes ALKA SUBBARAO.

An inspiring stay during which there was so much to learn. There we were right in the middle of a forest, yet so comfortable.

And that too in a banda (hut) with just the basics such as a bed, a shelf and a clothes-stand each, not to mention only one toilet shared between four of us.

I really was a bit worried about that especially since we had time-bound programs but everything went very well.

DELICIOUS MEALS

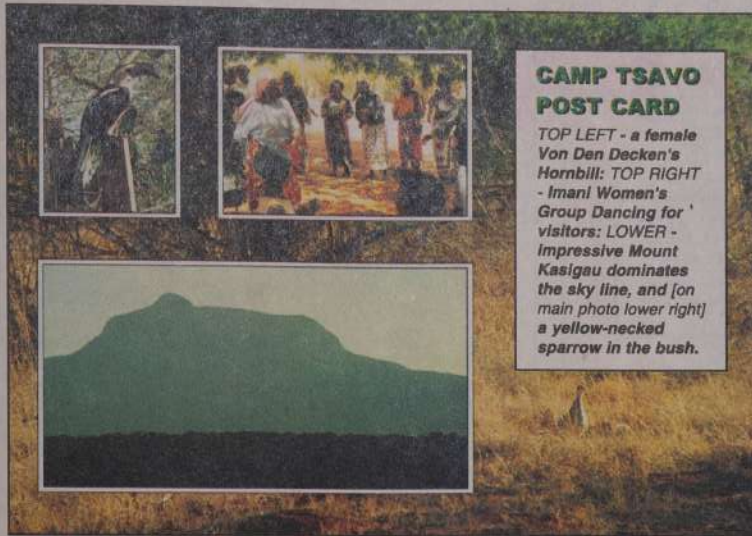
It is one of those economy camps with none of the frills of luxurious hotels and a place to go simply for the love of nature and yet, there was no compromise on food, with simple but delicious meals served in the lovely open-air dining area where we had our morning and evening teas, breakfast and both meals, with a special mention of breakfast for which we enjoyed the company of beautiful birds.

It really was a dream come true to have weaver birds, barbets, sunbirds, bulbuls and fly-catchers as our companions at breakfast with a lot of activity going on in the background with hornbills and go-away birds flying about and squirrels and dwarf mongoose running around picking up little tit-bits of food.

The staff did their very best and made us feel so much at

Experiencing A Walk On The Wild Side

WONDERFUL WEEKEND AT 'CAMP TSAVO' IN RUKINGA WILDLIFE CONSERVANCY



CAMP TSAVO POST CARD

TOP LEFT - a female Von Den Decken's Hornbill; TOP RIGHT - Imani Women's Group Dancing for visitors; LOWER - Impressive Mount Kasigau dominates the sky line, and [on main photo lower right] a yellow-necked sparrow in the bush.

home, taking special efforts even to cook vegetarian meals.

For those looking for a little luxury and comfort, there's a large cottage with such beautifully done interiors that one look at it makes you want to stay there forever.

It looks like one of those perfect houses in the movies with a perfect life.

The cottage is in two storeys with bedrooms and dining room

in the ground floor and a staircase leads to a spacious sitting room above which overlooks the forest and it can be well-imagined what a great view it can provide at night when the wild animals are on their prowl.

FAR FROM HOME

The camp being so far from human habitations is quiet and peaceful.

I would say it's the right place to know the definition of 'quiet'.

It is just the place to relax over a week-end, to rest from the

daily grind and be in tune with nature and return to normal routine rejuvenated.

I woke up in the morning to calls of hornbills and go-away birds instead of the usual twitter of common sparrows and had to remember to be quiet when I got out of the hut in the morning, in the eager hope of spotting a new bird, so as not to scare away the unsuspecting spurfowl catching its worm.

The education centre with all the details on the man-eaters of Tsavo and Lt.Col. J. H. Patterson

forest. In this connection we got the opportunity to visit the clothing factory (which true to its commitment uses organically grown cotton), the jobba plantation and a nursery growing mainly jatropa; both jobba and jatropa being sources of biofuels.

A very inspiring encounter was with a women's self-help group which has been in existence for about seven years and has successfully brought economic stability to its members.

It is a good example of the proverb 'Self-help is the best help'.

Overall a wonderful trip with so much to see, so much to learn, and, a service from the camp staff so personalised.

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THIRTY YEARS' AGO

Coastweek, May 04 - 10, 1979:

Distraught Coast leaders called for a thorough Police crackdown on all 'overloaded and non-roadworthy public service vehicles' after at least 50 men, women and children were drowned when a Malindi passenger bus plunged into the sea off the Kilifi ferry.

Plans were announced for a multi-million shilling Swedish-managed luxury airport hotel catering for up to 200 guests to be built on the site of 'Tower Hill Hotel' Port Reitz and adjacent to Mombasa International Airport.

Facilities would include a conference centre, swimming pool and lido bar, 24 first class bungalows and suitable accommodation for transit passengers and visiting airline crew.

An exasperated Comorian Government, fed up with high cost 'foreign intermediaries', had sent its own special envoy Youssouf Ali Alwaht direct to Mombasa from the island capital of Moroni seeking an exclusive 'No agency/ No commission' bulk purchase order/ agreement from the Bamburi Portland Cement company.

Swiss World snow ski champions Fabienne Serrat (Ladies') and Peter Luscher were on holiday at the South Coast's Robinson Baobab Hotel.

Television critic Gray Phombeah profiled the prolific and youthful Coast producer, writer and actor Francis Ghana, 22, already well-known for his excellent performances in 'Kieleza', 'Mallimwengu', 'Kengeleni', 'Ndoano' and 'Hadithi'.

Swahili author M. Kamal Khan highlighted 'The Asian Contribution To Our National Language'.

KENYA Cinema was showing Oscar winning Richard Dreyfuss and Marsha Mason in 'The Goodbye Girl', REGAL screened Chuck Connors in a horror epic 'Nightmare', NAAZ offered Walter Mathau, Art Carney, Richard Benjamin and Glenda Jackson in the comedy 'House Calls', while at CHOX it was Dev Anand co-starring with Zaheeda and Zahira in the classic action comedy 'Gambler'.

Letter writers included Farida Vellani, Skál Club chairman John Byrne, Abdulrazak H. Abdulla and Larry Bourneventure all of Mombasa, Ruebin Jus of Nairobi University College and Abdul Sai Bat-haf of Riyadh, Saudi Arabia.

• **COAST TOP TEN** (courtesy Anwar's Disco) - 'Tragedy' Bee Gees, 'Catch The Cat' Cherry Lane, 'Born To Be Alive' P. Fernandes, 'Hooray, Hooray, Its A Happy Holiday' Boney M, 'Keep On Dancin' Gary's Gang, 'Boogie Woogie Dancing Shoes' Claudia Barry, 'Angry Eyes' Pointer Sisters, 'I Will Survive' Gloria Gaynor, 'Everything Is Great' Inner Circle, and 'A Heart Of Glass' Blondie.

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Kenya Society for the Prevention of Cruelty to Animals

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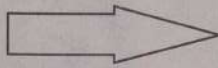
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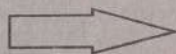
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Granite Project



Before



Facelifting



After

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Ein besonderes afrikanisches Erlebnis

WENN MAN an einem Sonntag um die Mittagszeit an der Nordküste von Mombasa auf der Hauptstraße fährt, fällt etwa 5 km nach Mtwapa auf, dass Hunderte von Kindern in einer langen Schlange entlang der Straße wandern, schreibt **Nelly Riegger**.

Sonntags ist doch keine Schule, wo kommen sie her oder wo gehen sie hin?

Bei dem Schild "Coca Cola Bottling Plant" in Majengo zweigen sie rechts ab und bewegen sich in einer endlosen Kolonne langsam etwa einen Kilometer bis zu der stillgelegten Fabrik Mombasa Coir Industries, die Mr. Patel gehört.

Als die Fabrik zur Verarbeitung von Kokosfasern vor langen Jahren noch in Betrieb war, hatte Mr. Patels Vater jeweils am Sonntag 20-30 arme Kinder aus der Umgebung eingeladen und ihnen ein warmes Mittagessen offeriert.

Dieser Brauch wird nun seit mehr als fünf Jahren von Mr. Patel, Bekannten, Freunden und Gönnern als "Feeding Programme" für 1500-2000 Kinder im Alter von 2-12 Jahren erfolgreich weitergeführt.

Rund zwanzig Inder und einige Europäer haben gemeinsam alles bestens organisiert.

Zehn einheimische Frauen werden engagiert und für ihre Arbeit bezahlt; sie kochen und waschen nachher das Geschirr ab.

Sie kommen am Sonntag Morgen bereits um 6 Uhr früh, waschen den Reis und die Bohnen und putzen das Gemüse.

Sie kochen in riesigen Kesseln, genannt *Sufrias*, Reis und Gemüse-Eintopf mit Bohnen nach der traditionellen Art "Gither".

Um 12 Uhr kommen die Kinder in die Fabrik; die Größeren führen die Kleinen an der Hand oder tragen sie auf den Rücken gebunden.

In einem langen Wassertrog müssen die Kinder zuerst die Hände waschen, bevor sie in Vierergruppen das Essen holen können.

Einige Aufseher sorgen dafür, dass sich die Kinder ruhig und gesittet verhalten.

Das Essen wird auf großen Blechtellern angerichtet mit vier Portionen jeweils für vier Kinder.



Die Kinder beim Essen in der Fabrikhalle. Fotos: Rosmarie Geerling.

Sie bestehen aus vier Brötchen, einer große Portion Reis und Gemüse-Eintopf.

Dann gehen die Kinder in die leere auf allen Seiten offene Fabrikhalle, setzen sich auf den Boden und essen.

Es ist ein eindrucksvolles Bild, wenn man die vielen Kinder sieht, wie sie mit lachenden Gesichtern, mit leuchtenden Augen und fröhlichem "Geschnatter" das Essen entgegennehmen, das auf langen Bänken wie am Fließband ausgegeben wird.

Alles läuft wie am Schnürchen. Die Essenausgabe dauert mehr als eine Stunde und die

ersten Kinder haben dann schon gegessen und sind satt.

Die leeren Teller werden eingesammelt und die Kinder kommen wieder an den Bänken vorbei, wo jedes einen Becher Fruchtsaft, eine Banane und beim Weggehen noch ein Paket Maismehl erhält.

Es ist rührend, wenn die Kinder mit strahlendem Gesicht und oft auch mit einem scheuen "Thank you" ihre Banane und am Schluss das Maismehl entgegennehmen.

Was übrig bleibt, können die Frauen, die gekocht haben, mit nach Hause nehmen.

Für einen Sonntag kostet das

"Feeding Programme" Sh 50.000, nämlich für 100 kg Reis, 2000 Brötchen, 80 kg Banane, 150 kg Gemüse, 80 l Fruchtsaft. Dazu kommt noch das Maismehl zum Mitnehmen.

Alles wird finanziert von Freunden, Gönnern und Sponsoren.

Um 14 Uhr ist das Spektakel vorbei und die Freiwilligen setzen sich zusammen zu ihrem eigenen Mittagessen, bestehend aus vegetarischen asiatischen Gerichten.

Die Organisatoren sind eine Gruppe von Freiwilligen, die gelegentlich andere Interessenten oder auch Touristen mitbringen, die mithelfen mit Geld, Arbeit oder materielle Gaben (zum Beispiel eine Klein Bananen, Kleider für die Kinder oder Schulmaterial) wie **Heath** und **John Allen** aus Großbritannien oder **Rosmarie Geerling** aus der Schweiz.

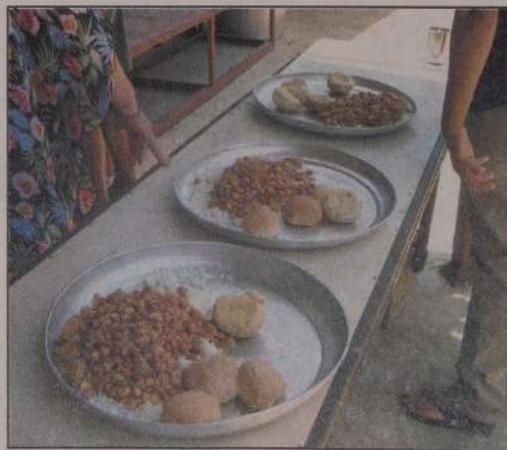
Im Februar beteiligten sich sechs Touristen aus Hamburg und übernahmen die gesamten Kosten für einen Sonntag.

Sie sind regelmäßige Besucher in Kenia und wollten einmal etwas anderes sehen als die üblichen Touristenattraktionen.

Sie waren tief beeindruckt von diesem einzigartigen Erlebnis. Hier wird direkte Hilfe geleistet ohne aufwändige Verwaltungskosten.

Jedermann ist willkommen, um mitzuhelfen.

Falls Sie interessiert sind kontaktieren Sie **Mr. Jitu Har** Telefon 0722 64 07 80, der Ihnen gerne alles auf Deutsch erklärt.



Das Essen wird auf langen Bänken wie am Fließband ausgegeben.

APDK Rehabilitation Clinic, Port Reitz

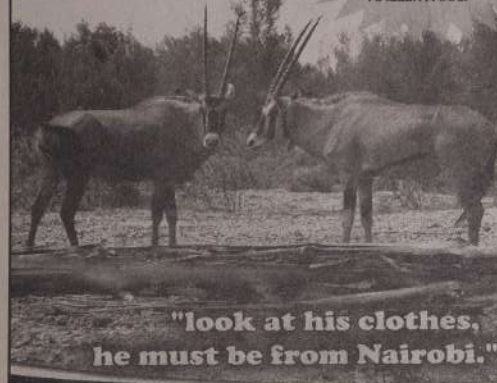
urgently appeals for the following foodstuffs for the growing number of in-patients in their care:

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HOTELIERS AN der kenianischen Küste freuen sich über die Nachricht, dass die Visumgebühren für Touristen, die Kenia besuchen, ab April 2009 um die Hälfte reduziert werden.

Der bekannte Hotelier und Sprecher für die Tourismusindustrie **Mohammed Hersi** bestätigt:

"Die Reduzierung der Visumgebühren ist der richtige Schritt zu einer Zeit, wenn das Reisen immer teurer wird."

"Wir schätzen die besonderen Bemühungen des Tourismusministers, der viel Zeit am Kenia Stand an der ITB in Berlin verbrachte."

"Dass Kinder unter 16 Jahren kein Visum brauchen, ist ein weiteres Plus und Familien werden in Zukunft Urlaub in Kenia attraktiver finden."

Für ein Visum bezahlte man bisher rund Kshs 4000.- (oder 50 US Dollar), was nun auf 25 US Dollar reduziert wird.

Dieses Angebot wird bis im Dezember 2009 gelten.

An der ITB in Berlin sagte Tourismusminister **Najib Balala**:

"Es wird damit gerechnet, dass die Touristenankünfte um 10 bis 15 Prozent steigen werden, trotz der weltweiten Wirtschaftskrise."

Minister **Balala** brachte die kenianische Delegation nach Berlin an die *Internationale Tourismus-Börse ITB*, wo Kenia von 25 Delegierten vertreten wurde, darunter Hoteliers, Reisebüros und Reiseveranstalter.

Die Regierung von Kenia stellte kürzlich dem *Kenya Tourist Board* zusätzlich Kshs 250 Millionen zur Verfügung für verstärktes Marketing. Die Ankündigung dieser

neuen Maßnahmen der Regierung wurde von den Teilnehmern an der ITB - die wichtigste Reisemesse der Welt - gut aufgenommen.

Mehr als 10.000 Aussteller aus der ganzen Welt nahmen an der ITB teil und mehr als 180.000 Besucher wurden gezählt.

Im Mai haben Tourismusminister **Balala** und sein südafrikanischer Kollege **Mr. Marthinus van Schalkwyk**, eine Vereinbarung getroffen, dass Kenia in Zukunft offiziell auch an südafrikanischen Reisen teilnehmen wird.

Tough Job For Envoy Gellos

Re: Ambassador Gellos new appointment in UAE
I welcome the appointment of the new ambassador, and wish him success in his new task.
Kenyans in the U.A.E. have been waiting for the void to be filled, after the departure of the previous ambassador.

While we appreciate the wonderful hospitality accorded to Kenyans in this wonderful country (UAE), recently there has been, a quite anti-Kenyan campaign for some unexplained reasons, many Kenyans applications for work permits (and in some cases even visit visas), especially in Emirates other than Dubai have been rejected, sighting security reasons.

We would request H.E. The Ambassador to quickly mend the fences by getting on top of this issue.

As many qualified Kenyans have lost out in opportunities to work in this wonderful country.

'Affected Kenyan', U.A.E.

KQ Official Sponsor Of East African Safari Classic Rally



Kenya Airways will officially sponsor the fourth edition of the East African Safari Classic Rally to be staged in November 2009. Kenya Airways MD and CEO Titus Naikuni is seen [right] handing over the contract for the title sponsorship of the ast

Miss Coast And Coach Suleiman

To my friend "Coach" Suleiman Said Guthmy.

Haven't heard from you in a long time. Hope all is well.

Keep up the good work you are doing.

I'm working at the "Ladders Section" at Wild Wadi in Dubai, but I know Mombasa is wilder.

I miss all the gossip in my town. Regards from all our friends, including Sofia and Ahmed.

Sultana Sherman, Dubai, UAE.

shemansultana@googlemail.com

African Safari Classic Rally to EASR Director Raju Kishinani [left] and Surinder Thatthi [centre]. Forty one local and international drivers have already signed up for rally which starts from Mombasa and covers approximately 4,300Km of which 1,900 will be competitive.

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Now New Sudoku every week!
One draw every 2 weeks for both together

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

SUDOKU NO. 143

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. 141

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

WINNER OF 'PRIZE SUDOKU' NO. 141
MR. RAJESH KHAGRAM
P. O. BOX 84059 - 80100, MOMBASA

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Bamburi - behind Soliatek - block of 6 spacious apartments:- 5 units 3 b/r & 1 unit 2 b/r @ 36M

Ganiani - newly renovated 4 storey guest house comprising 38 rooms all en-suite @ 65M

Tudor - 10 roomed house in 3 levels with slight sea view (ideal for hostel) @ 30M

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Nyali - off Jamhuri Road - 0.5 acre plot with 2 b/r cottage at 19M

Nyali - Bustani Estate - 3 b/r bungalow on 1/8 acre freehold in compound of 14 units @ 6.5M

Nyali - near Nyali Beach Resorts - 4 b/r bungalow on 2.4 acres (ideal for developers) @ 100M

Nyali - Greenwood Drive - 0.45 acre corner plot @ 25M

Nyali - near Cinemax - 3 b/r maisonette + s/q in secure gated estate @ 14M

Nyali - Beach Road - 4 b/r 2 master ensuite apartment on 1st floor @ 7.5M (vegetarians only)

New Nyali - 4 b/r maisonette on 0.9 acre + pool + 2 room s/q @ 36M

New Nyali - 3 b/r exquisite maisonette on 0.33 acre + pool + s/q in secure gated community @ 55M

English Point - 4 b/r maisonette with partial sea view + 2 room s/q on 0.46 acre, 2nd row @ 45M

English Point - 3 b/r sea facing maisonette, 2 master ensuite, full sea view, 1st row @ 30M

Shauri Moyo - commercial bldg with large shop, 3 units 2 b/r + 1 unit 1 b/r apartments on 0.5 acre @ 50M

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TRISTAR: FOR SALE - Nyali - Three bedroomed executive Noor Apartments opposite Nyali Cinemax on main road.

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Golf Mug And Medal

May Mug And Medal sponsored by Said T.S.S. on Saturday 2nd May, 2009.

Results: Mug: A. Division Winner: Tony Mbote (9) 72 c/b (43, 39), R/up: D.C.K. Muli (7) 72 (41,38), Third: G.M. Onyango (8) 73 (41,40).
 B. Division: Winner: M.A. Essa (15) 72 c/b (45,42), R/up: Alnoor Dhanji (14) 72 (44,43), Third: Reaz Alibhai (13) 74 c/b (46,41).
 C. Division: Winner: John Mburu (Jr) (18) 70 (45,44), R/

up: Clive Barnsley (20) 75 c/b (51,44), Third: Aameen Dhanji (22) 75 (51,56).
 Best Gross: D.C.K. Muli 79 c/b, Best Caddy: Fred Masika 72.
 Medal: Silver: Winner: Ann Ndegwa 69, R/up: Wambui Warui 71.
 Best Gross: Ann Ndegwa 82.
 Bronze: Winner: Pia Swatton 74, R/up: Sumali Jayasinghe 76.
 Best Gross: Pia Swatton 100, Best Putter: Ann Ndegwa 29.

PRO JIMMY KINGORE GOLF DAY



Hafid Shihabuddin (2nd left) overall winner during Pro Jimmy Kingori Golf Day sponsored by his friends, receives a prize from MGC Chairman Johnson Wamunyua (right). Looking on MGC GreenKeeper Simon Maina (left) and Captain Eric Nyongesa.

COAST BRIDGE with C.P. SHAH

In the following hand a slam in Six Spades which was makeable was defeated.

DEALER: NORTH Neither Side VULNERABLE BIDDING:

NORTH	EAST	SOUTH	WEST
ONE CLUB (1)	PASS	ONE SPADE	PASS
FOUR DIAMONDS (2)	PASS	FOUR HEARTS (3)	PASS
FOUR 'NO' TRUMPS (4)	PASS	FIVE DIAMONDS (5)	PASS
FIVE 'NO' TRUMPS (6)	PASS	SIX SPADE	END

1. Strong Hand, 2. Diamond shortage. Agreeing Spades, 3. Ace showing Cue Bid, 4. Asking for Aces, 5. One Ace, 6. Asking for Kings

Declarer won the Knave of Diamonds lead with the Ace and cashed the Ace of Trumps. He then led the Ace of Clubs and ruffed a Club.

He crossed to a second Trump (both following) and led the Queen of Clubs, preparing to claim his slam should East follow (discarding

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

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

EAST				
♠	10	9		
♥	K	Q	8	7
♦	Q	8	5	3 2
♣	6	3		

SOUTH				
♠	J	8	7	6 4
♥	A	10	3	2
♦	K	7	4	
♣	4			

a Heart) but no - East discarded.

Declarer ruffed then cashed the King of Diamonds discarding a Heart and now needing a second Heart trick, he led a Heart towards the Knave.

East won the King and returned a Heart.

The winning option was to finesse the Ten, playing East for both the King - Queen of Hearts.

Declarer preferred to play for a three - three split (or West with Queen - doubleton and to have played low on the first round).

He rose with the Ace and ruffed a Heart, sighting when West discarded (a Diamond).

He ruffed a Club, ruffed a red card, but Dummy's last card was the Knave of Clubs and West's was the King.

Down one.

Coast Rally King Naushad Kara At Nguu



PHOTO: ABDULRAHMAN SHERIFF

Tatu Race Course

The Coast rally king, Naushad Lota Kara flies over in the second round of the Kenya National Autocross championship at Nguu Tatu race course held last weekend. He finished second to Stephen Anthony.

Shiva Carriers Sponsor MSC Squash Handicap Tourney

The Tournament was won by Vimal Shah by beating Yusuf Zavery 3/0, 15/14, 15/14, 15/13.

A total of 18 players took part in the above tournament.

Players were seeded as follows: Seed 1 - Vimal Shah, Seed 2 - Yusuf Zavery, Seed 3 - Tanveer Diamond, Seed 4 - Shadrack Wasike.

1st Round: James Omwondo defeated Islam Sherman 3/2, Moiz Hassanali defeated B.S. Birgi 3/2, Thabit overcoming Hatim Moiz 3/0.

2nd Round: Vimal Sahah defeated Thabit 3/0. Yusuf Zavery defeated Shabaan Yusuf 3/1.

Tanveer Diamond defeated Billy Wanjala 3/0. Rajesh Chudasama defeated James Omwondo 3/0.

Shadrack Wasike gave a walk over to Hussein Haji. James Raireya defeated Moiz Hassanali 3/1.

Nicholas Wanjohi defeated Njorge Mwangi 3/0.

Quarter Finals: Vimal Shah beat N. Wanjohi 3/0.

Tanveer Diamond beat Rajesh Chudasama who sprained his ankle while playing the 1st game.

Hussein Haji the youngster with a lot of potential defeated much experienced player James Raireya 3/0.

The best quarter final game was Yusuf Zavey and Hussein Namajee.

Both youngsters played a tremendous game at one stage.

Yusuf leading 2/0 sets but Hussein Namajee fought back to make it 2/2 but loosing 5th game very close at 15/13 score.

The stage was set for semi finals.

Vimal Shah had an early walkover from Tanveer Diamond

who unfortunately sprained his ankle during the 1st set with the score was 6points each.

Yusuf Zavery playing Hussein Haji in another semifinal where the game was on one sided as Haji could not keep up with pace of Yusuf who won 3/0.

Vimal Shah and Yusuf Zavery playing in the final with tight rallies and drop shots.

The 1st game was won by Vimal with the score 15/14.

The 2nd set was once again more competitive than the 1st set as both players playing their

best games as Yusuf missed a drop shot with the score 14/14 and losing the 2nd set 15/14.

In the 3rd set Vimal Shah with his experience slowed down the place and took the lead 6/1 but Yusuf fought back bravely but lost the 3rd set 15/13.

The plate event was won by Shaban Yusuf who beat another upcoming Rishi Shah 3/2.

Rishi who has just taken up the game almost surprised the experienced Shaban Yusuf.

The trophies and other presentations were done by the sponsor's representative and the club Vice Chairman Mr. Radia and club secretary Mr. Wasike.

Special Report by Correspondent

ICC Africa Cricket World Cup Referee And Umpires



Pepsi ICC Africa Under 19 World Cup Qualifier Tournament Division 1 - Lusaka Zambia 2009. Seen Sitting (from left) Kutub Gulamabbas (Kenya), Subhash Modi (Kenya), (Umpire's Coordinator), Graham Mc Millan (Tournament Referee/ICC Africa Senior Development Officer), Rafik Vall Mohamed (Malawi) David Odhiambo (Kenya) and Rockie D'Mello (Kenya). Standing Windon Lambe (Zambia) and Narendra Dave (Kenya). Not in the photo: Isaac Oyieko (Kenya).

The Shot Uphill



LET'S SAY YOUR BALL SITS SNUGLY IN A GRASSY UPHILL SLOPE BY THE GREEN. HERE ARE SOME SECRETS FOR HITTING THE BALL CLOSE TO THE HOLE.
 ADDRESS: PLAY THE BALL OFF YOUR LEFT INSTEP, SET UP SQUARE AND LEAN YOUR WEIGHT HEAVILY INTO YOUR LEFT SIDE, CLOSE THE CLUBFACE A BIT TO COMPENSATE FOR IT OPENING AT IMPACT.



BACKSWING: SWING THE CLUB BACK TO KNEE HEIGHT KEEPING YOUR WRISTS FIRM AND WEIGHT ON YOUR LEFT. DOWNSWING: PULL THE CLUB DOWN GENTLY INTO THE BALL KEEPING YOUR WRISTS UNCOCKED.

EXCLUSIVE - GREG NORMANS' GOLF LESSONS

Brought to you by Freight Forwarders Kenya Limited MOMBASA AND NAIROBI

Kenyan Track Team Set For 'Grand Prix'

NAIROBI, (Xinhua) -- This year's Doha Super Grand Prix which is set for this Friday will have a strong Kenyan presence as a host of athletes will kick off their track season in the oil rich state.

Olympic 1500 meters silver medalist Asbel Kiprop will line up in the men's 800 meters.

Nancy Jebet Lagat who won the Olympic 1500 meters gold will make her season debut. World 800m winning duo of Alfred Kirwa Yago and Janeh Jepkosgei will also make their competitive debuts of the season. Kirwa will compete in the 1500 metres race.

Majengo Heroes Triumph In The Mvita Soccer Cup Competition

Wananchi FC officials donated football kits worth Sh200,000 to the players so as to perform and do well in the league and knock-out competitions.

The players of Wananyuki FC who were training at their Bondeni ground early this week, received an unexpected football kits from their officials who arrived there without informing them in advance.

Soccer Scene with Abdurrehman Shariff



The club has been experiencing shortage of playing kits for a long time and no doubt the package would give the players moral boosting to do well in their matches this season.

The team of officials was led by the two patrons, Mohamed Badbes and Aziz Shahame who handed over the kits to the team captain Ismail Khamis.

The items include 20 pairs of football boots, two sets of bibs, 74 cones, 12 footballs, a set of goal net and a set of jersey.

Captain Khamis commended the officials for presenting them with the kits and promised that the players were all set to return to them (officials) good results.

Badbes and Shahame said the club officials met and decided to contribute for the purchase of the items.

"We want Wananyuki to become one of the top clubs in Coast Province and we are all set to regain our lost past glory," the two patrons who were among former clubs layers said.

Other officials present at the function were chairman Abdulhalim Said, secretary Abdulrahman Abdulkadir, treasurer Abdulbasit Mohamed, assistant secretary Salim Hamed, head coach Ali Hassan Tito, team manager Thani Mukhtar and assistant team manager Twahir Omar.

Wananyuki is the only club from the Coast which has its own club house.

During the 1960's, the team produced many prominent soccer stars including former

Harambee Stars players, Kadir Farrah and Badi Ali.

Meanwhile, Majengo Heroes completed their Mvita Constituency Community Soccer Cup competition fixtures with a narrow 1-0 victory over Mwembe Tayari in a match played at Ziwani ground.

King'orani Ward finished their assignment as winners with better goal difference over Tononoka Ward.

They have 12 points but King'orani has 13 goals and conceded three with Tononoka having 12 goals against three.

Shimanzi who won three matches and drawn once, are in

Coast clubs taking part in the Nationwide Division Two Superleague reaped maximum points over the weekend to occupy top four positions on the league table.

Waterworks and Amani Yassets failed to honour their fixtures at the Coast and hence their opponents awarded walk overs.

Gunners and Super Eagles were awarded walk overs against Waterworks and Amani Yassets respectively.

Last Sunday, Super Eagles and Congo United earned walk overs against Waterworks and Amani Yassets respectively.

Stars 3-0 at Zakhem ground. Kahindi Kenga drew the first blood in the 30th minute.

Simon Kibiti added another in the 39th minute before midfielder Hamisi Okocha Mwinyi wrapped up the match in the 52nd minute.

Following the weekends results, Gunners tie with Congo United on 16 points but United have a better goal aggregate and have played eight matches with Gunners, a match less.

Tomorrow (Saturday), Gunners tackle Admiral in a Mombasa local derby at Zakhem ground.

Turning to Old Is Gold Over-40 soccer competition, Hamburg FC were knocked out after going down 0-1 to Bandari during a group 'B' match at Mombasa Sports Club played last Monday.

The win helped Bandari to automatically join West Ham from the group to book their place in the semifinals set for May 13 and 15.

West Ham also defeated Hamburg 1-0 during the opening match of the competition.

Ben Oloo gave Bandari the lead in the 13th minute for the dockers team to rest at half time leading 1-0.

In the second half, Hamburg came in attacking and were rewarded in the 56th minute when Athman "Makanaki" Tangelizi equalized.

But Bandari with many ex-great players notched in the match winner with two minutes to the final whistle when former Harambee Stars midfielder, Mohamed Nazir scored from a free-kick.

In a group 'A' match at the same venue, Elmaan also booked their semi final slot when they defeated Fetuwe 2-1.

Both Elmaan goals were scored by former Somali national team player, Ambaar Khamis with Nabil Hyder netting a consolation for Fetuwe.



MAY MUG

Martin Wahome [right] A - Division winner and Best Gross during May Mug at Mombasa Golf Club, receives a Mug and prize from the sponsor Antony Getambu.

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YOUNGEST BOWLER @ HOLLYWOOD BOWL

In the under 15 year's category, an amazing score was put up by yet another young bowler, Daniel Muir, who is only seven years.

He made a great improvement on his scores compared to last week's that was 112 points to 114 points.

Previously, the youngest bowler who broke the record last year in May was Jay Morjaria.

Daniel is currently holding the most coveted title. Congrats to our youngest bowlers!

In the ladies category, Katinda, made it to the top position this week with 141 points. She is currently the top scorer.

In the mens category, Paras aka DJ Tiesto solidified his way up to the first position with 206 points.

Parash Morjaria, though he had a leg injury, he managed to earn 203 points and landed in the second position.

Paul Munyao, made a comeback this week and captured the third slot with 202 points.

Shiv Morjaria earned 192 points this week and landed in the fourth position.

A new entrant was notable this week in the mens category, Amin Shivji, though his first time to play the sport, he managed to score 128 points. Amin Shivji is from Toronto.

Over the week, some members from Africa Mental Health Foundation based in Port Reitz, treated themselves to game of bowling had a great time.

Their Principal Investigation Dr. Penny Holding accompanied the group.

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

Their bowling results: Gladys, Gerry, Penny, Faith, Kihoro, Josephine-108; Irene-90, Maurice-110, Patricia-101, Sprian-89, Mary-97, Kazungu-95, Iddi-90 and Nzuki-107 points.

On Saturday evening, a group of students from Aga Khan Academy came for a session of bowling which served as a break from their studies.

However, it was their first time, after some coaching, they showed great interest and enthusiasm.

Mr. Oruko and Shivo Morjaria accompanied the students.

Aga Khan results: Dudi-111, Joel-97, Mr. Oruko-129, Nancy-116, Pam-103, Serem-116, Valentina-122, Annet-77, Iddi-88, Mary-88, Shivam-73, Victoria-71, William-117, Becky-89, Joseph-78, Nazwin-82, Nestor-93, Shivo-163, Tushi-80, Asterix-77, Christine-88, Ikhwan-84, Kelvin-97, Natalia-85, Zeinab-99 points.

Scores @ the close of the week: Men: Paras-Tiesto- 206 points, Parash Morjaria- 203 points, Paul Munyao- 202 points, Shiv Morjaria- 192 points and Amin Shivji - 128 points.

Ladies: Katinda - 141 points.

Under 15 Years: Daniel Muir- 114 points.

Top Scorers of the month of April: Men: Majid Baloch - 232 points.

Ladies: Daksha Morjaria - 123 points.

Under 15 Years: Mark Kohler - 175 points.



Wananyuki FC patron, Mohamed Badbes (sixth, left) handing over football items worth Sh200,000 to the team captain, Ismail Khamis (fourth, left) during a brief ceremony at Bomani ground. Other officials (from left) Head coach Ali Hassan Tito, assistant Team Manager Twahir Omar, Patron Aziz Shahame, Secretary Abdulrahman Abdulkadir, Treasurer Abdulbasit Mohamed, Chairman Abdulhalim Said and Team Manager Thani Mukhtar.

third spot with 10 points while Mwembe Tayari occupy fifth position with three points and Bondeni Brothers, last without any point.

In another development, four

Admiral thrashed Gatundu Stars 4-2 in a match at Mombasa Stadium.

George Tsuma set up three goals to enable Pwani Oil Gunners shooting down Gatundu

Fatma Saleh Of Zanzibar Wins Coast Open Squash Tournery

Fatma Saleh of Zanzibar proved her superiority to retain the ladies title during the 2009 Coast Open Squash Tournament which took place at Bamburi Beach Hotel in Mombasa last weekend, writes ABDULRAHMAN SHERIFF.

Fatma won the crown once again after beating a Nairobi advocate, Safina Mamdani in the final clash which attracted a capacity crowd.

The Zanzibar lady who won the tournament in 2007 dominated all the three sets and registered a 3-0 (9/1, 9/2, 9/0) victory against Safina.

Fatma said she had no problem in defeating her opponent.

"Safina took the court wanting to avenge the defeat I inflicted on her during the Parklands tournament last December but I took it easy and this enabled me to win the game and proved my superiority over her," the Zanzibar lady said.

She qualified for the final when she knocked out another Nairobi advocate, Flora Bidjai 3-0 (9/1, 9/2, 9/0) while Safina sailed to the final when she beat Julie Marks 3-1 of Australia (9/4, 9/6, 5/9, 9/4).

Second seeded Niheer Shah



Zanzibar team that participated in last weekend's Coast Open Squash Competition. Seen [from left] Kassim Mohammed, Amin Siwji, Sabastian Kajumungu, Fatma Saleh, Nadir Mahfoudh and Mohammed Zakazaka.

of Premier Academy, Nairobi won the junior under-14 event when he caused an upset 2-1 victory over the top seeded Romy Nawab of Braeburn School.

In a hard-fought clash, Shah won the first set 11/5 before Nawab leveled when he recorded a 12/11 win.


But Shah took the title after winning the third set by 11/5.

Both Shah and Nawab are from Parkland Club and are trained by a Zambian top player, Prince Makuka who retained his senior men title after beating his countryman Mordecai Kabamba 3-2 during a hard-fought final clash.

The three-day tournament was sponsored by Bamburi Beach Hotel.

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G.P.O. REGISTERED NEWSPAPER

Coastweek

Issue No. 3219 May 08 - 14, 2009

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Hon. Najib Balala Honours CASA Champs

It was all joy and excitement when the Minister of Tourism - Hon. Najib Balala entered Royal Court's Rooftop restaurant to personally congratulate each of the 33 Swimmers who had jetted in on 1st April 2009 bringing home 46 Medals having taken the 5th position out of 38 entries in Cape Town, South Africa.

The Appreciation Night which was organized by CASA for the coast champions kicked off at 7pm sharp with the MC of the night Fatma Shikely who commended the swimmers not only for their hard work which paid off, but also for being the youngest! Ambassadors for Mombasa by depicting the true essence of Mombasa Raha whilst out there in South Africa.

Indeed they were the stars. During his speech, Hon. Balala not only congratulated the Team

and the supporters and sponsors, but also suggested to CASA to have its own base in Mombasa where swimmers under the CASA umbrella would meet and train as a team throughout as opposed to when there was a National or international event.

Not only were the swimmers excited by the presence of the Minister of Tourism but were taken by surprise when each swimmer was presented with a 'Token of Appreciation' on behalf of CASA for a job well done!

Special Report by
Correspondent

CASA would like to thank Nomura Insurance Brokers Ltd, Mayfair Insurance Co. Ltd, APA Insurance Co. Ltd, Kenya Airways, Simoun Travels, Aga Khan Academy, Vajas Manufacturers, Royal Court and the parents who helped out at the Gala in Cape Town.

A special thanks goes to Coast Week for their impeccable support towards CASA.

CASA's upcoming gala is Coast



Minister of Tourism Hon. Najib Balala at the Royal Court's Rooftop restaurant with the 33 Swimmers who brought home 46 Medals having taken the 5th position out of 38 entries in Cape Town, South Africa.

Junior Open Swimming Championship on 9th and 10th May 2009 at Oshwal Academy, Nyali.

Entrance charges for the event is Kshs. 200/- per adult and Kshs. 100/- for children up to 12 years, and 5 years and under - FREE! Events for the day are - Open

Events for Juniors, 7 years and under, 8 Yrs, 9 Yrs, 10 Yrs and 11 Yrs, both boys and girls.

Medals shall be awarded to 1st, 2nd and 3 positions, and Certificates for the finalists.

CASA would like to appreciate Corrugated Sheets Ltd, E A

Safari Classic, Vipingo Ridge, Spanfreight Ideal Ceramics, and Milly Group of Companies.

CASA would also like to acknowledge Techabiz, Graphic

World, Mohanlal and Company, and Radio Rahma for their support in this weekend's gala that has attracted 500 swimmers for over 1,000 entries.



SERIOUSLY KENYAN

DT DOBIE

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KENYA TIDE TABLES

MOMBASA, May 08 - 14, 2009

FRIDAY High Water - 3.1 m. at 03.42 hrs. (3.42 a.m.) and 3.7 m. at 15.54 hrs. (3.54 p.m.). Low Water - 0.7 m. at 09.31 hrs. (9.31 a.m.) and 0.5 m. at 22.11 hrs. (10.11 p.m.).

SATURDAY High Water - 3.1 m. at 04.17 hrs. (4.17 a.m.) and 3.7 m. at 16.27 hrs. (4.27 p.m.). Low Water - 0.8 m. at 10.04 hrs. (10.04 a.m.) and 0.5 m. at 22.45 hrs. (10.45 p.m.). FULL MOON.

SUNDAY High Water - 3.1 m. at 04.49 hrs. (4.49 a.m.) and 3.6 m. at 16.58 hrs. (4.58 p.m.). Low Water - 0.6 m. at 10.36 hrs. (10.36 a.m.) and 0.5 m. at 23.19 hrs. (11.19 p.m.).

MONDAY High Water - 3.0 m. at 05.22 hrs. (5.22 a.m.) and 3.5 m. at 17.29 hrs. (5.29 p.m.). Low Water - 0.7 m. at 11.08 hrs. (11.08 a.m.) and 0.6 m. at 23.52 hrs. (11.52 p.m.).

TUESDAY High Water - 2.9 m. at 05.54 hrs. (5.54 a.m.) and 3.4 m. at 18.00 hrs. (6.00 p.m.). Low Water - 0.8 m. at 11.39 hrs. (11.39 a.m.).

WEDNESDAY High Water - 2.8 m. at 06.27 hrs. (6.27 a.m.) and 3.2 m. at 18.33 hrs. (6.33 p.m.). Low Water - 0.7 m. at 00.26 hrs. (12.26 a.m.) and 0.9 m. at 12.13 hrs. (12.13 p.m.).

THURSDAY High Water - 2.7 m. at 07.03 hrs. (7.03 a.m.) and 3.1 m. at 19.09 hrs. (7.09 p.m.). Low Water - 0.8 m. at 01.02 hrs. (1.02 a.m.) and 1.1 m. at 12.50 hrs. (12.50 p.m.).

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

Thrills And Spills By Drivers In Their Buggies And Cars

A Great Day was had by all who attended the Third Round of The Kenya National Autocross Championship at The Nguu Tatu/Husseini Dairy Track on Sunday 3rd May.

A Huge thanks to Hussein Dairy for allowing Mombasa Motor Club to use their fantastic property.

There were thrills, spills and bent metal but no injuries.

High performance driving by both Nairobi and Mombasa Buggies and cars.

Thanks to the Main sponsors Autoselection and Secondary 3 C Marketing Consultants.

There was plenty of food drinks and music all from Bobs Bar. The day started wet and slippery ending dry, dusty and fast.

The on going revival of Steve Anthony steamed ahead to victory though hard pressed by Ian Duncan who though he set the track record was finally let down by his buggy.

Naushad Kara of Lota Motors was second overall.

Twaha Zubeidi of Abson Motors was Third overall.

Thanks to all helpers for a super day.

All sports fans look forward to more events From Mombasa Motor Club

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