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His Excellency President Mwai Kibaki is seen while addressing a gathering of Coast Muslims who attended a meeting with the Head Of State at State House, Mombasa. PHOTOS - COURTESY PRESIDENTIAL PRESS UNIT

President Kibaki Visits The Coast



President Mwai Kibaki and First Lady Mrs. Lucy Kibaki acknowledge greetings from wananchi of Msambweni on arrival at the Kwale International Sugar company where he officiated at the ground breaking ceremony.

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Coast Academy Student Mohamedreza Fazel Is 'Best In World' For Accounting



Coast Academy has done it again. It has produced the top student in the world in IGCE accounting in May and June 2007. Mohamedreza fazel scored A* of 95 per cent to receive world recognition. His teacher Mrs Flavia Owambo, who is also the Head of Department business studies at the Coast Academy says he achieved this magnificent result because of his discipline, dedication and diligence. Reza is seen receiving an award and congratulations from his teacher Mrs Flavia owambo.

SMILE TIME



"Evening, Sir. Good News. We've found your car."



"I gave my girl friend the elbow, because she kept on using four letter words, like DON'T, WON'T and CAN'T."



"He'll have to stay in a while longer. He has taken a turn for the nurse."

Senior Silent Workers Honoured By Leaders Of Shree Swetamber Sthanakwasi Jain Sangh Mombasa

At a recent Annual Religious Luncheon (Swamiyatslya) and beyond.

Mr. Chimanlal Shah is respected as an elderly noble personality and a "Silent Worker" (always) with low profile as at to date, in the Sangh's history.



Mrs. Sushilaben Chimanlal Shah



Chimanlal Shantilal Shah

Chimanbhai's Contribution goes in a permanent record of the Sangh in the fields of funeral arrangements, overseeing the food arrangement in the Kitchen, assistance accorded in the relief and welfare programme for the betterment of Handicapped Society at large amongst various Society activities.

Mr and Mrs. Shah who have attained the age of 70 years plus (still self sufficient) were decorated, recognized and honoured for their selfless services towards Community

S. S. S. Jain Sangh hosted the colourful function in the presence of the Assistant High Commissioner of India His Excellency, J. S. Varriah which was also witnessed by some 400 Sangh members and invited guests.

Mr. and Mrs. Shah believe in service to Humanity with no words of appreciation and recognition and the same footsteps are followed by their extended family members in Mombasa and Nairobi.

Mr. Chimanbhai is a well reputed, dedicated and a humble middle management employee entrusted with decision making duties in the Mega Doshi Group of Companies, where his services according to statistics are in attachment for more than fifty years plus.

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BRITISH COUNCIL LAUNCH DEBATE ACTION'

The British Council has recently launched its youth capacity building programme dubbed 'Debate to Action'.

The launch follows training of key leaders in youth organizations in both Nairobi and Coast province; the program will be officially launched through a peaceful procession set to attract local residents as well as various stakeholders in Mombasa.

The training of trainers program targets youth leaders in various community organizations exposing them to international and national frameworks for development including MDGS, V2030 and the National Youth Policy, they investigate their roles within these frameworks and how to share this information effectively with other young people.

This knowledge not only empowers the youth but also contributes to transparency and accountability, which in turn supports good governance.

The successful event running under the banner of 'Youth Taking Charge!' took place on Saturday, 3rd November starting from Uhuru Gardens along Moi Avenue through Digo Road to Makadara Ground where speeches from key dignitaries in government, civil society and youth organizations were made.

The first group of facilitators to undergo this program will subsequently entertain as well as highlight their experiences on the impact of this training in their respective communities.

'Debate to Action' is a product of a strategic partnership between British Council and World Bank.

The program aims to strengthen and development the knowledge base and information networks of existing youth organizations as well as charge the youth to participate in development issues.

The programme is running in six countries across Africa and the UK and provides an opportunity for youth to debate and action as they share experiences across the countries.



It's a race to the finish!

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NICOLE KIDMAN AND 007-CASINO ROYALE'S DANIEL CRAIG STAR IN A SCI-FI ACTION PACKED THRILLER

'The Invasion' A Thriller That Will Keep Audience On Edge

AFTER TWO fantastic Indian films last week, there will be two new Hollywood releases and nothing new from Mumbai at the NYALI CINEMAX.

The Americans excel at giving us all the 'jeebies' when it comes to scary films and especially those about being taken over by extra-terrestrials.

Living up to their standards is Dave Kajganich and Oliver Hirschbiegel with *The Invasion* which stars Academy Award winning actress Nicole Kidman, Daniel Craig (the new Bond), Jeremy Northam, Malin Akerman and Jeffrey Wright.

The space shuttle Patriot seems to have exploded high up in outer space and it's pieces scattered over the US.

The authorities being as efficient as they are, quickly take control and pick up the pieces.

Curious onlookers who saw or touched the pieces before they were picked up told of a strange substance on the wreckage.

Then stories start to abound across the country of people changing overnight, from very violent and angry characters into meek and sublime individuals.

Suddenly everyone has become quieter and less aggressive than usual and the odd story snowballs into an epidemic throughout the country.

Psychiatrist Carol Bennel sees first-hand these changes in the people and patients around her and starts to wonder.

Everyone puts it down to a flu virus, but she has a gut feeling that something else is to blame.

She even confides her fears to a fellow doctor but he just brushes her off.

That weekend her son Oliver spends it with his Dad, an official with the Centre of Disease Control and one of the first people at the scene of the Patriot crash.

Despite inoculations, this strange virus seems to be spreading faster and it is up to Carol to find out the truth and take control of whatever it is that is determined to take over America and eventually the world.

The second new film is a sequel to a pretty good film and as hilarious as can be.

Daddy Day Care had different actors to the current *Daddy Day Camp*, but the humour will not be lost on audiences.

Now that the kids they were taking care of in the *Daddy Day Care* are growing up and going to school, the two daddies - Charlie Hinton and Phyl Ryerson - want to do something and be with their kids.

As summer approaches they hit on a brilliant idea.

They want their kids to go to the same camps they went to but with a difference.

Both men had some troubling experiences in their childhood camps and so want to join their own sons to protect them from the bad side.

The drive up Camp Driftwood where everything is literally drifting apart.

Uncle Morty is still there but could not care less about this camp, ever since Camp Canola was opened across the lake.

Canola is a dream of a camp with valets, waiters, boats and jet skis for the rich kids off the block.

It is also owned by Lance Warner who also happened to be one of Charlie's childhood nightmares.

Looking on at Camp Canola and then at Driftwood, Charlie makes a decision that will change his life.

He buys out Camp Driftwood so that he can re-do it back to it's original beauty and stick his thumb at Lance.

As soon as the deal is struck, Uncle Morty disappears leaving the hapless Charlie and Phil alone to their problems which never seem to end.

When he realises that there is no way he can do this alone with Phil, Charlie calls up his Dad for help.

Now Dad, is former Marine Corps Colonel Buck who had always been so hard on Charlie, that the two never saw eye-to-eye and had a very strained relationship.

Colonel Buck has been waiting for this call for a long long time and when it does come, he takes off like a jet plane.

This must-see film has a starcast that includes Cuba Gooding Jr, Lochlyn Munro, Paul Rae, Richard Gant and Spencer Bridges.

Carrying on for it's second week is Sanjay Leela Bhansali's *Saawariya* starring newcomers Ranbir Kapoor, Sonam Kapoor, Salman Khan and Rani Mukherjee.

Though it's initial collections were not so good for it's first

few screenings, *Saawariya* managed to pick up later on in the week.

Om Shanti Om opened to a better audience than *Saawariya* all over the world and is still a notch higher in takings.

Director Farah Khan, who was heavily pregnant at the release of *Om Shanti Om* has delivered triplets early in the week.

This Shah Rukh Khan, Deepika Padukone (another newcomer), Arjun Rampal, Shreyas Talpade and Kiron Kher is also playing for the second week at the NYALI CINEMAX.

Jodie Foster is *The Brave One* fighting injustice and crime much to the chagrin of the police force.

Keep laughing with Adam Sandler and Kevin James in *I Now Pronounce You Chuck And Larry*.

Jab We Met can be classified as a bittersweet love story, especially since that was the last film the real-life couple Shahid Kapur and Kareena Kapoor acted in as a real-life couple.

Today the split is official and Kareena is off to greener pastures with Saif Ali Khan.

Bhool Bhulaiya has tickled many a funny bone and you must see it if you have not.

Two more must-see films are *The Bourne Ultimatum* and *Laaga Chunari Mein Daag*, both still playing at the NYALI CINEMAX this week.

KENYA CINEMA is screening just one new film this week.

Jab We Met stars Shahid Kapur and Kareena Kapoor in the lead.


Young industrialist Aditya's world has broken down.

His business has all but gone under and the love of his life is marrying someone else.

Out of despair and depression, he boards the next train on the platform, not knowing where he is headed.

On this night train to nowhere, his depressed thoughts are shattered with the constant chattering of a young girl.

KENYA CINEMA



JAB WE MET
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DADDY DAY CAMP
Cuba Gooding Jr, Lochlyn Munro, Paul Rae

Sat.-2pm; Sun.-5pm;
Mon.-6.45pm; Thur.-7pm

SAAWARIYA
With English Subtitles

Fri.-9.15pm; Sat.-6.15pm;
Sun.-2pm, 6pm & 9.15pm;
Wed.-2.45pm & 9.30pm;
Thur.-9pm

OM SHANTI OM With English Subtitles

Fri.-9pm; Sat.-5.15pm, 9pm & 11.30pm; Sun.-2.15pm & 9pm; Mon.-9pm; Wed.-2.30pm & 6pm; Thur.-9.15pm

THE BRAVE ONE

Fri.-6.45pm;
Mon.-9pm; Wed.-6.45pm;
U/16 Thur.-6.45pm

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Tue.-2.30pm (Tkts:250/-)

20th October is marked as the International Chefs Day.

This worldwide special occasion by culinarians is to salute the profession and create awareness of chefs who have set remarkable industry standards of the art of cooking.

As a way of celebrating the ingenuity of the profession and infuse passion into food lovers through good will and bonding with the less fortunate in the society, the Serena Beach Hotel and Spa Food and Beverage brigade led by the Executive Chef Roy Kinyua, hosted a charity luncheon buffet for the children of Shanzu Orphans Home which is situated in it's vicinity.

The highlight of the event that was held at the home, was the cutting and sharing of cake specifically made to mark the event.

The children tremendously enjoyed themselves while the staff had an entertaining and interactive time at the home.

International Chefs Day At Serena Beach



Seen [back row far left] Executive Chef - Roy Kinyua, together with the proprietor and administrators of the home flanked by the children and staff of Serena Beach Hotel and Spa

STARCAST GEMINI KILIFI

Scorpio (Oct. 22 - Nov. 21) You're intensely calm and minimalist today. It's mostly just focusing on the right people, of course. You can tell that you're on right now. It's a good time to make that stay you've been meaning to.

Sagittarius (Nov. 22 - Dec. 21) You dream and now it's time to get straight forward, or maybe you're not enough not to worry about. Though, though, you can expect something that's both weird and positive. It's time to make your voice.

Capricorn (Dec. 22 - Jan. 21) You've got more power than you realize and now it's time to use it. Try not to slip on to your toes - you may need the people they're attached to at some point. Your brain is a sight to behold.

Aquarius (Jan. 22 - Feb. 21) Your career, however you're defining it, is on your mind right now. It's something you may not want to mess up. Changes right away. It's a great time to at least think about what you want.

Pisces (Feb. 22 - Mar. 21) Things are kind of fuzzy, but you're not with fuzzy better than without anyone. Navigate the muck and you should find yourself out in the lead by the time things start to clear up in the days.

Aries (Mar. 22 - Apr. 21) You don't have to be so nervous about going on under the surface. You know that it's important. In fact, the time you're a lot better off. It's time to take care of themselves and you.

Taurus (Apr. 22 - May 21) Your emotional state is pretty intense at the moment - it may be a new romance or some new issue that is getting you excited. Try not to worry about whether or not it's going to work out.

Gemini (May 22 - Jun 21) Volunteering and community service are important to you and you may have a new opportunity that requires your recent thinking. You don't want to spend all day doing it, but you know it makes you feel great.

Cancer (Jun 22 - July 21) There's too much at stake for you to make up your mind easily. It's a situation that calls for more information, but you may have what it takes to track down the facts. Try to settle down and wait for clarity.

Leo (July 22 - Aug 21) Your sweetheart or spouse isn't telling you something that is bothering them or that they want to change. You may not be able to hear it directly, but between the lines and do your best to get it.

Virgo (Aug. 22 - Sept. 21) You can't tell that there is plenty going on. You don't know the tricky part is figuring out how to learn where to begin learning. Take a step and see what happens. The worst that can happen is you have to move on.

Libra (Sept. 22 - Oct. 21) There's no need to keep things superficial today. In fact, the opposite is true - you need to dive in deeply if you want to get the most out of your experiences. Try to look beyond the surface of things.

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Reef Hotel Scoop First Prize During The Sarit Centre's 'Getaway 07 Holidays' Exhibition

Using a Coastal Theme the Reef Hotel has managed to scoop first prize from a crowded field of 72 entrants during the Sarit Centre's popular 'Getaway 2007 Holidays' exhibition hosted in Nairobi on November 02, 2007. Kenya Tourist Board managing director Jake Grieves Cook (left) is seen handing over the official winner's prize and certificate to Reef Hotel sales and marketing executive Ms. Loise Kirathe. Looking on [centre] are One Earth Safaris tour guide Winston Ayaya and [rear] Reef Hotel head gardener Omari Mumba - appropriately dressed in full tribal regalia.

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Quality through Integrity

Kenyan Drivers Are Not Very Good At Following The Highway Code ...

Following up on the review of the work being carried out on road repairs around Mombasa and Likoni, I continued to do the same around the country.

There is work going on in many of the major highways across the country, a sign that things will be better in the next couple of years.

Work has started on the upgrading of the road between Jomo Kenyatta International Airport and Gighi.

The objective of these works is to create an additional lane all the way from the start at the interchange with the Machakos road right up to the main entrance to the United Nations facilities at Gighi.

Where there is one lane, it will increase to two, where there are two lanes they will increase to three and so forth.

During this work, the roundabouts will be removed and replaced by traffic lights so that vehicles will move more freely.

However this raises questions. Kenyan drivers are not very good at following the Highway Code or even following gazetted instructions that are law.

The one phobia that Kenya drivers have is that of empty spaces.

We are not good at allowing empty spaces to develop on roads.

Having traffic light controlled intersections in the City of Nairobi is inviting a carnage fest.

At the best, most drivers treat traffic lights as necessary evils.

If they have the chance to, they will ignore them completely and drive through red lights.

We also have the challenge that our capacity to keep things working is seriously challenged.

Look at the utility providers, namely the power and water supply organisations that are supposed to service wananchi in the country.

These two have in the main been privatised or run as privatised organisations.

It means that they should have efficient, working facilities that

have the minimum downtime.

That is what we expect as contracted customers (even if the contracts are skewed in favour of the supplier).

Maintenance on their facilities leaves a lot to be desired.

Look at the Town fathers and their ability to maintain simple items like streetlights.

When a bulb goes out on a streetlight, it is likely to take several months before anyone attends to it AND this is after it has been reported several times.

If not reported then they hardly ever bother to come out and check whether things are working.

What hope do we have that the traffic lights to be installed at the intersections on the roads in Nairobi will work most of the time?

Will there be a high speed response squad that will tackle breakdowns within tight set times?

The answer is yes and no. It is likely that they will be set up in recognition of the need.

However, they may be fully motivated at the start when the systems tend to be on their best behaviour.

However, as time goes on and apathy sets in, the speed of response will become slower and as equipment ages, the lights will work for shorter and shorter periods.

To motorists it means that we will have major intersections in Nairobi that are traffic light controlled but with the very high chance that they may not work most of the time.

This will create a situation where everyone fends for themselves.

The standard of driving and etiquette on our roads is abysmal hence there will be many accidents happening at these intersections especially when there are no cops to supervise the use of traffic lights.

The latter fact is the ironic thing about driving in Kenya.

The use of traffic lights and

roundabouts is supposed to make the use of the road more efficient and also minimise human intervention in their use.

However, in Kenya we need human intervention for drivers to be able to use the facilities the way they were designed to work!

In the normal operation of intersections, they are

In reality it will turn out to be more time wasted.

The time honoured tradition is that intersections which are supposed to be clear of vehicles are normally marked with a yellow trellis of lines.

The principle is that one should not enter the box full of lines till the lane on the opposite side of the box is clear.

If these were done at the required intersections in Nairobi then it is more likely that the boys in blue will have something to enforce.

As we sit now, they have no teeth to use, to move or prosecute people who barge into the gaps that are left by others at intersections.

Anyway, so much about the old JKIA to Gighi road.

It will be a welcome relief for drivers in that instead of parking on three lanes on Uhuru Highway we will now be parking in four lanes instead.

It is great that the authorities have recognised that there is a rising population of vehicles in the country and especially the main metropolis and that there is a need to create bigger opportunities for parking.

It is our sincere hope that this worthy project will not end up being the one that caused the highest increase in road accident deaths in the country.

We will watch with interest.

As Kachumbari says, plans are as good as the idiot that made them.



Coast Drive with Teti Kamugunda

supposed to be kept free of vehicles till the exit lane on the other side has space for one to cross.

Vehicles are not supposed to stop or wait in the intersection.

When there is a traffic jam on any road, the intersections should be completely empty of vehicles so that as traffic moves in whichever direction and the lights or cops allow, one is able to move across to the other side of the road in Kenya it does not work that way.

One has to be in the middle of Nairobi at peak hours to see what we Kenyans are capable of doing.

No one waits for the lane opposite to clear, everyone moves into whatever space is available in the misguided belief that an inch saved in space is time saved on the journey.

A DESALINATION WATER PLANT TO BE INSTALLED AT THE COAST MOMBASA

Water is the reason for my E-mail. Daily, all around our country, Kenyans struggle to get water.

Some get it illegally through corrupting Water Authorities with wrong pipe connections, some steal, some hoard, some misuse where there is plenty... the Poor Kenyan at the end of all this suffers.

Health wise it's a hazard as people resort to borehole and well water, even in Urban areas.

If Kenyans have enough clean water, the overall sentiment to Life changes positively.

I suggest a Desalination Water Plant to be installed at the Coast - Mombasa.

This Water Plant can then supply and Store the surplus Water to other parts of our Country through the existing Water Pipeline Network.

Dubai, Oman, Saudi Arabia etc never have a Water Shortage ... their Water Desalination Plants

can Desalinate 150 Billion Litres of Clean Water Daily!

We just need a small fraction of this.

Reishi Arun Parikh, Mombasa. yaris@africaonline.co.ke

We Have Been Subjected To An Awful Misery

The perennial lack of water in Mombasa has been the subject of numerous correspondences in Coastweek.

Razia Mohamedali, Azam Khan, and Neta Peal have all complained in your esteemed weekly in vain. All have given up in despair.

What happened to that company, SEURICA?

As far as I know, Seurica conducted a survey to look for additional sources of water.

There were three alternatives:

- To build a second pipe line from Mzima Springs.
- To build yet another pipe line from Lake Jipe in Tsavo West.

- To tap the waters of the Tana River from Garsen and then to connect the same with the Baricho water works near Malindi.

The combination of one or all of the three sources

would have ensured the availability of water to Mombasa Residents for another 60 years.

One of your correspondents suggested water desalination plants as the solution to this problem.

If the authorities cannot fix a broken pipe line would you suppose that they would be capable of maintaining a water desalination plant?

It is time Mombasa residents stood up against the attitude.

We have all lost patience.

We have been subjected to an awful misery. I find it hard to believe that a department responsible for such an essential resource should be so indifferent to the needs of a city whose population is close to four million!

Cahil Marduff, Mombasa. cahillmarduf90@yahoo.com

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Abdulhamid Mohamed Hussein Kaderdina: A Philanthropist

The passing of Mr. Abdulhamid Mohammed Hussein Kaderdina on 4th November 2007 was a great loss to me personally and to the Mombasa community as a whole.

The man I had known and admired for so many years was an epitome of integrity, sincerity and compassion.

He was a man who knew only how to give, but never to take.

I remember my first big Art Exhibition in May 2003 at Memon Villa graciously opened by the then Minister of Sports and Gender, Mr. Najib Balala.

I needed a sponsor, a backer to help launch my career.

I went to see Mr. Abdulhamid

Kaderdina or 'Hamid Chacha' as I used to fondly address him.

As I presented my case to him, he sat calmly and I could not help notice his lips moving through out.

I soon realized he was reciting and praying all the time.

As I finished, he simply told me he will back me 100 per cent and I had nothing to worry about.

Such was the magnanimity of the man.

He gave without making you feel indebted; he was embarrassed if you even thanked him for his help.

And I was not the only beneficiary of his kindness.

Scores of other needy and

THREE CHEERS TO SHILU AND ALY

Luckily I was in Mombasa from the U.K., celebrating Eid with my family and I got a chance to attend the fabulous Eid function that was organized by the Muslim Association of Mombasa and I should say it was very nicely organized. Well done Muslim Association of Mombasa.

"It was a wonderful evening and being an Indian music fan, I was most impressed with the band playing that evening. Shilu and Aly, your music and your voices are 'Rocking'."

Shilu and Aly, your versatility is truly a thing to admire, from 'And Roll Soniya' to 'Laga Chunni Mein Daag' from Gulam Hussain. "All I can say to Shilu and Aly is you just keep on rocking all the fans in Mombasa with your fabulous music."

With lots of good wishes,
Ruby Khan, N/A, U.K. rubbykk92@yahoo.com

TWENTY EIGHT YEARS AGO

Coastweek, November 17 - 23, 1979

'Rally Fever Hits The Coast' was the front page report by motoring columnist John Gardiner, and showed African Safari Club's ace driver Hans Peter Ruedin in one of six new ASC Lancer cars taking part in the ASC-sponsored '21st Malindi Rally'.

Tourism Minister Mathews Ogutu, Permanent Secretary Yuda Komora and Chief Tourist Officer G.N. Macharia welcomed TUJ Frankfurt sales staff on arrival at Mombasa's Moi International Airport.

U.K. singing star Helen Shapiro seen wearing a new Coastweek t-shirt was photographed by Akram Sheikh while on holiday at Bamburi.

Swahili poet Ahmed Sheikh Nabany wrote a special 'four-line' 18 verse 'Kiunguja' epic entitled 'Coastweek - Gazeti Lenu La Pwani'.

German and Italian speaking animator Micky Matano was the fast-talking commentator for the 'Miss Kikambini Show' at Whispering Palms Hotel.

Coast author Edward Rodwell commended Faraj Dumila's new book 'Our People and Culture'.

Swedish designer Agneta von Rosen opened a new boutique at Trade Winds Hotel, Ukunda.

Kenya's Chief Justice Sir James Wicks was guest of Mombasa Rotary Club chairman Kishor Mehta.

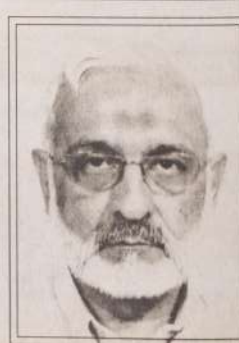
Roy Williams was to be the 'Dame' in Julie Williams' Little Theatre Club pantomime production 'Robinson Crusoe'.

Amrik Singh wrote a special report about 'Guru Nanak on behalf of the Guru Singh Sabha Mombasa'.

KENYA Cinema was showing 'Close Encounters Of The Third Kind', NAAZ Cinema 'Don't Steal My Baby', REGAL Cinema Walt Disney's 'That Darn Cat' and at CHOX Cinema it was Shashi Kapoor in 'Chor Machaye Shor'.

Letter writers included Juma Mwayani, Jenny Maitland-Jones, Azhar Chaudry, Garry Bradley, Zulfiqar Hussein and Aisha Abubakar.

'Mecca InterContinental Hotel' was offering a special six-day 'all inclusive' UMRA package (air fare, accommodation and transport) from 'Nairobi-Mecca-Nairobi' for Kenya Muslims at K. Shs. 5,800/=.



Abdulhamid Mohammed Hussein Kaderdina

destitute benefited from the philanthropy especially the Nasserpuria Memon Jamat.

Up to the time of his demise, he was the Chairman of the Trust Board of the Jamat.

Mr. Kaderdina succumbed cancer after a long and a brave fight on 4th November at 11 p.m.

Let us pray to the Almighty grant him the highest abode Jannat and to give his family patience to bear such a big loss.

From Allah we come and to Allah we return.

Zubeir Bakhrani - Artist
Member of Nasserpuria Memon Jamat

Mombasa Start For 'Kenya Airways Safari Classic' Rally

Kenya Airways Safari Classic 2007 Rally drives off from under Mombasa's famous Tusks arch on November 25th.

With the majority of the over seas cars now arriving daily in the port of Mombasa and the rally officials working flat out to get them and their spares all cleared of customs, the old feelings of 'Safari Fever' are returning to Kenya.

The event is now beginning to take on the mantle of the old

It would appear that no matter how experienced you may be, even to the point of having been

crowned World Rally Champion, a bit of match practice is deemed handy before a major event.

Both Bjorn Waldegård and Stig Blomqvist, entered on this year's Safari in Historic Motorsport

Ford Escort RS 1600s, have taken every opportunity to drive similar cars in the last months.

The most recent appearance by Blomqvist was with his Safari co-driver, Ana Goni, on the 'Costa Brava Rally'.

Entered by David Sutton in the historic section in an Escort RS1800, they took a clear victory in their category, a feat that they will be hoping to repeat when they come to East Africa.

Also running on the event was Waldegård, renewing his acquaintance with Escorts thanks to a Group 2 Escort provided by ASM Motorsport.

On the same rally, Mark Solloway of Historic Rallysport ran an Escort RS1600 for one of his clients, Dewi Bowen, which was fitted with a new type of differential.

DIRT, MUD AND SAND

So successful was the test - Bowen led Blomqvist after three stages only to lose time when his throttle spring broke - that Mark has acquired a lot more and will be taking them down to Mombasa to change them on the three Escorts that he is running on the Safari.

Alex Hack is flying down to Nairobi to meet his local co-driver, David Lawrence-Brown, and then they will drive down to Mombasa so that crew and car can get fully used to one another.

The Costa Brava was a tarmac event and if there is one thing that is well known about the Kenya Airways East African Safari Rally 2007, it is that there is very little competitive motoring on tarmac - or anything resembling it.

All the serious competition takes place on dirt, mud, sand and rock in various combinations, sometimes all together

Special Report by Correspondent

Safaris' of the 1970s and 1980s.

With fifty-nine entries, lots of well known and prestige names behind the wheel, and many of them supported by full service crews, the event is growing ever greater in status.

News from the route suggests that the highlands around Nakuru, Eldoret, the Kerio Valley and Elburgon are still very wet and Kenya is experiencing very unusual weather this year.

The route has had to be changed in two places where landslides had blocked the road but the general result of all the unseasonable rain has been to render the roads more difficult and in some cases, slightly rougher.

Certainly, they will need to be driven with more caution.

The rest of the route should be unaltered from the last recce and in any case the three-day car will pass first and note the condition and make any necessary changes.



Aslam Khan [top, clockwise from left], Jonathan Savage in Action, Bjorn Waldegard testing his rally Ford Escort in the Ngong Hills and Water splash during 'Recce' at Delamere's.



See them fly with Kenya Airways

Join us on 24th November at 2pm, Moi Avenue Mombasa, under the famous tusks, for the launch of the East African Safari Classic Rally. Or drop by our Spectator Stage at EA Portland Cement Athi River from 10am on the 25th.



A 'HEALTHY HEART' CAMP AT AGA KHAN HOSPITAL MOMBASA

Cardiovascular disease refers to the class of diseases that involve the heart or blood vessels (arteries and veins).

Up until the year 2005, it was the 'number one' cause of death and disability in the United States and most European countries. Not much data is available within the African continent. By the time that heart problems are detected, the underlying cause (atherosclerosis) is usually quite advanced, having progressed for decades.

There is therefore increased emphasis on preventing atherosclerosis by modifying risk factors, such as healthy eating, exercise and avoidance of smoking.

Risk factors - There are many risk factors which associate with (but are not all causes of) various forms of cardiovascular disease. These include the following:

Non-modifiable Risk Factors - Age • Gender, men under age 64 are much more likely to die of coronary heart disease than women, although the gender difference declines with age • Genetic factors and Family history of cardiovascular disease

Modifiable Risk Factors - Tobacco smoking • Insulin resistance and Diabetes mellitus • Hypercholesterolemia (elevated cholesterol levels) and abnormal lipoprotein particle profile (cholesterol subtypes)

• Obesity, especially central or male-type obesity; apart from being linked to diabetes, this form of obesity independently increases cardiovascular risk, presumably by inducing an inflammatory and procoagulant state

• High blood pressure • Sleep deprivation • Elevated heart rate • Physical inactivity and Sedentary lifestyle • Absence of key nutritional elements, such as omega-3 fatty acids and polyphenol antioxidants

• Exposure to high levels of environmental noise • Stress • Rocky Relationships • Depression • Periodontal disease

Although men have a higher rate of cardiovascular disease than women, it is also the number one health problem for women in industrialized countries.

After menopause, the risk for women approaches that of men.

Hormone replacement therapy alleviates a number of post-menopausal problems, but appears to increase the risk of cardiovascular disease.

Prevention - Attempts to prevent cardiovascular disease are more effective when they remove and prevent causes, and they often take the form of modifying risk factors.

According to the American Heart Association, build up of plaque on the arteries (atherosclerosis), partly as a result of high cholesterol and fat diet, is a leading cause for cardiovascular diseases.

The combination of healthy diet and exercise is a means to improve serum cholesterol levels and reduce risks of cardiovascular diseases; if not, a physician may prescribe "cholesterol-lowering" drugs, such as the statins.

One possible way to decrease risk of cardiovascular disease is keep your total cholesterol below 150.

Eating oily fish at least twice a week may help reduce the risk of sudden death and arrhythmias.

Olive oil is said to have benefits.

Cardiovascular disease and salt - There is evidence from one large unblinded randomised controlled trial of more than 3000 patients that reducing the amount of sodium in the diet reduced the risk of cardiovascular events by more than 25 per cent.

Awareness - Atherosclerosis is a process that develops over decades and is often silent until an acute event (heart attack) develops in later life.

Population based studies in the youth show that the precursors of heart disease start in adolescence. The process of atherosclerosis evolves over decades, and begins as early as childhood.

Treatment - Treatment of cardiovascular disease depends on the specific form of the disease in each patient, but effective treatment always includes preventive lifestyle changes discussed above.

Unfortunately most people are rather unaware of their ailment, either heart-related or otherwise.

In a resource-poor setting like ours in Kenya, one cannot over-emphasize the need for primary prevention of cardiovascular events, which would be much more cost-effective than treating the events per se.

The Aga Khan Hospital, Mombasa in conjunction with the Cardiac Support Group of the Hospital will be holding a healthy heart camp on the 23rd and 24th of November 2007 at the Aga Khan Hospital Mombasa.

Pre-registration is required for tests to be performed prior to the camp dates and will only be open for the first 250 people from November 5th to 22nd at the Aga Khan Hospital, 8.00 a.m. to 10.00 a.m. Monday to Saturday.

Blood sugar, Lipid profile and ECG will be done during pre-registration and patients are thus requested to fast from 10p.m. the night prior to registration.

The lead Doctor in this Heart Camp will be Dr. Vinesh Vaghela who has trained for two years in Non-Invasive as well as interventional Cardiology (Angiography, Stenting and Pace maker) in Johannesburg, Republic of South Africa.

The Group would like to appeal to the people of Mombasa, from all societies to assist with sponsorship, either in cash or kind for this worthy cause.

For any further details please contact:

Munira 0733-839889, Sister Waasula 0722-988809, Naima 0723-425616, Nilesh 0733-693012.

'One Of The Oldest Churches' In Kenya Can Be Found On Heights Of Sagala Hill

FFJ has become somewhat depleted over the last few years and it is our sincere intent to try, with the support of the new council, to revamp and reverse this trend which is unfortunately the situation with many other similar societies throughout the world.

In these days of DSTV, internet, etc it would seem that we have lost the joy of meeting in person to enjoy a film or a lecture, a special privilege for us in the beautiful ambience of Fort Jesus.

It is of course to be appreciated that security of travel is not what it used to be and that many of our members do not care to venture out at night.

Roads have been somewhat degraded so trips out of Mombasa have not been easy, this is much improved, especially with the new Mombasa-Nairobi road.

Despite these problems we feel it is possible and important to keep the flames of FFJ alive.

While our first responsibility is to support and promote Fort Jesus Museum it is also our aim to promote Kenyan, especially coastal, culture and to provide a meeting place for people of like mind so that their interests in the conservation of the environment, history and many other associated subjects can be shared and that experts in these fields can impart their knowledge to the uninitiated.

This year our programme will be somewhat honed down.

Films will be, due to the impact of DSTV, fewer, showing only those of special interest.

We shall aim to have one lecture or talk per month, an outing when possible, and the monthly bird walk.

We sincerely ask you, the Friends of Fort Jesus, to support our programme and to join in our outings whenever you can.

Any ideas for outings, suggestions for speakers etc will be gratefully received.

Maybe some members have something to say to us about a special interest or hobby?

This is your society!

Let's work together to keep it alive.

Sincerely, Marlene Reid [Chairman]

PAST PROGRAMME

Oct 23rd was the AGM when the following people were elected to the council.

Chairman Marlene Reid, Vice-Chairman Essa Khediwalla, Treasurer Fatima Lobo and Secretary Vibha Shah.

Council members - Margo Van der Velden, Philippa de Haldevang, Kelvin Mazera, Jitu Haria, Keren Burnard, Joan Willson, Hassan Mohammed - Fort Liaison

This is a good team and working together with your support we look forward to an active year.

Regrettably Nellie Riegger and Irene Coldwell stepped down from the council.

They have given many years of faithful service and we are deeply indebted to them.

Thanks to Kokila Doshi for her stint as chairman.

Although no longer on the council she has pledged her support for which we are grateful.

New members on the council are Philippa de Haldevang and Jitu Haria with Joan Willson as an advisory capacity for field trips.

We welcome them and look forward to working with them as part of our team.

Due to the Holy month of Ramadhan the programme was non-existent during September

and October.

The last event, in September was a film about the Search For Tutankhamun.

The attendance was small but despite the bad colour mode of the projector (which we are determined to rectify) the film was greatly enjoyed.

There are five more films in this series and we shall be showing them as soon as the projector problem is solved.

BIRD WALKS

These continue what ever the problems elsewhere and are always enjoyable.

Please do not think that these walks are for "experts" only, they are for your enjoyment and an improved knowledge of a wonderful area of our wild world.

Oct 20th was Kenyatta Day

St Mark's ACK Church was started by Rev Wray, a missionary, in 1883 and finished in 1901.

It is no longer in use as a church but has fallen under the conservation order of Museums of Kenya and was opened as a Community Museum in 2005.

We were given a guided tour

magnificent.

This is a good example of renovation made without spoiling the original ambience of the Ndara Ranch (which was always one of my favourite birding spots).

It was hard to drag ourselves away on Sunday afternoon for the more mundane and polluted atmosphere of Mombasa.

Thanks to Liverton and Janet at Wray Museum and to Issan at Sagala for making this such a memorable weekend.

FUTURE PROG

RAMME

Bird Walk November 17th - Meet Ratna Square 4 p.m. (ignores) We shall have left by 4.00. We have spare binoculars if you don't have any.

Feel free to join us.

Tuesday Nov. 27th 7.15 (lit) Talk By Dr Marc Vosskaemper

Newsletter Notes From The Friends Of Fort Jesus

of the museum where there are some wonderful old photographs, mostly taken by Mrs Wray.

Original benches and furniture are still in place, most of it brought from England.

We were told that the mbati walls were assembled in



St Mark's ACK Church was started by Rev Wray, a missionary, in 1883 and finished in 1901. It is no longer in use as a church but has fallen under the conservation order of Museums of Kenya and was opened as a Community Museum in 2005. PHOTO - COURTESY: ANDREW BURNARD

and for some reason some walkers got the idea that the "walk" would not take place so we ended up with five stalwarts and decided to visit Nguuni Animal Sanctuary so Kevin (who works there) could join us.

He also wanted to show us the roost of Barn Swallows. Water birds were few and migrants not much in evidence with the exception of Barn Swallows, a lone Common Sandpiper and a Madagascan Squacco Heron.

The weavers, male Grosbeak and Golden Palm were very busy nest building while a few females hovered around selecting the best looking nests.

How sensible these birds are, seeing how capable the male is before committing themselves!

There is much to be learned from our feathered friends.

Water Dikkops were numerous and the Bare Eyed Thrush as beautiful as ever.

32 species seen in one and a half hours, a good count.

The high point of the walk was the aprox 2000 Barn Swallows coming into roost at sunset swirling round and then descending so that in a few seconds they were all down in the reed bed.

What a privilege to see such a sight!

Join us for Birdwalk Nov 17th - Meet At Ratna Square 4.00 p.p. Sharp.

Trips To Sagala Lodge And Wray Museum

A group of 12 members scaled the heights of Sagala Hill to visit the recently opened Wray Museum on Saturday, November 3, 2007.

England and then brought to Taita.

A diary of Rev Wray's journeys from Mombasa to Taita and his early trials was fascinating and some of us are hoping to get a copy on disc.

Taita ladies served a traditional lunch and entertained us with Taita welcome songs before a walk round the area.

Views were astounding. A great place for a visit.

Sagala Lodge treated us like royalty and the birds were

- Dr Vosskaemper is a young German medical doctor who has started a project in the Shimba Hills with his wife and two small daughters.

A breeding centre, conducting research which is adding to Kenya's knowledge of wildlife particularly reptiles and invertebrates and also the production of anti-venom.

We hope to follow this talk with a visit to the farm at a later date.

(For details see Coastweek issue October 19-25, 2007)

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E-mail: kspcamsa@wananchi.com

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Our prices are very competitive, and, if you are on one of the routes that our vehicle use regularly, we can even deliver to your door at a modest fee. All profits made on the pet products go towards running costs of KSPCA.

Promoting 'Destination Kenya' In Budapest

LEADING COAST TOURISM PERSONALITIES SHOW CASE THEIR EXOTIC ATTRACTIONS FROM COLOURFUL STANDS

Cleophas Mong'are, GM of Private Safaris Mombasa has led a ten person's strong team of well-known coast hoteliers and air operators to Budapest in Hungary to promote destination Kenya.

Rewe Touristik Group, Germany's third largest touroperator comprising well known brand names as *Jahn Reisen*, *ITS* and *Tjaereborg* had invited 1,600 leading travel agents from Germany, Austria, Holland and Belgium over four days and presented them with their Summer 2008 new brochure pro-grammes.

Similar events - which are praised by the German travel trade as the most professional and best promotional tourism events - took place in previous years in Vienna, Bonn and Lausanne and were also attended by the same Kenya Coast tourism person-alities showcasing their products from colorful stands as one of the world's leading long haul destinations.

Although once among the top three, Kenya is today still among the top ten as other destinations have overtaken our country over the years.

Contrary to previous years and for obvious lack of funds and perhaps even interest - the Kenya Tourist Board this

year did not participate in this very important annual event.

Not even a single destination brochure was made available by the KTB and this despite steadily declining numbers of visitors from Germany in particular, the largest source market from Europe.

Germany, according to KTB figures, was previously second to the UK and is now only third in numbers of tourists to Kenya which effects especially coast tourism.

Other destinations presenting and promoting their countries were Cuba, The

Maldives, Sri Lanka, Thailand and the Dominican Republic which sees 14 charter flights per week from Rewe Touristik. Unlike Kenya, which has this year even one less L7U flight com-pared with last year's high season.

Recognizing the fact that declining visitor's figures must be countered with increased promotional activities, the Kenya delegation produced and funded 2,000 Destination Kenya DVD's and 'Magical Kenya' caps as give-a-ways.

Despite the fact that the Kenyans unlike their competitors' were not supported by their tourist board the Kenyan delegation made certainly the biggest impact with the largest

contingency and with the help of fifty bottles of Kenya Cane served as 'Karibuni Kenya' Cocktail by **Catrin Schwerring** of the Bahari Beach Hotel with **John K. Mutua**, CEO Leisure Lodge Resort, **Larry Mwalu-kuku**

Jamal, owner of *Southern Palms* and *Bamburi Beach Resort*, **Chris Modigell MD** of *Absolute Kenya Ltd.* for *Leopard Beach Resort and Spa*, **Capt. John Cleave** CEO of *Mombasa Air Safaris* and **Bruno Da Silva** for *Reef*

support such important professional annual trade events not only by the *Rewe Touristik* but also by *TUI* and *Neckermann* to cover all of Germany's travel agencies than surely destination Kenya and especially Kenyan coast

Kenya, with weekly charterflights from Budapest to Mombasa during the highseason.

It would have been a good opportunity for KTB to join hands and promote also on this emerging market.

The event was followed by *MADI* - a professional tradefair in the Czech Republic which also has charter flights to Kenya

Also in Prague KTB presentation was missing, despite the fact that sales of this charter to Mombasa are described as "sluggish" compared with other flights as those to Thailand and the Dominican Republic, which are booming and which were promoting during this fair.

NEED TO INVEST IN MARKETING ...

We need to realize that not all is as well with our coast tourism as one is made to believe in the mainstream media and that we could do so much better if only more would be invested in marketing and promoting our beautiful country.

Meanwhile Zanzibar sees increased International and Kenyan investments and increased charter flights as a result of this.

Surely something must be done here once the election fever is over and promises need fulfilling.

Special Report by Correspondent



From Budapest With Love - [from top left, clockwise] promoting Kenya in Hungary Larry Mwalukuku's style. The 'Magical Kenya' team is seen with Horst Kunkel - director product Department Intercontinental travel and Rita Kaufmann - product manager Long Haul for the Rewe Touristik group of ITS, Jahn Reisen and Tjaereborg. Promoting Kenya In Style during the Rewe Touristik Fair for 1.600 travel agents are J.K. Mutua C.E.O. and Dr. Musa of Leisure Lodge Beach and Golf Resort.

of the *Voyager Beach Resort* and **Winnie Kikwai** representing *Safari Beach Hotel* who entertaining visiting agents with Kenyan dances and songs.
Their colleagues **Saleem**

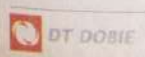
Hotels and Astrid Mergheim for *Severin Sea Lodge* were kept busy giving out information's and promotional tools to the many interested travel agents.
If only the KTB would

hotels could look at improved figures from Germany instead of "loosing" charterflights from important cities like Leipzig and Berlin.
This fair took place in Hungary, a new market for

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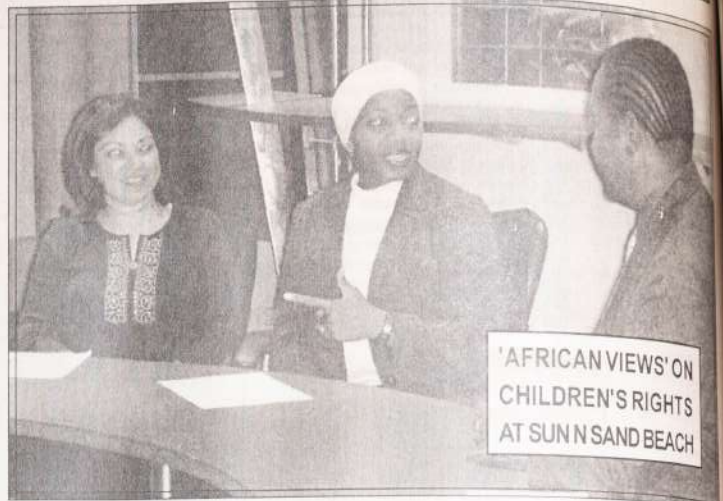
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THIS WEEK'S NEWS IN PHOTOGRAPHS



CHARITY LUNCHEON FOR THE ORPHANS IN BOMBOLULU BY CALL

Sehrish Ali, a volunteer of the Centre in Africa for Learning and Living (CALL) face painting Sunday Albert at Masjid Mujahideen in Bombolulu Mombasa during a late Eid celebration for over 500 orphans and children from poor families. Looking on are from left are Mohammed Issa and Karamthin Hakim.



'AFRICAN VIEWS' ON CHILDREN'S RIGHTS AT SUN N SAND BEACH

Seen [from left] Managing Trustee of Sun N Sand Trust Shahnoor M. Visram, who oversees all the 'Responsible Tourism' projects of Sun N Sand Beach Resort, Mmatasala Marobe and Udi ya-Nakamhela, the talkshow host during the recent TV show 'African Views', a talk show on SABC, discussing the implementation of the Code of Conduct for the Protection of Children's rights at Sun N Sand Beach Resort.

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'Farewell Party' At Habib Bank Limited Mombasa

Mr. Kassim [right] who has retired from Habib Bank Ltd after 20 years of service is seen receiving a token of appreciation from Mr. Osman of UNIK while [on left] the Branch Manager of Habib Bank Said Omar and Tariq Said look on.

Australian National Holidaying At Sarova Whitesands Beach



Australian national holidaying at Sarova Whitesands Beach Resort Bianca Stajan [right] sings her section of the menu during menu singing competition on Friday during the hotel's Game Show as her teammate Kida Namada (USA) and Iskie Beddown looks on. Her team dubbed 'Not interested' won the competition after beating the men's team 'Four wise men'. The Game Show event is held every Wednesday and Friday where hotel guests from teams and compete in various activities for wine bottle prizes.

International SACCO Day At Voyager Beach



Women marking the International SACCO Day at Voyager Beach Hotel. Seen [from left] Ms. Zaffarani Chishenga, Irene Noti and Emmah Karani.

Saint Augustine's Preparatory School Charity Walk In Aid Of A School Bus



Saint Augustine's Preparatory School - Charity Walk in Aid of a School Bus - Saturday, 27th October, 2007. Seen [from left] B.O.G. Chairman Dr. E. Muingu, P.T.A. Chairman Mr. Mwangi, Anglican Church of Kenya Sponsor Bishop Julius Kalu, Parent Mrs. Kimemia. Kshs. 2.4m was raised. Photo By: Gabriel M.

BODYWORKS

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OUR MISSION

To provide quality and personalized services to our customers to their satisfaction

ENVIRONMENT

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- Potato race • Eating competition • Races (100m, etc)

We also participate in the world wide events e.g world Olympics day run 2007 as "Bodyworks Gym Team"

LOCATION

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CONTACTS

Bodyworks Executive Health Centre
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Mombasa, Kenya
E-mail : customercare@bodyworksmombasa.com
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NB: The Gym is awarded by the official Hammer Strength as "Lifefitness Members Fitness Centre"

Nakumatt Christmas Bonanza Unveiled

NO RAFFLE TICKETS, NO SMS, NO DRAW JUST SHOP AND STAND CHANCE TO WIN!

Supermarket chain Nakumatt Holdings has opened the lid on a prize galore Christmas customer rewards scheme for its loyal shoppers.

The promotion unveiled today will run for a ten week period through the Christmas and New Year festive season.

Shoppers at all its 19 Nakumatt branches will following the launch of the bonanza dubbed the 'Nakumatt Season Surprises!' stand a chance to randomly win instant cash prizes and high value consolation prizes valued at more than Kshs 20 million during this festive season.

Speaking during the launch of the promotion, Nakumatt Holdings Operations Director Thia-

garajan Ramamurthy said the festive season promotion is tailored to offer maximum rewards to shoppers.

The Nakumatt Season Surprise! Ramamurthy said will be a no hassle affair with lucky winners being picked randomly at the pay out tills.

"As we approach the end of year festive season, Nakumatt is happy to unveil this customer reward scheme as one way to say thank you for their patronage," Ramamurthy explained.

And added: "At Nakumatt, we don't take our customers patronage for granted, that's why we strive to continue making their shopping experience me-

morable at all times."

Customers shopping at any of the 19 Nakumatt branches in Nairobi, Kisumu, Meru, Eldoret, Meru and Kisumu will stand a chance to attract prizes in the form of Nakumatt gift vouchers.

For every Kshs 1,000 worth of shopping at Nakumatt, shoppers will receive an automatic entry point to the promotion that runs up until 15th January next year.

The campaign approved by the Betting Control and Licensing Board via BCLB certificate number 001305 is expected to reward thousands of lucky shoppers with prizes ranging from Kshs 100,000 to Kshs 500 within the promotion period.

In the no hassle promotion, Ramamurthy explained that lucky customers will receive their gift cards at the respective stores instantly and the same may be used instantly to do further shopping.

"This is a unique reward scheme as all you have to do is shop for more than Kshs 1000 at Nakumatt and you automatically get entered into the draw.

"No entries to fill up, no entries to post or SMS, just shop and win!" Ramamurthy pointed out.

Besides the promotion, Nakumatt Holdings has in the run up to the festive season remained highly active in social investment programs.

In recent times, Nakumatt has supported various health promotion, social development and sporting initiatives to the tune of Kshs 50million.

Last week, Nakumatt unveiled the first street lighting project of its kind in Meru town valued at Kshs 10 million and also sponsored a series of breast cancer awareness events in conjunction with the Aga Khan University Hospital and Safaricom Limited.



CHRISTMAS COMES EARLY: Nakumatt Downtown branch customer Safwan Alvi (3) enjoys a chat with 'Father Christmas' as he takes time out to promote the ongoing Nakumatt Surprises! Christmas Promotion.

HIMESH RESHAMMIYA NAIROBI SHOW

RANI JAMAL has finalised dates for the Himesh Reshammiya Show here in Kenya.

Hot on the heels of the Diwali and New Year's celebrations, music director cum singer cum actor Himesh Reshammiya will be live on stage at the Nairobi Gymkhana (Forest Road) on Friday, November 16.

Beginning 9.00p.m. the stage will be set alight with curtain raisers until the appearance of the maestro himself.

Himesh is no stranger to the world of showbiz having won several awards as a music director.

His unique singing repertoire has also won him accolades and most of his songs have topped the charts for weeks on end.

Having brought some of the top names in the world of entertainment, both from the east and the west, Rani Jamal is renowned with the kind of shows and performances that are enjoyed by a wide variety of audience. Some of her past shows have been with Adnan

Sami, Asha Bhosle, Johnny Lever, Zakir Hussein, Raghav, Rishi Rich, Sean Paul, Wayne Wonder, and dress designers Manish Malhotra and Ritu Berry.

Advance bookings can be made by calling 0722-204742 or 0734-277664.

Visitors Sign On For 'Voluntourism' With Go See Kenya

SIX WEEK 'ENVIRONMENTAL EXPERIENCE' PROGRAMME IS DIVIDED BETWEEN MARINE, FORESTRY AND COMMUNITY WORK

These days, a growing number of holidaymakers coming to Kenya's South Coast are looking for more than just an idle beach idyll.

For those ready to roll up their sleeves and work on something more lasting than a

tan, *Go See Kenya (GSK)* in Shimoni, is an ideal opportunity to get directly involved in a multi-faceted grassroots project.

A far cry from the bustling beach resort of Diani, crowded with hotels,

restaurants and discos, the relaxed fishing village of Shimoni offers a combined cultural and environmental experience, with GSK channeling the hard-earned money and manpower from volunteers to where they are needed most.

GSK's six week programme is divided between marine, forestry and community work.

A spokesman explained: "The marine part of the project includes such 'hardships' as anointing yourself with high-factor sun cream and perching atop the boat's 'tuna tower' to scan the waves.

"You complete with the crew's hawk eyes to spot the whales and dolphins of the Pemba Channel, assisting qualified marine scientists in their quest for ID-photos and recording of humpback whale songs.

"This data is then shared with other research centres along the East African coast to track the movement of individual specimens and learn more about this endangered whale's behaviour.

"Shimoni's forest is one of the few remaining patches of East African coastal forest, and is simply bursting with endangered fauna and flora, to the extent where it is globally recognized as being a biodiversity hotspot.

"To out-manoeuvre marching columns of safari ants, volunteers cast fashion aside and go traipsing through the woods with their trousers tucked into their socks, so that the little bighthers don't zone in one one's more sensitive parts."

GSK participants help to preserve the forest by mapping the not-inconsiderable illegal logging, slash-and-burn agriculture and unchecked human encroachment.

"They will also take part in a census of the black-and-white colobus monkey population, of which many troupes can be

seen locally in the treetops, but whose numbers in general have dwindled so dramatically that they are now more rare than the mountain gorilla."

Go See Kenya works with eight primary schools in the Pongwe and Kidimu location of Kwale District.

The local community is consulted to pinpoint where help is needed most urgently and the volunteers are then dispatched to do the legwork, often down little dirt tracks in remote areas, where tourists never set foot.

affiliated to *Go See Kenya's* 'voluntourism'.

Kenya Kesho's sole aim is to give local children a better start in life by improving their level of education - a goal it pursues by sponsoring students to secondary school and paying the salaries of additional teachers.

Volunteers usually make their way around by cycling or walking to project work and often find themselves giving 'liffies' and answering welcoming shouts of 'jambao!' from the children as they go.



Kichakamkwaju Unit for the Deaf - By improving the schools' infrastructure and supplies, and assisting the teachers in giving a fresh angle to the existing curriculum, GSK'ers help in making local primary education less chalk and talk and far more interactive.

By improving the schools' infrastructure and supplies, and assisting the teachers in giving a fresh angle to the existing curriculum, GSK'ers help in making local primary education less chalk and talk and far more interactive.

Currently 7,400 students are squeezed into 10 primary schools, which barely reach the standards necessary to further their education.

All profits from the participation fees paid by volunteers go directly into the *Kenya Kesho Trust* [www.kenyakesho.com] which is the charity organization

Close interaction with the village means GSK'ers quickly become accepted into the true community spirit Shimoni is still blessed with.

Despite the relatively quick turnover among individual volunteers, a lasting impact is created because the local programme organizers sustain long-term relationships with community partners.

On a personal level, it can also be immensely rewarding. Shimoni is a beautiful place and the chance to spend some genuine quality time there, playing an active part in conservation and education initiatives, coupled with the camaraderie that naturally develops among fellow volunteers is truly unique.



EYE GO FISHING

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Boats return 1500hrs 'AQUAMARINE MTWAPA CREEK

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on 0722 785996, 0733602046 between 07.30 a.m. and 4.00 p.m. Mon to Fri

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Entry forms available from Aquamarine - Mtwapa, Capt. Andys

- Ratna Sq, The Globe International Restaurant - Diani, The

Moorings - Mtwapa and at Kwale District Eye Centre



Wema Launches HIV Prevention Initiative

Mombasa Wema Centre's Lucy Yinda is seen with Hon Njoki Ndung'u when the Centre successfully launched an HIV Prevention Initiative. Hon Njoki Ndung'u graced the occasion as Guest of honour while World Bank Regional Director Dr Colin Bruce is patron of the Initiative. Many Mombasa friends of Wema attended and witnessed the Wema children display various shows including a super girls acrobatic team. Wema launched a new approach to HIV Prevention awareness through music, drama and acrobatics.

Oshwal Academy Mombasa Swim Team Declared National Age Group Champions



Kneeling [from left] Dhanveer Pandhal, Aadit Sheth (2 Gold), Vandan Patel (2 Gold), Rahul Khataw (2 Gold), Mohini Maru (2 Gold), Ria Sanghvi (2 Gold, 3 Silver, 3 Bronze and third Best Swimmer in Girls 10-11yrs Age Group), Sakina Khozeima, Dhara Pandya, Rajul Shah (2 Gold) and Khayti Shah (2 Gold and 1 Bronze). Sitting [from left] Sahil Nimavat (1 Gold), Harshil Shah (3 Gold, 3 Silver, 2 Bronze and third Best Swimmer in Boys 10-11yrs Age Group), Alquhhar Pungani, Seif Said, Aldema Michaelo, Deepali Shah (2 Silver), Hemali Chhaya (1 Silver), Priyanka Rathod (2 Silver), Sausan Buran, Nelsha Hasham (2 Gold, 4 Silver, 2 Bronze and the Best Swimmer in Girls 12-13yrs Age Group) and Heenal Vaghela (1 Bronze). Standing [from left first row] Vishal Savadia, Ahmed Said (1 Silver), Nihal Shah (4 Silver and 2 Bronze), Josephine Gommans (1 Silver and 1 Bronze), Leyla Shah (2 Gold), Devangi Vaghela (2 Gold), Nilpa Shah (2 Gold) and Pooja Patel (1 Silver and 1 Bronze). Standing [from left second row] Coach William Malalo, Ibrahim Gulamhussien, Mihir Shah (1 Gold), Ahmed Wurie (1 Silver), Hatim Abbas, Mburak Chitta (1 Gold), Yunus Said (1 Gold), Jessica Kibui (2 Gold), Kate Mgondah (1 Silver and 1 Bronze) and Coach Solomon Kingori. Not in the photo: Jaimin Shah.

Hindu Ram Sena Host Eye And Dental Camp

Eye doctors team were from light house eye centre and dental surgeon was Dr. Hitesh Makwana from Mombasa eye screening was carried all the way from Makinon Road area.

Kasiagu Area and finally at Voi covering nearly the whole of Taita Taveta Area about 2500 people were screened and treated.

428 people were also given reading glasses.

32 cataract operations were carried out at Voi District Hospital.

387 Dental patients were treated about 180 tooth extractions were done.

This camp was fully sponsored by Mr. Kinar

Lakhani's family who resides in England.

He was present to witness the camp.

May God bless his entire family and always have a kind heart for the needy.

Thanks to Voi Wildlife Lodge provided compliments accommodation for Doctors, Dr. Ashok and Mr. Shashikant of Voi for their tremendous help.

Convenors for the camp were Mr. Pares Hironi and Mr. Deepak Vekeria.

We sincerely thank all the volunteers who helped in this camp to make it a grand success Jai Ram.

- Mehul Doshi (Ram Sena)

First And Second In Both Girls And Boys Categories

The Oshwal Academy Mombasa Swim team put up a brilliant show to emerge First and Second in the Girls and Boys category respectively.

The meet that saw 17 Schools and Clubs participated was held at the Oshwal Academy Swimming pool Nyali.

There were impressive performances from Ria Sanghvi (third Best Swimmer in Girls 10-11yrs Age Group), Harshil Shah (third Best Swimmer in Boys 10-11yrs Age Group), Nelsha Hassam (third Best Swimmer in Girls 12-13yrs Age Group).

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Dr. Hitesh Makwana (Dental Surgeon) [Seen from left] with Sudesh Hironi (Ram Sena), Anish Lakhani (Donor), Kinar Lakhani (Donor), Mehul Doshi (Ram Sena), Vinod Dattani (Trustee Ram Sena), Kalpesh Porco (Ram Sena), Lalji Hironi (Ram Sena) Centre Patient at Voi being treated by Doctor Makwana.


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A walk along the bird trail will get you to the bird hide where you will see the different species and common birds of Nguuni.

After your tour, enjoy a picnic break as you view the beautiful landscape.

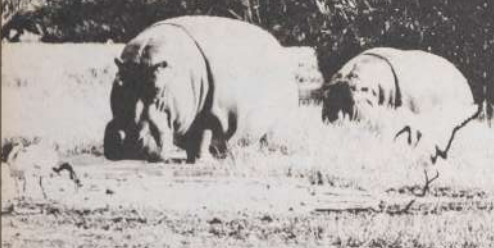
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Mombasa erfährt eine große Verwandlung

DIE HÖHLEN am Strand, in denen vor mehr als 400 Jahren die Sklaven eingesperrt wurden und auf ihre Verschiffung nach Nahost und anderen Destinationen warten mussten, wurden von Kriminellen benutzt, um Verbrechen auszuhecken.

Ganze Banden hatten dort ihr Versteck und überfielen arglose Besucher.

Viele Anwohner hatten sich damit abgefunden, da sie nicht mehr glaubten, dass die Regierung oder die Stadtverwaltung von Mombasa etwas dagegen unternehmen würde.

Als Mombasa dieses Jahr ausgewählt wurde als Schauplatz für die **35. IAAF Cross Country Championships**, war das ein gutes Zeichen.

Das Sportereignis, das am 24. März 2007 beim **Mombasa Golf Club** abgehalten wurde, bedeutete einen Wendepunkt für die Stadt und besonders für die Strandpromenade.

Nach den Championships hat sich die historische Stätte zum Gulen verändert.

Von der Stadtverwaltung von Mombasa wurde die Strandpromenade am **Mama Ngina**

Drive für Besucher reserviert, die dort sitzen und in Ruhe sich erholen können, während sie die Schiffe beobachten, die im Hafen ein- und auslaufen.

Das Gebiet, das sich von der Likonifähre bis zum Hauptquartier der Küstenpolizei erstreckt, ist heute ein beliebter Spazierweg mit herrlicher Aussicht auf den Indischen Ozean.

Vor den **IAAF-Championships** wurden mehrere Ministerien angewiesen, das Gebiet in eine Sehenswürdigkeit von Weltklasse zu verwandeln; nach dem Event beschlossen die Ministerien, das Verschönerungsprogramm auch auf andere Teile der Stadt Mombasa auszudehnen.

Heute wird in ganz Mombasa an der Verschönerungsaktion gearbeitet und wenn sie abgeschlossen ist, soll Mombasa die schönste Hafenstadt und einer der modernsten Touristenorte in Ostafrika sein.

Mit Strandhotels von Weltklasse wird Mombasa von mehr als 70 Prozent der nahe zu 1 Million Touristen besucht, die im Jahr nach Kenia kommen.

Mombasa gilt als das Tor zu Ostafrikas und ein Verschönerungsprogramm wurde von der Regierung vorgesehen mit gut beleuchteten Straßen.

Früher war Mombasa nachts eine der dunkelsten Städte in Kenia.

In den letzten paar Monaten wurden entlang den geschäftigen Straßen Gräben ausgehoben, Strommasten aufgestellt und die Kabel untergrund verlegt im Rahmen des Multimillionen Verschönerungsprogrammes, das von einem interministerialen Ausschuss in Partnerschaft mit dem privaten Sektor durchgeführt wird.

Um das Verkehrschaos auf der Insel zu mildern, hat das Komitee einen Buspark für öffentliche Verkehrsmittel geplant in Kengeleni für Malindi und die Nordküste.

Partnersgesellschaften haben die Möglichkeit, ihre Produkte auf beleuchteten Reklameschildern anzubieten und bringen damit der Stadtverwaltung ein Einkommen.

Es wird an einem Entwurf gearbeitet für eine Fußgängerbrücke bei der Likonifähre, um den Strom der Passagiere zu dämmen.

Es soll auch eine Polizeiwache am **Mama Ngina Drive** errichtet werden.

In dem Gebäude sind Beamte von der Stadtverwaltung, von den Tourismusverbänden und von den Nationalmuseen von Kenia stationiert als Kundendienst, wo die Besucher Informationen über Mombasa erhalten können.

Es gibt dort auch vier Zellen und fünf Toilettenreihen.

Ein duftender Parfümgarten wurde angebaut mit blühenden Bäumen, die bereits eine Attraktion geworden sind.

Um Ordnung in den Verkehr zu bringen, dürfen Fahrschulen dieses Gebiet von einem Hektar nicht mehr als Übungsfeld benutzen.

Designerioskios werden errichtet für Verkäufer von **Madafu** (Kokosnüssen) und

Cassava Crisps.
 Es werden auch mehr Banke aufgestellt, wo sich die Touristen ausruhen können.

Zwei moderne Restaurants werden gebaut am Meer, wo die Reiseveranstalter ihre Kunden während der Stadtrundfahrt hinbringen können.

Ein fünf Kilometer langer Gehweg wird von der Likonifähre bis zum Fort Jesus führen mit guter Beleuchtung, damit Besucher auch nachts auf der Strandpromenade flanieren können.

Dieser Gehweg ist bereits zu 50 Prozent fertiggestellt.

Es gibt einen modernen organisierten Parkplatz am **Mama Ngina Drive**; früher parkten die Autos überall, auch im Gras.

Drei Aussichtspunkte wurden an strategischen Stellen identifiziert, wo die Leute am besten die Schiffe beobachten können.

Es wurde auch ein Brunnen gegraben, damit immer genügend Wasser vorhanden ist.

Alle Straßen in Mombasa sollen neu beschildert werden mit einer kurzen Beschreibung über den Ort oder die Person, nach der sie benannt sind.

Nyerere Road erhält zum Beispiel ein Schild mit einem Bild und der Geschichte des früheren Präsidenten von Tansania **Julius Mwalimu Nyerere**.

In Zusammenarbeit mit der Abteilung für Straßensicherheit erhielten alle wichtigen Straßen Zebrastrifen, damit die Fußgänger und vor allem Kinder die Straße sicher überqueren können.

An der Nordküste wurde

Jomo Kenyatta Public Beach zur Verschönerung ausgebaut.

Eine weitere Zufahrtsstraße wurde gebaut, um den Andrang zu lockern für mehr Fahrzeuge und Personen.

Ein Polizeirevier wurde bereits errichtet, um die Sicherheit an diesem Freizeitor zu verbessern.

Jomo Kenyatta Beach ist bereits gut beleuchtet.

Die Strandhändler wurden angewiesen, sich diszipliniert zu verhalten.

Mehrere Gruppen tragen Uniformen und Namensschilder zur Identifizierung.

Fotografen, Rettungsschwimmer und Schlauchboote tragen verschiedene Uniformen.

Der interministeriale Ausschuss will drei Wachtürme aufstellen mit Lebensrettungsausrüstung, damit im Notfall sofort eingegriffen werden kann.

Ein Expertenteam prüft, ob mehr Feuerwehrinterstationen eingerichtet werden können, nämlich in Shika, Adabu, Kongowea, Bombololu, Malalo und Changamwe.

Auf lange Sicht wird auch in Erwägung gezogen, als Alternative zum Nairobi Highway eine weitere Straße durch Mwakirunge zu bauen, um den Verkehr aufzulockern.

Entsprechende Pläne werden bereits entworfen und sollen gegen Ende dieses Jahres zur Verfügung stehen.

Um den stockenden Verkehr im Kibarani flüssiger zu gestalten, sollen alle Lastwagen die linke Fahrbahn benutzen, bis später eine Kriechspur für Schwerverkehr gebaut wird auf den Hügel bei Kibarani.

Turtle Bay Beach Club setzt sich ein für "das Jahr der Delphine"



DER TURTLE Bay Beach Club im **Watamu Meeres-Nationalpark** an der kenianischen Nordküste hat mit einem Malwettbewerb im **Kinder Club** des Hotels begonnen. Um die gewinnenden Malerinnen **Pamela, Shiko, Gaby, Milia und Courtney** zu ehren, wurde ihr Bild gerahmt und in einem der Hotelzimmer aufgehängt. Das internationale Jahr der Delphine hat den **Turtle Bay Beach Club** inspiriert, die Kinder in Urlaubsdestinationen aufzuklären und zu motivieren, die Delphine in den Küstengewässern zu schützen.

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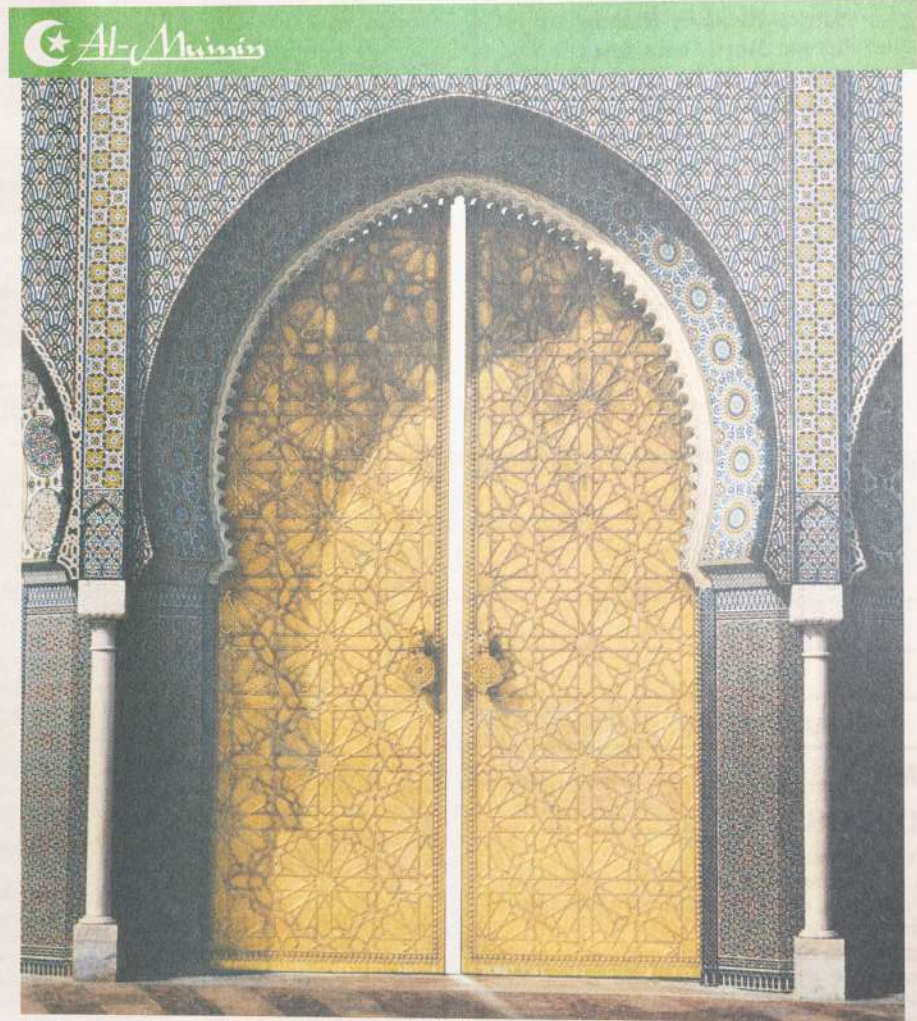
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SAROVA WHITESANDS BEACH RESORT & SPA

MOMBASA

ROMANTIC DINNER for two at Lido, Sarova Whitesands, Mombasa will be awarded to the winner. The next draw for the winning entry will be 28th November, 2007 by 10.00am. Completed Sudoku should be sent to 'Prize Sudoku' COASTWEEK, P. O. Box 87270, Mombasa, Kenya or dropped off at Coastweek offices.

SAROVA HOTELS, RESORTS & LODGES

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- Sarova Panafric, Nairobi
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- Sarova Shaba Game Lodge
- Sarova Lion Hill Game Lodge
- Sarova Salt Lick Game Lodge
- Sarova Taita Hills Game Lodge

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

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

SUDOKU NO. 071

NAME.....

ADDRESS.....

What is Sudoku?

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

What are the rules?

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

SOLUTION TO 'PRIZE SUDOKU' NO. 069

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

WINNER OF 'PRIZE SUDOKU' NO. 069
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ANNOUNCEMENT

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Particularly Pleasing To See A New List Of Golf Winners

Mombasa Golf Club - Kenya Power and Lighting Ltd. Competition on Friday 9 November 2007

Fridays have become a recent day of the week that many fanatical golfers seem to find time to start the weekend early.

The 9th November was no exception as a superb field of 63 golfers swarmed onto the only true links course in Kenya, Mombasa Golf Clubs' verdant fairways and greens along the seafloor, Mama Ngina Drive in pursuit of the trophies sponsored by KPLC.

The weather was perfect for golf and the Hon. Green keeper, Steve Mboite had done a wonderful job with minimal equipment in providing a course that gave everyone a fair chance of testing their golfing ability.

It was particularly pleasing to see a new list of winners who don't normally feature in MGC competitions on the winner's podium and leading the field home with a superb Stableford score of 41 points was E. Nyongesa playing of a 10 handicap.

His first nine holes was an incredible one under par gross (34) with birdies on the fourth and sixth and only a single bogie four on the short seventh.

The second nine was also very impressive although Nyongesa started with four bogies in a row he steadied the ship with three pars and eventually carded a result that kept a six off his card and will certainly catch the eye of the Handicap Committee at their next sitting!

Bharat Soni, Handicap 25 played another most meritorious round with 20 points outward and another 20 on the second nine with a "blank" on the par three 16th that he must have rued when he found out that he missed the overall winner's prize by a single point.

In third position (runner-up man) was an excellent score of 39 by M. Karanga.

Starting with a blank on the first (good for count-back!) he made up for it with a four for four on the fourth and another (4 - 4 on the 13th) ending with 18/21 39 points.

Karanga's score saved the Competition Committee some interesting count-back calculations because one shot behind on 38 points were three players each with 19 points on the 'back nine'.

J. K. Kim, S. Wambugu and K. Chohan would have all been hopeful of a prize but Kim lost out when calculating the last six.

Wambugu and Chohan had the same last three (6 points) same last hole (2).

Now the scores are compared hole by hole backwards from the last.

Both players had identical scores on 18, 17 and 16 but with a four for three points on the 15th, Kishore pipped Wambugu whose bogie five earned him just two points.

Mrs. Dianah Munyao led the ladies home, scoring a fine 35 points off her nine handicap that included two birdies on the first nine holes that was just sufficient to beat Wambui Warui into the runner-up position who managed a fine 34 points playing off her 18 handicap.

The crowded Club House reverberated with life well into the evening as the Members and guests enjoyed the hospitality and generosity of Kenya Power's sponsorship.

Tremendous Success

The nyama choma and nectar from the 'brown bottles' kept the revelers happy into the early hours and the Vice Captain, Mburu Kariuki expressed the whole event as a tremendous success that he hoped will be copied by many other companies and corporate bodies.

Overall Winner: E. Nyongesa 41, Winner Man: B. Soni 40, Runner-up Man: M. Karanga 39, Winner Lady: D. Munyao 35, Runner-up Lady: M. Mugambi 34, Best Guest man: S. Wisure 33, Best Guest Lady: B. Ndenderu 35, Ball pool: 10 balls each.

WAHOME'S TEAM SCOOPS LADIES CHARITY SCRAMBLE

Wahomes Scoop the Ladies Charity Scramble at Nyali Golf and Country Club

Alice Wahome's team of husband, Martin, son, Jeremy and friend Mucheru started the Charity Texas Scramble at NGCC with a birdie four on the opening hole that set them up for a superb round of golf with a difference.

In this event the players played in teams of four with three "Mulligans" per stroke - where a Mulligan is another attempt without the normal penalty; i.e. they could all play a shot from the same position and chose the ball with the best result.

Another birdie on the par four eighth countered their only dropped shot on the second to give them a solid one under par score for the 'first nine'.

Three birdies in a row at the start of the 'back nine' a par and then another pair of birdies set the team up for an amazing back nine gross score of 29, some six shots under par.

When their combined handicaps were factored into the equation their winning net score of 57.3 was just enough to pip R. Agina's team (C. Agina, T. Mboite and M. Rotich) into the runner's up position by 0.4 of a shot!

The Agina team managed an outward gross score of 35 that matched the winners but with ONLY four birdies on the homeward stretch they just missed out on the top prize.

Several other teams started as well if not better with the Nyali Lady Captain's team of Christine Ockotch, Andrew Gikandi, Eileen Blackburn and Arun Kikui best on the opening holes with three under the card at the turn.

Their back nine of another sub-par round of 33 gave them an excellent score of 59.6 that would normally be almost unheard of in any other format of golf but left them in sixth

position. Bettering them by 0.1 of a shot (net) was the M. Muga team of NGCC Manager, M. Odiat, M. Sagoo and M. Ogello who started with an under par over the first nine and three under on the back nine with only five birdies in their total net score of 59.6!

Sue Williamson's team (J. C. Patel, H. Waino, C. Yu) were another group that started with a gross 35 and with a birdie two on the 10th and an eagle three on the 11th they must have thought their chances were good.

Indeed they matched the Wahomes inward 23 gross score but as their combined handicap was calculated at only 4.6 shots their net score was 59.4 and left them in fourth position.

Sneaking into the third position was the E. Lumatete team (S. Mbugua, E. Kiama and R. Chebukati) who was yet another group with 28 shots outbound and with 32 shots inbound their net score was calculated at 58.3 that included four birdies.

However, the main winners will be the Ladies' chosen charities as the sponsorship raised by this fun event exceeded half a million shillings.

Special mention must be made to the main sponsors for their exceptional generosity.

Barclays, CTM and Vipingo Ridge all chipped in with significant money but BP Shell, West Well, Eagle, Diani Beach Ltd, Sagoo, CBA Bank, Henkel, James Finlay, CMC, Old Mutual, KPA, Alexander Forbes, Aqua Marine, Diamond Trail, Greif K, Sollatek, Neptune Hotels, EAL, Palm Tree Academy, Kenya Knit, Steveco Chem EA, Habari Ins, Southern Cross and a large number of individual donations ranging from one to six thousand all added to the grand total.

A huge thanks to all who made this event such a success.

GOLF report from CUNICULUS

GOLF report from CUNICULUS

COAST BRIDGE with C.P. SHAH

A very interesting hand was played in a recent tournament where East defender made two fine plays and defeated the contract.

Dealer: SOUTH NEITHER SIDE VULNERABLE **BIDDING:**

SOUTH	WEST	NORTH	EAST
ONE 'NO' TRUMP	PASS	THREE 'NO' TRUMPS	PASS
PASS	PASS		

West had a choice of which major to lead. If he leads a Heart the contract is defeated immediately. But he

chose to lead a Spade.

It was won in Dummy. The Declarer had Eight tricks in hand and wanted an extra trick in Diamonds.

So he played Diamond Jack from Dummy.

East defender rose with the Ace.

NORTH

♠	A	K		
♥	10	7		
♦	J	9	5	
♣	K	J	10	7

WEST

♠	Q	10	8	5
♥	K	8	6	4
♦	8	6	2	
♣	8	2		

EAST

♠	J	6	4	2
♥	A	J	9	2
♦	A	4	5	
♣	9	4		

SOUTH

♠	9	7	3	
♥	Q	5	3	
♦	K	Q	10	7
♣	A	Q	5	

He correctly assumed the Declarer was not playing Clubs because he had six top tricks there.

So he switched to Heart Jack at trick three.

It made no difference to the Declarer to cover with Queen as Ten was Doubleton in Dummy.

Defenders claimed Four Heart tricks and Diamond to defeat the contract.

Had Declarer played Diamond Nine at trick two then East would not cover with the Ace and the game would be made.

BRIDGE RESULTS

Coast Bridge Association Results of Duplicate Bridge played on Monday, November 12, 2007 at United Sports Club Mombasa 13th November 2007

Rohit Maide : Rohit Chandaria 152, Ramnik Beno : Amubhai Shah 137, P. M. Shah : Narendra Shah 125, Dhuru Shah : Kanchanben Shah 121, Rasik Shah : Manju Shah 119, Harilal Maide : Shantilal Shah 117, Mahendra Shah : Koki Shah 117, Pulin Gandhi : Dr. J. D. Shah 117, Ketan R. Shah : Vibha Shah 115, Janak Babla : Neemaben Babla 114, Ashok Dohia : Kaushika Dohia 110, Ketan S. Shah : Vijay P. Shah 109, Panu Savla : Jyotsna Savla 107

FROM BACK PAGE

from the Treasury square.

- Friday 16th November - Swim using the Continental course of 1.5km from Madubaha to Fort Jesus at 10 am.

- Saturday 17th November - The Juniors will take up their event which will include a 750m swim, 20km cycle and 5km run. Other categories include the Under 19 years who will swim the half Olympic distance.

- The Under 17 will do the Half distance also,

- The under 15 years and 13 years will do 375m swim across the Fort Jesus English channel, bike 10 km and run 2.5km.

- The 11 years and 9 years will do 200m swim, 5km bike and 1.25km run.

- There will be the under 7 years fun tri for the kids also with 50m swim, 2.5km bike and 500m run.

Sunday the 18th, Top Guns like



Naushad Kara at one of the dust roads during the KCB Amana Rally last weekend. Kara says he is trying to get a fast co-driver for him to be able to do well in national rally championships.

Top 'World Athletes' Compete In Mombasa

Emma Davis from England, Julianna Batizy from America, Panagiota Kastrouni from Greece, Claire Kinsley from South Africa, Shizuka Katsuna from Japan and Ayesha Rollinson from Canada will feature in the elite Female category.

In the Elite Men, David Bardi from France, Dominik Berger from Austria, Travis Campbell from South Africa, Christopher Felgate from Zimbabwe, Christian Fridrik from Austria, Kent Horner from South Africa, Richard Standard from Great Britain and Erhard Wolfardt from South Africa.

The Mauritian delegation will consist of Fabienne St Louis; Female: U23 Benoit Girodeau; Male U23 Cedric Honore; Male: U17 Brian Deux Novembre; Male : U17 Sylvestre Senezan; Male,

U15 Matthieu Mamet : Male. U13 Audrey Senezan : Female. U13 Mehdi Essadiq : Male (Itu Flag) from Morocco.

The Nigerian delegation will consist of two athletes and a coach namely, Mr Africa Angalabiri Miss Korutimi Pabor Mr Bashir Mohammed (Coach)

There will be a pre race briefing at the Sonara Budha hall on Friday at 4:00pm where all shall get chance to meet these athletes and there will be the race briefing afterwards.

We advise Mombasa residents to avoid the following routes as this is a very important race in this part of Africa.

1 Mama Ngina Drive, Nkuruma Road, Nyerere Avenue, Digo Road and Makadara Road.

Please take a look at the map posted on the event web site

www.kenyathlon.com

Road closure timewill take effect as from 3.30am till 2.30pm on the 18th November 2007.

Traffic flow to and from Likoni will be diverted to follow the Hailisaly Road to Join at Ganjoni and follow the route that takes you to Likoni and vice versa.

Emergency vehicles coming to hospitals will join the Mbaraki Road to enter the Pandya Road. About in and out of Kiunga area.

Among the Main sponsors who have made this event possible include: Soni Kiti Dairy, Sonara Budha, Fairdeal, TSS Group of Companies, Rosebank Timber mart, G4S security, Texas Alarms among others.

The events will finish with a Prize giving Dinner Party at the Diamond Jubilee Hall on the 18th November at 7pm.

Tickets are going at Ksh 1000 each.

Special Report by Correspondent

Some Fierce Competition In Final Round Of K.C.B. Rally

A last minute entrant, Ugandan, Riyaz Kurji chose to join the fast and furious action at the coast rally weekend in the final round of the Kenya National Rally Championship, the KCB Amana Account Rally organized by Mombasa Motor Club on Saturday 10th and Sunday 11th November 2007.

Driving a Subaru N12 Riyaz impressed everyone with his skill and hodari (bravery) as he kicked dust in the windscreens of the rest of the field of 30 entrants and into many spectators as well!

The Saturday started early with all cars expertly checked by the Chief Scrutineer, Julius Mutiki assisted by the FIA/MSL Technical Delegate, Viren Soricha at the Triton Garage on Nyerere Avenue before all the drivers made their way to Moi Avenue for the start outside the Mikindani Branch of KCB.

Bhavini Motors showroom next door was the venue for the Stewards Meeting and also for the Drivers Briefing given by MMC Chairman and Clerk of the Course, Roy McKenzie.

After the cars were waived off from under the arch they made their way to the Ask Showground in Nyali for a Spectator Stage around the tricky roads and tracks culminating in some spectacular sliding turns within the ASK Arena itself.

A fine commentary by John Vespa kept the crowd well informed and with 60,000 shillings at stake for the top three cars the competition was fierce.

With an average speed of 72 kph through the twisty route Asad Anwar in a Mitsubishi Evo 7 won the first prize of 30,000/- with a time of 59 seconds just three seconds faster than Khalid Bakhresa and Moses Matovu in a Subaru Impreza N12 and brother Omar Bakhresa and Collin Higgins in an almost identical vehicle a further two seconds behind.

Fastest in the two wheel drive category was Ian Freestone and Crispin Sassoon in a yellow Ford Escort RS1600 with a superb display of driving that completed the section in 68 seconds that was equal to the top 10 4-wheel drive cars and bettered the times of local hero Alastair Cavenagh, Yogesh Patel and Naushad Kara.

Following the ASK excitement the crews drove their cars to a holding 'Parc Ferme' at the wonderful Sun N Sand Beach Resort in Kikambala where Mombasa Motor Club had set up their Rally HQ.

Lots of action behind the scenes late into the evening and very early on Sunday morning helped to ensure a safe rally for the competitors and spectators alike.

Villages were taped off along the route, Mid-point Monitors were positioned at strategic junctions and the ambulances and police were present to assist when and where required.

After a 20 minute service the crews started the rally in earnest with a very fast 2.58 km section from the start at Vipingo Ridge (a future Five-star Golf Resort on the north coast) over a jump abeam the VIP tent and then up a fast sweeping bend on a newly finished cabo-brick road before the surface turned to gravel at the top of the ridge.

Asad Anwar again proved his speed with the fastest time through the stage of 00:13:25 (hrs:mins:secs) averaging over 100 kph on the smooth roads.

Championship Winner, Carl Tundo was second quickest

with Baldev Chager third.

The earliest major casualty was Alastair Cavenagh whose luck would be nil if it wasn't for the bad variety.

His Mitsubishi Evo 8 hit a rock, split a rim and subsequently had to retire with related damage to the gearbox.

John Mburu's Evo 4 suffered engine problems after the special stage and Danny Matharu rolled his Legacy in stage three.

Alfir Khan's Impreza had gearbox failure and Raju Sehmi and Russel Savage both retired with causes unknown in the first of the days' stages.

The second stage of the day, CS3, Dzitoni to Sokoke was 28.12 km long but was mainly smooth with superb corners that are a delight for rally drivers to test their skills at ultra high speed driving!

Riyaz was quickest with 00:13:50 at an average of nearly 122 kph with Asad was six seconds slower with an identical time as Carl Tundo (00:13:56) with Khalid Bakhresa 14 seconds behind.

The sections were repeated after a service at Vipingo and some drivers were fortunate to avoid a sharp shower of

rain that turned the surface into a completely different kettle of fish!

When wet, the murrum and clay surface becomes treacherously slippery and several drivers overshot their braking zone and unfortunately for a Omar Bakhresa his navigator called a medium right turn half a second late and the crew needed to be given a lift back to the Service Park after their Impreza clipped the bank and damaged the suspension.

Young Khalid Bakhresa from Tanzania was most impressive with only his fifth ever drive in a rally.

Navigated by MMC's Moses Matovu he averaged just 1kph less than Kurji in the CS4 before suffering two punctures in CS5 that effectively spoiled his total time and chance of a podium position.

To make up for the double puncture in CS5 Kalid really put his pedal to the metal in CS6 and posted the fastest time of all competitors over the rally in that section. (00:12:27, average speed 108.82 kph).

When you calculate that Riyaz Kurji managed the section in just 12 minutes 57 seconds his calculated AVERAGE speed was over 130 kph!

When asked what he thought his highest speed was, Riyaz shrugged his broad shoulders and admitted he never looked down as it was far too exciting a view in the windscreen!

Mombasa's Peter Horsey was consistently fourth quickest over many of the sections in his brand new Mitsubishi Evo 8 and at the final reckoning that indeed was where he managed to finish just 00:01:23 behind the winner, Kurji.

Second was Anwar with Tundo third.

In the two wheel drive category winner was leamy Karienyne and Kimeli Korir in a Toyota Levin with a time of 00:54:29.

His win was at the expense of Aslam Khan and Farhaaz Khan in a Ford Escort RS1600 who made an error in calculating their times and incurred a 70 second road penalty and finished just 11 seconds behind on adjusted times.

Michel Pucheros and Van Constant were third in a Datsun 180B ahead of Miranda and Kalsi and Thuo and Kiama.

Yanga Win Justin Baya Cup

YANGA FOOTBALL CLUB of Malindi proved their superiority when they clinched the inaugural Justin Baya Super 8 Cup competition by beating Gede's Zambarani FC 2-0 at Ngala ground last weekend.

A capacity crowd watched Yanga taking home ground advantage to beat favourites Zambarani in the final clash which was delayed for three weeks after two semi finals were

Soccer Scene with Abdulrehman Shariff



abandoned.

The final match saw Yanga

taking the lead in the 48th minute through David Baraka.

The same player made it 2-0 in the 68th minute.

The tournament sponsor, a Malindi businessman Justin Baya presented a set of jersey to Yanga who also got a trophy and Sh7,000.

ZAMABARANI

Zambarani got Sh4,000 plus two footballs. The tournament attracted over 60 clubs and

was played from loational level.

Baya pledges to sponsor another competition early next year and called upon other sponsors to come forward and sponsor other tournaments.

Kenya Football federation (KFF) Malindi sub-branch secretary John Ngoa thanked Baya and called on other businessmen in the town to follow suit.

'MICKY BOYS' SCRAP THROUGH PETROSA CUP QUARTER FINALS

MICKY BOYS - 4 (0) AL-JAUFI - 3 (0) Goal Keeper Timothy Farouq stretched to the limit to save two penalties and enabled Micky Boys scrap through quarter finals of Petrosa Cup against Al-Jaufi on Saturday at Zakhem ground, reports SUMBA BWIRE.

Both teams settled to a barren draw at the end of the normal regulation time.

Micky Boys took control of the shoot out when Rama Hamisi and Ahmed Omar weak efforts were served by Farouq to seal Al-Jaufi's unlikely triumph.

Philip Abaja, Titus Wanjala, Sila Otieno and Urbanus Wambua scored for Micky Boys while Mohammed Mzee, Juma Mohammed and Ahmed Mohammed scored for Al-Jaufi.

Micky Boys meet the winners between Lit Samba and Magongo Rangers who play on Wednesday at Oil Refinery Ground in another quarter final match.

HIDDEN TALENT - 5 (0) ESPIRITO - 4 (0)

Espirito's fairy tale run in Petrosa Cup came to a cruel end with a defeat against Hidden Talent in another quarter final on Sunday at Mwijabu Primary School ground.

Both teams were deadlocked 0-0 at the end of the normal regulation time.

Espirito's world turned upside down when Juma Samson threw away the last penalty. Philemon Okoth, Joseph Kenga, Harour Anguir and Nelson Okoth

were on mark for Espirito. Hidden Talents marksmen were Alphen Mwijaka, Daniel Omondi, Mwinyi Abdurrahman, Msando Jackton and Dennis Okumu.

GREEN BOMBERS - 4 (0) MIKINDANI F.C. - 2 (0)

Green Bombers booked a berth in the semi-finals of Petrosa Cup when they bombed Mikindani F.C. in another quarter final on Sunday at Mikindani Primary School ground.

Bombers converted their spot kicks through Caleb Ooko, Fredrick Otieno, Jacton Ooko and Paul Otieno.

Edwin Oduano and Hamisi Kazungu scored for Mikindani F.C. while Robert Vedasco shot wide and Ronald Amatta's shot was blocked by the goalkeeper.

Green Bombers meet Hidden Talent in the semi-finals on Saturday at Mikindani Primary

ground. Petrosa Cup is sponsored by Peter Owino Otieno, the managing Director of Petrosa Limited.

Mikindani Youth Project are organizers of the tournament which brings together 16 teams from Changamwe constituency.

Special Report by Steve Davidson

Naushad Puts Up A Good Show In Mombasa

COAST RALLY champion, Naushad Kara put up a good show in his Subaru Forester, in the concluded KCB Amana Account Rally 2007 Championship held in Mombasa last weekend, writes ABDULRAHMAN SHERIFF.

According to the official results released after the rally, it shows Kara and his navigator, Raphael Kiava finished in 11th position after losing 01:19:29.0 with 30 seconds for the road

penalties. But Kara of Lota Rally Team did not sign the final results, neither other drivers signed the same.

Had they agreed on time lost, Kara would have been in eighth position overall.

He lost 30 seconds penalty which is not known till now.

Being Coast champion, Kara was denied the right to start in early position which later on resulted in catching up the slow

cars in front, getting lot of dust.

The results show Peter Horsey with co-driver Tim Challen in their Mitsubishi Evo 8 taking fourth spot after losing 1:09:56.0. Ajaz Mirza with George Mwangi in their Subaru Impreza 1:19:33.0.

The championship was won by Riyaz Kurji and Sayed Kadri in Subaru Impreza when they lost 1:06:54.0 while Asad Anwar/Nick Patel in Mitsubishi

EVO 7 were second in 1:07:47.0.

The third position went to Carl Tundo and Tim Jessop in Subaru Impreza N10 (1:08:13.0) while fourth spot went to Peter Horsey and Tim Challen, Mitsubishi EVO8 while Baldev Chager/Faruk Yusuf, Subaru Impreza 12 (1:10:25.0).

Tanzanian Khalid Bakhresa navigated by Moses Matovu in Subaru Impreza N12B finished tenth having lost time of 1:19:48.0.

THE SOFT PITCH

THE PROBLEM BIG MEN HAVE IS THE ONE I RUN INTO FROM TIME TO TIME: SWINGING TOO FAST. BEING TALL AND BROAD SHOULDERED, I KNOW HOW IRRISISTABLE IT IS SOMETIMES TO POWER THE BALL. YET YOU MUST LEARN THIS LESSON: HIGH CLUB HEAD SPEED IS NO GOOD IF YOU FAIL TO DELIVER THE CLUBFACE SQUARELY INTO THE BACK OF THE BALL.

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MEMBER N.P.A. EAST AFRICA G.P.O. REGISTERED NEWSPAPER

Coastweek

Issue No. 3046 November 16 - 22, 2007 **PRICE - KENYA THIRTY SHILLINGS**

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K.L.G.U. Charity Tournay

- Saturday 10th November, 2007. Results
1. Alice Wahome's Group, 2. Roselyne Agina's Group, 3. Rachel Chebukati's Group, 4. Sue Williamson's Group, 5. Mary Muga's Group, 6. Christine Ockatch's Group, 7. Mica Hanegraaf's Group, 8. Mary Chebukati's Group, 9. Jon Stokes's Group, 10. Florence Karimi's Group, 11. Ulla Grimwood's Group, 12. Saïda Samji's Group, 13. Suhas Gudka's Group, 14. Farida Saeed's Group, 15. Margaret Mugambi's Group, 16. Jane Mburu's Group, 17. Karina Tung's Group, 18. Perviz Barnsley's Group, 19. Gulam Taki's Group, 20. Kiran Patel's Group, 21. Nid Garchow's Group, 22. Jane Githere's Group.



Sun N Sand Co-sponsor K.C.B. Rally

Sun N Sand Beach Resort General Manager Andimilleh Makumbi flags-off car number 26 'Daihatsu Special' driven and navigated by Kenya Martin Gitata and Eli Muriithi at the start of the KCB Amana Account Rally in Mombasa.

The Five Star Beach Resort was the host hotel and a co-sponsor too.

Car number 26 a 'Saturn Impreza', driven by Ripa Kurji and navigated by Sayed Kadri, emerged the overall winner of the KCB Amana Account Rally which was also the eighth and final series of the 2007 - Kenya National Rally Championships.

Together with various other prizes and trophies the overall winners, Ripa and Sayed, were issued with Sun N Sand Complimentary Vouchers for three nights stay with spouses by the resort's General Manager, Mr. Andimilleh Makumbi, the prize-giving ceremony was conducted during a colorful Grand Gala Dinner that was set out under the whistling palms within the Sun N Sand Beach lawns and presided over by the Minister of Tourism and Wildlife - Hon. Morris Dzoro.

Top 'World Athletes' Compete In Mombasa

SOME of world's top athletes started arriving in Mombasa on Sunday afternoon, as preparation for the 2007 ITU Mombasa African cup triathlon got fully underway.

Apart from the 250 volunteers assisting at the event, Mombasa Municipality Workers have been busy over the last week clearing verges and preparing the roads.

With the Continental cup event due to take place this coming Sunday, the 14 countries represented in the elite category athletes will cover race routes that will showcase Mombasa.

We are looking to Mombasa Residents to come and support this huge event. Locals to join in

As well as asking local to line the routes on Sunday, the Triathlon committee has planned a number of events leading up to the continental cup.

While the top triathletes will use these events as practice session, locals are encourage to enter.

It will be a once-in-a-lifetime opportunity for locals sportsmen and women to take part in events where they participate side by side with some of the world's

elites sports stars,' said Mr Suleiman Said

The events are as follows:
Wednesday 15th November - a 5.8km cycle, also using the African cup route.

Wednesday 15th November - Fun run and walk of 2km after the bike course again on the run course for the African cup triathlon race will start at 5:30pm

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

KENYA TIDE TABLES

MOMBASA, November 16 - 22, 2007

FRIDAY High Water - 2.9 m. at 07.13 hrs. (7.13 a.m.) and 2.3 m. at 19.56 hrs. (7.56 p.m.) Low Water - 1.1 m. at 00.46 hrs. (12.46 a.m.) and 1.0 m. at 13.47 hrs. (1.47 p.m.)

SATURDAY High Water - 2.7 m. at 08.09 hrs. (8.09 a.m.) and 2.3 m. at 21.11 hrs. (9.11 p.m.) Low Water - 1.3 m. at 01.38 hrs. (1.38 a.m.) and 1.1 m. at 14.46 hrs. (2.46 p.m.)

SUNDAY High Water - 2.5 m. at 09.30 hrs. (9.30 a.m.) and 2.4 m. at 22.47 hrs. (10.47 p.m.) Low Water - 1.4 m. at 03.02 hrs. (3.02 a.m.) and 1.2 m. at 16.10 hrs. (4.10 p.m.)

MONDAY High Water - 2.4 m. at 11.11 hrs. (11.11 a.m.) Low Water - 1.4 m. at 05.04 hrs. (5.04 a.m.) and 1.2 m. at 17.30 hrs. (5.30 p.m.)

TUESDAY High Water - 2.6 m. at 00.10 hrs. (12.10 a.m.) and 2.5 m. at 12.35 hrs. (12.35 p.m.) Low Water - 1.1 m. at 06.30 hrs. (6.30 a.m.) and 1.0 m. at 18.44 hrs. (6.44 p.m.)

WEDNESDAY High Water - 2.9 m. at 01.10 hrs. (1.10 a.m.) and 2.7 m. at 13.37 hrs. (1.37 p.m.) Low Water - 0.8 m. at 07.31 hrs. (7.31 a.m.) and 0.8 m. at 19.34 hrs. (7.34 p.m.)

THURSDAY High Water - 3.3 m. at 01.59 hrs. (1.59 a.m.) and 2.8 m. at 14.29 hrs. (2.29 p.m.) Low Water - 0.5 m. at 08.21 hrs. (8.21 a.m.) and 0.6 m. at 20.18 hrs. (6.18 p.m.)

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

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