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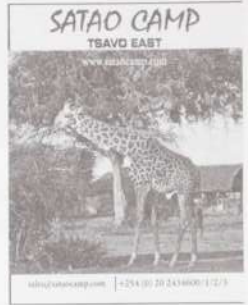
Coastweek

Issue No. 3936 September 02 - 08, 2016

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Generous German Help For 'Polio Rehab' Clinic

Long term friends of the APDK Rehabilitation Clinic – the Jugendclub Club – Weingarten received a warm welcome on 25th August, 2016 at the Clinic's compound in Portreitz. The club has been visiting and supporting the Clinic for over 25 years. Led by the Branch Manager APDK Coast Branch Mr. Karama wa Karama and the Clinic's Program Administrator, Mrs. Leah Mwachari, the Clinic welcomed the visitors amidst sounds of traditional music, dance and adulations from the Clinic staff who were adorned in colorful 'lessos'.

A.P.D.K. REHAB CLINIC RECEIVE KSH. 3.9 MILLION FROM 'JUGEND CLUB WEINGARTEN' IN GERMANY

APDK Rehabilitation Clinic is a well-known facility which admits and facilitates the rehabilitation of children with physical disabilities from poor backgrounds. The children are identified through a well-established Outreach Program, the Mobile Clinic covering rural Coast, and through our Community Based Rehabilitation (CBR) program which covers the urban Coast. The Jugend Club group raises funds through amazing and simple ways that could

encourage any other like-minded individuals or groups to emulate. The youth hold their own fundraising activities, the ladies make soups, bake cakes, ice cream, homemade jam, hauls and cuts Christmas tress etc for sale, while the men organize choir where they sing their heart out for entertainment through musical concerts, street parties etc.

CONCLUDED PAGE FIVE

...nting the Management ... Dr. Melkzedek K. ... Chairman of APDK ... Clinic Subcom- ... former APDK National ... Senior Adviser ... on livelihood, Mr. ... Seifert, National ... Manager Mr. Benson ... representing APDK ... Office and the Sub ... was represented by ... Wanjana who is the ... Officer of Health.



Jugend Club leader and President Gerhard Junginger holding Salim Barisa the Clinic's Manager Mrs. Leah Mwachari holding a dummy cheque of 3.9 million while patients (from left) Msitu Mtende, Robert and Sammy Mboga look on.

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Talk by Ms. Judy Aldrick on Princess Salme of Zanzibar

Tuesday, 6th September, at 7.15pm at the Fort Jesus: Princess Salme of Zanzibar - Talk by Ms. Judy Aldrick

This is the story of a 19th century Arabian Princess from Zanzibar, who was beautiful, lively and intelligent, but also headstrong and rebellious.

She had an affair with a German trader, converted to Christianity and left Zanzibar to live in Germany.

In Zanzibar, nowadays there is a museum dedicated to her life, and she is considered something of a local feminist heroine, a romantic figure, who dared to defy conventions and

risk her life for love and freedom. This promises to be a very interesting talk on a fascinating subject - one not to be missed.

Our thanks to Judy for finding time for this talk during her short stay in Mombasa.

Saturday, 10th September: Bird walk
Please note that this month's bird walk will be on the 2nd Saturday. Doris will lead the bird walk.

All birders are welcome to participate

If you are interested please contact Doris Schaula for details of venue and meeting place. Call 0722 27775 or Email: check our Facebook page.

120 KENYAN STUDENTS LEAVE FOR CHINA TO PURSUE STUDIES

NAIROBI (Xinhua) — A ceremony was held at the Chinese Embassy in Kenya on Thursday to bid farewell to 120 Kenyan students who have received scholarships to study in China.

The Principal Secretary in the state department of higher education, Professor Colletta Suda said scholarships will boost Kenya's aspirations of expanding access to higher education for the youth.

"An opportunity for our youth to access higher education in China is highly valued.

"The skills these youth will acquire in China will be required back home," Suda said.

The beneficiaries of Chinese government funded scholarships were drawn from leading public universities in Kenya where they were pursuing undergraduate and post graduate degrees.

They will be admitted in several universities in China from early September to study cream courses like diplomacy, engineering and public administration.

Suda noted that the Chinese government scholarships have fostered cultural diplomacy while boosting Kenya's efforts to bridge skills gap.

"The number of our students going to China for further studies has gradually increased. As a result, our mutual friendship has been

strengthened," said the principal secretary.

China is committed to fostering mutual friendship with Kenya through educational and cultural exchange programs.

Chinese Ambassador Kenya Liu Xianfa revealed this year alone, Beijing offered 450 government scholarships and more 500 training opportunities Kenyan youth, state officials and professionals.

"China has become the most favored destination for Kenyans pursuing education and professional skills abroad," said Liu.

The Chinese government has since 1982 offered scholarships to Kenyan students annually.

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Government to Step Up Efforts Save Rare Snakes from Extinction

NAIROBI (Xinhua) — Kenya said that it will step up efforts to save the snake species of Mount Kenya Bush Viper and Kenya Horned Viper from extinction, the wildlife regulator said on Tuesday.

Solomon Kyalo, Head of Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) at the Kenya Wildlife Service (KWS) told Xinhua in Nairobi that there is an expanding market for the two snakes in the international pet trade.

"As a result we are seeking an international restriction in the trade on the two snake species in order to save the species from extinction," Kyalo said.

He added that the two snake species are only

found in Kenya and are very valuable to collectors.

"Our research indicates that the key market in Europe where buyers are willing to pay up to 1000 euros for a pair of the snakes," Kyalo said.

Kenya's wildlife laws restrict trade in the snakes but there are no international laws that restrict trade across borders.

"It is currently very difficult for Kenya to restrict trade in the snake species without the help of the international community," he said.

The population of the reptiles are also declining as its natural habitats are diminishing due to activities such as agriculture.

KWS said that the two snake species are difficult to breed in captivity and their numbers can only expand in the wild.

MOMBASA, MALINDI, DIANI AND LAMU SHOPPING GUIDE

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ENGLISHPOINT HOST THE RENOWNED KENYAN GRAFFITI ARTIST 'BANKSLAVE'

canvases for their entertainment and these works of art will be auctioned at the Charity Xmas dinners in December with proceeds going to charities.

The Boardwalk is becoming the IN-Place to be these days as Englishpoint promotes events

such as this or the Art Show or Fashion show or even sailing events.

They have a list of coming events for the public at large so as the say watch this space!

EPM had organized a cocktail party at the Pier for its corporate

clients where guests were asked to describe graffiti.

The winner, Mr. David Watt, was awarded a dinner gift voucher for two at Medusa, EnglishPoint's brand new high end restaurant.

The winner's description of graffiti... "To me graffiti is about potential, it represents an opportunity for the silent majority to find a voice in repressed society, it is the silent shout of defiance.

"In a free society it is the individual expression of self-shared with the masses. Graffiti is freedom! Graffiti is self-expression! Graffiti is love!"

Watch out for more unique and exciting events only at EnglishPoint Marina.



Seen [from left] EnglishPoint Marina General Manager Philip Jones, Winner of the competition David Watt admiring and discussing the art direction of the graffiti piece.

MWA and Lions Club of Pwani Conduct Outreach Eye Camp



Mombasa Women's Association Charitable Trust had a very successful outreach eye camp held at Pwani and organized by Lions Club of Pwani. They screened 420 patients and 23 were diagnosed with cataract. One young boy of nearly 7 years was operated under general anaesthesia. Operations were done at Lions Eye centre free of charge (from the donation made by MWACT). MWA trustees [from left] Mrs Sital Sagoo, H. S. Kandhari, Mrs. Rashidha Anjarwalla, Mrs. Sangeeta Kandhari, Mrs. Damyantini Ved, Chairlady Suman Kanji presenting cheque to Lion Dr. Lata Aggarwal, Lion Kalpna Aggarwal, Mr. William of Lion Club of Pwani and patients.



Lions Club Bahari President, Linda Shuma, seen together with Lions Club of Mombasa Bahari members and friends handing over the borehole.

Lions Club Bahari Hands Over Centennial Year Borehole

On Monday 28th August the Lions Club of Mombasa Bahari handed over their second centennial borehole (2017) to the community in Kilifi Village, Kilifi and this being our centennial borehole. The borehole was very generously donated by Lion Sangeeta W. Patel father Mr. Sangeeta W. Patel and his family in memory of Late Sangeeta S. Patel. The borehole was inaugurated at the borehole, we

were welcomed with traditional songs and dances by the village people.

After a short introduction we were entertained by the village children.

Lion President, Linda Mariwa Shuma welcomed all the members for coming for the handing over ceremony.

She also showed gratitude to the sponsor for their kind donation and told the village people to look after the borehole and allow anyone to use it for free. She said that they should

not misuse it and not to waste the water. She also thanked Mr. John Karuiki for identifying the village and sinking the borehole complete with the pump.

The village elders thanked the club, especially the donors for the borehole.

They said that this borehole will benefit around 4500 people living in communities surrounding the village.

After the opening the borehole the club handed over packets of maize meal to the elders and juice and biscuits to the children.



Seen [from left] EnglishPoint Marina Food and beverage Manager George Omondi, BANKSLAVE artist Kevin Essendi and EnglishPoint Marina Marketing Manager Neeral Chudasama announcing the winner of the competition. Final piece of the graffiti [right] by BANKSLAVE - from the cocktail party. PHOTO CREDITS: MOHAMMED ABBAS



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Kenyans Boost Performance At 2016 Chess Olympiad

NAIROBI (Xinhua) -- Kenya aims for a top 100 finish at the 42nd Chess Olympiad scheduled for Sept. 1-14 in Baku, Azerbaijan, officials have said. Kenya team coach Stephen Ouma said the team consisting of five women players and five men players, trained well and prospects for the biennial tournament are high.

"It is unrealistic to expect us to register better results than a top

100 finish considering the fact that Kenya were ranked number

149 during the last championship," Ouma said during a ceremony to award the Kenya Chess Olympiad team a sponsorship cheque towards the event.

The coach said chess is gaining popularity in the country, adding that he expected good results from the team, which jets out of the country to Baku Wednesday evening.

The Championship is organized by the Federation Internationale des Echecs (FIDE) and over 2,200 participants from 176 countries and regions are expected to take part in the competition.

The East Africa nation first participated at the Chess Olympiad in 1980 during which it registered its best results so far finishing at position 13 with a

silver medal to boot.

This will be the 16th time for Kenya to be represented by men's team and the seventh time for Kenyan women to take part in the competition.

The International Olympic Committee excluded chess from a list of Olympic sports because it is not a physical sport, but a game of the mind.

In Olympics, most events are combination of games and every event is performed in such a way that defines competition along with physical ability.

FIDE later came up with the Chess Olympiad to cater for the game's adherents.

DRUGS DISCUSSION



NAIROBI (Xinhua) -- President Uhuru Kenyatta shakes hands with Yury Fedotov, Executive Director United Nations Office on Drugs and Crime (UNODC) during their meeting at State House in Nairobi. Kenya is considered a transit point for drugs heading to Europe from Middle East and South America.

IFAD Set Aside \$500 Million For 'Rural Transformations'

NAIROBI (Xinhua) -- International Fund for Agricultural Development (IFAD) has set aside 500 million U.S. dollars to be used in Africa to catalyze rural transformation in 2016, its president has said.

IFAD President Kanayo Nwanze told Xinhua in the Kenyan capital Nairobi that 40 African countries will benefit from the funds.

"IFAD has prioritized rural transformation in Africa because it is a development process that is inclusive since it brings into play not just agricultural development but also social and economic development," Nwanze said on the sidelines of a World Bank Conference on the Future of Food in sub-Saharan Africa.

Ban's For Trade

Secretary for and Natural Wakhungu counting on its push for a every trade at Sept.

developed proposals that call for efforts to and fauna on linked to and climate. Wakhungu, lobby the community to s of African m Appendix

of 28 African ge states has our proposal renowned edire plight of als linked to id Wakhungu.

APDK REHAB CLINIC RECEIVE KSH. 3.9 MILLION 'JUGEND CLUB WEINGARTEN' IN GERMANY

Weingarten Mr. Gerhard Junginger and his assistant Mr. Friedbert Hipp, for their continued efforts in mobilizing support for the Clinic.

In their speeches of appreciation the Branch Manager APDK Coast Branch - Mr. Karama and Mr. Kiptum APDK National Programs manager expressed appreciation to the group for the deserving partnership.

Mr. Hubert Seifert led the group through the various departments of the clinic and children's wards explaining in German language the various services provided to the disabled children by the Clinic.

He recounted the many years of shared experiences and

support by the Club and expressed APDK's heartfelt appreciation.

He lauded the Jugend Club for their many years of commitment to the Clinic and prayed for continuity of this unique and benevolent partnership. He assured them that the money will be put to appropriate use.

The project Manager Mrs. Leah Mwachari appreciated the

guests, the Management Committee for support and the Clinic staff for the hard work in preparing for the occasion while Mr. Tinga the Orthopedic Technologist presented Mr. Seifert with a gift from the Clinic Administration while the children gave gifts to the guests as a token of gratitude as song, dance, and lots of merry making through eating took center stage.

Kenya Seek Global Trade Protection On Rare Tree For Wood Carvings

NAIROBI (Xinhua) -- Kenya is seeking a global protection on a tree species used for wood carvings and music instruments.

Kenya will submit a joint proposal to the Convention on Trade on Endangered Species of Wild Fauna and Flora meeting next month for the regulation of trade in the blackwood, or Mpango in local vernacular, Beatrice principal research scientist at the National Museums of Kenya.

Over-exploitation of the tree species has substantially reduced the population of the tree in Kenya," Khayota said.

Blackwood is used in Kenya's wood carvings industry exported for making musical instruments including

guitars. The African blackwood listed on the CITES so that it would be protected from over-exploitation. Blackwood is from the family of trees that is also found in tropical areas of Asia, South and Central America. Khayota said the tree species is a slow-maturing tree that is found in parts of southeastern Kenya.

It takes between 30 to 40 years to mature and so it takes time to replenish the tree stocks," she said.

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Civil Servants Must Be Proud Of These Positions And Ensure That Their Conduct - Both In Public And In Private Life - Shall Never Bring The Service Into Disrepute

have been following with great amusement two processes that are anchored on integrity of people.

One is the so called 'vetting' of cops and the other is the circus surrounding the affairs of the chairman of the Ethics and Anti Corruption Commission or EACC in short.

These processes are hecking on the suitability of the people concerned to hold office.

They also have in common the fact that those people went through a pre-employment process and are now being subjected to some sort of review process.

This is because it is felt that either the initial process was not rigorous enough - as is the case with the boys in blue, or that there are new developments, which require re-examination of the resumes of employment or appointment.

The key question for me is why we got where we are in the first place.

Every year we have a national recruitment exercise for new policeman and also usually for the various uniformed services.

We will stick to the cops for now although the points will be common for all.

As far as the other higher posts such as Commission Chairs, Commissioners and the Commissions senior leadership, there is also an established process and is again common to all and not just the EACC.

What obtains here will obtain in all.

We will stick to the EACC.

The key is that all are subject to the Civil Service Code of Conduct which was last revised in 2006 (and note that the Constitution of Kenya was promulgated in 2010 and the Code of Conduct has still not

been revised six years later!).

The key item we are looking at is what integrity requirements there are at the

loyalty to the Government and also uphold the dignity of the public office to which he has been appointed.

It also reminds employees that each civil servant occupies a special position within the Civil Service and ought to be proud of that position and ensure that his conduct both in public and in private life does not bring the Service into disrepute.

It is concluded by averring that it is imperative that every civil servant adheres to these rules of conduct, and such other rules which may be promulgated from time to time.

In the rewards section the Code of Conduct says that an officer serving on an incremental scale is not entitled to receive an increment as a right.

An increment will only be

granted if the officer has discharged his duties with efficiency, diligence and fidelity.

These are the only two clauses I could find that related to integrity.

Ninety per cent of the code of conduct relates to terms of service and allowances!

I then also looked at the Rewards and Sanctions Policy Framework from 2014.

Looking at the preamble for this framework and indeed in the whole body of the document there was minuscule mention of integrity or ethics as one of the pillars of determining reward.

The punch line was that its objective was to ensure high levels of staff motivation on a sustainable basis, encourage meritocracy and address poor performance.

It therefore seems strange that various public service organisations are carrying out vetting of existing officers when the ways of working do not have a strong reputation for the setting out of standards and the commission assessment and strengthening of the system.

Looking from outside it seems to be a whole lot of a process set to catch up in the glare of strong light night.

Next week we will look at some suggestions to change the public service culture and attitude and also why we should completely re-examine the shambolic process of vetting and reviewing.

As Kachumbuni road will still be a nightmare after vetting the cops.



time of employment and then what happens during the course of employment to ensure that these requirements continue to be examined and reinforced.

Excerpts from the Code of Conduct reveals some interesting requirements.

The preamble says that the rules of conduct are to be observed by a civil servant so as to maintain his integrity and

LATEST EPIDEMIC OF ANIMAL INFECTIONS IS BECOMING A GLOBAL HEALTH THREAT

The number of emerging infectious diseases affecting people has more than tripled since the 1940s, writes Professor Rodney Adam, Chair of Infection Control at Aga Khan University Hospital, Nairobi.

Seventeen Years' Ago

COASTWEEK, August 27 - September 01, 1999:

German 'Groups' Are Most Committed Donors To Association Of Physically Disabled Of Kenya

APART from 'Christoffel Blindenmission' in Germany, Jugen Weingarten and 'Polio Hilfe Kenia' are the most committed donors of Association for the Physically Disabled of Kenya (A.D.P.K) projects, the A.D.P.K - Coast Chairperson Ms. Jamila Rajabali has said.

Receiving over DM 7600 (= K.sh. 304,000/-) donation cheques among other donations from over 50 representatives of the two charity groups who toured the A.D.P.K rehabilitation clinic, Ms. Jamila thanked the two groups for their 15 years history of tireless effort in raising funds every year to enable hundreds of children to receive free operation and treatment and give hope despite their handicaps.

Ms. Jamila further said Polio Hilfe Kenia from the home village of A.D.P.K Executive Officer Hubert Seifert had contributed over 30 million shillings toward ADPK projects over the period with DM 157,800 (5.3 million) since the beginning of last year which she assured the donors had been put into proper use.

The 'Jugen Weingarten' contributed K.shs 833,645/= toward the clinic, school fees and wheelchairs, she added.

The group leader of the visiting donor representatives Fred Hipp said his group was satisfied with the way their donation had been utilized and promised his host a continued support saying the next group will be arriving on August 7, 2000 to tour the centre and make donation.

Mr. Hipp and his wife (who are currently paying fees for two children at Ribe girls and Bomu Primary) narrated to their host how over 800 members of their organization back in Germany collected funds to donate to ADPK by working during their leisure time in both winter and summer.

"We don't borrow money, we work for it" she asserted.

During the annual festivals and Christmas Mr. Hipp plays a musical instrument to raise his share of annual August ADPK donation while his neighbour a magician performs magic shows.

While youth and school children from their village spent their leisure time making winter socks and gloves from rugs, sailing sweets, spices to raise funds for donation, women bake bread and cake toward this worthwhile cause.

Mr. Hipp moved his hosts with his dedication when he told them that he would have wished to stay longer in Kenya and enjoy his holiday but it was not possible because "we have to get back to Germany next week to prepare for the festival to raise money for our next year's donation.

"Otherwise we will not have money to donate", he explained.

Foster's, Golden Crust, Huseini and Fayaz Bakeries donated cakes for the German donors reception ceremony at ADPK rehabilitation clinic.

Nearly 60 per cent of all human diseases and 75 per cent of all new, emerging, or re-emerging infectious diseases affecting humans are diseases transmitted from animals to humans which are called zoonotic. These diseases can be viral, bacterial, fungal or parasitic.

They can be spread directly from the animal, or indirectly through the environment, or by vectors such as mosquitoes or ticks.

Zoonotic diseases include Ebola, Severe Acute Respiratory Syndrome (SARS), Middle East Respiratory Syndrome (MERS), rabies, yellow fever and the latest emerging pandemic threat, the Zika virus.

The Zika virus has been dominating global health news and it was also a subject of discussion at an Infectious Diseases conference held recently at Aga Khan University Hospital, Nairobi.

Until very recently, few people had heard of the Zika virus even though the virus had been discovered by researchers in 1940s.

In 1947, scientists studying yellow fever put a rhesus monkey in a cage on a tree in Uganda's Zika Forest.

The monkey came down with a fever, but the cause was not yellow fever.

It was something the researchers had never come across before and they named it after the forest.

A year later they realised that mosquitoes transmitted the virus and that it could also infect humans.

Fast forward to 2015, and a large epidemic covering much of the western hemisphere has resulted in millions of infections.

These infections are usually mild, but are devastating to unborn infants whose mothers are infected.

The infection results in microcephaly (small head) and multiple other brain abnormalities in the affected and infected baby.

This has resulted in an epidemic of microcephaly that was initially recognised in Brazil.

The virus is spread primarily by the Aedes aegypti mosquito, which is widespread throughout the tropical and sub-tropical regions, so there are fears that it will spread far beyond the western hemisphere.

Ebola was first discovered in 1976 near the Ebola River in what is now the Democratic Republic of the Congo.

Researchers believe that the virus is animal-borne and that bats are the most likely reservoir host of Ebola virus.

The Ebola outbreak in West Africa in 2014 became the deadliest occurrence of the disease since its discovery in 1976.

The disease was endemic in the West African countries of Liberia, Guinea, Sierra

Leone, and also infected people in Nigeria, the US and Mali when infected individuals carried the virus to those countries. By the end of the epidemic, at least 11,315 people had died.

Rabies is an infectious viral disease that is almost always fatal following the onset of clinical signs.

In most human cases in sub-Saharan Africa, the rabies virus is transmitted by domestic dogs.

Between November 2002 and July 2003, an outbreak of SARS in southern China caused an eventual 8,096 cases with 774 deaths reported in 30 nations with the majority of cases in Hong Kong, according to the World Health Organization (WHO).

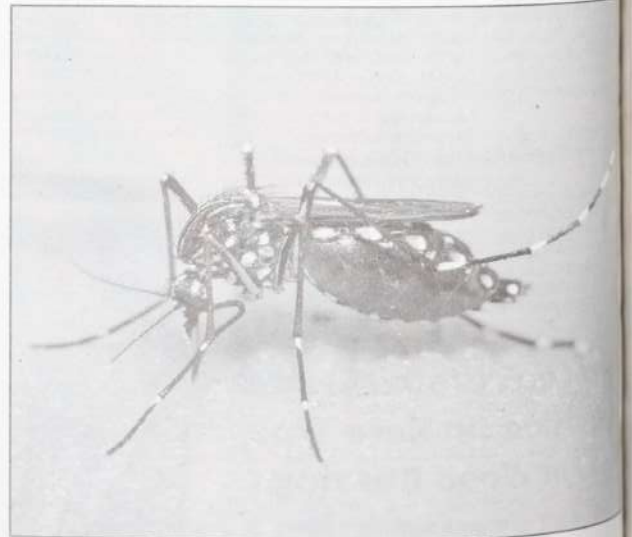
monkeys, and the risk for human remains high, particularly in the Rift Valley.

Approximately 35 African countries, as well as certain areas of South America, regarded as being at risk for yellow fever.

The disease can be severe, causing bleeding, jaundice (yellow eyes and skin) and maybe similar to severe Ebola cases.

In addition to zika, dengue, and yellow fever, 'chikungunya' is another virus carried by Aedes mosquitoes and is making comeback in Somalia and North Kenya.

It was originally described in Tanzania and the name in a local language refers to



In addition to zika, dengue, and yellow fever, 'chikungunya' is another virus carried by Aedes mosquitos and making a comeback in Somalia and N.E Kenya

Scientists have identified bats as the natural reservoir of SARS-like coronaviruses.

Closer home, Kenya recently reported its first case of yellow fever in 25 years in a patient from Angola, where an outbreak is currently happening.

This prompted the Health Ministry to issue a countrywide yellow fever alert in all counties, hospitals and points of entry, including airports for thorough screening to identify and isolate other possible cases.

Although no human cases have been acquired in Kenya in the last 25 years, it remains endemic in monkeys.

The disease is also transmitted among

bent over posture that results from severe muscle and bone pain that is a symptom of the infection.

The infection is also widespread in the US. Zoonotic diseases continue to be a significant concern for public health.

Maintaining animal health, using repellents, practising good personal hygiene, wearing protective clothing and undertaking vaccination where appropriate minimises the risk of some zoonotic diseases affecting people and animals, and reduces the impact of emerging infectious diseases.

ARAKI GIRLS' ENJOY A D TRIP IN THE WILD!

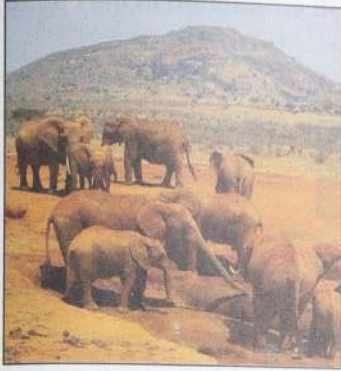
Girls' school... heart town... of the never test... writes... REMA.

avo East famous for want herds not only ut also tortaining. the park -150 km town - on afternoon and e well-graded en plains strewn ed-grass, semi bs, and muddy ly the largest

d of dust-red ding around a welcomed us to e sight was

trunk can hold of water,' said our tour guide. e vast area of ame by a lone g right at the d, enjoying the rom the ground y unconcerned ce.

nd, our students stunning height od with its head bus' roof.



'Maintain silence, the giraffe is in its habitat,' warned Kipsang, 'you make noise and you scare it away.'

As if realizing that it was obstructing us, it walked gracefully away to a nearby acacia tree and paused for our cameras.

Searching for lions, we drove deeper into the expansive landscape passing several herds of warthogs, gazelles and buffaloes grazing peacefully by the roadside.

Here and there solo ostriches patrolling the plains and herds of zebras flocked the roadside ponds, cheerfully drinking and wallowing.

Kipsang directed us to the place where we would see lions.

'Maintain silence and pay particular attention under the thicket shades,' he said, 'lions love to shelter and unwind down there.'

Anxious to see the king of the jungle, we adhered to all of Kipsang's wildlife code.

True to his word, he pointed to a lioness camouflaged by a thicket, sitting beautiful and serene.

Under another thicket, closer to our bus, the king of the jungle sat calmly staring at us with indifferent eyes as we captured the scenic view with our cameras.

We anticipated that the carnivores would rise, flex their limbs, walk around, or roar - but they seemed contented under the thicket shades, relaxing.

The hot afternoon sun seemed to sedate them.

Giving up the wait, we started the slow drive back home through Bachuma gate.

We drove past a pair of kori bustards, the world's heaviest flying birds, foraging by the roadside, completely fearless.

Kipsang asked the driver to reverse the bus so we could have a good look at these ground-dwelling birds.

'These birds won't leave this spot any time soon,' said Kipsang, 'owing to their heavy weight, they avoid flying.'

Coloured in grey, brown and white patterns, the pair looked magnificent!

Kipsang said, 'A mature kori bustard weighs between 7 kg to 18 kg and has a length of between 80 cm to 120 cm.'

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Kenya Kesho wants to raise awareness and money for our new development community project: building a public primary girls school and implementing a farming project in Kwale County which benefits the Pongwe Kiconeni Community.

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@ KSH 100

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KSH 250 per child

Sponsored by:

For information and Reservations: maria@kenyakesho.org

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SHIPPING IN KILINDINI PORT

CONTAINER VESSEL	ETA	AGENT
KOTA GUNAWAN	01/09/2016 05:00	PIL
HANJIN FLORIDA	01/09/2016 08:00	MAE
MSC DENISSE	03/09/2016 06:00	MSC
MARIE DELMAS	03/09/2016 05:00	CMA
UNI FLORIDA	03/09/2016 07:00	MAE
ITAL MATINA	04/09/2016 06:00	EVG
SAF MARINE NYASA	04/09/2016 21:00	MAE
MSC NOA	05/09/2016 08:00	MSC
KOTA GABUNG	07/09/2016 06:00	PIL
NELSON	07/09/2016 15:00	RSS
VICTORIA SCHULTE	08/09/2016 06:00	MAE
NICOLINE MAERSK	11/09/2016 21:00	MAE
HUGO SCHULTE	12/09/2016 07:00	MAE
MSC LARA	12/09/2016 06:00	MSC
MSC MARTINA	12/09/2016 06:00	MSC

KOTA GUNAWAN



CONVENTIONAL	ETA	AGENT
KOTABUDAYA	31/08/2016 03:00	PIL
JIN XING LING	31/08/2016 10:00	ISS
FALCON	31/08/2016 16:00	WSS
SPLINDIDACE	01/09/2016 06:00	ISS
LEYE	01/09/2016 06:00	ISS
GLOVIS SUMMIT	05/09/2016 06:00	SRF
JEWEL OF NIPPON	04/09/2016 18:00	SSS
KAIJIN	05/09/2016 06:00	DSS
ENDLESS HORIZON	06/09/2016 06:00	EXP
OCEAN VIRGO	07/09/2016 06:00	ISS
GEORGIA M	08/09/2016 06:00	STA
KUOJU LILY	09/09/2016 06:00	EXP
IMPALA	10/09/2016 06:00	CFS
SKYKNIGHT	13/09/2016 06:00	EAC

Mombasa Kilindini Container Terminal



TANKERS	ETA	AGENT
FATIME	31/08/2016 06:00	STR
NAVIG8 PRIDE	01/09/2016 06:00	STR
GRAND ACE 6	02/09/2016 06:00	ISS
SILVER LONDON	02/08/2016 06:00	STR

OTHER VESSELS	ETA	AGENT
AL HOSAN	30/08/2016 12:00	BBS
GREKO 1	30/08/2016 12:00	ISS
SARAH 1	31/08/2016 06:00	BFL
HASANAT	31/08/2016 06:00	SMS

Walters for Container Berths - MSC REBECCA. Walters for Conventional Berths - ZITA; JS LOIRE. Walters for Ship Convenience PETRA 1. WAITERS FOR KOT- PHOENIX HOPE; MARITIME LIRA; STI LOMBARD. WAITERS FOR SOT / MBK - DORIC BREEZE; EAST WIND; UACC STRAIT; CONCEPT; ALDABRA; ALPHA K.

Pipeline Transporting Oil From Lokichar To Lamu Port Is Still On Course - Official

NAIROBI (Xinhua) -- British oil exploration firm Tullow, which has been drilling oil in Kenya in recent years, says it will start oil production in the country in March 2017.

Tullow Oil Chief Operating Officer, Paul McDade, said Wednesday that Kenya will be an oil exporting nation mid next year. He said initially 2,000 barrels will be produced per

day, adding that Tullow Oil was committed to aggressive exploration that will see at least eight more wells drilled in North Lokichar, northwest Kenya to scale up production.

"This will take the mean, recoverable resources to over a billion barrels from the current estimated 750 million barrels," McDade said, according to a statement released after his meeting with President Uhuru Kenyatta in Nairobi.

The oil will be transported by road from Lokichar in Turkana county to Mombasa port where it will be exported.

Energy Cabinet Secretary Charles Keter said the construction of a pipeline to transport oil from Lokichar to Lamu port was still on course.

He said the government and oil companies—Tullow Oil,

Africa Oil and Mwanza—concluded a Joint Development Agreement for the development of the pipeline.

Speaking during the meeting, Kenyatta emphasized that the need to move with speed in the implementation of the pipeline project.

"We have set a path for 2019, Kenya is going to be a major oil producer and exporter," Kenyatta said.

Zanzibar Encourage Diaspora To Boost Development Drive

ARUSHA Tanzania (Xinhua) -- Tanzania's Zanzibar government is intensifying efforts to engage diasporas in an attempt to attract more foreign direct investment.

Speaking at the official opening of the third Tanzania Diaspora Conference Wednesday, Zanzibar President Ali Mohamed Shein vowed to fasten the approval of the Diaspora policy that will enable Diasporas to be recognized as key contributors to the Isles' socio-economic development.

Shein said the government will soon endorse the policy that will guide Diaspora and engage them in various national issues in areas of development and investment.

This is the first time that Zanzibar is hosting the Diaspora conference with a theme: "Bridging Tanzania Tourism and Investment: A New Outlook." He said the policy will have all the required information that will lead the Diaspora to know their rights and various investment opportunities in the country.

Senegal Impressed By Mombasa Rail Project



NAIROBI (Xinhua) -- Senegalese President Macky Sall [second left] talks with Liu Xianfa [second right], Chinese Ambassador to Kenya, and Wen Gang third right, Chairman of China Road and Bridge Corporation, at a construction site of Standard Gauge Railway (SGR) in Nairobi. Senegalese President Macky Sall on Monday gave a strong endorsement of China-funded SGR linking Kenya's port city of Mombasa to the capital, Nairobi. Sall who toured the construction site of the SGR project on the outskirts of Nairobi accompanied by several cabinet members said the mega infrastructure project dovetailed with Africa's socio-economic transformation agenda. XINHUA PHOTO - PAN SIWEI

'OPERATION ATALANTA' WARSHIP ESCORTS WORLD FOOD CARGO



OFF SOMALIA (Operation Atalanta) -- Protecting potentially vulnerable vessels from piracy off the coast of Somalia is one of Operation Atalanta's key tasks. Italian warship, ITS Euro, recently escorted World Food Programme (WFP) ship MV Aquagem as she transited through the Indian Ocean and Gulf of Aden carrying precious food-aid. Since Operation Atalanta began in 2008, 385 WFP chartered vessels have been protected by the EU Naval Force, either by traditional escort using warships or by the embarking of an Autonomous Vessel Protection Detachment (AVPD). These escorts and AVPDs have escorted 1,200,614 metric tons of WFP food-aid have so far been delivered to Somalia. As well as protecting WFP ships, Operation Atalanta navy continue to patrol waters off Somalia coast to deter and disrupt piracy. Operation personnel also assist sister EU missions in Somalia to achieve increased maritime security for the region. PHOTOS - EU NAVFOR

Information On AFRICA



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Africa provided by Xinhua News Agency on

www.coastweek.com

NEWS 24 SEVEN

The Board of Directors of Diamond Trust Bank Kenya Limited is pleased to announce the unaudited Group and Bank results for the period ended 30 June 2016

STATEMENT OF FINANCIAL POSITION	GROUP				BANK			
	Jun. 2016 Shs 000 Unaudited	Mar. 2016 Shs 000 Unaudited	Dec. 2015 Shs 000 Audited	Jun. 2015 Shs 000 Unaudited	Jun. 2016 Shs 000 Unaudited	Mar. 2016 Shs 000 Unaudited	Dec. 2015 Shs 000 Audited	Jun. 2015 Shs 000 Unaudited
ASSETS								
Cash (both local and foreign)	4,448,596	4,596,013	4,325,186	5,293,055	2,274,749	2,415,974	2,208,872	2,951,032
Amounts due from Central Banks	21,498,371	19,631,636	22,024,966	14,345,373	11,779,528	10,482,408	12,369,273	6,431,089
Kenya Government and other securities held for trading purposes	-	-	-	-	-	-	-	-
Investment Securities:								
- Held to Maturity:								
- Kenya Government securities	63,582,851	48,940,232	34,310,709	23,527,633	63,582,851	48,940,232	34,310,709	23,527,633
- Other securities	15,020,208	13,075,635	12,756,206	11,346,040	-	-	-	-
- Fair Value:								
- Kenya Government securities	-	-	-	-	-	-	-	-
- Other securities	-	-	-	-	-	-	-	-
Deposits and balances due from local banking institutions	237,600	234,535	3,106,403	1,202,704	237,600	234,535	3,106,403	1,202,704
Deposits and balances due from banking institutions abroad	6,839,238	8,834,111	6,911,078	5,946,977	2,525,160	3,819,124	1,867,334	1,130,727
Income tax recoverable	162,555	90,947	6,206	123,813	-	-	-	-
Amounts due from group companies	178,526,591	179,769,225	177,544,871	161,988,598	128,364,328	128,167,235	125,817,859	113,242,826
Amounts due from group companies' investments in associate	21,307	22,784	24,077	17,704	168,757	227,640	227,794	275,107
Investment in subsidiary companies	-	-	-	-	4,544,025	3,392,468	3,392,467	2,295,253
Investment in joint ventures	-	-	-	-	-	-	-	-
Investment properties	-	-	-	-	-	-	-	-
Leasehold and equipment	5,019,686	5,136,741	5,618,767	4,956,561	3,518,954	3,543,276	3,996,431	3,498,694
Leasehold rentals	1,163,075	1,080,084	595,492	528,148	901,960	870,009	386,186	325,685
Intangible assets	173,372	173,372	173,372	173,372	-	-	-	-
Goodwill	2,133,069	1,709,390	1,735,405	1,348,115	1,859,187	1,430,461	1,430,461	1,178,285
Investment tax asset	-	-	-	-	-	-	-	-
Investment benefit asset	3,089,445	2,590,843	2,475,859	3,255,513	2,388,664	1,956,986	1,834,113	1,971,075
Other assets	-	-	-	-	-	-	-	-
Total Assets	301,915,966	285,885,548	271,608,597	234,053,606	222,145,764	205,480,349	190,947,903	158,030,111
LIABILITIES								
Amounts due to Central Bank of Kenya	-	-	-	-	-	-	-	-
Customer deposits	216,114,485	205,969,037	194,051,857	173,303,867	150,259,739	138,956,150	126,228,706	109,545,211
Deposits and balances due to local banking institutions	8,061,500	6,586,687	4,447,675	428,357	8,061,500	6,586,687	4,447,675	428,357
Deposits and balances due to banking institutions abroad	7,663,336	5,247,327	3,958,723	1,349,938	7,005,865	4,362,591	3,701,729	1,139,423
Other money market deposits	-	-	-	-	-	-	-	-
Unsettled funds	24,791,852	23,644,990	26,141,690	20,010,333	21,533,136	20,392,335	23,076,632	16,723,261
Amounts due to group companies	-	-	-	-	-	-	-	-
Current income tax payable	346,451	924,797	291,958	84,238	326,882	896,432	239,276	40,046
Dividends payable	-	-	-	-	-	-	-	-
Interest income tax liability	-	-	-	-	-	-	-	-
Investment benefit liability	-	-	-	-	-	-	-	-
Other liabilities	4,033,919	4,265,779	4,411,306	4,414,763	2,599,521	3,069,496	3,257,684	2,617,240
Total Liabilities	261,011,543	246,638,617	233,303,209	199,591,496	189,786,643	174,263,691	160,951,702	130,493,538
Net capital	968,440	968,440	968,440	968,440	968,440	968,440	968,440	968,440
Share premium	7,294,767	7,294,767	7,294,767	7,294,767	7,294,767	7,294,767	7,294,767	7,294,767
Reserve	(589,344)	(268,235)	(27,970)	(132,491)	366,854	366,854	366,854	367,703
Retained earnings	27,818,769	25,320,552	25,293,925	22,873,015	23,729,060	21,981,322	20,760,865	18,905,663
Statutory loan loss reserve	852,614	1,241,563	-	-	-	-	-	-
Proposed dividends	-	605,275	605,275	-	605,275	605,275	605,275	-
Other adjustments	-	-	-	-	-	-	-	-
Total Shareholders' Equity	36,345,246	35,162,362	34,134,437	31,003,731	32,359,121	31,216,658	29,996,201	27,536,573
Investing interests	4,559,177	4,084,569	4,170,951	3,458,379	-	-	-	-
Total Equity	40,904,423	39,246,931	38,305,388	34,462,110	32,359,121	31,216,658	29,996,201	27,536,573
Total Liabilities and Shareholders' Equity	301,915,966	285,885,548	271,608,597	234,053,606	222,145,764	205,480,349	190,947,903	158,030,111

STATEMENT OF COMPREHENSIVE INCOME

STATEMENT OF COMPREHENSIVE INCOME	GROUP				BANK			
	Jun. 2016 Shs 000 Unaudited	Mar. 2016 Shs 000 Unaudited	Dec. 2015 Shs 000 Audited	Jun. 2015 Shs 000 Unaudited	Jun. 2016 Shs 000 Unaudited	Mar. 2016 Shs 000 Unaudited	Dec. 2015 Shs 000 Audited	Jun. 2015 Shs 000 Unaudited
INTEREST INCOME								
Loans and advances	12,329,511	6,199,905	21,347,025	9,533,514	8,967,709	4,481,683	15,264,261	6,804,606
Government securities	4,775,876	1,864,315	4,213,348	2,000,017	3,087,658	1,327,853	2,573,450	1,190,963
Deposits and placements with banking institutions	224,414	127,348	264,806	117,494	177,861	103,515	186,779	83,266
Other interest income	-	-	-	-	-	-	-	-
Total interest income	16,729,801	8,191,568	25,825,179	11,711,025	12,233,228	5,914,908	18,033,177	8,083,265
INTEREST EXPENSES								
Customer deposits	6,478,444	3,268,853	9,674,934	4,402,948	4,824,116	2,423,834	6,574,287	3,000,822
Deposits and placements from banking institutions	211,050	100,807	222,914	80,766	150,904	64,526	122,012	49,419
Other interest expenses	472,244	244,452	73,124	299,773	407,273	207,570	579,686	225,720
Total interest expenses	7,161,738	3,614,112	10,634,972	4,843,487	5,382,293	2,695,930	7,375,985	3,275,961
NET INTEREST INCOME	9,568,063	4,577,456	15,190,207	6,867,538	6,847,967	3,218,978	10,657,192	4,807,304
OTHER OPERATING INCOME								
Fees and commissions on loans and advances	536,879	269,032	993,053	469,931	347,938	169,769	598,773	295,277
Other fees and commissions income	976,294	482,898	1,780,830	837,911	448,849	210,506	818,936	366,754
Foreign exchange trading income	895,683	389,714	1,763,096	960,562	657,106	267,480	1,060,551	588,606
Dividend income	-	-	-	-	58,076	-	33,300	33,301
Other income	100,648	38,868	188,847	100,130	59,041	17,381	108,079	48,845
Total Non-Interest Income	2,509,504	1,180,512	4,725,826	2,368,534	1,571,010	665,136	2,619,639	1,332,783
TOTAL OPERATING INCOME	12,077,567	5,757,968	19,916,033	9,236,072	8,418,977	3,884,114	13,276,831	6,140,087
OPERATING EXPENSES								
Loan loss provision	2,190,674	886,405	2,178,175	626,616	1,496,281	631,861	1,556,902	398,671
Staff costs	1,779,367	959,984	3,261,135	1,577,593	1,055,029	583,256	1,974,328	915,373
Directors' emoluments	57,903	27,408	98,882	45,389	32,950	14,822	56,257	26,219
Rentals charges	315,192	165,065	542,940	262,765	143,765	78,914	261,308	129,974
Depreciation charge on property and equipment	418,292	204,736	772,335	376,168	248,793	121,809	465,384	224,629
Amortisation charges	123,085	60,058	213,844	111,046	81,326	40,293	142,659	74,660
Other operating expenses	1,936,277	983,358	3,282,087	1,569,818	1,044,698	535,537	1,765,386	922,924
Total operating expenses	6,820,790	3,287,014	10,349,396	4,569,595	4,102,842	2,006,492	6,222,024	2,692,450
Profit before tax and exceptional items	5,256,777	2,470,954	9,566,635	4,666,477	4,316,135	1,877,622	7,054,807	3,447,637
Exceptional items	-	-	-	-	-	-	-	-
Profit after exceptional items	5,256,777	2,470,954	9,566,635	4,666,477	4,316,135	1,877,622	7,054,807	3,447,637
Share of associate profit/(loss) after tax	3,158	2,700	(1,443)	3,328	-	-	-	-
Profit before tax	5,259,935	2,473,654	9,565,192	4,669,805	4,316,135	1,877,622	7,054,807	3,447,637
Current tax	(2,066,792)	(865,182)	(3,470,859)	(1,530,046)	(1,776,671)	(657,168)	(2,637,978)	(1,238,262)
Deferred tax credit	428,726	-	505,473	114,717	428,726	-	376,022	129,845
Profit after tax and exceptional items	3,621,869	1,608,472	6,599,806	3,254,476	2,968,190	1,220,454	4,792,851	2,333,220
OTHER COMPREHENSIVE INCOME								
Losses from translating the financial statements of foreign operations	(417,559)	(461,607)	(163,375)	(449,739)	-	-	-	-
Fair value changes in equity investments	-	-	-	-	-	-	-	-
Revaluation surplus on property and equipment	-	-	-	-	-	-	-	-
Share of other comprehensive income of associates	-	-	-	-	-	-	-	-
Income tax relating to components of other comprehensive income	-	-	-	-	-	-	-	-
Other comprehensive income for the period net of tax	(417,559)	(461,607)	(163,375)	(449,739)	-	-	-	-
Total comprehensive income for the period	3,204,310	1,146,865	6,436,431	2,804,737	2,968,190	1,220,454	4,792,851	2,333,220
Earnings per Share (Shs per share) - basic and diluted	13.95	6.09	24.42	11.92	12.26	5.04	19.80	9.64
Dividend per Share (Shs per share)	-	-	-	-	2.50	-	-	-

MESSAGE FROM DIRECTORS

These financial statements are extracts from the books of the institution. The complete set of the half year financial statements, statutory and qualitative disclosures can be accessed on the institution's website www.dtbafrica.com. They may also be accessed at the institution's head office located at DTB Centre, Mombasa Road, Nairobi, Kenya.

INTERIM DIVIDENDS

In line with the practice adopted in recent years, the directors do not propose the payment of an interim dividend.

Abdul Samji Chairman
Nasim Devji Managing Director



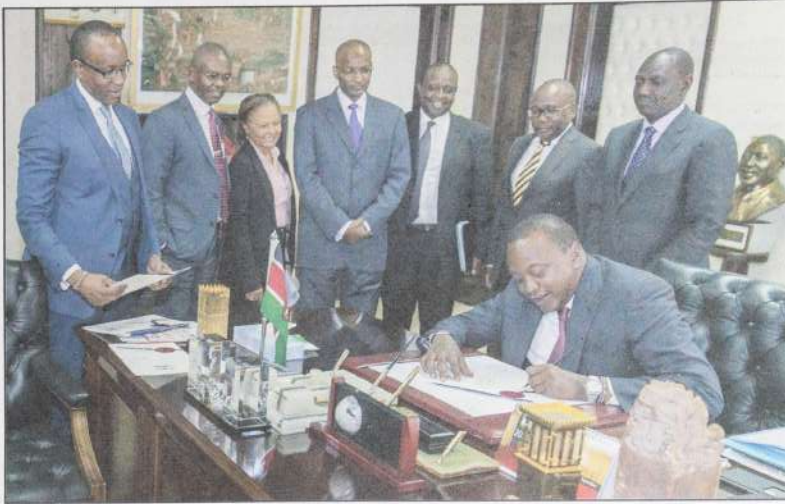
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THIS WEEK IN PHOTOGRAPHS



NAIROBI (Xinhua) — Kenyan President Uhuru Kenyatta signs into law the 2015 Banking (Amendment) Bill at State House in Nairobi, Aug. 24, 2016. Uhuru Kenyatta on Wednesday signed into law a bill which seeks to cap interest rates charged by commercial banks on loans and deposits. The 2015 Banking Amendment Bill which was passed by the Kenyan parliament in July, effectively limits the interest rates charged by banks to 4 percent of the Central Bank Rate. XINHUA PHOTO: ALLAN MUTISO



KIRINYAGA (Xinhua) — Students are seen stranded at a bus terminus in Kirinyaga, Aug. 30, 2016. Matatus plying most routes in the region hiked fares making it difficult for students and commuters to travel as schools re-opened for third and final term of 2016. XINHUA PHOTO: OOKO DANIEL

COLOUR RUN



NAIROBI (Xinhua) — Runners participate in the Colour Run in Nairobi, August 28, 2016. The Colour Run, known as "Happiest 5km on the Planet", was held in Nairobi on Sunday. In a typical Colour Run race, participants will end up covered in a mixture of colored powders made from corn starch. XINHUA PHOTO: PAN SIWEI



'Soprano Ice' Laser Hair Removal Demo

A therapist at Avane cosmetic dermatology clinic in Nyali attends a client using new soprano ice laser hair removal technology during a free consultation and demonstration day for Mombasa residents. The doctor in charge said the technology is safe and suitable for all skin types. PHOTO BY TITUS MUSAU



Participants follow the proceeding during the Retirement Planning Seminar held at Nyali International Beach. Over 100 participants drawn from Mombasa Coast Retirement Benefit Authority (RBA). PHOTO BY TITUS MUSAU



Guests check in at Voyager Beach Resort and Spa walk past the guard of honor mounted by the hotel's security guards. According to the resort's Officer at Arms who is the security Chief Lawrence Mutua, the hotel has strengthened its security networks to enable the guests enjoy their holidays as Coast begins high tourism season. Ushering the guests is the Accounts Manager Mrs. Margaret Masha. PHOTO BY TITUS MUSAU



GALLERIA SPONSORSHIP - Diana Vivi (left), Salma Cheron (second left) and Acheng (right) of Galleria Shopping Mall Management Office, present Bob Dewar, Chairman of the Alfa Romeo Owners Club and the CBA Africa Concours d'Elegance director, with a dummy cheque. The Galleria Shopping Mall has sponsored the travel between Johannesburg and Nairobi for three members of the Vintage Motor Club of South Africa team contesting in the event scheduled for Sunday September 11, 2016. DATE: 23.08.2016. PAY: The Alfa Romeo Owners Club (Kenya). KENYA SHILLINGS Two Hundred Thousands 200,000/- Sponsorship CBA Africa Concours d'Elegance 2016

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...n't like marrying for his money, but was no other way."



... heavenly body looking for; she got out last week!"



... do you always carried away? Why eight bells!"



... en a lovely day, Please don't and spoil it."



... d seem that vandalism back further thought."



... at eight? Is it now?"

Gout: That Irresistible Taste Of Alcohol And Red Meat Is Doing You More Harm Than Good

Anyone who has suffered from gout will tell you that it is a very painful experience.

It is also very common especially among people who eat too much meat and drink alcohol, the popular 'nyama choma' culture in Kenya.

According to Dr Omondi Oyoo, Consultant Physician and Rheumatologist at Aga Khan University Hospital, gout is a condition characterised by pain and swelling of joints resulting from high concentration of uric acid in the blood.

He explained, "In people with gout, instead of the uric acid being excreted through the kidneys into the urine, a disorder in their bodies causes the uric acid level to increase forming crystals which are deposited in joints and other tissues.

"These needle-like crystals trigger an immune response that produces intense local inflammation with severe pain, swelling and tenderness especially in the big toe."

"Gout has been described as one of the most painful rheumatic diseases.

"When left untreated, the condition often worsens due to excess build-up of uric acid in joints.

"Attacks may subside after a few days, but over time they can keep recurring and cause severe arthritis, permanent joint damage, and even kidney disease."

"Most people suffering from gout often have a diet rich in purines which includes red meat, some alcohols (including beer), sardines, mussels, mackerel, kidney, liver, meat extracts and yeast.

"Genetic predisposition only account for ten per cent of the root cause of the problem."

Because of the 'nyama choma' culture in Kenya, gout is one of



Dr Omondi Oyoo, Consultant Physician

the fastest growing problems and the age group of patients suffering from this condition has come down from 40s to affect people as young as those in their 20s. Gout mainly affects men as women are protected by estrogen until they reach menopause then they become equally vulnerable.

The disease is further complicated by hypertension, diabetes and high cholesterol.

The most effective way to treat gout is by the correct use of prescribed medication and dietary modification.

Dr Oyoo explains that this involves reducing intake of proteins, especially red meat to a plum size serving not more than three times per week.

When uric acid levels are very high, foods rich in purines should be avoided completely.

"Increase the intake of foods rich in Vitamin C as they increase the excretion of uric acid and this

helps to reduce the formation of crystals.

"These include citrus fruits like oranges, lemons, limes, tangerines, mangoes and pineapples as well as grapes, apples and bananas." Advices Dr Oyoo.

"More intake of Vitamin B complex is also recommended.

"Vitamin B boosts enzyme production and also breaks down the uric acid.

"It is important to consult a specialist to ascertain the best form of the complex for you and you should avoid over the counter supplements."

Drinking plenty of non-alcoholic fluids is also recommended.

These include water, fruit juices and tea.

Take at least eight glasses of water per day.

These fluids dilute the urine and promote excretion of uric acid through the continuous flushing of the kidneys.

For patients with high blood pressure (and those with a family history) it is important to regularly monitor uric acid levels as high levels of uric acid may cause the blood pressure to spiral out of control.

Other dietary measures for people prone to gout attacks include avoiding alcohol, eating a diet rich in carbohydrates and low in fat, maintaining ideal body weight, eating regular meals and not fasting.

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

SUDOKU NO. 336

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What is Sudoku?

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

What are the rules?

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

SOLUTION TO 'PRIZE ARROWWORD' NO.P122

DOWN: PVC; AWFUL TYPES; RESIGNATION; ENA; COYOTE; BENT; PAGANS; SENTRY; SCENES; ROVE.
 ACROSS: DRIVEAWAY; USE; CUBE; INSOLES; AGA; POSTS; ABATE; GENRE; VISA; TON; NERVE; ONUS; YES.

WINNER OF 'PRIZE ARROWWORD' NO.P122 was MR. YAHYA SADRUDIN, P.O. BOX 98718-80100, MOMBASA.



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Golfers Tee Off to Great Scores at AIG Golf Day

AIG Insurance sponsored AIG Golf Day competition which was played at Nyali Golf and Country Club on Saturday 27th August 2016 turned out to be a great scoring day.

Out of the total number of 151 who took to the field, a high number of 70 players, just slightly under fifty per cent, scored 30 stableford points and over, two of whom, Vimal Ranpura and Suresh Hirani managed to rise above thirties to reach the magic figure of 40

stableford points.

With two contending equal scores, it became necessary to take a closer look at both cards to scrutinize their breakdown.

Both had started off the 10th, so for both, their first nine was the decisive nine and it therefore was a question of who between the two got warm quickly in their first nine.

Here, Vimal who teed off in the afternoon had a definite edge over Suresh who went out in the morning chill and took longer to warm up, starting with 19 points and then going on to improve his score in the front nine with 21 points while Vimal had the exact reverse breakdown of 21 points in the back nine and 19 in the front nine, resulting in a better count back over Suresh.

Vimal did not start scoring right away, he too took time to warm up, making just a point each with double bogeys on both the 10th and 11th.

However, the next two holes gave him 3 points, off a par on the 12th and one over on the double stroking 13th to make up the deficit.

He followed up with 3 more points on the last three holes, with one over on the double stroking 16th and pars on the 17th and 18th to get to the 3 surplus score of 21.

On his back nine he fell back a bit, starting and finishing with a point each, through a double bogey on the 1st and worse a triple on the 9th and lost a further point with a double bogey on the 6th but he made up two of those lost points with 3 points each on the 2nd and 8th and not only recovered the third lost point but



Vimal Ranpura, [centre], overall winner during AIG Golf Day at Nyali Golf and Country Club with 40c/b points, receives a prize from AIG Head of Distribution Walter Dulo and Nyali Golf and Country Club Captain Keli Muindi.



Alyssa Jamal, best junior with 36 points, receives a prize from Carol Ouna, AIG Branch Manager of Coast region.

COAST BRIDGE with C.P. SHAH

Sometimes Expert Bridge players can make mistakes. DEALER: SOUTH NORTH-SOUTH VULNERABLE BIDDING:

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SIX SPADES	PASS	PASS	PASS

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Declarer won the Club lead to East's Queen and his Ace then led the Knave of Clubs discarding a Diamond from Dummy.

East won the King and returned a Diamond.

Declarer won the Ace.

He then led a low Trump to Dummy, but found there was no recovery when Tramps

NORTH				
♠	K	Q	10	2
♥	Q	10	8	7 4
♦	8	5	3	
♣	10			

WEST				
♠	4			
♥	K	J	9	6 3
♦	K	J	10	9 2
♣	4	2		

EAST				
♠	J	9	3	
♥	A	5	2	
♦	7	6	4	
♣	K	Q	8	3

split 3-1 and Clubs 4-2. Down One.

The winning play is to ruff a low Club.

Follow by cashing the King-Queen of Trumps.

Preparing to claim if the Trumps split 2-2.

It does not, but because it is West, the player with the short Clubs, who has the singleton Trump, slam is now possible.

He ruffs a Heart to return to his hand then cash the promoted nine of Clubs, discarding Dummy's last Diamond.

He then ruffs Diamond Queen with the Dummy's last Trump, ruff a Heart back to hand, draw West's last Trump with the Ace and table Two long Clubs. Twelve tricks and slam made.

SOUTH				
♠	A	8	7	6 5
♥				
♦	A	Q		
♣	A	J	9	7 6 5

Golf Report by THE MARKER

added another point with a haul of 4 points off a par on the double stroking 4th setting him up with a surplus of one with 19 points.

On his part, Suresh lost a point on the 11th and further down on the 14th but picked up 3 points off one over on the double stroking 12th and a par on the 15th, then he too added 4 points on his card with a brilliant birdie on the 17th which took care of yet another point lost on the 18th and left him in surplus of one with 19 points.

The 1st nine started badly with a blank but another haul of 4 points off a par on the 2nd made up the loss and he then repeated a similar feat on the 9th to earn 4 more points.

In between Suresh went on to add 9 points with 3 on three

successive holes, the 4th, 5th and 6th.

However, double bogeys on the 7th and 8th depleted two of those points but the end result was the total of 21 points.

Suresh however had to give way to Vimal on count back for the top prize of the day but had the consolation to claim the Winner Man title.

He was followed by two gentlemen, John Middleton and Sandeep Gudka with 38 points, requiring a count back to decide the second place.

With both having carded a similar breakdown of 19 points in each nine, a further count back was required.

John who started slowly with just a point each on the 10th and 11th off double bogeys and 2 more points off a double bogey on the 12th improved his score on the last six holes, picking up 3

points each with one over on double stroking 14th and 15th off a par on the 18th collecting 12 points made by Sandeep.

Sandeep had played the three holes better with 2 points each on the 10th and 3 points off a par on the 11th to pick up 7 points on and only add 12 points on the last holes, losing a point to a bogey on the 14th, making with a par on the 18th regulation 2 points on remaining four holes to second position to John and to be content with the third

Thirty eight was also carded by the winner Pauline Gichara.

Pauline managed to despite blanking two holes on each side, starting with very first hole and the back nine.

CONCLUDED PAGE 17



Pauline Gichara, lady winner with 38 points receives a prize from AIG Head Auto Kenya and Uganda, John Muindi while Suresh Hirani, men winner with 40 points, receives a prize from AIG Head of Financial Bernard Dulo during the AIG Golf Day at Nyali Golf and Country Club. GOLF PHOTOS BY GILBERT DNCHOKE

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EXCLUSIVE - GREG NORMAN'S GOLF LESSONS

St. John's Defeat Ramera of Rwanda in East Africa Secondary Schools Games

regional and National games," said Mghendi who asked the girls not to be over confident but play it cool and take every match at a time.

St John's made a remarkable start beating Ramera of Rwanda 2-1 in a match Harambee Starlets prolific striker Mwanahalima Adam scored with the other goal coming from the national team triallist, Nuru Mustafa.

In their next match, the Kaloleni team edged Tanzania's Alliance.

In this clash, Mwanahalima scored a double with the other netted by by Hellen Ochieng.

Coach Oyoo said he was happy with the way his girls are playing and was optimistic they will maintain the same playing standard in all their remaining matches to win the crown.

Meanwhile, Mussa Mudde scored the match winner to enable Bandari FC to edge Bidco United FC from Thika 1-0 in a match played at Mbaraki Sports Club in Mombasa and qualify for the quarter final of the GOTV Shield.

Bandari who are the defending champions are now hot favourites to retain the shield they won last year when they beat Nakumatt 4-2 in the final match played in Nairobi.

Mudde who scored during last year's final against Nakumatt, netted the only goal in a match attended by a bagged all important goal as Ken Odhiambo, side became the fourth KPL side to book a quarters berth.

In another development, Ghana's Black Sharks are holly favoured to sail through to the next round of Africa Cup of Nations beach football qualification after hammering Harambee Sand Stars of Kenya 10-3 in the first leg tie played at Pirates Beach in Mombasa.

Kenya team started brilliantly taking the lead in the first 50 second when Madi Hassan found the back of the net with a



Kenya's Madi Hassan (left) fights for the ball against Ghana's Alfred Kwame in a match the Ghanaians won 10-3.

calculated shot.

He also scored the other two goals for the Kenya team.

The visitors' Richard Osa and Alfred Kwame scored hat-tricks, Hussain Mohamed netted two goals with Michael Sema getting one. Ghana's other goal came from Kenya's defender Farid Mbwana who scored an own goal.

Football Kenya Federation (FKF) Beach Football Vice-Chairman, Gabriel Mghendi said are planning to organise a premier league for beach soccer for the sport to prosper in the country.

"We want to make sure our country qualify for the Africa Cup of Nations finals in 2020," said Mghendi.

St. John's Defeat Ramera of Rwanda in East Africa Secondary Schools Games

Champion Naushad Unveils New Subbreed Subaru as Coast Pekee Three Cars in MMC Club Rally

Champion Naushad Kara Lota, also "Mr. Subaru" enthusiast for these make, is quite with Adnan new Subaru which he will be driving on the MMC Club Rally on September 18th.

showcase to coast rally lovers my new project," added Naushad.

The Coast rally will be held at Mombasa Cement farm in Vipingo, North Coast.

Coast Pekee trio of Izhar, Adil and Team Principal Ajaz Mirza will also offer spectators a bonus as they bear witness to some good humoured blood rivalry.

"My two vijanas will be entering their Mitsubishi cars. I will be driving my Subaru so this will be a good opportunity to shake off a few cobwebs," said Mzee Ijaz.

Meanwhile, Amaar "Bushy" Haq has entered the coast event in an ex-Imran Mogul N10 Subaru.

The brother to Rally Raid driver Adin Haq and the newest driver on the evergreen MCC production line will be navigated by Victor Okundi.

Amaar's first KNRC Rally in Wundanyi was his best event ever!

"Well planned. Well executed. A true joy! My team and I were all were thrilled.

"The route was truly adventurous what with the wildlife like Elephants we encountered on our way.

"I must say I have learned a lot from Wundanyi Rally too as I finished 16th overall, and am putting in more seat time to gain experience since I will be aiming to push to the max to learn my limits probably win a few sections with my new Subaru N10 coming September 18th... this is a great experience and I am looking forward for the MMC event," said Haq.

Entries:

MMC Club Rally at Mombasa Cement

Naushad Kara/Adnan Din (Subaru Impreza-Lota Motorsports), Amaar Bushy Haq/Victor Okundi (Subaru N10-Yalfa Rally Team), Hapz Sagoo/Paren Hirani (Subaru 10)-SRT).

Sagar Kukadia/Milan Kukadia (Subaru-Kukadia Rally Team), Kamlesh Pandya/Prakash Jetin (Subaru-Synergy Gases), Asad Anwar /Hamza Anwar (Mitsubishi).

Stefano (Datsun 260Z), Adil Mirza (Mitsubishi - Coast Pekee), Izhar Mirza (Mitsubishi Evolution - Coast Pekee).

Ajaz Mirza (Subaru Impreza-Coast-Pekee), Piero Cannobio (Evolution 9), Team Nanak Engineering.

Special Report by Samson Ateka

as well strong. I attack. Good to see and we are both and raring to go," st who is also the ter. e been navigating in Naushad's old y as a team has to try out a different aru and I'm glad to

Drivers Tee Off to Great Races at AIG Golf Day!

PAGE FOURTEEN She also lost a point on the 2nd but 3 points each on the 3rd, 8th and 9th put her on level 8 points at the end of the first nine.

back nine too, apart from the blanked 17th, she lost a e 13th but her par on the 15th earned the 35 handicapper and 3 points each on the 10th, 14th and 18th left her with 20 points.

Following Pauline with 37 points were Farida Saeed Samji contending for the one remaining prize on the

played better first nine, ending with a similar break 10 and 17.

er count back, Farida managed to edge out Saïda on holes. Saïda having failed to score on the 14th which ed and could only make 10 points whereas Farida who from the 14th and one each on the 16th and 17th managed two out of the three lost points by picking 3 points he 13th and 18th ending with a total of 11 points.

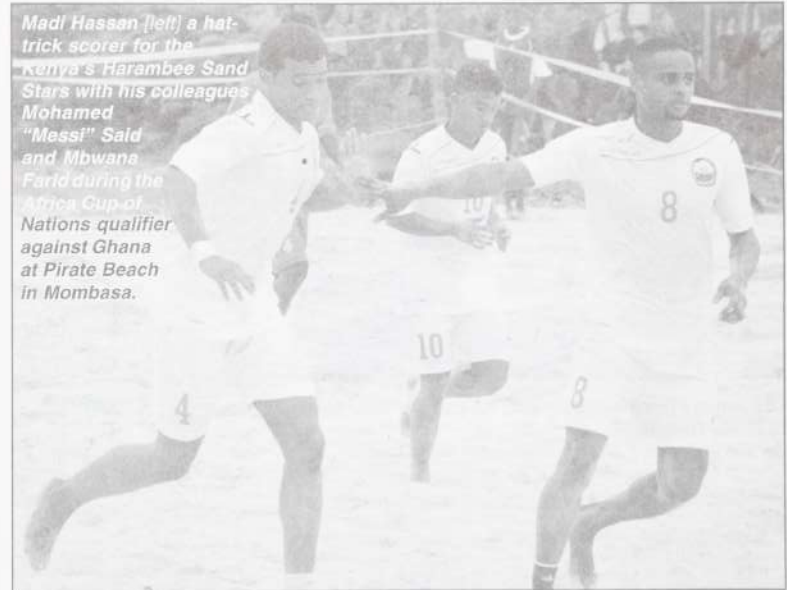
ere claimed on both end of the age spectrum with a nd score of 36 points, Sal Davis taking the Best Senior Alyssa Jamal, who it seems cannot enter any these days without winning a prize, took the Best

Joseph was the Staff Winner with 33 points and the ner Jackson Maalu took his with 24 points.

era prizes for the longest drives off the men's and ees, Alan Dainty and Venessa Peris taking it off their ees.

prize for the Nearest to the Pin came off the ladies y Captain Teresa Odoo landing her tee shot 4' 4" from

giving was followed by a dinner with drinks and ying music which rounded off a very enjoyable e. Thank you very much AIG for all that and the promise



Madi Hassan (left) a hat-trick scorer for the Kenya's Harambee Sand Stars with his colleagues Mohamed "Messi" Said and Mbwana Farid during the Africa Cup of Nations qualifier against Ghana at Pirate Beach in Mombasa.

'OLYMPIC CHAMP' KIPRUTO EYES STEEPLECHASE WORLD RECORD

NAIROBI (Xinhua) — Olympic 3,000m steeplechase champion Consensus Kipruto of Kenya has warned he is keen to break the world record when he competes at the Brussels Diamond League meeting next week.

Kipruto, 21, has finally showed on the global stage that he has evolved through the shadows of his mentor and countryman Ezekiel Kemboi after he finally won gold in Rio to add to the Africa and Commonwealth titles he has held before.

He now chases a 12 year old world record that was set by Qatar's Saif Saaeed Shaheen - formerly known as Stephen Cherono - who was a native Kenyan.

The world 3000m steeplechase is one of the three world records in Olympic distances that has been set at the Brussels Memorial and that are still actual world records.

Shaheen set the world record on Sep. 3 2004 at 7:53.63, a mark that has often been attacked but never improved.

"It is a record I have eyed before even when I was frustrated of not winning gold medal.

"I believe I have the capacity to do that now that the Olympics are over. It will be hard but with the right support and atmosphere, I will do it," said Kipruto on Tuesday.

"The world record is on my mind. It depends on pacemakers, but I will try in Brussels. I think I can."

The Kenyan is considered to be the greatest talent of this generation of steeplechasers, at the age of 21 years hardly.

He crowned himself the Olympic champion after winning silver medals at the 2013 and 2015 World Championships.

In 2012 Kipruto became the world junior champion on the distance.

America's Evan Jager, the Rio silver medalist, will also be in the race and hopes to become the first American to crack the 8 minutes barrier. His personal best stands at 8:00.45.

This season, Kipruto has been in top form, taking wins in Doha, Rabat, Rome, Birmingham and Monaco, which means that heading into Brussels, he has built an unassailable lead in the Diamond Race.

All summer, though, Rio loomed on the horizon to the west, like a sunset he couldn't look away from, lit up in radiant light with that color he couldn't stop thinking about: gold.

To get it, Kipruto would have to depose the man who had ruled the steeplechase for the best part of a decade, Ezekiel Kemboi, who had outkicked him to win the previous two World Championships.

"Kemboi told me it would be his last race and he was going to win," recalls Kipruto. "He usually destroys somebody's mind but I told him, 'okay, let the track show who is the king'. I didn't give him a chance."

Ethiopia's Almaz Ayana will also be in the field as she also try to break the world record in 5000m.

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Issue No. 3936 September 02 - 08, 2016

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Mombasa Retain 'Tong-IL Moo-Do' Martial Arts Title!

Kenya retained their overall title in the Mombasa Open Tong-IL

Moo-Do International Martial Arts Championships which ended at Aga

Khan Academy.

The team won a total of 87 medals to emerge the overall winners of this year's event which was organised successfully by the Kenya Tong-IL Moo-Do Federation.

Kenya retained their overall trophy when they got 27 gold, 37 silver and 23 bronze medals followed closely by Philippines who managed to secure only four gold medals with Iran finishing third place with three gold medals.

Ethiopia finished fourth with two gold medals and a silver medal, Thailand in fifth position having won two silver and two bronze medals. United States of America (USA) and Nigeria failed miserably with not a single medal.

During the championship, Kenya's veteran sports journalist Abdulrahman Sheriff was recognised by the World Tong-IL Moo-Do Federation for his contribution towards popularising the sport around the world.

In recognition for providing wider coverage of the sport activities through its various platform including Daily Nation, Taifa Leo, Mwanasport and NTV, Sheriff was awarded a medal and a plaque.

The Nation Media Group Limited (NMG) was also a plaque and a medal by the World Tong-IL Moo-Do Federation Vice President and Secretary General Master



Abdulrahman Sheriff (left), a sports journalist presented with a medal and a plaque by the World Tong-IL Moo-Do Federation Vice President and Secretary General Master Takamitsu Hoshiko as the Kenya Tong-IL Moo-Do Federation Chairman, Clarence Mwakio looks on.

Takamitsu Hoshiko who said the 66 years-old Sheriff has been at forefront in covering the sport making it famous not in Kenya alone but around the world.

"Tong-IL Moo-Do has turned to be a popular sport in Kenya because of proper management and wider coverage of Sheriff and Nation Media Group Limited," said Hoshiko while awarding a plaque and medal to the veteran journalist.

Mr. Sheriff was awarded alongside Standard Group Limited Journalists Ernest Ndunda and Moses Baya and a freelance Journalist Bozo Jenje at the Aga Khan Academy during the third edition of the Mombasa Open Tong-IL Moo-Do Arts Championship.

Mr. Hoshiko praised Kenya for taking the sport seriously adding that it has led to several of its players winning many gold,

silver and bronze medals.

The Chairman of the World Tong-IL Moo-Do Federation Clarence Mwakio congratulated Kenya players for winning the event once again.

"Kenya has shown the world that there are many talented players who helped their country prosper in the sport. They have shown a lot of good performance to give the country victory," Mwakio.



Bozo Jenje, a freelance journalist receives an award from the World Tong-IL Moo-Do Federation Vice President and Secretary General Master Takamitsu Hoshiko.

KENYA TIDE TABLES

MOMBASA, September 02 - 08, 2016

FRIDAY High Water - 3.3 m. at 04.50 hrs. (4.50 a.m.) and 3.4 m. at 17.04 hrs. (5.04 p.m.). Low Water - 0.3 m. at 10.47 hrs. (10.47 a.m.) and 0.2 m. at 23.04 hrs. (11.04 p.m.).

SATURDAY High Water - 3.4 m. at 05.20 hrs. (5.20 a.m.) and 3.4 m. at 17.33 hrs. (5.33 p.m.). Low Water - 0.3 m. at 11.18 hrs. (11.18 a.m.) and 0.3 m. at 23.32 hrs. (11.32 p.m.).

SUNDAY High Water - 3.4 m. at 05.49 hrs. (5.49 a.m.) and 3.3 m. at 18.01 hrs. (6.01 p.m.). Low Water - 0.4 m. at 11.48 hrs. (11.48 a.m.).

MONDAY High Water - 3.3 m. at 06.15 hrs. (6.15 a.m.) and 3.1 m. at 18.29 hrs. (6.29 p.m.). Low Water - 0.4 m. at 00.00 hrs. (12.00 a.m.) and 0.5 m. at 12.18 hrs. (12.18 p.m.).

TUESDAY High Water - 3.2 m. at 06.43 hrs. (6.43 a.m.) and 2.9 m. at 18.57 hrs. (6.57 p.m.). Low Water - 0.5 m. at 00.28 hrs. (12.28 a.m.) and 0.6 m. at 12.48 hrs. (12.48 p.m.).

WEDNESDAY High Water - 3.0 m. at 07.13 hrs. (7.13 a.m.) and 2.7 m. at 19.26 hrs. (7.26 p.m.). Low Water - 0.6 m. at 00.55 hrs. (12.55 a.m.) and 0.8 m. at 13.21 hrs. (1.21 p.m.).

THURSDAY High Water - 2.8 m. at 07.47 hrs. (7.47 a.m.) and 2.5 m. at 20.01 hrs. (8.01 p.m.). Low Water - 0.8 m. at 01.25 hrs. (1.25 a.m.) and 1.0 m. at 13.58 hrs. (1.58 p.m.).

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



GREAT INTEREST IN CLASSIC CAR SALE

There is growing interest in the Classic Car and Motorcycle Sale which will be held in conjunction with the CBA Africa Concours d'Elegance scheduled for Sunday September 25th at the Nairobi Racecourse.

Already listed for the event are a 1967 Opel Kadett, a 1973 Alfa Romeo GT Junior and a Range Rover made in 1986.

The list for cars to be judged in the Concours has been closed because the organizers have received 70 entries which is the maximum allowed by the regulations.

However there are some spaces remaining for the Classic Sale and Auto Expo, the motor trade section for the display of new vehicles.

Entries close at noon on September 14th and the Classic sale is limited to 30 on a first come first served basis regardless of the condition of the car, or motorcycle.

The Regulations and entry forms for the Sale are available on the Concours website

www.concourskenya.com and from the Bob Dewar Publicity offices on the second floor of Block G, Norfolk Towers, Kijabe Street.

The Classic sale has been held at the Concours by the Alfa Romeo Owners Club for the last 20 years and is a great attraction for the motoring enthusiasts who flock to the Nairobi Racecourse for the classiest event in the motor sport calendar.

A significant number of spectators have a strong interest in classic cars, bikes and sports parts.

The CBA Concours d'Elegance is a golden opportunity for the owners of unwanted machines made in 1990, or earlier to offer to potential buyers.

It is likely that the condition of the cars in the Classic Sale will range from very good to decrepit.

Some of the vehicles are brought to the Racecourse on trucks, or trailers to be sold restoration projects, or sources of spare parts.

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