

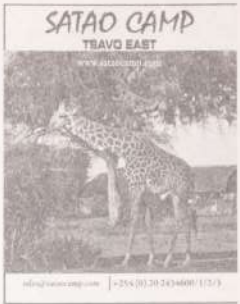
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# Coastweek

Issue No. 3945 November 04 - 10, 2016 **PRICE - KENYA FIFTY SHILLINGS**



## Moving Mombasa for Less

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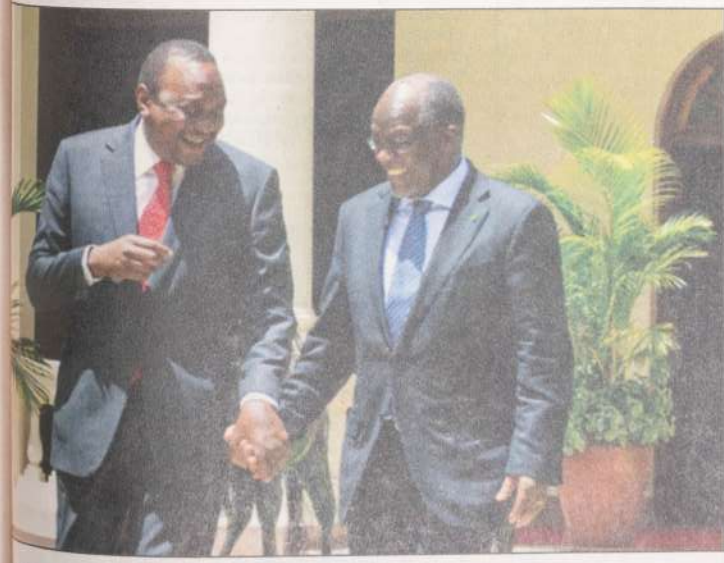
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**WHAT IS TOURISTANBUL?** **SPECIAL REPORT - CENTER PAGES**

## BEST OF FRIENDS

**PRESIDENTS KENYATTA AND MAGUFULI MEET IN NAIROBI**



NAIROBI (Xinhua) -- Kenyan President Uhuru Kenyatta, leads Tanzanian President John Magufuli to a meeting hall at State House in Nairobi. Uhuru Kenyatta and Tanzanian counterpart President Magufuli have pledged to "renew" bilateral cooperation in key areas like trade, security, labor migration and wildlife protection. President Magufuli is on his first official visit to Kenya since his swearing in October 2015. XINHUA PHOTO

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An outreach camp was carried out at Mazeras Primary School where most residents were poor and needy and they were happy to be screened and given free medicines. Two hundred seventeen benefitted and were screened while 24 patients were diagnosed with cataracts and taken to Lions Medical Centre for free operation. Fifty spectacles were dispensed. Patients came all the way from Kilifi, Bamba, Maweni, Msumarini and other adjacent areas. All the surgery patients were accommodated and operated and were returned back to their respective homes by donors cost. Lions Medical Centre was thankful to the Trustee Vinod Dattani for coordinating this activity and Amit Budheo of Indian Association.

# Mazeras Outreach Camp



# Rising Rent Choke The Poor In Kenya

**NAIROBI (Xinhua) —** Kenyans living in smaller houses are grappling with higher rents, which have been rising due to increased demand.

Rent for small houses that include one bedroom, single room and bedsitters have increased significantly in Kenya. On the other hand, rent for bigger houses like three and four bedrooms has stagnated.

In several low income estates in Nairobi, a single room is being rented out at an average of 50 U.S. dollars, up from 30 dollars less than two years ago.

On the other hand, a bedsitter in the same estates is going for at least 70, up from less than 60 dollars not very long ago, according to a survey.

In middle income estates, single room houses, though rare, are going for 70 dollars while bedsitters as high as double the price depending on the residential areas.

Two and three bedroom houses in middle-income estates in Nairobi are going from 200 dollars to 500 dollars, depending on the sizes.

On the contrary, rent for the bigger houses, especially in suburbs on the outskirts of Nairobi, has stagnated due to the supply following intense construction of apartments.

"In my case, I live in a one-bedroom house and pay 110 dollars. Single-roomed houses are going for 60 dollars.

"Rent is becoming unaffordable for the small earner," said vehicle mechanic Simon Mageto, adding even in slums, single room stone houses are going for 50 dollars.

The rising rent at the bottom segment of the market was one of the main contributors to higher inflation last month, according to the Kenya National Bureau of Statistics.

Inflation increased from 6.34 percent in September to 6.47 percent in October, with rent for single rooms rising 5 percent the last one year from 38 dollars to slightly above 40 dollars.

Analysts noted that rents at the bottom segment of the market are rising faster due to increased demand, amid low construction of the units.

"Most developers in the last few years have focused on two and three bedroom houses, especially apartments, because they fetched higher rents.

"This led to an oversupply of the houses occasioning glut has pushed down rents," said Antony Kuyo, a real estate consultant with Avent Properties.

The situation is different at the bottom segment of the market where developers initially shunned.

"If you go to very many low income estates in Nairobi, find vacant single room is a big problem but the same is not the case with bigger houses."

According to Kuyo, with the rising rent, developers have started to shift to the smaller houses as they realize that is where money is.

"Property developers are now building four or five-storey buildings hosting only single-room houses.

"Now instead of a four storey block hosting, say, 16 two bedroom houses, they are hosting up four times the number of single-room houses, which is turning out a lucrative business," he said.

By Xinhua Correspondent  
**BEDAH MEN**

# MOMBASA, MALINDI, DIANI AND LAMU SHOPPING GUIDE . . . !

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# Useful for Inner Wheel Club Charity Movie Show

Funds for their various activities projects Inner Wheel Club (IWC) held a Charity Show of *Ae Dil Hai Mushkil* by Ranbir Kapoor, Anushka Sharma, Aishwarya Rai and Lisa Hayden. The hard work of President Asma Tarmal, members and specially her son Taha managed to sell practically all the movie tickets. Sana to all whose presence made the movie show successful. The Inner Wheel Club of Mombasa would like to say thank you to all who supported Inner Wheel Club by purchasing movie tickets, a few companies by placing their advertising

banners and screen clip adverts at a price. Inner Wheel is highly grateful and appreciates the support of their friends, family and like minded people who come forward and encourage their endeavours. Inner Wheel Club of Mombasa has three main projects, Microfinance, Breast Cancer Support and Education of girls in Secondary School. They also hold eye camps for diagnosis and surgery of cataract, Christmas Party for the needy, donating wheelchairs to the needy etc. apart from one major project of the year. Last year it was the beehive project to preserve the farms in Kwale from being exploited by elephants. This year Inner Wheel Club donated wheel barrows.



Mombasa Inner Wheel Club President Asma Tarmal presents a cheque to Breast Cancer Awareness and Support Group's Dr. Sultana Sherman to assist in diagnostic procedures like mammograms. Seen are members of both groups [from left] Rukia Pasta, Jashree Patel, IW Farzana Pasta, IW Memuna Aboo, IW Sukesha Dabholkar, IW Poonam Thapa, IW Mumtaz Jiwaji, Nafisa Janoowalla, Gulzar Somji, Madhu Shah and Khurshid Anjarwalla.



Teachers, teachers and parents listen attentively to a talk by Dr. Shamina Jivaji.

# Lionesses Club Bahari Hold Breast Cancer Awareness Campaign

are aware cancer is the highest cause of death in Kenya after infectious diseases and cardiovascular diseases. The Lions Club Mombasa do not hesitate in joining the cancer awareness campaign. On 14<sup>th</sup> October the club held a Breast Cancer Awareness Campaign in Tudor Sub County Mombasa County.

cervical and prostate cancer, where more than 200 people got screened. Amongst other cancer, breast cancer is the most common cancer among women in Kenya. Due to this the Lion Ladies of the Club took it of great importance to educate women and girls through their Breast Cancer Awareness Campaign. On Thursday 27<sup>th</sup> October the club held a Breast Cancer

Awareness talk at Jaffery Academy organised by its member Lion Tasneem Dar. The Breast Cancer Awareness Convener, Lion Tasneem Gulamhusen, introduced Lion members who were present and invited Consultant Pathologist Dr. Shamina Jivaji, who facilitated the talk. More than 100 girl students from the school and more than 10 parents attended this very educational talk whose emphasis was the importance of (B.S.E.) breast self-examining, each month as this is the main detector. Other of importance is exercise, diet and weight. The girls were very enthusiastic to learn and had over whelming questions, which could not be exhausted by Dr. Shamina. The talk was further spiced by a cancer survivor who reiterated that cancer is not a death sentence. Once one is diagnosed one has to live positive, with support from family and friends. The Head Teacher of Jaffery Academy, Mrs. Valentine thanked the club for their time and initiative. The head girl also thanked Dr. Shamina for the simple illustrative talk, which was well understood. The Club President, Lion Linda Shuma thanked Dr. Shamina and the school and said the school holds a dear place in the club. She commended them for their last year's donation of Kshs.80000/- for the club's cancer awareness campaign, which went to the treatment of a cancer patient. Again the school on its own contributed to treatment of cancer patient. All in all, the club was applauded for their awareness campaign to "protect the present and save the future".

# 17 TEAMS HIT THE BUSH DURING EGGS GAME DRIVE COMPETITION

In a brilliantly social fun weekend in the bush at Lumo Community and Taita Hills Salt Lick Sanctuaries 17 teams searched for animals, birds, tracks and plants during the Eye Go Game Spotting (EGGS) game drive. The photos and collections they brought back to camp were judged together with collages and moulds of footprints. The weekend was graced by Taita Taveta County Tourism Executive Mr. Alex Mwangeka. 'This is an excellent initiative' he said to the triumphant contestants and delighted spectators. We expect even more teams in October 2017 so that more people know about and visit this beautiful Sanctuary' Ksh1 million



Alex Mwangeka County Tourism Executive of Taita Taveta flags off the first vehicle at EGGS.

was raised which will be used to continue delivery of eye care to the community and improvement of the Sanctuary.

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The Board of Directors of GGA pleased to announce the appointment of **Mr. Muigai Muriuki** as the **School's Principal** effective **1st November, 2016**. Mr. Muriuki is a vastly experienced school administrator having worked in a number of renowned International Schools. Greenwood Groove Academy is an International School offering the British Curriculum. We offer a holistic approach for the 21st century learner from Key stage 1 to Key stage 5. The academy boasts of very qualified and qualified teachers with many years experience at facilitating learning in international schools. In the past we have successfully prepared candidates for **IGCSE, AS and A-Levels** and produced outstanding results. Located in Nyali along Links Road, adjacent to Roberto's Restaurant.

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Releasing with USA this Friday is a tale that draws you into the world of mystic arts, Doctor Strange, is screening in 3D and 2D at the NYALI CINEMAX.

Dr. Stephen Strange's (Benedict Cumberbatch) life changes after a car accident robs him of the use of his hands.

When traditional medicine fails him, he looks for healing, and hope, in a mysterious enclave.

He quickly learns that the enclave is at the front line of a battle against unseen dark forces bent on destroying reality.

Before long, Strange is forced to choose between his life of fortune and status or leave it all behind to defend the world as the most powerful

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# Former Doctor Drawn Into The World Of Mystic Arts!

sorcerer in existence.

Rachel McAdams, Mads Mikkelsen Chiwetel Ejiofor, Benjamin Bratt and Tilda Swinton co-star in this entry in the Marvel Cinematic Universe directed by Scott Derrickson.

The superhero film features the Marvel Comics character of the same name, and is the fourteenth film of the Marvel Cinematic Universe (MCU).

The movie is rated PG-16 for

sci-fi violence and action throughout, and an intense crash sequence.

David Ghannt (Zach Galifianakis) is stuck in the monotony of driving an armored truck day in and day out, so when his work crush lures him into the heist of a lifetime, David's all in.

Despite a pack of harebrained bandits and an absurdly flawed plan, David

manages to steal \$17 million, and promptly hands it over to the gang - who just as promptly double-cross him.

Forced to go on the lam, David must dodge the authorities and a hit man, and try to turn the tables on his untrustworthy comrades.

The film also stars Owen Wilson, Kristen Wiig and Jason Sudeikis.

The action comedy based on true events Masterminds, is rated PG-13 for crude and sexual humor, some language and violence.

Karan Johar's direction Ae Dil Hai Mushkil is the journey of two characters, Alizeh and Ayaan as they navigate life, love and heartbreak - often together and sometimes apart.

Alizeh is a fiercely independent girl, still reeling from the effects of the collapse of her relationship with a former love.

Ayaan is a straight edged, preppy boy, with no remarkable experience in love or heartbreak, but nurturing a hidden desire to sing.

They meet one night in New York, and a mutually life changing bond forms between them, that is ridden with humour, angst and a shared love of everything Bollywood.

As they steer through life, their encounters and experiences shape their understanding of life, passion, love... and what it truly means to have a soulmate.

It features Ranbir Kapoor, Anushka Sharma and Aishwarya Rai Bachchan in lead roles.

Ajay Devgn's direction Shivaay is an adventure action caper with a heart.

It tells the story of an extraordinary man in an extra ordinary circumstance.

Young, cool, contemporary, swift and foolish, Shivaay, a Himalayan mountaineer is an innocent man who is capable of transforming into a mean destroyer when he needs to protect his family.

It features Ajay Devgn,

Sayyeshaa Saigal, and Erika Kaar in lead roles.

Shivaay shows breathtaking scenes from the ice clad mountains.

Ajay Devgn has taken mountain climbing to the next level.

Christian Wolff (Ben Affleck) is a mathematical genius who works as a financial consultant for criminal organizations eager to hide their dirty money.

While being investigated by the Treasury Department, Wolff agrees to help an accounting clerk at a robotics firm (Anna Kendrick) look into fraud at her company, but the assignment will prove far more dangerous than he could have ever anticipated.

J.K. Simmons, Jon Bernthal, Jeffrey Tambor, and John

Lithgow co-star in this thriller directed by Gavin O'Connor

The Accountant has been rated U-16 for strong violence and language throughout.

Jack Reacher (Tom Cruise) returns with his particular brand of justice in Jack Reacher: Never Go Back

He must uncover the truth behind a major government conspiracy in order to clear his name.

On the run as a fugitive from the law, Reacher uncovers a potential secret from his past that could change his life forever.

Watch the last shows of Inferno and Deep Water Horizon whereby in the former Tom Hanks reprises his role as Harvard symbologist Robert Langdon who teams up with Dr. Sienna Brooks, and together they must race across Europe against the clock to foil a deadly global plot.

The movie is rated Adults only for sequences of action and violence, disturbing images, some language, thematic elements and brief sensuality.

The latter is based on a true story of the April 2010 disaster when the offshore drilling rig, Deepwater Horizon, exploded and created the worst oil spill in U.S. history.

A troll princess and her companion, the one unhappy troll try to rescue her friends from being eaten by their nemeses in the 2D animation film Trolls.

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**TICKETS 600/- Thur Afternoon Show: 550/-**  
 Fri: 6.45pm, Sat:4.15pm & 9.15pm, Sun:9.15pm, Mon:6.45pm, Wed:4.15pm & 9.10pm, Thur:6.45pm. **IN 2D**  
**TICKETS 550/-; Wed Afternoon Show: 500/-**

**Karan Johar's AE DIL HAI MUSHKIL** WITH ENGLISH SUBTITLES PG  
 Sat: 9.30pm, Sun:3.30pm, 5.45pm & 9.10pm, Mon:9.10pm, Wed:2.30pm & 9.15pm, Thur:6.00pm.  
**TICKETS 650/-; Wed Afternoon Show: 500/-**

**Directed by & Starring: Ajay Devgn**  
**SHIVAAY** WITH ENGLISH SUBTITLES U16  
 Fri:9.10pm, Sat:6.00pm, Sun:2.00pm, Tues: 2.30pm, Wed:5.45pm,Thur: 9.15pm.  
**TICKETS 650/- Except Wed Show: 500/-; Tue show: 350/-**

**THE ACCOUNTANT** U16 **MASTERMINDS** PG  
 Fri:6.30pm, Mon:6.30pm, Thur:9.15pm **550/-** Sat: 3.45pm Tue:6.45pm **350/-**

**JACK REACHER 2: NEVER GO BACK** U16 Sat: 1.45pm, Sun:1.00pm, Tue:4.30pm & 9.10pm **350/-**

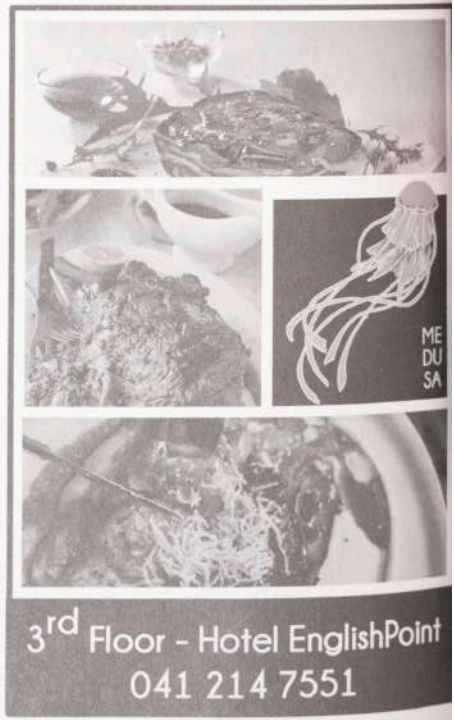
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**ROCK ON 2** *Farhan Akhtar, Arjun Rampal, Shradha Kapoor, Prachi Desai* **SHOWING NEXT WEEK**

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investigated by the Treasury Department, Wolff agrees to help an accounting clerk at a robotics firm (Anna Kendrick) look into fraud at her company, but the assignment will prove far more dangerous than he could have ever anticipated.



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**STARCAST GEMINI KILIFI**

**Scorpio** (Oct. 24 - Nov. 22) Working with a hospital, religious organisation or educational institution will be profitable. Not only will those you work with like your ideas, but they will pay you well for them. This gives you a much needed ego boost. Instead of worrying about your professional prospects, you'll radiate contentment. This will help you attract bigger and better work assignments. Use some of your hard earned cash to go on a solitary break. Visiting a nearby beauty spot will recharge your batteries.

**Sagittarius** (Nov. 23 - Dec. 21) An unusual opportunity to realise a personal goal will fall in your lap. You may have a successful business executive offer to fund a creative project. Your employer could pay to send you to university. It's possible a relative will leave you a beautiful property in their will, increasing your standard of living. Whatever shape your luck takes, it will arrive through an unexpected channel. Don't question your good fortune: it's the Universe's way of rewarding you for being a kind person.

**Capricorn** (Dec. 22 - Jan. 21) Professional advancement continues to build. Forming a business alliance will work in your favour. You'll play the bad cop while your partner deals with public relations. Together, you will forge some great deals that bring in lots of money. In the past, you had difficulty exorcising your authority. People found your leadership style harsh and unyielding. Now you're working with someone who has great interpersonal skills, you'll be able to do what you enjoy best: making money.

**Aquarius** (Jan. 21 - Feb. 19) Learn more about a foreign culture, religion or philosophy. You've always been idealistic. Pouring your energy into areas that help you transcend mundane reality. Whether you're dealing with an oppressive job or attending to heavy family responsibilities, it's important to have an outlet for your frustrations. Devote a set time each day to your studies. This will give you something to look forward to when things get tough. Don't be surprised if someone singles out your work for favourable attention.

**Pisces** (Feb. 20 - Mar. 20) Joint finances are going extremely well. Both you and your partner are contributing regularly to your bank account. Having this nest egg will allow you to eliminate debt and move into a more secure position. Refinancing your home, buying a bigger place and starting a retirement fund are among the possibilities. If you're on your own, don't wait to get married to forge a financially secure future. Investing in a stock portfolio now will allow you to retire early. Being affluent will also enhance your sensual power.

**Aries** (Mar. 21 - Apr. 20) A good friend, business colleague or romantic partner is squarely behind you. Use their support to venture into a new area. If you've been thinking about living overseas, this would be a wonderful time to do so. You'll find a place near a lively city that stimulates all your senses. You won't have to go alone. The one you love will be happy to join you and create a comfortable home in another country. Are you staying put? Think about forming a business alliance with a foreigner.

**Taurus** (Apr. 21 - May. 21) Your work situation will get much better. An annoying colleague could get fired, an oppressive boss will get another job or your employer may move to a new building. Regardless, you will benefit from this change. If you're asked to perform more work, agree. Your cooperative attitude will be rewarded with a raise or promotion. Have you been unemployed? You'll be offered at least one job in a creative field. Getting paid to express your artistic talent will make you extremely happy.

**Gemini** (May. 22 - June 21) Your social life ignites with excitement. Make sure to attend a party, even if you have to go to work early tomorrow. You'll have a wonderful time and will cross paths with someone who excites your imagination. You could become close friends, passionate romantic partners or successful creative collaborators. The choice is yours. Spending time with someone who shares your thirst for knowledge will be uplifting. It's a relief to be with someone who loves to read.

**Cancer** (June 22 - July 21) Your domestic situation will undergo a dramatic improvement. Someone at work will tell you of a fantastic property opportunity, place to live or contractor. If this fellow worker is leaving town, they may be selling their furniture for a song. Be ready to move on the inside tip. The result will be a more spacious and uplifting home. Relief from a health problem is coming soon. Stop putting off a doctor's appointment. The sooner you get a persistent ache or pain treated, the better you will feel.

**Leo** (July 24 - Aug. 23) A movie, book or song will inspire you to make a big change. If you long for romance, pour your energy into activities that make you feel fabulous. Your heightened charisma will attract love like a flower draws bees. Are you already in a relationship? Your other half might suggest a range of exciting things you could be doing together. You've made your mark in a particular field. Now it's time to explore greater pastures. Another career path will become open as a result.

**Virgo** (Aug. 24 - Sept. 23) An optimistic attitude draws money-making opportunities. Work involving property, the law or advertising is on its way. It doesn't matter if you have previous experience in this field. You'll be able to make a success of this venture. Working from home will be especially rewarding. You're able to be much more creative when there's not a micromanager breathing over your shoulder. Launching a home based business could be a winner. You're diligent and conscientious enough to go solo.

**Libra** (Sept. 24 - Oct. 23) Your personal magnetism always draws people in so it's easy to attract love, luck and loot. When you want something, be assertive. You won't have to compromise. It's difficult for a conscientious person like you to champion your dreams because you always worry how your demands will affect others. There is nothing to fear. Your dreams can be realised without inconvenience to your nearest and dearest. Best of all, most of your friends and relatives will benefit from your success. Go for gold.



## ROTARY CLUB OF MOMBASA NYALI

President of Rotary Club of Mombasa Nyali Nabil Adamjee serves the Presidents of Rotary Club of Mtwapa and Kilifi Ms Frida (left) and Ms Isabella Mwangi [second left] respectively during Diwali celebration held at Koroga Country Club, which was also attended by past president of Mombasa Nyali Mrs. Sureya Hersi [second from right]. PHOTO BY TITUS MUSALI



Shree Kutchi Leva Patel Samaj Mahila Mandal created a unique patriotic themed Rangoli for the Diwali celebration titled Kenya: My Country My Pride. This amazing art creation was co-ordinated by Vinubhai Patel. The group artists are [from left] Sushila Halai, Manjula Hirani, Renukaben Dabasia, Bhanuben Bhudia, Dina Chabadia, Nitaben Bhandari, Bhavniita Assani and Daxa Vekariya.

# Low Cooking Gas Prices Push Kenya Charcoal Traders On The Edge

**Mengo NAIROBI**  
Extremely low cooking gas prices have disrupted charcoal dealers threatening to push the market.  
A boom due to high prices has been turned on its head as consumers stick to charcoal, thanks to low prices. Charcoal is currently being sold at 15 U.S. dollars by some pushing down the

price further to 13 dollars.  
About a year ago, the commodity went for at least 20 dollars, with low income earners keeping off.  
Consumption has now swelled by 250 percent than a year ago, boosted by low global oil prices and removal of 16 percent value added tax on the commodity.  
The East African nation's citizens are consuming over 17,000 Metric Tonnes (MT) of cooking gas a month, up from 5,000 MT tonnes a year earlier, according to the Ministry of Energy.  
Many of those who have embraced the fuel are low income earners, who

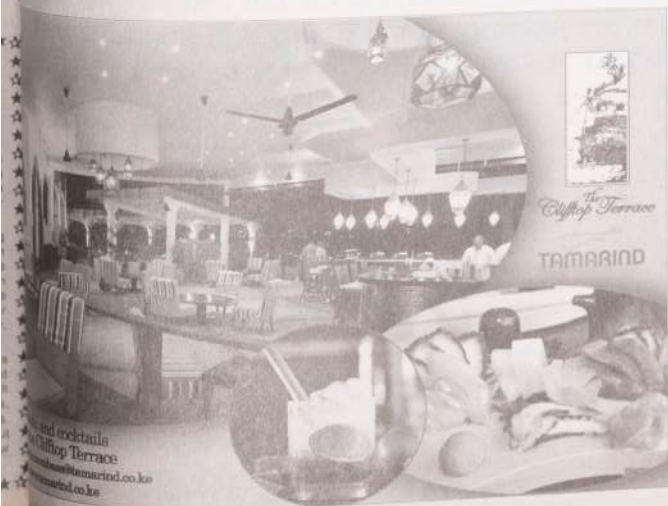
initially relied on kerosene and charcoal for cooking.  
The two were loved because they could be bought in small quantities, starting from 0.05 dollars for kerosene, whose prices have also dropped, and charcoal at 0.20 dollars.  
"I wish I would rewind back the clock and push the price of cooking gas up because if things continue the way they are, we will be pushed out of business," Simon Oyora, a charcoal trader in Kayole, on the east of Nairobi, said Monday.  
Oyora sells charcoal in small plastic bags that go for 0.40 dollars to maximize

profit. "Initially, I would sell at least 20 of the bags a day but now with low cooking gas prices, I am lucky to hit five."  
His saving grace is that that is not his only business as he runs it alongside a household goods shop.  
"I bought three bags of charcoal about a month ago and to date I have not even sold more than half."  
"That is how bad business is," he said, capturing the agony of tens of other traders.  
A 90kg sack of charcoal is retailing at 15 dollars, which is the same as the current price of a 13kg cylinder of cooking gas. On the other hand, a 6kg

cylinder is being sold at between 7 dollars and 8.5 dollars across the capital.  
While a 90kg sack of charcoal can serve a family of four for less than a month if they use it exclusively, they can spend at least a month and half with the 13kg cooking gas cylinder, making the latter efficient.  
The savings can be higher if one uses cooking gas and kerosene concurrently.  
That is besides the fact that cooking gas is clean, faster and one does not go through inconveniences like washing hands or fanning the cooker as it happens with charcoal.



Secretary for Devolution, Youths and Gender Sicily Kariuki [centre], flanked by others the Lamu County Governor Isa Timamy and Lamu County Women Representative Shakilla Abdalla donates a cheque at Mukunguni Square, in Lamu. She donated cheques worth Sh.4 Millions from the Youth Enterprise Investment Fund, Women Enterprise Fund and Uwezo Fund to youths and women in the County and urged them to increase their uptake of the government's intervention funds for their growth and prosperity. PHOTO BY PWANI IMAGES





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# SIGNS AND SYMPTOMS OF CANCER WITH DR. RIAZ KASMANI OF THE AGA KHAN HOSPITAL, MOMBASA

## Signs and symptoms are both signals of injury, illness, disease – signals that something is not right in the body. Cancer is a group of diseases that can cause almost any sign or symptom

The signs and symptoms will depend on where the cancer is, how big it is, and how much it affects the organs or tissues. If a cancer has spread (metastasized), signs or symptoms may appear in different parts of the body.

As a cancer grows, it can begin to push on nearby organs, blood vessels, and nerves.

This pressure causes some of the signs and symptoms of cancer.

If the cancer is in a critical area, such as certain parts of the brain, even the smallest tumor can cause symptoms.

But sometimes cancer starts in places where it won't cause any signs or symptoms until it has grown quite large.

Cancers of the pancreas, for example, usually don't cause symptoms until they grow large enough to press on nearby nerves or organs (this causes back or belly pain).

Others may grow around the bile duct and block the flow of bile.

This causes the eyes and skin to look yellow (jaundice).

By the time a pancreatic cancer causes signs or symptoms like these, it's usually in an advanced stage.

This means it has grown and spread beyond the place it started – the pancreas.

### How are signs and symptoms helpful?

Treatment works best when cancer is found early – while it's still small and is less likely to have spread to other parts of the body.

This often means a better chance for a cure, especially if

the cancer can be removed with surgery.

A good example of the importance of finding cancer early is melanoma skin cancer.

It can be easy to remove if it has not grown deep into the skin.

The five-year survival rate (percentage of people who live at least five years after diagnosis) at this early stage is around 98 per cent.

ignored or overlooked, especially if it has lasted a long time or is getting worse.

### What are some general signs and symptoms of cancer?

You should know some of the general signs and symptoms of cancer.

But remember, having any of these does not mean that you have cancer – many other things cause these signs and

cancers can cause blood loss that's not obvious.

This is another way cancer can cause fatigue.

**Pain:** Pain may be an early symptom with some cancers like bone cancers or testicular cancer.

A headache that does not go away or get better with treatment may be a symptom of a brain tumor.

Back pain can be a symptom of

needing to pass urine more or less often than usual) could be related to bladder or prostate cancer.

**Sores that do not heal:** Skin cancers may bleed and look like sores that don't heal.

A long-lasting sore in the mouth could be an oral cancer.

This should be dealt with right away, especially in people who smoke, chew tobacco, or often drink alcohol.

or other parts of the body. Many cancers can be through the skin.

These cancers occur in the breast, testicle, nodes (glands), and the tissues of the body.

A lump or thickening, early or late sign of cancer should be reported to a doctor especially if you've just noticed it has grown in.

Keep in mind that some cancers show up as thickened skin rather than a lump.

**Indigestion or trouble swallowing:** Indigestion or trouble swallowing problems that go away may be signs of cancer of the esophagus (lower part of the swallowing tube that goes to the stomach), stomach, or pharynx (throat).

But like most symptoms on a list, they are most often caused by something other than cancer.

Recent change in a wart, mole, or freckle changes color, size, or shape or that loses its sharp border should be seen by a doctor away.

Any other skin changes should be reported, too. A skin change may be a melanoma which is found early, can be treated successfully.

**Nagging cough or hoarseness:** A cough that does not go away may be a sign of lung cancer.

Hoarseness can be a sign of cancer of the larynx (voice box) or thyroid gland.

**Other symptoms:** The signs and symptoms listed above are the more common ones seen with cancer, but there are many others that are not listed here.

If you notice any major change in the way your body works, the way you feel – especially if it lasts for a long time or gets worse – let a doctor know.

If it has nothing to do with cancer, the doctor can find out more about what's going on and, if needed, treat it.

If it is cancer, you'll give yourself the chance to have it treated early, when treatment works best.

### If you notice any major changes in the way your body works or the way you feel – especially if it lasts for a long time or gets worse – let a doctor know. If it has nothing to do with cancer, the doctor can find out more about what's going on and, if needed, treat it.

symptoms, too.

If you have any of these symptoms and they last for a long time or get worse, please see a doctor to find out what's going on.

**Unexplained weight loss:** Most people with cancer will lose weight at some point.

When you lose weight for no known reason, it's called an unexplained weight loss.

An unexplained weight loss of five kgs or more may be the first sign of cancer.

This happens most often with cancers of the pancreas, stomach, esophagus (food pipe), or lung.

**Fever:** Fever is very common with cancer, but it more often happens after cancer has spread from where it started.

Almost all people with cancer will have fever at some time, especially if the cancer or its treatment affects the immune system.

(This can make it harder for the body to fight infection.)

Less often, fever may be an early sign of cancer, such as blood cancers like leukemia or lymphoma.

**Fatigue:** Fatigue is extreme tiredness that doesn't get better with rest.

It may be an important symptom as cancer grows.

But it may happen early in some cancers, like leukemia.

Some colon or stomach

cancer of the colon, rectum, or ovary.

Most often, pain due to cancer means it has already spread (metastasized) from where it started.

**Skin changes:** Along with skin cancers, some other cancers can cause skin changes that can be seen.

These signs and symptoms include:

- Darker looking skin (hyperpigmentation)
- Yellowish skin and eyes (jaundice)
- Reddened skin (erythema)
- Itching (pruritis)
- Excessive hair growth

**Signs and symptoms of certain cancers:** Along with the general symptoms, you should watch for certain other common signs and symptoms that could suggest cancer.

Again, there may be other causes for each of these, but it's important to see a doctor about them as soon as possible – especially if there's no other cause you can identify, the problem lasts a long time, or it gets worse over time.

**Change in bowel habits or bladder function:**

Long-term constipation, diarrhea, or a change in the size of the stool may be a sign of colon cancer.

Pain when passing urine, blood in the urine, or a change in bladder function (such as

Sores on the penis or vagina may either be signs of infection or an early cancer, and should be seen by a health professional.

White patches inside the mouth or white spots on the tongue

White patches inside the mouth and white spots on the tongue may be leukoplakia.

Leukoplakia is a precancerous area that's caused by frequent irritation.

It's often caused by smoking or other tobacco use.

People who smoke pipes or use oral or spit tobacco are at high risk for leukoplakia.

If it's not treated, leukoplakia can become mouth cancer.

Any long-lasting mouth changes should be checked by a doctor or dentist right away.

**Unusual bleeding or discharge:** Unusual bleeding can happen in early or advanced cancer.

Coughing up blood may be a sign of lung cancer.

Blood in the stool (which can look like very dark or black stool) could be a sign of colon or rectal cancer.

Cancer of the cervix or the endometrium (lining of the uterus) can cause abnormal vaginal bleeding.

Blood in the urine may be a sign of bladder or kidney cancer.

A bloody discharge from the nipple may be a sign of breast cancer.

Thickening or lump in the breast

## Thirty Eight Years' Ago

COASTWEEK, November 09 - 16, 1979:

THE SHIPPING COMMUNITY mourned the sudden 'total loss' of the 6,500-ton British freighter 'Aeolian Sky' which sank off the French Coast after colliding with the 1,000-ton German coaster 'Anna Knuppel'. The crew had earlier been safely evacuated but all cargo bound for Mombasa and Dar es Salaam was 'lost at sea'. Kenyan imports had included Ford motor vehicles.

Bishop Nicodemus Kirima blessed the new 'St. Jude Thaddeus' Church Harambee building in the Shimba Hills – the first permanent Roman Catholic edifice established in the area between Lunga Lunga and Likoni. Also present were Kwale D.C. Michael Kihuria and Father Paddy Cooke.

The massive 51,000-ton United States Navy aircraft carrier 'U.S.S. Midway' was visiting Mombasa on a five-day call under the command of Rear Admiral W.A. Gureck. She was accompanied by the nuclear-powered submarine 'Pintado', the nuclear-powered cruiser 'U.S.S. Bainbridge', the frigate 'U.S.S. Stein', two Sea Lift Command tankers 'U.S.S. Navasota' and 'U.S.S. Mispillion', and the store ship 'U.S.S. San Jose'. In all some 4,200 officers and crew were expected in Port.

Norway's top fashion model Elizabeth Halle was being photographed at *Serena Beach Hotel* for a '1980 Spring Fashions' feature in 'Vogue' magazine. Richard Kimenyi was appointed Food and Beverage manager at *Nyali Beach Hotel*.

An American tourist fishing off Dar es Salaam landed a new 'All Africa' record White Tip Shark of 406.5 pounds - **Gulu Singh Sehmi** had earlier claimed another 'All Africa' record also off Dar es Salaam for his 100 pounds Broadbill Swordfish.

KENYA cinema screened 'The Devil's Rain' which boasted 'the most incredible ending of any motion picture ever!'. NAAZ cinema offered Tatum O'Neill, Christopher Plummer, Nanette Newman and Anthony Hopkins in 'International Velvet'. Regal cinema hosted the Chinese Kung Fu epic 'Blazing Temples' while at Chox cinema it was Dharmendra and Rekha in 'Rakhwaliah' (The Guardian).

Letter writers included Mohamed Ali Qoyyan of Mombasa, Peter Wafula Muhindi of Nairobi, MCTA vice chairman John Arkie who complained of lengthy delays involving passengers flying to the Coast on Kenya Airways, Toast Of The Coast - 'Cave NightClub' Mombasa boasted an eight-man 'live' band, Disco, floor show with beautiful girls, strip tease artist 'Miss Beauty Lee' from the U.K... and, hot dogs with iced tea!

## Change Must Start At The Top - Radical Change Can Only Be Done By The Leader

### Judiciary has been undergoing a clean up for the last ten years and will continue to do need more judging by the number of sting operations that have been laid on magistrates and judges in various parts of the country.

There are not enough in the first place and the delays in getting cases to court allows those wishing to meddle with the case plenty of time to get hold of the files and copy them or find ways of compromising the prosecutors and judges.

All in all, our President may not really achieve his wish of getting a clean country with the minimum amount of corruption.

The agencies he has lambasted will not improve try as he may.

Our proposal is that we bring in external experts to work within those agencies for the next few years.

They will be independent and should be funded away from the exchequer through an independent fund and possibly by development agencies and Civil Society.

Business Membership Organisation in Kenya should also come together and create a fund to which they contribute and

add to the monies put to the independent fund which will fund these experts.

These experts can be drawn from the Serious Fraud Office and the Crown Prosecution Service in the United Kingdom (equivalent of the EACC and ODPP) or the Federal Bureau of Investigation and the Office of the Attorney from the United States.

There are similar offices in other jurisdictions but the law in Kenya is closest to the two countries.

These people will take on what needs to be done without fear or favour.

They can be provided with whatever protection they require to carry out their work through to completion.

They should also be schooled in the legal processes in Kenya so that they can be registered appropriately.

One of the key things that they should probably do is to study the processes that currently exist in Kenya and make whatever changes are required in the Laws, Regulations and procedures.

Radical surgery in our processes is the only way that change can be made and Prezzo should lead this surgery rather than lambasting these Constitutional agencies that have become completely inept at making the changes themselves.

As Kachumbari says, change must start at the top.

Radical change can only be done by the leader!

CoastDrive with Teti Kamugunda



# AGA KHAN ACADEMY, MOMBASA'S UBUNTU FOOTBALL FESTIVAL!

tournament participants can share skills and interact socially.

This is the second Ubuntu Football Festival hosted by Stand Up Shout Out at AKAM.

The club's previous soccer tournament was extremely successful as there was an attendance of approximately 1000 people, this includes players and spectators.

Additionally several significant and important individuals in Mombasa attended the event such as the Member of Parliament the honored Abdulsamad Sharif Nassir.

The club received a tremendous amount of positive feedback which has lead to the planning of a second Football Festival in Mombasa.

Moreover, this event will

also be the launching of Stand Up Shout Out Mombasa Division's SUSO Marine project.

The funds and recognition from the event will later on be used for a marine life conservation project that the Division will take on.

We believe that this is a very relevant issue in Mombasa currently and would like to use our passion for this cause to help make a difference in our community.

Objectives and goals of the tournament are to:

Provide opportunity for the youth of the Mombasa community to have a positive interaction through the use of sports

Increase social bonds between members of the AKAM community and the

wider Mombasa youth

To launch a Marine Life Conservation project in Mombasa.

The competition is open to anyone above the age of 15- this was the age that can handle the physicality of people aged much higher.

There will be two pools of participants, Female league, and male league.

The AKAM teams can be cross year-level, the only restriction is age.

Corporate teams e.g. Bandari FC and Kenya Power are also invited as well as Mombasa county public schools and the teams should consist of 11 players maximum.

All guest and participants should use the back gate for all entry and exit purposes.



BCD Managing Director S.G. Kaka [third left] receives the top prize from KQ CEO Mbuvi Ngunze [second right] during the Kenya Airways travel agents awards at Crowne Plaza hotel.

## KQ Fetes Top Travel Agents

Kenya Airways on Friday rewarded the Kenyan travel agents who have contributed to growth in revenues and subsequent reduction in net loss during the 2015/2016 financial year at an award ceremony dinner held in Nairobi.

BCD Travel scooped the top prize while Carlson Wagonlit Travel, HRG Kenya, FCM Travel Solutions and Muthaiga Travel completed the list of top five agents in Total Revenue Performance 2016.

Presiding over the annual awards ceremony, Kenya Airways' Managing Director and Chief executive Officer Mbuvi Ngunze accredited the success of the airline business and revenue growth to the sterling efforts of the travel agents.

"Travel agents contribute the bulk of our revenues as a business; and are the backbone of our business.

"They have been instrumental in helping us turnaround our performance and deliver the impressive results that we did in our half year results announced last week.

"Today, we are thanking the travel agents for their support and recognizing those who have excelled," Mbuvi explained.

"At Kenya Airways, we believe strongly in bonding system, where people are appreciated and celebrated for achieving success with

renewed commitment for greater performance," he added.

In its half year results for the period ended September 30, 2016, Kenya Airways recorded a KShs 0.9 billion operating profit, compared to an operating loss of KShs 2.2 billion in the prior period, a 143.6 per cent swing.

During the ceremony, other travel agents were feted on various categories.

Bush blazers, Basel tours and travel and Uniglobe Silverbird travel were awarded as the top selling agents - KO Holidays sales category.

Travel n Style, FCM Travel Solutions and Uniglobe Northline travel were feted for being the top selling agents - Group sales category.

The Top three agents in business class revenue sales 2016 went to HRG Kenya, BCD Travel and Carlson Wagonlit Travel.

Georgetown Travel, Express Travel Group and Palbina Travel emerged the top three agents in the category of high market share and high revenue 2016 category.

In the route performers category based on sales, African Touch Safaris were the winners in domestic routes sales, BCD Travel won in the African routes, Satguru Travel and Tours won on the Asian routes while HRG Kenya won on the European routes.

## SHIPPING IN KILINDINI PORT

CONTAINER VESSEL	ETA	AGENT
KOTA GUNAWAN	03/11/2016 05:00	PIL
MSC TASMANIA	03/11/2016 06:00	MSC
JULIE DELMAS	03/11/2016 12:00	CMA
MSC REBECA	03/11/2016 21:00	MSC
MSC LARA	06/11/2016 06:00	MSC
EVERDEVELOP	06/11/2016 06:00	EVG
HERMES	06/11/2016 21:00	MAE
MSC CAPRI	07/11/2016 06:00	MSC
HUGO SCHULTE	07/11/2016 07:00	MAE
HAMMONIA GRENADA	07/11/2016 08:00	MAE
MSC LANA	08/11/2016 06:00	MSC
SAFMARINE NYASA	08/11/2016 21:00	MAE
KOTA GABUNG	09/11/2016 05:00	PIL
MSC NOA	10/11/2016 06:00	MSC
KOTA NIPAH	11/11/2016 11:00	PIL
MSC CHIARA	12/11/2016 06:00	MSC
DELMAS KETA	12/11/2016 05:00	CMA
HANSA AMERICA	13/11/2016 07:00	MAE



CONVENTIONAL	ETA	AGENT
MERCURY LEADER	01/11/2016 10:00	EAC
IKAN SEMBAK	01/11/2016 12:00	SSS
AFRICAN EGRET	02/11/2016 03:00	STA
NEPENTHE	03/11/2016 06:00	ISS
HOEGH SYDNEY	03/11/2016 06:00	SOC
C.S PRINCESS	04/11/2016 06:00	ISS
AMOENITAS	04/11/2016 15:00	EAC
KOTA BANGGA	04/11/2016 10:00	PIL
V PETREL	07/11/2016 06:00	ISS
THOR FRIENDSHIP	07/11/2016 06:00	EXP
GLOVIS SOLOMON	07/11/2016 06:00	SRF
AMIS LEADER	09/11/2016 06:00	EXP
NEWHUNTER	09/11/2016 06:00	ISS
MARIE GRACE	09/11/2016 18:00	SSS
KAIJIN	12/11/2016 06:00	DSS
MORNING MENAD	13/11/2016 06:00	DSS



TANKERS	ETA	AGENT
JO KASHI	02/11/2016 22:00	STR
EMA VICTORY	06/11/2016 06:00	HAL
UACC MARAH	10/11/2016 06:00	ISS
OTHER VESSELS	ETA	AGENT
AL HOSAN	01/11/2016 12:00	BBS
ALPHA TRANSPORTER	02/11/2016 12:00	SEC
CISLLEENE	02/11/2016 12:00	EXP
COMARCO KESTREL	03/11/2016 12:00	SAL
ROBERTO	03/11/2016 07:00	ITT
NASIBU	04/10/2016 11:00	AMA
PETRA 1	04/11/2016 06:00	SEC

Walters for Container Berths - NIL. Walters for Conventional Berths - MERCURY LEADER. Walters for Ship Convenience - AL ALAAL; MARIE DELMAS. Walters for KOT - STI ROSE; KINGS ROAD; SLOMAN ARIADNE. Walters for SOT / MBK - CANAL STREET; ALPHA K; ALDABRA; EAST WIND.

Information AFRICA



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# WHAT IS TOURISTANBU



Anyone who flies through Istanbul and has a waiting time at least six hours is welcome to Touristanbul.

After you arrive at Istanbul Atatürk Airport, you will be picked up.

Then you will be taken to the historical places and beautiful restaurants.

You will enjoy Istanbul's historical and natural beauties rather than wasting your time waiting at the airport.

After a marvelous tour, you will be taken to the Atatürk Airport.

During the tour, you will be able to see the most significant historical sights of a city that has hosted major civilizations of the world.

You will be a privileged visitor of the many magnificent traces that each of them has left in history.

If the waiting time between your connecting flights in Istanbul allows, you shouldn't miss this experience.



Hagia So



**Ortaköy Seaside - With a splendid view:**

Located at the seaside, Ortaköy is an attractive spot for tourists with its art galleries, night clubs, cafés, bars, and restaurants. In the history, Ortaköy has an important place in both the Byzantine and Ottoman periods. It is a cosmopolitan quarter populated by different religious societies such as Muslims, Jews, Greeks and Armenians. From Ortaköy, you can contemplate the Bosphorus Bridge and the waters of the Bosphorus, in the same time.



**Istiklal Avenue - The cosmopolitan avenue:**

Istiklal Avenue, is one of the most famous avenues in Istanbul, visited by nearly 3 million people in a single day. Located in the historic Beyoğlu district, it is an gallant pedestrian street, approximately three kilometers long, that houses tens of boutiques, music stores, bookstores, coffeehouses, cinemas, theaters, art galleries, libraries, pubs, night clubs with live music, historical patisseries, chocolateries and restaurants all are integrated into the elegant 19th century Turkish architecture.

**Eyüp Square - Holiest Site:**

Eyüp Square, is the holiest site in Istanbul as well as one of the most sacred places in the Islamic world, the Eyüp Sultan Mosque was erected by Mehmet the Conqueror over the tomb of Halid bin Zeyd Ebu Eyyüb (known as Eyüp Sultan), the standard-bearer for the Prophet Mohammed as well as the last survivor of his inner circle of trusted companions. Eyüp is a popular spot animated by the small bazaar nearby, parks and fountains.



**Hagia Sophia Museum - Holy Wisdom:**

Hagia Sophia "Holy Wisdom" is considered as one of the eight wonders of the world and is former Orthodox patriarchal basilica, later a mosque, now a museum. Well known in particular for its gigantic dome, it is considered a symbol of Byzantine architecture and to have "an evolution in the history of architecture." It was the largest cathedral in the world for nearly a thousand years and because its dimensions people believed that supernatural powers helped to construction.



**Grand Bazaar - Largest and oldest:**

The Grand Bazaar is one of the largest and oldest covered markets in the world. The Grand Bazaar has Istanbul's most attractive sites with more than 58 covered streets and over 1,200 shops. The Grand Bazaar is famous for its jewelry, pottery, spice, and carpet shops. The bazaar is grouped by the type of goods, with special areas for leather coats, copper stills, prayer beads, silver and gold jewelry.



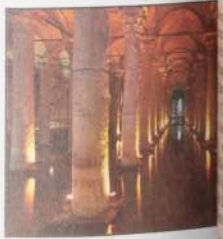
**Sultan Ahmet Mosque - Blue**

The Sultan Ahmed Mosque, known as the Blue Mosque, is the most important historical site in Istanbul. The mosque is famous for the blue tiles adorning the walls of the Sultan Ahmed Mosque. The mosque is considered a masterpiece of Ottoman classical architecture designed by the architect Sedefkar Mehmet Ağa and the architect Sinan.



**Basilica Cistern - Ancient W**

The Basilica Cistern, is the largest ancient cisterns that lie beneath the city of Istanbul. One of the magnificent historical sites of Istanbul, The Basilica Cistern is one of the hundred ancient cisterns that lie beneath the city. It was founded in the 6th century by the Byzantine Emperor Justinian I. The cistern is called by the public "the Sinking Palace".



**Topkapi Palace - World Heritage Site:**

The Topkapi Palace constructed by Fatih Sultan Mehmet, the Conqueror in 1478, was the official and primary residence in the city of the Ottoman Sultans for 400 years, from 1465 to 1856. The palace was a setting for state occasions and royal entertainments. It is containing the most holy relics of the Muslim world such as the prophet Muhammed's cloak and sword. Topkapi Palace became a UNESCO World Heritage Site in 1985, as "the best example of ensembles of palaces of the Ottoman period."





# Bar: Turkish Airlines again expand network

Airlines continues to "Widen Your World" with addition of Zanzibar as its 293rd destination.

Recognized brand, Turkish Airlines again presence in Africa and will have a presence at 50 African countries, making it one of the leading continent.

most prominent tourism destination of Tanzania, will Turkey of Turkish Airlines in the country, with existing routes to Salaam and Kilimanjaro.

From 12h December Zanzibar flights will be operated 3 times a week on Mondays, Wednesdays and Saturdays in both directions.

Round trip fares are available from Istanbul to Zanzibar from \$1,200 US Dollars (including taxes and fees).

For the operations to Zanzibar, Miles&Smiles members earn 25 per cent extra status miles.\*

Flights as scheduled from December 12th;

Flight schedules please visit [www.turkishairlines.com](http://www.turkishairlines.com), or call at +90 212 444 0849 or visit any Turkish Airlines office.



Turkish Airlines  
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A STAR ALLIANCE MEMBER

## Turkish Airlines Chosen 'Best Airline in Europe' for the sixth consecutive years in the Skytrax World Airline Awards

Turkish Airlines has been chosen as Europe's Best Airline for the sixth consecutive years\* in the 2016 Skytrax World Airline Awards.

The flag carrier once again recognised as a leading player in the global airline industry.

Skytrax is the most respected global airline passenger survey organisation in the industry, its World Airline Awards described as 'the Oscars of the aviation industry'.

Six years running is a real accolade and demonstrates Turkish Airlines' continued commitment to the passenger satisfaction and development within the industry.

The independent survey evaluates traveller experiences across a wide range of airport services and then evaluates key performance indicators - from check-in, arrivals, transfers, shopping, security and immigration right through to departure at the gate.

This year's awards were based on over a million questionnaires completed by nationalities worldwide.

The survey covered 550 airports worldwide and consequently unveiling an unrivalled perception of the airline industry across the globe.

As the carrier that flies to more countries than any other, Turkish Airlines is openly appreciative of feedback from passengers all over the world.

The airline currently flies to 290 destinations of 116 nations served across the globe.

Turkish Airlines has picked up four awards this year which include Best Airline in Europe, Best Airline in Southern Europe, Best Business Class Dining Lounge and Best Business Class On-Board Catering.

M. Iker Ayci, Turkish Airlines' Chairman of the Board and the Executive Committee states; The Skytrax World Airline Awards are the result of the largest airline passenger satisfaction survey in the world.

Every year it delights us that millions of travellers again recognise Turkish Airlines as the Best Airline in Europe.

"The airline continues to be renowned for its seamless services, including our dining and in-flight entertainment experiences.

"The award marks a continued period of success for us."

The results of the 2016 World Airline Awards were announced in the SkyView, Hall 1, at Farnborough Airshow. The award was presented to Turkish Airlines' Chairman of the Board and the Executive Committee M. Iker Ayci by the CEO of Skytrax, Edward Plaisted.

Turkish Airlines continues to consolidate its position as one of the world's leading airlines through its significant investments, prestigious award wins, impressive growth figures, large-scale aircraft orders and a continuously expanding route network.

\*SKYTRAX Best Airline in Europe: 2011, 2012, 2013, 2014, 2015 and 2016. Turkish Airlines, Inc. Media Relations

## KEY STORY

Turkey is a democratic, unitary, constitutional republic with a diverse population of 78 million people. It is bordered by eight countries to the west; the northwest; the northeast; the Azerbaijani Republic, Georgia, Armenia, Iraq and Syria.

It is bordered by eight countries to the west; the northwest; the northeast; the Azerbaijani Republic, Georgia, Armenia, Iraq and Syria.

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## Turkish Airline Fleet Is Based In Istanbul

Turkish Airlines (Turkish: Türk Hava Yolları) (BIST: THYAO) is the national flag carrier airline of Turkey, headquartered at the Turkish Airlines General Management Building on the grounds of Atatürk Airport in Yesilköy, Bakırköy, Istanbul.

As of July 2015, it operates scheduled services to 290 destinations in Europe, Asia, Africa, and the Americas, making it the fourth-largest carrier in the world by number of destinations, as of 2014.

It serves more destinations non-stop from a single airport than any other airline in Europe. Turkish Airlines flies to 115 countries, more than any other airline. With an operational fleet of ten cargo aircraft, the airline's cargo division serves 52 destinations.

Istanbul Atatürk Airport is its main base, and there are secondary hubs at Esenboga International Airport, Sabiha Gökçen International Airport, and Adnan Menderes Airport. Turkish Airlines has been a member of the Star Alliance network since 1 April 2008.

Turkish Airlines won the Skytrax awards for Europe's Best Airline, Southern Europe's Best Airline, and the World's Best Premium Economy Class Airline Seat for three consecutive years in 2011, 2012 and 2013.

It retained its status as the top European airline in 2014 and 2015,

thereby holding the title for five years in a row.

Additionally, Turkish Airlines was selected the Airline of the Year by Air Transport News at the 2013 Air Transport News Awards Ceremony.

## TURKEY HIGH SPEED TRAIN



XINHUA PHOTO - MUSTAFA KAYA

ANKARA Turkey (Xinhua) -- Turkish President Recep Tayyip Erdogan [front] attends the opening ceremony of the new high speed train station in Ankara, Turkey, October 29, 2016. A new high speed train station in Ankara was inaugurated on Saturday, Turkey's National Day. Turkish President Recep Tayyip Erdogan and Prime Minister Binali Yildirim were present at the opening ceremony.

## TURKISH AIRLINES TALKS TO FOREIGN PRESS ABOUT COUP

EMPT

of the board lines has lists from East and continent at a ce held

Istanbul in which he spoke about the July 15 coup attempt in Turkey.

The chairman of the board of Turkish Airlines Iker Ayci had earlier met with European journalists in Istanbul and spoke about what happened during and after the failed coup which took place in Turkey on the night of

July 15. More than 50 journalists from Russia, Germany, Norway, Slovenia, Finland and Austria also attended the conference, which was held in the company's headquarters in Istanbul.

Ayci said the main purpose of the meeting was to explain the coup attempt firsthand to the world so that people can understand it objectively.



Turkish Airlines  
Boeing THY-7378W

# THIS WEEK IN PHOTOGRAPHS



Ministry of defence Cabinet Secretary Ambassador Raychelle Omamo, flanked by Senior military officers views various items at Exhibition stands of Defence forces at the Kenya Navy base Mtongwe in Mombasa County. This was during the Kenya Defence Forces Day Celebrations. PHOTO BY PWANI IMAGES



Students of Kiembeni based Al-Raheeq Academy entertained guests with songs and dances at their school compound in Mombasa County on 22nd October 2016. This was during the School's 2016 graduation for the Kindergarten pupils promoted to class one next year. PHOTO BY PWANI IMAGES



Tourists on holiday, at Voyager Beach Resort and S admire African artifacts and beaded jewelry on display during a gala dinner the hotel hosted for its international and local guests. Hundreds of guests have flocked in resort as the high tourism season starts. PHOTO BY TITUS MUSAU



Mvita Constituency MP Abdulsamad Nassir (centre) receives a certificate from the Mombasa Branch Manager of the Kenya Institute of Management (KIM) Leonard Musomba (left) Evance Odhiambo and Christine Kajume (right) after the MP attended the Small and Medium Enterprise Management Forum held at Royal Court Hotel. Over 100 participants attended the forum. PHOTO BY TITUS MUSAU



Chief Executive officer of African Resource Development Agency (ARDA) Hamza Zaje (right) addresses Coast Women Leaders at the Lions Eye Hospital hall Mombasa County last Saturday. This was during the first ever "Women Empowerment meeting organized by the Lions Club of Mombasa Pwani that brought together more than 1000 women Youths and the local community groups to engage and train in enhancing their groups in terms of Finance, Marketing and Advertising. PHOTO BY PWANI IMAGES

## Mashujaa Day Celebration



The CEO of Mombasa Fresh Waters company Peterson Mitau (second right) and other leaders join traditional dancers during a gala dinner he hosted for Changamwe residents to mark this year's Mashujaa Day celebration at the Arts Restaurant in Mombasa West. PHOTO BY TITUS MUSAU

Luhar Nursery and Primary School had a great graduation day filled with fun and laughter as Coast famous magician Abdul Abu fully entertained pupils and parents alike with his ever skilled baffling magical tricks with his funny talking doll Mr. Jimmy on Saturday 29th October, 2016.



## 'Nyali Beach' Hosts Integration Workshop



Participants for the integration implementation workshop, held at Nyali International Beach Hotel during a tea break. Over 50 delegates drawn from government and private sector attended. PHOTO BY TITUS MUSAU



Nairobi Conservatoire of Music concert tour

## 'Coastal Concerts' With The Nairobi Conservatoire of Music

Those of you who attended last year's *Nairobi Conservatoire of Music* concert tour by the orchestra which took place in late August will be happy to hear that they will be back on tour in mid-November.

Once again it will cover as much of the coast as possible with concerts planned at the **Alberto Hall Mombasa** on Wednesday 16th November starting at 7.00 p.m., at **Leisure Lodge Hotel in Diani** on Thursday the 17th November also at 7.00 pm and at the **White Elephant Hotel Malindi** starting at 6.00 pm.

The final concert will take place in **Vipingo Ridge Conference hall** at 12 noon on Saturday the 19th November which will be followed by lunch for those of you who wish to remain and mingle with the musicians.

As I have said before, there is something special about an orchestra of 30 or so performers which are something which we at the coast seldom get a chance to enjoy.

This year, the program will include arrangements for classical guitar of some

contemporary pieces and some Italian and English coral works.

The Orchestra is composed mainly of music students, and as part of their training as musicians, they require exposure to display their talent and use the skills that they have learnt, so let us not disappoint them.

Come and enjoy the music and give these young musicians who have travelled from Nairobi to entertain us a well-deserved welcome.

Advance bookings for the Alberto Hall Concert Only can be made at **SECOND ACT** shop situated in **Krish Plaza, Links Road, Nyali** (contact number **0721292752**) for all other venues, tickets will be available at the door on the night of the concerts.

Ticket cost is 1000/= For more information, please contact the **Coast Arts and Theatre Society** on **0733779804**.



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## Happy Birthday 'Mzee' Zakayo

**ENTEBBE Uganda (Xinhua)** -- Uganda's oldest chimpanzee Zakayo enjoys a banana fruit cake prepared by his keepers at the **Uganda Wildlife Education Center (UWEC)**, 40 km south of the capital **Kampala**, Uganda. A star primate at UWEC, Zakayo on Thursday marked his 53rd birthday, an event also used by the center to highlight the plight of chimps that are threatened by habitat destruction. Hundreds of school children and tourists thronged the **Uganda Wildlife Education Center** to celebrate the birthday of the country's oldest chimpanzee. XINHUA PHOTO - RONALD SSEKANDI


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DINNER FOR TWO at Pavilions Restaurant, Sarova Whitesands Beach Resort & Spa, Mombasa will be awarded to the winner. The next draw for the winning entry will be **15th November, 2016 by 10.00 a.m.** Completed Arrowword should be sent to 'Prize Arrowword' COASTWEEK, P.O. Box 87270-80100, Mombasa, Kenya or dropped off at Coastweek offices. Please write your full name.

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Soft retailer (abbr.)	Lounge football club	Notion	
		Mathematical problems	
Run away	Organs of sound	Location of Mount Everest	Cut roughly
None clef		Definite article	
		Brown, brown leader	
O'Brien, Irish comedian	Heavy, TV comedian		

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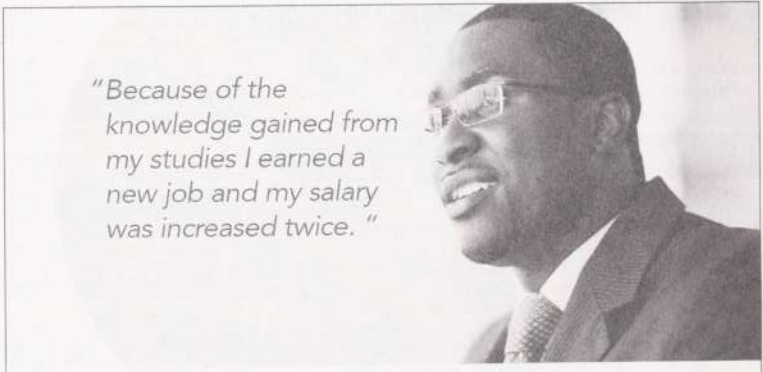
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# Kitengela Rally Attracts Star-Studded Entry

KCB Kitengela Rally, the penultimate round of the 2016 Kenya National Rally Championship, has attracted a star-studded entry that includes youngsters Manvir Baryan and Karan Patel who crashed out in WRC Rally Catalunya of Spain.

Defending KNRC champion Jaspreet "Jassi" Chathe has signed up for the event hoping to revive his title hopes against "Flying Finn" Tapio Laukkanen who only needs to finish second overall to become the first ever foreign KNRC champion.

Tapio has for the last two seasons raced on a Kenyan competition licence, and as such, eligible for the coveted title.

There are also over 10 entries in group N (for homologated cars) including leader Ian Duncan in a Mitsubishi Lancer Evolution 10, Farhaaz Khan in an Evolution 9 and Karan in an Evolution 10.

Karan is making a return to the KNRC front at penultimate stage after tackling five Europe-based rounds of the World Rally Championship.

The former 85cc East African motocross champion scored

points towards the Drive D-Mack Fiesta Trophy (DDFT) as well as savouring a taste of asphalt and gravel stages in rallies of Poland, Germany, Catalunya Spain, Finland and Portugal.

In an interview, Karan had this to say about his return to the local Championship which he has previously enjoyed top 5 positions.

"How awesome would it be if Kenya had some tarmac stages incorporated into our national rallying? I'm thinking that it would be ideal for us to have tarmac rally stages on select closed public roads which will call for tarmac specification dampers, springs, brake discs and pads and wheels and tyres.

That's what you need to change from a gravel specification to tarmac and approximately, it would take one and a half hours to do so," said Karan.

Karan also added that he is itching to rev his Evolution 10 car ("Phoebe") this weekend.

"After spinning a Ford in the WRC, I can't wait to get back into my beautiful beast of a machine (Evo).

"It was amazing racing in the WRC. I didn't quite make it to the finish in Spain because I crashed the car in the second last stage of the rally but for the

stages we did and completed, we gained invaluable experience.

"So we didn't finish on paper but in my mind I have accomplished something great given that I'm new to the car and the rallies and I feel I am walking away knowing that I am a better driver," Karan who is the 2014 KNRC Division 3 and Group S Champion said.

In the star-studded list, Duncan is the only driver amongst the top 7 still running a Group N car as most top teams have since upgraded to R4 and R5 machines.

Tapio has indeed swept the ground with all his opponents in his traditional Subaru R4, with youngsters Rajbir Rai and Manvir both gaining considerable pace in their Ford Fiesta R5 super cars.

Kabras Sugar Racing trio of multiple champion Baldev Chager, Onkar Rai and Tejevar Rai will be running their hi-tech R4 Evolution 10s, same as Chathe.

Although focus will be centred more on the high-flying speed merchants, lower categories of KNRC are sure to also offer spectators some hair-raising thrills on Kajjado's black cotton soil.

The 2WD category has attracted four entries, including champion Leonardo Varese, rising star Alex Lairang', leader Eric Bengi and Sammy Nyorri.

Kisumu's Chandrakant Devji Chabhadia aka "Chandu" hopes to resume his hunt for the Group 'S' title at the wheel of a Subaru Impreza GCB.

Chandu leads the 'S' class which is a preserve of cars with expired homologation.

There's a fabulous fight in prospect in Division 1 with runaway leader Onkar Rai taking his fight to the likes of Farhaaz Khan and Asad Khan "Kalulu".

The Classic Car Class has Dr. Rajvinder Jutley in a Ford Escort MK2 and Ramesh Vishram navigated by Riyaz Ismail in a similar car make.

KNRC Division 2 leader Mahesh Halal will be up against Eric Bengi in what has become a two-horse race.

The Rally will be flagged-off at KCB Kitengela Branch on Sunday morning preceded by reconnaissance on Friday and scrutineering at Sikh Union Club on Saturday.

Three stages running exclusively in Kajjado County will be repeated twice for a competitive mileage of approximately 140km.

The 2016 KNRC-cosponsored by Toyota Kenya, Red Bull and

CONCLUDED PAGE FIFTEEN



Shamba Boyz driver Mahesh Halal in past action.

# Magutu Defeat Millers In Taifa Chapati Super Cup

Mombasa Maize Millers crashed out of Taifa Chapati Super Cup tournament after they went down 0-1 to Magutu Strikers during the Zone D match played at Diani Babia ground.

After a deadlocked first half, Yusuf Chakanda scored the all-important goal two minutes to an hour mark.

Maize millers could have equalised ten minutes later but Bosi Madigi's free kick was disallowed by the referee.

Mombasa Maize Millers completed their group stage matches on third position in zone D with six points, three points behind leaders Magutu Strikers FC and Shimba Hills High School team.

In other league matches played at Mzimuni ground, Marika shared the spoils with Wayzata with a one-all draw.

Lolo Juma broke the stalemate for Wayzata in the 85<sup>th</sup> minute while Hamisi Nassoro pulled back for Marika in the stoppage time.

At Tiwi Kasemeri, Waa High piped Zawama 4-3. Kwale based teams continued to dominate the KFK South Coast Branch League.

Wayzata from Msambweni, Magutu Strikers from Diani and Nacet from Ukunda are riding the crest of the Zone A, Zone C and Zone D respectively after round 25 matches.

Wayzata consolidated their lead in Zone A following the 5-2 away win over Chanju United from Taveta and taking their points tally to 23 points, four points ahead of second placed Spar Youngsters.

Magutu Strikers opened unassailable five goal lead over second Kaloleni United in Zone C following 2-0 home victory over Teita Sisal.

The Diani based club has a total of 33 points. The status quo was maintained in Zone D but as Ukunda based Nacet remained at the summit with 23 points, five ahead of second placed Green Marines.

Meanwhile Bandari Youth and Mariakani Stars are joint leaders in Zone B with 29 points a piece. Bandari Youth however have a one game in hand having played 12 matches against Mariakani Stars 13 matches.

The top two teams from each zone qualify for a mini league whose winners will earn promotion to the KFK National Division Two League, next season.



Mombasa Maize Millers FC pose for a group photo prior to one of their Taifa Chapati Super Cup match at Babia ground in Ukunda.

## COAST BRIDGE with C.P. SHAH

It has been revealed that passing a high-level double and playing defence is a long-term winner.

DEALER: SOUTH BOTH VULNERABLE BIDDING:

SOUTH	WEST	NORTH	EAST
THREE HEARTS	DOUBLE	PASS	PASS
PASS			

Defending Three Hearts doubled there is a cure for West to lay down the Ace of Trumps at trick - one - to have a look at Dummy. It would then be clear to switch to Spades or Diamonds and the defence would take their Five tricks.

Down One.

However West led the Queen of Clubs.

He regretted his choice as soon as he saw Dummy.

Declarer played the Ace-King of Clubs, discarding two Spades.

NORTH	
♠	Q 9 5 4 3
♥	4
♦	Q 8
♣	A K 10 8 3

WEST	
♠	K 7 6
♥	A
♦	K 7 6 2
♣	Q J 9 7 2

EAST	
♠	A 8
♥	10 5 3 2
♦	A 9 5 3
♣	6 5 4

Then led a Trump.

When East played low, Declarer reflected that East would not pass the Double without a useful Trump Holding.

Either Ace-Ten low-low or Ten-low-low-low were favourites.

So Declarer finessed his Nine.

West won his bare Ace and all the defence could score from here was one Spade and Two Diamonds.

Nine tricks and doubled pass score made.

SOUTH	
♠	J 10 2
♥	K Q J 9 8 7 6
♦	J 10 4
♣	

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MOMBASA AND NAIROBI

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I DON'T AIM TO SIMPLY HIT A FAIRWAY OR A GREEN; I AIM FOR SPECIFIC PARTS OF BOTH DEPENDING ON WHERE THE TROUBLE AND THE PIN IS LOCATED. SO SHOULD YOU.

AIM, SAY, FOR THE LEFT HALF OF THE FAIRWAY IF THE HOLE IS CUT ON THE RIGHT OF THE GREEN...

... THEN YOU'LL CONCENTRATE AND SCORE BETTER.

EXCLUSIVE - GREG NORMAN'S - GOLF LESSONS

# Kipkemboi and Seurey Nairobi Marathon

## Nairobi on Sunday.

Kipkemboi won the men's event in a time of 2:13:27 to pocket the winner's purse of 15,000 U.S. dollars.

He was followed by Mark Lokwanamoi who came second in a time of 2:14:08 whereas

Hillary Kiplimo finished in third position in a time of 2:14:25.

Jelagat Seurey carried the honors in the women's category after beating the field to finish the race in a time of 2:34:18, followed by Recho Kosgel who stopped the clock at 2:35:11.



**NAIROBI (Xinhua) — Gold medalist Kenyan athlete Robert Kipkemboi (c), Silver medalist Kenyan athlete Mark Lokwanamoi (l) and Bronze medalist Kenyan athlete Hillary Kiplimo attended the awarding ceremony for the 42 kilometers men category during the**

**2016 Nairobi Marathon, Oct. 30, 2016. An estimated 30,000 people participated in the marathon. Kenyan athlete Robert Kipkemboi won the first place in the 42 kilometers men category using 2 hours 13 minutes and 27 seconds.** XINHUA PHOTO: PAN SIWEI

# Bandari Youth Edges Congo Boys in the South Coast Tie

Congo Boys searched for the equalizer in the second stanza but fired blanks upfront.

After playing 13 matches, Bandari Youth consolidated their lead at the summit of the 12 team Zone B table having 32 points, three points ahead of second placed Mariakani Stars.

Elsewhere at Mariakani ground, a goal by Said Mataza enabled Faster Boyz salvage a point with a 2-2 draw against Addis Ababa in the other Zone B match.

Addis Ababa were first to score in the 34<sup>th</sup> minute through Beste Munga.

Mohammed Sadiki levelled

the score for the visitors in the 52<sup>nd</sup> minute.

Sadiki was the master assassin again when he found the back of the net in the 69<sup>th</sup> minute.

Said Mataza cancelled the deficit to salvage a point by Faster Boyz nine minutes to time.

Meanwhile, Young Boys FC of Kipao won the Garsen CDF Cup tournament when they defeated Real Ozi 1-0 during the final match played at Garsen Primary School ground.

Young Boys' winning goal was scored by Issa Adim Marsis in the 51<sup>st</sup> minute.

Young Boys were awarded Sh30,000 while the runners-up Real Ozi went away with Sh20,000.

During the Ladies final, Falcons FC of Garsen beat TYSA from Tarasaa 2-0.

Happiness Malibe and Joan Simion netted a goal each.

Falcons won the winners prize of Sh30,000 with TYSA getting Sh20,000.

Football Kenya Federation (FKF) North Coast branch secretary, Dickson Angore thanked the area MP, Ibrahim Sane for sponsoring the tournament and asked other leaders and businessmen in the area to follow suit.

with edged  
FC 3-2 during  
thriller during  
KFC South  
League  
at KPA  
Sports Club.  
Omar Musa  
scorified with  
the 17<sup>th</sup> minute  
Haradhan  
had at half an

thought back in  
through Ahmed

increased the  
minutes later.  
reduced the  
Boys two  
the second half.

# Menengela Rally Attracts a Star- udded Entry

FOURTEEN Liquid Telecom- has been to Kajjido, Mandaita, Kisumu, Eldoret, Nanyuki, and back in

final leg, which is the prestigious Guru Nanak Rally, in November in Naivasha.

Menengela Rally 2016:

1. Tom Jessop (Ford Fiesta Proto-Menengai Oil); 2. Rajbir Singh (Ford Fiesta R5-Rai Racing); 3. Tapio Laukkanen/Pasi (Ford Fiesta R5-Rai Racing); 4. Baldev Chager/Ravi (Ford Fiesta R5-Rai Racing); 5. Evolution10-Kabras Sugar Racing);

6. Gugu Panesar (Mitsubishi Evolution10-Team Kibos); 7. Ahsaar Slatch (Mitsubishi Evolution 10-Liquid Telecom); 8. Drew Sturrock (Ford Fiesta R5- Multiple Racing); 9. TBA (Mitsubishi Evolution 10-Filmico Racing);

10. Kavit Dave (Mitsubishi Evolution10-Kabras Sugar Racing); 11. Zahir Shah (Mitsubishi Evolution10-Kabras Sugar Racing); 12. Piero Cannobio/Silvia Frigo (Mitsubishi Evolution10-Kabras Sugar Racing); 13. Izhir Mirza/Kavit Dave (Mitsubishi Evolution9-

14. Chana/Ravi Chana (Mitsubishi Evolution10-CRS); 15. Anwar/Rai/Tauseef Khan (Mitsubishi Evolution10-Rai Racing); 16. Mogul/Adnan Din (Subaru N12-Lota Motorsports); 17. Keith Henrie (Mitsubishi Evolution9-Oililya Racing);

18. Wenda/Job Njiru ((Mitsubishi Evolution9-Silverspread); 19. Mwangi/Jonathan Kosgey (Subaru N10-Andy); 20. Asad Khan/Harshil Limbani (Subaru GC8-Tams); 21. Waleh/Halai/Paren Hirani (Subaru N12- Shamba Boyz);

22. Edward Njoroge (Subaru N10-Jungle Racing); 23. Mionki (Toyota RunX-Menengai Cream); 24. Taiti (Subaru N12- Arrow); 25. Virani/Azhar Bhatti (Subaru N16-Arrow);

26. Chantal Young (Subaru N10-Hai Rally Chix); 27. Mwangi Kioni (Toyota RunX); 28. Leonardo Varese/Corolla RSI-Sportpesa Rally Team); 29. Alex Chochi (Toyota Sprinter GT-Team Kubwa); 30. Edward (Subaru GC8-Enka Rally Team);

31. George Mwangi (Subaru N10-Logitac Rally Team); 32. Sam Karangatha/Edward Ndokui (Subaru Leon); 33. Daren Miranda/Wayne Fernandes (Subaru); 34. Ravinder Jutley/Ranjeet Sahmi (Ford Escort MK2).

# CHAMP BIWOTT EYES TO REDEEM CAREER

**NAIROBI (Xinhua) — Ever since he dropped out of the Rio Olympics marathon race, Stanley Biwott has had no chance to make amends on his career and New York marathon on November 6 will be his first stop in his quest for redemption.**

At 30 years, Biwott still has a lot to offer in marathon and as he makes his third attempt on the New York race course, he knows all eyes will be on him as he bids to retain the title he won last in 2:10:34.

"I must say Rio Olympics was an anti-climax for me. Everything went as planned but my body just failed to react. I erred and this will be my chance to prove am still a worthy bet in running," he said.

Biwott was fifth in his New York City debut in 2013, and since then has finished as runner-up at the London Marathon in both 2014 and 2016.

Biwott was part of the lead pack at the Rio 2016 Olympic Marathon before dropping out mid-race.

His half-marathon best of 58:56, run at the 2013 Ras Al Khaimah Half-Marathon in the United Arab Emirates, currently ranks him as the 13<sup>th</sup>-fastest man in history.

"New York is special to me because it was there that I won my first title in the World Marathon Majors," Biwott said.

"After last year, my name has been spread worldwide, and I have been considered among the top athletes in the world. That's why I always like to return to New York, where I left a piece of my heart."

But Biwott will not be the only elite in the field.

He began his 2016 racing season with a win at the Lake Biwa Marathon in Japan, finishing in 2:09:11.

during the post-race interview.

The mother of one who has never competed outside Kenya said the race has heralded her into big-time athletics.

"The win is a big morale-booster and I am now going to train my guns on next year's London Marathon.

"It is also helpful to know that runners like the current men's world record holder, Dennis Kimetto made his big break in the event and I want to follow his footsteps," Seurey said.

Over 20,000 runners took part in the 10<sup>th</sup> edition of the event whose proceeds are channeled to the bank's "Seeing is Believing" initiative which is focused on eradication of avoidable blindness in Kenya.

Since inception of the event in 2003, more than one million U.S. dollars have been raised to sponsor cataract, glaucoma and trauma-related surgeries for 6,000 needy children.

The race lived to its billing of not having a runner defending title since it was launched.

# SUPER LADIES AND RED DIVAS WIN BREAST CANCER TOURNEY

**FROM BACK PAGE** breast cancer and cervical screening at the venue.

They also gave talks about breast cancer and the need to have regular checkups.

A motivational talk by one of the breast cancer survivors Hamida left women encouraged and inspired to take their health seriously.

Hamida represented the Breast Cancer Support Group which also gives support to women diagnosed with cancer.

The tournament attracted high profile guests and among them was Hon. Racheal Musyoki, The Minister of Health in the Kilifi County government and Esther Ingolo a Director within the Ministry of Youth Gender and Sports in Mombasa County.

Esther Ingolo also doubles up as the patron of the Soccer Divas Club.

In their remarks they both emphasized the need to have regular checkups among women.

The winners of the tournament, Mombasa Super Ladies and Soccer Divas Red walked away with glittering trophies.

The Padaa Dada team was also recognized

for using their group to give out sanitary pads to young girls within their community.

Onto this all captains of the twelve teams were awarded with medals.

Individual brilliance was not left out as several players were also rewarded by medals, Top Scorer Amateur tournament was Beatrice Otieno from Red Soccer Divas with three goals.

The Top Scorer Professionals Tournament was Veronica from Mombasa Super Ladies with three goals.

The youngest player of the tournament was Afraa Mpaata 11 years from Red Soccer Divas while the oldest player of the tournament was Mududa Waweru 53 years from Soropostomist.

The Soccer Divas events organizing committee led by Esther Njimi and Wairid Koki Rading reminded players that next year the event would be bigger and better.

They encouraged women to join the soccer divas for training in preparation for next year's big event.

They observed that the tournament in total brought 250 women together.

Next year their mission is to double up the number of participation and create more awareness about breast cancer.

Mariam Mpaata, the founder of Soccer Divas thanked the various corporates, the teams and the organizing committee for making the event a very big success.

She also encouraged women to continue working together to in order to tackle issues affecting them.

She further called upon women to use their creativity and talents to fill up gaps within their communities.

Mariam also doubles up as the goalkeeper and captain of the Soccer Divas.

The Soccer Divas Club in Mombasa is the first female amateur football club in Kenya.

The club is hardly two years and has broken the record as one of the best female teams in Mombasa, proving that women can take up a sport and excel despite all odds.

The women mostly between the ages of 16 to 60 play football for exercise, fun, and networking.

They use the same platform to support issues affecting women and children.

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# Coastweek SPORTS

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## Super Ladies and Red Divas Win Breast Cancer Tourney!

Arena artificial turf in Nyali was a beehive of sporting activity on Saturday 15<sup>th</sup> October.

It hosted the much awaited Breast cancer tournament.

The tournament attracted ladies' teams from far and wide.

The tournament was boasted a mixture of professional and amateur groups, giving it a fun and competitive atmosphere.

The tournament was played in two categories; the amateur tournament for women who have not played football on any

by 12 teams namely: Sorop-tomist, Pad a Dada, Dauntless, CBO, Kazandani ladies, Mombasa Super Ladies, Creative Divas, Yellow Soccer Divas, Rotaract ladies, Red Soccer Divas, Moving the Goal Posts, and Mombasa ladies.

The games commenced at 8 am in a packed Arena pitch and every team looking stunning in their respective jerseys.

The amateur category was won by the Red Soccer Divas while the professional category was won by Mombasa Super Ladies who beat Red Soccer

top notch and this earned the players rave reviews from the excited fans.

This year's edition was afforded English commentary from Luke 'Sparrow' Wailaula who kept the Arena alive with his sensational commentary; together with him was Lorna Kyalo, the MC of the day. She is also a defender at Soccer Divas.

The tournament in partnership with Soccer Divas was proudly sponsored by Kings Premium Water who made sure the winners walked away with glittering trophies and medals.



Seen are Soccer Divas Club players who participated in the Breast Cancer Tournament at arena artificial in Nyali.

professional level and the professional wing which comprised of women who have played at higher levels.

The tournament was graced

Divas in post-match penalties.

The tournament was organized on a 7-a-side basis. Some of the football skills displayed from the ladies were

They also ensured during the play all the participants had water to quench their thirst.

The beautiful picture moments were captured by Mombasa Lenses, a group of Mombasa photographers who sponsored the photography for the event.

The tournament's main agenda was brought to life by the partnership of Gertrude's Hospital and Family Health.

Their partnership made it possible for women to have free

CONCLUDED PAGE FIFTEEN



Coast Academy students Swaleh Balala, Twalib A Hamza, Abdalla Ismail, Abdalla Habib and others who won medals during the Nairobi Amateur Swimming National Invite Gala.

## Maria Bianch Bags 3 Gold Medals in Nairobi Amateur Swim Gala Championship

Nairobi Amateur Swimming Association National Invite Gala championship took place at Coast Academy from 21<sup>st</sup> to 23<sup>rd</sup> October 2016.

Coast Academy team participates and managed to collect several medals.

Our own Maria Bianch had 5 medals, 3 gold medals in 100-meter Breast 1.39.91, 50-meter butterfly 41.97, 50-meter breast 45.21 and 50-meter free style 36.33.

She took 3<sup>rd</sup> position in 200meter breast 3.45.44.

Swaleh Balala came second in 50-meter free style 26.29.

Twalib A Hamza took first position in 200-meter butterfly 3.08.50

In the same event, the coast swim club was well presented by Abdalla Ismail.

He took one gold in 200m Back 3.01.03, three silver medals in 50 meter back 40.24, 100-meter free style 1.12.86 and 50m freestyle 30.06.

He also took a bronze medal in 100m breaststroke

Abdalla Habib of the same club got a gold medal in 200 meter back and silver medal in 50meter free. CSC trains at coast academy during evening hours from 4:30pm to 8:00pm. Coach Ahmed Hamza (Coast Academy coach) and Twalib Ali Yusuf.



Coast Academy swimmer Maria Bianch won five medals.

### KENYA TIDE TABLES

MOMBASA, November 04 - 10, 2016

**FRIDAY** High Water - 3.3 m. at 06.09 hrs. (6.09 a.m.) and 2.7 m. at 18.35 hrs. (6.35 p.m.). Low Water 0.6 m. at 12.28 hrs. (12.28 p.m.).

**SATURDAY** High Water - 3.1 m. at 06.41 hrs. (6.41 a.m.) and 2.6 m. at 19.10 hrs. (7.10 p.m.). Low Water - 0.8 m. at 00.23 hrs. (12.23 a.m.) and 0.7 m. at 13.04 hrs. (1.04 p.m.).

**SUNDAY** High Water - 2.9 m. at 07.19 hrs. (7.19 a.m.) and 2.4 m. at 19.57 hrs. (7.57 p.m.). Low Water - 1.0 m. at 00.58 hrs. (12.58 a.m.) and 0.9 m. at 13.46 hrs. (1.46 p.m.).

**MONDAY** High Water - 2.7 m. at 08.10 hrs. (8.10 a.m.) and 2.3 m. at 21.07 hrs. (9.07 p.m.). Low Water - 1.2 m. at 01.44 hrs. (1.44 a.m.) and 1.1 m. at 14.43 hrs. (2.43 p.m.).

**TUESDAY** High Water - 2.5 m. at 09.29 hrs. (9.29 a.m.) and 2.3 m. at 22.50 hrs. (10.50 p.m.). Low Water - 1.4 m. at 02.58 hrs. (2.58 a.m.) and 1.2 m. at 16.11 hrs. (4.11 p.m.).

**WEDNESDAY** High Water - 2.4 m. at 11.19 hrs. (11.19 a.m.) - Low Water - 1.4 m. at 05.02 hrs. (5.02 a.m.) and 1.2 m. at 17.56 hrs. (5.56 p.m.).

**THURSDAY** High Water - 2.5 m. at 00.25 hrs. (12.25 a.m.) and 2.6 m. at 12.48 hrs. (12.48 p.m.). Low Water - 1.2 m. at 06.37 hrs. (6.37 a.m.) and 1.2 m. at 19.03 hrs. (7.03 p.m.).

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

## National Basketball League Match

Evans Leting (left) of KPA dribbles the ball against Wycliff Ochieng of Co-op Bank in a men's KBF National League Match played at the KPA Makande gym.



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