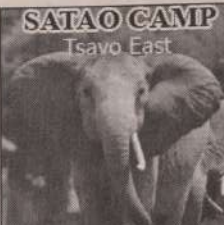


Coastweek

Issue No. 3343 October 22 - 28, 2010 PRICE - KENYA THIRTY FIVE SHILLINGS

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Piyush Sawjani
PG Bison
Appoint
Piyush
Sawjani

Piyush Sawjani has been appointed as the Branch Manager for PG Bison's Mombasa Branch and has been tasked with the growth of PG Bison in the coastal region.

Piyush brings vast experience from senior management positions previously held in the areas of sales, logistics and general management.

Piyush originates from Mombasa and represented the Kenyan National Cricket Team in 1992.

Mombasa Hospital Wins Top Honours

The Mombasa Hospital has once again been recognised for its 'outstanding performance in patient care and hygiene'.

In its latest commendation The Hospital was recently been awarded the Lievens Lanckman Award, beating all the Private Hospitals in the Coast Region, to the first place. Nationally, the Hospital came second after the Nairobi Hospital, a position shared with the Aga Khan University Hospital, Nairobi.

The Nairobi Hospital was rewarded with Shs. 35,000/= in addition to a certificate.

The Mombasa Hospital and the Aga Khan University Hospital, Nairobi, received a certificate and Shs. 10,000/= each as runners up in the competition.

The Lievens Lackman Award is given by an organisation in Belgium to support public, private and mission hospitals in ensuring

high quality patient care and hygiene within the patient environment.

It was a joyous occasion as the Mombasa Hospital team of

Special Report by Correspondent

Nurses, led by Sister Josephine Ligami, received the award during the Annual General Meeting and Annual Scientific

Conference of the National Nurses Association of Kenya held at St. Andrews P.C.E.A.

Church, Nairobi from 6th to 8th October 2010. The Award is proof that a small Hospital like the Mombasa Hospital can make it in the face of stiff competition from major Private Hospitals.

The Mombasa Hospital has won the Lievens Lanckman award for the third time, in 1993, 1996 and again this year.

BEST HOSPITAL

The Hospital was also declared the Best Hospital in the Coast Region by the Midwives Chapter of the National Nurses Association of Kenya and received the Midwives of the Year Award aimed at promoting safe

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motherhood and better birthing initiative. Similar Awards were won by the Hospital in 2008 and 2009.

The award was sponsored by Johnson and Johnson, manufacturers of personal and health care products as well as pharmaceuticals and medical devices.

The management and staff have invested heavily in enhancing the Hospital facilities with a view to providing quality health care to their patients.



KIND THOMAS COOK GIFT FOR KWALE EYE CENTRE

Global travel agents Thomas Cook have very generously donated £ 5000 (K. Shs. 625,000/=) to the Kwale District Eye Centre. The Thomas Cook U.K. team in Kenya, represented by the Gateway Supervisor, Ms. Lella Smith is seen [third from left] along with her team handing over a cheque from the Thomas Cook Children's Charity to Dr. Helen Roberts, [right front] the founder of Kwale District Eye Centre who is seen here with some of the patients during the presentation. Looking on [from left] are Iona Lawrence, Salim Rehemtulla, Peter Gathungu, Stephen Muchiri and Ibrahim Maiyo.

This philanthropic gesture was from the Thomas Cook Childrens Charity which was launched last year with the aim of making dreams come true for the sick and disadvantaged children. They selected the Kwale District Eye Centre which has been helping children who are visually impaired for over 17 years.

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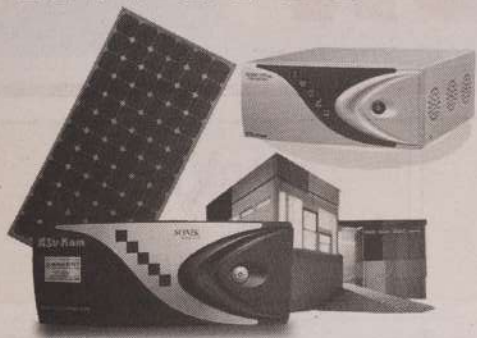
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Nurse Of The Year Award

Honourable Dalmas Otieno, the Minister for State for Public Services, presented the Nurse of the Year Award, sponsored by Johnson & Johnson to Fatuma Mohamed shortly after opening the Scientific Conference and the Annual General Meeting of the Nurses Association of Kenya at St. Andrew's PCEA Hall.

Fatuma who works at the Garissa Provincial General Hospital, becomes the first nurse in the North Eastern Province to win the Nurse of the Year Award since the inception of the scheme in 1983.

The Minister also handed to Fatuma a golden badge, certificates and an educational scholarship worth 100,000 shillings.

In addition, she received the award for Garissa District and the North Eastern Province prize.

Applause and loud cheers from the North Eastern Province delegation greeted the selection

Special Report by Correspondent

conduct of Johnson & Johnson business globally, we are proud by the Company's Credentials. "This states that we are responsible for the environment in which we live and work in the world society as well. "Johnson & Johnson encourages civic improvements, health and education, protecting the environment and natural resources."

"By sponsoring the Nurse of the Year Award, Johnson & Johnson recognizes excellence in nursing practice."

the Ministry of Medical Services facilities around the country, encouraging higher standards of patient care.

"The Company has funded the scheme for the last five years and is delighted to be associated with the Nurse of the Year Award which recognizes good work and professionalism."

"Johnson & Johnson has improved the Nurse of the Year Award."



Honourable Dalmas Otieno (right), the Minister for State for Public Services, presented the Johnson & Johnson Nurse of the Year Award to Fatuma Mohamed (second right), an Enrolled Nurse at the Garissa Provincial General Hospital. She is congratulated by Rene Kiamba (second left), the Manager Sub-Saharan Africa of Johnson & Johnson Family of Companies and Stephen Mburu (left), the Company's Market Development Manager for Eastern Africa.

of Fatuma Mohamed as the Johnson & Johnson Nurse of the Year 2009.

Fatuma, an Enrolled Nurse works at the Garissa Provincial General Hospital.

Prior to the function, Chris Rakuom, the Chief Nursing Officer (CNO) in the Ministry of Medical Services, released the list of the Nurse of the Year Award Provincial winners, but the identity of the Nurse of the Year 2009 remained a secret until the ceremony in Nairobi.

The Johnson & Johnson 2009 Nurse of the Year Award provincial winners are Justin Nzaro Mukere (Coast), Jane Gathoni Mundati (Central), Angelina Wanyonyi (Rift Valley), Ruth Shisoka (Western), Bernard Omuondi Onsongo (Nyanza), Loice Muthami Nzilani (Eastern), Jane Wambeti Riungu (Nairobi) and Fatuma Mohamed (North Eastern).

Rene Kiamba, the Manager for Sub-Saharan Africa for Johnson & Johnson Family of Companies Contributions Fund, said, "In the

"The national winners receive an educational scholarship worth 100,000 shillings together with a golden badge and certificates of recognition."

"Each of the eight provincial winners will be presented with scholarships worth 20,000 shillings to improve their professional qualifications."

These scholarships will be redeemable at local institutions that offer nursing training explained Rene Kiamba.

Mr. Chris Rakuom, the Chief Nursing Officer, commented, "The Nurse of the Year Award program was introduced in 1983 by the Ministry of Health."

"The objective of the scheme is to recognize and reward those who have shown outstanding commitment and dedication to their profession."

The award encourages winners to keep up to date with the latest medical developments, including the latest infection prevention techniques, the management of new and emerging diseases and HIV education.

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Pakistan Navy Pay Courtesy Visit To Mayor And Provincial Commissioner

Owing to prior heavy work load in Nairobi, H.E. Masroor A. Junejo, High Commissioner for Pakistan was unable to personally come to Mombasa in time to personally welcome the visiting Pakistan Navy.

He therefore designated his deputy, Dr. Mansoor Chaudhry and Shaahid Sheikh to receive the visiting Pakistan Navy Ship on his behalf.

After completing the formalities at the Port of Mombasa, Dr. Mansoor Chaudhry led Commanding Officer of Pakistan Navy Ship Moawin, Commander Masood Khurshid, and his key officers to pay official courtesy visits to His Worship the Mayor of Mombasa, Councilor Ahmed A. Modhar and Deputy Commissioner of Coast Province, Hon. Joseph Satia.

After completing the official formalities, Dr. Mansoor Chaudhry returned to Nairobi while Shaahid Sheikh and the



Visit to the Provincial Commissioner - Standing [from left] Lt. Rashid of Pakistan Navy, Dr. Mansoor Chaudhry Deputy High Commissioner for Pakistan, Lt. Swaleh of Kenya Navy and Shaahid Sheikh. Sitting Commander Masood Khurshid of Pakistan Navy and Hon. Joeseeph Satia Deputy Provincial Commissioner for Coast Province.

Muslim Association of Mombasa hosted a reception in honor of the visiting Pakistan Navy at Travellers Beach Hotel.

The next day H.E. Masroor A. Junejo arrived in Mombasa accompanied by his Second Secretary Wajid H. Hashmi in time to attend a dinner on board Pakistan Navy Ship Moawin hosted by Commander Masood Khurshid for prominent members of the Mombasa community, members of the Muslim Association Mombasa, Pakistanis working in Mombasa and government officials.

PARTNERSHIP

In his welcome address Commander Masood informed the gathering on Kenya Pakistan Partnership especially in the fields of agriculture and education.

The Pakistan Government has continued to train Kenyans in improving the agricultural sector in Kenya.

Commander Masood also informed that he had joint Naval discussions with the Kenyan Navy Commander and brief training aboard the Pakistan Navy Ship Moawin for Officers of the Kenya Navy.

The ship remained open to general public to visit on the afternoon of Friday 8th October and Saturday 9th October.

Families that visited the ship were full of praise and excitement and thought this was an excellent learning experience for the general public.

Ladies Auxiliaries Privileged To Host District Governor

Club of Mombasa Ladies Auxiliaries privileged to have District Governor Lion Dr. Vasishit to witness their activity, accompanied by President Lion Bhadrash Honorary Lion Chahal Babla, Vice District Governor Lion Murtaza

Dungarwalla, Zone Chairman Lion Dr. Vinesh Vaghela and other fellow Lions.

The activity was carried out at the Lions Eye and Blood Centre of Lions Club of Mombasa Pwani.

The Ladies donated two wheel chairs and two pairs of crutches with some rations to some of the Cerebral Palsy children brought individually from the rural areas.

The children were accompanied by their parents and they thanked the Ladies for the generous donation they received.

It will make life easier for them to take their children home with the aid of the equipment they acquired rather than carrying them.

Lion Ladies take this opportunity to sincerely thank Mr. Vinod Dattani, a Social Worker and a member of the Kenya Prisons services, for all his support in organizing for these children and parents to come to the centre.

Mr. Dattani has always given us great support and assistance whenever they have approached him.

DONATIONS

Lion Ladies also sincerely thank all the Lions and Lion Ladies for the generous donations they contributed towards this activity.

The District Governor was really impressed and congratulated the Ladies for the work they are doing.

Additionally he added that we should be doing more of such activities and try to help the needy.

All departed after carrying out the noble work.

It gave the Ladies great satisfaction by putting a



[from left] Lion Lady Raksha Patel, Ladies Conveners Meena and Chandrika Kanabar, First Lion Lady Ketki Shah, Lion Lady d'silva and Lion Lady Zahabiyh Mohamed.

Laughter Packed Show With King of Indian Comedy Raju Shrivastav

Raneer Productions seems to be in high gear moment.

On the heels of a sold-out performance by the heart-throb Aatif Aslam, is a laughter-packed show with none other than the baadshah of Indian Comedy Circus, Raju Shrivastav.

stand-up comedian was one of the entrants first season of this very popular comedy show and was the leader of the pack.

of his best acts is the rendition of Sholay's Singh, especially when he plays a gay

also does an excellent spoof on Indian news channels and has everyone rolling on the floor when he takes past events putting them in context, or even vice versa.

and live stage shows.

Now, thanks to Raneer Productions and Crown Berger, we will have the chance to sample some really good stand-up Hindi comedy here in Nairobi, for two shows.

On Friday 29th October you can catch him at the Visa Oshwal Auditorium and on Saturday, 30th October at the Aga Khan Pavilion and Complex on 5th Parklands Avenue.

Some super opening shows from Junior Jay Sean and Mani Moni are lined up.

Tickets are available and it is highly advised to book early to avoid disappointment.

Please call 0724-044646 or 0724-277664 to book your tickets.

Laughter is the best medicine, make sure you get your dose of the week at Visa Oshwal or Aga Khan

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AAKROSH Priyanka Chopra, Akshay Khanna, Bipasha Basu
 - With English Subtitles -
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THIS WEEK will be very different from all my past reviews.

I will start off by talking about a show that takes place tonight (Friday, 22nd October) at Wild Waters in Mombasa.

The water park in conjunction with Alisha Entertainment, have brought in the dynamo of Indian comedy, Paresh Rawal just for your pleasure and entertainment.

Together with an impressive cast consisting of Hetal Patel, Vaishali Thakkar, Umesh Shukla, Ankit Trivedi, Geetika Tyagi, Kunal Ravani, Santosh Zaveri and Faizal, Paresh will be performing live at the Wild Waters in a Hindi play entitled **Shaadi@Barbaadi.com**

This very talented Gujarati actor has enacted every single filmy role to the hilt, whether he is playing a conniving baddy, an old demented patriarch or just your usual man on the street.

His comedy timing is perfect and in my opinion, after Mehmood, he is the best comedian in the Hindi film industry.

So make sure you get your tickets, call Hitesh on 0722-411500 / 0772-41150, (if they have not already been sold out) and watch this play.

Getting back to the main business of movies this week, **NYALI CINEMAX** will host three new films.

Idris Elba, Matt Dillon, Tip 'T.I.' Harris, Chris Brown, Paul Walker and Hayden Christensen star in the action thriller, **Takers**.

A young group of criminals keep pulling off the perfect robbery.

They walk in and out, no mess, no evidence and there is no trace of a robbery having taken place other than the loot which is long gone.

In between robberies, they lay low, so that the long arm of the law cannot catch up with them.

With every robbery, they get bolder and call themselves the 'Takers', for the literal sense of what they do.

The group decides to do one last job, so big that they can retire in peace.

There is a police officer who has been chasing them for a while with no success, and as he gets desperate, he starts to become a bit of a daredevil and there is a very fine line between him and the **Takers**.

The science / fiction romantic drama **Charlie St. Cloud** also opens at the **NYALI CINEMAX** this week.

It stars Efron, Charlie Tahan, Amanda Crew, Augustus Prew and Donal Logue.

Charlie St. Cloud is a sailor and everything that an upright young man could be.

His mother adores him, and his younger brother Sam worships him while the college scholarship will take him higher up in his quest for a better life.

All that comes crashing down when Sam dies and devastates the whole family.

Having a special bond with his kid brother, Charlie works as a caretaker in the cemetery so that he can be near the grave all the time.

Four years later, his high-

schoolmate Tess comes back home and a new relationship is cemented.

He will now have to make some very tough decisions in his life, or lose everything.

The Bollywood release this week is director Mohit Suri's (**Zeher, Kalyug, Who Lamhe**) **Crook**, with Emraan Hashmi, Neha Sharma and Arjan Bajwa.

A couple of years back, the normally quiet and peaceful Australia was rocked by racial riots.

The cities of Melbourne and Sydney were the centre of these riots which started with the unnecessary and horrible killings of some Indian students.

When Mohit Suri visited Melbourne, he saw an ad on the window of a 24-hour convenience store which said "accommodation is available for Indian students only".

On inquiring he found out that this was the spot where the most brutal attacks on Indians took place.

Shocked that anyone could be killed even in this day and age just because of race and colour, Mohit started to work on the idea of a film based on the subject.

The film teaches us that racism is in everyone's heart, it is up to the individual how much of that they allow into their lives.

Never before seen footage can now be seen in the re-release of James Cameron's **Avatar**.

Sam Worthington, Zoe Saldana and Sigourney Weaver star in this fantasy fiction tale about tall and athletic blue people in the world of the Na'avi.

Brad Pitt's **Eat Pray Love** with Julia Roberts, James Franco, Javier Bardem, Richard Jenkins, Viola Davis and Billy Crudup is still tugging at everyone's heart-strings.

The voices of Steve Carell, Jason Segel, Russel Brand and Elsie Fisher can be heard in the animated film, **Despicable Me** (in three dimension).

You can catch the last show of **Step Up** (in three dimension) on Saturday afternoon.

The Indian fare will carry on with Priyadarshan's **AAkrosh** starring Ajay Devgan, Akshaye Khanna, Bipasha Basu, Paresh Rawal.

A bit of fact and a bit of fiction has been brought together in this very hard-hitting film that will open a lot of eyes of what really goes on in the back-waters of Indian villages.

Anjaana Anjaani (Ranbir Kapoor, Priyanka Chopra) and **Dabangg** (Salman Khan, Sonakshi Sinha) have one show each this week.

The Price Busters are back at the **NYALI CINEMAX** and Monday show tickets for all films include a hot dog.

Free Clinical Check-Up



WOMEN'S HEALTH Aga Khan University Hospital, Nairobi, (AKUH,N) recently held free clinical breast health examinations at the Nairobi Pentecostal Church (NPC), Valley Road. Dr. Francis Githae [centre], a Resident in Obstetrics and Gynaecology at AKUH,N discusses women's health with Joy Kimiywe [left], the Honorary Leader of Women Ministries at NPC Valley Road, Pastor Grace Bukachi [second left], Norah Omenda [second right], an Executive Leader of Finance and Alice Aluvala [right], an Executive Leader of the church.

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STARCAST GEMINILIF

Scorpio (Oct. 22 - 21) You're ready to face reality as you decide to let people in your life who become unreliable. A habit of constantly letting down. You've heard the excuse so many times you no longer believe you no longer believe.

Sagittarius (Nov. Dec. 21) A past agreement opened up for scrutiny might seem the wrong decision have been made. If you involved in professional negotiations and deals, surprised to find out arrangements are being brought them up to date current developments.

Capricorn (Dec. 22 - 21) You wonder whether have got their wires crossed are they deliberately misunderstanding what I might suit someone's confusion rather than your views differ completely theirs.

Aquarius (Jan. 22 - 21) If it can possibly be don't get started talking subject which always carry argument. You have spare today so why waste futile disagreement.

Pisces (Feb. 22 - 18) An incident today is an of how someone hasn't through the consequences their actions. In anything new to you, you would question others about experiences in this area for views and recommendations before making decisions.

Aries (Mar. 22 - 21) Never before have you such compatible and healthy social relationships, events and competitive well. Friends will urge you be careful about how it say to your partner.

Taurus (April 22 - 19) Your inability to concern anything for more than minutes makes you at yourself. There's someone you can't get your mind and you know distracting you.

Gemini (May 22 - 21) After a sudden early rush, you could be sure how peaceful everything dilemma is quickly sorted could the resulting still the calm before another. With a number of chances ahead, you're going to some difficult choices.

Cancer (June 22 - 21) Sometimes caring too much have a downside, so it amusing to take advice. It has become too habit for them to expect their bidding and the stop from today.

Leo (July 22 - 21) Aug could catch wind of a new opening that you want to miss out on. Be disinterested as you are a gossip person who pass information on to you, someone you would probably hear of this opportunity.

Virgo (Aug. 22 - 21) Discussing reality might make you realise how you are missing someone question mark has sort do with whether or not contact people you've in years or will this problems in your relationships?

Libra (Sept. 22 - 21) Treating everyone fairly simple as you think everyone expects different from you. The people are quite happy to get your help and guidance.

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Above are the KK Tong-IL Moo-Do Martial Arts team Members showcasing their self defence skills. The team participated in the ASK Show Mombasa which took place in August this year. In addition, the team has also won the Kenya Open Tong-IL Moo-Do Championship 2010 Sparring Title which was held on September 19th. This is the first time a team from Coast Province has won the coveted title.



Above is the up coming Bamburi Cement Kennels which will accommodate over 100 dogs for Nyal and own area assignments.

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- Think before stopping to assist in an accident. It may appear to call and report the location, number of cars involved and injuries observed.
- Vary your timings of getting home as well as routes. A clear pattern is discouraged.
- Know your guests. Most of the thefts reported originate from walk in and out of people's homes.
- You are driving at night and eggs are thrown at your car, do not stop to check the car, do not wipe the wiper and do not spray any water because a mixture with water become milky and block your vision up to 92.5 per cent and then you are forced to stop on the road and become a victim of criminals.

My Computer Screen Is Freezing

Working on computers and laptops, whether old or new, a screen freeze can be really be annoying and do lead to frustrations after losing and not recovering hours of work while running program applications.

This freeze is a result of several reasons but most of the time; it is due to your storage space available or computer speed or little bit of both.

However, you need to determine which type of a freeze you have encountered.

There are 2 types i.e. single program freeze and complete system freeze.

Program freeze are when single particular programs do

not respond due to overload of tasks and control on memory processes and system freezes are associated with everything from programs, operating system, mouse and keyboard.

If you have a program freeze,

INTERNET MATTERS with RIMAL PATEL



simply right-click on the bottom taskbar and select 'Task Manager' and a window with open up showing which programs are not responding and also active running. Select the program which froze and click on 'End Task'.

This solves and allows your system to be back to normal

but unsaved data can be lost in a swift. If you have a system freeze, then select Ctrl+Alt+Delete and select shut down as that is the only option.

You can also just hold the CPU power button to release the freeze and reboot the system if the above doesn't work.

The reasons for these computer freezes are multiple. To name a few: Corrupt Registry, Low Storage Space, Memory, Weak Antivirus/Spyware Software, Hardware Drivers, New Software.

To diagnose the above problems, you can start by scanning your registry which will speed up and clear all issues using Tuneup Utilities.

Buy an external hard drive and backup old and low accessed data and information

to provide more space for new stuff.

Buy or install strong antivirus software such as Avast, Bitdefender or Kaspersky which are top favorites and will help you get rid of all undetected viruses that cause program or system crashes.

A defective, conflicting or outdated driver can cause a lot of system problems so disable, update or remove the driver by going to device manager but with new operating systems, this is hardly a problem anymore.

New software downloaded off the internet can have faulty install files or erroneous downloads which mock up the system right after install so always use trusted content websites and downloads.

Uninstall any suspicious fault software.

Osteoporosis Is Preventable And Treatable

Focus on 'Osteoporosis' by Dr. Khalid Makhdomi, Nuclear Physician, Aga Khan University Hospital, Nairobi

Osteoporosis is a condition characterized by low bone density with a consequent increased susceptibility to fractures.

Osteoporosis is often called the "silent disease," because it doesn't produce symptoms until a fracture occurs.

The bones most likely to break are the hip, spine, and forearm.

In fact, one in two women and one in eight men are at risk for fracture or have at least one spinal fracture and don't know it.

Spinal fractures caused by osteoporosis are most often painless, greatly increasing the risk for future fractures.

A woman's risk of hip fracture alone equals her combined risk of developing breast, uterine or ovarian cancer.

Osteoporosis is preventable and treatable
The diagnosis and treatment of osteoporosis begins with an objective measurement of your current bone density.

Today, when doctors detect bone loss in the earliest stage, treatment is more successful.

And, several drug therapies now on the market have been shown to be effective in slowing down or reversing the bone-loss process.

Bone Densitometry using the DXA scan

Bone densitometry is the technique for evaluation of the density of bones. DXA (Dual-energy X-ray Absorptiometry), a painless examination consisting of a very low dose X-ray, is the latest technique for bone densitometry.

DXA of the hip and spine is the gold standard for baseline bone density determination and follow-up measurements because of its high precision and accuracy,

ability to measure bone density at all clinically relevant sites and modest radiation exposure.

It is more accurate than bone density measurements done by CT machines, the previously used technique, and it also gives significantly less radiation than the CT scan.

An additional capability, Instant Vertebral Assessment (IVA), a 10-second, low-dose

X-ray scan of the entire spine, allows doctors to see existing vertebral fractures, which may indicate the need for more aggressive treatment, even if bone density results are in the "normal" range.

IVA may be performed in conjunction with a bone density test, during the same appointment, and the results are immediately available for the doctor's review.

In this way, your doctor can provide a more thorough assessment of your bone health quickly and conveniently.

DXA unit scans two or more areas, usually the fracture-prone hip and spine. Unlike typical X-ray machines, radiation exposure during bone densitometry is extremely low.

The entire process takes only minutes to complete.

It involves no injections or invasive procedures.

Risk factors for developing osteoporosis

The chances of developing osteoporosis are greater if you are a female who is:

- Light skinned, Thin or small framed, Approaching or past menopause, Milk intolerant or have a low calcium intake, Cigarette smoker, Indulging in excessive alcohol intake, Taking thyroid medication or steroid-based drugs for asthma, and arthritis or cancer.

Or if you have: A family history of osteoporosis, Chronic intestinal disorders, A sedentary lifestyle and Eating disorders

Note: Aga Khan University Hospital, Nairobi (AKUHN) is a private, not-for-profit teaching

and referral institution that provides secondary and tertiary level health care services.

With a multidisciplinary, evidence based approach to care and treatment, AKUHN operates under the core principles of Quality, Impact, Relevance and Access.

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THE TAMARIND THIS WEEK



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THIRTY ONE YEARS AGO

Coastweek, October 17 - 23, 1980:

Energy Minister Hon. J. H. Okwango officially opened the **Fifth Annual Jaycees Conference** at Diani's luxury **Jadini Beach Hotel**.

More than 180 delegates, wives and children attended the three-day event which was hosted by Bahari Jaycees Club under their chairman **Pindi Tamana**, who was also the Mombasa District Agriculture officer.

Coast Provincial Commissioner **Luka Galgalo** officially opened the new **'Coral Grill Room'** at Mombasa's plush **Oceanic Hotel**. Those attending included hotel chairman **Aziz Kassim Lakha**, vice chairman **John Malinda**, and Mombasa Mayor Coun. **Rajab Sumba**.

Touristic Union International Kenya resident manager **Wilhelm Kratz** hosted a party at Malindi's **Blue Marlin Hotel** for visiting TUI Hanover sales promotion manager **Gunter Dorn** and TUI Malindi tour leader **Carola Seiffert**. Also present were Jambo Hotels chairman **Kim Morbey** and **Blue Marlin** manager **Asgar Dossaji**.

The popular new Iguana Band - **Michael Chetty, George Mae, Sammy Wanje, Alfred Ponda, Abdul Razak and Pritt Nyale** - were entertaining at the South Coast's **Two Fishes and Trade Winds** hotels.

Muslim Youth Cultural Association chairman **Said bin Ahmed** and organising secretary **Muallim Bashir** hosted the third year Quran Examination at the **Shibu Mosque** Mombasa.

Tower Hill Hotel, Port Reitz, hosted the Mombasa Motor Club's sixth training rally which was won by **David Horsey** and **David Mallitte** in a Datsun 120Y, closely followed by **Horace Horsey** and **Adrian Bell**.

The KENYA continued its packed four-week run of director **Sharad Patel's** award winning drama **'The Rise and Fall of Idi Amin'** - much of which was filmed in and around Nairobi. **Charles Bronson** starred in **'Mister Majestic'** at the NAAZ which ended the week with a youthful **Kurt Russel** playing the singer **Elvis** in **'Elvis the Movie'**. Both KENYA and NAAZ cinemas were showing **Yash Chopra's 'Kaalar Pathhar'** (Coal) as their special Idd attraction. Its veritable galaxy of stars included **Amitabh Bachchan, Raakhee, Shashi Kapoor** and **Neetu Singh**.

REGAL continued with **'Incredible Kung Fu Masters'**, followed by **'Operation Thunderbolt'** and concluding the week with **Ranjeeta and Rishi Kapoor** in **'Laila Majnu'** (Romeo and Juliet).

Letter writers included **Bamburi Portland Cement Company** managing director **Dick Roberts** who reported that the current cement shortage was due to transportation problems with the Kenya Railways.

Hope And Heart Ache As Lost Children Trace Families Through WEMA Centre Bamburi Re-Unification Project

As I sit at WEMA Centre, Bamburi, I take delight in watching all the children playing in the large compound, writes MARLENE REID of Mombasa.

Wearing school uniform of pink and blue they rush around throwing balls, running up the slide the wrong way, rolling around on the grass, completely uninhibited.

All the boys and some of the girls will return to their homes in the community at the end of the day.

Maybe not to parents but to siblings, grandmas, uncles, aunts or at least a relative! A family member.

The homes they return to may not be splendid or luxurious but to them it is 'home' something we all value on whatever level of the economic divide we live.

For others WEMA has become their home.

Many do not remember any other place they have ever called 'home'.

Rescued from the street or from people who were abusing them in one way or another or from totally mind blowing awful circumstances WEMA is the safe place to be: 'home'.

At WEMA they are cherished by the house mothers, the teachers, the volunteers and all the other workers but is that the same as being part of a family?

Hard to get any special attention when one has about 100 sisters.

Many girls have lived nearly all

their life at WEMA and have now left 'home' to take their places as mature and self-sustaining adults.

Several have graduated from university, some work as teachers at WEMA, some are married and have their own children, many are gainfully employed.

WEMA will always be their home and they are always welcomed back with open arms.

However many of the children do have relatives somewhere out there, maybe not mothers or fathers but often siblings, aunts, uncles.

The ideal is to try to make

children's departments in that area, find a school if the child is still in school; family members are often poor and need assistance to support the child.

The child has to be taken to meet with the family, sometimes with a successful result and sometimes not. This can involve many expensive trips which makes the cost of reunification high.

There has to be the absolute certainty that the child (or young adult) will be safe and is not being returned to an unstable or abusive environment.

Despite all these difficulties WEMA have managed to successfully reunify over 60 children (this includes boys from the street outreach both in Thika and Mombasa) since January this year.

Here is the story of one:

Children end up on the street for many reasons, not always easy to understand.

contact with these relatives with the ultimate aim of reunifying children back with their families in their places of origin.

It is not always easy to get information from the children especially when they come to WEMA at an early age and sometimes they are reluctant to talk about their relatives due to bad experiences.

Children end up on the street for many reasons, not always easy to understand.

It can be the result of a family quarrel, a misunderstanding, a disciplinary problem, a problem of feeling unwanted because other siblings do better in school or are more favoured.

Parents die, grandmas cannot look after the children who are left, other family members do

not want the responsibility, step-parents mistreat children not their own, abuse of one kind or another takes place and sometimes the child simply runs away for no apparent reason.

Children often come to the streets of Mombasa from far away; Kisumu, Kisii, Nakuru, and Taita etc.

Family tracing poses a great challenge and is a very expensive exercise but reaps rich rewards.

Social workers, once the family is traced, have to travel to that place, make contact, make assessment of viability of reunifying the child, make contact with community elders and

Margaret [not her real name] came to WEMA in March 2004 after being referred by the police.

A Good Samaritan had seen her sitting by Coast General Hospital holding a dirty paper bag; she looked scared and confused and told her tale to a well wisher.

She said she had come from Maungu, was 11 years old and in Class 1.

She said both her parents had died in a road accident in 2000 and that she had been left in the care of her grandmother who had since died, leaving her alone in 2006.

Men kept coming to knock on her door so she decided to seek a better life in Mombasa when being convinced by a stranger who later abandoned her at Maungu, from where she somehow or other got to Mombasa then did not know what to do next.

Once she arrived at the centre she quickly made friends with the other girls, joined remedial classes and was soon involved in the singing and traditional dancing while undergoing regular counselling.

It was then that she opened up and said she had lied and in fact she came from Voi.

A family tracing exercise was carried out by Miriam (the WEMA social worker) in April 2010 which led to a shopping centre on the outskirts of Voi Town.

As soon as the 'tuk tuk' arrived at the shopping centre a group of children who were playing in a nearby field came running calling Margaret's name.

CONCLUDED PAGE 89

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Justice goes Digital



In line with the Launch of the Judiciary's ICT Policy and Strategic Plan for 2011-2013, the Judiciary is committed to applying world-class technology to deliver quality justice expeditiously. As part of the Judiciary's ICT Policy, we therefore are proud to showcase our Tele-Justice initiative, beginning with two centers in Nairobi and Mombasa. This initiative will allow us to increase accessibility to justice while delivering faster and more cost efficient judicial services to all Kenyans.



THE JUDICIARY



How many of us have had to face the ignominy of having traffic cop spend time examining a car that we are convinced has everything right only for them to find a small fault that we may have forgotten or ignored.

Such a cop will gleefully inform the driver of their discovery and then lick their chops as they contemplate how to use this insignificant fact to the discomfort of the errant driver.

Some of us are always almost instantly on the offensive when stopped by a cop - maybe believing the old adage that attack is the best form of defence.

This spurs the cop on to find a fault and also organise how they can belittle the driver.

A lot of times the cop gets away with it because the driver does not know their rights or maybe does not want to ensure that their rights are respected.

One trick that the boys in blue like to use is to confiscate items that will stop the driver from either being legitimate on the road or immobilising them.

They like confiscating driving licences, national identities or even taking away the vehicle keys from the driver.

All these actions are actually illegal.

A lot of drivers coming on to the roads these days only have a very rudimentary understanding of the Traffic Act and the Highway Code.

Because of their lack of confidence in this area, they bow to the apparent superior knowledge of the boys in blue and once in that position they are vulnerable to the whims of the cops.

These illegalities are the ones that the cops use to demand bribes from unsuspecting or

The Bluff Behaviour Of Certain Traffic Policemen Is Almost Certainly Illegal!

ignorant road users.

A common action by cops in trying to effect their "arrest" is to enter a vehicle so that they can negotiate for a settlement in the shade and more importantly, away from the eyes of the prying public.

However the public is these days better informed of the *modus operandi* of the cops and would more often than not approach such an encounter rather than walk away from it.

The reality is that cops are allowed to enter a car at any time so long as they have reasonable suspicion that there could be something wrong with the car.

In a confrontational situation it would be the driver's word against theirs and we know who would be the losers.

If a cop gets into your car and asks you drive around without specific cause then one is

entitled to refuse.

The reality is that the cop would probably have a reserve charge up his sleeve to spring on you should you resist.

This ruse is regularly used to have the bribe soliciting conver-

drivers in the event that a cop has forced their way into a vehicle?

There is actually a way out and it applies to both cops and civilians.

One can report them for entering the vehicle without authority.

There is an inordinately mild penalty for this illegal entry so the cops can calculate their risks and flout this requirement with impunity knowing that most of us do not want to court the inconvenience of going to a station, waiting to get charged at the policeman's leisure and then to crown it all maybe having to appear before an officer of the court to plead and take a case.

This fine needs to be stiffened so that it would make it worth the driver's while to take the counter action and actually report the miscreant cop to the top organs

at the nearest local cop shop.

This would probably work in a different country as we know that by and large in Kenya the top local cop is probably in on the act and would end up harassing the driver rather than admonishing the cops.

So our Kenyan driver is snookered between a rock and a hard place.

We need a paradigm shift in how we relate to cops and from both sides. The driver needs to be more forceful on handling the boys in blue and be prepared to go all the way.

The top cops should be the ones to wave the wand so that the possible mess caused by their minions is not condoned and that their disciplinary system is transparent and easy to understand.

As Kachumbari says, the law is [sometimes] an ass!



The correct thing to do is to only allow the cop on board to confirm their charge.

However, they can cause the car to be driven or even drive it themselves so long as they have a suspicion and may need to take the vehicle to a place where they can better assess its condition.

What options do we have as

Hope And Heart Ache As Lost Children Trace Families Through WEMA Centre Bamburi Re-Unification Project

FROM PAGE SIX The children led the way to a house where a woman holding a small baby welcomed them.

The woman was moved to tears and left without introducing herself returning in a short while accompanied by two other women.

They immediately descended upon Margaret hugging and kissing her amid screams and tears giving glory to God for

answering their prayers.

"God is great, we thank you God, truly you are faithful, the man of God was right".

After things settled down a bit it was revealed that the woman with the baby was Margaret's mother and the other ladies were her aunts, sisters to the mother.

They then emotionally narrated the story of their long search for

'Margaret' (Miriam now heard her real names).

Her story had been totally untrue.

Both her parents were alive and she had four siblings.

She was 16 and had been in class 7 in school.

The family is financially stable, the father works in tourism.

On the day she ran away she had failed to wash dishes while her mother was away at the antenatal clinic.

She had opted to play with her friends and lost track of time.

When her mother returned and asked about the dishes she pretended she was going to the toilet and ran away.

Family members searched hospitals, mortuaries, police stations and children's homes without success.

At this stage they got a pastor to pray for her safe return.

He told them to stop looking and believe she would come home.

They were sceptical and continued looking.

A day before Margaret arrived home it was announced that the body of a girl had been retrieved from a nearby river.

The grandmother was waiting in line at the mortuary to view the body when Margaret arrived back home.

Her family were so pleased to see her!

They kept touching her and telling her how beautiful she is.

The story ended well with Margaret being reunified with her family.

Thank God for one well wisher, the police and WEMA who were there for Margaret.

The story could have been so different with anything but a happy ending if Margaret had not been rescued from the street and reunified with her family.

Expensive work but very rewarding, worth every shilling. Definitely the way to go.

The annual WEMA dinner on Friday Oct. 29th at New Nyali Beach Hotel is a fund raiser in aid of the ongoing, long term ambition not to have children in homes unless they have absolutely nowhere else to go and no family of any kind.

Surely we all want to see children with their families in a real home wherever possible?

Won't you join us so we can keep on having "Margaret" stories?



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SMILE TIME



"That was very good, Miss Myers. Now, can you read out loud the last three lines?"



"Don't tell me where you put it -- just so long as you finally got rid of it."



"To be frank, Sir, my professional opinion is you need glasses."



"How do you know you won't like it? You have never had fried fish and custard before."



"... and then you said you were a 'Big Noise' in the world of music."



"I always knew that Adolf Hitler didn't die in that Bunker!"

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hussein 4As



Ali Balala
3As



(AS level)
Vimiksha Khimji
1A*, 2As, 1B & 1A



Pujya Deepakbhai Desai

Pujya Niruma

હું કોણ છું ? કર્મ બંધન શું છે ? અને નવા કર્મો બંધાતા કેવી રીતે અટકે ?

ક્રોધ-ચિંતા કેવી રીતે બંધ થઈ શકે ? ભગવાનનું સાચું સ્વરૂપ શું છે ?

વ્યવહારિક સમસ્યાઓનું નિવારણ કેવી રીતે થાય ?

'જ્ઞાનવિદિ' એ જ્ઞાનીપુરુષ દાદા ભગવાનની મુમુક્ષુઓ માટે આત્મસાક્ષાત્કાર પામવા માટેની
આમોલ ભેટ છે. જ્ઞાનવિદિ એ હું (આત્મા) અને મારું (મન-વચન-કાયા) વચ્ચે ભેદરેખા પાડી આપતો,
જ્ઞાની પુરુષની વિશેષ આધ્યાત્મિક સિદ્ધિથી થતો વૈજ્ઞાનિક જ્ઞાનપ્રયોગ છે. ભાગ લેનાર મુમુક્ષુને
જન્મોજન્મથી પોતે શોધી રહેલ આત્માની ઓળખાણ-અનુભૂતિ થાય છે. તેને કાચમી પરમાનંદની પ્રાપ્તિ
થાય છે. પરિણામે ચિંતાઓથી મુક્ત બને છે તેમજ સાંસારિક સંબંધો શાંતિમય અને પ્રેમપૂર્ણ બને છે.

Watch Satsang programs on - DD Girnar 1.00pm-1.30pm and 6.30pm-7.00pm Daily,
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on ear drop Nairobi and Stary Key
ation (USA) is carrying out FREE
ing aid Camp within the

first camp went a great
held on the 9th and 10th of
r 2010 in Mswambeni
South Coast.

MP of Mswambeni district
able Omar Zonga also witnessed the event.
number of 450 people were checked with
number given medicine and 94 impressions
which will be sent to the

Special Report by
Correspondent

Nairobi, generously funded by the Rotary Club of
Kilindini.

The next camp will be held on the 30th and the
31st of October 2010 in Malindi,
Mariakani on 13th and 14th
November 2010, Voi on 20th and
21st November 2010 and finally in
Mombasa on the 11th 12th and 13th
of December 2010.

Rotarians enjoyed a great fellowship and would
like to Thank donors and well-wishers for their kind
contributions and donations.

The purpose is to take advantage of the



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THIS WEEK IN PHOTOGRAPHS



TRENDY COLOURS. To meet the growing demand for trendy interior building materials, PG Bison Kenya Limited has added new finishes and colours to its range of melamine boards. David Wahome [left], a Sales Executive, shows Wilson Andeche [right], a customer, the Company's latest colours.



Trade minister Chirau Mwakwere [left] and Indian Minister for commerce and Industry Anand Sharma signing the agreed minutes of the sixth meeting of the Kenya India Joint Trade Committee in Nairobi. The two days meeting called for more collaboration between the two countries in areas of transfer of technology, support for Small Medium Enterprises, Information Communication Technology (ICT), registration of pyrethrum products in India among other areas.



PHOTO: TITUS MUSAU

North Coast beach hotel sales and marketing Manager Esther Kenga welcomes some of visiting tourists at the 2CV Club Cote D'opale in France on arrival at the hotel. The 48 tourists who will be visiting the Kenyan National Parks among other tourists attraction areas in the country have come along with 22 Citroen cars which they will be using during their tour. The cars will be reshipped back to the country on the completion of the two weeks visit.



Flying the Kenya flag are Tonney Muiruri, Mehboob Harunani, Larry Mvoi, Mohammed Hersi - SKAL President and Regional General Manager, Sarova Coast and David Fisher at the Sydney convention centre located at darling harbour. Over 600 Skalleagues from around the world managed to make it to the congress despite the distance.



Members of the Breast Cancer Awareness Support Group of The Aga Khan Hospital, Mombasa acknowledged at the beginning of the Evening Extravaganza at the Sarova Whitesands Hotel. Annual Free Breast Clinic shall be held on Friday 22nd and Saturday 23rd at the Mombasa Women's Centre from 8am to 3.30pm. The Aga Khan Hospital Mombasa is also holding a Public Lecture on Prostate Cancer at the same venue at 7pm. Associate Professor Ronald Wasike from Aga Khan University Hospital will give a talk on "Breast Lumps, their significance and detection". The public will have an opportunity to ask questions on Breast Cancer. Seen [from left] Chairlady Beckie Smith, Vice-Chairlady Mrs. Sherman, Antonetta Acharya, Ajabu Khanbhai, Abigael Kinyua, Kulumba, Eva Kariuki, Gulzar Somji, Jayshree Patel and Jennifer Ndanu. Not pictured: Jennifer Wanzina, Khurshid Anjum, Obero, Raksha Devani, Raksha Vora, Rukia Pasta, and Zainab.

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

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NAME.....

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SOLUTION TO 'PRIZE SUDOKU' NO. 194

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

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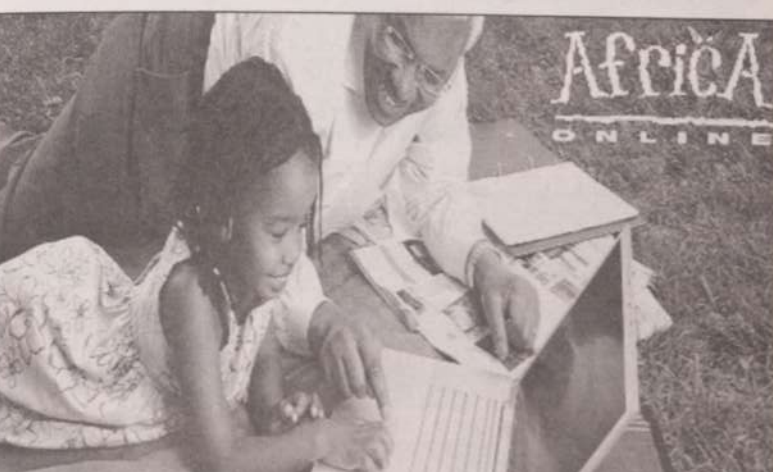
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Kenya Beach Volleyball Council (KBVC) successfully organised an International Beach Volleyball Tournament held at a Beach Resort in Diani last Sunday, writes **ABDULRAHMAN SHERIFF**.

The tournament which attracted total of 13 men teams and seven women sides was sponsored by the Ministry of Youth and Sports.

In men's category, Uganda, Burundi and Rwanda entered two teams each and Kenya, seven teams, participated in the tournament.

Five Kenya and two Uganda women teams took part.

Kenya men and women teams

Kenya Wins International Beach Volleyball Tourney

emerged the winners of the International Beach Volleyball competition when they beat Rwanda and Uganda during the final matches.

During the final matches watched by a capacity crowd, Kenya men team defeated the defending champions, Rwanda with the Kenya women side retaining their title after a win

over Uganda.

Kenya 'A' men side represented by Evans Bera of Posta and Prisons' Ibrahim Oduor recorded 2-0 (22-20, 21-15) win against title holders, Rwanda 'A' team which had Flavien Ndamukuna of APR Volleyball Club and John Luc Mbonyuwontuma of KVC.

Defending Kenya 'A' women champions of international stars -Dorcas Nasaba who plays for Rwanda's APR and Margaret Indhakala of Patriotic Army of Rwanda Volleyball Club (PAR) had an easy task in defeating Uganda 'B' which had Andrina Namata on Mercy Tabitha 2-0 (21-11, 21-5).

In the men's third play-off game, Kenya 'B' edged Burundi 'A' 2-0 (21-13, 23-21) while

Uganda 'A' finished third in the women category after beating Kenya 'B' 2-1 (21-12, 19-21, 11-15).

In the men's semi finals, Kenya 'A' beat Burundi 'A' 2-1 (14-21, 21-11, 15-12) with Rwanda 'A' sailing to the finals after 2-1 (19-21, 21-18, 17-15) victory against Kenya 'B'.

During the women's semi finals, Kenya 'A' defeated Uganda 'A' 2-1 (21-13, 17-21, 15-5) and Uganda 'B' beat Kenya 'B' 2-0 (21-15, 21-19).

Men's quarter finals results: Burundi 'A' 2 Uganda 'A' 0 (21-16, 21-16); Kenya 'B' 2 Rwanda 'B' 1 (21-15, 15-21, 15-12); Rwanda 'A' 2 Uganda 'B' 0 (21-15, 21-15); Kenya 'A' 2 Burundi 'B' 0 (21-19, 21-19).



Patrick Munyao [left] overall winner during Lion Kenya Insurance Golf Day at NGCC, receiving prize from Charles Njoroge, Lion of Kenya Insurance Co. Assistant General Manager.

Lion Of Kenya Insurance Golf Day At Nyali Golf Club

Lion of Kenya Insurance golf day was sponsored by Lion Kenya Insurance Co. Ltd on Saturday 16th October 2010.

Full Results: Overall Winner Patrick Munyao 13) 38 (22, 16) Winner G.M. Onyango (5) 37 (17,20), R/up Vishnu Dhutala (18,19), Third Dinesh Sasan (12) 35 c/b (18,19).

Ladies Winner Florence Aranga (35) 35 (19,16), R/up Farida (28) 33 (14,19).

Best Junior Jeremy Wahome (12) 42 (19,23), Best Senior Talwar (21) 35 (19,17).

Staff Winner P.N. Mukuria 20.

Longest Drive Man: Alan Dainty, Longest Drive Lady: Ndirangu, Nearest to pin: Gurmit Santokh 45'.

SPLIT POINTS WIN BY 'TRANSFIX' IN THE MIDDLEWEIGHT

Transfix Amateur Boxing Club collected 13 points against Mikindani ABC's 8 points to win a specially arranged friendly boxing match held at Frere Town Social Hall in Mombasa North last Saturday, writes **ABDULRAHMAN SHERIFF**.

The match was organised specially to entertain an international boxing trainer, Brian Mathiasen and his 10 associates from Denmark.

Mathiasen was interested to assess the progress made by Transfix ABC which he is the main sponsor.

The middleweight bout was the most interesting where Dennis Odhiambo of Transfix won by split points over Mikindani's Mbarack Ochieng.

The bantamweight contest was stopped by referee in the third round to save Mohammed Abdalla of Transfix from being punished by Mikindani's Tobias Odipo.

LIGHT WELTER WEIGHT

The referee also stopped the light-welterweight bout to save Mohamed Said (Transfix) who had no match against Mikindani's Steve Were.

Mohammed Juma, Mohammed Omar and Gregory Obiero, all from Transfix got walk-overs when their opponents failed to turn up.

Other results- Paperweight: Said Omar (Transfix) beat Michael Otieno (Transfix).

Lightweight: Sadala Tawfiq (Transfix) beat Pius Onyango (Mikindani). Lightweight: Richard Nderitu beat Yusuf Said (Transfix).

Horsey Hampered On Home Rally

27 year old Peter Horsey lost out on a sensational podium position on his home rally when the Mombasa born rally driver lost time with both a broken suspension strut and a puncture!

Peter redeemed himself by taking a pair of stage wins on his way to fifth overall in his Civicon backed Mitsubishi Evo 9.

Peter, co-driven by Ugandan based Dez Page-Morris, had high hopes entering this rally.

A rough section on the longest stage of the rally, a 59 kilometre test, saw Peter damage a front suspension component, costing him over a minute to his rivals.

Despite this, as the rally reached the half way point Peter, the current African representative in the Pirelli Star Driver

scheme, was pleased placed third overall.

The penultimate section rally was a repeat of 1 kilometre stage but when picked up a puncture had through this difficult test had no option but to stop and change wheels.

This time loss dropped back to fifth overall, and a fastest stage time on the test could not make up a huge time loss.

Once again a puncture my rally but we were not amongst the front runners tyre issues.

The route was very hot and over half the field finished with various problems, so finish was an achievement.

I'm pleased with how my worked and it was great some top times on my event!

Peter will next compete final round of the World Championship, Wales Rally.

The Cardiff based event place in mid November and be the sixth and final round Peter's 2010 World Championship program.



Commercial Bank Of Africa Golf Day

Mitesh Kumar [right], winner during CBA Golf Day at Leisure Lodge Golf Club, receives a prize from Commercial Bank of Africa Head of Corporate, Douglas Pinto.

COAST BRIDGE with C.P. SHAH

In the following deal, a doubled game with the minority of high-cards, but two more-than compensating voids, only a Trump lead takes things awkward for Declarer (reducing the crossruff). West found the Four of rumps lead.

DEALER: WEST EAST-WEST VULNERABLE BIDDING:

WEST	NORTH	EAST	SOUTH
PASS	PASS	ONE CLUB	ONE SPADE
TWO HEARTS	THREE SPADES	FOUR HEARTS	FOUR SPADES
DOUBLE	END		

Reading West for all the Trumps for his double Declarer made a key play of Dummy's Seven.

He ruffs a Heart, cash the Ace of Clubs, ruff a Club, ruff Second Heart and lead a third Club.

West ruffing with Six and dummy overruffing with the King.

He then ruffs a third Heart, an load a Fourth Club.

NORTH				
♠	K	7	3	2
♥	10	9	8	5
♦	Q	7	5	4
♣				

WEST				
♠	Q	9	6	4
♥	K	Q	7	6
♦	9	2		
♣	Q	8		

EAST				
♠				
♥	A	J	4	
♦	K	J	10	8
♣	K	J	10	6

West must ruff the Third Club and lead his remaining trump or Declarer scores a trick with Dummy's small trump.

Declarer has won his Ace of trumps (exhausting both trumps and Dummy of Trumps). Declarer exists with a Club Jack and East to lead away in his King of Diamonds.

Declarer run the lead around to Dummy's Queen and score his eighth trick with the Ace. Doubled game made.

SOUTH				
♠	A	J	10	8
♥				
♦	A	6	3	
♣	A	9	7	5

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EXCLUSIVE - GREG NORMAN'S GOLF LESSONS

Furaha Ladies' To Take On Sotik Kass And Kisii United

Furaha Ladies will be trying to register their second victory in the National Ladies Premier League when they host Sotik Kass and Kisii United at their Vipingo ground tomorrow and Sunday.

Soccer Scene with Abdurrahman Shariff



Furaha who are still at the bottom of the league standings at Sotik Kass and Kisii United at 2 p.m.

Kisii United on Sunday at 10 a.m. he Coastal team has an outside chance to collect a point from the two teams against the teams which are doing well in the league.

Spedag will play against Kamaliza Eaglets at Mombasa Sports Ground tomorrow in a match that could go either way.

Spedag players deserve recognition for taking part in the league in difficult situation as they have no sponsors to look after their welfare.

Spedag play Kamaliza Eaglets in a local derby, FC Old is the host to Galactico at the stadium, in matches scheduled for tomorrow.

Spedag teams - Spedag and Kisii United have very slim chances of winning after they suffered heavy defeats during their last weekend upcountry matches.

Spedag and Solwodi scored 10 goals each with the former scoring two as the latter

netting only once during their Nairobi tour where they played against league leaders, Mathare United Ladies and Kamaliza Eaglets.

Mathare United whipped Spedag who are the Coastal ladies soccer champions 5-0 during a match played at Comoroc ground last Saturday.

He Coastal team lost 5-2 to Kamaliza Eaglets the following day.

Mathare's victory over Spedag was a sweet revenge for the Nairobi side suffered their first league defeat to Spedag who beat them 1-0 when the two teams met at Refineries ground last three months.

Solwodi also bowed down 4-1 to Kamaliza Eaglets during a match at St Paul's ground in Nairobi and succumbed to a 6-0 defeat to Mathare United the following day at Comoroc ground.

Solwodi's prolific striker, Zena Hassan was rushed to hospital with a broken leg when a Kamaliza opponent landed to her as the two players fought for the high ball during their match last Saturday.

Spedag lost their dependable goalkeeper, Miseta Waweru who was also rushed to hospital when she injured herself as she dived to save.

For Spedag, it was their second player to get serious injury for two weeks ago, their striker and top scorer Sharon Bushnei suffered a broken arm and will be out for the rest of the season.

Sharon said her injury was an accident. "I broke my arm immediately I landed on the ground after clearing the ball," she said.

MORAL BOOSTING

In another league clash at Mumias Complex, Western Commandos utilized their home ground well to register a moral boosting 2-0 win over Kisii United. Western Commandos got their two goals through Robai Kibendi, one in each half. Western Commandos and Kisii United are now challenging Mathare United to win the ladies premier league being held in the country for the first time.

Lakers Clinch Basketball League Crown

Makupa Lakers are this year's Safaricom sponsored Coast Basketball League champions.

Lakers managed to win the league crown after beating Kiembeni Heats 72-62 during a hard-fought and thrilling final clash held at KPA Makande Gymnasium in Mombasa, last Saturday.

The six months league which was organised by the Coast Basketball Association (CBA) attracted 11 clubs.

Lakers started the first quarter on a poor note bowing down 17-16 but managed to lead 34-25 at half time. Kiembeni won the third quarter 21-13 but Lakers had the last laugh when they registered 25-16 victory in the last quarter.

Abdalla Twahir of Lakers was his team's top scorer with 13 points but it was Kiembeni's Alex Opere who emerged the day's top marksman with 24 points to his credit.

Lakers were awarded a trophy and Sh30,000, Kiembeni pocketed Sh20,000 and a trophy while Changamwe Rollers who

finished third received a trophy and Sh10,000.

Other prizes went to the most improved team, Coastal Kings, the most discipline team Oceaners, the most improved player, Teddy Onyango (Kiembeni), most discipline player George Mlaure (Changamwe Secondary) and coach of the year Meshack Lemi (Coastal Kings).

CBA chairman, Hilmi Ali thanked all clubs which participated in the league which he described as a "very successful".

Ali appealed to well wishers to come forward and sponsor tournaments for the youth to participate actively in the sport instead of leaving them stay idle in streets where they can be attracted to drug addiction.

Meanwhile, Kenya Ports Authority (KPA) men and women teams won their Kenya Basketball Federation (KBF) Premier League matches at their home Makande Gymnasium in Mombasa last weekend.

KPA women side had an easy task in crushing Kenya Polytechnic 137-19 after leading

64-14. KPA led 32-8 in the first quarter and continued to win 36-6, 31-3 and 38-4 in the second, third and fourth quarters respectively.

KPA top scorer was Kenya national women team player, Joyce Makhungu who scored 40 points as Angie Kamaru emerged Kenya Polytechnic top scorer with six points.

KPA men team managed to

Adnan Sohail's First-Ever Win In The F2 Series

Absalom Aswani becomes the first-ever student from the Abdul Sidi Rally Academy to win an event in the Kenya National Rally Championship series.

Aswani helped Adnan Sohail to victory of the Formula Two category of the KCB Kenya National Rally Championship in Kilifi over the weekend.

It was also Sohail's first-ever win in the F2 series. Navigators and members of the service crew are the "Unsung Heroes" of rallying, who do not get the same limelight as the drivers though their role in the competition is as vital.

The school was recently introduced to give free education to the future "Kings and Queens" of rallying.

The school has also embarked on training of officials to manage Time Controls.

Alastair Cavenagh is the 2010 KCB Kenya National Rally Drivers Champion after finishing second in the KCB Amanara Rally over the weekend.

The penultimate round of the series was won by Ian Duncan in his familiar Nissan Pick-up.

Duncan's victory put brakes to the Mitsubishi's winning streak of 17 consecutive KNRC rallies.

Duncan who last won Mombasa Rally in 2000 navigated by Dave Williamson in a Toyota Celica gave the Nissan make its first ever win at the Coast event.

Other students who performed well in the event include: 1. Elodie Samper for navigating Asad Khan to 7th Place in the Main KNRC Class, 2. Zahir Shah for navigating Izhair Mirza to 8th place in KNRC Class, 3. Victor Okundi for navigating Said Hamad to 13th place in KNRC Class, 4. Job Njiru for navigating ShazarAnwar to 16th place in KNRC Class, 5. Issa Amwari and Stella Macharia for finishing 18th in KNRC Class, 6. Absalom Aswani for navigating Adnan Sohail to the win of F2 Class, 7. Rohit Bhudia for navigating Deep Chana to 2nd place in the F2, 8. Joel Muchiri and Riyaz Ismail for finishing 5th in F2 Class, 9. James Mwangi for navigating Nadeem Kana to 7th place in F2.

Sports Report by ABDUL SIDI

BRIDGE RESULTS

Coast Bridge Association: Results of Duplicate Bridge played on Monday 18th October 2010 at United Sports Club Mombasa.

Opps Shah : Kiri Shah 159, P. Shah Gandhi : Dr. J. D. Shah 107, K. P. Shah : C. P. Shah 106, A. Vitha Shah : Koki Shah 105, Rohit Malde : Rohit Malde 126, 6. Dhuru Shah : Anshaban Shah 125, 7. Anshaban Shah : Ramnik Shah 124, 8. Raabik Shah : Manju Shah 123, 9. Janak Babla : Anshaban Babla 118, 10. Anshaban Babla : Kaushika Babla 111, 11. Narendra Shah : R. Shah 94, 12. C. M. Malde : P. Gudka 89, 13. Jaya Malde : Kanta Malde 87.

Congo United' Record A Narrow Win Over Oserian

Ramadhan Athman Mbuggus scored penalty in the 52nd minute to help Congo United record a narrow 1-0 win over Oserian in a hard-fought Nationwide Division one league match played at Mombasa Municipal Stadium last Saturday.

Oserian's Bandari dropped two valuable points when Bidco held them to a goalless draw during a match played in Thika.

Coast Nationwide division three league match between Coastal Kings of Changamwe and Congo United ended in a narrow 1-0 victory over Congo United at Bomu primary school ground.

In another match, Mariakani FC beat Ng'ombeni United and Noor Sportif defeated Coast Stima 1-0 in a Nationwide primary school ground.

In another Nationwide division two, Jomo Kenyatta University Agricultural Technical College (JKUAT) defeated Oserian in a match that caused the abandonment of their match at the Coast's Gunners during a match played at the ground last Sunday.

Oserian started in the 83rd minute when teenage player John Ngugi scored for Congo United.

ABDULREHMAN SHARIFF writes

Three JKUAT attacked match officials claiming the player was offside.

They kicked both centre referee George Obonyo and his assistant Patrick Juma bringing the match to a premature end.

All the three players were subsequently red carded before the referee called off the match.

Donald Otieno drew the first blood for Gunners in the 27th minute and extended lead in the 30th minute following a lightening exchange with Shani Hamisi for a 2-0 lead at half time.

Douglas Onyango of JKUAT reduced the arrears with a well taken spot-kick in the 54th minute. Shani Hamisi scored the third goal in the 65th minute from a goalmouth melee.

Githu Edward capitalized on a defensive mix up and scored the second goal for JKUAT in the 75th minute.

Midfield magician Hamisi Okocha Mwinyi scored his 10th goal in the league with a 40 yard screamer that sent the goalie sprawling helplessly on the turf in the 77th minute.

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Coastweek

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Chinese Navy Hospital Ship Peace Ark Treat Orphanage



MOMBASA (Xinhua) -- Bao Yuping [left], commander of Chinese Navy hospital ship Peace Ark, shakes hands with a troupe of traditional dancers before leaving Mombasa's Kilindini Port earlier this week. During the five-day visit, doctors of the ship provided medical treatment free of charge for 2,682 local residents and promoted exchanges in medical treatment with doctors from Kenya, Germany and other countries. The ship has now arrived in Dar es Salaam, Tanzania. XINHUA PHOTO - ZHAO CHUN

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KENYA TIDE TABLES

MOMBASA, October 22 - 28, 2010

FRIDAY High Water - 3.4 m. at 03.38 hrs. (3.38 a.m.) and 3.1 m. at 15.56 hrs. (3.56 p.m.). Low Water - 0.4 m. at 09.46 hrs. (9.46 a.m.) and 0.5 m. at 21.46 hrs. (9.46 p.m.).

SATURDAY High Water - 3.5 m. at 04.05 hrs. (4.05 a.m.) and 3.1 m. at 16.25 hrs. (4.25 p.m.). Low Water - 0.3 m. at 10.14 hrs. (10.14 a.m.) and 0.4 m. at 22.12 hrs. (10.12 p.m.) FULL MOON.

SUNDAY High Water - 3.6 m. at 04.31 hrs. (4.31 a.m.) and 3.1 m. at 16.52 hrs. (4.52 p.m.). Low Water - 0.3 m. at 10.44 hrs. (10.44 a.m.) and 0.4 m. at 22.39 hrs. (10.39 p.m.).

MONDAY High Water - 3.6 m. at 04.59 hrs. (4.59 a.m.) and 3.0 m. at 17.21 hrs. (5.21 p.m.). Low Water - 0.3 m. at 11.15 hrs. (11.15 a.m.) and 0.5 m. at 23.08 hrs. (11.08 p.m.).

TUESDAY High Water - 3.5 m. at 05.29 hrs. (5.29 a.m.) and 2.9 m. at 17.52 hrs. (5.52 p.m.). Low Water - 0.4 m. at 11.48 hrs. (11.48 a.m.) and 0.6 m. at 23.39 hrs. (11.39 p.m.).

WEDNESDAY High Water - 3.4 m. at 06.02 hrs. (6.02 a.m.) and 2.7 m. at 18.27 hrs. (6.27 p.m.). Low Water - 0.5 m. at 12.24 hrs. (12.24 a.m.).

THURSDAY High Water - 3.2 m. at 06.39 hrs. (6.39 a.m.) and 2.6 m. at 19.09 hrs. (7.09 p.m.). Low Water - 0.7 m. at 00.13 hrs. (12.13 a.m.) and 0.7 m. at 13.04 hrs. (1.04 p.m.).

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



MOMBASA (Xinhua) -- Rear Admiral Bao Yuping [third right], commander of Chinese navy's Peace Ark Hospital Ship, and Ambassador to Kenya Liu Guangyuan [second right] handover the study supplies to an orphanage in Mombasa. Looking on is well-known Mombasa social welfare worker Vinod Dattani. The Chinese navy's Peace Ark Hospital Ship sent a team of doctors on Friday to provide medical treatment for the staff and orphans, and donate study supplies to the orphanage.

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