

Coastweek

Issue No. 1641 October 22 - 28, 1993.

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RAMISI SUGAR ESTATE IS UP FOR SALE - SEE PAGE 13



ARCHANA KANABAR, overall winner of the Rotary Club of Bahari Mombasa Inter-Schools Oratory contest, is seen with her awards.

Coast Students Speak Out On The Issues ...

STUDENTS IN Coast Province have been advised to obtain University Level of education and not to attend Secondary Levels, the Coast Provincial Education Officer, Mrs. Khadija Karim, said.

Speaking at the Annual Oratory Competition organised by the Rotary Club of Bahari at the Aga Khan High School Hall, Mombasa over the weekend, Mrs. Karim noted that many parents alike did not encourage their children to attain higher levels of education, yet professionals were needed, here at the Coast.

The Competition has attracted

quite a number of Secondary Schools in the Province and it is through this Organisation the talents of communication in English among our Secondary School Students will definitely improve,' she said.

About 30 schools from Coast Province participated in the Oratory Competition chaired by The Bahari Rotary Club Vice-Chairman Rtn. Dr. Varinder Singh Sur.

During the function, the students were also made aware of the issues of drug abuse and the dreaded disease AIDS, by Dr. Eric Maina and Y.S. Karim.

No More Upset Stomachs! OK

TOP HOTELS JOIN WORLD CAMPAIGN ON FOOD HYGIENE

THE SECRETARY General of the Royal Society of Health, David Goad, is presently on a 16-day visit to Kenya especially to present the first batch of certificates to those who have successfully completed examinations set by this internationally recognised society. About 400 candidates have now completed the Essential Food Hygiene course run by Mesh Kenya Limited, Nairobi, under the guidance of the Royal Society.

It has been described 'As the first response in Kenya to a World Health Organisation report which stated 'despite advances in modern technology and attempts to provide safe food, food-borne diseases remain a major public health problem both in developed and developing countries.

Special Report by
NETA PEAL

microbiologically-contaminated food.

Statistical data also show that in many countries, the incidence of these diseases has dramatically increased over the past several years.

It reports that of some 2,600 million people who travel each year for business, pleasure or other reasons WHO estimates that between 20 per cent and 50 per cent suffer from diarrhoea.

'In the majority of these cases, the diarrhoeal diseases are caused by microbiologically contaminated foods or drinking water.'

Of interest is the fact that the UK is required to put into practise directives from Brussels, through the European Community, one placing the onus on tour operators to see that proper standards of accommodation, food etc. are available in all their package holidays.

Mr. Goad's whistle stop tour of Kenya has included visiting many hotels, catering establishments and manufacturers allied to the food and tourist industries.

Many of their staff have already taken the Essential Food Hygiene Course offered by MESH (Meetings for the Environment, Safety and Health) the only company licensed by the Royal Society of Health to conduct its

Have A Smile

"How long has he been in bed?"

TURN TO PAGE SIX

Tablars Boost Water Supplies

MOMBASA ROUND Table Number Three has embarked on a Community Service plan to provide water to over 500,000 residents of Coast Province.

In a colourful ceremony to commission two water borehole projects in Bamburi Kiambeni and Kongowea, the Chairman of Mombasa Round Table,

Tablar Salim Anjarwalla stressed that the Club was non political and would work hand in hand with the people to provide these facilities for the

community.

He praised Tablar Jiten Maide who as Community Service Convenor has worked tirelessly to see the two boreholes completed in a very short period of time.

The Commissioning ceremony was attended by Immediate former Kisauni MP Professor Rashid Mzee, Hon. Salim Mwavumo, M.P. Likoni, Councillors Suleiman Mwakitsanga, Farouq Baalawy, and AbuBakr Hassan, and Bamburi Chief Sudh Shekh together with many Round Tablars including a visiting Tablar from Sweden Round Table 19, Tablar Thomas.

Professor Mzee thanked Mombasa Round Table Number Three for its concern towards the common people and for bringing this vital commodity to them.

Water has been very scarce in the Estates due to the frequent breakdowns in the main water supply system and people have been paying up to 30/- a jerican for water to be ferried from Mombasa Town by Matatu.

Tablar Anjarwalla said that Mombasa Round Table Number

TURN TO PAGE THREE



MOMBASA ROUND TABLE NO. 3 Chairman Salim Anjarwalla is seen officially opening up the taps to the newly completed bore hole projects which will provide Kiambeni and Kongowea with fresh water supplies.

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You can if you go to Shopper's Mart, for they have Patak's Pastes, both Tikka and Biryani, together with a good selection of various chutneys.

We're starting with this to put you into the oriental mood, for Navratri has already started and that means within three weeks you'll be celebrating Diwali.

If you don't wish to stick to the traditional sweet meats then you could give (or hint that you want to receive) many of the specially imported items at Shopper's Mart.

These comprise chocolates (or assorted nuts) by Cadbury, "Quality Street" large round tins of wrapped chocolates, Terry's "Neopolitans", Marsh Mallows, biscuits by Jacob's, including popular "Ritz".

Then other imported biscuits from all round the world have arrived, some from South Africa, "Teatime" from England and Danish Cookies.

There are actually forty types of biscuits from which to choose.

Find dried fruits as we know them, like sultanas, raisins and currants, or the more unusual ones too from western climes, like apple chunks.

We're often asked about jellies, whether vegetarians can make them because of the origin of gelatine.

Well, Shopper's Mart have vegetarian jellies.

Other specialities for those careful about food are diabetic jams and Liga Low Sugar rusks if parents don't want the leething toddlers to have Farley's which are also present.

For children's parties life is made easy when you buy Royal Jellies and Trifle pudding from Shopper's Mart.

Something brand new at Shopper's Mart is the mezzanine floor.

Other enquiries we often receive are about such things as Arab coffee cups and mops - real mops when you can mop up without stooping down!

Add to these cards and crepe paper, *taka taka* bins, icing sets, oven mittens, and weighing scales (for you not for ingredients).

And for the few who don't know where Shopper's Mart is, go down to the railway station and with the railings on your left as you enter Majengo you will see Simba Coat and Shoppers Mart - with the added bonus that there is lots of parking space.

Mouth still watering - don't forget all those delicious sweet items ...

ELAINE ON SHOPPING

North Coast

GOOD NEWS for North Coast residents. Shoppers Mart are opening their branch in Nyali opposite Ratna Square. Watch out for details in the next issue.

New Arrivals

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MEMBER IATA KATA

FREE 'EYE AND DENTAL' CLINIC

THE ROTARACT CLUB of Mombasa Service Committee organises free eye and dental clinic at Jomvu Kuu Clinic on October 31 1993. Free medicines will be provided to all the patients. Doctors from the Coast General Hospital will be providing free professional services.

HEALTH TIPS

Depression - Affects The Unlucky Few ...

WHY DO some people suffer depression while others do not?

One would expect that the answer would be straightforward but researchers have really thrown a spanner in the works here.

As mentioned earlier, depression is more than ordinary sadness.

In its mild forms it is usually accepted as a low mood that lasts longer than usual.

Severer forms can be incapacitating.

Mild depressions are sometimes seen as excessive reactions to stress in people who have weak personalities.

As usual, this is not a cut and dried issue and there is much debate.

For instance, there is no agreement on what type of personalities are weak ones.

Severer depressions have myriad theories of causation most of which are neither proven nor worthy of mention and I won't tire you with them.

What is proven is that depression is often inherited but exactly how, no one is sure.

Another reasonably accepted fact is that painful life events, such as the loss of a job, precede many depressions and are part of the cause.

Doubt prevails, however, because not everyone who suffers these events develops depression.

Sometimes depression follows inexplicably after some illnesses, especially viral infections.

This pleases those that blame viruses on anything without a clear answer.

As for personality, no type has been proven more prone to severe depression than the other.

Other research into whether early life events cause depression such as

loss of a parent, how one was brought up, where he lived, etc. has similarly been inconclusive.

Psychologists love theorizing about these and there are volumes written by such people as Sigmund Freud, Melanie Klein, Bowry etc. on these matters.

Unfortunately, much of what they say is not easy to prove and where it is, does not answer all the questions related to depression.

In another direction, studies of the brain have demonstrated fairly well that depressed people have abnormally low concentrations of the chemicals responsible for mood.

Most drugs to treat the condition elevate these chemicals.

It helps a lot of patients when they recognise that their problems is chemical rather than something they have done.

It also explains why encouragement and consolation rarely helps the depression to go away.

One of my favourite theories on the cause of depression is that put forward by Beck.

Though most people say that the gloomy thoughts associated with depression come as a result of the mood, he felt that actually it is the other way round.

Gloomy thoughts are the cause of the depression.

He gave several types of such gloomy thoughts such as, 'I am failure' and 'Nobody likes me'.

A person who thinks in such a manner will eventually become depressed.

I have found here that many depressed persons suffer a great deal because of unrealistic and often self destructive thoughts.

Changing these helps to relieve the condition.

by Dr. ERIC MAING

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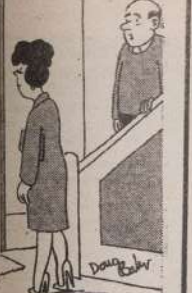
"You have set the cutting blades too low."



"Do you really believe that he had to make an urgent phone call?"



"Bad news, Simpson - you have to join the back of the queue."



"Try and overspend reasonably, Dear."



Brilliant Musicians Entertain At Vasca Da Gama

IN THE candlelit glow of the Vasco Da Gama Restaurant, Mombasa Inter-Continental Resort, guests enjoyed not only a gourmet dinner commencing with 'A' symphony of Indian Ocean seafood but a feast of classical music by two brilliant musicians from Germany - Cornelius Schmaderer, a member of the State Orchestra of Kassel and Kathleen de Domenico who holds a Master Class diploma from the Music Academy of Munich.

They gave a compact version of some of the most exciting music for cello and piano to have been written by famous composers between 1670-1945 which included some romantic pieces.

Sponsored by Lufthansa, Bamburi Portland Cement Company and Mombasa Inter-Continental Resort they had on the previous day given a concert in the Ballroom which raised KShs. 11,550/- for the Kwale School for the Mentally Handicapped.

It was the second time for their concerts at this hotel.

They received several encores from a very appreciative audience.

During their recent visit the duo Schmaderer de Domenico gave six concerts in 14 days - four being at Hotel Inter-Continental hotels in Nairobi and Mombasa, and others in the Seychelles.

Declared Cornelius 'It was our first visit to the Seychelles.

While it was very nice we found it incredibly expensive'.

Adding with a laugh 'the only people who can afford it are perhaps millionaires'.

After their two concerts at Mombasa Inter-Continental Resort they were able to relax and worship the sun in the beautiful tropical gardens there, before going to see some of Kenya's magnificent wildlife, including the rare sable antelope, in the Shimba Hills National Reserve.

Early next year they will be on tour again - to Niger and Manila.



ON BEHALF OF Mombasa Inter-Continental Resort, Susan Horne from Mombasa presents Kathleen de Domenico with a bouquet at the end of the concert in the Vasca Da Gama Restaurant. Right is Cornelius Schmaderer, a member of the State Orchestra, Kassel, Germany. Their classical concert was greatly enjoyed

Girl Guides From All Over Coast Join In Annual Camp Competition

MOMBASA Girl Guides Division have organised a most successful weekend for the Simon Mung'ala-Naaman All-Umoja Trophies Competition.

This year there were four Ranger Guides teams to compete and four Girl Guides teams. There were two disabled teams as well.

In total 125 members were camping at the Shanzu Campsite.

The Commandant was Mrs. A. Mburu-K.P.A., who was joined by Assistant Commandant - Miss Anisa Sood - H.H. Aga Khan Primary, and First Alder - Rukya Hasean - H.H. Aga Khan Primary School.

Quarter Masters were Mrs. Miewi - Makande Primary School, Mrs. Mull - Kiembeni Primary School, and Miss Warda Ahmed - M.M. Shah Primary School.

Mrs. Damu J. Shah, Mrs. Mukta M. Shah and Mrs. Kanchan N. Shah, St. John Ambulance, Mr. Phillip Thoya and Anthony Kimani came to help in testing for the competition.

Besides six leaders who camped there were a further 16 Brownies, Guides, Ranger Guides Leaders came for the day to help in the testing.

LATE DUTY CHEMISTS
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 Sunday
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 October 23 - 24
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 Moi Avenue, Mombasa.

Mrs. Charity Japhet also attended from Provincial Education Office.

The Headmistress of Fahari Primary made a special effort to be present.

The lunch was provided by *Muses Mohamed and Company*.

The girls were tested in Guide Law, Guide Promise, World History, Kenya Guide History, Creativity Challenge - Fund Raising, Home Craft, Camp Knowledge, First Aid, Hikes, Friendship, Duty to God, and Service.

Guest of Honour Lion Jagdish Sondhi was shown around the

camping units and later presented a cheque for sh. 24,000/- towards the expense of sending guides to the National Camp in November to Nairobi.

Mrs. D.P. Shah, Commissioner and Trainer commented:

"We thank him for his generous donation. Mombasa will have to put up special effort to bring National Trophies to Mombasa."

K.P.A. Girl Guides came out first and won Naaman All trophy, while H.H. Aga Khan primary school won the Umoja Rubber trophy.

All four teams will travel to Nairobi for National Cup Competition from November 19 - 23, 1993.



GIRL GUIDE Coast Area Commissioner Mrs D.P. Shah (left) is seen with Mrs Chendrika Kanabar, Mrs Taru Mahendra Shah, Mrs Pushpa Haria and Mrs Anju Rashmi Shah, when they presented the a cheque of Shs. 90,000/- towards construction of the proposed Workshop For Disabled facilities at the Shanzu Girl Guides Campsite. The money was part of Shs. 180,000/- raised during a gala charity function hosted at the Whitesands Hotel.

PHARMACY SEMINAR AT PANDYA HOSPITAL

A NEW antifungal product has been launched at a Continuous Education Seminar organised by the Pharmaceutical Society of Kenya, Coast Branch (PSK) at the Pandya Hospital Auditorium.

The seminar entitled 'Athletes Food and other Fungal Infections' was sponsored by a leading Swiss pharmaceutical firm which markets a number of widely prescribed medicines in Kenya.

Dr. S. Mweri explained the prescribing particulars and specific advantages of the new product, while Dr. Ashvin Shah (PSK) led a general discussion on the treatment of fungal infections.

This is the first seminar which the PSK Coast Branch has held as part of a new Continuing Education Programme which will run from October 1993 to September 1994 and it was attended by 20 pharmacists.

A week ago the PSK Coast Branch held its annual elections at which the following office bearers were elected:

Dr. Pankaj Shah - Chairman; Dr. Avinash - Vice Chairman; Dr. Shiraz Kasmani - Secretary; Dr. Ashvin Shah - Treasurer; Dr. Shashi Shah, Dr. Stephen Mwasil, Dr. Steve Mula, Dr. Imtiaz Ganjwala and Dr. Raju Batavia as Council members.

ROUND TABLE

FROM PAGE ONE

Three was celebrating its 40th Anniversary in January 1994 and the Clubs Projects to date have been the Likoni Sheltered Workshop, The Polio Clinic Port Reitz, The S.O.S. Childrens Village and The Mombasa Secondary School for the Physically Handicapped.

All these projects are today playing a very successful role in uplifting the lives of members of our community.

In April 1994, Mombasa Round Table Number Three will host The All Africa Meeting of Round Tables (INDABA) together with the Annual General Meeting of The Association of Round Tables in Eastern Africa.

This annual event will bring over 500 people to Mombasa from all over Africa.

PEOPLE ON THE MOVE ...



SANJEEV MERWANA
 COPY CAT LIMITED has announced the appointment of Sanjeev Merwana as technical manager, in their computer division. A qualified electrical engineer, Mr. Merwana has a wealth of experience, having worked in India and USSR manufacturing and installing computers. He will be responsible for repairs and back-up.



MRS JOAN YAMBO
 LEADING Advertising Agency, ScanAd has announced the promotion of Mrs. Joan Yambo to account director, responsible for top clients, including BAT, Bata and Marshalls (EA) Limited. A BA Education graduate from the University of Nairobi, Joan has worked for ScanAd for five years as an account executive. She is married with three children.



GEORGE ANYANZWA
 BLOCKHOTELS has appointed George Anyanzwa as Rooms Division Manager, Nyal Beach Hotel. After graduating from a four year Hotel Management course at Kenya Utalii College in 1983 Mr. Anyanzwa has worked in managerial positions for some of the leading hotel groups in Kenya including Sarova and Alliance.

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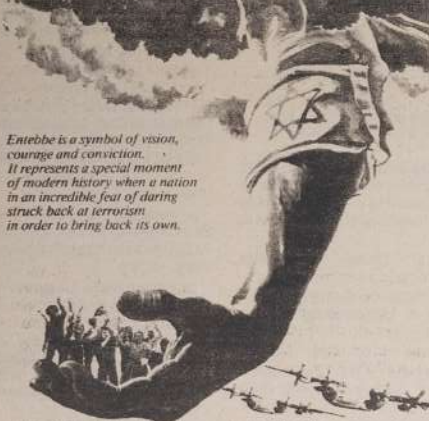
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Saturday at 3.00, 6.00 and 9.00 pm
Sunday at 3.00, 6.00 and 9.00 pm
Monday-Thursday at 6.00 and 9.00 pm

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The World Waited
And Then The World Cheered!

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THE WORLD WAITED ...
AND THEN THE WORLD
CHEERED. NEW PRINT



Mombasa Hosts World Premier For "Song Of Me Katillili" Drama

PREPARATIONS are well underway for the opening night of the World Premier of *Song of Me-Katillili* at Loreto Convent on Thursday October 28.

This brand new music drama is being performed by the Fahari Players, directed by Roger Chamberlain and sponsored by the British Council and Hard Rock Cafe.

Song of Me-Katillili is based on the real life drama of Me-Katillili, a Giriama heroine who led several uprisings against British rule in 1913 - 14.

"The production will appeal to all, with a dynamic combination of tragedy, humour, passion, dance, song, emotion, drumming, courage and hope" said Roger Chamberlain.

"Just as exciting is the enthusiasm of Mombasa people and institutions who have thrown their weight behind the play.

"We have over 40 performers to give a truly exciting show. On top of that there are technical, marketing and stage helpers", he continued.

"Mombasa institutions have also been very supporting. Apart from the main sponsors the Little Theatre Club have been invaluable for rehearsals, at times all three of their performance areas have been in use!

"British-American have also provided vital support while Indian Ocean Beach Club is supplying the uniforms of the Colonial Askaris.

"As well as Loreto and LTC the show will also appear at Fort Jesus.

"This is particularly interesting as Me-Katillili was actually imprisoned there by the British in 1915!

"The show is also of note because of its educational limits. Not only does it provide an important insight into coastal history but Me-Katillili is also on the KCPE syllabus.

"Local educational institutions are also well represented in the cast.

"Mava Obed (Shanzu Teachers College) has been supervising the dancing along with the well known educationalist Latifa Ally Juma Mrajah (Oshwal Academy) plays Wanje Wa Mwadori and David Tsuma (Ronald Ngala Primary school), appears as the second elder.

Latifa Ally (who is familiar to us all from TU's "Mix them, gather them")

plays Miss Lewa, while Andrew Crox (Coast Academy) is District Commissioner Champion.

Richard Chamberlain (working with the Ministry of Education) completes the education complement as Provincial Commissioner Hobley.

"Also not to be missed are the well known regulars Wangui Kanyango (Me-Katillili), Margaret Kavehere (Me Po Ho) and Kimani Mbugwa (First Elder).

Truly memorable performances also seen likely from the very talented Mwang'ombes M.J. (Chief Kazungu), Joan Ndila (Katillili) and John Nestor (Sergeant).

*All in all, Mombasa residents

look set to enjoy a real theatrical treat!" Roger concluded.

To make *Song of Me Katillili* as accessible as possible a multi-price, multi-venue policy is being followed.

This will allow everyone to choose a venue which suits their budget.

Many of Mombasa's schools are expected to organise groups to take advantage of the special student rates.

The show will run as follows:
Loreto Convent: October - Thursday 28, Friday 29, Saturday 30 - 6.30 start.

Fort Jesus: November - Friday 5, Saturday 6 - 7.00 start.

Little Theatre Club: November - Thursday 11, Friday 12, Saturday 13 - 7.00 start.

Tickets are available at all the venues and also at the British Council and the Women's Network Centre.

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Starring: KATHY BATES, ADRIAN HUGHES
The Road To Mecca
UNSUITABLE FOR UNDER 10



PAMELA OKEYO as a village girl (left) seen with Wangui Kanyonyo as Me Katillili and Juma Mrajah as Wanje Wa Mwadori in rehearsal (at British American) for *Song of Me Katillili*, an original new music drama which opens at Loreto Convent, Mombasa on Thursday October 28, before touring to Fort Jesus and the Little Theatre Club.

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Delicious Zanzibar Food Festival At The Shehnai Restaurant In Mombasa

FOR THE third year running Mombasa's Shehnai Restaurant staged a Kenya Tourism Food Festival featuring delicious Zanzibari cuisine in its cosy upstairs restaurant which for the occasion had been adorned with ethnic decor while adding to the ambience was burning Udi.

Men were presented with embroidered kofias while ladies received a posy of sweet smelling Jasmin to put in their hair.

The staircase was also decorated with banana leaf arches entwined with colourful bougainvilleae.

Ethnically attired in white

khanzus and kofias were the attentive Restaurant Manager, Mehboob Harunani and waiter-in-charge, Juma Hamisi, who has been specially trained for such Zanzibari Festivals.

The festival marked World Tourism Week and attracted not only tourists from overseas but many 'repeat' local guests who were very appreciative of the opportunity of once again being able to enjoy cuisine from the spice island of Zanzibar in such comfort.

Such is the reputation the restaurant has earned for its delicious ethnic cuisine that it has catered for 600 people at a Zanzibari Feast at Fort Jesus.

Its 'outside catering' service now also includes popular Zanzibari fare as well as Tandoori and Mughlai specialities.

The restaurant is considering staging special Zanzibari Nights during the high tourist season.

Arriving guests during World Tourism Week were first presented with an aperitif - a chilled madafu (green coconut) to drink, while dinner started and ended with something sweet - crisp crunchy kaimati and halwa to go with black Arab coffee.

Much of the food is cooked in coconut cream and delicately spiced, that is, muhogo and sweet potato, which blend well with Mchuzi ya Kuku and Samaki wa Kupaka.

There was also a delicious Biryani ya Mbuzi.

The four star Shehnai Restaurant was the first Tandoori Restaurant in Mombasa.



MOMBASA'S WELL-KNOWN "Fandango" music duo comprising of Peter and Jackie a husband and wife team, have recently returned from a successful three month tour covering Germany, Holland and England where they have been performing at festivals, discos and parties. Peter and Jackie have also signed a six month contract with an International Cruise Line to play in the Caribbean en route to the United States.



THE KENYA TOURISM FOOD FESTIVAL featuring delicious Zanzibari cuisine at Mombasa's Shehnai Restaurant was a great success attracting not only local people but tourists from overseas. It is the third time the restaurant has held such a festival to mark World Tourism Week. The men were presented with embroidered kofias and the ladies a posy of jasmin to go in their hair. Seen with them is Mehboob Harunani, Restaurant Manager.



THE CHAIRMAN OF the Cerebral Palsy Foundation Mrs. Ferial Lowe is seen receiving a cheque for 20,000 from Barclays Bank retail services co-ordinator Manju Mohamedbhai.

Funds Appeal For New Cerebral Palsy Centre

CEREBRAL PALSY means brain paralysis and is a disorder derived due to damage to brain before, at or after birth.

The disorder varies according to the part of brain damaged.

It manifests in inability mainly in walking and motor movements though there may be associated disabilities relating to speech, hearing, vision and learning.

However, the brain has great potential to learn and therefore the child with cerebral palsy acquires his or her independence when taught in a structured approach.

The proposed Mombasa Cerebral Palsy Foundation Centre when completed will be able to meet the above challenge.

Ferial Lowe, Chairperson of the Cerebral Palsy Foundation told COASTWEEK:

"We have started getting quite a few applications from parents but we cannot admit them as the centre is not ready.

"We have already started the construction as we have collected

Ksh. 800,000/- from our target of Ksh. 2,000,000/- from well wishers and parents.

"We appeal to the public for generous donation to enable us to achieve our goal towards our worthy project for the benefit of the children with cerebral palsy and associated neurological and motor disorders."

The Centre which will cater for children with Cerebral Palsy is also connected to Tudor Junior Academy where there is an ongoing programme of integrating disabled children with able children.

This is for children to accept each other as normal human beings without looking down on any form of disability.

"We are pleased to inform you that we have succeeded in this programme with 16 children in the school", she added.

The Centre will have nursery and school group, individual therapy as well as mother and child sessions for mothers to learn the right handling of their children with Cerebral Palsy.

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EUROPEAN COMMUNITY STANDARDS ON FOOD

THE EUROPEAN Community (EC) requires all food handlers to be appropriately trained in food hygiene and with many of our holidaymakers coming from E.C. countries, tour operators are demanding better standards of food hygiene in Kenya and elsewhere.

Consequently, the basic Essential Food Hygiene course offered by MESH Kenya under the guidance of the Royal Society of Health, United Kingdom, is most welcome.

So said John Mutua, General Manager, Nyali Beach Hotel when addressing a staff meeting at which Mr. David Goad, Secretary General of the Royal Society of Health presented forty employees who had successfully completed examinations in Essential Food Hygiene with certificates and text books.

He was accompanied by Roger Lane, Managing Director of MESH Kenya. Both received a traditional Kenyan welcome.

Said Mr. Mutua 'we are very impressed that Mr. Goad should have come to Kenya to personally present these certificates which are recognised worldwide'.

Adding 'Block Hotels place high value on such professional training in food hygiene and was the first hotel group in Kenya to make such a course available to staff'.

Mr. Goad congratulated recipients as well as hotel management for its very active support, and told employees that he had been most impressed by the impeccable standard of their uniforms.

He presented Mr. Mutua with a gift of a Royal Society of Health tie bearing its crest and words in Latin 'Salus Generis Humani' (health is the foundation of the human race).



GEORGE OTIENO, SOUS CHEF, was among the forty employees at Nyali Beach Hotel to be presented with an Essential Food Hygiene Certificate by the Secretary General of the Royal Society of Health, United Kingdom, who was visiting Kenya especially to present these certificates. There was also a gift for John Mutua, the hotel's General Manager (second left) of a Royal Society tie. Others seen are Joseph Mwangi, Area Training Manager (left), Roger G. Lane, Managing Director, MESH Kenya Limited (second right) and Hans Gruber, the hotel's Executive Chef.

British Royal Society Of Health Campaigns At Global Efforts To Control Food Poisoning

FROM PAGE ONE

approved courses in East Africa.

He is also meeting representatives of the Ministries of Health and Tourism, also Kenya Association of Manufacturers and Kenya Utalii College.

MESH is an independent company which specialises in providing expert training and consultancy to businesses and to all levels of local government including hospitals and schools.

Since its inception MESH Kenya Limited has trained many staff in establishments both large and small, concentrating initially on the tourist industry because of its vital role in the country's economy, tourism being the number one earner of foreign exchange.

Declared Roger Lane, Managing Director of MESH in an interview at the Indian Ocean Beach Club where Royal Society of Health certificates in Essential Food Hygiene had been presented 'the response to this course has been overwhelming, and there is a great thirst for the knowledge we impart by employees'.

Adding 'by raising standards of food hygiene can only result in attracting more tourists here'.

He mentioned that this course also emphasises the need to ensure that water is safe to drink whether from the tap, borehole or bottle.

He revealed that the Ministry of Health had asked for further meetings to discuss among other things the public service sector - such as hospitals, schools and so on.

He went on 'it appears that most tour operators have now been given a copy of the Cartwright report suggesting that anything between 40-50 per cent of tourists when on holiday in Kenya are getting some sort of travellers diarrhoea which could be put down, actually, to some sort of food poisoning'.

DISEASES

'Whether that comes from water or from food we do not know. However, as far as we are concerned, water is regarded as food'.

He mentioned that the Ministry of Health has asked for their help in getting standards set.

Added David Goad, Secretary General of the Royal Society of Health 'the tragic part about it is that around 50 per cent of the reported outbreaks of food poisoning, let alone those which go unreported, are attributable to food borne diseases'.

'Much of this could have been avoided if people would exercise more care over personal hygiene, such as washing hands before touching food, also by not using the same utensils to cut cooked meats and uncooked meats, and that sort of thing'.

Said Roger Lane 'Dr. Donaldson who wrote the course book put it in a nutshell when he said 'food poisoning can actually be prevented as easily as it is caused, and that knowledge is the key'.

HOSPITALS

Mr. Goad mentioned that when he returns to the United Kingdom he will be in London for seven days before leaving for Hong Kong on a similar mission.

In January he will be off to Dubai.

'Both countries' he said 'have identified a food problem that needs to be tackled'.

Adding 'The Royal Society of Health is an internationally recognised examining body and they asked us to help out. We are very pleased to do so'.

He mentioned that the Society also takes examinations in intermediate and advanced courses in Essential Food Hygiene.

Mr. Goad revealed that the 225,000 people in the United Kingdom who had taken the course not only included those from catering establishments, but also from the prison service, schools, hospitals and other public establishments.

He also feels it essential that Food Hygiene be taught in schools.

Continuing Mr. Goad said that being introduced in the United Kingdom by the Royal Society of Health were three hour sessions entitled 'Awareness of Food Hygiene' aimed at reaching, as well, part-time workers who include many students in cafes, public houses and other catering establishments.

He also mentioned the need for management to ensure that there is proper equipment installed in kitchens and that when refrigerators are closed they should not have broken seals allowing germs to enter.

In addition, working surfaces should be clean.

In other words he said 'they must be prepared to invest money and improve conditions for their staff to work in'.

He also revealed that they run courses in pest control and would be happy to do so in Kenya.

Declared Mr. Goad 'it is essential that proprietors ensure they do not have pests in their premises. Those found should be dealt with effectively and as quickly as possible'.

Also of great importance, he said is 'temperature control'.

If food is not kept properly refrigerated then germs will breed and very quickly too.

He said that the Royal Society of Health is a charitable, educational body, non-political and internationally recognised.

It is a multi-discipline organisation comprising all professional people who represent an informed body of opinion.

It was established in 1876 its prime objectives being the protection of health and related sciences including atmospheric pollution, water and food pollution and anything which affects health in its widest possible sense.

It is an internationally recognised examining body.

Mr. Goad said he was particularly gratified to hear that the Permanent Secretary for Health, Mr. Daniel Mbiti, had thanked MESH Kenya Limited for organising training for hotel employees in Kenya thus supporting the role played by the Government through Kenya Utalii College.

This had been conveyed in a speech read by George Mingi, a Deputy Secretary, Ministry of Health, during the presentation of certificates to staff of Serena Hotels who had completed a course in Essential Food Hygiene.

Mr. Mbiti had also remarked that 'effective hygiene practices were

Indian Ocean Beach Club Staff Hone Up On Hygiene Skills ...

THE INDIAN Ocean Beach Club, Diani, was the first hotel in Kenya to hold the Essential Food Hygiene course offered by MESH Kenya Limited, with thirty employees receiving certificates on successfully completing examinations set by the Royal Society of Health in the United Kingdom.

They were presented by David Goad, Secretary General of the society, together with a course Text Book written in English and

Swahili for future reference.

Employees were not only kitchen stewards, but restaurant and bar staff, as well as some from housekeeping who look after 'mini' bars in the rooms.

Thirteen from Shimba Lodge also received certificates and course books.

IOBC and Shimba Lodge are managed by Block Hotels - the first hotel group in Kenya to hold these Essential Food Hygiene courses.

They gave considerable help to get them started.

Mr. Goad also presented Mark Holden, General Manager, IOBC, with a plaque recognition of the encouragement that Mr. Holden, in particular, had given to the Royal Society in getting this Food Hygiene Initiative underway through 'Meetings for the Environment, Safety and Health' (MESH Kenya Limited) its Managing Director being Roger G. Lane who is authorised by the Royal Society of Health to conduct such courses.

Added Mr. Goad 'a food hygiene problem that needs to be addressed not only in Kenya but other developing countries was pinpointed by the World Health Organisation (WHO). It is good to see that this hotel and others in Kenya are recognising that something must be done'.

He mentioned that of the 2.6 billion people who travel all over the world 40-50 per cent at some time suffer illnesses through food poisoning.



A WALL PLAQUE WITH THE coat of arms of the Royal Society of Health, United Kingdom, was presented by its Secretary General, David Goad to the General Manager, The Indian Ocean Beach Club, Mark Holden, following the presentation of Essential Food Hygiene Certificates to employees of IOBC (30) and Shimba Lodge (13) both managed by Block Hotels. Right is Roger G. Lane, Managing Director, MESH Kenya Limited authorised by this Royal Society to conduct such courses.

GEMINI STARGAST

SCORPIO October 23 - November 21

Partners are likely to be better company, more supportive and reasonable than friends, so you will be happiest if you can spend more time with them. Together, you could find the solution to a problem. Your lucky number is 4.

SAGITTARIUS November 22 - December 20

This is an excellent time for getting on with things, and you have more mental as well as physical energy than usual. Things at work though, won't happen fast enough for you, and you could feel rather frustrated.

CAPRICORN December 21 - January 19

If you can stick to the company of people you know well, and not get carried away by big ideas, it looks as though it will be a successful and happy week for you. Romantic interest is indicated on Friday.

AQUARIUS January 20 - February 18

Just carry on quietly and successfully with what you have to do, and don't take too much notice of what anyone else has to say about it. You probably know best now. Your lucky number is 3.

PISCES February 19 - March 20

You will be in an energetic mood, and will be quite willing to get straight down to things, but don't expect a partner to appreciate your efforts. They are probably too deeply involved in their own problems. Mind your health.

ARIES March 21 - April 20

Somehow you don't seem to be able to turn all the good things about this week to your advantage, although you are very alert mentally. Perhaps it's because you might not have a lot of physical energy. Tuesday shows change.

TAURUS April 21 - May 20

The only person you can rely on this week with any faith is yourself, and a partner can make things even more difficult by being in an argumentative mood. You will be able to work with your mind. New scenes are like mid-week.

GEMINI May 21 - June 20

Someone may act rather defensively towards you, and before you take up the challenge, consider what it is that you really want to achieve from the situation. A solid financially.

CANCER June 21 - July 21

You should be able to talk people around to your point of view if they are being at all open-minded and reasonable, although this is not necessarily the case. Thursday sees romantic interest.

LEO July 22 - August 21

Monday could be rather a nasty time for dealing with important money matters or influential people who are likely to hurt your financial life. Routine jobs though should go well. The number 7 is significant.

VIRGO August 22 - September 22

A partner could be weighed down by responsibility, or you could feel that they are expecting much too much of you. Which ever way it is, it is not conclusive to a tranquil life. Travel is indicated.

LIBRA September 22 - October 22

Tuesday is perhaps your worst time when you feel you are being criticised unfairly, or you will realise that you have to re-do something you have been working quite hard on. Financially a time for restraint.

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Nov. 5th, 6th - 7.00 pm
Little Theatre Club
Nov. 11th, 12th, 13th - 7.00 pm

MOMBASA HOSPITAL PLAN FOR NEW I.C.U.

IT IS MY personal hope that the Mombasa Hospital will have an intensive Care Unit this year declared its Chairman, Dick Roberts, when addressing guests at the Charity Evening at Nyali Beach Hotel organised by the Rafikis' (League of Friends) to raise funds for the ICU to have a children's section.

However, the establishment of an ICU is not easy' said Mr. Roberts.

It is not just a question of providing beds and equipment, but also specially trained nurses (four being needed for each bed) as well as having a doctor on call at two minutes notice 24 hours a day. Otherwise, you cannot call it a proper ICU'.

Referring to 'Phase Two' of the hospital improvements programme, he said that construction is well in hand and should be completed by the end of June 1994 of a new laboratory and out-patients department.

Phase Three will commence as soon as funds are available and will include an additional theatre, a remodelled kitchen, administration block, lecture rooms and may well involve remodelling the old hospital if it is possible to preserve it as a

national monument.

Mr. Roberts explained 'the original idea was to knock it down and build afresh, but the East African Women's League in its wisdom raised the issue of it being historic and should be retained.

Consequently, the architects are now looking at ways of preserving and converting it for use by the Administration to include Board and Lecture Rooms and so on.

Also to improve its appearance in a way which will be of benefit to us as well as retaining its historic background.'

He took the opportunity of thanking Nigel Mackenzie (Dr May and Partners) and his group for all the help they have given the hospital.

Said Mr. Roberts 'It is not generally known that they do all the design for the hospital at half the normal rate'.

Adding 'if you work out what we have spent on the hospital in the last three years, the contribution Dr May and Partners have made to our finances is very large indeed'.

Mr. Roberts went on 'it is always a pleasure to say 'thank you' to the League of Friends.

They have over the past seven years supported this hospital tremendously'.

Referring to the award for the 'Cleanest Hospital in the Country' being won by the Mombasa Hospital, he said 'a lot of credit for the improvement in the state of the hospital goes to the League of Friends.

'Rafikis' Arrange Excellent Evening Entertainment With Brian Barnes ...

SUPPORTERS OF the Mombasa Hospital were not only wined, dined and mesmerised by a gargantuan feast but a very versatile actor and comedian Brian D. Barnes from the United Kingdom - the Charity Evening at Nyali Beach Hotel raising a considerable sum of money towards the children's Intensive Care Unit at the Mombasa Hospital.

It is a project by the 'Rafikis' (League of Friends) and giving a considerable boost to the funds was a Grand Raffle.

Judy Aldrick, Vice-chairman, Friends of Fort Jesus, was the lucky winner of the eight-day cruise for two on M.V. Royal Staro Indian Ocean Islands donated by African Safari Club.

For a man who has never been lucky in a raffle before Leo van de Lande, Manager, ABN Bank, Mombasa, collected the most prizes that evening (four) one being 25 kgs of coffee from Transit and Trading Company.

Donors and all who had helped make this Charity Evening such a success were thanked by Mrs. Benta Nielsen, Chairman of the Rafikis.

They included Nyali Beach Hotel which had 'sponsored Mr. Barnes air ticket from Nairobi, hotel accommodation and had given extremely generous assistance'.

She also thanked Mr. Barnes for 'very generously donating his

talents to us this evening and of cutting short a scheduled safari in order to do so'.

Mrs. Nielsen presented him with a book about Kenya as a token of their appreciation.

Other sponsors were Swissair and Lonrho.

The hotel's Karibu Room became a theatre that night while on the

Charles Dickens' which takes place in Dickens house near Rochester.

Explained Mr. Barnes 'this is the only show I have actually put together myself. It is Dickens talking about himself. Adding 'it took about three years to prepare'.

His next show is 'Three Men in a Boat' at Frimpton followed by one day at home before leaving for Germany.

He finds there is a tremendous market for English literature in Europe.

He travelled to Kenya with only one suitcase.

He contained everything needed for his four shows here!

At Nyali Beach Hotel, Mr. Barnes presented Jerome K. Jerome's comedy 'Three Men in a Boat' telling the story and acting all the different parts.

It takes immense talent and magnetism to entertain an audience for one hour unaided by musical and stage effects.

The only 'props' being three chairs on a carpeted stage which Mr. Barnes whizzed on and off with the greatest of ease.

He kept everyone enthralled as he switched off from character to character while weaving together the comic story of the escapades of three men in a boat.

Mr. Barnes was last in Kenya about ten years ago as part of a British Council tour at which his One Man Theatre was seen in Nairobi, Kisumu and by a college.

During his visit he gave three shows at the Norfolk Hotel in aid of the Nairobi Hospital and before coming to the coast Lonrho (one of the sponsors) arranged a safari which included overnight stops at Sweetwaters Camp and The Ark.



BRIAN BARNES

terrace outside a sumptuous buffet dinner was enjoyed with Dalia's One-Man band entertaining.

Brian Barnes has been on the stage for forty years starting his One Man Theatre initially when he ran out of money in Germany.

He had been studying at a theatre in Berlin and wanted to continue.

However, the popularity of his One Man Theatre grew to such an extent that he decided to make it a full time career.

He has a repertoire of ten shows and on his return to England over a ten day period is doing shows at the Cheltenham Literary Festival (The Incredible Samuel Pepys); Canterbury Festival (The Tragical History of Dr. Faustus) then playing in a new show 'In the Company of

Ratna Square Exhibition For New Range Of STARPLAST Furniture

JUST ARRIVED in Mombasa and soon to be launched at a major exhibition at Ratna Square, Nyali, is a new range of injection moulded outdoor furniture, children's playthings and household items made by Starplast.

Starplast have been manufacturing these items for many years and exporting them around the world.

Their name stands for top quality in even the most demanding markets.

The Starplast range includes a very wide variety of all injection moulded and blow-moulded items. Textonic have worked through these designs and selected the items and styles, which they know will suit the Mombasa clientele.

The ranges include various designs of garden furniture to choose from, including simple 'bistro' style chairs through to quite luxurious, high-backed, comfortable armchairs.

Small children are well catered for with colourful, safe, well-designed garden slides, paddling

pools, sandpits, as well as children's furniture.

For those with pools the pool bed on wheels is very comfortable, and the beach chair is most useful, especially as it folds away to fit easily in the boot of the car, when you go on a trip.

All the Starplast products are made with hot climates in mind and are specially-formulated to be left out in all weathers.

STYLISH

All items, but especially the children's playthings have rounded edges, so that they are very safe and cannot cause harm.

Starplast is made to be tough, durable and long-lasting, so they do not break or crack easily and are particularly safe.

The material is very lightweight, so they are easy to carry.

Designed to stack, so they only take a small space for storage.

Easy to clean, so the furniture always looks good.

Wide selection of stylish, colourful designs, so you can find the right style to suit your choice.

Starplast have produced a wide selection of outdoor furniture, playthings, etc. which are ideal, not only for the family home, but also for hotels and restaurants with outdoor facilities.

Playgroups, clubs and hotels who offer children's facilities will love the playthings.

Everybody will find something to suit and the prices are very reasonable, so buying your new Starplast outdoor furniture will not hurt your pocket, especially when you consider how long the items will last.

The Starplast Exhibition commences at Ratna Square on Friday October 29 for at least a week, it is an Exhibition not to be missed.

Textonic will be offering special opening prices, so take advantage of this new range.

For further information, contact telephone 491903 or 491751, fax 491453.

Thai Chefs And Dancers Thanked



HERE WAS A BIG THANK YOU from management and staff of Alliance Hotels to three chefs from the Asia Hotel and two traditional dancers from the Royal Theatre, Bangkok, for coming to Kenya to stage a Thai Food Festival at Safari Beach Hotel. It was organised with Meier's Weltreisen and LTU International Airways.

MOMBASA ROTARACT WRITING CONTEST

THE ROTARACT Club of Mombasa Vocational Service Committee has held a most successful Essay Writing Competition for students from 17 secondary schools at the Memon High School.

The topic for the essay was 'How To Tackle The Problems Of Street Children' linked with the Rotaract project for the year 1993-94.

A total of 104 students attended from 14 different schools.

After the Essay Competition soft drinks were served to the participants and Rotaractors. Certificate of participation were also presented to the schools.

The papers were marked by the Provincial Educational Officers.

The winners were awarded at the Bawarchi Restaurant during the District Governor's luncheon meeting.

First prize went to Faith Lulu from Mama Ngina Girls School, Second prize to William Mwendar from Baptist High School and Third prize to Jay K. Patel from Allidina Vleram High School.

The schools order of merit was as follows:- Allidina Vleram, Oshwal Academy, Mama Ngina Girls, Aga Khan Kenya Secondary, Memon High, H.H. Aga Khan High, Jaffery, Sacred Heart, Burhanliya, Coast Girls, St. Charles Lwanga, Khamis, Baptist and Tudor Secondary School.

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STAR EAST AFRICA OPEN HARBOUR HOUSE OFFICE

THE OPENING of the new spacious offices of Star East Africa Company in Harbour House on Mombasa's Moi Avenue had a coastal ambience with guests being welcomed with a flower and a dab of Jasmin perfume, ethnic-pop music by the Tom one-man band and a gargantuan feast of popular Kenyan 'bitings'.

Two hundreds guests, mainly from the shipping sector, were invited and about all turned up.

Nyali Beach Hotel, the 'outside catering' experts, was kept exceptionally busy with two bars going full steam while 'bitings' kept pouring out of the secretary's office.

It was quite a catering feast with

all food and drink having to be carried up three flights of stairs. Some of the cooking was done in-situ.

It turned out to be a very convivial cocktail party and an opportunity for shippers to fraternise - the main host being Shimon Aroch, General Manager, who was everywhere greeting and take care of guests.

The company, which has been in Kenya for twenty years, was previously accommodated in a building near the Port.

Said Mr. Aroch 'we decided to move to nicer and more functional offices in the middle of the town'.

They are opposite Jubilee Insurance Building.

This shipping agency is owned by Zim Navigation, a public company founded in 1945 and incorporated in the state of Israel.

Over the years Zim has, in effect, become the national carrier and by far the most dominant force in Israeli shipping.

It ranks as one of the largest shipping companies in the world in containerised trade.

Star East Africa Company represents three lines - Gold Star, Laurel Navigation and Unistar with about eight vessels calling at Mombasa a month.

Main exports are tea, coffee and hides, while imports are from many countries including South Africa, Europe and Far East.

Arriving at Mombasa on October 25 is 'Zim Kenya' owned by Unistar-Zim offering a service from Mombasa to Durban and back to Mediterranean Ports.

Said Mr. Aroch 'we are giving the best service that we can to our clients in Kenya, Uganda, Ruanda, Burundi, Tanzania and Zaire'.



AMONG THE GUESTS at the official opening of Star East Africa company's new offices in Harbour House, Mombasa were the architect Taibali Hamzali (centre) and owner Zahir H. Jivan a director of Alba Petroleum Limited (second right) also Hatim A. Pirbhai of Pircon Construction which built Harbour House. They are seen with Shimon Aroch, General Manager, Star East Africa Company (left) and his secretary Fatima Nazir.



GUESTS ARRIVING FOR THE OFFICIAL opening of the new offices of Star East Africa Company in Harbour House, Moi Avenue, Mombasa received a flower and a dab of jasmine perfume from Susan Choro. Those seen are P.J. Aldrick, a director L. Radford, a contractor to ODA and Ger Klip, Managing Director, Seaforth Shipping.

Deep-Sea Tugs Arrive In Mogadishu To Assist With U.N. Relief Operation

THE *APACHE* HAS ARRIVED at Mogadishu. She's one of the Military Sealift Command 'Powhatan' class of deep sea tugs and visited Kilindini at the beginning of the month to collect the wreckage of a helicopter which crashed off Somalia during the initial stages of 'Operation Restore Hope'. One of the Cory Towing tugs, *Fast Fox* is also back at Mogadishu.

She has been chartered in again to assist with the berthing of the MSC vessel *Denebola*.

Powers that be are quite naturally, more comfortable with having three tugs assist with the docking and undocking of the MSC vessels, the more frequent ones that visit Mogadishu are all of a 1000 feet long. Big Mothers!

The *Fast Fox* you might recall, paid a visit to Mombasa in order to carry out repairs at Amgeco a couple of months ago, and then steamed out on a Saturday afternoon, minus the *Bate's*.

They had the misfortune of suffering Gear Box problems while underway to Mogadishu, and managed to limp back to Mombasa,

Gordon Cuthbert
On SHIPPING

where they were taken under tow by the Murri International supply vessel *Steve B* in order to enter safely and proceed alongside 'safe berth'.

The *Steve B* sailed out last Tuesday in order render potential assistance to a bulk carrier which had run aground about 630 miles south of here, as the crow flies, and is now back in port, the casualty having refloated prior to their arrival.

The Tanzanian registered coastal tanker *Uhuru* sailed out

late last week on her way to Mogadishu where she's delivering petroleum products.

The *Potomac* arrived in last Saturday afternoon, and should by now have sailed for Mogadishu where she too, will be delivering fuel.

She came under fire while alongside at Mogadishu a few months ago, and took a couple of hits, however, thankfully not serious.

Apart from the usual vessels, the port continues to play host to fishing trawlers of various nationalities, they being Korean, Spanish and Somali.

Guess things must be getting a little congested out there, what with nets and long lines.

The freighter *Moerag* has arrived and was scheduled to spend some time at K anchorage while the Chief Grader inspected the cargo of bagged sorghum prior to the vessel berthing.

The multi purpose *Jumbo Callisto* remains at 'A' anchorage where she's been at ship's convenience for the past ten days or so.

Scheduled to arrive with a load of palm oil on the 20th, is the *Grazia*, no doubt the product is destined for our local soap and candle industry.

I wonder what's happened to the sharks that were terrorising swimmers in Kilindini Harbour a while back.

Could it be that they've left the scene or no one dares go back into the water?

Probably the latter.

Don't suppose there's going to be many folk rushing into the water to find out.

KENYATTA DAY

The Chairman, Board of Directors,

Management and Staff of

KENYA PORTS AUTHORITY

convey their sincere greetings to H.E. President

HON. DANIEL T. ARAP MOI, C.G.H., M.P.,

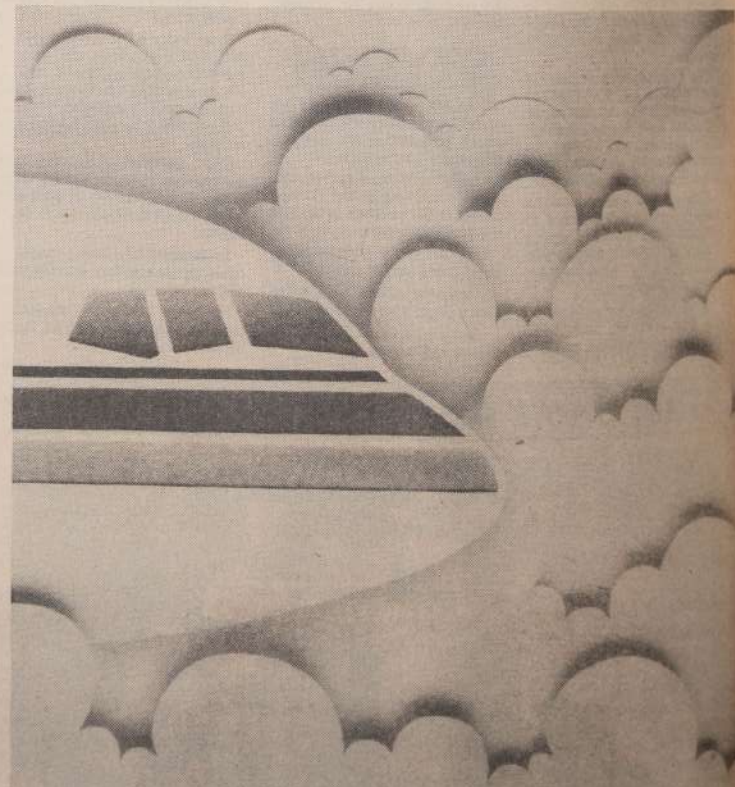
Commander-in-Chief of the Armed Forces

and the people of Kenya as we celebrate

KENYATTA DAY



K • E • N • Y • A • T • T • A D • A • Y



The Chairman, Directors, Managing Director, Management and Staff of Kenya Airways join all Kenyans in celebrating Kenyatta Day

Kenya Airways

SIX SHIPPING LINES TO SERVICE AUSTRALIA ...

SIX SHIPPING Lines have reached agreement to operate a joint service, covering the trade between Europe and Australia-New Zealand from January 1, 1994.

They are Australian National Line (ANL Limited), Contship Container Lines Limited, Hamburg-Suedamerikanische dampfschiffahrts-gesellschaft eggert & amsinck, Hapag Lloyd Aktiengesellschaft, Triestino di Navigazione S.P.A., and P & O Containers Limited (Mackenzie Maritime Limited).

The new service arrangements feature a weekly direct service operated between North Europe and main ports in Australia and New Zealand. Separate direct services provide coverage of the Mediterranean area with weekly calls at La Spezia and fortnightly calls at other Mediterranean ports.

The joint arrangements consist of combined schedules and space exchange, with all lines being responsible for their own marketing activity. The lines will be participating in conference arrangements in the Europe-Australia and New Zealand trades.

PATRIOTIC KENYANS HAVE BEEN CELEBRATING
Kenyatta Day

"FROM RADICAL FREEDOM FIGHTER TO A STATESMAN ENJOYING WORLD ACCLAIM THE LATE MZEE JOMO KENYATTA LABOURED SO MUCH TO BUILD THIS COUNTRY ... THE PEACEFUL TRANSITION FROM ONE ERA TO ANOTHER WHICH KENYA HAS EXPERIENCED AND WITNESSED IS ATTRIBUTABLE TO HIS LEADERSHIP AND STANDS OUT AS HIS SHINING LEGACY."

KENYATTA DAY



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Moskitos, Skorpione und Termiten

Kleine Tiere mit großer Wirkung

UNFAHR 1 MILLION Tierarten haben sich im Menschen bisher im Wasser, zu Lande und in der Luft ausgebreitet, entdeckt, klassifiziert, registriert und davon lauter wieder ausgerottet. Die wichtigsten Vertreter bilden die Menschen und Kerbtiere, die drei Viertel der Tierwelt ausmachen.

König hat in jeder Beziehung einen einmaligen Tierreichtum zu bieten. Wenn Sie am Tag auf Safari Gesschwid, Antilopen oder Vögel beobachtet haben, so ziehen Sie vor allem die Insekten Ihre Aufmerksamkeit auf sich und sind auf keinen Fall zu übersehen.

Ein Insektenspray kann man wirksam gegen Moskitos, Mücken und unter einem Moskitonetz ist man vor allen diesen Insekten geschützt. Es sind in der Nacht, besonders in den frühen Morgenstunden, die Menschen und Tiere stechen, um sich von ihrem Blut zu ernähren. Die Menschen leben vom Nektar der Blumen und Blüten!

Man sollte deshalb unbedingt bei einem Aufenthalt, vor allem an der kenianischen Küste, vorbeugend Malaria-Tabletten einnehmen, vor Eintritt der Reise und einige Wochen nachher.

Bis zur Jahrhundertwende war die Ursache dieser Tropenkrankheit nicht eindeutig bekannt, da so vielen Einwanderern und Afrikanern zum Verhängnis wurde.

Im Jahre 1898 entsandte der Militärarzt Major Ronald Ross seinen Diener Mohamed Bux ins ägyptische Krankenhaushaus in Khartoum, um einige Moskitos zu holen. Nach seiner Rückkehr fühlte sich der arme Bux verpflichtet, sich im Dienste der Wissenschaft und zum Wohle der Menschheit von Moskitos stechen zu lassen. Er bekam Malaria, und seinem

Meister wurde die Ehre und Anerkennung zuteil, als erster bewiesen zu haben, daß der Malaria Parasit Plasmodium durch die Anophelesmücke übertragen wird.

Seither wird diese Gefahr der Menschheit an zwei Fronten bekämpft: die Krankheit selbst meistens mit chininhaltigen Medikamenten und die Brutstätten der Moskitos mit Insektiziden. Sie brüten vor allem in stehenden Gewässern, Tümpeln und Sumpfgeländen, weshalb Malaria auch Sumpffieber genannt wird.

VON Nelly Riegger

Ab 1940 wurde das DDT mit großem Erfolg eingesetzt. Nach zwanzig Jahren schien man die Malaria besiegt zu haben; die Moskitos waren in Afrika und Indien beinahe verschwunden. Leider mußte man 1965 feststellen, daß 15 Arten von Mücken und 1976 bereits 24 Arten gegen DDT immun waren.

Zudem hatten sich die vielen tausend auf Flüssen und Wäldern versprühten Tonnen DDT verhängnisvoll auf das Ökosystem der Erde ausgewirkt. Man fand Spuren von DDT in Regenfällen, Wasserläufen, Raubvögeln und anderen Tieren, von der Wüsten-gazelle bis zum arktischen Pinguin.

Die Krankheitsfälle nahmen wieder rapide zu. Gemäß Statistik der Weltgesundheitsorganisation starben jährlich über eine Million Kinder an Malaria, und mehr als die Hälfte der erwachsenen Bevölkerung Afrikas wird früher oder später davon befallen.

Es werden neue Methoden zur Moskitobekämpfung erforscht. Bei der Anwendung weiterer Insektizide würde man im Kreis gehen und die bereits gemachten schlechten Erfahrungen nur wiederholen. Erfolgversprechend ist die Trockenlegung von Sümpfen sowie das Aussetzen kleiner Fische, *Gambusia affinis*, die erstaunlich große Mengen von Moskitolarven fressen.

Es wurden sogar Versuche unternommen, die männlichen Moskitos mittels Chemikalien zu sterilisieren, so daß die Weibchen nur unbefruchtete Eier legen... Es ist ein langer, beschwerlicher Weg und ungewiß, ob das Problem überhaupt je gelöst werden kann.

Bedeutend größer als die Moskitos und mehr respekt-einflößend sind die Skorpione. Diese schwarzen, 5-10 cm langen krebsähnlichen Spinnentiere haben zwei kleine Scheren und am Ende ihres biegsamen Gliederschwanzes einen giftigen Stachel, mit dem sie ihre Opfer stechen.

Sie halten sich gerne in morschem Holz auf. Wenn man auf Safari Brennholz fürs Lagerfeuer sucht, findet man meistens auch Skorpione. Man

sollte deshalb Äste immer vorsichtig anfassen und auch die Faustregel beim Campieren im Busch nicht außer acht lassen, jegliches Schuhwerk vor dem Anziehen immer erst auszuschufteln. Es ist erstaunlich, was für Ungeziefer da manchmal herausfällt!

Der Stich des afrikanischen Skorpions ist zwar sehr schmerzhaft, aber in den meisten Fällen nicht lebensgefährlich, außer bei allergischen Personen.

Als dritte bemerkenswerte Gattung seien hier die Ameisen erwähnt. Es gibt sie in verschiedenen Größen und Farben. Wenn es nicht schon aufgefallen, daß der kleinste Speiserest oder Krümel innerhalb weniger Minuten Kolonnen winziger Ameisen anlockt. Man muß deshalb an der Küste alle Speisen, vor allem Brot, Zucker, Käse oder Marmelade, im Kühlschrank aufbewahren, der nie groß genug sein kann.

Mancherorts werden Tischbeine und Stühle in Wasserschußeln gestellt, um die Ameisen fernzuhalten.

Die etwa 1 cm langen Slaufas sind weniger harmlos. Diese fleisch-fressenden Saurierameisen mit den übergroßen Giftköpfen kommen nach dem Regen aus einem Erdloch und strömen nach Sonnenuntergang wie ein dünner Bach unaufhaltsam vorwärts. Sie fressen alles auf, was ihnen in den Weg kommt.

Wenn sie durch einen Hühnerhof marschieren, kann man am nächsten Morgen einen wimmeln-den, schwarzen Ameisenhaufen finden und darunter die blanken Hühnerknochen der Kücken, die sich nicht rechtzeitig auf eine Stange retten konnten. Für Kaninchen und andere kleine Tiere sind diese Ameisen ebenfalls eine Gefahr. Es ist sogar schon vorgekommen, daß sie kleine Kinder im Schlaf getötet haben.


Die Termiten werden fälschlicherweise oft "weiße Ameisen" genannt, obwohl sie mit den Schaben verwandt sind. Sie bauen übermannshohe Burgen - meist aus roter, sonnengetrockneter Erde mit der halbverdauten Zellulose der blinden, weißlichen Termiten vermischt - kunstvolle Bauten mit vielen unterirdischen Gängen und Belüftungsschächeln.

Wie die Ameisen leben sie in Staaten und haben dasselbe Kastenwesen. Sie fressen gerne morsches Holz und können ganze Häuser zum Einstürzen bringen, wenn die Balken nicht mit termitensicheren Mitteln behandelt sind.

Andererseits werden Termiten und fliegende Ameisen in gewissen Gebieten Asiens und Afrikas als Leckerbissen - auch im schwimmenden Öl gebacken - hoch geschätzt. Guten Appetit!

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Horizon Hotels - eine neue Hotelkette in Vorbereitung

EINE NEUE Hotelkette mit anspruchsvollen 3-Sterne Hotels und erschwinglichen Preisen, unter dem Namen Horizon Hotels soll noch in diesem Jahr in Kenia eingeführt werden.

Das Mayfair Court Hotel, an der Stelle des alten Mayfair Hotels in Westlands, Nairobi, wird das erste Horizon Hotel sein. Die Bauarbeiten werden in Kürze abgeschlossen.

Horizon Hotels wurde lanciert von der Managementgesellschaft Windsor Hotels International und das Marketing erfolgt als Schwastargesellschaft zu den 5-Sterne Windsor Hotels, zu denen der Windsor Golf and Country Club, Siana Springs, Kiwua Tambo und Ngorongoro Safari Lodge in Tansania gehören.

Gruppen Executive Director von Horizon Hotels, Mr. Peter Ngori, gab bekannt, daß das Mayfair Court Hotel 350 Gäste aufnehmen kann und zwei Swimmingpools, einen Konferenzsaal für 350 Personen, einen Gesundheitsclub, Freizeitanlagen sowie verschiedene Liegen erhält. Ein Parkplatz für 100 Fahrzeuge wird ständig bewacht.

Die Hauptattraktion im neuen Mayfair ist jedoch ein Restaurant und "Pub" genannt "Machief", wo kleine Gerichte und Cocktails in extravaganter Art serviert werden.

"Machief", (was Unflug bedeutet) soll seinem Namen gerecht werden. Es ist eine Anlage mit entsprechendem Service, das an die wilden 1950er Jahre erinnert, ein unverwundliches, und natürlich ein Unflug", sagte Mr. Ngori.

In Nairobi wurde dringend ein neues, etwas anderes Lokal verlangt, und wer zu Spaß aufgelegt ist, geht zu "Unflug im Mayfair".

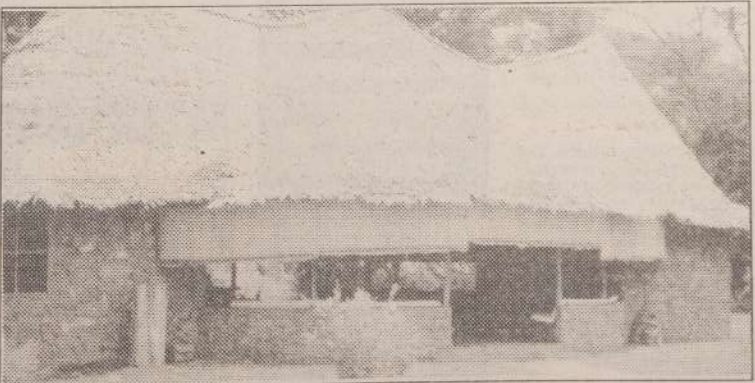
Mit der Eröffnung des Mayfair Court Hotels werden nicht nur neue Arbeitsplätze geschaffen, sondern es wird auch Unterkunft für Touristen geboten zu erschwinglichen Preisen, aber mit garantiertem hohem Standard und Komfort", erklärte Mr. Ngori.

In jedem Zimmer gibt es einen Fernseher mit drei Kanälen, Video und Telefon. Einige Zimmer haben ihren eigenen Safe.

Das ursprüngliche Mayfair Hotel wurde in den 1940er Jahren eröffnet und war ein beliebtes Absteigequartier für Besucher in Nairobi bis anfangs der 1980er Jahre, als es von der United States International University benützt wurde, die 1990 an anderer Stelle errichtet wurde.

Mr. David Stogdale, Executive Director von Windsor Hotels International, erklärte, daß mit der Eröffnung des neuen Mayfair alte Erinnerungen aufgefrischt werden, "aber es wird bestimmt anders als die anderen und eines der besten Hotels in Nairobi, entsprechend dem Trend der neunziger Jahre".

Das neue "Shasha Camp" am Voi River



DIE REZEPTION im Shasha Camp. Es ist eine Oase der Ruhe und des Friedens, 8 km von der Stadt Voi entfernt an der Hauptstraße nach Mwatale-Taveta (Tansania) in der urwüchsigsten afrikanischen Landschaft, günstig gelegen zwischen den weltberühmten Tsavo-Ost und Tsavo-West Nationalparks.

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O Hidden Light, Shining in Every Creature,
O Hidden Love, Embracing All in Oneness,
May each who feels himself, as one with Thee;
Know, he is also, one with every other.
Annie Besant.

THE GOLDEN STAIRS

A clean life, an open mind, a pure heart, an eager intellect, an unveiled spiritual perception, a brotherliness for all, a readiness to give and receive advice and instruction, a courageous endurance of personal injustice, a brave declaration of principles, a valiant defence of those who are unjustly attacked, and a constant eye to the Ideal of human progression and Perfection which the Sacred Science depicts, these are the golden stairs up the steps of which the learner may climb to the Temple of Divine Wisdom.
H.P. Blavatsky

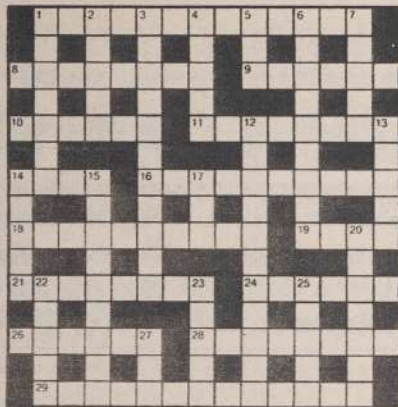
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CROSSWORD NO. 426

NAME.....
ADDRESS.....

ACROSS

- 1 Advantages to being a tourist who breaks up the company (5, 8)
- 8 There'll be a report when the shot goes in (8)
- 9 It may be up the pole! (6)
- 10 Wood going on foot (6)
- 11 He goes up and down for a season (8)
- 14 Try different points in the race (4)
- 16 Former writer very good with the French might be sacrificed (10)
- 18 Half a century among country folk - you must be joking! (10)
- 19 Spot an Oriental agent (4)
- 21 Cheered by the cabinet? (8)
- 22 Droop on the carpet (6)
- 26 Playing very well, you can tell (6)
- 28 Fun to apply stimulus in the plant! (6)
- 29 All the top people in the place (13)

DOWN

- 1 Fawn with dual ineffectiveness when stirring the tea (7)
- 2 Like a rock that isn't broken (5)
- 3 Not forgetting even what the sun was? (5, 6)
- 4 Bucking up with the gin (5)
- 5 Like to be beheaded as president (3)
- 6 Claim the job before you end with a different tale (9)
- 7 Man in the police gallery? (5)
- 12 Expected for a fair price (6-5)
- 13 Thin as a clarinet? (5)
- 14 Subject to the photograph being reduced (5)
- 15 Start porn agitation in delight (9)
- 17 Hell of a place for inspection! (3)
- 20 Work of an expert on the tube (7)
- 22 Once round the bend there's very little weight (5)
- 23 Capital held with one new arrangement (5)
- 25 Taking the car out of town or some such yarn! (5)
- 27 Cap it for the old lady (3)

ANSWERS TO CROSSWORD NO. 425

Across: 1 Paper Money 6 Gold 10 Union 11 Imitators 12 Scientist 13 Forgo 15 Exports 17 Emotion 19 Lollies 21 Abridge 22 Solid 24 Readable 27 Authority 28 Dress 29 Ease 30 Celebrated
Down: 1 Plum 2 Principal 3 Rondo 4 Origins 5 Epistle 7 Odour 8 Discounted 9 Half-hour 14 Real Estate 16 Raindrop 18 Indigent 20 Service 21 Analyse 23 Lotus 25 Adder 26 Used

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THE deadline of 30th September 93 for entry to adult art exhibition has been extended to October 30th 1993. For more details write to Coast Art Circle, P.O. Box 40705 Mombasa.

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THE Muslim Womens Association is starting the Fabric Painting class from 1st November 1993. Interested

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THE Muslim Womens Association is holding cooking demonstration on Tuesday 26.10.93 at 4.30 pm at Muslim Union Hall on Digo Road. All ladies are welcome.

FRIENDS of Fort Jesus will hold their Annual General Meeting on Tuesday, 26th October 1993 at 7.15 pm in the Fort. This is followed by a video show on Whales.

CEREBAL Palsy Foundation will present a talk by Mr. Noordn Tiwiwalla on Saturday 23rd October 1993 at 10.00 am about 'Social development'. All are invited.

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Applications are invited for the year 1994 intake in Grade 9 (Form 1). Application Forms are available from the school and should be submitted by hand. The closing date is Monday, 8th November 1993. The Entrance Examination will be held for all applicants on Saturday, 13th November 1993 at 8.30 am in the school. The Entrance Examination will be in English and Mathematics.

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Joint Receivers & Managers P.O. Box 90393, MOMBASA.

ON SATURDAY the Ladies Medal at Nyali Golf and Country Club brought some good results, despite the hot afternoon, writes TuClub.

The irrigation work is progressing at Nyali and the mainline trenches are open up the fifth, seventh, fourth ... there are also metal markers on the course to indicate the placing of the sprinkler heads.

However, naturally free drops are granted for any ball landing on these obstructions and they did not cause any problems for the lady golfers.

The Nyali course is generally in good condition, although the fairways are drying out and there is more run on the ball, but the greens are in excellent condition, the even grass cover is smooth and good putting skills can save the hole!

The Honorary Greenkeepers, especially the temporary stand-in, Mr. Ramesh Patel, have done a top class job.

The Ladies Medal was sponsored by Vera Eral and The Tamarind Restaurant and some

GOOD RESULTS FOR THE LADIES - DESPITE THE HOT AFTERNOON

ladies are now starting to collect a set of the lovely silver spoons, that are the winners prize.

Carole Barnsley played very well to bring in the Best Gross of 80, and win the Silver Division on 70 nett, Runner-up Silver was Saïda Samji on 74 nett.

In the Bronze Division Florence Karimi played to her handicap to bring in the Best Gross of 94 and the Winner on 71 nett, Runner-up was Felicity Clarke with 72 nett.

On October 1 the Nyali Ladies played an Extra Medal competition which was very kindly sponsored by Union Tea Brokers.

The Silver Division results on that day were not quite as good, Winner was Elizabeth Chater on



SADOLIN PAINTS (E.A.) LIMITED Annual Golf Tournament was played at Mombasa Golf Club with record number of entries both from Mombasa and Up-country. The winner, Hassan Ramachan (right) is seen being presented with a prize by K.S. Suri, on behalf of the sponsors, helped by Lucy Vice-Captain, Cathy Kimanthi, while the Club Captain Dr. Trevor Owen looks on.

On Sunday October 17, the action moved to Mombasa Golf Club for the Kenyatta Trophy, which is sponsored by Mombasa Inter-Continental Resort.

There was a good field of 88 players, which meant morning and afternoon starts, but despite this the play was still slow, one of the unfortunate features of this very tight nine-hole course.

Sunday morning was obviously the better time to play, the weather was cooler, although there was a smattering of rain, in the afternoon the sun got up and so did the wind.

The golf course has started to dry out although it is still looking green, so there was more run on the ball and the greens were generally good.

The Mombasa Inter-Continental Resort sponsorship meant that the refreshments were excellent, with a good spread for both the lunch and the high tea, definitely designed to encourage players to stick around and enjoy the social side of golf too.

It was only a shame that many of the morning players did not make the effort to return in the evening for prize-giving and show their appreciation to the sponsors.

The generous sponsorship was very much appreciated by the winners and everyone enjoyed the catering.

The men outclassed the ladies, who did not seem able to match up to their results at Nyali the previous day.

The Winner was Yogesh Patel on an excellent 40 points (handicap), close behind were Sadik Daudji and Pratik Patel both on 39 points, with Daudji winning on countback.

Kishor Lakhani also brought

in an excellent result with 38 points to come fourth, after this it surely the mens handicapping committee will have some work to do this month

The Ladies results are poor in comparison with Carole Barnsley achieving Best Lady on 31 points and Akki Khan runner-up on 30 points.

Among the Guests, the Best was J. Kimondo on 34 points and Runner-up Father Paul Wangaï on 31 points.

Duncan Ndegwa, representing the sponsors, mentioned that he and his friends had sponsored the Kenyatta Trophy at Mombasa Golf Club over a number of years and that now the sponsorship was courtesy of Mombasa Inter-Continental Resort, who he promised would continue to sponsor the event.

His wife Ann presented the prizes to the winners and other members of the company were also present, including the Food and Beverage Manager, Mr. Karim Ismail, who received many compliments for the catering.

SPORT CLUB BOWLERS WIN NAIROBI TOURNEY

MOMBASA SPORTS Club bowlers have completed a very successful trip Upcountry to compete in the National Pairs Competition.

Mombasa entered four pairs out of a total of twenty teams from throughout Kenya. Two Mombasa teams comprised of Guru Hanspal and Chandu Shah, K.P. Shah and C.C. Shah survived the hard fought preliminary rounds and proceeded

to battle for top national honours in the later stage of the competition.

At the end of the day it was K.P. Shah and C.C. Shah in a very tight game against a Nairobi club pair who brought the pairs trophy back to Mombasa after a eleven years absence.

Proof again that sports is alive and well in Mombasa and that we can beat the best Upcountry has to offer.



THE WINNERS in Bows National Pairs 1993 (from left) C.C. Shah, Lead and K.P. Shah, Skip.



YOGESH PATEL, WINNER OF THE Kenyatta Trophy Competition played at the Mombasa Golf Club on Sunday, October 17 is seen being presented with his prize by Mrs. Ann Ndegwa, wife of Duncan Ndegwa, Chairman, Equatorial Beach Properties, the owning company of Mombasa Inter-Continental Resort which for two years running has sponsored this competition.

72, Runner-up being Francis Cookon 73 and Best Gross Kiran Patel on 83.

In the Bronze Division the Winner was Ann Rainsford on 71 nett, Runner-up was Felicity Clarke again on 72 and Best Gross was Eileen Sinclair on 93.

Bridge Results

RESULT of the two session Bridge tournament played at Mombasa Sports Club on Sunday October 17.

P. Savia and R.R. Patel 394; H.P. Modi and J. Babla 388; P. Gandhi and T. Pujara 385; K.C. Shah and U.B. Shah 347; K.P. Shah and C.P. Shah 342; A.D. Shah and C.D. Shah 321; C.C. Shah and C.M. Shah 319; Dr. K. Vora and L.P. Gudka 302; S.R. Shah and S.K. Shah 289; Ms. B. Babla & Dr. J.D. Shah 282; A. Shah and D.D. Shah 273; Mr. and Mrs. K.R. Shah 266; Thakur and H.P. Shah 233; Mr. and Mrs. Moshe 228.

First Round Winners - A.D. Shah and C.D. Shah and Second Round Winners - K.C. Shah and U.B. Shah.

BRIDGE RESULTS

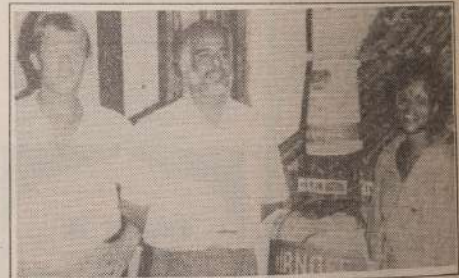
RESULT of the duplicate Bridge played at Mombasa Sports Club on Wednesday, October 13.

H.P. Modi and J. Babla 184; Dr. Rawal and H. Dodhia 181; P. Gandhi and T. Pujara 172; S.R. Shah and S.K. Shah 169; K.C. Shah and U.B. Shah 167; A.D. Shah and C.D. Shah 166; Ms. B. Babla and Thakur 157; Dr. K. Vora and L.P. Gudka 155; C.C. Shah and C.M. Shah 152; Mrs. Reid and A. Nathwani 139; Mr. and Mrs. D.D. Shah 135; H. Malde and A. Shah 126; Mr. and Mrs. Moshe 125 points.

MOMBASA HOSPITAL LEAGUE OF FRIENDS RESULTS OF RAFFLE DRAWN ON SEPT. 29TH AT NYALI BEACH HOTEL

	Ticket No.		Ticket No.		Ticket No.
1	2581	14	3586	27	2759
2	2915	15	2235	28	1612
3	2180	16	1875	29	1203
4	1590	17	1382	30	3544
5	1472	18	1395	31	3254
6	3021	19	2103	32	3589
7	1634	20	1642	33	2148
8	3479	21	2279	34	1399
9	2877	22	3383	35	2906
10	2768	23	2093	36	2376
11	2587	24	1551	37	1513
12	3342	25	3493	38	2299
13	1103	26	1956		

SMIRNOFF SQUASH WINNER



SMIRNOFF Coast Closed Squash Championship winner Graham Pape (left) seen with K.S.R.A. Coast Area Representative Mustaq Zavery and Margaret Khumbara, the I.D.K. Coast Area sales representative.

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You Will Be Pushed, Shoved And Shouted At Until You Acquiesce!

MOST OF US have our itinerary planned quite carefully when we are travelling to another country for the first time.

One wants to be sure that they will not get into trouble at the airport of entry due to missing papers.

One also wants to be sure that they will have a place to lay their head come roosting time.

For most potential problems, there are normally straight forward solutions or guidelines, provided you ask or at least know who to ask.

There is one area that no matter who you ask or what guidelines there are, one is always prone to get into and possible rip-off.

The culprit is the taxi. Most countries have some of organised taxi association.

It could be a single organisation covering the whole country or a large number of small groups, each serving an identifiable district or administrative area.

The latter is the most common except for what is left of the centrally controlled economies where it is more likely that the taxi service is a state run organisation.

In Kenya we started off with a large number of small and very localised taxi associations.

The most common word one would find the associations' names were "owner" and "driver".

Kachumbari tells me that a case in point for us in Mombasa are the yellow line cabbies called Voda.

The two middle letters in the name are for the owners and drivers.

Kachumbari could not get agreement on the origin of the other letters that go to form the abbreviation.

Some of the associations have stayed whilst other have either slowly become inactive, been swallowed up by other more aggressive ones or have joined together to form larger coop type organisations that caters for members financially as well.

Even the state got involved in the taxi business when the large

parastatal transport organisation Kenatco started a taxi service.

It is in the part of that parastatal that is still operating.

The other bite seemed to have died a slow and quiet death.

The difference between the state owned and the other taxi companies is that the state owned company produces standard tariffs that cover their most common destinations and this is advertised and known.

For routes outside of this, it is also clearly stated that the fare will be calculated based on the distance travelled.

One gets the feeling that they are not being ripped off since everything seems to be very well organised.

Outside of this framework, it is a free for all.

The minute one is identified as a potential customer, then the fight to get the custom begins.

One hand grabs your travelling case to try and steer you in the

direction of the cab they are touting for.

Another grabs hold of your shirt sleeve and tries to do the same.

The worst is the one who insists of talking at your face and hence ends up walking backwards whilst obliterating your view.

Invariably, they have a case of very bad breath or their dental formula is in itself a sight to behold.

You will be pushed, shoved and shouted at until your acquiesce to entering one of the cabs.

The lucky one runs to get his cab and you are quickly spirited to your destination.

The price that was perhaps mentioned to you during the fight for your custom is likely to be revised during the course of

serious rip-off.

Since the economy was freed, the number has increased to 6000 and the rip-offs are a tale unto themselves.

There was this case of a woman who was jabbed with a stern gun for objecting to an excessive fare.

Another passenger had a pistol stuck into his face for arguing with the taxi driver over the cost of his journey.

The official rate that the taxi driver should be charging their customers is such that they cannot make ends meet.

The boss of one of the loose associations that have mushroomed in the so called free market economy said that they had to rip-off at least two tourists a day to make a living.

As Kachumbari says, travelling has its many hazards but the taxi is the wildest of the lot!

MacKenzie Maritime Sponsorship



SPONSORSHIP - THE MACKENZIE Maritime Limited Managing Director, Brown Ondego (third, right) handing over a cheque for Shs 50,000/- to the Kif Mombasa sub-branch chairman Ali Aboud Marambe (fifth, left) for sponsorship of the district division one to three leagues. Looking on (from left) are Swaleh Khamis (treasurer), Aaron Kikuli (firm financial controller), Salim Al-Guhum (assistant treasurer), Picky Solomon (vice-chairman), Jamal Muhidin (committee member), and Charles Halwenge (firm manager agency division).
PHOTO: ABDULRAHMAN SHERIFF.

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EXCITING 'KENYATTA DAY' GOLF TOURNEY

THE KENYATTA Trophy - a very popular annual event at the Mombasa Golf Club which is open to all coast golfers - attracted ninety players, the winner being Yogesh Patel with 40 stableford points.

He is a 12 handicap player - which is significant!

It was a very exciting and close finish with two players Sadik Shauji (runner-up) and Pratik Patel (third) being just one point behind.

For the second year running it was sponsored by Mombasa Inter-Continental Resort, guest of honour being Duncan Ndegwa, chairman, Equatorial Beach Cooperatives, the owning company.

The prizegiving commenced with everyone being up standing to drink a toast, proposed by Mr. Ndegwa, to President Moi's health and to the memory of the late Jomo Kenyatta, Kenya's first President at the time of Independence.

Initiators of the Kenyatta Trophy were Mwal Kibaki, Njenga Karume and Duncan Ndegwa, this being taken over in the early 1980s by the late Gerry Njoroge and friends, and then in 1985 by Duncan Ndegwa.

It has been played annually throughout.

The Club Captain, Trevor Owen, thanked Mr. Ndegwa and his hard working team from the hotel

including Marwan Hamdun, Executive Assistant Manager; Karim Ismail, Food and Beverage Manager, Sona Manjar, Sales Co-Ordinator, also all others who had helped make the event such a great success.

Mr. Ndegwa received thunderous applause when he said that the hotel's sponsorship would continue, and explained that Kenyatta Day is 'for the heroes who fought against their colonial masters'.

Adding 'we are very happy to be associated with the remembrance of this day'.

At the prizegiving on Sunday, October 17, there was not only a sumptuous buffet of hot and cold 'bitings', but entertainment by Eddie's One Man Band, as well as some very practical prizes including golf equipment, fans, kitchen equipment and complimentary dinners at Mombasa Inter-Continental Resort.

The Captain described this sponsorship as 'superlative'.

Other results were: Fourth - K. Lakhandi (38); Best Lady - Carole Barnsley (31); Runner-up on a countback - Akki Khan (30); Best Guest - J. Kimando (34); Runner-up Guest - P. Wangal (31); Hidden Holes - (1) P. Wangal (2) Bruno d'Souza.

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MEMBER N.P.A. EAST AFRICA

G.P.O. REGISTERED NEWSPAPER

Coastweek

MOMBASA, October 22 - 28, 1993.

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RUGBY THRILLS GALORE

IN A THRILLING Rugby International friendly the Mombasa Sports Club Rugby Section beat the visiting Francis Town Tuskers of Botswana 25-10, writes Allan Njoroge.

Although being "Off Season", the Sports Club were able to field a strong side to convincingly beat the visitors.

In other rugby news, the Mombasa Sports Club will later in the year play a friendly match against the Kenya Cup and Enterprise Cup Champions, Nondiescripts R.F.C.

This match will be important for both sides as it will give both teams a chance to test one another in preparation for the 1994 season as Mombasa Sports Club will be playing in the 1994 Kenya Cup League.

The rugby section will also in late February 1994 be travelling to Tanzania to play Kilimanjaro Cats R.F.C. in Arusha and then in early March 1994 play hosts to the University of Pretoria in the first of the proposed matches between South African universities and Kenyan clubs.

Also worth noting is the possibility of South African coaching of Kenyan Clubs in the future and the possibility of tours to South Africa by the clubs in an attempt to improve rugby standards in Kenya.

The Mombasa Sports Club Rugby Section Annual Dinner Dance will be held at the end of November 1993 and turnout for this event is expected to be high.

Sports Club Enjoy Double Victory In Weekend Fixtures

MOMBASA SPORTS Club had a double victory last weekend, with wins over a Wazee wa Kazi team on Saturday and Union Cricketers on Sunday, writes D.J.W.

On Saturday, an invitation eleven led by Hussein Storey had the best opening partnership of the year, sending up the hundred in quick time.

None of the Sports Club bowlers conceded less than six runs per over, as Kamal and Kirit Trivedi played with ease on a good wicket.

Kirit hit eleven boundaries and three sixes in a fine knock of 101 runs and Kamal carried his bat for 75 not out, with seven fours.

Huzeifa Maloo kept up the pace, hitting two sixes in his short innings of 32 runs, to leave the visitors at the huge total of 224 for six wickets in thirty overs.

Undaunted by this, Sports Club openers Jeff Harvey and Dave Fawcett (27) say 60 runs up in the first ten overs.

Harvey went on to complete a fine innings of 65 runs and Rajesh Chudasama scored freely, hitting seven fours in his 61 runs.

In rapidly increasing darkness, Jayesh attacked the bowling to ensure a last over finish and, in spite of three wickets by leg-spinner Vinod Patel, Sports Club scored the winning runs in the last over, with seven wickets down.

On Sunday, Sports Club hosted Union Cricketers in a CCA league game and emerged as winners by six wickets.

Batting first, Union looked set for a good score, with 81 runs scored

after 26 overs, for the loss of only one wicket.

However, a middle order collapse against Rajesh (four for 23) and a tight spell of bowling by skipper Huzeifa (10-2-25-1) saw Union restricted to 139 all out.

Azim (33) and Rizwan (39) had given Union a good start, but of the later batsmen, only Ejaz (26 not out) made a good contribution, the innings closing in forty overs.

In reply, Sports Club lost two early wickets to Arif Fazal, but Jeff Harvey (37) and Zaheer Abbas Khaku (33 not out) paved the way for a victory.

Rizwan took two wickets, but a bright innings of 90 runs by Mustafa saw Sports Club home in the thirty fourth over, for a win by six wickets.

This Saturday, Sports Club host a Law Society of Kenya invitation eleven, led by Hamza Jiwaji, with the promise of some surprise guest players.

'KASSIM RASHID' TENNIS WINNERS



JAFFERY SPORTS CLUB winners of the 'Late Kassim Rashid' Shield Inter Club Tennis League organised by Coast Lawn Tennis Association. Standing (from left) Gulamabbas KG, Roshan Merali, Riyaz Fazal, Asghar Mulu and Mehboob Virjee. Sitting (from left) Amir Merali, Mahmood Karim (Captain Tennis Section), Dr. M.A. Karim (Vice-chairman), Riyaz Virjee (Sports Secretary) and Murtaza Kassamali (Team Captain).

Acid Test For Dudu Baya In The Stadium

A REVITALISED Black Dragon, popularly known as "Dudu Baya" have an acid test today where they have been programmed to clash against Shooting Stars in a Coast Premier League (CPL) match to take place at Mombasa Municipal Stadium.

On paper, Shooting Stars is the better side but are warned never to underestimate the unpredictable Dragon who have been doing well at late.

It would definitely be a balanced affair.

Nyundo of Guraya will have an easy assignment tomorrow when they tackle the lowly-placed Ngombeni Stars at Tudor School ground.

However, Nyundo who have been out of action for a long time, must take this game seriously to emerge convincing winners.

Lake Warriors, the 1990 "Darling" team of the Coast soccer fans when they were representing Kenya in the Africa Cup of Cup winners, meet Soweto at Tudor ground on Sunday.

Warriors started the league on a slow note but they are currently in tip top form to raise on the occasion against any team in the province.

But Soweto starts slightly favourites to win, narrowly.

Turning to National Division Two Coastzone league, Black Panther, the team which is not familiar despite their startling performances, face their toughest test on Sunday against Mombasa Posta, one of top contenders for a superleague place.

The Mailmen have to be careful with youthful Panther side which at the moment reached the final of both the Coast Institute of Technology (CIT) and the Sila cup

Soccer Scene With Abdul Sheriff

tournaments.

But the main attraction will focus on the match involving Alaskan of Malindi pitted against Mombasa's Baobab in a clash of the giants to be played at Malindi Municipal Stadium on Sunday.

Alaskan who drew 0-0 with the visiting AFC Leopards in a friendly match played at Mombasa Stadium last weekend, starts slightly favourites to snatch both points from Baobab.

Administration Police meet Mombasa Breweries at Baobab ground on Sunday but the game clashed with the CPL fixture between Western Stars and Shooting Stars set at the same ground the same day.

The Kf Coast fixture secretary Stephen Ngala could not be contacted at the time of going to press to clarify as which among the two matches will be played.

The final match of the Bomani cup competition will be held at Bomani ground where Wananyuki are favoured to lift the trophy when they tackle Inter-Continental.

Wananyuki were awarded their abandoned semi-final clash against Eleven Brothers while Inter qualified for the final after defeating Action Boys.



The natural approach to Mt Kenya.

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Naro Moru River Lodge

P O Box 18, Naro Moru, Kenya
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TIDE TABLES

MOMBASA, October 22 - 28, 1993.

FRIDAY:

High Water - 2.7m at 08.29 hours and 2.3m at 21.31 hours.
Low Water - 1.2m at 02.05 hours and 1.1m at 15.16 hours.

SATURDAY:

High Water - 2.4m at 09.48 hours and 2.3m at 23.31 hours.
Low Water - 1.4m at 03.32 hours and 1.3m at 16.52 hours.

SUNDAY:

High Water - 2.3m at 11.54 hours.
Low Water - 1.5m at 05.42 hours and 1.2m at 18.23 hours.

MONDAY

High Water - 2.5m at 00.56 hours and 2.4m at 13.18 hours.
Low Water - 1.3m at 07.08 hours and 1.1m at 19.22 hours.

TUESDAY:

High Water - 2.7m at 01.48 hours and 2.6m at 14.06 hours.
Low Water - 1.0m at 08.00 hours and 0.9m at 20.04 hours.

WEDNESDAY:

High Water - 3.0m at 02.25 hours and 0.8m at 20.38 hours.
Low Water - 0.8m at 08.38 hours and 0.8m at 20.38 hours.

THURSDAY:

High Water - 3.1m at 02.56 hours and 2.9m at 15.31 hours.
Low Water - 0.6m at 09.11 hours and 0.7m at 21.08 hours.

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