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Coastweek

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Edward Rodwell Writes Himself Into 'Guinness Book Of Records'

EDWARD RODWELL, Africa's avuncular answer to P.G. Wodehouse, James Herriot and Samuel Pepys, has been celebrating a remarkable record of 50 continuous years' publication of his weekly column "Coast Causerie".

The column, started in November 1943, is believed to be the longest sustained by a single writer anywhere in the world, and may yet make an entry in the 'Guinness Book of Records'.

"Coast Causerie" first appeared in the Mombasa Times, was continued in the Kenya Weekly News and currently appears every Thursday in the Standard newspaper.

During the past fortnight there have been full-page feature articles in the national newspapers, television interviews, congratulatory telegrams from around the world, and, last Saturday, a full-dress party hosted for him and his wife Olivia, at the Mombasa Club by the Standard newspapers.

Among the guests who attended the party were the Mombasa District Commissioner, Mr. Ali Korana, Ms. Zarina Patel, who is a grand-daughter of the late

Jeevanjee (the founder of the Mombasa Times, which later became The Standard), the Nation Newspapers' Group Managing Editor, Mr. Wangethi Mwangi, Mombasa businessman Sheikh Abdallah Zubeid, and Robert and Ursula Brenneisen of Bamburi Portland Cement Company.

The party was also attended by senior Standard employees including the Managing Director, Mr. Bob Holt, and the Executive Training Director of Consolidated Holdings, Mr. Ali Hafidh, The Standard Managing Editor, Mr. Kamau Kanyanga, Associate Editor Mr. Paul Odondo, News Editor Mr. Otieno Awiti and Features Editor Mrs. Mumbi Risa.

Rodwell, 86, was for many years' editor of the former Mombasa Times newspaper and two of his most forceful and well received campaigns were to preserve Fort Jesus as a national monument and to further research of the fascinating history of the Kenya Coast.

His prolific writing is often marked by rare good humour, well-prepared anecdotes of a rural

nature and caustic comments on the fulsome folly of bureaucracy in all its most frantic and frustrating forms.

"No story is ever complete and I like to trade in on this fact," he recalled while writing an introduction to one of his works a few years ago.

"Some writers just give the bare bones of an incident and eschew any reference to colour, but I think the quaint, the sad and the merry circumstances of an occasion provide an important insight to the characters of the people concerned."

In another piece he wrote at

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EDWARD RODWELL

SENSATIONAL "SUPREMES" FROM THE U.S.A. FOR GALA MOMBASA CHARITY BEACH SHOW

THE MAGIC of "Motown" returns to Mombasa in early December with the sensational news that the ever-popular "Supremes" are to perform at the annual African Safari Club's Charity "Beach Party".

"We are very happy to confirm that this legendary and world-famous trio have agreed to entertain guests at our grand gala party: which this year looks like being the biggest and best," said an African Safari Club spokesman.

The Charity "Beach Party" is scheduled from 8.00 pm on

Saturday, December 11, 1993, at the Paradise and Shanzu Beach Hotels' sea-front parade.

Last year's record-breaking event raised more than four million Kenya shillings in aid of famine relief for Kenyans suffering in the North Eastern Province.

The show then featured as a star attraction the 'live' performance of the Hollywood Hit Show "The Four Tops", accompanied by many local and talented bands and singers.

"The Supremes remain one

of the top-ten entertainers in the U.S. and Far East, this is their first visit to Africa and we feel very proud and honoured that they are coming to Mombasa for this special charity event," he went on.

Also featuring in this year's Beach Party are the visiting 'Russian Paradise Dance Troupe', the 'Rakkie' and 'Safari Sound' bands, and numerous local entertainers.

Tickets cost Kshs. 850/- per person and advance booking is possible by telephoning Mombasa 485520-4 and 485408-9.

Mombasa Cares For Its Children

BARCLAYS BANK AND ROTARY LAUNCH STREET PROJECT

A "MOMBASA Cares For Its Children Projects" has been initiated by the Rotaract Club of Mombasa, and co-sponsored by the Barclays Bank of Kenya. This project is similar to the one in Nairobi, known as "Nairobi Cares For Its Children", which is also co-sponsored by Barclays Bank of Kenya.

The main aim of the project is to rehabilitate the Street Children whose numbers are increasing rapidly at an alarming rate.

A spokesman told COASTWEEK that the Projects objective include:

- Meeting the basic needs of children on the streets through a rescue centre that provides primary

care to the Children in Especially Difficult Circumstances (CEDC).

- To mobilise the continuous support of the general public as

well as the public, private, and NGO sectors in the establishment

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Film-Star Britt Eklund Enjoys A Holiday At The "Reef Hotel"



FAMOUS FILMSTAR Britt Eklund is seen with Reef Hotel entertainer Charlie Anderson during her stay at this four-star North Coast Hotel, which she and her press and television crew made their home base while on a 'photo safari' of Kenya. (SEE FULL STORY PAGE FIVE)

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**POLLMANS TOURS APPOINT
AGENT FOR SOUTH AFRICA**

FORGING A link with South Africa to help in promoting tourism to Kenya from this big potential market is Pollman's Tours and Safaris.

'Sites of Africa' now represents Pollman's in South Africa.

Mr. Karl-Heinz Straus, Pollman's Managing Director flew to South Africa this week to officially launch this new marketing arrangement through press conferences and get-togethers with the travel trade.

It is all to help attract more South Africans here not only for beach and safari holidays but whatever type of vacation they might like which Pollman's a la carte department can organise that is golfing safaris, deep sea fishing, scuba diving etc.

HEALTH TIPS

VARICOSE VEINS

VARICOSE VEINS are veins that are irregularly dilated and tortuous.

They usually affect the lower limbs, but can present in other parts of the body such as the anal canal, as piles.

About 10 - 20 per cent of the population suffers from the condition, females being five times more likely than males.

In the vast majority, the cause is unknown.

Heredity may play a prominent role, especially in younger patients.

A little anatomy is necessary to understand varicose veins.

The lower limbs have three types of veins - superficial, that run just beneath the skin; deep, that run in the muscles of the legs, and communicating veins that connect the two.

A system of valves makes sure that blood in these veins flows in one direction only, towards the heart.

Valves in the communicating veins also ensure that blood flows from the superficial to the deep veins and not vice versa.

Contraction of the leg muscles squeezes the deep veins and pushes the blood upwards during exercise.

When these muscles relax, blood from lower down enters the veins ready for the next contraction.

This cycle resembles a pump and promotes good blood circulation throughout the body.

That is one reason why being bed ridden is harmful.

In varicose veins however, the valves are defective or absent.

Blood pools in the lower part of the leg and the veins dilate.

Even worse, the muscle

pump becomes inefficient. Contraction of the muscles push some blood backwards into the varicose veins.

There is another mechanism that produces varicose veins, especially in older persons.

Clots in the deep veins can cause blood to accumulate in the superficial veins.

These must always be excluded before assuming that the varicosity is a simple disorder.

Long standing varicose veins can lead to swelling of the legs and a type of wound called 'Varicose Ulcers'.

Varicose veins often start or worsen during pregnancy, especially in the first three months.

Hormonal factors are thought to be causative.

Most recede after delivery, but some cases persist and increase with successive pregnancies.

People with simple varicose veins complain of tiredness of the legs, itching, aching or bursting sensations in the affected veins after standing for long.

These symptoms improve with walking, lying down or elevating the limbs.

Some cases, especially those with deep veinous clots feel the discomfort in the limbs on walking.

TIPS ON TREATMENT:

- Very mild cases need no action.
- Mild to moderate varicosity can be reduced by using a well fitting elastic stocking which should be placed below the knee. Thigh length stockings are uncomfortable and are rarely used.
- Other cases need medical attention which usually takes the form of surgery to remove the affected veins or special injections to obliterate them.

by Dr. **ERIC MAINA**

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MOMBASA

"WILD WEST' AT THE BAHARI CLUB ...

SOUNDS OF the Wild West float across the calm waters of the creek.

Is this Oklahoma? Could it be Texas? No. It's just the "Rafikis" (The Mombasa Hospital League of Friends) having a barn dance.

Not at the "Silver Dollar" saloon in Dodge City but at the Bahari Club, Mombasa.

The "Rafikis" latest bright idea to raise funds for an Intensive Care Unit for The Mombasa Hospital last Saturday November 20, involved Jean Koch as "caller" getting suitably attired cow pokes up on to the dance floor dozey doo-ing with a will.

There were no steers in evidence, but plenty of beef - on the barbecue along with other essential barbecue fare organised by Beat Koch with his customary professional skill.

Although this was not the "Rafikis" main event this year, there were some excellent raffle prizes "at the door" - a trip to Wasini Island for two, a family week end (including two children) at Scorpio Villas, Malindi and, as first prize, a week end for two in Lamu which included not only flights by Prestige Air Services Limited, but also accommodation at Peponis.

There were other smaller, but still very acceptable prizes too.

The "Rafikis" plan to have other inexpensive and cheerful evenings in the near future.

It is hoped that many Mombasa residents will come along and have a good time.

The money they spend will be returned to the population a hundred fold, for it will go towards equipping The Mombasa Hospital. The aim is for the hospital to be able to offer medical care second to none.

If anyone would like to know more about the work and aims of The Mombasa Hospital League of Friends they can telephone Mombasa 471723, or 471843, or they can enquire at the hospital reception.

LATE DUTY CHEMISTS

Saturday
2.30 p.m. to 5.30 p.m.
Sunday
9.00 a.m. to 12.00 noon
November 27 - 28
Popular Chemists
Maungano Road, Mombasa.

ARIES - COMPUTER SUCCESS



SHILPUL MANDALIA



SADIA NAQVI



NERAV PATEL

THREE STUDENTS OF Aries Data Systems successfully completed the Certificate examinations of the Association of Computer Professionals, United Kingdom. Miss Sadia Naqvi emerged the best student obtaining three distinctions. They will be continuing at Aries Data Systems with the Diploma course which commences January 1994. Another student Sameer Chavda, also passed the Association's certificate exams.

FROM PAGE ONE

and perpetuation of this venture which sets up a basic 'safety net' for children without an alternative support mechanism.

To develop a model child care system that can be replicated or expanded upon based on the availability of personnel and material resources, and

Providing information on the deeper causes of the drift of children onto the streets which can be used for the subsequent programming of preventive measures and establishes an identity that inclusively involves the general public.

Under the Scheme Operating Concept, once a youngster arrives at the rescue centre with a coupon, they will be received by a social worker whose first responsibility will be to make them feel welcome, provide them with food, and opportunity to



TALENTED NAIROBI youngsters Avni and Sachin Dave are to make a special performance during the musical extravaganza being hosted in Mombasa in aid of the Child Care project.

wash, assessment of their health status and any basic treatment will be given.

Records and basic counselling will be kept aiming at reuniting the child with their family.

Recreational activities will also be provided at the centres.

These centres will also function as 'Safe Havens' for children who might wish to make use of them whenever they are in operation and promote a healthy environment

where the sniffing of glue, smoking or the use of any drugs other than those prescribed at the centre for treatment of some ailment are not permitted.

Edward Rodwell Celebrating Coast Causerie Anniversary

FROM PAGE ONE

some length:

"Despite the fact that for many years I have worked as a journalist and dealt with the hard facts of life both as an Editor of a daily newspaper and later as a roving correspondent, my personal interest, hobby if you like, has been the off-beat story of strange occasions and the people involved.

"Thus came about the column which for want of a better name was called *Coast Causerie*.

"The feature was born during the early years of the last war when news comprised little more than a daily repetition of events that bore little comfort.

"At first I wrote about history, birds and beasts, languages, ancient monuments, the excavation of coastal cities, almost forgotten Swahili legends and songs and people and their traditions.

"In the beginning the column was no more than a journalistic gimmick, tailored to counteract the grimness of contemporary events.

"But as time passed *Coast Causerie* became more than a gimmick.

People were really interested in the subjects I wrote about.

"Public interest soon demanded that Fort Jesus was preserved as a national monument; an archeologist, Mr. James Kirkman, was engaged to work on the ancient monuments of the Coast.

"I cite these two instances, but there were many more.

"I wrote *'Gedi: the Lost City'* in 1946 and followed this with *'Ivory, Apes and Peacocks'* in 1948.

"Fortunately, perhaps, both books are out of print, as are the first four volumes of *Coast Causerie*, sales of which reached

28,000 copies.

"I say 'fortunately' because so little was known of our past. At least the book on Gedi provided a stepping stone to the experts who followed.

"I am not an historian but I study ancient and modern history with the object of finding occasions that provide a story worth telling, events that often show a light background to what has been a dark history in our part of the African continent."

GALA MUSIC SHOW WILL AID 'STREET CHILDREN'

"This is the first phase of the project which has been initially projected on a five year bases and to make this project a success, and try and contain the Street Children menace, we need support from all angles of our society."

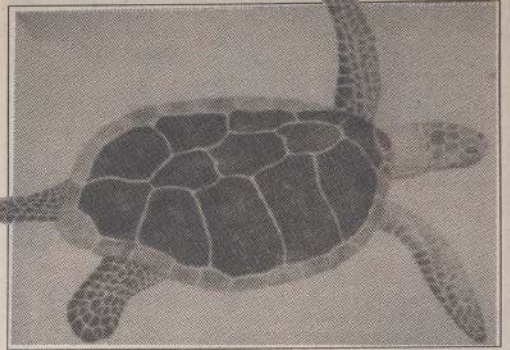
Any form of support and/or donation can be made payable to Mombasa Cares For Its Children, P.O. Box 381, Mombasa.

"In order to create public awareness on this project, we are having a musical extravaganza with Dinner on November 27 1993 from 7.30 pm onwards at the Fort Jesus."

Among the artists we are having Avni and Sachin Dave together with Dr. Rupan, Charlie Marley, Jacky and the Famous Viking's Band. An elegant fashion show will be featured by Images of India.

Tickets available at CAL/BCS (Biashara Bank Building), Nimrod (Jubilee Building), Barclay Card (Barclays Bank Nkrumah Road), and Aquamara (First Floor, Middle East Bank Building).

RATNA SQUARE EXHIBITION



GREEN TURTLE - Ukunda artist John Pease writes: "The remains of a Green Turtle were found just after it had been mutilated by man. I was so incensed by this unnecessary slaughter that I decided to try and help preserve them. The watercolour was painted from the remains which I found. This painting has been used to make 'Protect Turtle' T-shirts with Kshs. 100/- of every sale going towards KWS to help control this needless killing". The original Watercolour will be auctioned at Ratna Square Nyali on Sunday December 5 at 11.00 am with all proceeds being donated to KWS. This Watercolour will be on display from December 2 at Ratna Square. (Exhibition Dates, December 2 - 6).

African Safari Club
Presents

11
December, 1993

CHARITY BEACH PARTY and fantastic ENTERTAINMENT SHOW

At the Paradise / Shanzu Beach on Saturday 11 th December 1993, from 8:00pm

The legendary world famous entertainers from the American and International Show Entertainment circuit :

" THE SUPREMES "

This trio's renowned ability to charm audiences with emotional, heart rendering popular evergreens, mixed with their overwhelming harmonic voices, is not to be missed!

With supporting show by :

CATHRIN WAKESA
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African Safari Club

"We have orders to collect the debt or recover the goods."



"And just look at the credit side ... no more ugly, bitten finger nails ..."



"Boys find it incredibly attractive."



"I know I can't take it with me - but I'm not planning to go just now."



"And now please insert a one pound coin or I will shout it!"



"So you think you are a psychiatrist, do you?"

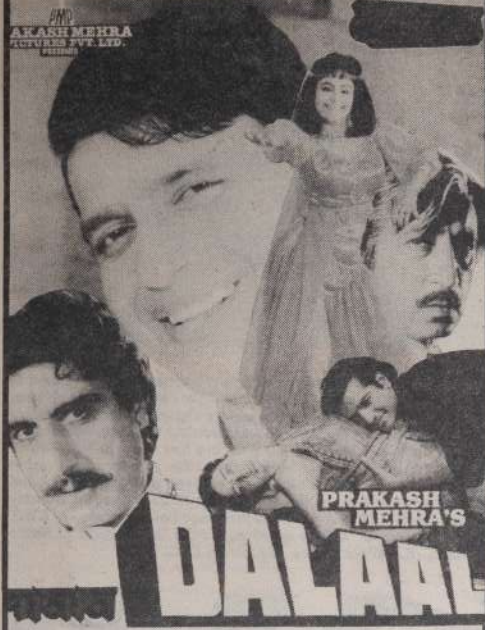


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THE BRIDE PRICE

A Story As Mighty As Africa
Breath-taking Actions, Emotional Interludes,
Lilting Romance And Haunting Melodious Music
(Adults only)

LOTUS CINEMA WILL START screening *Bride Price*, a story as Mighty as Africa, emotional interludes, lilting romance and haunting melodious music.

Bride Price - Mahari, is a practice of giving away your daughter into a wedlock in exchange for chattels.

It is a custom as old as the dawn of civilization; and is known to exist from the stone age.

It has been in existence in one form or another all over the world, and in the recent past has faded out in some countries due to the slow evolutionary processes and technological advances which forced man to adopt other dubious means to tighten his shackles on women.

Bride Price is the story of a family embroiled in the web of greed, born out of the conventions and customs of this age old practice which man has taken to be his birth-right.

Unfortunately in our human society there are also humans who are less than human and whose inhuman behaviour and selfishness causes all the strife and struggle between the farces of good and evil.

Kariuki is one such man who has

'RAJ BABBAR' IS BACK ON THE BIG SCREEN AT LOTUS CINEMA

MANY MOMBASA Indian filmgoers regard Raj Babbar as their favourite actor. Raj Babbar is back on the big screen at the Lotus Cinema today and Sunday where he is playing one of the leading roles in a new release movie *Dalaal*.

Besides Raj Babbar, other leading stars in the movie are Mithun Chakraborty, Ayesha Jhulka, Ravi Behl, Shakti Kapoor and Tinnu Anand among many others.

Bhola is a simpleton and darling of the Village for any problem or work he is there and the village counts upon him.

There is a local Politician in the Village who promises of many things, but ultimately does nothing and as long as Bhola is in the village, he will not be able to win the Election.

MARRIAGE

As Bhola is a straightforward, sincere and honest person, the politician wants to get rid of him. He tactfully packs him off to a City with the hope that he will get a good job and earn for his family and fulfil his duty towards his sister who is about to get married.

Rupali, the heroine of the film *Dalaal*, loses all her belongings

Bride Price - Great African Drama Epic

never worked all his life.

His weakness for the bottle has made him an easy prey to the viles and trickery of Mzee Njoroge, an old fox who has lured Kariuki to give away his daughter Wambui to him in exchange for cattle and a regular supply of liquor to quench his thirst.

Abdul R. Sheriff At The CINEMA

Wambui refuses to be a dumb cattle and rejects her father's choice of an old man as her husband.

Kariuki believes in his inherent divine right to choose a man for his daughter in exchange for a fair bride price.

Mariam, a madam from the city visits her village and finds Wambui an easy prey.

She entices Wambui, promising her a life of ease and comfort in the city, where she will not have to toil for a morsel of bread.

Wambui is lured and eloped away from her simple village life into the glamorous vicious life in the precincts of the city.

But fate, which is the ruling factor in human life, intervenes to create testing, dramatic and impossible situations.

Does Kariuki achieve his goal in life?

The *Bride Price*? Does Wambui come out from the quagmire of conspiracy against her to throw her into the evil life of sin, spun by Madam Mariam?

KENYA CINEMA

LAST TWO DAYS

Today at 5.45 and 9.00 pm
Saturday at 2.45 and 5.45 pm only

SOMEONE TO WATCH OVER ME

If you ever see me again,
you will never see me before.
A classic thriller with a twist of Romance
(Adults only)

Starting on Saturday at 9.00 pm
Sunday at 10.00, 2.30, 5.30 and 9.00 pm
Monday at 5.30 pm only

EK HI RAASTA

*ING: Aajay Devgun; Raveena Tandon;
Mohini Behl; Saeed Jaffery; Kulbhushan;
Devan Verma; Raza Murad.

(General Exhibition)

COMMENCING MONDAY 9.00 PM

He's Cleaning Up the Streets... His Way!



CHARLES BRONSON in DEATH WISH III

GEMINI STARCAST

SAGITTARIUS November 22 - December 20
Defeatist mood soon dispelled after one small achievement. Travelling best done early. You'll need your energies later.

CAPRICORN December 21 - January 19
You cope better with your own problems. Do as you think best and not as others advise. Use your intuition where young colleagues are concerned.

AQUARIUS January 20 - February 18
You seem to be settling yourself a difficult task which could be eased by another's help. Allow someone benefit of doubt.

PISCES February 19 - March 20
Your interests may have to be pushed into background. Business appointments get muddled and some excuses seem inadequate.

ARIES March 21 - April 20
Sudden change of plans could leave you feeling unsettled. Don't be influenced by gossip. Set your own pace.

TAURUS April 21 - May 20
Keep domestic plans simple and invitations limited. Concerns abroad likely to demand more of your time.

GEMINI May 21 - June 20
Ill-feeling at home passes and the atmosphere is more relaxed. Move at work to off-load responsibility upon another is resisted.

CANCER June 21 - July 21
Leave others to fight their own battles and don't interfere. Catch up on outstanding chores as interesting opportunities could cut into your routine.

LEO July 22 - August 21
Socially, you'll be in the limelight, although you may want to withdraw. Make best of situation at work as circumstances may change.

VIRGO August 22 - September 22
Better state of mind due to news by mail or phone. Somebody indulges you and you wonder how to repay them.

LIBRA September 22 - October 22
You get a much needed breather and can look dominant. Work-mate could be blocking your career.

SCORPIO October 23 - November 21
Help, but don't become too involved in another's affairs. Something out of the ordinary gives a boost. Small cash repayment.

Britt Eklund Is In Love Again And This Time It's ... Kenya!

Reef Hotels.

Explained Ranjit Sondhi, Marketing Director, Reef Hotels group 'it was Adrian who has worked for us before who suggested to Paul that Kenya would make a superb location for a fashion shoot.

I then had a meeting with Paul in London and he said 'let's do it'.

Continuing he said 'it is perhaps an excellent follow up to the seminar entitled 'A Fresh Look at Kenya' organised by the Kenya National Tourist Office and Travel and Trade Gazette during Kenya's Tourism Day in London. It made a considerable impact.

I think the fashion shoot in Kenya to be published in *Impressions* magazine, as well as travel and some fashion pictures of Britt, will

Special Report by
NETA PEAL

do much to bring the up-market image back to Kenya. Already we are seeing a trend for more up-market holidays in East Africa.'

This he felt was attributable to the various promotional efforts abroad, including Kenya Wildlife Service conferences addressed by its tough-talking Director, Dr. Richard Leakey.

Said Ranjit 'Kenya stands to benefit tremendously from what *Impressions* magazine and Adrian are doing'.

Locations for travel and fashion pictures have included Mombasa's Old Town, Shimoni, Diani, Mtwapa,

VoI, the foothills of Mount Kilimanjaro, Kilaguni Lodge and Finch Hatton's Safari Camp.

Britt described this new luxury tented camp in Tsavo West as 'absolutely fantastic'.

Adding 'it is the most luxurious I have ever been to. There were gold taps in the bathrooms and a chandelier in the dining room'.

She noted that in Denys Finch Hatton's time there was no TV, instead the well-to-do enjoyed a very elegant and seductive way of life!

Denys has been aptly described as 'the enigmatic English aristocrat and adventurer'.

Among his girl friends were Karen Blixen and Beryl Markham.

Asked for her impressions of Kenya, Britt said 'it is much nicer and prettier than I thought'.

She greatly enjoyed the two day safari to Tsavo National Parks and of seeing Kenya's magnificent wildlife in their natural habitat and not caged in zoos.

She was also pleased to note that the Kenya Wildlife Service has strict rules about human behaviour in these animal kingdoms, and that rhino are being put into sanctuaries to protect them from poachers.

Britt described the Reef Hotels as 'beautiful' and said that on the beach it was like walking on flour - the sand being so white and powdery.

Declared Britt 'everyone is so nice and you feel that their smiles are genuine and they are really happy to see you'.

In a further interview a few days

later and just before her departure to England Britt said 'I have packed into five days what people would normally do in two weeks. It has been altogether absolutely amazing'.

She had just returned from Lagoon Reef Hotel where she said 'this morning 'TJ' and I went riding on camels along Diani Beach. It is an incredible beach and is where I would like to be most of the time'.

She described the free-form swimming pool at Lagoon Reef as 'the most beautiful I have ever seen in any hotel anywhere. It is gorgeous, while entertainment at the two Reef Hotels has been great'.

Britt also went snorkelling in the Kiziti Mpunguti Marine Park at Shimoni.

She said 'just after 15 minutes we were on a little island in the middle of the ocean. It was like being Robinson Crusoe on a desert island. It was one of the most beautiful places I have ever seen, while swimming there was like being in an aquarium. A wee bit scary - but OK'.

Back at Shimoni Reef Lodge, Britt said 'we had grilled fish for lunch. It was superb'.

"All You Need For Perfect Holiday"

Adding 'the best food I have had in Kenya was at this lodge'.

She went on to describe the service in the Reef Hotels group as impeccable.

'It was difficult to find anything to fault. This group of hotels' she said 'offer practically everything you

want for a perfect holiday'.

Britt also mentioned that she has never felt threatened or worried about being in any danger whatsoever while in Kenya.

She has starred in over thirty feature films and appeared on TV

on numerous occasions around the world and makes a 'guest appearance' in the new TV series *Absolutely Fabulous*, probably the most famous comedy show in the United Kingdom.

Her first novel *Sweet Life* already published in Sweden is presently being translated into English and will be launched in the United Kingdom in April 1994.

Shortly after returning to the United Kingdom Britt starts rehearsing for the pantomime *Aladdin* at the New Victoria Theatre, Woking.

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THE GURU Nanak Clinic is all set to celebrate its Tenth Anniversary this Saturday at The Guru Nanak Clinic at 4.00 pm by launching an expansion programme.

The clinic which was started in November 1982 at the then Makupa Sikh Temple is one of the leading charitable clinics in Mombasa.

The aim of The Management Committee was to provide complete Primary Health Care on subsidized rates to the public on a non-profit basis.

All the capital expense at the clinic is largely borne by The

Guru Nanak Clinic Mark Anniversary With Big Plans For New Extensions

Executive Council of Siri Guru Singh Sabha, Mombasa and through donors both from within the Community and outside.

These services were first introduced at the very inception of the clinic.

At present for only Shs 80.00 the clinic provides consultation,

medicines, injections and treatment.

Most routine ailments are treated and the clinic pharmacy is well stocked with all first line antibiotics and other medicines.

On an average about 100 patients use the clinic daily.

To introduce these services a

major renovation was undertaken in July 1990.

The project was assisted by The Rotary Coast Polio Plus Committee and The Rotary Club of Kilindini.

The project was officially launched by Mr. John Stucky from The Rotary Polio Plus Headquarters from The United States.

On daily basis Ante-Natal, Post-Natal and Family Planning Services are provided.

The Ante-Natal mothers are regularly examined and counselled and routine Tetanus Toxoid immunization is also provided to them.

They are referred for blood tests to the hospital and when ready are referred to the Coast General Hospital for delivery.

SERVICES

After delivery they come and attend the Post-Natal Clinic where they are given a thorough examination and are motivated to accept the appropriate Family Planning Services.

At present the clinic provides the first line family planning methods with assistance from The Family Planning Association of Kenya and The Mombasa Municipal Council.

Pills, Injectables, Barrier Methods like condoms and diaphragms etc. and also Intra-Uterine devices are provided.

The Clinic is soon launching its next project which is to set up The Day Care Centre, Laboratory and The Minor Theatre.

The aim of this project is to augment the Maternal Child Health and Family Planning Services and also the Routine Out-Patient Curative Services.

The laboratory will undertake all routine tests required for The Ante-Natal Clinic and also to assist in the diagnosis of Malaria, Infections and other routine illnesses.

The Minor Theatre will provide for the Surgical Methods of Family Planning like Tubal Ligations for women and Vasectomies for men.

Also minor surgeries like circumcisions, suturing of cuts, application of plaster of paris etc. will be undertaken.

These cases will be looked after

for the day in the Day Care Centre which shall have three wards with four beds each.

Also some sick patients will be looked after in the Day Care Centre.

This project is being launched as part of The Tenth Anniversary Celebrations and will be made operational by Vaisakhi which is The Sikh New Year and falls on April 13, 1994.

The Committee is soliciting funds and equipment from philanthropists of Mombasa and also NGO's like The Rotary.

Already an anonymous donor has provided a microscope and a centrifuge for the laboratory.

IN BRIEF

HOSPITAL DATE

MINISTER FOR Health, Hon. Joshua Angatia, MP will be performing the official opening of The Aga Khan Hospital, Mombasa Paediatric Wing on Monday, November 29, 1993

BUREAU REPAIR

MOMBASA and Coast Tourist Information Bureau services are being operated from an adjacent office in Moi Avenue while essential repairs are made to the facility's roof. Work is expected to last six weeks.

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MURTAZA HASSANALI, THE CONVENOR 1993 Mombasa Round Tables 'Ring-Us-Up' receives donation of a Cordless Telephone Set for auction from Mr. Peter Mutuku, Regional Manager - Coast Kenya Posts and Telecommunication Corporation. Looking on are Mrs. Lucy Mbaka - Mgendi, the Assistant Manager - Public Relations (Coast) and Mr. Arvinder Singh Jandu, the Co-convenor, and Mr. Jiten Malde.

Big Boost For 'Ring-Us-Up' Show From Kenya Post And Telecommunications

KENYA POSTS and Telecommunications Corporation have once again confirmed their support for the Mombasa Round Tables 'Ring-Us-Up' television auction by waiving the installation charges for the telephones provided by them during the 'Ring-Us-Up' auction.

K.P. and T. have supported this fund raising event of the Mombasa Round Tables Numbers Three and 25 from inception.

K.P. and T. have also shown their commitment to the welfare of the less fortunate by donating a Cordless Telephone set for auction during the television show.

Presenting the Cordless Telephone set to the convenor of the 1993 auction, Mr. Murtaza Hassanali, K.P. and T.'s Regional Manager - Coast, Mr. Peter Mutuku, said the Corporation was committed to the development of this country and the welfare of the society at large.

The Mombasa 'Ring-Us-Up' auction will be televised live from Bandari College on Friday December 17, 1993 from 8.00 pm onwards.

Convenor, Mr. Murtaza Hassanali said that appeals for assistance have increased significantly in these harsh economic climate and the Round Tables in Mombasa are inundated with calls for help.

"We are doing our best to help as many cases as we can but we believe we can do a lot more through such fund raising events."

"I call on the business community to assist us through sponsorships of the show and Dukas and also by donating items for auction during the show."

The 'Ring-Us-Up' show room this year is located at the Jubilee Arcade within the premises of Messrs. Vishelectric Limited.

Anyone who wishes to donate items for auction during show should either deliver them to the show room or get in touch with the Convenor Mr. Murtaza Hassanali on telephone 485501-225535-493097.

For those of you who don't believe in love at first sight.



You're sure to fall in love with the new Italian Sfera Scooters.

Great care has been taken in creating this elegant and beautiful scooter. It has been designed using high quality, Italian state of the art technology giving her a fashionable and stylish appeal, with colour combinations that form the Sfera's own unique personality.

Of course, looks aren't everything.

The Sfera will take you through rush hour traffic quickly, economically and safely with her highly efficient brake system, and her well

developed suspension will minimise noise and vibration.

Her headlights and rear lamps are developed to enhance visibility and there is a windscreen to protect you in poor weather conditions. Also a spacious compartment to store all your personal belongings.

Best of all, the Sfera Scooters are now available from the evergrowing Kenya Motors, Nairobi and from Bruce Trucks, Mombasa. Come in today, and see the new Sferas for yourselves.

KENYA MOTORS

Kenya Motors, Uhuru Highway, P.O. Box 41420, Nairobi, Tel: 543455. Kaunda Avenue, P.O. Box 80315, Mombasa, Tel: 315867/8, Fax: 314968.

'Uncle Sam' And His Helicopter Come The Rescue Of An 'Exploding' Sailor

whose form in my opinion belies her age, having been built all of 21 years ago.

I personally prefer cruise liners to be painted completely white, that means superstructure and hull too, rather than the dark hulls of lines such as *Queen Elizabeth II* or the *Marco Polo* for that matter.

However, the passengers I'm sure, do not spend their time craning their necks over the shipside looking at the paint work.

I wonder how many remember the *Union Castle* Line passenger ships that used to call here in times gone by?

I managed to squeeze in a couple of trips via the Suez Canal to Southampton many moons ago thanks to the folks.

Sadly though I remember not a

over. Curiosity killed the cat, and so I enquired as to what had happened, and transhipped that he had been given a bashing, no fisticuffs, but by a component of the main engine, which had 'exploded', and succeeded in knocking his jaw right out of its socket, couple of teeth as well as various bruises, scorchas etc.

Rendering him, not un-naturally unconscious and certainly not a sight to behold.

All this on the high seas. Help was summoned, and received in the form of a helicopter

from one of the US Naval vessels in the immediate vicinity.

The chap was flown to Mombasa, given the necessary treatment, and is now I believe on his way home to convalesce.

Uncle Sam to the rescue, and quite obviously much appreciated.

The 'dirty' tanker *Bituma* completed her discharge of not unsurprisingly, bitumen at the Comarco jetty and sailed out at the beginning of the week.

Trim little tanker, registered in Livorno, which is situated on the North Western seaboard of Italy, and otherwise known as Leghorn.

It remained a small port until developed by the Medici princes, in case you wanted to know.

U.S.S. Denver arrived on Tuesday and tied up to Mbaraki, the Belgian Naval vessel *Zinnia* will arrive on her usual R and R cum pick-up stores and other things this week, then sail back to Kisimayu.

This could be one of her last voyages here prior to returning to Belgium.

The end of this month should see the arrival of the *Fauzia* coming in to load 500 even-loaded ungulates or 'ngamais', no doubt of the

'Camelus dromedarius' or one humped variety.

Angelika D arrives to discharge just under 10,000 tonnes of bagged wheat, part of a relief consignment, followed by the *River Breeze* with 11418 tonnes bagged fertilizer.

The good ship *Rover* is scheduled to arrive in the fourth week of the month with 20,000 tonnes of bulk sorghum, to be bagged upon discharge.

So the bagging boys will no doubt be geared up to receive her.

Unfortunate happenings to some of the troops of the U.A.E. forces on duty in a port some 500 miles North of here.

A fourth drowned last weekend. It appears that they go to a particular spot within the port to take photographs, or whatever, then slip or fall into the water, and that's that.

To have four drown in a row at the same spot is quite incredulous, still strange things do happen.

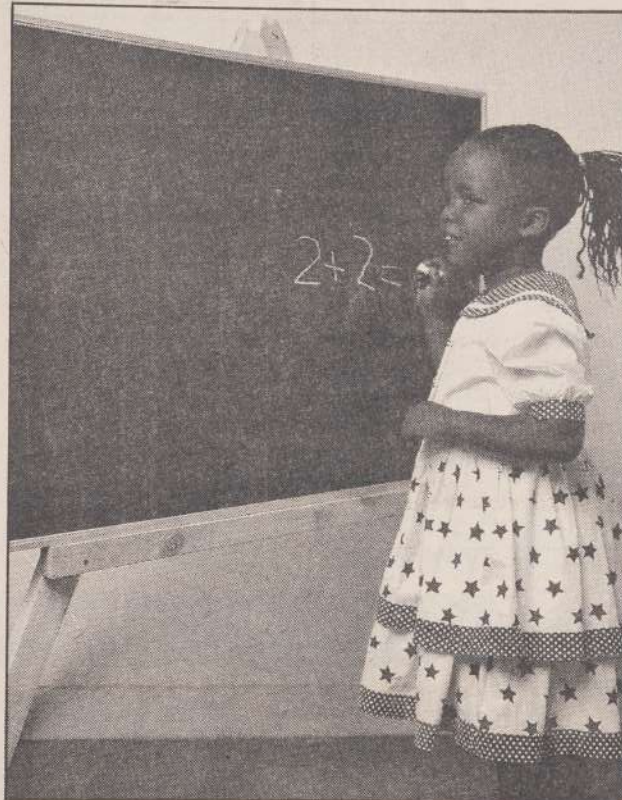
Gordon Cuthbert On SHIPPING

lot, except of course the 'guilty guilty' man at Port Said, who could do wondrous things with chicks, feathered sort to be sure, however no doubt he's have been equally proficient with the non feathered variety, given half a chance.

I met a third Engineer at the 'Outrigger Hotel' last Sunday, with his jaw all puffed up and swollen.

Looked as though he'd been given a real bashing or working

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South African Ports Link Up With Kenya

THE VISITING Chief Executive of South Africa's ports organisation, Portnet, Mr. A.N. Davidson, has said that time has come when his country must fit firmly among African states.

Speaking at a reception held in his honour by the Chairman of the Kenya Ports Authority Mr. Sajjad Rashid, at a local hotel, Mr. Davidson said a prosperous Africa will include South Africa.

He said this was the reason Portnet had chosen to sign a protocol of cooperation with the Kenya Ports Authority in order to pursue areas which are mutually gainful to trade of both the two countries through the use of their ports.

He said African problems were unique and must be solved by Africans themselves.

Through the protocol just signed, the Ports of Mombasa and those of South Africa will cooperate in the field of operations, management and technological exchange, he stressed.

Mr. Rashid said it was a pleasant coincidence that the signing of the protocol came at the time the treaty establishing the Common Market for Eastern and Southern African States (COMESA) had just been signed at Kampala in Uganda which aims to be fully operational by the year 2000.

The Chairman noted the KPA is an acting member of the Port Management Association of Eastern and Southern Africa (PMAESA), the intergovernmental Standing Committee on Shipping (ISCOS) and the Northern Corridor Transit Authority.

Mr. Davidson, who was accompanied by Portnet's Chief Engineer, Mr. S.A.S. Brown, hoped that both Mombasa and Durban will play a central role in the expected trade boom between Kenya and South

Africa.

Among those who attended the party were the Chairman of Kenya Clearing Forwarding and Warehousing Association Mr. John Meafari, the PMAESA Secretary General Mr. A. Appadu, the Coordinator of the Northern Corridor Mr. Jean Nsabyumva, the Secretary of the East Africa Conference Lines Mr. P. Thompson, and several senior government and civic officials.

FRENCH ENVOY VISITS KILINDINI

THE FRENCH Ambassador to Kenya, Mr. Michel Rouganou, today said there is an immense investment potential in the country and termed it the best option to Kenya's faster development.

Speaking at the Port of Mombasa, Mr. Rouganou thanked the Kenya Ports Authority for paying closer attention to maintenance of cargo handling equipment at the Port and other operational equipment to match international standards prevalent in other ports.

He said this was the only sure way of the port turning around ships faster and competing comfortably.

The Ambassador, who called on the KPA Chairman Mr. Sajjad Rashid, said his country had long and cordial relations with Kenya and through this it had assisted the port of Mombasa by providing it with the ship-to-shore and the rubber tyred gantry cranes at the Container Terminal.

They Love Travellers'



SALES AND MARKETING MANAGER, Travellers Beach Hotel, Bamburi, Mr. A.R.S. Pardhan is seen at the cocktail party hosted for 45 of their 'repeat' guests to thank them for their continued support. Although this four-star hotel is only five years old Ingeborg Kindle from Liechtenstein (second left) was back on her tenth vacation there. Left is Hilda Opitz from Austria, on her fifth visit and always returning to the same room which she loves. On right are Johanna Kramer and Almut Kaschivar from Dusseldorf back on their fourth vacation. They keep returning to the same hotel, they said 'as it is so comfortable and they are looked after so well'.



AMONG THE 45 'REPEAT' guests enjoying a cocktail party hosted by the four-star five year old Travellers Beach Hotel to thank them for their continued support were many from Fischer Reisen. Seen are Claudia Hempel and Claus Breuer from Germany back on their third vacation at Travellers. They told the Managing Director, Dalip Dhanjal (right) that they loved the very spacious rooms, beautiful landscaped gardens, crystalline swimming pools and the very friendly and considerate staff, as well as the scuba diving. Second right is Herta Beditt, Resident Manager, Fischer Reisen, Kenya.



BITS AND BYTES computer college in Mombasa has sponsored the 'Specials Duka' in the 1993 'Ring-Up' Show. Mr. Salim Hasham, Director of Bits and Bytes presented the sponsorship letter, to the convener of the 1993 Ring Up Mr. Murtaza Hassanali, at his college in Mombasa. Mr. Hassanali added that Messrs. Jivaco Agencies has once again taken up the Cash Duka in the 1993 show and thanked both Mr. Hasham and Mr. Mehul Shah of Jivaco Agencies for their commitment to the Round Tables Ring Up.



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MEET 'MR. PATEL'

He is Joshua Onyango, Curry Chef at Nyal Beach Hotel, popularly known as 'Mr. Patel' for his excellent curries which has many guests and local residents eulogizing about.

Joshua has been in the hotel and catering industry since 1981 and was previously working at a beach hotel famous for its Sunday curry lunches.

For the past five years his expertise has been enjoyed at Nyal Beach Hotel.

He is also very innovative, not only catering for the non-vegetarian, but with nearly 100 exclusive recipes for vegetarians, where vegetables are lightly cooked to retain their individual flavour and vitamins.

His vegetarian food is

Joshua Onyango Has That 'Magic Touch' For a Really Good Curry ...

available at the hotel throughout the week.

The traditional Sunday curry lunch at Nyal Beach Hotel attracts not only guests but many local residents including those from the Asian community who are

At the start of his career Joshua, on his own initiative, took a three year course at a college in Kisumu specialising in Indian cuisine.

Later, attending another college in Nairobi to become

more au-fait with International cuisine.

One of the most popular dishes at Sunday's Curry lunch is Chicken Mughlai - one of Joshua's exclusive recipes, while popular with vegetarians is Mung Dal, green lentils, Indian vegetables with cream.

Entertaining at Sunday's curry lunch each week is Danny's One Man Band.

He is a very versatile and talented musician with a repertoire including Jazz.

Special Report by NETA PEAL

connoisseurs of such ethnic fare.

He also makes his own chutnies and has recipes for 25 different varieties.

Joshua is in his element when the hotel stages an 'Indian Night' enabling him to give full vent to his culinary skills.

He is also a Pizza Specialist and can offer a variety of fifty non-vegetarian Pizzas, the most popular being Pizza Bombay, while non-vegetarians go in a big way for his Pizza Africana with chicken.

These are available in the hotel's Bistro Mchana and Parrots Restaurant.



JOSHUA ONYANGO, CURRY CHEF at Nyal Beach Hotel, popularly known as 'Mr. Patel' for his delicious curries for both vegetarians and non-vegetarians is seen at the Curry Buffet lunch staged on Sundays with entertainment by Danny's One-Man Band. Joshua is seen with one of his own exclusive dishes - Chicken Mughlai.

Fred Rukunga To Manage Indian Ocean Beach Club

BLOCK HOTELS have confirmed the promotion of Fred Rukunga as General Manager of The Indian Ocean Beach Club, Diani, with effect from November 18 1993.

He comes from Lake Naivasha Country Club where he was manager for over two years.

Mr. Rukunga joined Block Hotels in January 1980 straight from Kenya Utalii College after graduating from its four year Hotel Management course.

He started as a 'trainee' on its

two year Management Training programme.

After one year he was appointed Assistant Food and Beverage Manager, Nyal Beach Hotel, a post he held for four years.

He was then House Manager for three years, followed by Food and Beverage Manager until June 1991 when he was promoted Manager of Lake Naivasha Country Club.

While with Block Hotels he has received further advanced training in the UK and Thailand.



FRED RUKUNGA



SITA RASIK SHAH, an 'A' level student at the Coast Academy, won the first prize with this beautiful portrait in the Painting Competition held at the Hindu Union during the Diwali festival.

COPY-CAT LAUNCH LOW-COST PRINTER

THE LATEST generation of high-speed, low-cost copy printers has been launched on the Kenyan market by office equipment leaders - Copy Cat Limited.

The digital duplicator - the Risograph RC 6300 was unveiled at a special demonstration cocktail party to an audience of top businessmen and representatives of leading institutions.

Introducing the new model, Ms. Neelam Pal said: 'The Risograph was ideal for companies requiring bulk, high speed copying at an economical cost.'

The Riso range of machines, she added dramatically expanded the use of the digital duplicator, whether in traditional settings such as schools and offices or as a key machine in communication networks.'

Riso develop all their own components for the digital duplicator, including the image scanner and thermal head, the editing digitiser, as well as the inks and master film with unrivalled print quality in mind.



MR. PETER PARTIS (right), of Riso Inc. and Neelam Pal director of Copy Cat discuss the Riso 6300 with guests during the recent launch of the digital duplicator.

"Statistics Suggest That A Typical Driver Will Have An Accident Every Five Years"

It was not available, even as an option, on most medium size cars.

The airbag has found its way to the medium size cars.

Some offer it as an option for the passenger side of the vehicle as well.

One of the car manufacturers released his research results which showed that despite the fact that airbags had some benefit in reducing injuries, a motorist could spend the money better buying other safety features also offered as optional extras.

An airbag used without a seat belt is only 21 per cent effective in preventing driver fatalities in an accident.

Use of a seat belt alone will be about 42 per cent effective in preventing fatalities.

A combination of airbag and seat belt raises the chance of surviving a potentially fatal accident to 47 per cent.

This car manufacturer contends that a motorist is far more likely to enjoy safer driving behind the wheel of a car fitted with an anti-lock brake system (ABS).

ABS, like airbags, can be fitted as an option on most cars for the same price as an airbag.

For every 100 possible accidents, ABS could be used to avoid 99 of them in the first place.

In the remaining one per cent where the ABS could not prevent the collision then seat belts would provide protection.

ABS is the single most significant advance in road safety for decades according to

sells the safety angle of his vehicle very strongly.

It always added as afterthought (if it exists!)

New technology from this manufacturer is based on avoiding the accident.

Some of the vehicles made already have head-up displays.

The system projects vital information in front of the driver's eyes allowing him to check figures, such as speed, without taking his eyes off the road to look at the dashboard.

They are now working on an all round radar system for cars which should be in production

by the middle of this decade.

The system will use short range radar to eliminate blind spots within a seven metre radius of the car.

It will beep to warn the driver when the car is about to hit something when parking or when a car is in his blind spot when pulling out to overtake.

It also has long range radar

that detects vehicles further down the road and works with an electronic cruise control to keep the car at a safe distance from the cars in front.

This is but a start.

The driver still makes all the difference.

A driver over 40, in a large family saloon, who does most of his driving on well used roads and motor ways and never drinks and drives is a thousand times less likely to die in a road accident than an 18-year-old chap in his first small car who dismisses a seat belt as an affront to his manhood and who drinks before he drives.

Attendance at advanced driving courses would cut down road fatalities.

An estimated 20 per cent of fatalities are caused by

aggressive driving and 45 per cent by motorists making simple mistakes.

It is estimated that only six per cent of road accidents are unavoidable caused by something like a car park failure or a freak of fortune.

Research by the Road Research Laboratory in United Kingdom and similar organisations elsewhere show that up to 30 per cent of accidents occur due to excessive speed.

Reduction of average speeds by 2 kph would result in five per cent fewer injury accidents and seven per cent fewer fatal accidents.

As Kachumbari says, for all the money being spent to create safer cars in a safer environment, safer driving, to a large extent, depends on the motorist simply easing off the accelerator.

Mombasa Sports XI Battle Up Against Kenyan Kongonis

THE LATEST contest in one of Kenya's longest standing cricket leagues, Mombasa Sports Club vs. Kenya Kongonis, was held in Mombasa last Saturday, writes J.J.W.

After a heavy defeat in Nairobi during August, Sports Club had hoped to turn the tables at home, but this was not to be, as Kongonis scored a seven wicket win, with three to spare.

Sports Club won the toss and chose to bat first on a very hot morning.

Openers Jeff Harvey and Hatim Marmal put on 41 runs against the swing bowling by Andrew Troch and some lifting deliveries by Thompson.

Thompson dismissed both openers and the third wicket fell immediately, before a good stand by the Maio brothers put on 79 runs.

Captain Huzella batted well to score 33 runs and Seifee started ably, before opening up to 52 runs in a good innings of 52.

Zaheer Abbas (16), Aziz Khanbhoj (22) and Dave Fawcett (15 not out) took the score up to 115 for seven wickets in the forty seventh over.

In reply, skipper David Waters and Roger Johnson scored at a steady pace, with 60 runs coming in the last eight overs.

None of the home bowling had any penetration and the hundred came up without loss.

Johnson was first to go, having hit eight boundaries in scoring 47, but Waters continued to dominate the innings, with a very correct balance and a series of strong drives when the ball was overcast.

Samon Clement, who plays for the little known, Kerugoya team, scored 26 runs and, in spite of three wickets by leg-spinner Vinod Patel, Kongonis cruised home to score 113 for three.

David Waters remained unbeaten, having hit ten fours in his chanceless innings of 113 not out.

MACKENZIE MARITIME DIVISION ONE MINI-LEAGUE TABLE (AFTER THIRD ROUND):

	P	W	D	L	F	A	PTS
MOZWI	3	2	1	0	5	2	5
UBATI	3	2	0	1	5	2	4
NYOKA	3	2	0	1	5	3	4
WANGERS	3	1	2	0	3	2	4
MSAUNI	3	0	1	2	1	4	1
UPO	3	0	0	3	2	8	0

For that moment!



PATRICK OBATH
On COASTDRIVE.

this manufacturer in that it helps avoid the accident.

It enables motorists to stop in a shorter distance and maintain control of the vehicle at the same time.

In some countries ABS is available as standard already and some insurance companies offer considerable discounts when cars are fitted with the system.

This is because ABS is classified as an "active" safety device which helps to avoid accidents.

Seat belts and airbags are considered as "passive" safety devices that only protect the occupants of a vehicle after the accident has occurred.

"INSURANCE"

Statistics suggest that a typical driver has an accident every five years and that every ten years he will suffer a smash that is serious enough to report to the cops or to the insurance company.

Car dealers are unlikely to say that motorists do not buy safety although I have yet to come across a dealer in Kenya who

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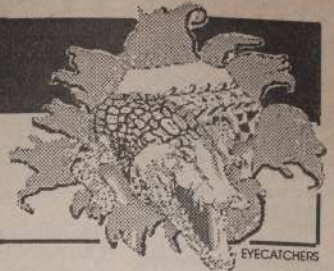
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9p.m onwards 50/=

FRI - LADIES NITE
Gents - 120/=
8p.m - 5a.m

SAT - MAMBA NITE
(Special Events)
Gents - 100/=
Ladies - 50/=

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Tonight*

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Amsel, Drossel, Fink und Star...

Die meisten Leute, die Kenia besuchen und sich auf Safari durch die Nationalparks begeben, halten sich in der ersten Linie Ausschau nach den "Großen Fünf" (Elefanten, Löwen, Büffel, Leoparden, Nashörner). Ein herzzerreißender Anblick ist aber auch das Steppenwild - eine Herde Zebren, eine Gruppe Giraffen, elegante Antilopen und graziose Gazellen. Vielen Besuchern wird außerdem die enorm vielfältige exotische Vogelwelt auffallen. Wenn der europäische Winter beginnt, treffen hier ab November auch noch riesige Schwärme europäischer Zugvögel ein. Tausende oder sogar Millionen Schwalben schwirren in gewissen Gebieten (z.B. in den Taïta Hills) durch die Luft, wenn sie auf dem Weg nach dem südlichen Afrika hier einen Zwischenhalt einlegen. So viele Vögel auf einmal sind ein überwältigender Anblick.

Vögel verschönern unser Leben mit ihrem Gesang und ihrem bunten Gefieder. Sie kommen in unseren überlieferten Geschichten, in der Kunst, Literatur und Tradition vor. Sie fressen Würmer und schädliche Insekten, und ihre Anwesenheit (oder Abwesenheit) gibt Aufschluss über den Zustand unserer Umwelt. Durch die Kultivierung und weitere Überbauung des Landes entsteht eine zunehmende Boden- und Luftverschmutzung. Auch in Kenia sind viele Vögel gefährdet. Die Zugvögel finden auf ihrer langen Reise immer weniger unberührte Natur, wo sie verweilen können, und viele schaffen die Hin- und Rückreise nicht mehr. Am Samstag und Sonntag, 9. und 10. Oktober, wurden auf der ganzen Welt im Rahmen von "Birdwatch 93" Vögel beobachtet, gezählt und registriert - koordiniert von "Birdlife International", eine globale Partnerschaft von Umwelt- und Naturschutzorganisationen. Über eine Million freiwillige Vogelkundler in rund 90 Ländern nahmen über das Wochenende an einem Wettbewerb teil, so viele verschiedene Vogelarten wie möglich zu entdecken. In Kenia waren 76 Teams, bestehend aus mindestens drei Personen, jeweils in einem bestimmten Gebiet unterwegs, um möglichst viele der 1078 in diesem Land vorkommenden Vogelarten zu sehen. Mehr als zehn Prozent der rund 9000 auf der ganzen Welt existierenden Vogelarten sind in Kenia anzutreffen. In Mombasa besteht innerhalb des Kulturvereins "Friends of Fort Jesus" eine Abteilung für

VOGELZÄHLUNG AUF DER GANZEN WELT

Vogelkundler, die regelmäßig jeden Monat am 2. Samstag Exkursionen in die nähere oder auch fernere Umgebung durchführen, um gegen Abend Vögel zu beobachten.

Diese werden identifiziert und notiert und die Liste an die Dachorganisation "Birdlife Kenya"

natürlichen Teichen werden von der Baobab Farm (eine Tochtergesellschaft von der Bamburi Portland Zementfabrik) Schafe, Elenantilopen und Oryx oder Spießböcke gehalten, am Fusse der drei Hügel "Nguu Tatu", wo sich die Wasserreservoirs von

schnäbliger FEUERFINK und PRACHTSTAR.

Ferner Kuhreiher, Zwergreiher, weiße Reiher, Graureiher - unverkennbar im Flug, den Hals in S-Form und die Beine ausgestreckt; ägyptische Gänse, Schlangenhalsvögel, Hadada Ibisse mit schwarzem metallisch glänzendem Gefieder und durchdringendem Schrei...

Dann die Kormorane, die mit ausgebreiteten Schwingen auf einem dürren Baum saßen, um ihre Federn zu trocknen; Regenpfeifer, Strandläufer, Wiedehopf; grüner, scheckiger und gestreifter Eisvogel; Haselhuhn, gelbbrüstiger Kanarienvogel, Fliegen schnapper, Weibervogel, afrikanische scheckige Bachstelzen, gelbbäusige Stelzen mit markanter schwarzer Halskette; Dompfaff mit schwarzer Kappe, grüngefleckte Waldtauben, gestreifte Schwalben, Mauerschwalben, äthiopische Schwalben, Bulbul, Kuckucksvögel; Jacanas, die mit ihren langen Zehen auf den Wasserpflanzen schreiten. Die Raubvögel, dort gewöhnlich immer zu sehen, glänzten außer einigen Milanen durch Abwesenheit.

Ein Schwarm weißgesichtiger Baumrenten flog pfelend vorüber; zierliche Sonnenvögel mit ihrem langen, gekrümmten Schnabel saugten mit der hohlen Zunge den Nektar aus den Blüten. Niedlich auch die "Cordon Bleu", die am Boden herumhüpfen und Graskörner suchten.

Ein besonders erfreulicher Anblick waren zwei Kronenkränche, die wohl zu den schönsten Vögeln überhaupt zählen und als Symbol für Uganda gelten. Bei Einbruch der Dunkelheit wurde es immer schwieriger, die Vögel zu erkennen, die oft nur noch an ihrem Gesang identifiziert werden konnten. Gleichzeitig ertönten auch alle die anderen Geräusche einer afrikanischen Nacht: das Quaken der Frösche, die unheimlichen Laute der Fledermäuse, das Zirpen der Grillen und anderer Insekten. Während der Heimfahrt flogen noch ein paar Nachtschwalben davon, die auf der Straße saßen. Nach der letzten Meldung identifizierten die 76 Teams in Kenia insgesamt 797 Vogelarten, ein beachtliches Ergebnis, das jedoch einen Monat später noch besser ausgefallen wäre, da ab November die Zugvögel aus Europa hier eintreffen. Es ist noch nicht bekannt, welches Land den "Birdwatch" Wettbewerb gewonnen hat.

"BIRDWATCH 93"

von der "East African Natural History Society" in Nairobi weitergeleitet.

Dort wird Buch geführt, welche Vögel wann und wo im Lande gesichtet wurden.

Die erste Gruppe von Amateur-Ornithologen - oder einfach Naturfreunden - machte sich am

Mombasa befinden. Nicht weit von der Stadt entfernt fühlt man sich dort schon mitten im Busch.

Der anbrechende Tag wurde mit dem Gesang der Vögel angekündigt. Im Verlaufe des Tages konnte man feststellen, daß manche Vögel am Morgen andere Lieder sangen als am Abend.



EIN WUNDERSCHÖNER KRIEGSADLER, der größte afrikanische Adler; an der kenianischen Küste kaum zu sehen, aber im Tsavo und anderen Nationalparks anzutreffen.

"Birdwatch" Wochenende schon sehr stark geregnet, alle Büsche waren grün, viele standen in voller Blüte. Das war gut für die Vögel, denn sie konnten überall Futter finden und mußten sich nicht unbedingt in der Nähe der Teiche aufhalten, was sich jedoch als Nachteil für die Vogelbeobachter herausstellte.

Spezialbericht von NELLY RIEGGER

Nach zwei Stunden "Arbeit" vor Ort schmeckte das Picknick-Frühstück am kleinen See herrlich. Am Nachmittag kam eine andere Gruppe, die bis nach Einbruch der Nacht auf dem Posten blieb. Sie erlebte einen romantischen afrikanischen Sonnenuntergang hinter den dunklen Silhouetten der Schirmkazien.

Am "Birdwatch" Wochenende im Oktober wurden in Mombasa insgesamt 79 verschiedene Vogelarten identifiziert, darunter: afrikanische GOLDAMSEL, SCHWARZDROSSEL, rot-

Abbildungen und detaillierten Beschreibungen von leichteren Identifizierung der Vögel.

Auf einem eingezäunten hügeligen Gelände mit vielen Schirmkazien und Büschen sowie mehreren künstlichen und

maschinen für kleine wie auch große Mengen, die bis zu 28 Pfund schälen können. Der schnelle Service ist in manchen Restaurants möglich dank einer Fleischschneidemaschine von Kanji Hirji Shah. Cona Kaffee muß oft in aller Eile gemacht werden, und je nach Bedarf gibt es diese Kaffeemaschinen für 1, 2 oder 3 Kannen. Espresso Kaffee wird immer mehr verlangt. Kanji Hirji Shah offeriert Kenwood Maschinen, die Fremdgeschmack wie Chlor und andere Chemikalien eliminieren und nur das reine Kaffeearoma beibehalten.

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"Bourgulnonne" für Fleisch. Die großen Messer bewahrt man am besten in einem speziellen Ständer auf. Ferner gibt es Scheren zum Zerschneiden von Geflügel oder Hummer. Probleme beim Abwaschen? Eigentlich nicht, wenn Sie die nicht klebenden Backformen für Kuchen oder für Pizzas benutzen. Wer ein neues Hotel oder Restaurant einrichten will, sollte unbedingt Kanji Hirji Shah aufsuchen gegenüber "Pistachio" im Shiva Tower Gebäude oder Kokki Shah Tel. 222428 anrufen.

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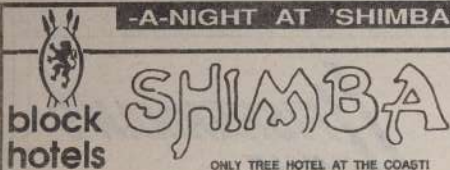
UNIVERSAL PRAYER

O Hidden Life, Vibrant in Every Atom,
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

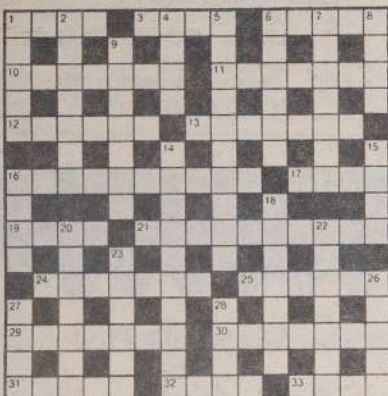
A clean life, an open mind, a pure heart, an eager intellect, an unveiled spiritual perception, a brotherliness for all, a readiness to give and receive advice and instruction, a courageous endurance of personal injustice, a brave declaration of principles, a valiant defence of those who are unjustly 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. 428

NAME
ADDRESS

ACROSS

1. Try not to get hit by the bird! (4)
2. Dog food? (4)
3. Sweet girl of some refinement (5)
10. Mix the pie and prepare the bacon for a person of taste (7)
11. Point to lots that are in the soup! (7)
12. Top Japanese at the Savoy (6)
13. Cops all upset by a dish of sea-food (7)
16. Where the dishes are put away (6-4)
17. Bit of a stiff drink (4)
19. Enthusiast about fifty making pastry (4)
21. One half-minute rest to mix the soup (10)
24. Move, some of you, and whip up a stew! (7)
25. Goat fat? (6)
29. Green vegetable bird? (7)
30. Sweet blandishments? (7)
31. A lot of us make a fuss in the Diplomatic Corps (5)
32. Depressed at finding some hair? (4)
33. Sign for more to be added (4)

DOWN

1. Simply wonderful vision! (5)
2. Afraid you'll be given the bird? (7)
4. Cow's contribution to jelly (4)
3. In which the pink is not so hot? (4-6)
6. Damages the loot (6)
7. Measures a great deal of drink (7)
8. It might be the crunch for Baby (4)
9. It could be black with blood (7)
14. Tasteful display of military decorations? (5, 5)
15. Paddy's product (4)
16. No good at making pudding? (4)
18. Red lust for pastry-making (7)
20. Fruit of an endlessly vocal party (7)
22. CIA plot could be some sort of illusion? (7)
23. Natty old man (6)
26. Perhaps one winds up dancing them (5)
27. Story of ice breaking round the piano (4)
28. Dish used as fish-pond? (4)

ANSWERS TO CROSSWORD NO. 427

Across: 1 Lady Margaret 8 Haulier 9 Laggard 11 Regatta 12 Heroism 13 Order 14 Accidents 16 Tasteless 19 Okapi 21 Teases 23 Infanta 24 Clamour 25 Animate 26 Nevertheless
Down: 1 Lounded 2 Drifter 3 Marmalade 4 Ralph 5 Angered 6 Evasion 7 Thermosite 10 Domesticated 15 Castigate 17 Sea-kale 18 Eyesore 19 Offside 20 Annuals 22 Sprat

WINNER OF CROSSWORD NO.427

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M.A. JAGANI Auction, Tel: 225880/312799.

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Need we say more ??

PRINTFAST

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Fax 553392

P.O. Box 48416, Nairobi, Kenya.

Large Field For Provincial Insurance

THERE WAS a mammoth entry for last Saturday's Provincial Insurance Golf competition at Nyali Golf and Country Club, writes Followthru.

A total of 130 golfers took part and this included 21 guests and 12 professionals.

It was Provincial Insurance's fourth visit to Nyali and they promised to be back again in 1994.

Some of the field played in the morning, but the majority teed off from 11.30 in the heat of the day and it certainly was another excessively hot afternoon.

There are no more comments to be made about the course which continues to suffer from a surfeit of sun and we must just hope and pray that we get some rain soon.

There were prizes galore and these were hotly contested with no less than seven players scoring 37 points.

Havinder Birgi started slowly with only one point on each of the first four holes but from then on he did not make a mistake finishing with three pars for nine points.

With this very good countback (1621) he was the winner.

Hanif Walli had exactly the same division of points but playing off a lower handicap, could not match nine points on the sixteenth, seventeenth and eighteenth.

He was runner up ahead of three players whose nines were identical - 18/19.

In third place was Faisal Sherman counting out the second Hanif - Somji this time who was fourth.

Last but not least of the three was Wachira Mahihu in fifth place who greatly regretted blanking two short holes.

The unlucky losers on 37 points were Fred Gatabaki (19/18) and Father Wangai who had an amazing 23 points on the first nine.

This did however ensure that he took the prize for the Best First Nine and Pareeh Patel had the Best Second Nine with 21 points.

Since no lady had featured among the prize winners, a special

Best Lady prize was generously awarded and this went to Kiran Patel on a very good score of 36 points.

The longest drives of the day at the par four ninth holes came from Saída Samji for the ladies and Wachira Mahihu for the men and Yogesh Patel was rewarded for his excellent shot to the eighteenth green which had a very good line and stopped just seven inches short of the cup.

The Best Guest prize was won for the second year by Musa Odada with 34 points and the runner up was O. Githingi with 31.

In third place was Hassan Ramadnan on 30 points.

James Mugulyai, General Manager of Provincial Insurance won the Best Staff prize with 29 points.

The professional prize went to James Ngugi who had an excellent



LADIES INVITATIONAL SPONSORED by Takenaka - Mitsubishi. The winners of the Ladies Invitational Greensomes Golf Competition were Saída Samji and Mustafa Yusufali, seen here with the Lady Captain Amanda Stokes.

main event with six pairs of men competing in the subsidiary.

In spite of the poor condition of the course and the searing heat the Greensomes Medal format was much enjoyed and there were some impressive scores.

There is no stopping Saída Samji and for the second week running she was the winner partnered by Mustafa Yusufali.

They had an excellent 65.4 nett, their gross being 76.

Runners up were Carole Barnesley and Vimal Patel who also played very well for a nett 67.6 and in third place was the veteran partnership of Frances Cook and Pip Barnes on 67.8.

Ann and David McConnell had the Best First Nine with a very good three over par for 33.7 nett and Samira Carey and Vishnu Dhutia really burnt up the second nine to score 31 nett.

In the subsidiary event it was fitting that two members of the Takenaka Mitsubishi team were the winners.

FOLLOWTHRU On GOLF NEWS

72 gross and Nyali's Peter Jamieson was runner up with a good 73.

In third place was George Ndegwa on 75.

The General Manager of Provincial Insurance James Mugulyai introduced several members of the company who were present at Nyali and he handed the Club Chairman Gulam Khaku a cheque for Shs. 300,000 towards the Nyali Irrigation Scheme.

Ladies' Invitation Greensomes

The fifth Ladies' Invitation Greensomes Medal played on Sunday afternoon was delighted to have a new sponsor - Takenaka Mitsubishi.

30 mixed pairs took part in the



THE TWO-DAY ABN-AMRO Bank Nyali Open Competition takes place at the Nyali Golf and Country Club on December 18 and 19. Seen presenting the sponsor's cheque for Shs 200,000/- is Mr. Leo J.M. van de Lande, Manager, ABN-AMRO Bank, Mombasa to the Golf Captain, Mustafa Yusufali (right). It is the 'Top Event Of The Year' at this club.

on four occasions.

The golf club boasts of having the best course at the Coast, which is being made even better.

An irrigation scheme under the supervision of experts from Israel and South Africa is underway which will make it one of the top golf courses in Kenya.

ABN-AMRO Bank worldwide does much to help in the promotion of sport.

In Kenya it sponsored the 'Event of the Year' - the PRO-AM Golf Tournament at the Windsor Golf and Country Club in February and next year will be sponsoring the International Cricket Competition Trophy.

Apart from sponsoring the ABN-AMRO Bank Nyali Open Competition, its Mombasa Branch helps the Nyali Golf and Country Club in various other ways which has included supplying it with score cards, as well as new pins and flags for each of the 18 holes.

Playing in their first ever competition at Nyali Mr. Ono and Mr. Makimo returned a very good 72 nett.

The runners up were John Walker and Julian Fay on nett 75.

The Lady Captain Amanda Stokes thanked Takenaka Mitsubishi for stepping in at the last minute to sponsor the event.

Mr. Noda speaking on behalf of the company explained that they had just started work on the new Mombasa Airport extensions which they hoped to complete in twenty months.

He and his members of staff greatly looked forward to playing golf at Nyali.

Full results: Provincial Insurance Competition: Winner:

H.S. Birgi 37 points, Runner up: H. Walli 37, Third: F. Sherman 37, Fourth: H. Somji 37, Fifth: W. Mahihu 37, Best First Nine: Fr. Wangai 23, and Best Second Nine: Pareeh Patel 21.

Provincial Insurance: Best Lady: Mrs. Kiran Patel 36, Guest Winner: M. Odada 34, Guest Runner up: O. Githingi 31, Guest third: H. Ramadhan 30 and Staff winner: J. Mugulyai 29.

Professionals: Winner: J. Ngugi 72, Runner up: P. Jamieson 73, and Third: G. Ndegwa 75.

Ladies' Invitation: Winners: Mrs. S. Somji and M. Yusufali 65.4, Runners up: Miss C. Barnesley and V. Patel 67.6, Third: Miss F. Cook and W. Barnes 67.8, Best First Nine: Mr. and Mrs. D. McConnell 33.7, and Best Second Nine: Mrs. S. Carey and V. Dhutia 31.

Subsidiary Competition: Winners: Mr. Ono and Mrs. Makimo 72 and Runners up: J. Walker and J. Fay.



TOYOTA ROUND TABLE

Fellowship Golf Competition

at NYALI GOLF AND COUNTRY CLUB
SATURDAY 27TH NOVEMBER 1993

P.M.			
1ST TEE			
1.20	Z. Dattoo	Dr. D. Soni	V. Nyauche
1.27	M. Sanghavi	S. Mohamedali	M. Grewal
1.34	Musti Mamujee	S. Gudka	Mrs. B. Nileson
1.41	A.W. Aboo	J. Onyango (MGC)	I. Hellman
1.48	G. Khaku (R & NGC)	V. Dhutia	Mrs. K. Patel (NGCC)
1.55	M. Yusufali	Vimal Patel	Mrs. S. Samji
2.02	G. Pasta	S. Tasya	M.T. Kanji
2.09	G. Nayar	Mahendra Patel	Hemant Patel
2.16	G. Smiddy (G)	C. Wambugu	Mrs. S. Nayar
2.22	Duncan Ndegwa	A. Manghani	Toyota Guest

PM			
10TH TEE			
1.15	B. Okello (MGC)	C. Pett (NGCC)	R. Patel (MGC)
1.23	A. Sheikh	H. Walli (NGCC)	V.B. Patel (MGC)
1.31	J. Easton (G)	J. Fay (G)	N. Walreri (G)
1.39	K. Kasmani	B. Channiyara (G)	H.S. Birgi ((G)
1.47	M.K. Mamujee	K. Anjarwalla	Mrs. A. Ndegwa (G)
1.55	S. Popat	V. Nagda	M.J. Soni
2.03	G.J. Batavia	K. Chudasama	Mrs. Z. Anjarwalla
2.11	J.C. Patel	J. Shah (G)	S. Sabharwal (M)
2.19	Toyota Guest	Toyota Guest	Toyota Guest
2.27	Toyota Guest	Toyota Guest	Toyota Guest

Competition Committee: A. Sheikh, V. Dhutia and G. Pasta.

Convenor: Zahid Dattoo Roundtable No. 25

Limited post entries will be accepted by the Convenor Telephone 311335/314754 on payment of a minimum donation of Shs. 500/-.

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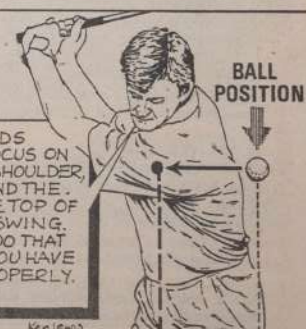
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ONE OF THE BIGGEST SWING PROBLEMS I SEE IN MY PRO-AM PARTNERS IS A TENDENCY TO TILT RATHER THAN TURN ON THE BACKSWING.



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Coastweek

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SPECTACULAR ACTION FOR BUTECH SOCCER TOURNEY

AGAKHAN AND Butech Youths went on the rampage in their matches against Burhani and Muslim Bhadala respectively in the Butech Soccer Tournament.

As reported last week, Butech Youths have the cream of talented youngsters at the Coast.

They managed to score four great goals against the experienced Burhani.

Their swift forward line was a constant threat to the defence of Burhani who succumbed to the pressure in the second half when four quick goals were scored by Carlo (Two); Solomon and Karim Amershi.

The left handed Butech goalie Rizwan Kanji impressed the crowd with his stylish saves.

On Thursday Makupa Rangers scored a lone goal against Mittaa. Copiers in a dull and slow game.

Rangers did not play as expected

KARATE DATE

COAST KARATE Clubs have been training hard in preparation for the National Karate Team Championship scheduled for this weekend at Taifa Hall University of Nairobi.

Leading Coast teams is Mombasa Judo Club under coach George Kisato. M.J.C. is the defending Kata (form) champions and are determined to retain the trophy and if possible scoop even Kumite (combat) trophy.

Clubs from Mombasa which have confirmed their participation include M.J.C., Malindi Force in Action, Malindi Karate Club, Kenya Ports Authority, Kisauni Karate Club and Killifi Prisons.

while Mittaa was a much better side in comparison to their performance last year.

On Saturday Agakhan started the game against Muslim Bhadala at a slow pace when they only managed to score one goal in the first half through Najeeb.

With a few changes in the second half, Agakhan scored four more goals through Sameer (two); Karim Thobani and Karim Hirji to end the game at 5-0.

Sundays game between G.T.I. and Motor Mart was a real treat with a large number of spectators in attendance to witness the clash of the giants.

G.T.I. missed a lot of chances with the Motor Mart goalie Antony Mwakuka making some excellent saves.

The game ended with a score of 2-2.

Mr. Omar Bukeith reported this game to be the most disciplined where the referee did not use his 'cards' upto the end.

In their second game of the tourney Makupa Rangers thrashed six goals past Burhani while conceding none.



THE MANAGING DIRECTOR OF BUTECH LIMITED Mr. Najmudeen Ramji hands over the sponsorship cheque to Mr. Altal Teja while other members of the organising committee look on.

Mackenzie Maritime Division I Mini-League

AT THE END OF THE Mackenzie Maritime Division One Mini-league, the Mini-league produced 21 goals from nine matches, an average of 2.33 goals a game, bettering the first and second round six matches where only 13 goals were netted, an average of 2.16 per game.

Sixteen players share the 21 goals with Kizwi Leopards Edward Thomas Oduol and Alfred Kiriga of Libali Heroes becoming the hat-trick makers.

Nyoka's Alex Mjumba had scored a double.

The other 13 marksmen who share a goal a piece are Saada Mohamed, Hassan Salim, Mohamed Gitonga (Nyoka), Daniel Mureithi, Javan Musyoka (Contractors), Peter Otieno, David Mdoe (Leopards), Ali Yusuf, Fauz Hussein, Joseph Mzee (Rangers), Ali Babadi, Ali Ahmed (Heroes) and Hassan Abdallah (Kisauni).

* SEE ALSO PAGE NINE

Eleven Tigers Clinch Lamu Island 'Senior League' Title

ELEVEN TIGERS ESTABLISHED a new Lamu soccer history by becoming the first club besides the three Lamu soccer giants - Horohoro, Jaws and Diplomat - to clinch the Island Senior League trophy. Tigers won the league crown after collecting 15 points.

The other club to register another history was Al-Nassir who finished the league as Deputy League

The committee which includes three women, was selected to take charge of women's soccer in the province until the end of the Jamhuri Cup Ladies competition when the Kif Coast branch and its affiliates appoint their own committees.

The other members of the committee are David Mutemi (Secretary), Mohamed Mzee, Swaleh Khamis, William Oduor (Referee), Sammy Baya, Mohamed Kurunga, Mwanakombo Amina and Euphrasia Akinyi.

In the Butech Aga Khan Invitational Soccer Tournament, Aga Khan clash against Motor Mart in a group 'A' match to be played at Aga Khan ground tomorrow.

The tournament sponsored by Butech Limited, leaders in water technology at the Coast attracts eight teams which have been divided into two groups of four teams each.

Soccer Scene With Abdul Sheriff

Champions having bagged in 13 points.

The third position went for former Coast Premier League (CPL) side Horohoro who snatched 10 points.

The fourth spots jointly occupied by Jaws and Diplomat each having nine points.

However, the league table could change a bit after the local Kif Lamu sub-branch would decide the fate of the last game involving Jaws and Diplomat which the referee called it off due to avoid ugly incidents.

Meanwhile, Beatrice Murunga of Kenya Ports Authority (KPA) has been appointed to lead an interim nine-person committee to run women's soccer affairs in Coast Province.

Cricket Report - SEE PAGE NINE



The natural approach to Mt Kenya.

Surrounded by Nature's splendour, Naro Moru River Lodge is only a few kilometres from Mt Kenya. Here, you can do whatever comes naturally. Try fly-fishing for trout, exploring the fertile slopes of the mountain or, if you're of a more adventurous nature, take a seven-day technical climb to the majestically rugged peaks of Mt Kenya. Superb accommodation, experienced porters and guides, complete equipment rentals and all the best nature has to offer. Naturally, your first approach to the mountain is a call to Naro Moru River Lodge.

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THE LAMU SENIOR LEAGUE STANDING:

	P	W	D	L	F	A	PTS
11 TIGERS	10	7	1	2	19	10	15
AL-NASSIR	10	6	1	3	12	13	13
HOROHORO	10	3	4	3	9	8	10
DIPLOMAT	9	3	3	3	14	11	9
JAWS	9	4	1	4	11	8	9
STIMA	10	0	2	8	6	21	2

(Abandoned match between Jaws and Diplomat not included)

TIDE TABLES

MOMBASA, November 26 - December 2, 1993.

FRIDAY:

High Water - 3.0m at 02.19 hours and 2.6m at 14.42 hours.
Low Water - 0.8m at 08.46 hours and 0.9m at 20.34 hours.

SATURDAY:

High Water - 3.1m at 02.54 hours and 2.7m at 15.18 hours.
Low Water - 0.6m at 09.20 hours and 0.7m at 21.08 hours.

SUNDAY:

High Water - 3.3m at 03.26 hours and 2.8m at 15.51 hours.
Low Water - 0.5m at 09.51 hours and 0.6m at 21.40 hours.

MONDAY

High Water - 3.4m at 03.58 hours and 2.9m at 16.24 hours.
Low Water - 0.4m at 10.21 hours and 0.6m at 22.11 hours.

TUESDAY:

High Water - 3.5m at 04.29 hours and 2.9m at 16.56 hours.
Low Water - 0.3m at 10.53 hours and 0.5m at 22.43 hours.

WEDNESDAY:

High Water - 3.5m at 05.02 hours and 2.9m at 17.30 hours.
Low Water - 0.3m at 11.24 hours and 0.6m at 23.16 hours.

THURSDAY:

High Water - 3.4m at 05.37 hours and 2.9m at 18.05 hours.
Low Water - 0.3m at 11.57 hours and 0.6m at 23.51 hours.

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