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MEMBER N.P.A. EAST AFRICA

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# NATIONAL

DECIAL REPORT ON THE PREMIERE AGRICULTURAL AND ECONOMIC SHOWCASE FOR THE KENYA COAST - CENTRE PAGES

# Minister Dr. Protas Momanyi Lauds Skal Club Kenya Coast

CRIECTIVE of the Skal as to develop friendship senersonnel in the travel, and not to beter goodwill a mutual understanding wide augurs well for una's overall tourism exten policy.

Tourism and Wildlife

Special Report By Correspondent

ses of various special groups in the tourism and the government to explore ways and of improving the mace of the industry.

e colourful ceremony ch was held at Nyali achs Mutt Grill was also edy hedeputy Director mm. Mr. John Maliti, the Mr. Tony Clegg-Butt

Guess which

loday, Mum .'

W can WIN a Week

in the SHIMBA

DGE - SEE PAGE 12

oast Tourism Association Mr Najib Balala amongst other top brass of the tourism industry at the Coast.

'This is in recognition of the fact that your global exposure through the various club activities could benefit this country a great deal once appropriate feedback is

maintained thus paving way for prompt inter-ventions to keep the destination a breast market demand trends as they

may be deemed necessary said the Minister

The Minister told the club members that it was through such cooperation that they could forge a united front in defending. Kenya as a destination against unwanted

The Skal Club Kenya Coast Chairman Mr. John Mutua, said that the club which started off

TURN TO PAGE SEVEN



BUTECH, TOGETHER with their associates Davis and Shirtliff, recently completed the successful installation of the largest Reverse Osmosis plant to be installed in Kenya at Serena Beach Hotel, Shanzu. The plant provides 200,000 litres per day of high quality portable water from a saline borehole supply. It has been designed and manufactured in Kenya incorporating Dow Filmtec RO membranes and the treatment process includes chlorination, filtration through activated earbon and dosage of special chemicals in addition to the Reverse Osmosis process. Plant manufacture was carried out by Davis and Shirtliff and installation by Butech and seen are engineers from Butech and Davis & Shirtliff enjoying a glass of perfect water which has been treated by the plant. The project is a notable achievement for both companies as Reverse Osmosis plants are high technology pieces of equipment usually imported complete, though local manufacture provides advantages in both cost and serviceability. The equipment represents a sizeable investment by the Serena Beach Hotel, one of the 'Leading Hotels of the World', who are committed to providing their guests with the highest levels of quality in all areas of their services, and nowhere is this more important than water. Seen after the successful installation are, back row (from left): Davis and Shirtliff Engineer Punit Shah, Managing Director Butech Limited Najmi Ramji, Serena Beach Hotel Engineer Rahim, Davis and Shirtliff Engineer Philip Holey. Front row (from left): Technical Manager Butech Ashish P. Bamania, Butech Engineer left): Technical Manager Butech Ashish P. Bamania, Butech Engineer

economical 1300cc engine .

# It's 'Bolo Ta Ra Ra Ra' **Bhangra Heart Throb**

THE DAY or which many of us had been waiting for has just dawned.

The heart throb of Bhangra Music fans the one and only, Daler Mehndi is scheduled to arrive today.

You must have seen or heard his tantalizing songs, but hey! to see him perform right in front of your very own eyes is no big

Born in India in a family of musicians, music runs in Daler Mehndi's blood.

His first release "Bolo Ta Ra Ra Ra" in 1996 fetched him instant success and fame world wide and marked upward trend in his musical career.

This was followed by two other releases: "Mei Dardi Rab Rab Kardi" another hit; "Sajna" which was recently released.

He is currently working in his

He also featured in film "Mrityudata", along side no other than the Super Star of the



DALER MEHNDI

Indian Silver Screen - Amitabh Bachan, in a song sung by Daler "Na Na Na Na Re".

For his great talent he also has been awarded the prestigious Filmfare award for the best

But his talents do not only But his talents do not only centre around Bhangra and Punjabi music alone, he is equally great in classical music and heartrendering ghazals, he has performed in various countries throughout the world e.g. USA, London, Thailand, Australia and is now coming straightfo Kenya, wherehe will, for the first time ever, stage shows in Nairobi and Mombasa.

Loved by both young and old, especially by the teenagers, he is sure to create great ripples in Mombasa too.

For the Mombasa "tees" the venue will be Aga Khan Sports Centre on Sunday, August 31, 1997 at 7.30 pm onwards and the aim is to make your heart dance to his beats.

Well, if you've already bought the tickets welcome to the great musical extravaganza and you haven't better do so for it's a golden chance not to be missed.

By the way, don't forget your dancing shoes, for you wouldn't be able to keep your feet Still!

Co-Ordinated by Ranbir Singh

stereo system . Remote side view mirrors .

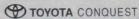
# Toyota's



The new Conquest now also comes with a 5-speed gear box. rear spoiler, side skirting, alloy rims and immobilizer as standard equipment. Get to your nearest Toyota dealer and get set to conquer the Kenyan roads.

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TOYOTA KENYA



ake A Look At Coastweek Classified

A DIVISION OF LONGHO MOTORS EAST AFRICA LIMITED

A HUGE glistening white sandback surrounded by the Indian Ocean where you can sunbathe to your heart's content in ausolute peace and tranquillity is one of the highlights of the 'Shirazi Escapades' daytour which has just been introduced.

The sandback covering some two acres is situated between the mainland and Funzi Island and cleaned daily by the high tide.

A luxurious Bedouin-style tent with carpeted floor and huge plump colourful cushions on which to sit has been placed there to welcome arriving clients with a chilled madafu (a refreshing drink from a young coconut) and some tasty biting of roasted coconut and

It is an 'escapade' into an area of great natural beauty and unpolluted air.

#### RAMISI RIVER

On the cushioned deck of a traditional coastal dhow the scenic cruise from Shirazi (near Msambweni on the mainland) takes just twenty-five minutes with Dolphins often leaping out of the sea to say 'Hi'

From the sandback you can snorkel or go in a Sese canoe along the Ramisi river which is an ornithologists' paradise.

In fact, storks often follow the cance, while crocodiles inhabit the water!

Lunch is at the unique 'Swahili Club' on Funzi Island where delicious seafood, including fresh oysters, crabs and prawns can be enjoyed, as well as barbecue steaks or vegetarian cuisine.

The very experienced Chef is ackson Mwalimo from Taita.

In three months time the 'Swahili Club' will have twelve unique 'Tree' houses built on stilts

Special Report by

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Thai style, each being twenty metres apart thus affording great privacy

They are con-nected by rope bridges and front a

lounge and bedroom.

Guests staying at the 'all inclusive' Swahili club can enjoy nature walks in the forest, swimming, creek fishing, scuba

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# It's Simply Super At New 'Swahili Club' On Fabulous Funzi Island ,



YOU CAN SPRAWL on jumbo-sized cushions on this coastal dhow for the journey to Funzi Island, via the sandbar, from Shirazi Bay. Kimberley and Ashley Pinto are seen with their daughter 'Kenya' and a traditionally clothed South Coast sailor.

Shirazi Escapades are part of the developments being under-taken by 'Exotic Destinations' owned and managed by Ashley Pinto and his wife, Kimberley.

The club's Swahili restaurant, with free-form tiledswimming pool is unique.

All furniture is exclusively have been personally designed by Ashley and Kimberley.

All have been by village craftsmen using locally grown materials.

The club is adorned with interior plants, including wild orchids.

Ashley and Kimberley are also responsible for the Swahili decor and landscaping both at Funzi Island and Shirazi.

Logs found floating on the beach have become unique bar counters and there are some magnificent table made for mango wood into which has been carved clusters of

Chairs and settees are well cushioned and the height of

#### HOT CHILLIES

Of great interest at the bar is the collection of miniatures which Ashley's late mother had collected over some forty years.

While Funzi Island is bigger than Mombasa Island its population numbers only around 600 |

Those on the 'Shirazi Escapade' will lunch there until the Swahili Club becomes fully operational and for 'regidents' and for 'residents only

Thereafter, a lunch will be partaken in the charming Swahili House at Shirazi situated on a fifteen acre site with its own private

In its tropical forest and garden grow a variety of trees-coconut, mangrove, citrus, loofah vines as well as some of the hottest red chillies to be found anywhere.

The inhabitants of this area claim

Shirazi- the main land base of

An 'open plan' Barbecue kitchen is being built next door from which lunches will be served.

Shirazi Escapades collects clients from their hotels at nine in the morning to take them to Shirazi where in the 'Swahili House' they are greeted with spicy traditional private jetty to embark on a coastal dhow for the trip to Funzi Island

As they embark on the seafront As they small see a very successful oyster project recently introduced by Maendeleo ya Wanawakewhich is being funded by the Belgian government.

Already their oysters have found markets at leading hotels / restaurants along the Kenyan coast including 'Exotic Desti-nations' which give them great

A 'Floating Market' is also being established in Shirazi Bay at which local people will sell their produce and handicrafts.

Exotic destinations have fleet of three dhows (all from Pemba) and three specifically equipped Sese cance for creek fishing.

Ashley, who was born in Kenya, has been in the hotel and catering industry for twenty-five years working inleading hotels in several countries of the world including Hilton International, New York, and the Sarova group in Kenya where he was General Manager, Whitesands Hotel for two years.

He hold a MBA degree in Hotel Management from Cornell University, USA, while training in Restaurant Management took place at Disneyland hotel, Los He was in Canada for several

years working in hotels, and was a Hotel & Motel Accommodation Inspector with the Ministry of Tourism, Provincial Governmen of Edmonton, Alberta from 1985

Itwas in Kenyathathe first joined the Hotel Industry working for Block Hotels as Front Office Manager, New Stanley Hotel and then Nyali Beach hotel as Execut Assistant Manager.

He met his Canadian born wife Kimberley, at a Ski Resort in Banff Alberta, and they now have one daughter named 'Kenya'!

#### HEAVY RAFT

Kimberley is also a very experienced restaurateur.

During his career Ashley also worked as a Sous Chef at a five-star hotel, thus knows a thing or two about the preparations tempting cuisine and for production generally. and food

It has been a year's hard slog for both their projects being a godsend to the local community at Shirazi and Funzi Island for whom they have created many job oppor-tunities in an area where unemployment is rife.

During the initial period they had a 100-strong workforce.

About thirty were later invited to stay to receive training and became permanent employees.

Establishment on Funzi island was no easy task. A raft had to be built so as to get



#### A TREE HOUSE of the 'Swahili Club' on Funzi Island.

'Exotic Destinations' is situated just 32 kilometres south of Diani on Keriya's South coast tarmac road, with only one kilometre on murram.

banda-style through the centre of which grows a very old tree which has been garlanded with wild orchids

Over its makuti roof loofah vines. are spreading.

The pillars and walls inside have been given a rustic look to blend in with the ruins of the 14th century mosque outside.

'Swahili House' comfortably furnished in an ethnic

Yards and yards of locally woven Miya produced by local villagers, as well as coconut matting, went into it, while large brightly covered cushions abound !

Even the floor is unique being made from broken Miritini bricks laid in an attractive pattern interspersed with strips of Mvule.

Swahili tea (served from a kettle) and mahamri (a delicious Swahili doughnuts) presented in African woven baskets covered by

Afterwards, there is a short walk through the mangroves to the



RECEIVING A BIG WELCOME at the new 'Swahili Club' on Funzi Island, Kenya South Coast, was Joshua Mwendwa, Chairman of the Kenya Association of Hotelkeepers and Caterers Coast Branch, who congratulated Ashley Pinto on such a fine development which has given employment to many local people.

Exotic Destinations also assist the local community at Shirazi it has provided two classico for the local school

Other plans include giving village a clinic and inviting a time a year surgeon. Helen Roberts was runs the Kwale Eye Clinic to hele elderly folk suffering from cataracto regain their sight again.

### **AUTHENTIC**

Said Ashley 'we wanted a water to develop which is unique and to attract a more up-marked dusta who are seeking sometime completely different."

Adding 'we have gone to great lengths to ensure that everything is as authentic as possible in keeping with local traditions and culture'.



VIRGO Aug. 22 - Sept. 21 You will receive good sem about someone close to you heart. This is the right time of thinking of buying properties. \*LIBRA Sept. 22 - 001 21

you are planning to move from your place of realdence or your job, it will become easier to do so now. Take care at your

ASCORPIONAL 22 - Nov. 21 The work you have done for someone in the tamily will work out successfully, and you will be given the full credit for a

\*SAGITTARIUS Nov. 22 - Dec 21

A Sact review of somewards less by you and you may have to traval due to this. If you are a famer or deal with metals the second half of the weeks good tor you.

It CAPRIODEN Dos. 224-Jan. 21

Misunderstanding will arise with your spouse. Mike an ettort to clear the air as soon as possible, and don't let metters drag or tor long. Be careful when dealing with money.

\*AQUARIUS Jan 22-Fab21 Old mates will want to get in touch with you, but your as sceptical because of some ted experiences with them that past. Forgive and forget and get on with life.

4PISCES Feb. 22 - March 21 A loved one will become ill suddenly and you will have to pend a lot of money. Make sure your insurances are all up to date.

\*ARIES March 22 - April 21

You will meet a person who will help you in one way or another to solve your major problem in business or at home. However

ATAURUS April 22 - May 1 Money-wise you will have to be careful as you will spend mos than your budget allow. This will cause you a lot of worlds and depression.

\*GEMINI May 22 - June 21

TCANCER June 22 - July 21

You will receive some good news, which will cause you'te travel with your family. Postore any official dealings this week.

#LEO July 22 - August 21

Business and financial allais are very good this week. for whole week will revolve aross something or someone important and significant.

# <sub>企\*企\*企\*企\*企\*企\*企\*企\*企\*企\*企\*企\*企</sub> CASUALTY "I've been watching

different, don't you ?

nore imaginative wish

an a bucket of

Just go behind that

screen, Mrs. Frobisher

and get undressed.

tanyou call again later wen he's busy. He Miss being disturbed

when he's doing

nothing.

those workmen out there for three hours and they haven't done a stroke.

"It's Joe's answering

machine ringing to

" Yes I'm looking after

your letters, darling -

they're at my solicitor's office.

"You and your water bed

- I TOLD you not to cut

your toenails.

Sita exhibited a total of 150 paintings and drawings which attracted an exceptional number of both local and foreign visitors. She is a naturally gifted artist flowing with creativity since childhood.

HE MALAIKA HOOM OF NYAII Beach Hotel has never seen anything quite as unique and interesting as Sita Shah's first Solo Art Exhibition which was held there recently.

Sita prefers to experiment with different painting techniques and says "Art cannot be taught or learnt - it has to come from deep within one's self to be true art".

She believes "the beauty of art lies in originality".

Sita's exhibition reflected this originality and ahighly individual and an incomparable style of painting.

Viewers described the exhibition as 'extraordinary' because of its versatile nature. Viewers

In her painting Sita depicts an amazingly broad variety of amazingry broad variety or themes ranging from religion, culture, human portraits and figures, animals, landscapes, seascapes, still life, abstracts, architecture and various other

Sita versatility is apparent in her use of media too, for she has achieved mastery over all different media.

Sita's religious themes portray a lot of intricate detail, the highlight being her beautiful masterpiece of Lord Ganesh. One could feel the intensity of

Sita's love and observation of traditional Indian beauty, cultural heritage, architecture and historical figures.

Her Indian themes, specially the portraits of Mahatma Gandhi and Jawaharlal Nehru, are a personal celebration of the 50 years of Indian Independence.

Sita loves animals and says:

"I like painting animals in their pure innocence and am fascinated by the extreme diversity of their characteristics nging from the gentle nature of the elephant to the arrogance and aggressiveness of the lion"



Multi-Talented Sita Shah Has

SITA SHAH with some of her beautiful paintings which were on display at the Nyali Beach Hotel.

Sita has succeeded in evoking the appropriate emotion through theeyes of her portraits, whether it is the divine eyes of the Gods, the patriotic vision of the Gandhi and Nehru, the mesmerizing beauty of the

Kashmiri girl, the sadness of the girl behind the bars, or the loneliness of the unicorn.

Sita believes "Eyes reflect the real essence of one's character and emotions, hence making them the most important feature

of a portrait".

Sita has successfully completed a foundation course at the Chelsea College of Art and Design, London and proceeds to the UK next month to continue her further studies.

# Indian Ocean Appointments



MR ANTHONY Kashemhasheen appointed the Assistant Front Office Manager at the Indian Ocean Beach Club, having successfully completed a two year Block Hotels
Management Training Programme. He holds a Diploma from
Utalii College.



MRS. AGNES Ikanda has been promoted as the Executive Housekeeper at the Indian Ocean Beach Club. Mrs. (kandahas been working at the Indian Ocean Beach Club as Assistant Executive House keeper for four years prior to her



MR. LAWRENCE Muye, is the new Food and Beverage Manager at Indian Ocean Beach Club. He holds a B. Sc. Degree in Hospitality from Florida University. Prior to his appointment he was working at Tamarind Mombasa Limited as the

Local access number?

YES!

Reliable connections?

YES!

Local access surcharge?

NO!

# 'Alliance Hotels' Bar Tender Prize Winners



SECOND OVERALL in the Alliance Hotels Bar Tender 1997 Contest was Michael Maina, (right), Safari Beach Hotel and third overall was Nahashon Makori, (left) Jadini Beach Hotel.

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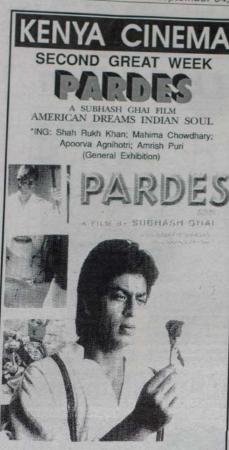
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"Wakey | Wakey | Morning roll-call ! \*

"You were wrong mother. . . ! liked it !"



#### Friday (Today) at 5.45 & 9.00 pm Saturday / Sunday at 2.45, 5.45 & 9.00 pm Monday at 5.45 & 9.00 pm. **Commencing on Tuesday**

Admission: 70/-; 80/-

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# Movie Mayhem As Mystifying Mahima Mesmerises Many

Anjum Asodia

Mahima Choudhary and Shah Rukh Khan continues to draw crowds at the KENYA CINEMA and has been slotted there for it's second week until Monday.

it's second week until Monday.
This movie is different for Subhash Ghai, in which unlike all his other releases where he usually has a very big publicity campaign from the time he starts to shoot till the completion of the film, there was no publicity for Pardes until the eve of the release.

His gimmick has certainly paid off, for the mystery surrounding the film added to the fact that it is a good movie, has attracted a lot of cinemagoers.

Commencing on Tuesday at the KENYA CINEMA will be Skyscraper starring Anna Nicole Smith. Based on the lines of Towering Inferno, it is an action packed dramaset in an 86-storey skyscraper.



ALESTERA GOMMANS is the Astronaut in "It's Cool In The Furnace" by The Islanders at The The LOTUS CINEMA opens its week with a new release today, Sanam, starring Vivek Mushran, Manisha Koirala, Shakit Kapoor, Gulshan Grover and a Special Appearance by Sunjay Dutt.

This is not the broigal love

This is not the typical love triangle, that one would imagine with two heroes and one heroine. Film Preview by

Chaos is creat-ed in a small town called Dhana-

kpur by the ene-mies of India (money has definitely been poured in here).

The unemployed youth are instigated to rebel and are provided with weapons to create disturbances.

The military is posted there to combat the unrest, and one amongst the 'jawans' is Gaurav (Vivek Mushran) who is trying very hard to be courageous like very hard to be courageous like his older brother Narendra (Sunjay Dutt).

Gaurav thinks that his father Seth Yashpal loved Narendra because of his valour and cou-rage and thus wants a place in his father's heart following the same route.

However, his brother was killed in the line of duty and this does not deter him at all.

Sanam, is an innocent girl in Dhanakpur, who falls in love with Gaurav.

Gaurav does not respond to her love as he thinks this would distract him from his true mission of fighting of the insurgents.

Love conquers all, and truth always wins and thus triumph Gaurav and Sanam in their own

Following on Sunday will be a tale of love, KamaSutra starring Sarita, Choudhury, Naveen Andrews and Ramon Tikaram.

This film is an adults only release and is a must for those who like watching a movie with the four 'R's - Romance, Risk, Revenge and Redeeming power of love.

### WEMA CENTRE TAILORING SCHOOL

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AT THE LITTLE THEATRE CLUB

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#### STARTS SUNDAY ! SUNDAY !



ADULTS ONLY

Sunday at 3, 6 & 9,30 pm Mon. - Thur. at 6 & 9.30 pm

\*ING: Sarita Choudhury, Naveen Andrews & Ramon Tiker Admission: Stall 70/-; Balcony 80/-

### Bamburi Quarry Nature Trail

#### BAOBAB TRUST FILM PROGRAMME

THURSDAYS: WEEKLY AT 6.00 P.M. IN THE BAMBURI NATURE TRAIL AUDITORIUM - BAMBURI QUARRY

September 4 - "Botswana: Journey to the Forgotten River" - (60 mins.)

# Mombasa Youth Fashion Show



DEEPA (RIGHT) IN coffee coloured sleeveless Sharara and Mehul DEET A INCAMPAGE AND A CONTROL OF THE SPECIAL OF TH

KTIKA ITION

on to ! SUNDA

die

ROGRAM

I.N. REM

AMSON (TH

ana: Journ

(60 mm



FROM THE Wape-Wape Boutique came this gorgeous evening dress shown by Zuwena at the spectacular Fashion Extravaganza organised by the Mombasa Youthand Lions Club of Mombasa North.

# Uzma Is Tops In Toy Making

Special Report By

MOMBASA'S UNIQUE Nursery Centre lived up to its name recently when it became the first nursery school from the Coast Province to win in the Children's Science Toy Making Competition organised by the National Museums of Kenya.

The centre clinched the position through its four year old Uzma Mohammed Bagha who won the Toy Competition in the three to four

the three to four yearcategory. Shewas awarded asewing kit, a textbook voucher worth K.Shs. 1,200 and K.Shs. 500 cash award besides a T-shirt and a certificate.

Aga Khan Junior Academy also brought honours to the Coast Province through its Imran Habib Alnoor Jivan who took third position in the seven year category for primary schools.

The two day Toy Exhibition held at the Nairobi Museum brought together 350 participants from schools all over the country.

The presentation ceremony was presided over by Dr. Eddah Gachukia, a former assistant minister and a director of FAWE.

The competitors were examined in Simple Technology Demonstration such as simple printing, simple water pumps and water rockets.

toy making, creative expression using paper and glue as the basic material in which Uzma

The event however had a wide range of entertainment for both participants and guests ranging from traditional singing and common singing games, hide and seek as well as a demonstration of play with Japanese spinning tops.

spinning tops

Correspondent

The young-sters were also enthralled by comedians, magic show, acrobats and the story tellers who graced the occasion.

Uzma's spiendid performance at the National Toy Making competition perhaps exemplifies the quality of basic education she has acquired at her Nursery school.

#### MOMBASA POLYTECHNIC

Unique Nursery Centre adjacent to the Mombasa Polytechnic in Tudor Four area is home to about 75 children who enjoy basic computer training and audio-visual latest methods of teaching besides the pormal pursey curriculum with normal nursery curriculum with Kenya Institute of Education Guidelines.

The brains behind the centre The brains bening the centre is Mr. Mohamoud Bachani a renowned educationist who has decided to sacrifice his retirement age to give the youngsters a kick start in basic academic foundation.



THE MOMBASA YOUTH GROUP - Back row (from left): Mehul Ruparelia, Karim Jetha, Adnaan Karachiwalla, Samir Dave, Salim Karachiwalla, Aleem Dhalla, and Aly Jamal. Front row (from left): Deepa Rathod, Salima Kassam, Rishma Ruparelia, Aliya Dossa, Fahrin Jivraj.

### **INDIANS MARK INDEPENDENCE**

INDIA and Indian nationals around the world have this year been celebrating the 50th year of its Independence.

Fifty years ago on August 15th, in the words of the first Prime Minister, Pandit Jawaharlal Nehru, the "soul of India, long suppressed, found utterance" and India awoke to life and freedom after a period of ill fortune.

Golden Jubilee celebrations of Inda's Independence in Africa were inaugurated in Nairobi by Hon. S. K. Musyoka, Minister of Foreign Affairs and International Co-operation.

These celebrations had particular significance because it

was on African soil that Mahatma Gandhi experimented successfully with his weapon of 'non-violence'

The freedom movement in many countries including Kenya, gained momentum on account on India's Independence and eventually led to the eradication of colonialism and apartheid.

In Kenya, several functions were being organised by the High Commission of India, Nairobi to commemorate the occasion

In Mombasa, a cultural pro-gramme, comprising classical dances and music was conducted at Bandari College auditorium on 8-8-97 by the prominent artists from Indian and His Excellency

T. P. Sreenivasan, High Commissioner of India, Nairobi graced the occasion.

On August 15, a flag hoisting ceremony was organised at the Roof Garden of the Bank of India Building, housing the Commission of India Office.

Shree J. S. Garbiyal, the Assistant High Commissioner, Commission of India, Mombasa addressed a large gathering comprising Indians and friends of India after the flag hoisting.

A Reception was also organised by the Commission at the Roof Garden of Bank of India building in which prominent residents of Mombasa were invited.

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Imports can be collected loose (LCL.) or in containers (F.C.L.), while exports may be brought in containers, or loose to be containerised in the depot. If you are waiting for documents to be processed, you can store your cargo for a nominal cost.

Use of modern handling equipment coupled with speedy documentation







procedures ensure fast processing and offtake of imports and exports through the dry port.

· All Government institutions concerned with imports and exports (e.g. Central Bank of Kenya, Ministry of Commerce, Customs, etc) are situated within easy reach from the depot for quicker sorting out of problems if need arises.

· We also offer a complete container service: containers can be conveniently stored at the depot and returned after use.

To make paying easier, credit facilities are available at the depot. If you already have an account with KPA in Mombasa, or Nairobi ICD, you can split it so that part of it is applied to Kisumu ICD transactions

At Kisumu Inland Container Depot, we contain a lot more than just a dry

Take advantage of these benefits

For further information, please vist our Mombasa Show Stand and learn how we utilize local resouces for development or contact:-

The Managing Director, Kenya Ports Authority, P.O. Box 95009, Mombasa. Telephone: 312211/220255 Fax: 311867, Telex: 21243 DIRKPA KE

The Depot Manager, Inland Container Depot, Kisumu, P.O. Box 4467, Kisumu, Telephone: 21194, Fax: 21860

The Depot Manager, Intend Container Depot, P.O. Box 20072, Nairobi, Telephone: 823803/808, Fax: 823807 Telex: CONDEPO 25280

Kenya Ports
Authority



"Managing the Port of Mombasa"

# Coast Hoteliers Pledge Maximum Support For World Tourism Week

the World Tourism Festival week an even greater than before are members of the Kenya Association of Hotel keepers' and Caterers'

As far as Kenya is concerned it is only at the coast that this takes place, for it is to this region that the greatest number of tourists are attracted.

According to statistics, around 70 per cent of our visitors come to

World Tourism Festival Week (September 27 to October 4) is again being jointly organised by three tourists associations -KAHC, Mombasa and Coast Tourist Association, Kenya Association of Tour Operators, together with the Ministry of Tourism and Kenya Wildlife Service

World Tourism Day (September 27) - so designated by the World Tourism Organisation - is celebrated by member countries throughout the world, this year's theme being:

'Tourism - a leading activity for the 21st Century for Job Creation and Environmental Protection'.

KAHC members will be very much to the forefront in the week's events

Hotels will be entering decorated floats in the Street Parade on Saturday (September 27) Saturday (september 2/)
participating in welcoming arriving
tourists at Moi International Airport
and in particular organising two
Kenya Nights - one on the North
Coast and the other on the South

with entertainment are hosted by Hotels (with hopeful support from



SILVER STAR and SILVER BEACH Hotel is a new member of the Kenya Association of Hotelkeepers and Caterers Coast Branch. Its Resident Manager Charles Wasikhe I(second right) is seen being welcomed by the vice-chairman of the KAHC Coast region Philip Jones and its executive officer David Osiro. Looking on is KAHC Coast vice chairman Mark Gathuri.

suppliers!) bringing together their guests for a traditional ethnic feast of food and music.

These are being organised by Patrick Mutua, Group General Manager, Sales/ Marketing, Neptune Hotels on the North Coast and Clement Kiragu, Resident Manager, Safari Beach Hotelon the South Coast. Special

Special Report by Full support is also being given to other events in-

At the meeting of the KAHC's north coast sub-region at Serena Beach Hotel, a new member Silver Star/ Silver Beach Hotels, represented by its Resident Manager, Charles Wasike, was officially welcomed by the association's coast region vice chairman, Phillip Longe also by

Jones, also by Mark Githuri Mark Vice-Chairman of the North Coast sub-region

They are manag-ed by *Prestige* e 462 beds between

together with their Financial et Dr. Yusuf Nzibo, Director eneral, Kenya Revenue Authority, to discuss VAT regulations on their interpretations, particularly concerning electricity, telephones, security and capital expenditure.

Already Financial Controllers from 32 hotels on the Kenyan coast have met and prepared a paper with points for discussion with Mr.

Concern was expressed about security following a lot of incidents occurring on the North Coast.

It was agreed that the OCPD, Urban, and the OCS at Bamburi, Nyali and Mtwapa be invited to the next meeting of the north coast sub-region.

Hoteliers are aware of the financial constraints under which the Kenya Police operate but, nonetheless, feel that something more must be done to beef up the

Members heard of the difficulty being experienced by their Executive Officer, David Osiro, in getting any response from the Mombasa Municipal Council to a suggested second meeting with it.

He told members 'there are urgent matters needing a reply

Invited to the meeting were representatives from the Shanzu Village which is interested in joining

John Njoroge, Manager, Husna Abdallah, Sales and Marketing and Rama Njama Jume, Sales Representative, toldthe Executive Officer 'we have been most impressed by the way KAHC conducts its affairs'.

### AMREF - East Africa's Flying Doctor Service

Special Report By

Correspondent

THE EAST African Flying Doctor Service is the emergency services arm of the African Medical and Resoarch Foundation (AMEF) - a non-governmental organisation established in Nairobi, Kenya, by the late Sir Michael Wood in 1957.

AMREF's Flying Doctors is the oldest, largest and best-known flying doctor service in East Africa.

A well as providing medical emergency and trauma care to the sick and injured, AMREF's Flying Doctors provide air ambulance transfers between medical facilities, including the repatriation of patients to both Europe and North and M America.

The service

The service covers the three countries of East Affica (Uganda, Kenya and Tanzania) and, when clear-ances can be obtained, the neighbouring countries of Zambia, Somalia, Sudan, Ethiopia, Rwanda, Burundi, Democratic of Congo, Burundi, Republic Mozambique

AMREF's Flying Doctors operate 24 hours a day, 365 days a year, with highly qualified medical staff and qualified medical staff and aircrew on standby to respond to emergencies at any time.

AMREF owns and operates a fleet of five aircraft, which can all be converted into a professional, airborne intensive care unit, using the most modern medical equipment.

#### NETWORK

AMREF's radio network, comprising some 100 High Frequency stations, is the largest two-way radio com munications network in

The network is vital to AMREF's work and allow remote hospitals and medica centres to contact AMREF' radio room at the Nairobi headquarters to arrange medical evacuations of patients, or to receive medical advice, at any hour of the day or night.

In 1996, AMREF's Flying Doctor Service evacuated 584 patients, 43 percent of whom were Kenyan residents, and the rest a variety of tourists

and visitors or expatriate workers from Europe and North America, or other East African countries.

African countries.

By far the most common reason for medical evacuations is road traffic accidents, followed by cardio-vascular conditions, gastro-intestinal illnesses and malaria cases, injuries, gynaecological emergencies and animal attacks.

Diving 1996 a total of see

and animal stacks.

During 1996 a total of 366
evacuation flights were
conducted by AMREF's five
aircraft, with a total flight time
of 850 hours and covering
167,650 statute miles.

167,650 statute miles.

AMREF employs a staff of highly trained, experienced personnel. Patients will always be accompanied by actions are all experienced in emergency medicine, rescue and intensive care. If you would like to be covered by AMREFs Flying Doctor Service you can become a member of the East African Flying Doctor's Society.

For an annual membership of just K. Shs. 1500/-, you are entitled to one free evacuation anywhere within a 500-kilometre radius of Nairob, which covers all of Kenya eastern Uganda and norther Tanzania.

Each year AMREF's Flying Doctors Service spends millions of Kenyan shillings in operating costs alone,

And as a non-profit organisation, the Flying Doctors Service often provides free medical services to patients who cannot afford an evacuation.

If you become a member of the society and do not need to use your own evacuation flight, it is good to know that it will be used to help someone else in need.

To continue this vital work. the Flying Doctors Service relies on individual and public donations.

You can become a member by contacting:

Flying Doctors Society Africa, P.O. Box 30125 Nairobi, Kenya.

Tel: 501301/3 or FAX 502699 Nairobi.

cluding the 'Flesta in Fort Jesus' (Saturday, October 4) this being the grand finale to the Festival Week.

A new event this year will be a local dhow race, the organiser being Ben Kavu of the Kenya Wildlife Service.

### NAIROBI STOCK MARKET REPORT - August 15, 1997

TRADING DAY TURNOVER (KSHS)		NSE INDEX	No Dealt	Most Active	
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	27,101,714 19,483,621 17,300,956 15,953,290 43,372,060	3420.02 3419.36 3406.60 3403.92 3411.90	541,859 457,675 290,808 397,921 728,194	ICDC Investments Firestone E.A Kenya Airways Firestone E.A ICDC Investments	
Week Total Turno Change over last w Average Daily Tur	veek = 33.319	6	Change over last	Traded = 2,416,457 week = 16,04% hares Traded = 483,291.40	
Week Average NSE Index = 3,412.36 Change over last week = -5.90 Points			Total Number of Stock Advances = 11 Total Number of Stock Declines = 10		
TOP 5 WINNERS THIS WEEK	% CHANG		TOP 5 LOSERS THIS WEEK	% CHANGE OVER LAST WEEK	
Standard Newspap Kakuzi Ltd. ICDC Investments Standard Chartered Sasini Tea & Coffee	+ 8.70% +7.69% +4.35% +4.29%		Athi River Mining Lonrho Motors CFC Bank HFCK Marshalls Ltd.	- 28.8% - 14.54% - 11.11% - 8.99% - 7.03%	

The average NSE 20 share index for the week ending 22nd August, suffered a further decline of 5.90 points to stand at 3412.36.

Turnover for the week was up 33.31 % from Kes. 92.42 million to Kes. 123.21 million.

Total volume was also up 16.04 % to stand at 2.416,457 While the total deals for the week increased from 1,584 to 1,794.

In a week that saw 11 counters advance against 10

The highest percentage gains recorded for the week The highest percentage gains recorded for the week were by Standard Newspapers which wont up by Kes. 5!

- to Kes. 39!-, Kakuzi Ltd. gained 10!- to stand at Kes. 125!- while ICDC Investments closed at Kes. 70!- up from Kes. 65!- last week, Standard Chartered jumped to Kes. 48!- up from Kes. 46!- while Sasini Tea & Coffee closed at Kes. 85!- higher by Kes. 2!-. On the losing end, Athi River Mining declined to Kes. 8/70 from Kes. 12/50, Lonrho Motors lost Kes. 8/- to close at Kes. 47/- while CFC Bank declined by Kes. 2/50 to Kes. 20/-.

HFCK lost 2/- to close at 20/25 and Marshalls Ltd. shed 6/50 to close at 86/-.

The most active counter for the week was ICDC Investments with a total of 707,641 shares followed by E.A Portland Cement and Athi River Mining with 376,900 and 276,700 shares respectively.

The bond market recorded another active week with

Activity declined towards the close of the week as the sellers' yield fell to 16 and 17 percent for the CBK Issues as a result of the expected rise in the 91 day T-Bill rate.

EADB came alive during the week with Kes. 4.8



MR. PRADEEP NATHWANI (right), Lonrho Motors East Africa Limited Heavy Commercial Division (HCD) General Manager, discusses the Italian range of products marketed by Kenya Motors with Mr. Glovanni Bauzh, a counsellor at the Italian Embassy. Mr. Brauzzi was touring the HCD premises after presenting an Iveo Eurotrakker, a bulldozer and a tractor, donated by the Italian Embassy to the Food for the Hungry International a non-governmental organisation. The machinery will be used in dam construction in North Eastern Kenya Kenya motors are the franchise holders of the Italian made Iveco range of trucks and Flat Hitachi equipment. "We are satisfied with the quality of the Italian products especially the Iveo Eurotraker Prina Move with comes with a 2 year unlimited mileage warranty", said Mr. Nathwari. HCD backs up the products through comprehensive country wide dealer network and a full after sales service support, he added:

N.S.E. weekly Analysis is provided as a service by Shah, Munge & Partners Ltd. Members Of The Nairobi Stock Exchange. Tel: 313906/225408 Fax: 313803 P.D. Box 42670 Membess.

### FROM PAGE ONE

distant dream one and a half rs ago was founded on August 1996 through total deter-ution, perseverance and faith. mination, perseverance and rattr.
His said Skal Club cares about being professional in all that it does, the was it conducts itself, applying the same high professional standards as members aim to provide the customers that they

He urged the members to start using the unique ability to have hierds that they call upon for help throughout the world and across the disoplines of the industry.

ndship is an exceptional gift and it provides crucial support in times of difficulties to Skal world wide, said Mr. Mutua.

Mr. Clegg-Button the other hand described Skal Club a professionals promoting tourism and triendship around the world'.

### IAN McCUBBIN

He said the Skal Club nternational President Mr. Ian international President Mr. Ian McCubbin put the mission statement in a clearer and more precise perspective 'Skal offers to nose who hold a responsible position in our industry a unique opportunity to be able to open doors throughout the world...'

The Club Secretary Chris conchey said the club started off with just nine members and had attracted 56 members to date trough regular monthly dinners all of which had attracted ever gowing numbers of attendance.

IF THERE were unlimited funds available, most people driving on the road today would probably opt to buy one of the high performance cars.

Be as it may, most of us are mortal beings with meagre incomes and can only afford the Dubals and Nagoyas with all their attendant ills and

The upper end of the market is still well supported though especially by those with spare VAT and duty in their coffers.

These windfall millionaires are a breed unto themselves and also a danger to

Most will have either a Merc or a Bimmer (or both) in their stable amongst all the other buys they have made as they have come up the ladder

Another must is an off road Another must is an oir road vehicle for when they go to Nyalgush to visit, although more often than not the destination is not that far off the road to warrant an off road

The other identifying item for these guys is the mobile telephone

Though publicly displayed in earlier days, they now tend to have the slim versions that fit discreetly into the top pocket.

The vehicles also now tend to have tinted glasses to make it difficult to see who the owner is and also to serve as a screen when the driver or owner is talking on the mobile phone.

The combination of the mobile phone and high performance car has led to the death of some young and prosperous chaps who have gained their places by twisting

The large majority come from west of Nairobi.

The typical scenario is that

# THE MOBILE MODE MENACE

these young folk, leave Nairobi for their rural homes or for business purposes.

They tend to travel in convoy robably for show off purposes.

On the way they stop off at some of the watering holes and as they get further out of the capital city, they become more and more boisterous.

Eventually, they challenge each other on how quick each one can get to the next common destination.

They are all set off and or the way they try and find out how each is doing.

In comes the mobile phone

As the sleek vehicles eat up the road, the gentlemen take out their mobiles and begin to chat and find out where they are in relation to each other.

> STOP PRESS SNOOKER FINALIST -Aftab M. Shariff also made

history at the Aga Khan Sports Centre Mombasa over the weekend.

In a practise game Aftab had a clear break of 100 on the dot (14 reds, 10 blacks,

This feat is a rarity in

With Aftab peaking at the

right moment he might be just the person to win the Aga Khan open snooker

final being played on Wednesday August 27th,

1 pink and 2 blues).

Mombasa.

The common cause of

The forced momentary loss of concentration on the road has led to bad accidents CoastDrive

with

PATRICK

**OBATH** 

orangs is when one tells the other that they are directly behind

where some have lost their

Kachumbari tells me of a specific incident.

Kachumbari was driving towards Nairobi from

It was early evening and he was in the section of road around Limuru.

There was a slow pick-up in front of his car that had caused a queue of cars to form behind as the opportunity to overtake was limited.

As an opportunity presented itself, Kachumbari looked in his wing mirror to check whether it was safe to overtake.

He was glad he did so.

There was a vehicle some distance behind that was approaching at a high speed.

The vehicle was already in the right hand lane poised to sall past the queue of vehicles that had formed behind Kachumbari's vehicle.

It went past the first few vehicles and as it approached Kachumbari's vehicle, anothe vehicle appeared going in the opposite direction.

Both drivers dimmed their lights and the driver heading towards Nairobi had to look

for a gap to squeeze into

he saw an apparent gap in front of Kachumbari's vehicle and headed for it a full speed.

What had appeared to be a gap was in fact the space occupied by the slow moving pick-up.

It had no rear lights and the headlights were so dim that only a snall could gainfully use the light provided.

The fast car glanced off the side of the pick-up causing it to keel over to the left.

The reason the pick-up went over so easily was that it was fully loaded with cabbages

only when he has these things.

and this shifted the gravity to a high poi

The cabbages scattered all over the road edge and into a neighbouring shamba.

The fast car continued forward and rammed into the back end of another vehicle that was in front of the pick

The front end collapsed from the impact and both cars ended up in the ditch.

The car was a Bimmer and the driver was one of the nouveau rich complete with mobile telephone and designer jeans.

The car was a write off after only five thousand kilometers on the clock.

As Kachumbari says, "haraka haraka haina baraka", whether it is the speed on the road or the speed of

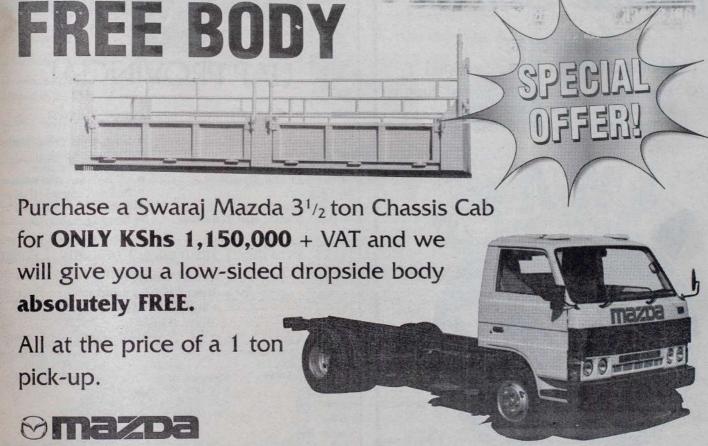
# Our heritage of Fait

On the other hand, if he uses his knowledge and understanding to scrutinise the deeds of others and count their failings, it is intellectual vanity which is highly ruinous for men of learning and scholarships".

The Maulana said: "A person feels relief on attaining a thing he desires For instance, if a person is fond of luxurious living, good food and expensive cloths, he cannot be happy without them, while if he likes to sit on a mat and eat simple food and wear a plain dress, he will feel comfortable

Hence, there is a great favour of the Lord on those who in emul example of the Holy Prophet, prefer to lead a plain and simple life, and feel grateful to the Lord for giving them the will and inclination to derive joy and comfort from things that are inexpensive and within the reach of everyone.

They would probably have felt uneasy and discontented all their lives had God made them fond of costly things which only the rich could afford".



# Combasa National Show

A SPECIAL REPORT ON THE PREMIERE AGRICULTURAL AND ECONOMIC SHOWCASE FOR THE KENYA COAST

ON BEHALF of the 1997 Mombasa Show Committee, I am pleased to warmly welcome our Guests, Esteemed Exhibitors, Supporters and Show. goers to the 1997 Mombasa National Show which opens its gates to the public from August 27th to 31st, 1997.

The show theme Utilize Local Resources for Development' is in line with the Government policy and therefore gives challenge to every Kenyan to exhaust scarce resources available to develop the Country.

Once again spare your valuable time and join us in learning new techniques to improve both Agricultural and Industrial production of our beloved country.

Please feel welcome !

The society has embarked on developments to improve the services which the exhibitors expect from us.

We have put up a wall along the perimeter fence and almost % of the work is completed.

completed.

This approach will guarantee exhibitors with permanent stands that the society is taking necessary security action and encourage others to invest

# KARIBUNI - WELCOME ALL



Capt. M. A. M. Hatimy

We appreciate the co-operation received from all concerned since my tenure started in 1995 and assure all that, together with my Committee and Staff, we have worked tirelessly to improve the Society better than we found it.

We appreciate the support received from the following donors and appeal to all to allocate funds for the show development.

Without their help the showground would not be what it is.

- 1. Kenya Ports Authority. 2. Municipal Council of

3. Bamburi Portland

4. Commissioner of Prisoners - Shimo Ia tewa.

5. Kenya Pipeline. 6. National Social Security

7. National Hospital Insurance Fund.

8. Coastal Bottlers.

9. Kenya Posts &

Telecommuni-cation Corporation.

10. Kenya Power & Lighting.

11. Kenya Railways and many more we'

We urge our esteemed exhibitors to ensure exhibitors to ensure continuity of participation and appeal to all to emulate Kenya Power & Lighting, G10's Disco, Nyali Landing Restaurant, K.K. Guards, Child Evangelism, KP&TC, CoastalBottlers by using the facilities available in the showground during off-show periods to enable us sustain the Branch without difficulties.

I also wish to assure all our exhibitors and show-

difficulties.

goers that the Society has solved showground water shortage by making water bore-holes to supplement the existing supply.

the existing supply.

Thank you and welcome to the 1997 Mombasa National Show where the Arena Committee has programmed thrilling events and the exhibitors have worked hard to display the best of interpretation of the theme. Capt. M. A. M. L. W. L

Capt. M. A. M. Hatimy . Branch / Show Chairman

# Long Live The President. Long Live The Government. Long Live Kenya,

ON MY own behalf and on behalf of the Councillors. Chief Officers and staff of the Mombasa **Municipal Council** wish to congratulate H. E. **President Daniel** Toroitich Arap Moi CGH, MP and Commander In-Chief of the



MAYOR MWIDANI

**Armed Forces** during the occasion of the official opening of this year's Mombasa National Show.

Kenyans have continued to enjoy peace and stability under the wise leadership of President Moi and we pray for his continued good health, strength

and God's given wisdom so that he continues leading this nation to greater heights of prosperity.

We pledge our total loyalty to the President, and the Government.

Long Live the President. Long Live the Covernment. Long Live Kenya.

Al-Haj Cilr. A.S. Mwidani, OGW - Mayer.

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Sohan Plaza P.O. Box 1231, Nyeri Tel: (0171) 4722 Fax: (0171) 2941

# TOMBASA NATIONAL

A SPECIAL REPORT ON THE PREMIERE AGRICULTURAL AND ECONOMIC SHOWCASE FOR THE KENYA COAST

Show Theme Is 'Utilise Local

NEHALF OF wreidence of ust Province, I mily welcome distors, didpants and ow goers to the M Hombasa S.K. Show. beshow opens its

be now opens its sta the public on and 27th to set 31st, 1997. atratively the
six divided into
cricts namelys
ti lanu, Kilifi,
bit/ Taveta, Taria
the newly
taind Districts,

wince has an ipopulation of people with an awth rate of 3.15 for this years lize local Dagree with me

Resources For Development' self sufficiency nationality and surplus for export through use of our own local resources.

The province is endowed with a rich diversity of natural resources which are yet to be fully utilized and exploited for the benefits of our people,

This diversity ranges from the high potential, medium potential, range lands and marineland.

This is consequently reflected in the wide range of food, industrial and horticultural crops.

However if more effort is put in by our residents the province cannot only be able to be self sufficient locally but also an exporter to other parts of the country and even abroad which will bring in foreign evolutions. in foreign exchanges to boost further development.

The show will be a show case of all economic activities undertaken in the province and other provinces and international exhibitors.

There will be various

### A.M.R.E.F. EXHIBIT



A.M.R.E.F. AT THE SHOW - The 'Flying Doctor Stand' at the Simbarite Exhibit will be providing free Mosquito Net Dipping Service.

displays in the stands i.e. latest technology in agriculture, livestock, commercial, manufacturing, and other

I am therefore appealing to you all and sundry to visit the show to learn something for yourselves.

I wish also to appeal to the coast farmers and other entrepreneurs and industrialists to step up production in all sector of the conomy.

This can be achieved by applying the appropriate technology and local resources as indicated in this year's theme.

The government is giving good incentives to investors to promote economic development.

internationally lowered to allow importation of machinery and equipment creation of export processing zones: exemption of taxes for agricultural imports etc. which are geared to boost production.

The government's efforts

should be appreciated by all economic players in coast province as they will enhance our economic growth.

The Kenya Coast is a popular tourist destination for both foreign and local tourists.

Being a major player in our economy I expect all those involved in the sector to effectively develop and at the same time market it both abroad and within to boost its growth and importance further.

The exablishment of the

The establishment of the Tourism Board shows the commitment of the Government in creating an enabling environment for the sector to grow and be sustainable.

Finally I wish to thank all those who have contributed their time resources and energies in ensuring that this year's Mombasa A.S.K. National Show is a success.

Welcome and Thank You. Timothy Sirma
Provincial Commissioner
Coast.

### Social offers at the Mombasa ASK Show Only at the KPTC stand

Recome to the Business Centre at KPTC Stand, and enjoy 50% discount on international call targes and many more offers such as:

- Sale of telephone instruments and other terminal equipment @ very competitive prices
- International phone calls @ less than Ksh 100 minute for destinations
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- s de of phone cards Free gift for every Ksh 1,000 worth of Phone Cards bought
- ( Sike of supplementary servives like Call waiting, Call Forwarding and many others
- A EMS items @10% discount

nited

- Advertising mail @ Ksh 2.00 and Ksh 1.00 per page for orders exceeding 20,000 pages
- Full Computerized Secretarial services including typing @Ksh 20.00 per A4 size page

Photocopy service @ Ksh 2.00 per page

Afree envelope for each stamp bought

see and many more are awaiting for you only at KPTC Business Centre.

Indu Fon will also be on the lookout for those using our pay phones.

hould win surprise items like Phone cards, Umbrellas, T-shirts and many more if spotted agour pay phones.

Karibu

KPTC Business centre.



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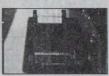


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#### The natural approach to Mt Kenya.

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 flyfishing 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. Vaturally, your first approach to the mountain is a call to Naro Moru River Lodge.



#### ALLIANCE HOTELS

Central Booking Office Nairobi 1st Floor, College House University Way, P O Box 49839, Nairobi, Kenya Telephone: 337501, 337508, 532825, 220149 Telex: 22591, Fax: 219212

#### Naro Moru River Lodge

P O Box 18, Naro Moru. Keriya Tel: 0176 - 62622, 62212 Telex: 30091 NAROGE Fax: 0176-62211

## Pierro Lunghi - New 'Executive Chef' At Pirates' Restaurant

RANT on the seafront at Bamburi has become a Gastronome's Paradise with the appointment of Pierro Lunghi as Executive Chef.

Pierro is a master of haute-cuisine as many in Mombasa already know for he was Executive Chef, International Casino Group in Nairobi and Mombasa for 3½ years which included La Terrazza Restaurant.

His 22 years experience in the hotel and catering industry, after completing his professional training in Italy, included 5-star establishments in Milan, USA, the Caribbean and Kenya.

An Italian section has just opened at Pirate's with 35item menu of Mediterranean cuisine, which include some tasty Lebanese dishes.

All pastas - Ravioli, Tagliatelle, Cannelon home made and absolutely Special Report by delicious

They melt in your mouth!

Very popular is Pierro's Crab Tagliatelle, also a vegetarian dish - Ravioli with Licotta (cheese) eggplant and

A special children's menu has been created with dishes being given amusing names as an appetite enhancer!



#### PIERRO LUNGHI

The restaurant has been refurbished.

Waiters have new uniforms and are receiving in-house

a popular water sports centre, while its Disco Nights on Friday and Saur Friday and Saur Friday the talk of the

Also luring them there is the great assortment of food which is offered until the early hours of the morning.

The disco starts after midnight and until then there is light music being played.

It is 'Family Day' on Sundays where mum, dad and children can romp together, with a variety of tasty Pizzas and BBQd food available.

BBOd food available.
Adding to the happy
ambience is Nabil Sansool
one of the most talented and
versatile musicians in Kenya.

The restaurant is open for dinner every day of the week from 7 p.m. to 11 p.m. with the exception of Tuesday when it

Pirates is open for lunch on Saturdays and Sundays only.





Signing on at 9.30 a.m. racing to start at 10.30 a Food & Drinks available all day Come along and watch a day's entertainment



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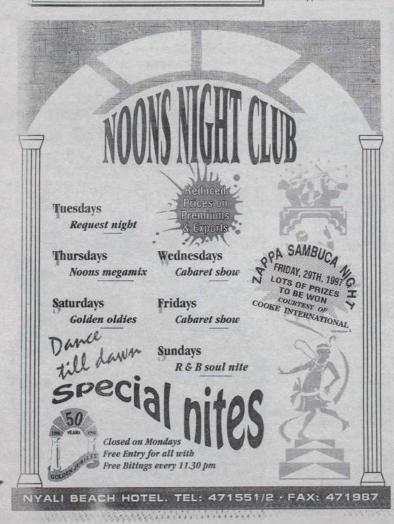
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# as Vegas kommt nach

ENTERNATIONAL o machte chte, als es am est als erstes ungslokal an nischen en Spielsalon m neuesten

of Technik ngsparty des Sists Saloon I

an der Küste. cher ein ganz

EO POKER

Mombasa!

offerierte den Gästen bereits Spieltische und Billardtische, ferner ein Feinschmeckerlokal

und einen großen und sicheren Parkplatz.

Von 12.30 bis 14.30 Uhr wird figich eine freies fittagsbuffet für Spieler sowie

Als Mitglied erhält man Ermäßigung im angegliederten Restaurant und kann viel Spaß an den Billardtischen und im Spielsalon erleben.

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DER MANAGER des International Casino Mombasa, Bob Sweeney, stellt die stattliche 'Batterie' von Spielautomaten vor im "Lucky Strike Slots Saloon", der diesen Monat eröffnet wurde

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# avfair Hotel in Nairobi wird Holiday Inn

das Maytair Hotel

Inn Mayfair Court heute heißt, wurde voviert und neu gemäß seinem sichen vollum-malsstandard der asprechen YE ASTA Holiday Inn in

m Sun Hotel Interests am 1. Oktober 1996 agement des Mayfair evations Corporation. auge verbrachte neur nit der Aufsicht de

Umgestaltung und Neueinrichtung dieses 4-Sterne Hotels.

Unter anderem wurden 60 der 170 Zimmer, die Restaurants, die öffentlichen Räume sowie der weitläufige Garten dahingehend verbessert, um einer höheren Kategorie zuzugehören.

Charakter dieses historischen Hotels, das ursprünglich 1940 erbaut wurde, ist jedoch beibehalten worden.

'Unser Hauptziel besteht darin gleichbleibend gute Qualität bezüglich Essen, Service, Unterkunft Freizeitgestaltungund Tagungsmöglichkeiten einer Internationalen, regionalen und lokalen Geschäftsweltsowie auch der Reiseindustrie zu bieten," sagte General Manager Adam



GORDON ODUNDO Stellvertretender General Manager

"Das Mayfair Court Hotel

vorzuzeigen, was ein Holiday Inn zu bieten hat."

Das Holiday Inn Mayfair Court Hotel hat Kshs 15 Millionen investiert in Personalausbildung in Kenia und Südafrika, um den höchsten Standard d Dienstleistungen zu erreichen.

Gordon Odundo, Stellvertretender General Manager, ist kürzlich aus Johannesburg, Südafrika, zurückgekehrt, nachdem er an der Hollday Inn Universität den General Manager Kurs absolviert hatte.

Wie Helder Pereira, Managii Director von Southern Sun Hotel Interests erklärte, erfreut sich das Hotel einer cutes Hotel einer guten Auslastung und wird von vielen Touristen unterwegs zu den Game Lodges und zur Küste wie auch von Mitgliedern internationaler Organisationen und Agenturen stets gerne besucht.

Alan Bernstein, Stellvertretender Verwaltungsrats-präsident von Conservations Corporation erwähnte, daß das Hotel nun von der internationalen Zugehörigkeit und jahrelangen Betriebserfahrung von Southern Sun Hotel Interests profitiers

\*Durch unsere Verbindung mit Southern Sun kommen wir in den Genuß gemeinsamer Geschäftserweiterungen in ganz Afrika, wobei sich beide Gruppen auf ihrem speziellen Gebiet bewähren

Holiday Inn Hotels sind auf den mittleren Geschäfts- und Reisemarkt ausgerichtet und bieten hervorragende, preisgünstige Leistungen.

# Das Nyali Beach Hotel gewinnt reis für den schönsten Garten

IN BEACH Hotel. fir seinen wunder-topischen Garten, Sieger hervor im itet zwischen n Block Hotelsas Outspan Hotel -weiten Platz.

M Naivasha Hotel

von unserem Korrespondenten d eine Ur das

vergibt, an dritter

a die medizinisch gsind, gewannen der Preisrichter, die nzen im Innern des

Achiel des Gartens und den Blumen überwältigt, de möchte nur sagen: Balter so!" sägte Mc. Carpenter, Managing

Director von Block Hotels, als er dem Gärtnert wohlverdienten Gärtnerteam Preis überreichte.

Seth Shirekuli, Manager für Reparaturen und Unterhalt des Nyali Beach Hotels, bemerkte nach der Preisverteilung, daß sein Teamin dem jährlich durch-geführten Wettbewerb alles daran setzen wird, um den Preis

für den Unterhalt des Gartens, einschließlich des Gemüsegartens, auch in Zukunft zu erhalten.

Wie Managing Director erklärte, begann dieses Programm 1995, um die wichtige Rolle, die die Gärtner für das Hotel spielen, klar hervorzuheben.

Zweifellos wurde die Block Hotels Gruppe dadurch ange spornt und entwickelte ein zunehmendes ökologisches Be-wußtsein gemäß dem internatio nalen Trend, vermehrt "Grüh

Die Hotels und Lodges werden bewertet nach dem schönsten Garten, aber auch nach der Kreativität wie zum Beispiel Springbrunnen, Teiche, Steingärten, Kaktusgärten und der-

Ein weiteres Kriterium ist die Gärtnerei und die Qualität der Topfpflanzen.

Letztere werden nach ihrem "Gesundheitszustand" bewertet.

Maßgebend sind auch die Rasen, die kein Unkraut enthalten dürfen und klar abgegrenzt sein sollen zu den Blumenrabatten, welche Be-dingungen das Nyali Beach Hotel tadellos erfüllte

Die Jury berücksichtigte auch die Blumenarrangements im Hause und schließlich den Betrieb, der bei niedrigsten Unterhalts-kosten die besten Resultate erzielte

Die anderen Hotels und Lodges, die sich an dem Wettbewerb beteiligt hatten, waren Keekorok Lodge in Masa Mara: Samburu Lodge und Larsens Camp, beide im Samburu Wildreservat; ferner Ol Tukal Lodge, Indian Ocean Beach Club In Diani, Landmark Hotel In Nairobi, Lake Baringo Club, Shimba Lodge und das berühhte Treetops in den Aberdares. Lodge, Indian Ocean Beach Club

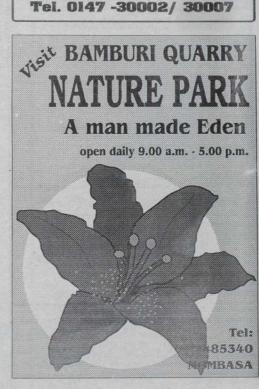
#### **AUBENQUARTIER**

Zu den Einrichtungen und Dienstleistungen im Holiday Inn Mayfair Court Hotel in Nairobi gehören ein Geschäftszentrum ein bestens ausgerüsteter He Club. Frisiersalon. Andenkenladen und Tagungsräume.

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Es wird angegliedert an Holidex, weltweite Buchungssystem von Holiday Inn.

Das Hotel liegt in Westlands einem vornehmen Außenquartier von Nahrobi, vod ist von Stadt entrumatis in kurzester Zeit



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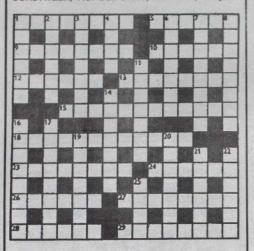
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hotels

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# The Indian Ocean Beach Club

EVERY THREE WEEKS 'Accommodation and Meals for Two for One Night either Shimba Lodge near the Shimba Hills Game Reserve, or The Indian Ocean Beach Club' on Diani Beach, will be awarded by BLOCK HOTELS to the winner. The next draw for the winning entry will be 3rd September, 1997. Completed Crosswords should be sent - 'Prize Crossword' COASTWEEK, P.O. Box 87270, Mombasa, Kenya.



CROSSWORD NO. 509

#### NAME..... ADDRESS.....

#### ACROSS

30

- 1. Hit and run [8]
- 5. Fly customer known to billiards players [6] 9. What Charles Reade got for his novel, we presume [4, 4]
- 10. Blackcloths in theatres are [6]
- 12. Hindu deity and a breed of bird [6] 13. Finely drawn [8]
- 15. Latest time for morning coffee ? [8, 4] 18. No sucker in Savile Row [7, 5]
- 23. Made from Geneva and it ? Yes and no [8]
- 24. A tissue, one hears [6] 26. A Spaniard is a good looking fellow [6]
- Grim overhead of the legal profession [5, 3]
- 28. Printer's obelisk with a footnote [6] 29. Cortina's by-product [4-4]
- DOWN:
- 1. Pukka chaps returning as a Scottish football team [6]
- Attractive conductor on radio and television [6]
- 3. Quite a point in mathematics [7]
- 4. Binding in one across [4]6. Hungry for a couple of gallons ? [7]
- It's a gift [8]
- 8. Programme of the meeting, though it could mean a wag of cours
- 11. There are brains behind this [7]
- 14. The lady with an altered passport endorsement is not straightforward [7]
- 16. Uniform type of flag [8] 17 At which all participating are gleeful [4-4]
- 19. Larger than 16 [7] 20. It's tailed off from the start [4, 3]
- 21. He foils others and is foiled in reverse [6]
- 22. Lucky pick-up, some imagine [3, 3]
- 25. Leaf mould in another form [4]

#### ANSWERS TO CROSSWORD NO. 508

ANSWERS TO CHOSSWORD NO. 506

ACROSS: 5. BIG BUG, 9. ROAD-WORK, 10. ABSOLVE, 11. BUGLE CALL,
12. LEGENDS, 13. BANDEAU, 14. THEIR, 16. HEROD, 17. OTHER, 20.

ENAMELS, 22. NEPTUNE, 23. SHORT-HORN, 24. IMPRINT, 25. PROVOKER,
26. LOSING.

DOWN: 1. DRY-BOB, 2. LAGGING THE PIPES, 3. SWEEPER, 4. TREASURE
CHEST, 6. INSIGHT, 7. BALANCE THE BOOKS, 8, GREASERS, 10. ALL
ABOVE BOARD, 15. HORNBILL, 18. REUNION, 19. TANTIVY, 21. SENTRY.

WINNER OF CROSSWORD NO.508 D. M. A. Case P. O. Box 1187, Naivasha.

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09.45 Stretch. TUESDAY &

THURSDAY 08.30: Step. 09.45 Stretch.

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Telex: 21126 Fax: 225003. E-mail: Coastwk@users.Africaonline.co.ke

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### ACKNOWLEDGEMENT



Late Mr. Sadrudin Karmali

Born: 20th January 1939 Died: 28th July 1997

Mrs. Ruksana Karmali and the family of Late Sadrudin Karmali wish to express their heartfelt gratitude and thanks to all those who assisted to ease the pain on the sad demise of their beloved and much loved Sadru.

We are very grateful to all our relatives, friends and well-wishers for their kind messages of sympathy and condolences conveyed either in person, by telegrams, letters or telephones and floral tributes.

Our special thanks to Alnoor and Nasreen Jivan, Dr. Kiran Shah and doctors and the staff of the Aga Khan

Sadly missed and dearly remembered by his wife Ruksana, mother, brothers, sisters, children and friends. Memories of his love, hardwork, care and encouragement give us hope and strength to endure each day.

May Allah rest his soul in eternal peace.

Ameen.

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### PRAKASH TAKES 4 **WICKETS**

IN A friendly game last Saturday, Patel SC recovered from an apparently lost cause to beat Mombasa Sports Club by 35 runs, writes DJW.

Batting first, Patels were restricted to four runs an over for most of their innings, with unusually subdued innings by Suresh (25) and Pradeep (42).

However, the last ten overs yielded 61 runs, to finish with a respectable total of 143 for 6 wickets.

With a reply of 90 for one wicket in the first eighteen overs, Sports Club seemed assured of cruising to an easy win.

However, two wickets in an over by Pradeep started a remarkable collapse.

Prakash took four wickets in three overs with his off-breaks and runs stopped flowing.

The end came in the penultimate over, when the hosts were bowled out for 107

Sanjay (38), Raju (23) and Vivek (18), six batsmen failed to score, an astonishing change of fortunes

REGULAR READERS of this column will be aware that the Union Castle Cup is currently being contested at Mombasa Yacht Club and that a brief mention of the origins of this trophy, which was presented to the Club by the Union Castle Line in 1934, was made here two weeks ago.

This prompted Lt. Cdr. Barry Mitchell, who has been connected with maritime matters in East Africa in a series of senior capacities for many years and who is himself a keen yachtsman, to reflect further to 'Sea Breeze' on the history of the Union Castle Shipping Line.

#### **PASSENGER** SERVICES

The Union Castle Union Steamship Company, to give it its full name, was formed prior to the First World War by the amalgamation of the Union Line and the Castle Linewhich enabled the newly formed company to operate mail and passenger services from Britain to South Africa and East Africa, and then back to Europe via the Suez Canal back to Europe via the Suez Canal and the Mediterranean.

This provided healthy competition for the British India Steam Navigation Company,

Of The Union Castle Cup had been operating a mail service from Adento Mombasasince 1895 as a feeder to its main services from Europe to India.

At the time of the presentation of the Union Castle Cup to Mombasa Yacht Club the Company operated a monthly mail and passenger service with the four-funnelled liners "Llanstephan Castle" and Llangibby Castle".

Llangibby Castle".

These venerable ships were, however, soon replaced and by the early fifties the newly built "Braemar Castle", "Rhodesian Castle" astle "were providing a fortnightly round Africa service for mail and passengers.

These five vessels were registered at 17,000 tons, were 556 feet long and cruised at 17 knots powered by twin steam turbines.

Cargo was carried on the "Tantallon Castle" and "Tintagel Castle" which were somewhat smaller and slightly slower, and with these five vessels the Union Castle was able to offer a Europe to Africa shipping service second

Sadly, competition from the air in the case of mail or passengers, and from other lines in the case of cargo proved to be too much for Union Castle and the Company closed in the mid sixtles.

Barry Mitchell On History

The Company's remaining vessels were sold to Safmarine and its Mombasa office at the bottom of Moi Avenue, next to the Missions to Seamenwas also sold.

This building originally housed the Union Castle bachelor's mess

and tradition has it that the culmination of parties in this mess was to bombard the BI

company mess, located on the opposite side of Moi Avenue, with beer bottles - empty of course!

This building was subsequently home to several other Firms including Lesley and Anderson, Dodwell East Africa and its present occupant Inchcape.

occupant Inchappe.

The Yacht Club's Union Castle
Cup is probably now the only
tangible link with the sixty years
history of this shipping line in
Mombasa and it is good that such
a link should be preserved and
good also that Barry Mitchell was
able to add historical fissh to the

able to add historic bars of the story.

The last two Union Caste Cornects were contested on Surd in a very brisk wind which provide to be too much for two of a competitors in the first race.

Jason Hurst and Dan Savage, and Stephen Wickh and Ashley Savage

Sailing Notes by

Sea Breeze

were neck and neck all round to course but Andy lust managed cross the line in front own on the seconds only.

three seconds only.
Jason, Stephen, Ashley and I on holiday Mombasa's vary popular Sh. Beach Hotel and while Ashley Daniel were complete novices sailing Jason and Stephen servicing Royal Naval person servicing Royal Royal Person servicing Royal Royal

As such they obviously could afford to give the weather best that they teamed up to sal Am in the second race which a completed in grand style.

On unfamiliar water they we however, unable to be "Nyekundu" and "Black Mar with the latter taking the hose on the water although being be by "Nyekundu" on handcap

by "Wekundu" on hardcap
The overall winner of the 19
Union Castle Cup was hus an
Burnard sailing "Newund" u
Phil Jones in "Black Mage"
econd place and Self Palm
"Equalaser" a rather destant
due to his not having compel
the same boat in all the race

# United Insurance And Sharp Electronics

A BUSY weekend of golf commenced on Priday after-noon at Nyali Golf and Country Club with the second United Insurance Golf day.

With ideal weather conditions and the course playing well, there was a good entry of sixty-five members and twelve guests and there were plenty of excellent scores

Proving that handicaps make all players equal, the prizes were evenly distributed between high and low handicappers.

Caleb Wasonga has recently

Golf News by

been away and returned to Nyali to find he was benefiting from a two stroke increase in handicap.

Follow Thru He took full advantage of this and played a superb round scoring forty points to win the 1997 United Insurance day.

Caleb started very well to score an unbeatable 22 points on the first nine and this he followed with a steady 18 on the back nine

Vishnu Dhutia and Vimal Patel. who both play off 8 handicap, had impressive rounds of 76 gross scoring 38 points.

Winning the countback to take the runner up prize was Vishnu who had a very good 20 points on the second nine.

Vimal took the third prize with two evenly balanced nines of 19

Mahendra Patel was in fourth place on a very good 37 points

Ben Okello, who was fifth, played effortlessly to score 36 points (17/19) and won a countback with Ricky Shah who was sixth on the same score (

The seventh prize went to the Lady Vice-Captain Pia Swatton who had a good score of 35

Amongst the guests, the winnerwas K. Waruru on a good score of 31 points (12/19). The runner up on countback was S. Kinuthia also 31 (15/16).

Third prize went to J.M. Wachuri who returned 30 points.

United Insurance was represented by the Coast Regional Manager Mr. Ole Nkoyo

# - Sponsors At Nyali

and the Public Relations Assistant Miss Jane Muthuma.

Mr. Nkoyo welcomed all the participants and thanked Nyali for their support in hosting the

Mr. Nkoyo conveyed the best wishes of the Managing Director who was not able to be present and he promised that United Insurance would spensor a competition in 1998.

United surance were very generous hosts, each player receiving a golf shirt and, after play, en-joying tea,

cocktails and bitings

THE POPULAR Sharp Electronics golf competition attracted a huge field of 110 players including eleven guests last Saturday at Nyali Golf and Country Club.

The course was awash with blue and red golf shirts kindly donated to the players as well as being worn by the numerous members of staff from Sharp Electronics.

The competition was in two sessions, morning and afternoon, which resulted in a much better flow of play. It was

ball beginning to run again there were plenty of good scores, the higher handicaps profitting the most from the conditions.

Two players tied on a very good score of 37 points, and, with a fantastic second nine of 23 points, the winner was Allhussein Namajee whose countback was unbeatable.

The runner up was Perviz Barnsley who had two much more evenly balanced nines of

Four players followed on 36 points and in third place was Kinuthia Gicheru who also had a super back nine of 22 points

For the second day Vishnu Dhutta played a very good round and is obviously happy with his handicap of eight. Vishnu was fourth with identical nines of 18 points. Fifth prize went to another lady

golfer Maggle Weissenberger also 18/18, and sixth prize was won by three handicapper Musa Odada who played the first nine very well scoring 20 points.

The guest winner was S. Kinuthia who returned a good score of 33 points and the runner up M. Githaiga had 27 points.

There were two subsidiary prizes, the longest drive on the seventh holebeing won by Musa

Odada although closely challenged by long-hitting Alice Mahihu.

The tee shot nearest the pin on the eighteenth hole went to

The Marketing Manager of Sharp Electronics Mr. Alan Gray thanked all those who had supported the competition and apologised on behalf of the Managing Director, Stephen Mbugua, who was not able to attend.

Sharp Electronics were also represented by Mr. Joseph Kahora, the Mombasa Branch Manager, and Mr. Cyrus Kamunge, the Financial Director from Nairobi.

#### FULL RESULTS

UNITED INSURANCE GOLF NYALI Winner: C. Wasonga 40 points, Runner Up: V. Dhutia 38, Third: Vimal Patel 38, Fourth; M. Patel 37, Fifth: B. Okello 36, Sixth: Ricky Shah 36, Seventh: Mrs. P. Swatton, Best Guest: K. Waruru 31, Runner Up: S. Kinuthia 31, Third: J.M. Wachuri

SHARP ELECTRONICS GOLF SHARP ELECTRONICS GOLF DAY-NYALIWinner: A. Namajee 37 points, Runner Up: Mrs. P. Barnsley 37, Third: K. Gicheru 36, Fourth: V. Dhutia 36, Fith: Mrs. M. Weissenberger 36, Sixth: M. Odada 36, Guest Winner: S. Kinuthia 33, Runner Up: M. Githaiga 27

MONTHLY MU The third Monthly Mug race August was sailed on Wednes August was sailed on Wednes in light conditions and resulted win for Barry Mitchell and To Armitage in "Malanta" with Abia Taibali in "Jasir" second and Si Khan in "Naughty Potato" in

This trio was followed in order finishing by Phil Jones in "Black Magic", Kadir Khan in "For Loxy", Dave Farr in "Armilia" a Kalim Hassanali in "Meteorit

Kalim was assisted by Sa Saeed, a visitor from Canada, Moosilim Noorani making welcome return to the sailingson after too long an absence

The third and fourth races for Weddebowl trophy for Las which should have been sa concurrently with the Union Ca Cup races on Sunday, could be sailed because there was one Laser entrant in these to and it is a Club rule that at leas boats are required to constitute valid race fleet.

postponed to a future conver

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SEEM A WHOLE
LOT EASIER.

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# KING EDWARD VIII' CRICKET

a A mid-week friendly game against King Edward VIII School from stans St. Annes, England, Mombasa Sports emerged as winners to suckets, writes D.W.

wickets, writes DJW.

specified a slow wicket, both sides struggled for runs. The Lancashire paydon a slow wicket, both sides struggled for runs. The Lancashire with only one day to adapt to the Mombasa climate, lost early structure of the specified by a structure of the struct

seed 68.

Some Pradeep Patel took 2 for 11 in ten overs and Vivek Mehta some Pradeep Patel took 2 for 11 in ten overs and Vivek Mehta some Intervention to the 47th depotent two wickets, as the visitors were dismissed for 142 in the 47th depotent two will be a seven wickets are in tell 5 sport an attacking knock of 28 by Pradeep swung the game sarus, before an attacking knock of 28 by Pradeep swung the game to their favour.

The lief of the day was Dipesh Chudasama, who scored a responsible The lief of the day was Dipesh Chudasama, who scored a responsible to duil aided by Sunil, to ease the score past the target with eight to duil aided by Sunil, to ease the score past the target with eight tables down. The game was well contested and played in a good spirit.

FINAL C.C.A.	LE	4 <i>GUI</i>	E ST	4 <i>NDI</i>	NGS
TEAM	P	W	L	D	PTS
WIFERY S.C.	8	8			146
SURHANI S.C.	8	6	2		120
MSA SPORTS	8	4	4	F 140	94
UNION CRICKETERS	8	2	6		65
BURHANIYA	8	-	8		19

# DOUBLE FIGURE SCORES

N THE last match of the CCA septe, Mombasa Sports Club and Union Cricketers Club by 67

won the toss Mombasa wird won the toss Mombasa was Cub went to bat and only wash C (32 runs), Shakil V. (13 13 Suni C (14 runs), Zuher L urs) and Jai K (13 runs) washouble figures to reach a wre of 166 runs for the loss

nuket takers for Union conwere Zameer P. 32/3, 1 u S/2, Muntazir 33/2, Ali K

redy thion could manage to one only struns with Imran N 29russ Zahr W (7 runs) Zameer to (14 runs) reaching double

ONDIETING

STEPEOPLE think that years adding have ruined their metodsm, not any Canadian

to dip ten Calorie tes restricted, it is not a

maken prenomenon.

le study which was

sisted in the journal of the

what Dietetic Association,

mared the measured and

what Resting Metabolic

and over 52 overweight

may with a history of dieting

wight fluctuation.

average most had been inforabout 18 years, were whay with below average as levels and had lost and

ned 10 or more pounds at three times in the past five

R was predicted using the n Equation and measured 10xygenconsumption and an Dioxide production.

ere was virtually no rence between the two

conclusion that dieting a conclusion that dieting a does not permanently the RMR confirms the lings of several other ouswellcontrolled studies.

ere are many factor's lencing one's RMR,

ment phenomenon.

searchers

twhile RMR is

BodyWise by

The Union team was dismissed by Zuher L 35/5 and Rajesh Chudasama 29/4.

This week the Steel Africa sponsored Saturday Knock-out will start.

Nine teams have confirmed participation.

participation.

The teams are Jaffery Sports Club, Burhani Sports Club, Patel Sports Club, Coast Gymkhana, Shree Cutchi Leva Sports Club, Union Cricketers 'A', Union Cricketers 'B' and Burhaniya Sec.

Two matches are to be played this Saturday while the quarters will be on 6/09/97.

The fixtures are as follows:

30/8/97 - Burhaniya vs. Union B - Burhani Sports Club; Coast Gymkhana vs. MSC - Msa Sports

06/09/97 - Jaffery Sports vs. Union A - Jaffery Sports Club, Winners of Burhaniya vs. Union B vs. Cutchi Leva-Coast Gymkhar Patel Sports Club vs. Burha Sports - Burhani Sports Club.

making it more difficult to achieve permanent

weight loss.

DON'T BLAME R. M. R.

including Genetics, age, gender, Hormone levels and body composition. Clearly a loss of metabolically

which often accompanies weight lose through through diet will result in a re-duction in RMR,

Besthandicap winner was Tony

Best junior was Daniele Bonanno with 16 points followed

# "Hole-In-One" For Mustafa Yusufali

THE MWANGI Coffee/ Zubedi THE MWANG COREY ZUDEGI Brothers Golf competition, held last Sunday at Mombasa Golf Club, produced some excellent scores and a Hole in One.

The event was made very social with a Four Ball better Ball format and the participants were able to form their own Four Balls and select tee off times.

Entries were open to all the three Coast Golf Clubs and play

spread over the afternoon session amidst strong winds and very fast greens which caused a few problems. This format

a I w a y s produces high scores and despite trying conditions, the target had to be a score in the

Golf News by

Winning on a superb score of
46 points were
48 Hanif Walli and
Parag Patel
with four
birdles on their
card.
They seemed

They scored 22 points on the first nine and played even better on the homeward nine, returning 24 points.

There was a three way countbackfor the remaining two positions on the winners board on a score of 44 points.

on a score or 44 points.
Gulam Khaku and Mustafa
Yusufali were the Runners Up
with an unbeatable tally of 25
points on the back nine.

Four of these came from Mustafa's ace on the 12th, an impeccable shot with a nine iron that landed on the green and went in the cup.

Ahmed Kanji and young Amish Patel were third with two steady nines of 22 points each.

Judging from Amish's contribution to the total, he should be coming down quite rapidly from his present handicap of 28.

Douglas Muteru and Kishor Chohan were unfortunately



Mr. Mustafa Yusufa Mr. Mustata Yusurali, Who scored a Hole in One at Mombasa Golf. Club on the 12th using a nine iron. Mr. Yusufali dispensed with the tradition of drinks all round and presented a handsome contribu-tion to the Club instead.

This was his second Hole in One.

edged out of the prize winning

"I shall promise to sponsor "I shall promise to sponsor this tournament and support the game of Golf as long as I live" pledged Mr. Abdalla Zubedi, the Chairman of Zubedi Brothers to large applause at the Prize Giving ceremony.

Mr. Zubedi's philanthropic activities are well known in Mombasa and beyond.

Once again, as in all the years

Once again, as in all the years that Mwangi Coffee Golf Competition has been played, he personally handed gifts to the caddies, a gesture that speaks volumes of his personality so admired by his friends at Mombasa Golf Club

# A.V.A. SPONSOR JUNIOR GOLF by Neel Patel on 14 points. The Lady Captain thanked members of her Ladies Section who played with the juniors and a special prize for them was won by Sahida Sheikh on 20-points.

Best junior 12 and under-Anand Thaker 11 points followed by Rajiv Thaker on eight points. There was even a 'best trier's

prize which was won by Aamir Sheikh who will tell you his score when he sees you!

Mwangi Coffee / Zubedi Brothers Golf Competition winners Parag Patel

(left) and Hanif Walli (right) seen with Mr. Abdalla Zubedi, Chairman Zubedi Brothers (second right) and Mr. Gulam Khaku, Vice Captain, Mombasa Golf Club.

ALL THROUGH the summer holidays the juniors have been having weekly competitions organised by the Ladies Section of Nyali Golf Club and golf clinics with the Club's professional Saleem Haii Saleem Haji.

Last Tuesday, 25 young golfers played in the final Grand Junior competition sponsored very kindly by AVA

There were several prize categories hotly contested for and the spirit and enthusiasm of the juniors was fantastic.

Juniors was fantastic.

Mr. Peter Hughes, Managing
Director of AVA was greeted with
loud cheers when he said his
Company encouraged Junior sport
and would be happy to sponsor
the event again during the
Christmas Holidays.

The golfers were also lucky enough to be given a golf cap kindly sponsored by *Coastweek* and a card holder given by Sharp.

Only two players had valid handloaps - the rest were 'given' handloaps,

Overall winner with a very good score of 21 points was Aleem Sheikh who promises to be a good goffer and says he will try to have a valid handicap for his Christmas holiday competitions!

Lithimbi on a very good score of

# AAARRGGH!

All in all a lively spirited mornings golf with lots of potential great

young golfers.

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PRIZE WINNERS - Front line (from left): Anand Thaker, Neel Patel and Aamir Sheikh. Back row (from left): Rajiv Thaker, A.V.A. sponsor Peter Hughes, Tony Lithimbi, Aleem Sheikh and Daniele Bonano.

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G.P.O. REGISTERED NEWSPAPER

MOMBASA, Aug. 29, 1997 - Sep. 04, 1997

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# **Inrise Clash With Bayern**

TOMORROW DETERMINED Sunrise FC will continue with their struggle to clinch the Coast Super League Title when they play Bayern FC at the Mombasa Municipal Stadium - kick off at 4.30 p.m.

Sunrise Patron Uncle Soud Machela flanked by his coach player Mohammed Ridha informed Coastweek that their boys are determined to flight to their last breath towin the coast super league to which they were promoted this season.

The team coach Mohammed Ridha is a former National Youth International who represented the country in many assignments.

This year Sunrise played in the Mombasa district Madaraka Day Cup with Soweto FC-This very entertaining match which got abandoned in the dyeing minutes due to interruption by exceptions.

by spectators.

Presently Sunrise are 2nd on the coast super league standing table with 47 points having played 17 matches and they have 7 more matches to play.

Table leaders Young Rovers have 51 points from 17 matches

Sunrise hope is based on the strength of the 7 teams they are yet to play in that their superiors Young Rovers are scheduled to play more stronger and competitive team than theirs. team than theirs

Uncle Machela expressed appreciation to Sea Bulk Company who are sponsoring the team and appealed to the company for more assistance due to performance by the club. to good

The Minister for Agriculture Mr

MOMBASA, Aug. 29 - Sep. 04, 1997

FRIDAY High Water - 2.4 m. at 02.13 hrs. (2.13 a.m.) and 2.9

m. at 14.27 hrs. (2.27p.m.). Low Water - 1.1 m. at 07.59 hrs. (7.59 a.m.) and 0.8 m. at 20.46 hrs. (8.46 p.m.).

SATURDAY High Water - 2.6 m. at 03.00 hrs. (3.00 a.m.) and 3.0 m at 15.11 hrs (3.11 p.m.). Low Water - 0.9 m. at 08.48 hrs. (8.48 a.m.) and 0.7 m at 21.22 hrs (9.22 p.m.).

SUNDAY High Water - 2.9 m at 03.36 hrs (3.36 a.m) and 3.2

m at 15.47 hrs (3.47 p.m.). Low Water - 0.7 m. at 09.27 hrs. (9.27 a.m.) and 0.5 m at 21.52 hrs (9.52 p.m.).

MONDAY High Water - 3.3 m. at 04.06 hrs (4.06 a.m.) and 3.3

m. at 16.17 hrs (4.17 p.m.). Low Water - 0.5 m. at 10.00 hrs. (10.00 a.m.) and 0.4 m. at 22.20 hrs. (10.20 p.m.).

TUESDAY High Water - 3.3 m. at 04.34 hrs. (4.34 a.m.) and

3.3 m at 16.45 hrs (4.45 p.m.). Low Water - 0.4 m. at 10.29 hrs. (10.29 a.m.) and 0.3 m. at 22.47 hrs. (10.47 p.m.).

WEDNESDAY High Water - 3.3 m. at 05.01 hrs. (5.01 a.m.) and

3.3 m at 17.12 hrs (5.12 p.m.). Low Water - 0.4 m. at 10.57 hrs. (10.57 a.m.) and 0.3 m at 23.13 hrs (11.13 p.m.).

THU: SDAY High Water - 3.3 m. at 05.27 hrs. (5.27 a.m.) and

3.3 m, at 17.39 hrs. (5.39 p.m.). Low Water - 0.4 m, at 11.24 hrs. (11.24 p.m.) and 0.3 m, at 23.39 hrs. (11.39 p.m.).

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

Darius Mbela will tomorrow officially close the Taita Taveta referees course in Wundanyi.

The course running from August 26th to August 30th was organised by the coast KFF in conjunction with the Taita Taveta KFF Sub

According to the coast branch KFF chairman Mr. Awadh Oshan the Minister Mr. D. Mbela has

with SERA 

already been requested to officiate at the course closing function as Chief Guest

KFF Coast Branch has decided to organise refereeing courses in all its sub branches in a bid to uplift the standard of officiating in the coast province.

A very successful course conducted in Mombasa district last

After the Taita Taveta course FF will move on to organise

courses on refereeing in Kwale, Kilifi, Malindi, Lamu and Tana

Michael Miyonga the KFF Coast Executive officer, Mr. John Ongale the secretary to the coast referees committee will facilitate at the Wundanyi course.

Everybody concurs with KFF that pumpingyouthful personnel in the soccer officiating sector will improve the game and eliminate match

abandonment

Mr. Al-Had Hatimy the coast branch referees appointment committee chairman is very worried of the number of the referees who have gone beyond the FIFA age limit of 45 years in Coast province and he stressed the need for KFF to train youthful people to take over from them when they

The just ended Said Hemed Cup saw Kenya's ex-ambassador to Saudi Arabia donate trophies to the winning teams.

Ontop of the trophies Mr. Hemed gave out Kshs. 10,000/- to the gave out Kshs. 10,000/- to the winners of the tournament Kongowea FC, Kshs. 5,000/- to Manchester FC who were runners

The third runners up Cannon

Rangers FC received a cash prize of Kshs. 2,500/-.

At the awarding ceremony the chairman KFF coast branch expressed the need for sponsors to come out and fully support the game of soccer which is popular to the coast residents.

The Mombasa Combined Team will leave for Dar-Es-Salaam on the September 4th, 1997 by road through Tanga.

In Dar-Es-Salaam the team will play Yanga FC, Simba Sports Club and Shangwe FC.

According to the team sponsor Mr. Idha Mbarak who was flanked by his coach Khamis Zuza the team will play against Coast Union FC in Tanga on their way back to

#### **LEAGUEFIXTURES**

Today 29/8/97 - Black Panther s. Whitesands - Mombasa

Stadium.

Saturday 30/8/97 - Mackenzie
vs. Brazīl - Police ground; Alliance
FC vs. Burnley - Ukunda.

Sunday 31/8/97 - Y. Rovers vs.
Kitete - Mombasa Stadium; Gorilla
FC vs. Nacet - Police ground;
Golden Stars FCvs. Western Stars
Repebel - Simba E Cvs. V. Libati Baobab; Simba FC vs. Libati Heroes - Ukunda.

# M.S.C. MEET ULINZ IN NAIROBI FINA

MOMBASA DEFEATED Ulinzi of Nairobi by a narrow margin of 14 - 10 this weekend.

It was a hard game for both teams as they tried to move away from the relegation line.

Mombasa who played poorly in the first half of the season vindicated themselves by winning all their return leg

M.S.C. and Ulinzi will meet againthis weekend in Nairobi to play the final match of the season at the K.R.F.U.E.A. grounds at 3.00 This match was

not played in the first half due to the fixture changes.

This match will be a curtain raiser to the Kenya vs. Uganda match to be played at the same

In other Rugby news, Nondies of Nairobi outplayed Harlequins to live the 1997 Kenya Cup.

Nondies played a superb game with Tolbert Onyango (the scrum half) linking the backs to the forwards well throughout the game.

Quins had themselves to blame as the forwards produced good ball only for the backs to loose it as a result of poor ball

Quins could have many occasions, however, the many occasions, and it is most occasions, is clatted by the mobile Nondies loose lowers.

The fence had some part to play in the Nondies winas they came out in draws to support the White Shirts.

the White Shirts.

All teams (E.S.S.) that came be watch the match appeared to support Nondies and they are enough vocal support to support to the support by a count of the support by a count by a c

Rugby Report by

Impala opted not to travel to Nakuru so that they could dies against their neighbourn
With

With the final whistle, the peach was flooded with Nonder supporters who celebrated in ng time at the Harlequin

# DINNER

In other news, the M.S.C. Rugby Section will host the Annual Dinner Dance on September 6th at the Carnival Restaurant.

Tickets are available at the Club at a price of Kshs, 660-per

# WAP

be holding the Third Round of this year's Time Trial Championships on Sunday August 31 1997

THE MOMBASA Motor Club will

The first round was held at Jackie Paul's home at Mtwapa, the second round was held on the road leading to the beautiful Chale Island Paradise and the third round due to its popularity will be once again held at Jackie Paul's in Mtwapa.

This venue is very easy to find: Go over the Mtwapa Bridge, go through the village and take a right turn down towards

Follow the road, (beware of

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**Jumba Ruins** 

the two speed bumps by the school) take a left turn and Time

Trial Track is immediately on This venue proved to be very popular with both drivers and the spectators. The drivers found the track

fast and challenging and the spectators had good views of all the action and also lots of shade! Time Trial are fun.

If you have never entered before why not come along on Sunday and just have a go?

I know we cannot all be as fast as Mark Jennings or Vickey Horsey - but even they had to start somewhere!

Signing on is from 10.00 a.m. on Sunday August 31 and racing will begin at 11 a.m.

Food and refreshments will be available.

#### BRIDGE RESULTS

RESULTS OF the Duplicate Bridge played at L.T.C. on Monday August 25, 1997.

Shah and B. Babla 142; M. Sawjani and R. Ruparella 135; A. Rainsford and L. Phillips 110; Mr. and Mrs. Hanegraaf 107; S. Shah and S. Shah 101; S. Sule and P. Basole 100; A. Shah and H. Malde 95; Mr. and Mrs. N. Shah 93: M. Dhanani and D. Shah

J. Babla and M. Shah 152; Dr. J.

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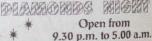
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9.30 p.m. to 5.00 a.m.

