

April May 2005



Ituah O.
Jerome,
Sports
Representative

REPORT FOR SPORTS DURING THE SECOND SEMESTER 2004/2005 ACADEMIC SESSION.

Someone asked me if I ever had a motto for the Sports Day. My quick response was yes. I had the same motto for Sports during the entire year. It was simply: "Bringing Tangaza out in the field of Sports". Looking back, I think this summarizes all the sporting events during the entire year.

At the beginning of the second semester, there were a lot of uncertainties due to finance.

VOLLEYBALL/BASKETBALL TOURNAMENT

A total of twelve teams from 16 religious communities participated in the volleyball tournament. A total of seven teams from 10 religious communities, including a lay team, participated in the Basketball tournament. Carmelites emerged the winners of this year's volleyball tournament. Salesians emerged winners in the Basketball tournament.

VOLLEYBALL COURT

To enhance adequate training and to encourage more participation, and with the help especially of the DPSL, we constructed a volleyball court within the school premises.

CUEA ANNUAL SPORTS FESTIVAL (12TH AND 13TH FEBRUARY 2005)

Tangaza College was represented at the CUEA annual sports festival. There was an improvement in the participation this year. We presented teams in football, volleyball, basketball and karate. There was also a candidate for cross-country. At the end of the event we won two medals in karate



TANGAZA UPDATE

SPORTS DAY (26TH FEBRUARY 2005)

through the ability of two sisters – Catherine and Rufine.

Despite the very slim budget, we were able to cater for all the participants both in terms of registration and feeding.

The idea of sports day did meet with so many challenges from the very beginning.

Sponsorship – to meet the financial implications, it was obvious that we needed some external aids. With the help of one of the committees, we ventured into sponsorship drive. This yielded positive results. We realized the total sum of Ksh 28,000.00, our highest donor being NIC bank. We also got donations of footballs, basketballs, two tents, banner and a drastic reduction in the prizes of trophies from the Nairobi Sports House. The Hardy Police Station gave us the needed security at no cost. We got the certificates at reduced prizes.



Most of these donations were received with the help of the Personnel and the General Committee on the Sports Day. When it still became obvious that we needed some money to cater for lunch for all our participants and officials, the College Administration gave the sum of Ksh. 15,000.00.

T-Shirts – one major shocking and exciting breakthrough was the production of Tangaza Sports Day T-shirts.

PARTICIPATION

Internal: the participation of the students was quite encouraging. We had two male football teams, male and female volleyball teams, a male basketball team and several individual students in the indoor games.

External: we had a total of six guest schools – these include Kenyatta University, Strathmore University, CUEA, Hekima College, Marist International, and Apostles of Jesus Seminary.

Officiating: we got the services of the referees from the Kenya Football Federation (KFF) and the Kenya Volleyball Federation (KVF). The Kenya Basketball Federation (KBF) could not honour our invitation due to some other commitments.

ACCOUNTS: at the beginning of the Semester, we had the sum of Ksh. 33,000.00 balance in the sports account. However, we raised Ksh. 46,150.00 from both sponsorship and registration on the Sports Day and received the sum of Ksh. 15,000.00 from the College, as a way of supporting the sports day. This brought the total income for the semester to Ksh. 93,650.00. We spent the total sum of Ksh. 17,305.00 for the CUEA Annual Sports Festival and the sum of Ksh. 83,915.00 for the Sports Day. Our total expenditure ran into Ksh. 101,220.00.

APPRECIATION

It would be unjust to conclude this report without giving honor to those who deserve it. I wish to thank the College council and Academic Board for approving and supporting all our events during the year. It is now obvious that the college is not only seeing the importance of sports, but also the need to give adequate support. I wish to thank the DPSL for all her advice and support. I thank the Personnel who was ever willing to help make the necessary contacts towards ensuring that we get sponsors. My special thanks go to the Sports Committee who worked with me tirelessly throughout the entire year. I thank also the Sports Day Committee and Sub-Committees who made the sports day a huge success. I extend my thanks to all our donors and sponsors throughout the year. To all Tangaza Students, I say "Asanteni sana!" You made the year a success through your participation in the various events. I wish hope that the same spirit continues in the coming year and every other year.

[For a full report including the evaluations, recommendations and proposals, you can visit our web site – www.tangaza.org]



How healthy are the Celphones

Adapted from Health matters.com By Nyokabi Josephine.

Now that nearly every individual above the age of 15 in Kenya elsewhere has the privilege of owning or at least using a cell phone, I think it is about time for an assessment of this popular telecom device.

A study carried out by scientists at Australia's University of Queensland revealed that people who chat on their mobile phone while walking could be hurting their backs. They say the human body is designed to exhale when our feet touch the ground. This helps to protect the spine from sudden jolts. However, taking and walking at the same time disrupts this breathing pattern, leaving the spine exposed.

People using cell phones while driving are four times more likely to have an accident, according to statistic recently released by a Canadian-based research team.

Another scientist, George Carlo of the wireless Technology Research Group in Washington carried out research on rats and found that cell phone – use could lead to genetic damage, which some argue, could lead to cancer. He says another small study of humans showed an increased tendency of tumours among cell phone users.

Carlo reported his findings to the cell phone industries and recommended that the public be warned. However, when the

industries found that the research group had findings of genetic damage and increasing risk of cancer in human beings, they completely cut off the money meant for the research, which they had been donating. Carlo's studies were shelved – and so was he. He's now trying to apply a little scientific research to the game of golf.

Indeed, there is no doubt that use of cell phones while driving as contributed to a rise in the number of reckless accidents in the world today. The danger of car-cell phone use include loss of concentration, reduced competence as a drivers try to drive with only one hand on the wheel and reduced visibility while holding the phone to the ear.

Drivers often fail to indicate a change of direction because the hand usually used to give a signal is holding the cell phone. Others simply take the remaining hand off the wheel to indicate which direction they are heading leaving the car rudderless for a few perilous seconds.

Perhaps realizing the dangers, many people slow down when talking on a cell phone, but this can be dangerous too because this sudden halt can disrupt the driver behind thereby causing an accident.

Nevertheless, technology has proved effective with the introduction of the hands –Free Car Kits because as the name

suggests, they are “hands free” so they do not interfere with the drivers' mobility or visibility. However, there is one aspect that is really affected – the drivers' concentration – a very important factor in driving. This could result in reckless driving.

To give an example of how brutal cell phones can be, take a look at some of the cell phone-related accidents. An employee on an offshore drilling rig received second degree burns the moment he answered his cell phone. Another man suffered injuries when fumes ignited as he was talking on his mobile phone while pumping gas.

There's enough power contained in a standard cell phone to spark an explosion if you're in the immediate vicinity of volatile fumes. Many warn of the danger in their user handbooks, which many users rarely read.

To protect yourself and those around you, turn off your cell phone before entering any area with a potentially explosive atmosphere, such as gas or coal storage facilities, petrol service stations, and areas below deck on boats. So next time you go fueling at service station, ensure your car is switched off and you do not answer or make any calls using your cell phone, you could just be the next victim of a “cell-death!”

Off to the land where Pigeons fly orally

Your cultural window

Tangaza College is known for its myriad representation of nationals from different continents, I thought it would be just, to highlight some if not all of these nationals through, “Your Cultural Window”. So, next time you see me approaching you or request you for an interview, chances are you might be 90% if not 100% right. After all, who is the best to tell you about a country than its nationals? For a clearer picture, I would use world resource books as additional reference points.

Now that I have whetted your appetite, I hope you are all set because here we go to a country west of Africa...

Welcome to the Federal Republic of Nigeria,

where the Hamarttan dry winds blow; plateaus are scenic; grasslands carpet the terrain and river tributaries water the land. With a population of over 120 Million (2002) and steadily rising, and over 250 ethnic groups, one then becomes enlight-

ened that it's not only the land of the Igbo, the Yoruba and the Hausa. The official language spoken in Nigeria is not the famous ‘Pigeon English’ but amazingly it is pure English.

So I set out to inquire why Nigerians quite often use Pidgin English more than the National Pure English.

I asked Sister Osih (from the Ika ethnic group) and Sister Vivian (from the Tiv ethnic group, Nigeria) why they use Pidgin English ubiquitously. Before they could answer, they stopped me on my tracks to correct me that, “It's not only Nigerians who use it, (referring to Pidgin English) but also people of countries from the west (of Africa)” said Sr. Vivian. So my curiosity led me to inquire what is really Pidgin English and why use it. “Pidgin English is broken English and we use it because it unifies us both cross-culturally (in Nigeria) and inter-nationally that is in the West of Africa.” Sr. Vivian elaborated. What a leaf borrowed all for the cause of unity!

Something happens to man when you delve into the topic of food especially if you are far away from home cooked food. After all,

home memories cannot be complete without reminiscing on all the finger licking home made meals. So, in my impromptu interview, I asked my sisters from the west about the Nigerian cultural foods: “oh our food includes Ogbono, Fufu, Egusi, Okra, Ora Soup” Sr. Osi began and you could tell the excitement in her voice as she mentioned them one by one, “Amala goes with either Ewedu, Pounded Yam, Eba or Edikaikon”. Just in the effort to make me understand and conceptualize some of these foods, the Sisters were quick to note that Pounded Yam, Eba and Fufu would be in the family of the Kenyan Ugali.

With that, I know I received only a gram of the tons of information I would acquire from our friends from the west, but I know I left the interview room a much more knowledgeable woman than I had entered.

Next, I might just be knocking at your door... so, stand by because our culture window, just got bigger.

Blessings, Wageni kimani