

Esperanto: Big up for Tanzania's tourism

Esperanto conference in Arusha came from watching the documentary titled 'The Royal Tour.'



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Fasting is healthy

For centuries, fasting has been integral to religions like Islam, Hinduism, Christianity and Judaism.



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Madina dominates Uganda ladies golf

Arusha's Madina Iddi continues to shine on international golf arena.



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Metal vandalism endangers new street address system

By The Arusha News Reporter

As Tanzania continues to modernise its infrastructure, the recently introduced postcode system and street names—intended to replace the traditional reliance on post office box numbers—are facing significant challenges. Vandalism, particularly of street signposts and house number plates, has

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RHYTHMS OF HERITAGE: Participants at the 59th Eastern and Southern Africa Regional Branch of the International Council on Archives (ESARBICA) Board meeting enjoying the vibrant energy of traditional Maasai dance at the Arusha International Conference Centre. (Photo by Yusuf Jacob of AICC)

Minister: No plan to liberalise Tanzanite trade

By The Arusha News Reporter

The government has stated that there are no plans to decentralise the trading and processing of Tanzania's exclusive gemstone, Tanzanite, based in

Mererani, Simanjiro district, Manyara region.

The Minister for Minerals, Mr Anthony Mavunde, informed mineral traders and other stakeholders in Mererani that the auctioning and cutting of the gemstone would continue to be confined

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LOCAL NEWS

Only Mererani to sell Tanzanite

From Page 1

to the Tanzanite Exchange Centre within the secure perimeter wall in the mining area.

"This is a presidential directive and no one has the authority to reverse it," he explained. He added that Tanzanite trading and processing would eventually move to the Tanzanite City building, which is currently under construction in the mining town.

The 5 billion TZS multi-story building is 80 per cent complete and the contractor is being mobilised to finish the work, he said.

According to the Resident Minerals Officer, Mr Nchagwa Marwaa, the centralisation of Tanzanite trading and cutting has curbed smuggling and increased

money circulation in Mererani. Since the measure was enforced, Tanzanite worth 18.6 billion TZS has been traded and exported, earning the government 1 billion TZS in royalties. Seven hundred export permits have been issued so far.

However, an Arusha minerals dealer, Mr Noel Ole Varoya, expressed concerns to Minister Mavunde, stating that confining Tanzanite cutting to Mererani is problematic because international dealers are being served by middlemen in downtown Arusha and often need to recut the gemstone to meet their specifications.

He urged that curios and jewelry shops in Arusha and other towns should be allowed



Tanzanite Exchange Centre building almost ready.

to deal in Tanzanite and that the gemstone cutting process should be liberalised.

He further suggested that the government review the cumbersome mineral licensing procedure, under which dealers are required to be licensed for each gemstone they trade within each mineral region.

"There are 16 mineral regions...

we should be licensed per zone, at most," pleaded the dealer.

The minerals minister mentioned that a stakeholders meeting is scheduled in Dar es Salaam during the week to discuss the rationalisation of dealers' licensing. However, he insisted that Mererani will remain the Tanzanite auctioning and processing centre.

Theft threatens new postcode, street naming

From Page 1

emerged as a critical issue, threatening both the financial investment in the system and its operational effectiveness.

This problem was brought to light by the Arusha Regional Administrative Secretary (RAS), Mr Misaile Albano Mussa, during a meeting with government officials dedicated to verify residential addresses.

Mr Mussa reported a rise in the theft of street signposts and house number plates, with scrap metal sellers identified as the primary culprits. Although exact figures were not provided, Mr Mussa stressed the urgency of protecting these vital infrastructure components, which are crucial for both the digital economy and public services.

"Metal vandalism is not just an isolated problem but a significant economic threat that disrupts essential public services and infrastructure. In Arusha, recent reports indicate that numerous street signposts and house number plates have been stolen. This has led to substantial financial losses and jeopardised the implementation of our new postcode and street naming system," Mr Mussa stated.

The broader issue of metal vandalism ties into a nationwide concern regarding the scrap metal industry in Tanzania.

A study, by Onesmo C., Mabhuye E.B. and Ndaki P.M: A Synergy between

Sustainable Solid Waste Management and the Circular Economy in Tanzania Cities: A Case of Scrap Metal Trade in Arusha City, highlights the role of the informal sector in the scrap metal trade. This sector's involvement has led to increased cases of vandalism, particularly targeting valuable metals used in public infrastructure.

Experts from the study noted that while scrap metal trading is economically significant, it often comes at the cost of public order and infrastructure integrity. The report claimed that over 314 tonnes of scrap metal were traded every month in the city.

Street names and postcodes are not only essential for effective governance and service delivery, but are also integral to Arusha's role as Tanzania's tourism capital. The loss of these signs could significantly impair the ability to guide tourists and provide public services efficiently.

The RAS underscored the importance of ongoing efforts to verify residential addresses, noting their critical role in economic development and national security.

He urged officials—including District Administrative Secretaries (DAS), Councillors, Ward Executive Officers, and Village Chairpersons—to take proactive measures to safeguard these assets.

Reports indicate that this issue is not isolated to Arusha city. In other towns, street sign vandalism has also

been reported, sometimes as a form of civil protest against the alleged "cash for honours" scheme, where individuals allegedly paid for streets to be named after them. However, the scrap metal trade remains the most significant factor contributing to this problem. Sources suggest that the stolen metal often ends up in a neighbouring country with high demand for scrap iron and aluminum.

These developments highlight the need for enhanced security measures and stricter enforcement to protect Tanzania's infrastructure investments from the growing threat of vandalism, a source said.

TOP STORIES OF THE WEEK

ZANZIBAR

President Samia Suluhu Hassan has warned against child segregation in the admission of students to the newly launched state-of-the-art pre-primary school in South Unguja, insisting that the facility is for all Islanders. She urged Makunduchi parents to take advantage of the opportunity and send their children to school.

DODOMA

Vice-President, Dr Philip Mpango, has directed the Ministry of Lands, Housing and Human Settlements Development to ensure that land designated for grape cultivation is not repurposed for residential construction. Dr Mpango stressed the need for urban planners and land surveyors to maintain the integrity of areas allocated for grape cultivation.

High Court acquits poacher

By Kusekwa Kusekwa

THE High Court in Arusha has acquitted a convicted 'poacher,' Athuman Iddi Fwaja, who was jailed 20 years for unlawful possession of 11 elephants' tusks, equivalent to six killed jumbos, valued at over 201m/-, property of the Government of United Republic of Tanzania.

Judge Dafina Ndumbaro ordered Fwaja be released forthwith unless otherwise lawfully held after allowing the appeal he had lodged to oppose

both conviction and sentence imposed on him by the trial court.

"I find that this appeal has merit. I therefore, quash the sentence and conviction of the District Court of Arumeru at Arusha imposed against the appellant," she declared in the judgement delivered recently.

The judge ruled that the trial court heard the case without consent and certificate from the Director of Public Prosecutions (DPP), conferring jurisdiction upon it.

Fwaja had submitted in his appeal among other things that the case was not proved beyond

reasonable doubt because the trial court has no jurisdiction to entertain the matter.

In determining the appeal, the judge went through trial court's proceedings, which showed that on October 26, 2022, hearing began with evidence from two witnesses, who tendered some exhibits, including the 11 tusks.

On November 9, 2022, the State Attorney raised an issue that, the court lacked jurisdiction and that there was no consent certificate from the DPP and prayed for leave to file the consent certificate.

Clergy out to foster local tourism

By The Arusha News Reporter

A group of Islamic and Christian religious leaders visited Tarangire National Park in Manyara region last weekend to promote domestic tourism.

A spokesperson for Twarika Islamic organisation, which coordinated the tour, Sheikh Haruna Husein, said the visitors were drawn from Sengerema in Mwanza, Arusha and Kilimanjaro regions.

Tanzania, India trade surges to USD 7.9 Billion

By The Arusha News Reporter

7.9

Number of billion USD trade between Tanzania and India.

Bilateral trade between Tanzania and India reached USD 7.9 billion by the end of 2023, according to Indian High Commissioner to Tanzania, Mr Bishwadip Dey.

Speaking at the Indian Cultural Night hosted by Kalakendra in Arusha to celebrate India's 78th Independence Day, Mr Dey

expressed optimism about the future ties.

"We hope the trade relationship will flourish further this year and in the future," Dey remarked during the event.


He attributed the growing trade to the strong political and diplomatic ties between the two countries, which dated back to the first President Dr Julius Nyerere of Tanzania and India's first Prime Minister, Mr Jawaharlal Nehru.

This economic partnership has elevated Tanzania to become India's second-largest trade partner on the African continent.

Mr Dey also disclosed that the Indian High Commission was set to launch a nationwide consular outreach initiative aimed at deepening its engagement with Tanzanian communities.

This initiative will include the organisation of consular camps across various regions of Tanzania, bringing essential services closer to both the Indian diaspora and Tanzanian citizens living outside the capital. The first consular camp is scheduled to be held in Tanga Region in September 2024.

Regional Round up



KENYA
The Supreme Court has suspended the Court of Appeal's judgment that declared the Finance Act 2023 unconstitutional. In its ruling, the Supreme Court faulted the appellate court.

UGANDA
Absenteeism among senior health workers in Uganda's public health facilities is emerging as a growing concern, with serious implications for the quality of healthcare delivery across the country. This issue was brought into sharp focus during a recent spot check at Kakuuto Health Centre IV by Dr Diana Atwine, Permanent Secretary in the Ministry of Health.

TANZANIA
Tanzania celebrated an important milestone with the arrival of a new Boeing 787-8 Dreamliner, marking a major advancement in the country's aviation sector. With a capacity of 262 passengers, this new addition is a major asset for the national flag carrier, Air Tanzania Company Limited (ATCL), bringing its fleet total to 16.

SUDAN
Sudan's Health Minister Haitham Ibrahim has declared a cholera epidemic after 22 deaths were reported. The situation has become dire in the northeast African nation.



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OPINION/LETTERS TO THE EDITOR

EDITORIAL

Let's stay vigilant against Mpox threat

As the Mpox virus (formerly known as Monkeypox) spreads across 13 African countries, Tanzania remains vigilant, with no reported cases so far. The government, through the Ministry of Health, has stated that the country remains safe but has nonetheless ramped up preventive measures to safeguard public health.

Chief Medical Officer, Prof Tumaini Nagu, confirmed that the Ministry of Health is actively working to prevent an outbreak in the country. Measures include widespread public awareness campaigns, distributing leaflets detailing the symptoms of Mpox and protective measures and advising individuals to wear masks if in close contact with someone exhibiting symptoms.

The public has also been urged to report any suspected cases by calling the toll-free number 199.

The efforts by the Ministry come in the wake of the Africa Centres for Disease Control and Prevention (Africa CDC) declaring Mpox a public health emergency. This declaration has spurred the government to take additional precautions to prevent the virus from entering the country.

Arusha, the country's tourism capital, has been reassured by Regional Medical Officer, Dr Charles Mkombachepa, that the region is safe, despite being in proximity to countries like the Democratic Republic of Congo (DRC), Kenya, Uganda, Burundi and Rwanda, where cases have been confirmed.

While the situation remains under control, Tanzanians are urged to remain cautious and vigilant. The country's proactive stance and public health measures are essential in keeping the virus at bay and ensuring the safety of its citizens and visitors.

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LETTERS TO THE EDITOR

Arusha traffic lights: A hazard demanding immediate action

Dear Editor,

Iam writing to express my deep concern over non-functioning of traffic lights in Arusha, particularly along Sokoine Road near the Friends Corner junction (or CRDB main branch). This situation is not only frustrating, but also poses a significant risk to the safety of both motorists and pedestrians.

The traffic lights at this critical junction have been malfunctioning for an extended period, causing confusion and leading to frequent traffic jams. This issue is further compounded by the poor timing of the green lights, which are so brief that they barely allow even five cars to pass through before switching back to red. This creates a bottleneck effect, especially during peak hours and increases the likelihood of accidents as drivers become impatient and attempt to cross the junction

hurriedly.

Arusha is a rapidly growing city and efficient traffic management is crucial to maintaining order and safety on our roads. The current state of the traffic lights is not only an inconvenience but also a hazard that could lead to serious incidents if not addressed promptly. I urge the relevant authorities, particularly the Arusha Municipal Council and the Tanzania National Roads Agency (TANROADS), to take immediate action to repair these traffic lights and review the timing of the green lights to ensure they are adequate for the flow of traffic.

The people of Arusha deserve a safer and more efficient traffic system. Addressing this issue should be a priority for our city's leadership.

Sincerely,
ABDULLAH MOHAMED
Arusha

LAST WORD

The people to fear are not those who disagree with you, but those who disagree with you and are too cowardly to let you know. Napoleon Bonaparte--- **a French military general and statesman. He played a key role in the French Revolution.**■



Napoleon Bonaparte

QUOTABLE QUOTE

“We live in a complex world. The United Nations cannot succeed alone. Partnership must continue to be at the heart of our strategy. We should have the humility to acknowledge the essential role of other actors, while maintaining full awareness of our unique convening power.”

■ **UN Secretary General António Guterres.**

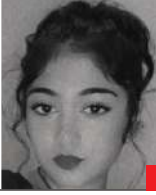


António Guterres

POETRY/ STORIES/ CHILDREN'S CORNER

FOLKTALE

By
H. Makwama

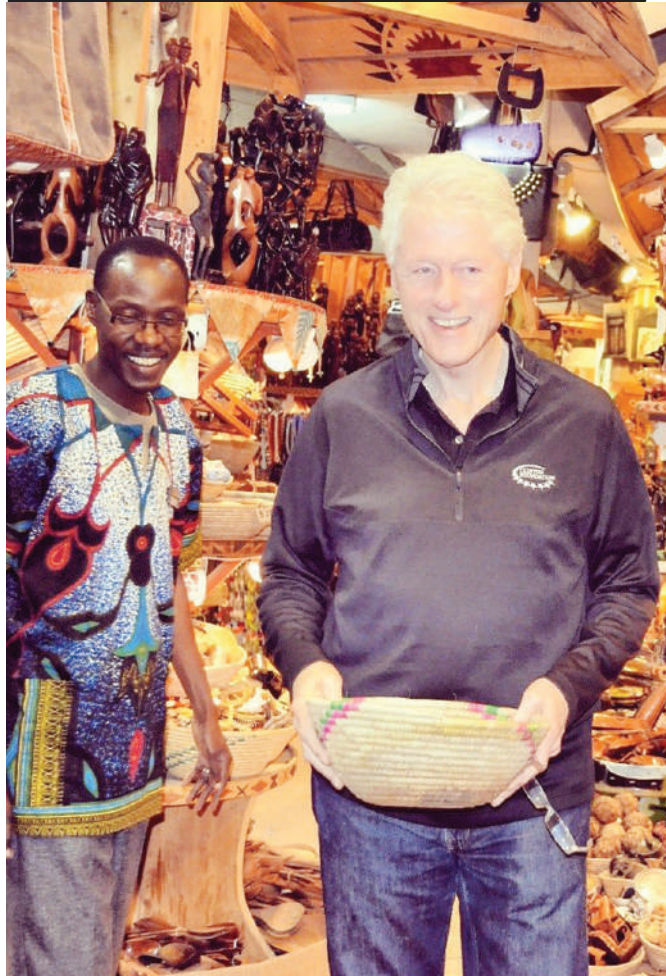


The lost star

High above a bustling city, a little star named Stella had accidentally fallen from the sky. She landed gently in a park, feeling lost and unsure how to return to her place among the constellations. As Stella twinkled sadly on a park bench, a friendly young boy named Max spotted her. Max, who loved stargazing, recognized Stella's glow and decided to help her find her way home.

Max crafted a special lantern to guide Stella back to the sky, and as they walked through the city together, Stella shared stories of the stars and constellations. When they reached a hilltop under the open sky, Stella floated back up and sparkled brighter than ever. Grateful for Max's kindness, Stella lit up the night with a brilliant glow, and Max made a wish upon her: that their friendship would always shine brightly, just like the stars.

DOWN MEMORY LANE



Former President of the United States, Bill Clinton (right), visited Arusha in August 2000 and took time to visit the Cultural Heritage Centre.

POETRY CORNER

By Thomas Mhando



The Coffee Conundrum

Morning dawns with sleepy sighs,
A conundrum brews where caffeine lies,
Coffee beans, a blend so wise,
Which to choose, and energize?

Should it be the bold, dark roast?
Or a medium blend we love the most?
Decisions at dawn, a daily toast,
To the brew that's never a boast.

The kettle sings its steamy tune,
Grinder hums, it's coming soon,
Aroma fills the room by noon,
Ending the morning's sleepy swoon.

Milk or cream, black as night?
Sugar, honey, which feels right?
Each choice a step into the light,
For a sip that feels just right.

At last, the cup is warm and clear,
The conundrum solved, our answer near,
In this ritual, we hold dear,
Starts our day with a hearty cheer.

NO COMMENT



Moshi Airpot in Moshi Municipality.

The art of how to know what to ignore in life to be the best version of ourselves is the art of knowing what to ignore in life and what to take seriously.



RIDDLE

I speak without a mouth
and hear without ears.
I have no body, but I
come alive with wind.
What am I?
What do you think the
answer is?

The answer is an echo.

LOCAL NEWS

PEOPLE AND EVENTS



KARANGA PARISH TALENT SHOWCASE: Members of Karanga Parish Main Choir, Moshi, display their talents during a rehearsal ahead of the upcoming Moshi Zonal ELCT Choir Competition to be held soon at Lunguo Parish.



Delegates at the World Esperanto Conference participate in the closing session at the Arusha International Conference Centre (AICC).



TOURISTS AT SHIRA CAMP: A group of tourists enjoys lunch at Shira Camp in Kilimanjaro National Park before continuing with their journey to the summit of Mt. Kilimanjaro, Africa's highest peak. (Photo by James Lanka)



INTERFAITH LEADERS PROMOTE TOURISM: Islamic and Christian religious leaders pose for a memorable photo during their visit to Tarangire National Park in Manyara region, as part of an initiative to promote domestic tourism.



Tanzanite miners listen attentively during a meeting where the Minister for Minerals, Mr Anthony Mavunde (not in picture), clarified the government's decision to centralise Tanzanite trade in Mererani.

Ethical living is simply right

We humans sometimes ask ourselves profound questions such as: Why do we need to be ethical? Why should we be good to each other?

If you turn to many religious traditions, you will find diverse answers to these questions, the most common being that we are called by the Divine to live ethically because there is a reward of peace and everlasting life in heaven. But it is not the intention of this reflection to articulate the beliefs of this or that religion in our quest to answer our main question here.

My intention here is to diversify our thinking in order to come up with an answer that will most likely satisfy the curiosity of anyone, regardless of their religion or other philosophical

THE BRIGHT SIDE

By Professor
**Raymond
Mosha**



or theological backgrounds.

Why should we live ethically? Let us begin with a few practical examples. You are in a room where a baby is playing on a sofa seat. Suddenly, you notice that the baby is rolling away from the sofa and is about to fall down. Instinctively, you move quickly and grab the baby before he falls. Before you do so, you do not ask yourself what your religion teaches in this situation. You do not think of a heavenly reward someday in heaven. You do not expect the mother to come and thank you for saving the baby from being hurt. You do not ask yourself any of those questions. You simply move swiftly and grab the baby.

Here is another example. You are driving down the street and a child suddenly crosses the street, unaware of the looming danger. What do you do? Do you think of a heavenly reward after this life? Do you anticipate being thanked by the family of this child? You do none of those things. You simply step on the brakes and let the child run by safely. That is what you do; that is what most of us will do.

These two examples tell me one thing: You save the baby and the child because it is the right thing to do at that time. So, yes, we are called to be good to others because it is the right thing to do.

In short, our mission in this world is to do just that: to be ethical, to make this world a better place than we found it because it is the right thing to do.

■ Prof. Raymond S. Mosha
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“ You are in a room where a baby is playing on a sofa seat. Suddenly, you notice that the baby is rolling away from the sofa and is about to fall down. Instinctively, you move quickly and grab the baby before he falls. ”

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INTERVIEW

Esperanto: Big up for Tanzania's



QUESTION: What inspired the organisation of the Esperanto Conference in Arusha and what goals were achieved?

ANSWER: The inspiration behind the Esperanto Conference in Arusha came from watching the documentary titled *The Royal Tour*, where our President Samia Suluhu Hassan personally welcomed visitors to Tanzania. This deeply touched me, inspiring my colleagues and me to support the President's initiative to bring more tourists to our country. We saw conference tourism as a valuable avenue for achieving this goal. The idea to host the conference began with a campaign to bring it to Tanzania, particularly because conference tourism is an emerging trend in the global tourism industry.

It wasn't an easy journey, especially competing against developed countries like Belfast (Ireland), which offered more facilities. However, through a well-structured campaign, Tanzania emerged victorious and was announced as the host. Our main goal was to bring tourists to Tanzania and showcase our rich tourism industry, a goal we successfully achieved as more than 450 participants visited our attractions over three weeks.

“The inspiration behind the Esperanto Conference in Arusha came from watching the documentary titled *The Royal Tour*, where our President Samia Suluhu Hassan personally welcomed visitors to Tanzania.”

Additionally, the conference

In an exclusive interview, our Writer/Researcher SUKHDEV CHHATBAR sat down with the President of the Organising Committee of the World Esperanto Conference, Mr Costa Mashauri, who shares insights on the significance of the conference in promoting cultural exchange and linguistic unity. He highlighted the increasing global interest in Esperanto, stressing the language's role in fostering international understanding. Mr Mashauri also discussed the challenges faced during the organisation of the event and the milestones achieved. Read on...



Mr Costa Mashauri

theme, “People, Language, and Environment for a Better World,” was excellently addressed by presenters from around the globe, with the meeting's resolutions reflecting the comprehensive discussions.

Q. Could you share some

highlights from the conference? What were the key takeaways for the participants?

A. Our participants were thrilled with the planning and organisation of the conference. Unlike in other countries where participants primarily focus on presentations, in Arusha,

we included activities that allowed participants to relax and truly experience Africa. One of the highlights was the Maasai experience at Langijabe village, just a few kilometers from Arusha. There, participants witnessed traditional practices such as extracting cow's blood without harming the animal, tasting traditional Maasai dishes and engaging in cultural exchanges.

A particularly memorable event was when the World Esperanto President, Dr Duncan Charters, was crowned with a title just below the Laigwanan—a rare honour for a foreigner—highlighting the significance of the event. The Maasai Global Festival at Njiro and the launch of Miss Esperanto Travel World at Hotel Parrot were also key attractions.

Moreover, trips to iconic Tanzanian sites such as Tarangire, Lake Manyara, Ngorongoro, Serengeti and Mount Kilimanjaro were organised, with visits to cultural spots like the Maasai Market, Tanzanite shop and Cultural Heritage Centre being especially popular. Many participants promised to return with their families and friends, helping to achieve our goal of marketing Tanzania worldwide.

Q. How do you see the role of Esperanto in fostering global communication and cultural exchange, especially in a multilingual region like East Africa?

A. Esperanto has been recognised by UNESCO since 1954 as aligning with its goals and ideals, and it has established official relationships with various international organisations, including the United Nations and the Council of Europe. The Universal Esperanto Association (UEA) has been consulting with international organisations and regional blocs about using Esperanto as a solution to language barriers.

For East Africa, where the East African Community (EAC) now has three official

tourism, global communication

languages (English, Swahili and French), using Esperanto could help mitigate the high costs of translation services. While we advocate for Swahili as the regional language, Esperanto offers a neutral alternative that does not belong to any single country and could serve as a bridge in global communication.

Q. What challenges did you encounter in organising the conference and how did you overcome them?

A. The biggest challenge was the lack of funds. My colleagues and we had to personally finance trips to Dodoma and Dar es Salaam to meet with government officials. We also covered the expenses for the fact-finding missions that inspected Tanzania's suitability to host the conference.

Organising such a large-scale event requires dedication, time and money. Despite these challenges, my team and I were determined to bring the conference to Tanzania, which required convincing the World Esperanto Organisation that an African country could successfully host it. We had multiple meetings, both virtual and in-person, and welcomed four delegations for inspections. The success of the event was a collective effort that ultimately benefited Arusha, with hotels fully booked and local businesses thriving.

We're especially proud that over 450 participants visited our national parks and that there are prospective investors interested in Tanzania, thanks to presentations from the Tanzania Investment Centre (TIC) and the Tanzania Tourist Board (TTB).

Q. In your view, what is the future of Esperanto in Tanzania and the broader EAC?

A. We believe the youth and tour guides in Arusha will embrace Esperanto as an opportunity to build global connections and create business opportunities. For the EAC, it's time to fully adopt Swahili as the regional communication tool, moving away from colonial



languages. Esperanto could be the bridge connecting our region to the world, fostering unity and understanding.

Q. What do you envision from this conference on the promotion of Esperanto both locally and globally?

A. It's crucial to consider adopting a common language to address global language barriers. Despite skepticism during the World Wars, Esperanto has emerged stronger. Hosting the conference in Tanzania has opened doors for the World Esperanto Community to engage with our country.

I encourage The Royal Tour stakeholders, including the Tanzania Tourist Board (TTB), Ngorongoro Conservation Area Authority (NCAA), The Tanzania National Parks (TANAPA) and other agencies, to leverage our team to market and promote Tanzanian tourism globally. With next year's conference in the Czech Republic, it's an excellent opportunity to capture the Eastern European market, along with China and Japan.

We are fully committed to using this platform to promote Tanzania worldwide through Esperanto. Viva Tanzania!

Esperanto delegate from Germany, Ms Martina Sachs-Bockelmann, in a memorable photo with a Maasai woman in Arumeru District.

450

Number of participants

ESPERANTO IN BRIEF

Esperanto is a constructed international auxiliary language created in the late 19th century by L. L. Zamenhof, a Polish-Jewish ophthalmologist. He published the first book detailing the language, *Unua Libro*, in 1887 under the pseudonym "Dr. Esperanto," which means "one who hopes." The goal of Esperanto was to create an easy-to-learn and politically neutral language that would foster communication and understanding between people of different native languages, promoting peace and international cooperation.

Esperanto's grammar is highly regular, with a simple and consistent structure. It has no irregular verbs, and its vocabulary is drawn from several European languages, making it relatively easy for speakers of those languages to learn.

While Esperanto has never become a universally spoken language, it has a dedicated community of speakers worldwide. Esperanto is used in international travel, correspondence, cultural exchange and even literature. The language has its own culture with original literature, music and even films produced by its speakers.

HOW MANY SPEAK ESPERANTO

Estimates of the number of Esperanto speakers vary widely. It's generally believed that there are between 100,000 and 2 million people who can speak Esperanto to varying degrees of fluency.

A small number of people, possibly a few thousand, are native speakers who grew up in households where Esperanto was one of the languages spoken. While Esperanto has never achieved the widespread adoption envisioned by its creator, it has maintained a stable and active community of speakers over the years.

COLUMNS

I remembered my Moroccan robe and fez !

The other day, this week, a delegation of agricultural experts from the Food and Agricultural Organisation (FAO) came to visit my home district, Wanging'ombe in Njombe region. And perhaps due to my more than average global exposure I was in the welcoming team.

There were several delegates from several countries but only one from Africa, Morocco. Naturally in the spirit of our continent we quickly bonded together. But this encounter also brought back memories of more than 30 years ago.

It was sometimes in the early 90s when the then Acting Managing Director of the Arusha International Conference Centre (AICC) Dr Peter Mhando and I landed at the Muhammad V International Airport in Casablanca, Morocco.

We had flown from Paris, France on our way to Marrakesh, another Moroccan city, situated south west of the foothills of the Atlas Mountains, one or so hours flight from Casablanca, to attend a Congress Tourism Conference.

However our transit in Casablanca, the largest city in that country, along the Atlantic coast, on that hot and humid morning, would not be that smooth as planned.

We were stopped by the immigration and security staff as we did not have entry visas on our passports. The irony of it all was that the French nationals we arrived with, were simply ushered in smoothly on mere production of their national IDs.

Well after some lengthy interrogation about our mission in Morocco we were allowed to enter the country sans our passports which they promised us will be handed back on the day we will fly out of the country.

Thereafter and some hours later we landed at the

“I urge the government to address any obstacles to ensure that these three sectors are completed more or less simultaneously, as was the case with the Dar es Salaam to Morogoro and Makutupora”



Menara International Airport in Marrakesh. This is a major tourist city famed for its historical sites and the rich 'souk' traditional markets.

As we stepped on to what looked like the main boulevard we saw hundreds if not thousands of Marakeshians hurriedly going on one direction. Curiously we decided to join the march.

After a few blocks we walked into what we came to realise was the city's sports stadium. Naturally our dark skin and wearing dark suits starkly contrasted us from the Moroccans in their flowing robes - 'kanzus.'

Perhaps it was on account

of this scenario that we were immediately escorted to the VIP box to watch that day's football match between Raja Casablanca and a Libyan outfit from Tripoli.

The match was quite entertaining and we could tell that Morrocans are ardent if not crazily in love with football. That day they left the stadium singing and dancing after their team beat the Libyan outfit 2 - 0. Some even hugged us and made us join in their street dances. We must indeed have looked comical. From that day onwards we greatly enjoyed our stay in that historic city with a number of world heritage sites. We even bought some Moroccan robes and scarves.

I had almost forgotten about this sojourn until the chance encounter with the Moroccan delegate, And this forced me to check in my wardrobe for that Moroccan outfit which I proudly wore one evening to impress Mohammad.

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No roads, no integration

The \$751 million Coastline Transnational Highway project was supposed to be a beacon of hope for the EAC, promising to significantly enhance logistics and foster regional integration. Designed to connect crucial transport corridors in Tanzania and Kenya, the project would have served as a vital artery for trade. However, the persistent delays in its execution, attributed to financial shortfalls, land acquisition hurdles and compensation disputes, now threaten to derail these lofty ambitions.

This is not the first time the EAC has faced such challenges. The Arusha-Holili-Taveta-Voi Road project, a key route linking Tanzania and Kenya, faced similar delays due to protracted

negotiations on funding and land issues. Although the road was eventually completed, the delays significantly slowed down trade flows and strained bilateral relations between the two countries, further underscoring the region's struggle with executing large-scale infrastructure projects.

These delays have far-reaching consequences – such as disruption of supply chains, high cost of goods and diminishing investor confidence in terms of the region's ability to deliver on its promises.

To avoid such pitfalls, the EAC must adopt a more coordinated and proactive approach. First, member states should establish a

751
Number of million
Coastline Transnational
Highway project

regional infrastructure fund to pool resources and mitigate the financial risks that individual countries face. Such a fund could attract investment from development partners and the private sector.

Second, there should be a greater emphasis on planning and coordination. Regional projects like the Coastline Transnational Highway require meticulous planning, particularly in land acquisition and compensation processes. Establishing clear, transparent guidelines and timelines could help avoid the legal and social bottlenecks that currently plague such initiatives.

Enhancing the EAC's institutional capacity to manage these projects is also crucial. This calls for the strengthening of the East African Development Bank



and similar bodies to oversee and expedite regional infrastructure projects and ensure they are completed on time and within budget.

The promise of regional integration in East Africa hinges on infrastructure. Delays of flagship projects not only hinder trade but also threaten the very fabric of the EAC's economic aspirations. It is high time the region took decisive action to keep its infrastructure ambitions on track.

■ Isaac Mwangi writes on social, political and economic issues in East Africa. E-mail: isaacmmwangi@gmail.com

Are the Maasai squatters on their own land?

If there was any doubt about the government's intentions towards the Maasai of Ngorongoro, the gazetting earlier this month of a Government Notice to delist all the 11 wards, 25 villages and 96 settlements of Ngorongoro division should provide a clear picture for those who can't read between the lines.

The area that the 110,000 Maasai of Ngorongoro claimed as their home has been erased from the political map of Ngorongoro district. Administrators will have to clarify what this means, but my guess is that the semi-nomadic pastoralists have been reduced to squatters.

This is not a pleasant prospect for the Maasai, considering that they were actually relocated to the Ngorongoro area by the colonial government to allow the creation of Serengeti National Park.

When the Ngorongoro Conservation Area Authority (NCAA) was formed in 1976, it undertook to continue the



multiple land-use policy, accommodating wildlife conservation, pastoralists and their livestock. However, that alliance was doomed to failure, and it was the government through the NCAA that filed for divorce. The human population had swollen to 110,000 from 8,000 when they united, and livestock had grown in excess of 300,000. Buildings and infrastructure made of cement, corrugated iron etc were too noticeable, it was

argued.

That could be the basis for a discussion on whether the relationship can be salvaged. But the government didn't appear ready for that. First, it came up with a supposedly lucrative offer to lure the Maasai to relocate voluntarily to Msomera in Handeni district. Volunteers would each receive monetary compensation, a self-contained homestead in Msomera, grazing land, cattle dips and other amenities. Attractive, indeed, but the scheme has so far roped in just about 9,000 individuals, or eight percent of the intended population, consuming 286 billion/- (CAG has to verify the books). You wonder how much will be needed to relocate the

“When the Ngorongoro Conservation Area Authority (NCAA) was formed in 1976, it undertook to continue the multiple land-use policy, accommodating wildlife conservation, pastoralists and their livestock.”

entire 110,000 population.

Yet, before the 'voluntary' relocation is concluded, and with the majority of legal residents of Ngorongoro still in place, the government has reportedly interrupted education, health services, water and even food supplies to the area.

It is also reported that no arrangement is in place at Ngorongoro for the Independent National Electoral Commission to update the residents' election records, which are said to have been dispatched to Msomera, complete with the allocation of polling stations.

Surely, the government cannot eat its cake and have it. It is important for those pushing this scheme to bear in mind that the pastoralists were living there and that their departure should be dignified.

The use of any form of coercion can only antagonise our country with the international community and tarnish our good standing on human rights.

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COLUMNS

Africa and the United States

Americans will go to the polls in about 70 days to elect their president and her or his Vice come January 20, 2025. Vice President Kamala Harris seeks to make history as the first African-American with South Asian ancestry to become the first woman president of the United States while former Republican president, Donald Trump also seeks to make history as only the second man in over 130 years of American history to rebound into the White House after serving only one term and leaving.

The only person to ever do that was Democrat, Grover Cleveland, who first served as the 22nd president (1885-89) and 24th (1893-97). While he was still campaigning against the incumbent, Joe Biden (81), Trump had appeared to be within grasp of that feat but the tables have since been turned against him following Biden's exist from the race and his endorsement of his Vice, Kamala Harris, as the Democratic candidate for the November polls.

Harris has since wiped-out



AFRICAN PERSPECTIVES

By Mboneko Munyaga

81

Age of the President of United States of America, Joe Biden

Trump's lead in opinion polls that he had enjoyed when Biden was still the candidate or gone neck and neck with the former president in key swing states that usually decide the outcome of the American presidential contest. However, suffice it to say the contest is still raw for both Trump and Ms Harris. Their planned first debate in Philadelphia on September 10, holds the potential to point out as to who soars ahead and who shall be left sulking.

There is no such thing in global diplomacy, only permanent interests. So, today's friend, could be the enemy tomorrow and the enemy today, tomorrow's friend, depending on the shifting parameters of permanent interests.

Anyway, enough for American domestic politics. However, America is the world's dominant political influence. The war in the Middle East awaits an American resolution as does also the civil war in Sudan. I believe if America stamps its foot down, there would be peace tomorrow in the Democratic Republic of the Congo.

In foreign policy, the big powers usually tend to treat Africa as one country. Let Africa too play and actively lobby as a single entity and seek strategic outcomes. Trouble is, oftentimes, Africans want "friendship." There is no such a thing in global diplomacy, only permanent interests. So, today's friend, could be the enemy tomorrow and the enemy today, tomorrow's friend, depending on the

shifting parameters of permanent interests.

If we think about it critically, America needs Africa more; its geography, minerals and even the future of space exploration. It is easier to launch rockets into space from near the Equator and in an easterly direction to take advantage of earth's rotational speed. That makes East Africa exceptionally strategic, although Africa doesn't have a space programme to talk of.

Africa's most pressing concern is to end abject poverty and the many senseless wars as well as potential ones due to internal contradictions or conflict with neighbours. In all those issues, Africa can borrow a leaf from the American book of politics. Trump's campaign appears to have lost direction, and instead of discussing issues, the former president has decided to go for personal attack against Ms Harris, just as he did against Hillary Clinton in 2016. It never worked. Clinton trounced him thoroughly in popular votes but lost the presidency only because she fell short of the electoral college votes.

Trump could still win, riding essentially on a tidal wave of racism. If he does, Africa may have to draw a line.

Understanding Polycystic Ovarian Syndrome

By Dr Lulu. C

Polycystic Ovarian Syndrome (PCOS) is a common hormonal condition that affects women's ovaries, particularly those of reproductive age, typically starting during adolescence.

The World Health Organization (WHO) estimates that PCOS affects 8-13% of women of reproductive age, with up to 70% of affected women remaining undiagnosed worldwide.

PCOS causes small fluid-filled sacs to develop on the ovaries. These cysts contribute to hormonal imbalances by producing excessively high levels of androgens, leading to irregular menstrual cycles, excess hair growth, acne, and obesity. PCOS is one of the major causes of



infertility among women.

Most individuals with PCOS are diagnosed between the ages of 20 and 30, often when trying to conceive.

The condition is multifactorial, with genetic factors being one of the possible causes. There is a higher prevalence of PCOS in cases where first-degree relatives are affected. Other environmental factors, such as obesity and insulin

resistance, also play a role. High levels of insulin cause the ovaries to produce excess androgens, preventing ovulation. Other health risks associated with PCOS include high cholesterol levels, liver disease, sleep apnea, endometrial cancer, depression, and anxiety.

Symptoms of PCOS include, but are not limited to, irregular menstrual cycles, infertility, skin tags, acne that may persist beyond puberty, dark patches of skin in the folds of the neck, armpits, groin, or under the breasts (acanthosis nigricans), fatigue, weight management difficulties, excessive facial and body hair growth, and low-grade inflammation. It is also possible to have only some of these symptoms and be diagnosed at a later stage.

Typically, to diagnose PCOS,

at least two of the following symptoms should be present: irregular or missed periods, signs of androgen excess such as acne or excessive hair growth, a blood test showing elevated androgen levels, or sonographic evidence of cysts on an ultrasound. Pelvic exams, ultrasounds, and other blood tests are also used to check for glucose and hormone levels, as well as to rule out other causes of abnormal bleeding.

The treatment plan for polycystic ovarian syndrome depends on the symptoms and medical condition of the patient but generally includes medications as well as lifestyle modifications. Options are available for those who wish to become pregnant. While there is no permanent cure, the symptoms can be effectively managed.

Use PPP to complete SGR network

A new chapter in Tanzania's transportation history was ushered in on August 1, 2024, when the services of the Standard Gauge Railway (SGR) were officially launched by the President of the United Republic of Tanzania. Although the formal launch took place on this day, services had actually commenced a few days earlier.

With an estimated construction cost of \$10 billion, the SGR is set to become the most expensive infrastructure project undertaken by Tanzania since independence. The project is being implemented in two phases. The first phase, covering 1,219 km, spans from Dar es Salaam to Mwanza via Tabora and is divided into five lots: Lot 1 – Dar es Salaam to Morogoro (330 km); Lot 2 – Morogoro to Makutupora (422 km); Lot 3 – Makutupora to Tabora (368 km); Lot 4 – Tabora to Isaka (165 km); and Lot 5 – Mwanza to Isaka.

The second phase covers the Tabora to Kigoma sector, spanning 506 km. Mobilization efforts are currently underway,



By Elly Manjale

DEVELOPMENT TALK

with construction expected to begin soon. The SGR project has been primarily financed through a combination of government funds and loans from various sources. The Tanzanian government has played a significant role in funding the project using internal resources and budget allocations.

In addition to government funding, the project has secured financing from international partners, most notably through loans. The Exim Bank of China,

a consortium of Turkish firm Yapi Merkezi, Portuguese company Mota-Engil, and other international financial institutions have been key financiers of the project. There are two critical points I want to address. First, there is a stark difference in the levels of implementation across Lots 3, 4, and 5. While the Mwanza to Isaka sector (Lot 5) is fairly advanced, with 56% completion, Lots 3 and 4, representing the Makutupora to Tabora and Tabora to Isaka sectors, are lagging significantly behind with only 14% and 5.74% completion, respectively. Completing the Mwanza to Isaka sector will be of little value if it is not connected to the Makutupora to Tabora to Isaka sectors. I urge the government to address any obstacles to ensure that these three sectors are completed more or less simultaneously, as was the case with the Dar es Salaam to Morogoro and Morogoro to Makutupora sectors.

Secondly, while I commend the government for implementing

“I urge the government to address any obstacles to ensure that these three sectors are completed more or less simultaneously, as was the case with the Dar es Salaam to Morogoro and Makutupora”

this landmark project, which is indeed a game changer, I believe the SGR network in the country needs to be expanded beyond what is currently being implemented. Two sectors come to mind: the Isaka to Rusumo to Rwanda sector and the Mtwara to Mbamba Bay sector with branches to Liganga and Mchuchuma.

The government should consider implementing these sectors using the public-private partnership (PPP) model. The PPP approach has been successfully used to implement large infrastructure projects in Africa, such as the Azura-Edo Independent Power Project in Nigeria and the N4 toll road connecting Pretoria to Mozambique. We can follow suit.

Fasting is healthy

For centuries, fasting has been integral to religions like Islam, Hinduism, Christianity and Judaism. Modern science now confirms that fasting benefits not just the spirit but also the brain, body, and immune system. Studies suggest that low-calorie diets, whether continuous or periodic, significantly reduce the risk of cancer and other diseases. Animal experiments have shown that these diets extend lifespan, with animals fed 70% of their normal diet living longer than those on regular rations. In humans, Dr. Valter Longo and others have demonstrated that fasting-mimicking diets can effectively support cancer treatment. These diets work by enabling normal cells to withstand fasting, while cancer cells, lacking this adaptability, die off quickly.

A crucial benefit of fasting is its ability to trigger autophagy, a natural process where cells break down and recycle damaged components. Autophagy helps detoxify the body, enhances immune function, and reduces inflammation, all of which contribute to longevity. As a result, fasting is increasingly adopted to counteract the adverse effects of a rich diet and sedentary lifestyle, promoting healthy aging.

Two years ago, I began fasting myself. However, as someone over 70, I encountered challenges with 16-hour fasts,

“Two years ago, I began fasting myself. However, as someone over 70, I encountered challenges with 16-hour fasts, experiencing visual disturbances and headaches. After reading Dr. Longo's The Longevity Diet, I switched to a 12-hour fasting regime....”

experiencing visual disturbances and headaches. After reading Dr. Longo's The Longevity Diet, I switched to a 12-hour fasting regimen, which included white meat like fish and chicken. This adjustment significantly improved my mental clarity and overall well-being.

Scientific evidence indicates that after age 65, the body's physiological needs change, requiring more protein to combat muscle loss. Despite these changes, some degree of fasting remains beneficial. However, it is essential for older adults to consult a doctor before starting any fasting

FASTING BENEFITS

- ▶ Blood sugar control
- ▶ Blood pressure
- ▶ Inflammation

LONGEVITY TIPS

DR. MARK BURA



regimen to ensure it aligns with their health needs.

In summary, fasting offers numerous health benefits, from enhancing cellular repair processes like autophagy to supporting cancer treatment and promoting longevity. With proper guidance, fasting can be a valuable tool for improving overall health and well-being, especially as we age.

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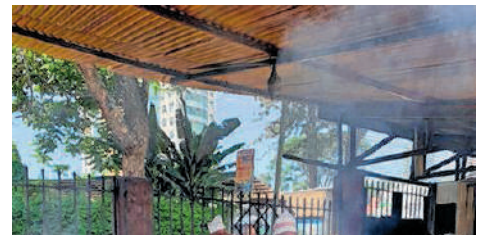
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Babati scores big as Premier League touches down at Tanzanite Stadium

Football fans in Arusha are in for a treat as they will need only a 165-kilometre journey (about one and half or two hours) northwest to watch live Premier League action. Fountain Gate FC has relocated its base from Mwanza to Babati, Manyara Region and will now be hosting their home matches at the modern Tanzanite Stadium.

This exciting development not only brings Premier League thrills closer to Arusha residents but also serves as a boon for Manyara, a region that, like Arusha, has been without a Premier League team of its own. The new venue promises to deliver an exceptional matchday experience, elevating the football culture across both regions.

Previously stationed in Mwanza, Fountain Gate made the strategic decision to set up shop at Tanzanite Stadium for the 2024/25 season due to ongoing renovations at their Gwambina

Stadium in Misungwi. Formerly known as Singida Fountain Gate, the club's move from Singida to Mwanza and subsequent acquisition of Gwambina Stadium had already marked a significant shift, but the latest relocation represents a new chapter for the team.

Club spokesperson Issa Liponda

TALKING SPORT

By Guest Writer

explained the rationale behind choosing Tanzanite Stadium, citing its strategic location and top-notch facilities. "Tanzanite Kwaraa is not only a top-tier stadium with an ideal environment for training, but Babati's central location offers easy access for our team and visiting opponents. The fervor of the local fans also significantly influenced our decision," Liponda revealed.

This historic move marks the first

time Premier League matches will be hosted live in Babati, a landmark event that will benefit local fans and nearby districts including Hanang, Kateshi, Simanjiro and Mbulu. The arrival of top-flight football in Babati is set to energise the region and ignite a new wave of football passion.



What has happened to Saudi Pro League's big spending?

Riyadh

The 2024-25 Saudi Pro League season kicks off on Thursday, 22 August. A year ago, it seemed there was a star player arriving in Riyadh, Jeddah and elsewhere on a daily basis.

In all, more than £700m was spent on the likes of Neymar, Karim Benzema and Riyad Mahrez among others who joined Cristiano Ronaldo in the Middle East.

If there were expectations that this summer would be as free-spending as the last, they have not yet been met, though there has been a general downturn in the wider transfer market.

"It has been a relatively quiet summer across global football," Simon Chadwick,

700

Number of millions of the Euro was spent on the likes of Neymar, Benzema and Mahrez

professor of sport and geopolitical economy at Skema Business School in Paris, told BBC Sport.

Chadwick attributes it to "a combination of harsh economic conditions, the late finishing of continental national team tournaments, and clubs across various territories trying to navigate local financial regulations".



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3 HATUA YA TATU

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NATIONAL ATHLETICS CHAMPIONSHIPS IN MWANZA

Arusha set to defend title

ARFA polls today

The Arusha Regional Football Association (ARFA) will hold its general elections today, August 24, in Namanga, Longido District, according to a statement issued by the Vice-Chairperson of the ARFA Election Committee, Hilda Mwanga.

The statement also indicated that the chairperson's position has only one candidate, incumbent Zakhayo Mjema, after two other challengers were disqualified. Three candidates will be vying for a position as a delegate to the General Assembly of the Tanzania Football Federation--Omari Walii, Abeid Joseph, and Frank Michael.

The Election Committee has approved four candidates to contest for two positions on the ARFA Executive Committee. These candidates are: Tareto Permen, Siza Masaka, Aisha Mpandi, and Atanas Sarwat.

By The Arusha News Reporter

A strong contingent of 30 athletes of the defending champions Arusha has arrived in Mwanza for the national athletics championships, which started yesterday.

Secretary of the Arusha Athletics Association, Rogathi Akhwari, has expressed confidence in the team's preparedness and determination to retain their title.

"We have completed

our preparations and are confident of bringing the title back home," Akhwari told The Arusha News on Thursday before the team's departure for the Lake Zone town.

The Arusha team has been rigorously training for over a month under the guidance of national coach, Antony Mwingereza.

The two-day competition has drawn participants from 31 regions across the country, including Zanzibar.

Athletes will compete in 100m, 200m, 400m, 800m,



Antony Mwingereza

1500m, 5000m and 10,000m races, as well as long jump, shot-put and the 4x100m and 4x400m relay races.

30

Number of athletes of the defending champions Arusha has arrived in Mwanza

Madina dominates Uganda ladies golf

By The Arusha News Reporter

Arusha's Madina Iddi continues to shine on international golf arena with her recent victory at the Uganda Ladies Open marking another impressive achievement.

Her triumph in Uganda follows a month after she claimed the Zambia Ladies Open Golf title with an impressive 21-stroke lead over her closest competitor, Peace Kabsweka of Uganda.

In Kampala, Madina's performance closely mirrored her success in Zambia. She secured the championship by overcoming Kabsweka once again, this time by five strokes.

Last year, Tanzania also took the championship in Kampala, thanks to Neema Olomi from the

Arusha Gymkhana Club.

"Skills played a crucial role in my win. I have worked hard on the course to achieve this year's victory," Madina said after completing the third and final day's 18 holes.

Madina started strong, leading by two strokes on the first day with a score of 78. She maintained her momentum with scores of 76 on both the second and final day, finishing with an aggregate of 230 strokes. Kabsweka finished with 235 strokes.

Aalia Somji from the Arusha Gymkhana also performed well, securing seventh place with 248 strokes.

Madina noted that her performance in Uganda surpassed her showing in Zambia, where she began with 78 strokes and scored 80 on the second day.

21

Number of stroke Madina lead over Peace Kabsweka of Uganda

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