

120

Kenya is home to the fastest land animal, the cheetah, which has achieved speeds of up to 120 km per hour.



# Habari

The rock-hewn churches of Lalibela in Ethiopia were not constructed from the ground up, they were chiseled out of volcanic rock.

## Cultural identity Dialogue through Art

Namibian creative photographer Merja Iileka, alias Tuva Wolf, specialises in conceptual fashion photography. Her primary mission, as she sees it, is to empower other creatives and use visual platforms to provoke discussions: "The idea is to get to the centre of who we are as a people and to discover ways of celebrating our existence as Africans." Tuva's work has appeared in art galleries, on billboards, and in online magazines and newspapers.

~ Instagram: @tuvawolf



Madagascar was only colonised by human settlers around AD500, approx. 300,000 years after the first appearance of homo sapiens in Africa.



## Nairobi

The bare-legged Scops Owl, or Syer, is one of the rare species of birds that can be found in the Seychelles.



### Hot spot Blue Door

They say the concept – high ceilings, rustic feel, small submarine-like windows, open spaces, rivets on steel – is inspired by a train, but it looks more like the *Titanic*. It's the hottest thing in town, and it has a large beer garden. It also has an upstairs VIP bottle-service section featuring deep leather seats, a sexy bar and large windows overlooking the Westlands metropolis. It's a large chic space designed to impress, but also to serve.

~ [thegoodearthgroup.com/blue-door](http://thegoodearthgroup.com/blue-door)



### Treat yourself Refinery Grooming

Every man wants to look good: get a haircut, maybe do his nails. A facial, even. Why not? Definitely a massage. Thanks to Refinery Grooming, he can do so in a manly cave with solid colours and impeccable service. Better still, he will find a TV remote control nearby, along with a glass of bourbon.

~ [refinerygrooming.com](http://refinerygrooming.com)

### New Herbs & Spices Restaurant

Nairobi Serena has been doing some amazing makeovers; knocking down walls and creating a modern hotel with some vitality for these modern times. They recently launched a new Pan-Asian restaurant called Herbs & Spices on their ground floor. It's in a lovely courtyard of sorts featuring natural colour palettes and a rustic wooden finish. Go there to eat and relax.

~ [serenahotels.com](http://serenahotels.com)



### Co-working space Pallet Cafe

It's opposite Lavington Mall and it's a space for people who just want a place for a day or a month to get some work done without worrying about the headaches that come with a temporary office. The trick is that it's cheap: as low as US\$10 a day. For that you get a chair, a desk, wifi, and silence as it's under trees and in a garden. You can also have great meals here, and they're planning to start showing films from a big projector soon.

~ [palletcafe.co.ke](http://palletcafe.co.ke)

**If you're filled with pride, you won't have room for wisdom**

– African proverb –

Nairobi page text: Jackson Biko

During the Great Migration, more than 1.5 million wildebeest, zebra and gazelle make their way through the grasslands of Tanzania and Kenya in search of pasture.



## Body & Soul

The average outside temperature during a flight is -54 °C.



### Marathon Run for Your Life

This year, the Soweto Marathon, also known as the "People's Race", will be run for the 26th time, inviting sports enthusiasts from South Africa and beyond to participate in the 42.2-km, 21.1-km or 10-km races. This spectacular event will take place on 3 November in the vibrant, historical township of Soweto, just outside the centre of Johannesburg.

~ [sowetomarathon.com](http://sowetomarathon.com)

### Design Prints Charming

Primrose Chimhanda, a designer who's based in Cape Town, specialises in the creation of eco-friendly textiles and homewares, featuring her unique prints.

~ [primrosecharmz.com](http://primrosecharmz.com)



### Q&A

## Mzukisi Mbane

*After deciding that accountancy was not his thing, South African self-taught fashion designer Mzukisi Mbane followed his passion and launched lifestyle brand Imprint. Msafiri chats with him about his work.*

**You have a degree in accounting. Why did you become a fashion designer?**

I always say fashion chose me. Following my accounting studies, I decided to take a gap year to find out what I really wanted to do. I started to play with my mum's old sewing machine and that's how it started. It's in my blood, though. My mum used to sew and so did my grandmother. I think I was born with the skill.

**Tell us about your designs.**

My designs are always about pushing boundaries. I love to work with an afrofuturistic aesthetic and I want to tell the African story. My dream is to build a brand that will survive on its own in places I never knew it would go. I want African fashion to not only be a trend, but also be the everyday norm.

**What is your advice for other aspiring entrepreneurs?**

Before you start, try and understand who you truly are. You need to know exactly what you want to communicate with your designs or other products. An authentic brand identity goes a long way!

~ [imprintza.co.za](http://imprintza.co.za)



### Human solutions Tradition Meets Innovation

Niger-based architecture studio Atelier Masomi develops innovative solutions tailored to the needs of communities, while exploring new ways to adapt local techniques. The new Dandaji Market in rural Niger, for example, was designed to provide the inhabitants with a larger, more permanent market. In this case, individual shading structures compensate for the difficulty in growing trees in such a dry, desert climate.

~ [ateliermasomi.com](http://ateliermasomi.com)

Habari text: Eva de Vries

**Some species of the Baobab tree** can live for 1,000 years or longer. The oldest one, found in South Africa, is believed to be 6,000 years old.



## Column

Uganda has 6.8 percent of the world's butterfly species.



Jackson Biko

# Rarely Number One

I'm writing this from a holiday spot in Mombasa. (Sand, palm trees, etc.) Before I came up to the room to write this piece, my daughter – who was lying on the lounge next to me by the pool, face engulfed by smartphone – asked suspiciously, “Where are you going?”

“I’m going to write,” I said, a little too defensively for an industrious father.

“You’re always writing,” she replied, still hidden by her phone. I wanted to say, “That’s because you guys are always eating.” But, I didn’t because I’m told that everything you say to a child will somehow grow like bacteria and manifest in their teenage years in whatever form. One thing I’ve learnt about children – mine and the ones at this resort – is that they’re always eating. Hordes of waiters are constantly balancing platefuls of food and drinks – the pool area looking like an international flight path during high season – that are promptly devoured by these children. “Papa, can we have chips; Papa, what time is lunch; Papa do they sell pizza here?” they will ask. And, they will exclaim “Papa, I’m hungry!” *ad infinitum*.

The age gap between my children doesn’t help: my daughter is 11 and my son is 5. The government tells us to stagger the birth of our children wisely, and I can tell you that 11 and 5 is a bad idea. This is because it’s like raising a wolf and a sparrow in the same home. The girl is a preteen, so she’s already keeping secrets and she acts like she doesn’t belong on Earth. The boy, on the other hand, can’t stay still, and he can’t stop talking either. Plus, I have to wipe his bum whenever he goes for a number two. There should be a support group for anybody who wipes their child’s bum twice a day for more than five days because, at this frequency, the effect on one’s psyche is profound; I’m starting to think that my son performs this biological function to punish me for something I’ve done. He picks the most inconsiderate times, such as when I’m by the pool, deep into my book, and to top it off, he stands in my sun while breaking the news. “Number one or number two?” I’ll say, squinting up at him in fear. He’ll hold up his two fingers, of course. I’ll toss the

Kindle aside in a display of disgust. For anyone else, this hand gesture means peace, but for me it means “violence”.

The other problem with children who are separated by a large age gap is their differing desires: they never want the same things. When my son wants to swim, my daughter wants to walk barefoot on the beach. Nobody cares what I want to do, or even if I’m hungry. I envy my friends who I’m here with. They have two sons, aged 12 and 10, which means they run off to do things together and their dad just lies there with his eyes closed. They could get on a dhow and sail to India, and he would only notice days later when we’re checking out. His wife cares even less. She lies under a parasol, occasionally hydrating through a straw.

## “Number one or number two?” I’ll say, squinting up at him in fear”

Mind you, while they’re on holiday here, it’s his turn to mind the kids. You’d imagine that my daughter and his son, who are in the same age group, would get along, right? Nope. She regards him like she regards my dress sense: with disdain.

I have two more days to go and quite honestly, I’m ready to cut this holiday short and go back to Nairobi. I’m tired, I look miserable, my nose is peeling and my phone has just vibrated with a message. It’s probably the 11-year-old. She probably wants something to eat. Or, perhaps it’s her brother who wants me to wipe his bum. Now, if you’ll excuse me, I have to go be a dad.

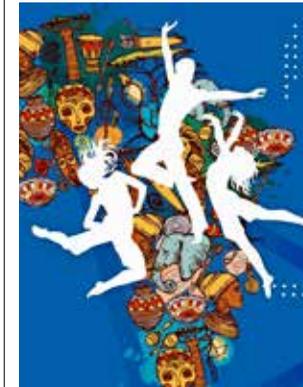
Illustration: Hannah Wieslander

**Mount Karisimbi**, an inactive volcano in the Virunga Mountains, is the highest mountain in Rwanda, rising to a height of 4,507 m above sea level.



## Arts & Culture

**Kenya's Lamu island**, located off the east coast, is car-free.



### Festival Afro-Latin Dance

On the western side of the continent is the amazing Nigeria Afro-Latin Music & Dance Festival (14 to 17 November). The event will offer cultural exchange, workshops and dance performances from Nigeria, Togo, Kenya, Ghana, Benin, Spain and the UK.

~ [afrolatinfestivals.com](http://afrolatinfestivals.com)

### Room with a view Nesting in The Wild

Built alongside a river full of wildlife, the Nay Palad Bird Nest offers guests the chance to nest and sleep like a bird, with a 360-degree, bird’s eye view of the surrounding wilderness. You can enjoy a magical sunset, a picnic-style dinner and then fall asleep under the stars. You’ll wake up the next morning to the magical sounds of elephants playing on the pristine river banks.

~ [segera.com/nay-palad-bird-nest](http://segera.com/nay-palad-bird-nest)



### Fashion Top Hats

Marketing their headwear as “modern gentlemen’s attire”, Askfashionista is a brand that every gentleman hat-lover should get to know. This beautiful Nigerian fashion line offers fantastic hats in all colours and sizes.

~ [Instagram: @askfashionista](https://www.instagram.com/askfashionista)

### Museum African Showcase



The Zeitz Museum of Contemporary Art Africa in Cape Town deserves a visit not only for its beautiful and important collection of art from Africa and its diaspora, but also for the amazing design of the museum itself. Currently on show is “Why Should I Hesitate: Putting Drawings to Work”: a broad survey of South African artist William Kentridge’s work, covering over 40 years of his artistic output in drawings, stop-frame animation, video, prints, sculpture and large-scale installations.

~ [zeitzmocaa.museum](http://zeitzmocaa.museum)



### Design Mash.T Design Studio x Houtlander

A collaboration between award-winning South African designers Thabisa Mjo – of Mash.T Design Studio – and Phillip Hollander and Stephen Wilson – of Houtlander – has resulted in the stunning “Hlabisa Bench”. With a shape inspired by a three-legged pot that Thabisa saw her grandmother using at her house in KwaZulu-Natal, the designers enlisted local master weavers to create the bench’s basketweave.