

As we all know, there are many ways of serving in this world. One of the easiest ever for Usha Shah was to serve as a guinea pig at the vocational skills training days she organized in late June for ladies in Nairobi. Manicure, pedicure and hairdressing were scheduled and Usha went in feet first! Enjoy reading her lively report.

Early on 25th June, twelve very eager-to-learn ladies arrived at the Theosophical Society premises to learn all about manicure and pedicure procedures. It was cold outside and the ladies were welcomed with biscuits and cups of curried tea – meaning with spices, milk and sugar all boiled together. Once they felt warmed-up and restored, we all trooped up into the teaching hall. We introduced ourselves and talked briefly about how financial independence can help in leading a stress-free life. Having their own money, it was suggested, assures women of dignity, self-respect and assistance with the

