

Connecting Africa to the World

FREE
to Take
Home!

MSAFIRI

October 2019

Fall in
Love
with
New York

 **Kenya Airways**
The Pride of Africa

**Haute
Shuka**

The rise of the
Maasai garment

**Going
Bananas**

Scientists work to
save the banana





Falling for New York

Autumn in New York is a blissful time of year for both BODY AND SOUL. The city is transformed by cool breezes and brilliantly coloured foliage, and cultural events and festivals abound.

text Sarah Khan

NEW YORKERS are famous for their strong opinions, and this applies to their feelings about the seasons, too. Winter has plenty of charm; city dwellers love how the snow softens New York's rougher edges and the way the streets twinkle under canopies of festive Christmas lights. Other residents eagerly await the spring, when the frost finally melts away and they can descend on sidewalk cafés to soak up the sun at long last. The sweltering summer months, with an intense heat that bakes the streets and humidity that clings to the air, might be less loved; but there's still something to be said for quiet weekends spent enjoying the >

1. Underneath the 1 Line near 125th Street, Manhattan
2. The Statue of Liberty
3. Waffles in Manhattan
4. Ice skaters in Central Park
5. The famous "cronuts" of Dominique Ansel Bakery
6. The Terrace restaurant at Times Square EDITION
7. The iconic Brooklyn Bridge

"After a fun, hot summer in the city, October is simply magical, with cool autumn nights and vibrant fall foliage beginning to pop in Central Park"

city when it seems to empty out of residents who decamp to the Hamptons, Connecticut or Europe. But it's autumn, when the turning leaves cast a golden glow all over New York's five boroughs, that has the most passionate fans.

IN LIVING COLOUR

"After a fun, hot summer in the city, October is simply magical, with cool autumn nights and vibrant fall foliage beginning to pop in Central Park, Prospect Park and Van Cortlandt Park," says Jon Ortiz, a pro-skater turned skate-school owner and photographer, who grew up in Manhattan's Lower East Side. "Kids are back in school by now and the adults are ready to play."

Perhaps the most beloved October pastime is strolling through iconic Central Park, when its 340 hectares are cloaked in vivid shades of orange and leaves float lazily to the ground, crunching softly underfoot. But there are plenty of other ways to enjoy the crisp autumn breeze, such as wandering through the Union Square Greenmarket, where you'll find an impressive array of fresh, autumnal produce.

FIELD TRIPS

You'll do yourself a great disservice if you spend all your time in Manhattan, however; be sure to venture out into the boroughs, too. "One of my favourite ways to enjoy autumn in New York is to go on a bridge walk," says Brooklyn-based artist Annika Connor. "See the best views of the city by walking from Brooklyn to Manhattan via the Brooklyn, Manhattan or Williamsburg bridges. Remember: If you only plan to walk one way, start in Brooklyn so you walk towards the skyline."

For a completely different view of the skyline, Connor recommends taking the ferry to the Down Under the Manhattan Bridge Overpass (DUMBO) neighbourhood, where you can enjoy a day at Brooklyn Park or ride on Jane's Carousel. While you're there, you can grab a bite to eat and then walk back across one of the bridges. "Sunset is the prettiest time to go," says Connor. "The transition from day to night is breathtaking."

THE GREAT OUTDOORS

If you're even more ambitious, consider a day trip out of the city. The Storm King Art Center in the Hudson Valley, about 100 km away from New York, is a sprawling sculpture garden with artworks by Sol LeWitt, Roy Lichtenstein, Zhang Huan, Alyson Shotz, Richard Serra and many more, spread out over 200 hectares.

While it's a great place to head for a picnic any time of year, it's especially popular in autumn, when the turning leaves surrounding the massive installations add another layer of visual splendour. >

EAT & DRINK

Pastis

This longtime celebrity favourite was shuttered for a few years, but recently reopened with a bang in the Meatpacking District.

52 Gansevoort Street
pastisnyc.com

Atomix

The 10-course Korean tasting menu is pricey, but well worth it.

104 East 30th Street
atomixnyc.com

Adda Indian Canteen

Don't be deterred by its unlikely setting in the neighbourhood of Long Island City – Adda is one of the city's best new Indian restaurants.

31-31 Thomson Avenue,
Long Island City
addanyc.com

Coast and Valley

Head to Greenpoint in Brooklyn for this chic, California-inspired restaurant and wine bar.

587 Manhattan Avenue, Brooklyn
coastandvalleywine.com

Lilia

Getting a table at this Italian favourite in Williamsburg, Brooklyn, is quite a feat, but if you get lucky, you won't be disappointed.

567 Union Avenue, Brooklyn
lilianewyork.com

1. Yellow taxis line up on a Manhattan street 2. Pastis in the Meatpacking District 3. Broadway, Manhattan 4. The Hudson River, seen from the Chelsea Piers 5. Brooklyn Bridge 6. Halloween in the city 7. The Halal Guys on West 53rd Street 8. A New York school bus 9. Glass-ceilinged gallery at the Metropolitan Museum of Art

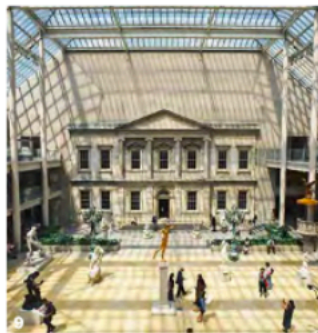
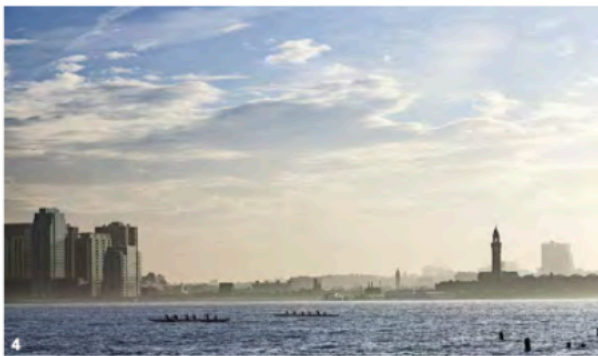
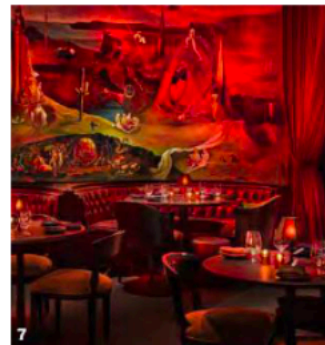
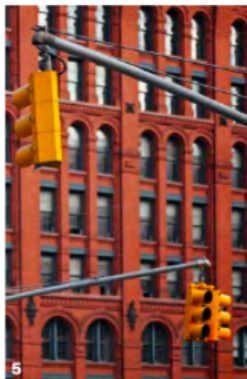
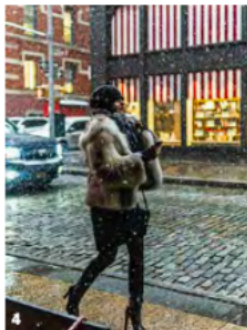


Photo Credits: Richard Kook, Unsplash; Louisa Paimberg, Stocksy; Robert Ryan, Chris Barabasi, Monika Kozub, Stocksy



HOTELS**Times Square EDITION**

This new addition to lively Times Square brings a level of chic rarely associated with the tourist-centric neighbourhood.

20 Times Square
editionhotels.com/times-square

Arlo NoMad

A chic hotel with a great rooftop in the central, increasingly cool NoMad neighbourhood.

11 East 31st Street
arlohotels.com/arlo-nomad

Hoxton

A buzzy new hotel in the hip Williamsburg district of Brooklyn, as popular with locals as it is with tourists.

97 Wythe Avenue, Brooklyn
thehoxton.com/new-york/williamsburg/hotels

Mandarin Oriental

Set on the 35th to 54th floors of a skyscraper above Columbus Circle, this hotel has stunning Central Park views.

80 Columbus Circle
mandarinoriental.com/new-york/manhattan/luxury-hotel

OUT AND ABOUT

Storm King Art Center is about two hours away from New York City by car, or you can get there by train or bus. Open Wednesdays, Thursdays and Sundays from 10 a.m. to 5:30 p.m., and Fridays and Saturdays from 10 a.m. to 8 p.m.; admission is US\$18 for adults and US\$8 for ages 5 to 18.

1 Museum Road, New Windsor
stormking.org

Archtober is on throughout the month of October, with a host of lectures, architecture tours, studio visits, film screenings and panel discussions.

2019.archtober.org

New York City Wine and Food Festival runs from 10-13 October. Tickets sell out quickly, so buy them in advance. Choose from culinary demos, celebrity-chef-hosted dinners, cocktail evenings and more.

nycwff.org

Halloween night – 31 October – is when the eagerly awaited annual Village Halloween Parade takes place. Dress up in a fun costume and join in (sign up first), or line up along the route, from Spring Street to 16th Street on Sixth Avenue, to watch the fun.

Halloween-nyc.com



Kenya Airways operates non-stop flights to John F. Kennedy International Airport in New York from Nairobi.

CULTURE VULTURES

October is also when some of the city's premier events are on. Here are just a few you should embrace this month:

Archtober

Architecture buffs will love being in town during Archtober, a monthlong event spanning all of New York's five boroughs, filled with tours, lectures and special events. "Archtober is New York City's preeminent celebration of all things architecture; the Center for Architecture organises an action-packed roster of panel discussions, boat tours and site visits that cater to building enthusiasts from all walks of life," says Ryan Waddoups, news editor at design magazine *Surface*. "Best of all, many of the city's hidden architectural gems only open their doors to the public during Archtober; it's a fantastic opportunity to see something new and unexpected." If you're looking to dive into the city's celebrated design community, you couldn't come at a better time. "The beauty of Archtober is that the programming is so multifaceted and diverse, there's something for everyone," says Waddoups.

New York City Wine And Food Festival

Food fanatics, rejoice! While New York is one of the world's great culinary cities, the dining scene is especially electric from 10-13 October this year. "The New York City Wine and Food Festival is incredible," says Ortiz. "There are tastings held all over the city, with various celebrities and world-class chefs participating over the four days of events." You can take a macaron-making masterclass at Ladurée, guzzle massive steins of beer with celebrity chef Andrew Zimmern at Oktoberfest, join Giada De Laurentiis for a full-fledged Italian Sunday feast, try a steak and whisky pairing, and so much more. Check out the website in advance for tickets, though, as many events sell out.

Halloween

How to describe Halloween in New York? It's definitely something best experienced first-hand. Fortunately, Halloween festivities seem to go on for weeks here, and aren't just limited to a few hours on 31 October. Homes and stores are decorated with spooky abandon, elaborate haunted houses pop up across the city, and house parties and themed nights at clubs happen in the weeks leading up to Halloween. Be warned: riding the subway surrounded by people in outrageous, gory costumes is par for the course this month.

On Halloween itself, many of the more residential parts of New York – say, the brownstones of the Upper West Side in Manhattan or Park Slope in Brooklyn – vie to outdo each other with elaborate decorations, and they're a favourite for trick-or-treating children. But the grown-ups love to have fun, too; and for that, you need to head to Manhattan's Greenwich Village for the epic annual Village Halloween Parade. "New Yorkers of all kinds let loose and happily show our creative colours," says Ortiz. "I've attended the Halloween Parade for the last 20 years, dressing as everything from a werewolf to Mickey Mantle; always on my roller-blades to add to the flavour!"

1. FDNY at 138th Street, the Bronx 2. The Guggenheim Museum 3. Times Square by night 4. Enjoying the early snow 5. Manhattan traffic lights 6. Radio City Music Hall 7. Paradise Club at Times Square EDITION 8. Cycling on the Williamsburg Bridge