

Lake Naivasha Community News



Worth Noting *Deb Snell, Editor*

Dear Friends,

In spite of the winter months here where so many escape to warmer climes and family in distant places, it has been a busy time. The Naivasha area seems to be booming with new construction, new lodges around the lake (or at least new ownership and renovation), and restaurants to attract the weekend revelers from Nairobi. Not to mention the great excitement over the new Buffalo Mall, with it's promise to open in November with a Java House—and nobody wrote to guess who the anchor store would be! Well—it is a TUSKY's! And check out the reviews inside for a new restaurant at La Pieve, as well as some "out and about" places.

Writing is 90% procrastination
and 30% panic.



Pictured on the left is Steven Goldstein and his team.

Courtesy of Mary Ellen Davis—(I know you're not speedsters, but here's the latest entrapment rules:)

1. Waiyaki Way-The 50km/h rule starts from the Kangemi Bridge to town and ends at the bridge as you leave the city.
2. Langata Road-The 50km/h rule starts form the KWS Headquarters or the Nairobi National park main gate to town and back to the same place.
3. NGONG ROAD-The rule starts from the Nakumatt Junction main entrance town and back to the same place.

same place.

4. Jogoo Road-The rule starts from the Buru Buru turn-off to town and back to the same place.

5. Mombasa Road-The rule starts from the General Motors junction to town and back to the same place.

6. Limuru Road-The rule starts from the Muthaiga mini market round about to town and back to the same place.

7. Thika Road-The rule starts from the Kenyatta University main gate to town and back to the same place but it's not yet clear because the 100km/h speed limit signboard is still in place that allows one to cruise at that speed to Pangani.

For those driving outside the city please note that special speed guns have been placed on different areas to catch those who are driving beyond the speed limit (100km/h) and the traffic police and the NTSA have come up with roadside courts where offenders are being fined on the spot.

EDITOR'S NOTE: Drive carefully—I'm hoping I don't have to bring cookies to you in the cell!

Deb

EDITOR'S NOTES

Newsletter distribution bi-monthly; **November deadline**
October 15. Inquiries, requests and information to snelldeb@gmail.com

A reminder that I include what I hope is interesting, informative or useful information for readers, but I mostly rely on things submitted by YOU. If you would like to see notices of events, calendar items or things you think others would enjoy or need to read through this newsletter, please send them with a note "FOR THE LNC NEWSLETTER" or they will not be published.



William Alexander Smith (WAS) Marjorie Weir Aggett (nee Smith)

The Karati Farm

Submitted by Don Rookan-Smith....Florida/USA

My grandfather William Alexander Smith (WAS) first came to Kenya on a recce: in mid 1906. A.C. Hoey had been a pupil on WAS's Cathcart farm, in the Eastern Cape/South Africa, directly after the Anglo/Boer War, and had proceeded from there on to Kenya. It was Hoey who undertook to 'show' WAS around Kenya.

The following few lines are taken from his sometimes long winded and often repetitive, but none the less fascinating, copious pencil written notebooks, which we have recently transcribed into a more legible form for the benefit of family.

WAS/Hoey set up a long safari by rail and porter via Sotik Post, guided by the Kipsigis/Lumbwa chief Kiplangat. They ended up at the Masendera Valley, paralleling the Southern Uaso Nyiro/Ewaso Njiro River. This area was later to become part of the Maasai Mara. WAS stood and looked over that marvelous country, seemingly empty of human habitation, on August 14th 1906, and proclaimed that he had found the land of 'milk/honey'. Kiplangat assured him it was a 'No- man's-land' since the Maasai/Kipsigis had been at war.

On his return to Nairobi WAS applied for land in the Masendera, along the southern Uaso Nyiro and guaranteed to bring back sufficient settlers to occupy some ten farms. Hoey subsequently developed and opened up Western Kenya, hence Hoey's Bridge, near Kitale, which he had picked out as a suitable township.

WAS's efforts to find settlers and settle his affairs in South Africa, are too involved to go into here, but his large family + two Webbs eventually sailed for East Africa; included in that voyage were all sorts of agricultural tools/equipment, wagons, horses and sheep. Others of the group sailed separately and at differing times. Unfortunately, they landed at the old Mombasa harbor, where the livestock had to be thrown overboard, and made to swim for shore. They had a great time collecting livestock all over Mombasa town, and WAS was known to have remarked next day, that his pedigree sheep looked quite unlike sheep, after swimming through the surf!.

Their large Cape wagons had to be partially dismantled in order to make passage through those narrow Mombasa streets to the railway station, and on the way a lot of the trek chains, yokes, skeis etc; were stolen. Once assembled at Lanet/Nakuru, where WAS said 'must have held the most Zebra of anywhere in Africa', and consequently lion also, they set about acquiring and training work oxen. It was here that WAS met Winston Churchill, who was pig sticking on those plains, and who apparently 'spoke up for the settlers' at a Nakuru meeting with the Commissioner of Lands. Eventually they were able to leave by ox wagon over the Mau to the Mara; .90 miles in 90 days they said, arriving to take up land in the Mara in April 1908. They chose this very much more difficult route, because of abundant water.

WAS writes in his notes that "our group now consisted of six wagons and a scotch cart with six spans of oxen (probably 100 head). There were horses, cattle and sheep, of which 50 were purebred Merino. Our manpower was myself/wife, four sons, two grown daughters and bro-in-law Bill Peebles + three Browns, four Ulyates, two Webbs and two little girls. Our African staff consisted of twelve men, two of whom were Cape Colored wagon drivers from the SA farm. The Aggetts, Harts and Bowkers also took up land there".

The time these settlers spent in the Mara was a matter of survival, and very little development. Frank Smith was very badly mauled by a lioness, which affected him thereafter. Donald Smith was wounded by a self inflicted gunshot, and ironically he was to tragically die of his own gun 40+ yrs: later, during the Emergency.

Tom Aggett returning on foot from digging a furrow one day, was affected by having to watch a lion devour his favorite mare, which had his rifle attached to her saddle, and only with great difficulty was he able to catch his second horse and return to camp. He decided at his age, he wanted nearer civilization, so moved to Naivasha.

Willie Smith, Norman Webb and Robert Ulyate were probably the first ones to have opened the track from Narok through the Kedong to Kijabe, in search of supplies for the Masendera settlers. This involved about 40 waterless miles, which they traversed by

travelling a solid 24 hrs, without a long outspan.

In 1911, the British Government decided to move the Maasai from Laikipia to the Loita, and the settlers out. This was a huge upheaval for both the Maasai and the settlers. The Smiths mainly then settled on the Pesi river/Laikipia, the Aggetts around Naivasha/Nanyuki, the Charts/Jenkins around Gilgil and others settled all around Kenya. Boyce Aggett for years traded goods by wagon into Maasailand, lived and died at Kijabe. George Aggett learnt Maa fluently, whilst assisting at these trading posts, some of his grandchildren still ranch at "Kifuku" in Laikipia.

WAS and his sister were born at Kintore, in the Highlands of Scotland, and as very young children accompanied their parents, when they immigrated to the Cape/SA in 1859. He kept detailed and copious pencil written notes all his life. While dealing with his Scottish ancestry, he mentioned that his Mother told him that as young girl, her Mother took her to the nearby Battlefield of Harlaw on the banks of the river Urie, near Inverurie, to a cairn where members of her family had 'fallen'....the family head, five sons and three son-in-laws. I looked up the date of this battle and was astounded to find it was fought between rival clans in June 1411, and the river Urie ran red with blood.

WAS spent most of his life in the Eastern Cape, and died in East London/SA in August 1948 aged 94. His sister Marjorie, known as Gran Aggett, died at Naivasha in 1922.

The Aggett farm 'Karati' was the central point for both families. My own Mother spent her early childhood there, was christened and married at Naivasha church, and I think the Ethel Aggett/ Segar Bastard marriage was the first at that church.

WAS and Tom Aggett came from the same area of the Cape, and married one another's sisters. From these two unions came that large Kenya family, who if not related by blood, were by marriage - alphabetically.....Aggett, Bastard (de Batard), Bedward-Williams, Case, Chart (Nye-Chart), Corfield, Griffin, Hurt, Rand Overy, Roberts, Rookan-Smith, Smith, and Ulyate + I have no doubt, many more! Dame Daphne Sheldrick was a Jenkins.

On 3rd November 1914, WAS's son Willie was killed at the battle of Longido, and this together with the settlers' removal from his beloved Masendera, I think soured WAS on East Africa to a certain extent, as he never lived in Kenya for any real length of time. Coupled with that was the fact that he lost two wives who died in SA, and was married three times and had seventeen children, some of whom pulled him back towards South Africa.

It was only about 60 years from WAS's arrival, and the subsequent departure of most of his blood kin from Kenya, with Independence.

July 2014

[Note from Bruce: WAS never changed his name to Rookan-Smith. The Rookan came about by usage – apparently there were a number of Smiths in the Eastern Cape's Hog's Back/Cathcart area, so each one was identified by the name of his farm; thus WAS was known as 'Smith of Rookan'. Birth certificates of the first two litters indicated the surname Smith, though 2nd litter boys Alexander (Lex) Smith and our Dad Harold were registered at St. Andrews as Rookan-Smith; birth certs for the third litter - Ron & Ian - were issued in the name Rookan-Smith. Although all Harold & Marge's children (Don, Bruce, Robert and Janet) were all born Rookan-Smith, Harold only changed his name from Smith to Rookan-Smith by deed poll on 14th May 1953, at Eldoret (Carruthers).]



KSPCA News

These are some of the cats we currently have in Naivasha KSPCA, all of whom are desperately in need of a good home.

They are all very friendly, neutered and up to date with their vaccinations.

The two on the left and the fluffy black and white one have also been micro-chipped – unfortunately their owner has had to leave the country.

I hate seeing cats in a cage, and am pleading with you all to help us to find good homes for them – if you don't want them, maybe you know someone who does?!

Many thanks, Netty Munn





East Africa Women's League (EAWL)—Naivasha Branch

Deb Snell, Chair

The Naivasha branch of the EAWL has members (as do other branches I'm sure) that are amazingly diverse with a wealth of information about their lives and history in Kenya, so I particularly appreciate the times of fun and fellowship where I am constantly learning. Being a relatively new guest in this country (only 20 years), I find perspectives from women who have been here much longer than I and whose parents and grandparents were among the early "pioneers" so interesting. Their stories are amazing.

Those stories are of the "Old Africa" variety that my friend **Shel Arensen** writes about in his magazine. And sadly, since my husband Greg says I'm a "hopeless romantic", not to be relived in today's Africa. Today's life becomes tomorrow's history and change is inevitable. My motto is to live in the present while appreciating the past and anticipating the future. I find this to be true as the EAWL moves along, gathering new women to enrich the diversity and ideas while appreciating the traditions that should remain.

In 2015 the EAWL will celebrate 100 years in Kenya—amazing! I was chatting with someone who is a 3rd generation Kenyan from Britain, and he remarked how his mother and others joined because in those early days it was lonely for women on the large farms and ranches, separated from other women and friendship. The EAWL shared fellowship while looking for ways to be charitable for African women and children.

I do love our branch and the women who are fun, funny, interesting, filled with history and the mix of tradition and new ideas.

Our branch is host to guest speakers on so many varied topics, and the attendance at our last two gatherings has been wonderful. Our July gathering was hosted by **Pat Paterson** at her lovely home in Gilgil. Pictured here is **Beckie Smith**, a breast cancer survivor and founder of a support and treatment group for African women at the Coast. Her personal testimony and life then directed toward helping increase awareness and options for women without resources was truly inspiring. She is the mother of Kevin Smith and his wife Mirium—founder of Eden Trust and environmental camps for kids, who we had speak to our group last year. She brought things to sell that support her program and I bought a lovely black top with pink embroidery (signifying the Cancer program) and when I wear it I am reminded how blessed I am to still be cancer free and I don't take that for granted.



Our August meeting was held at Peppercorn Farm, the home of Janet Pye. Our guest speaker was Steven Goldstein, a PhD candidate in archeology from Washington University in America. He is the youngest archeologist to obtain his degree (I think I remember he is only 25!) He did his dissertation research on Mt. Eburru, studying the social and economic impact of Obsidian on the communities of the Rift Valley. People travelled from long distances (even as far as Kisumu) to get the obsidian from Eburru. Did you know that if you hold it to the light it is actually green? He found tools, hide scrapers, arrowheads and pottery, among other things.

We had a great attendance at this meeting and lots of fun as well!

Our September meeting will be hosted by Dea Schupback on the lawn at her home and B&B guesthouse, Dea's Gardens. Our speaker is Bruce Knight from Greenpark and his topic is Geothermal Energy in the Great Rift.

Just to prove that we EAWL ladies are fun-lovers...

**DON'T FORGET TO RESERVE YOUR TICKETS FOR THE
MURDER MYSTERY THEATRE AND BUFFET LUNCH**

to be held at the Sweetlake Resort on October 4 (Saturday).

See the flyer in this publication for more details!

And you will have time to visit and shop at the Craft Market as well!



WHO KILLED SISTER FASTNUN?



Join guest detectives to meet the suspects, hear their motives and question them with

Chief Inspector Claudius Clueless (Peter Nicklin) at the

MURDER MYSTERY THEATRE

Cast of Suspects!

Could it be Tootsie Two Way? (Andrew Challoner)

Or Brigitte Bardoo? (Anna Hern)

Perhaps Ruby Ripefruit (Joan Dickie) or Ginny Drostyhoff? (Janet Pye)

Colin Corruptus (Zaine Manji)? or Willow Wood? (Minalyn Nicklin)

SATURDAY 4TH OCTOBER

12:00 NOON

**SWEETLAKE RESORT
SOUTH LAKE ROAD - NAIVASHA**

INCLUDES DELICIOUS BUFFET LUNCH (cash bar)

ADMISSION TO THE CRAFT MARKET (10:00-5:00)

WINE/CHEESE/FRUIT TASTING EVENT

NYAMA CHOMA TENT/CASH BAR



2000 Ksh To RESERVE THEATRE TICKETS 0720-743625

Craft Market open to the public

10:00-5:00 Admission: 200/-

Events sponsored by



All proceeds benefit EAWL Naivasha women and children programs



St. Andrew's Tarabete Secondary School

Peter Ngugi, Principal

Greetings, friends!

We at St. Andrews consider ourselves blessed to have such a supportive and encouraging family of partners, who care about the children of Kasarani.

Our girl's dormitory for 100 girls is almost complete! As you may know, we do not have any water at our school, so the building has gutters to collect rain water, which is then pumped by solar to a tank on the roof. We also have solar hot water for the girls, which is a real treat, especially for showers! And solar electricity. All that remains is the installation, painting and furnishing with the beds and we will be ready. It also means that as we become a girls boarding school along with the day students, that our girls will be sharing with girls from outside, giving them exposure to life beyond Kasarani.

This has all been made possible by some very dear friends introduced to us by Jan Carmony in Nairobi, who was also the representative for Lights for Learning—the individual solar lamps so the students could study at night. The picture above is of the American family who shared our passion for girls at risk, and their Foundation gave the gift of the dormitory. We are so very grateful to them.

The next picture is of **Pauline Mugure**. She is the community resource leader for our **Student Peer Mentor Program**. We now have 12 boys and 12 girls (3 from each of the 4 forms) plus an alumni representative for each program. Each year there is an orientation and training on what it means to be a mentor, a retreat where the mentors share stories of their experiences, ongoing training and providing resources, and a year end conference on a topic chosen by the students for students and their families. We are indeed proud of Pauline as she was recently selected as one of 4 women from Kenya to attend an international leadership conference in Uganda! Congratulations, Pauline!

The picture on the right is myself with Silas, our accountant and bursar. We are smiling because we are so grateful for the much needed gift of a desktop computer—a newer one that has everything Silas needs to do his record keeping! Thank you so much to the donor from Greenpark who will make things so much easier for us at St. Andrews. We don't have power on the campus other than a generator, which will be powered with a surge protector! Pray with us that soon we will receive the power from KPL which has been promised by the government to all rural schools!

Praise God that we have great friends in Germany and Switzerland who are fencing the school property, and continue to support us. They will be visiting us in October and be teaching here. We are very excited about their visit!

We hope you will support us as well as Loldia Primary (our feeder school), and Eburru Primary and Secondary schools and attend the Shooting for the Stars event in November at the Lodge.



Courtesy of Astrid von Kalkstein, from Mrs Echessa Kariuki, Head teacher, Rusinga Schools, Nairobi

EDITOR'S NOTE: I do not copy or forward e-mails from people I do not know when I receive them as an e-mail. I have just copied the message and pasted it here—I cannot verify the information, but it is still good to know...

Dear Parents/Guardians,

We were sent this email by one of our parents. Please be very cautious. "New drug in schools...Please pass this on even if you do not have kids in school. Parents should know about this drug. This is a new drug known as 'strawberry quick'. There is a very scary thing going on in the schools right now that we all need to be aware of. There is a type of crystal meth going around that looks like strawberry pop rocks (the candy that sizzles and 'pops' in your mouth). It also smells like strawberry and it is being handed out to kids in school yards. They are calling it strawberry meth or strawberry quick. Kids are ingesting this thinking that it is candy and being rushed off to the hospital in dire condition. It also comes in chocolate, peanut butter, cola, cherry, grape and orange. Please instruct your children not to accept candy from strangers and even not to accept candy that looks like this from a friend (who may have been given it and believed it is candy) and to take any that they may have to a teacher, principal, etc. immediately. Pass this email on to as many people as you can (even if they don't have kids) so that we can raise awareness and hopefully prevent any tragedies from occurring...!!"

Our Community Cares—Benefit for our Local Schools

Reach for the Stars



SATURDAY, NOVEMBER 22, 2014

Great Rift Valley Lodge

Naivasha

100 % of your ticket
purchase for the Buffet
Lunch will be donated
by GRVL

Buffet Lunch, Silent Auction and Raffle

To support North Lake Primary and Secondary Schools

Lunch, and Silent Auction 2000 KShs (100% donation)

Silent Auction only 200 KShs

Special entertainment and surprise presentations by Friends of Education!

To reserve your lunch tickets:

Lyn Munro

0722813030

munrolyn@yahoo.com

The Great Rift Valley Lodge



Gregory Wabuge
General Manager

It has been a very busy two months! As our lodge football teams prepare to start the sport season, they have received sports attire and other sport equipment from one of the members through the help of the lodge Staff Welfare Coordinator, **Stanley Amukoa**.



The lodge also had the opportunity to host one of the biggest weddings on its lawns at the Conference Centre. Almost every weekend you will see tents appearing on our lawns.



The GRVL hosts the Green Park Community Church within the employee/staff camp in Green Park. Stanley Amukoa, our Staff Welfare Coordinator serves as the pastor. We were honored to have the Bishop Dr. David Oginde from Nairobi return to share from the pulpit



SS MEHTA & SONS ENGINEERING Company, who were awarded the contract to tarmac the road from the Nairobi—Nakuru highway to the lodge, recently made a special donation to the **Green Park ECD School** by donating an extra classroom. Pictured are the Mehta sons, Gordon Strevens of the Trust for African Schools, and Chief Engineer, Oliver Muhindi as they lay the cornerstone.

The children did presentations in song and dance before the speeches. **Mr. Njenga Mungai**, the Deputy General Manager, welcomed the guests on behalf of management of the Lodge, **Mr. Gordon Strevens** spoke on behalf of the Directors. Also present at the function were **Mrs. Kate Fjastad**, secretary for the **Trust for African Schools (TAS)**, **Roselyn Wooton**, **Oliver Muhindi** the chief engineer and **Stanley Amukoa** among others.



Pictured are Mr. Ramesh as he introduces some of the honored guests and the guest presentation of goodies to the children. They also brought lots of food and clothing to the children in the school and those that have graduated to Loldia Primary School.

There are plans for putting up a Dining Hall and a Kitchen before the end of the year. While giving a vote of thanks, Mrs. Kate Fjastad paid tribute to Caroline and Palle Rune who helped pioneer the school. She thanked the guests for their gifts and wished them well.

And speaking of supporting education on the North Lake, don't forget to add this to your calendar!

REACHING FOR THE STARS
Sponsored by the Great Rift Valley Lodge!
NOVEMBER 22—SATURDAY—10-5

Delicious buffet luncheon, raffle with great prizes, and a **Silent Auction** with incredible donated items and getaways. You don't want to miss this and support these four schools as we are **REACHING FOR THE STARS** with a 4 million Ksh goal!



Great Rift Valley Lodge Adventurers Club

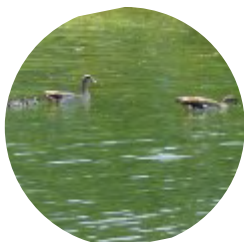


Daniel Kilonzo

Naturalist and Coordinator of the Adventurers Club

The lodge has become known for team building for corporate groups as well as members of the staff. The grounds are perfect for these activities.

We hosted Premier Academy School for two days during which they had all kinds of fun including a visit to the Eburru Forest.



The two Egyptian geese (*Alopochen aegyptiacus*) have been christened "Mazoea", Kiswahili for "getting used to" simply because they are used to coming to the same spot at lake Caroline Island to breed. This time, exactly one year after breeding here in June 2103, they hatched successful nine young ones.

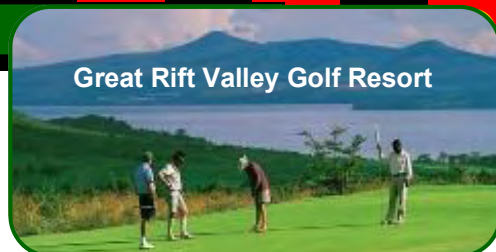
For Golf Enthusiasts



Ladies Golf Events

Anna Hern, Ladies Golf Captain, GRVCR

Great Rift Valley Golf Resort



A quiet couple of months for we 'golfing girls' of Greenpark, as many of us have taken off to 'holiday' in other parts of the globe! But hopefully, we will shortly all reunite and partake in our Tuesday ladies morning, as well as the odd competition at other Clubs in the area.

The 21st/22nd September is when the Nancy Millar Competition will be held at the Karen Club. Many of you know this 'fixture' well, and I hope that some of us will be interested enough to play in this event. A number of our 'key' players, e.g. Cherry, Jan and Penny are unable to take part this year, but I myself would be more than happy to make up a foursome for this competition. I will be back home for next Tuesday (September 2) Ladies morning - so perhaps we can chat about it then, and see if we are able to 'field' a team! (I hope we can - because it's a lot of fun! but we need to see if we can find accommodation for the Saturday night as well - fingers crossed!)

The Lady Captain's Prize is set down for the 14th October on the Fixture List (as it stands). However, for various reasons I would like to see it changed to a date in November, when we can have a 2 day event, which would include a Golf day for everybody (men included of course). This would be a sponsored event on SUNDAY 9th NOVEMBER (sponsor is our friendly Chemist - AXITA) from Naivasha, and the lunch afterwards is kindly sponsored by our own Green Park residents namely Raj and Moti Kent. (More details after I return next week). Then the following day MONDAY 10th November, we will hold the Lady Captain's Day. Hopefully, we will have more of our Green Park members back, to be able to attend these events.

My thanks to the 'stalwarts' of the Ladies Section who have kept 'swinging their clubs' whilst others of us have been 'flitting' around the world. So looking forward to joining up with you all again next week.

Karuru Tuu, the Wards' family home in Naivasha, is open for rent again after renovation. We have also been building a new website www.karurutuu.com.

Our regular visitors will notice that we have a new top deck and front veranda. We have put in new bathroom fittings and overhauled the kitchen. They will also see lots of new furniture, decorations and lighting. We hope visitors, old and new, will love the changes as much as we do. Outside the house, the lake has continued to rise and the bird life is astounding at the moment.

In the light of the improvements in the house and with the changes to the VAT Act in 2013, we have increased our rates. This is our first increase in three years and our standard rack rate is now \$400 a day for the whole house and a minimum of 2 nights. We have also made a few changes to the terms and conditions of rental of the house, which can be found on www.karurutuu.com.

We hope you will have a chance to come and enjoy the house with your family and friends. Please do contact Raye or Diana for availability and more details.

With best wishes from all the Wards, Diana and the whole team at Karuru



Courtesy of Judy Williams, Greenpark

A lovely new restaurant, **The Ranch House Bistro**, has opened on the grounds of La Pieve on South Lake Road. The Bistro is open for lunch Tuesday through Sunday. The ala carte menu is broad enough to appeal to every taste. Special treats include a pizza oven with great thin crust pizzas, and a curry buffet on Sundays. Entree prices average 750 -850KES. The ambiance is lovely as the bistro is situated on top of a hill overlooking the lake. As we dined, giraffe, wart hogs and eland strolled by. The staff is quietly

attentive. Next time you are looking for an enjoyable way to spend an afternoon, don't pass up on the opportunity to experience The Ranch House Bistro.

Editor's note: I had lunch there and had their great "sticky ribs" with a wonderful creamy spinach. I asked for a half-baked pizza to take away and they packed it in a pizza box for me. Yummy when finished later in my oven! The pizza cook is from Mediterraneo in Nairobi, and on windy or cloudy days you can eat inside the restaurant which has a great fireplace. Outside seating is lovely on the garden. And the grocery store and gift shop there are great places to shop on your way out!



Out and About

PUNDA MILIAS NAKURU CAMP

Submitted by Deb Snell

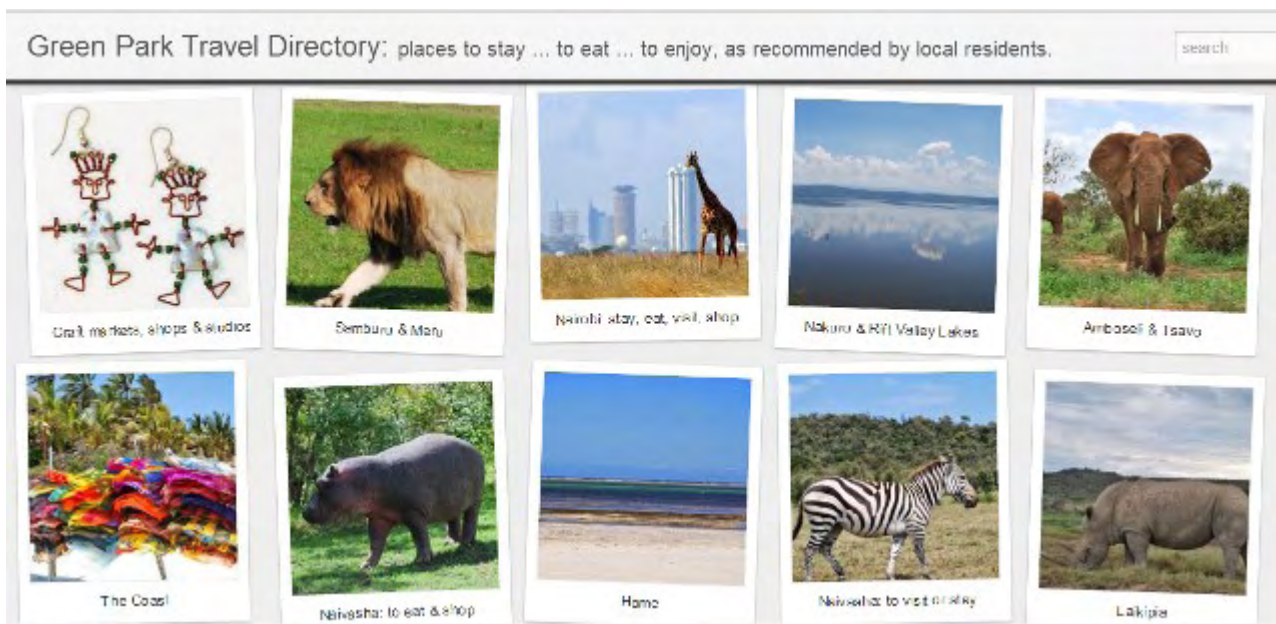
I had passed the signs on the Naivasha-Nakuru road at least a million times and always wondered about it, so on my way back from Nakumatt one day I decided I would pop in and spend the night on my way back to Greenpark. I was greeted by Jason and Kirsty Anderson, the friendly and very personable managers. The camp is immediately next to a gate into Soysambu which makes it convenient for game drives (a lot cheaper than going to Nakuru!) They have a swimming pool, an a la carte restaurant where I had the best steak ever, prepared by Chef Joseph and served by Dennis, a great waiter. There is a fully stocked bar and of course Rosemary, the friendly cat joined me for breakfast!



There are different accommodations and rates beginning at 600/- per person—sleeping bandas that share bathrooms—which are amazing, safari tents with zippered en-suite baths, self-catering tents, and a campground—all set on 10 acres of bush. I had a great time, a good sleep and fantastic food!

Recommendations wanted for local website.

www.greenparktravel.blogspot.com *Joan Dickie*



Our new website, for recommended places to eat, visit, shop and stay, is now up and running: do please visit and have a browse. Above is a screen-print of the first page to open; as you see, there are individual pages to click on, for different areas of Kenya.

I would love to receive many more recommendations from any newsletter reader, written in a simple 2-4 line format (see example below). Your recommendations could go on an existing, or a new page. I have no page yet for Western Kenya, but can easily create one; I had also thought of pages for bird-watching or hill climbing enthusiasts. Please send all ideas to joandickie1@gmail.com and say if you'd like your name mentioned (like my husband's below) or to remain 'anon'.

Example: from the Naivasha: to eat & shop page

[Carnelleys](#) (click heading for website link online)

Return to the '70s with big cushions and a laid back atmosphere: great pizzas, salads, fish and chips etc. for a relaxed, filling and reasonably priced lunch. 30 minutes from Naivasha along South Lake Rd. *Peter Dickie*



KINJA KRONICKILLS at Lake Oloidien

submitted by our "Resident Roving Reporter"

August is the time when migrants are crossing mid air, some off to Europe and a few, en route to Kenya for some southern hemisphere winter sunshine. Kinja has been relatively warm this year, but Nairobi has been dismal. There has been some welcome rain the past couple of weeks which has done wonders for the dry earth.

We have more building going on in our area. There never appears to be a cessation in these activities. A constant stream of laden and noisy lorries plough up and down our fragile road. Kinja charge for lorries coming in, the upkeep costs of the road are quite

substantial, and undertaken by our resident road engineer and his gang of tireless workers. We don't permit lorries in after 6.30 in the evening otherwise the noise goes on through the night. We cherish our wonderful wild life in Kinja but they must find the traffic disturbing. We have had an increase in the loud steam venting taking place on the Ol Karia hills beyond Kinja and Oserian. At a low volume it is bearable and merges into the background, but recently it was going full blast for most of the night. Some of us thought the entire hill would blow up. The sound is akin to a jet taking off without the decrease in volume.

We have a new restaurant opened up next to the La Pieve Shoppe. It is called the Ranch House Bistro and the food and the ambience are amazing. The prices are reasonable too.

The Kenya Horticultural Society had an interesting meeting in early August held at the home of the Chairman, Anna Hern. Anna was about to be one of those migrants mentioned earlier, but she gallantly put up with the members and their friends and family for an interesting talk given by a visiting Aussie on song birds. I am sure that few of us knew that song birds did not originate in the northern hemisphere as earlier scientists thought, but in fact from Australia. We all learnt a lot during this talk which was followed by a hearty lunch, before Anna and Graham departed to sunny Europe.

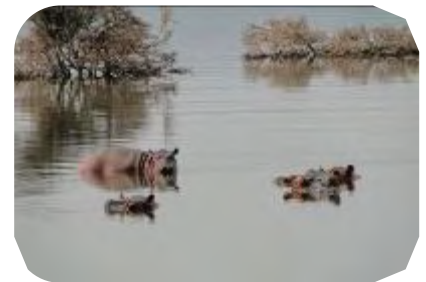
September will inevitably follow on with strange and new variations of flu bugs which the migrants will return back to Africa with after their European sojourns. Talking of bugs no doubt we are all on tenterhooks as to whether Ebola will arrive here. We do hope not, but in case it does we hope all are well prepared with the necessary medical protection kit to keep health workers safe.

Some years ago I read the book 'The Hot Zone', by Richard Preston. Stephen King, the sci fi author described it 'as one of the most horrifying things I've read in my entire life'. I am sure this remark is open to gross exaggeration, but tells us that the Marburg Virus has been in Kenya before.

This brings us back to migrating again. Years ago when these diseases hit they would wipe out an entire village and that would be that, but now with everyone moving around by bike, bus and plane everything spreads like wildfire.

Lake Oloidien, which usually gets a small mention in the Kronickills, has gone down at last, I am told by at least a metre. Sadly, so many beautiful yellow barked acacia have suffered from having their feet in water for so many months and are frequently falling down. You can see many dead ones around the lake edge. The hippos have multiplied since the lake filled up and the water ways from Lake Naivasha became easier. We recently saw a family of hippo and the baby likes to clamber on his mother's back. It gives him a better view of the world. Here is a photo of the little fellow.

Cheers for now.



Weather Watch

Margery Barnes



July and August so far have followed the normal pattern of rather grey skies in between nice sunny days, and temperatures mostly cold, dropping to below 15c sometimes. However a dry spell was broken by some good showers up here at Green Park, which looked as though they were quite widespread, and which laid the dust on the rough North Lake road! And while on the subject of the road, activity has been noticed, with surveyors and markers, and notice boards informing us of an impending new road! However,

nothing much happening beyond that so far, even the heavy machinery has disappeared and there are rumours of some disagreement with the contractors. Alas. But we still live in hopes as its more than time something permanent was done about our road. Looking ahead we don't expect much rain until October, when the short rains are due, although can get showers in September, when it will start warming up.

MOZART'S

Don Giovanni



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Save the Date

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25th & 26th October, 2014
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Peter Blackwell will be exhibiting in Kenya for the first time in four years.

We hope you will visit us over the two day exhibition to view his latest works showcasing the beauty and diversity of Kenya.

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The Standard Chartered Rift Valley Odyssey

24th – 28th September.

Starting from Brackenhurst, Limuru, the Standard Chartered Rift Valley Odyssey is a breathtaking mountain bike adventure across Kenya's spectacular Great Rift Valley. 60% of the ride will be above 2000m exert considerable cardio-vascular demands on all riders.

All entrants must be physically and mentally prepared for this demanding adventure.

For more information on participation see www.riftvalleyodyssey.com

Courtesy of Claire Cook...

EAT LOTS OF SWEET POTATOES - QUITE INTERESTING INDEED!

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... All before making a human. He made and provided what we'd need before we were born. These are best and more powerful when eaten raw. We're such slow learners... God left us great clues as what foods help what part of our body! Nature's pharmacy, amazing!



A sliced carrot looks like a human eye. The pupil, iris and radiating lines look just like the human eye. And YES, science now show carrots greatly enhance blood flow to and function of the eyes.



A tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds the nuts are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain functions.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strenght. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow and avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each of those foods.



Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Sweet potatoes look like the pancreas and actually balance the glycemic index of diabetics. Olives assist the health and function of the ovaries. Oranges, Grapefruit, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Good Suggestions to Live By

ONE.

Give people more than they expect and do it cheerfully.

TWO.

Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

THREE.

Don't believe all you hear, spend all you have or sleep all you want.

FOUR.

When you say, 'I love you,' mean it.

FIVE..

When you say, 'I'm sorry,' look the person in the eye..

SIX.

Be engaged at least six months before you get married.

SEVEN..

Believe in love at first sight.

EIGHT.

Never laugh at anyone's dreams. People who don't have dreams don't have much.

NINE....

Love deeply and passionately. You might get hurt but it's the only way to live life completely

TEN..

In disagreements, fight fairly. No name calling.

ELEVEN.

Don't judge people by their relatives.

TWELVE.

Talk slowly but think quickly.

THIRTEEN.

When someone asks you a question you don't want to answer, smile and ask, 'Why do you want to know?'

FOURTEEN.

Remember that great love and great achievements involve great risk.

FIFTEEN.

Say 'bless you' when you hear someone sneeze.

SIXTEEN.

When you lose, don't lose the lesson.

SEVENTEEN.

Remember the three R's: Respect for self; Respect for others; and Responsibility for all your actions.

EIGHTEEN.

Don't let a little dispute injure a great friendship.

NINETEEN.

When you realize you've made a mistake, take immediate steps to correct it.

TWENTY

Smile when picking up the phone. The caller will hear it in your voice

TWENTY-ONE.

Spend some time alone.

New pharmacy in Naivasha! Right on the main street and very convenient. I went to get a prescription and the owner, Dr. Dave, greeted me with a smile and "how may I help you?" It is a pleasant atmosphere, clean and neatly and thoroughly stocked. His e-mail address is nahil.dave@yahoo.com



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POSITION WANTED

Lucy Wachua Ragu is seeking a position in a private home as a house help and cook. She would need to live on site. She is a single woman who is also experienced in caring for dogs and doing laundry. She has worked for the Italian Ambassador in Muthaiga and in a private home in Greenpark. She speaks English and is a form four leaver.

References: Lel Cartwright 0733-800976

Lucy's mobile: 0725-833377

Advertising Rates:

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