

Lake Naivasha Community News



Worth Noting *Deb Snell, Editor*

WOW! This “little” newsletter is getting lots of press and I have added many new

readers over the last two months. It is fun hearing about and receiving news from further than Green Park and the North Lake area—which was the original audience. We now have people from Nairobi, the Coast, Gilgil and the South Lake.

The *Lake Naivasha Community News* is a great way to advertise special events, grow awareness of our community projects, and give us all opportunities to support them. This issue has several of those opportunities, and I hope you will open your hearts, your pocketbooks and your time to volunteer where your interest takes you. There are many readers, and many choices—enough for everyone to make a difference! I am humbled and heartened to see so many things that our readers are involved with—from cancer to education to animal welfare to children’s annual outings!

I have been “out and about” - around the lake and have met several people and visited several places—all of which points to new ownership of property, development of great lodges and even some “yet to be” new restaurants! It seems that the Nairobi folk are eager to get away from the city traffic and congestion and busy life.

I received a great diary from a woman of her 2 week trip to the Northern part of Kenya—filled with remarkable adventures and challenges. Challenges I couldn’t believe a group of women could survive! Including a woman who celebrated her 88th birthday on their trip—and slept inside her car while the rest of them camped in tents. I excerpted pieces and hope you enjoy their accounts.

I am ready now to begin working on a new directory, so if you have additions, corrections or changes in your contact information in the last 2 months, please send it to me NOW! I hope to have it done in the next month.

I am also beginning to gather information for a Resource Catalog. It will contain services, vendors, and other helpful information. Please send me resources that you have used that you find capable, professional and that you would recommend. Examples would be carpentry, building, masonry, painting, landscaping, electricians, plumbers, car rentals or drivers, house help, gardeners, house-sitters, etc.

It will include emergency numbers (police, hospitals, doctors, security, KPL, etc.)

Various activities will also be included: horseback riding, nature walks,, boat rides, etc. as well as places around the lake to enjoy (example, Crater Lake, Elsamere

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

Lake Nakuru, and the lodges and restaurants.

I would like someone to help me with this—to work with me to make sure it is as inclusive as it can be. Not perfect, mind you! If anyone is interested, please send me an e-mail or call me. snelldeb@gmail.com 0720-743625.

Well... my American Holiday of Thanksgiving is quickly approaching. It is a very big deal for me—a time of gathering together family for a huge feast of turkey, stuffing, cranberries and all the fixings, topped off with apple, pecan and pumpkin pie with whipped cream! I will miss my family back in the US but will have no trouble remembering how thankful I am for Kenya and all my friends here. Greg and I will celebrate with Judy and Dave Williams and visitors from the US on that day!

And in that same spirit, I will try and attend the “Guy Fawkes” day event at Sanctuary in YOUR tradition!

Have a great couple of months!

Blessings,



Golf Dates and News

Tom Fraser, Golf Captain, GRVL/GR

The monthly mug see's some changes in that only Member's and Shareholder's can win the actual Mug. All invited guests have the opportunity to win other prizes, This decision will no doubt effect our normal turn out, however there will be an exception for sponsored mug's. The winner will be eligible to win the mug regardless of being a member/shareholder or not.

August saw a minor dispute which resulted in the mug being returned and eventually awarded to Hugh Edwards. Well done. September Mug was a popular win for Thomas Fjastad

October 4th see's the Senior Ladies gracing our course followed by The Ladies Captains Prize on the 18th Oct.

October 8-9th we welcome the Lohana Group returning for the 6th time.

October 15th is the October Mug. Once again everyone's a WINNER. Bring a wrapped prize up to the value of no more than 700/- Tee off is 12 noon -1.15 pm . Stableford full handicap.

October 29th is the ever so popular DAVE WALLACE HIPPO POT. Dave and Bea Wallace would like to see a good entry so please try your best to enter.

Have a good month,

Golf Course Updates

Tommy Fjastad, Course Manager



The golf course is, I believe, at its very best. Mornings and evenings just stunning !

Thanks to 10" [250mm] rain July, August and most of September, the growth on the course is at its most prolific. It keeps machinery real busy !

However, a professional photographer was commissioned by the Kenya Golf Marketing Alliance to photograph several golf courses including us at GRVGR. Gordon Strevens took him round for this exercise but "sods law" we had overcast weather for practically the whole two days he was here !!

During August, 4 Impala [2m & 2f] & 4 Thomson's Gazelle [2m & 2f] were released into the perimeter fence. However, one female Impala and one male T/Gazelle escaped. Sadly one T/Gazelle was found dead earlier in the month. KWS have been asked to assess the cause of death. This leaves us with an adult male, a young male and a female Impala, and the remaining male and female T/Gazelle. I have never seen the T/Gazelle but the three Impala now feel quite at home on the golf course and can often be seen grazing and manuring the fairways. Our lady Captain had to wait to play her tee shot the other day !!! So sorry !

Some of you may have seen work started at the 13th green. It should be ready to play before month end. The extension to the green will take a few weeks. 100meters before the green on the left will be a new fairway bunker ----- sorry for that !!

Keep your heads down and just enjoy playing.



Ladies Golf Events

Jan Strevens, Ladies Golf Captain GRVGR

Lady Captain's Prize

TUESDAY, 18th October

Golfing members will have had an invitation by now and should have nominated any friends they wish to be invited by the Captain.

Gentlemen are included.

Proceeds from this event will go to a Community Project.

Lunch will be sponsored by the Great Rift Valley Hotel. Thank you George (always a delicious feast)

Our numbers are now swelling again and we had 9 players for golf this morning. The course is in great shape and such a joy to be out there especially early in the morning. 3 Impala impeded my play this morning on the 5th hole. I had to wait until they had finished grazing.!





Great Rift Valley Lodge and Golf Resort *Gregory Wabuge, Acting General Manager*

International Gold event and Kenya 2011 Presidential Awards

This is one of the great events for the Great Rift Valley Lodge and indeed for Kenya.

The event was attended by delegates from fifty four commonwealth countries, drawn from Africa, Asia Pacific, America and EMAS (European Mediterranean & Arab States). His Excellency the President of Kenya arrived on the morning of 6 September to officially launch the event. Although the morning had a drizzling rain, everyone at the Lodge worked industriously to make sure that all was well before the arrival of the President.



On his arrival at the lodge the President was received by the Minister for Education, assistant Minister for Youth Affairs, area members of parliament for Naivasha, the group operations manager for Heritage hotels, the general manager and the security and human resource manager.



Entertainment was provided by the local schools, the Sarakazi group and the University of Nairobi.



All this was the preparation for the arrival of Duke of Edinburgh who was to award the youths who had excelled in different area in their home countries.



The prince who is the seventh in the throne stayed in the hotel for six days attending the meetings with the delegates.

In the course of his stay prince Edward interacted with the delegates and staff of Great Rift Valley Lodge and Golf Resort by attending the bush and gala dinner prepared in his honor.

In his final remarks the prince concluded that the Great Rift Valley Lodge is a great place with wonderful people.



Photography by Daniel Kilonzo, GRVL Naturalist and Coordinator, CSR

Out and About: A trip to the Oma Delta

Rowena Buxton

From the editor: The following are excerpts from the journal kept by Rowena Buxton of her recent trip taken by seven ladies and Bernard, a helper, in 3 cars over 14 days—from Nairobi to Lodwar and beyond to the Oma Delta. They camped along the way, often getting lost or broken down and in spite of it all, had a grand adventure. One of the women celebrated her 88th birthday on the trip! Remarkable that these ladies denied their potential adversities and just “went for it”! I read the entire journal, filled with humour and adventure and couldn’t put it down. If you are interested in seeing the whole thing, send me an e-mail and I will forward it to you. Enjoy these “quips”...

Day 1: As we came towards Kapedo Junction the GPS advised us to ‘beware of bandits’. While sometimes the track and road was obvious at other times it was not and required a bit of exploration.

Day 2: Some rather rough chaps ran down a hill carrying their AK47s and Astrid asked if they knew where the waterfall could be found but they did not. While they were wearing mock GSU type clothes they did not seem threatening in any way.

(at dark) there were three men who looked as if they were the same as those from whom we had asked directions earlier in the day – all with AK47s. Jacqui went over to talk to them and looked down at the pile of AK47s and laughingly said to them ‘mingi sana’ (lots) which had them all laughing.

Day 3: In the evening we all climbed down to the river and bathed in it – strangely slimy water with so much alkaline in it but it felt good and refreshing – we could feel small fish nibbling our toes and legs.

Day 4: In fact it was so hot that the sand had become more ‘fluid’ which made changing the flat tire rather more difficult. However the wheel was changed and we set off back down the lugger. We had not even got out of the lugger before we got stuck in the sand. Using boards and being

towed by Millie’s car Jacqui got the car out and off we set but forgot that tools and tow rope had been taken out of one of the trailer drawers, so when we came up out of the lugger at speed as the side was so steep and we had to come out at an angle the drawer flew out. Fortunately Jens and Inga were behind us and collected the drawer. There was a very alarming moment coming out of the lugger when it really felt as if the trailer would go over taking us with it – definitely the most uncomfortable moment of the trip.

It was now drizzling and it was important to find a stony enough track down which it would be safe to take the heavy car and trailer without it getting stuck. Jens took the lead as he spotted what he felt might be a good spot only to get stuck himself so that sorted out the campsite for the night. Lone parked Millie’s car fairly near to where Jens was stuck.

We did not light a fire but used the gas cooker to make supper of delicious spaghetti bolognese and salad. Everyone was rather tired as it was late now and supper was a bit tense. Lone mentioned to me not to be surprised if they decided to pull out of the safari - they were unnerved by the AK47 incident and thought we were taking too big a risk in continuing.

Day 5: His ‘family’ were a gorgeous collection of truly beautiful girls and young women all wearing clothes of a purple colour with attractive hairstyles and beads. They would not let me take a photograph.

In due course we came to an alarmingly wide and soft sandy lugger. We stopped at the edge while Astrid and Millie went in search of an easier crossing which they could not find. We had a tire that was going down so Jacqui took the opportunity to hook her compressor up to the battery and blew it up.

..we really saw how much white smoke was coming from Jacqui’s car when she had to put the car under any pressure. We had already noticed this when climbing out of luggers but not to this extent. We had also

been aware that there was a burning smell from time to time so no longer used the air conditioning.

After a bit of a discussion we decided to head on up to Eliye Springs. As it happens we arrived after dark and were being directed to a camping site when we got stuck in the soft sand and had to make that our site – it turned out to be perfect – the Lake about 100 metres away over golden white sand and enough palms to shade the tents and the rest of the campsite behind us.

Day 6: What a glorious sunrise over Lake Turkana. It was Millie’s 88th birthday.

At some point the plug into the deep freeze had been damaged by something falling over the rough road so Jacqui spent a good while in the morning working out a way to get it working again which she did – thankfully. She had to open up the sealed plug, work out what wire was what and use clips and tape to make it secure again. Jacqui then went on to fix Astrid’s camera with the lens that was stuck out. I laughingly suggested ‘when all else fails use a hammer’ – and a tap with the back of a fork did the trick! The day ended with Jacqui fixing the pole to Millie’s tent which Bernard had broken trying to put up the tent in the dark the night before. Jacqui is such an all round person and can do almost anything.

However Jacqui had stood on a deep thorn so now it was Inga’s turn to do her bit so Inga, with Elise looking on, got the thorn out – it was over a quarter of an inch long. No wonder it had been a bother to Jacqui.

Astrid started a painting of some palms with the Lake behind. Goats came and ate our stale bread. I did some crewel embroidery, Millie sat (fully clothed) in a pool in the Lake – and even Bernard went in fully clothed to cool off. It was lovely to do some crewel work in that

Out and About: A trip to the Oma Delta (continued)

bright light – so easy on the eyes – and sitting under the awning in the breeze.

There was the most vibrant red and purple sunset and then the moon came up and was so bright. We all slept well listening to the waves lapping on the shore.

Day 7: In the evening we packed up as much as we could as we wanted to make a reasonably early start next day.

Day 8: We got stuck and while Astrid in Millie's car towed, the missionaries and others pushed the trailer. Again we noticed the belching white smoke.

All of us seem to know that black smoke from a diesel engine is not so bad but white smoke is bad so when we got back into Lodwar Jacqui found a Jua Kali garage under a tree and called her mechanic in Nairobi who walked the jua kali mechanic through disconnecting the turbo. In the process they found that the starter was loose so tightened that up.

Day 9: I woke before sun up and decided to walk down to the Lake to see the sun rise over North Island – it was much further than it looked. I was rather hoping to find landscape like the picture I have in the sitting room which Dad painted in 1928 of Lake Turkana – but it was not here.

(he) was most helpful and drew us a map of the area on the Omo that he suggested would be good for camping and where we would see 7 metre long crocodiles, hippos and hyena. He did this while we enjoyed wonderful coffee from a cafetiere and tea while Ethiopians sat round the room and outside the windows.

In order to get to the camp site on the Omo on the Kenya side one has to go through a small corner of Ethiopia. As the way to the proposed campsite on the Omo was complicated we were given Joseph, a Dassenach, as a guide. Once we got round in to the Delta area we came to one of the Rivers which was quite large although did not seem to be flowing quickly and we had to turn away from that and try

to find our way across to get to the other River. Joseph could not remember the way exactly so we picked up a young chap who guided us over the fields and down gullies and we really had no idea where we were until we did finally hit a road.

The young man left us then and we continued on until we got to a village where there were lots of people around with painted faces and special hair dos. From behind came the Chief of Police for the village, a very angry chap with an AK47 telling us we had not asked his permission and we must leave. He seemed rather serious so we turned round and went no further. Later we found out that they were preparing for a circumcision ceremony and were about to kill a bull ... and just ten days later there was killing of Turkana by the Merille / Dassenach people which is apparently part of this circumcision rite.

Joseph came and joined us for some supper and then told us that his wife had been stolen for three days by the aggressive Chief who had chased us back and that Joseph had threatened to kill him!

Day 10: We got 3 kms out along this road when Jacqui suddenly said 'Oh shit – the trailer'. When we turned round there it was completely upside down with wheels spinning. Jacqui and Astrid went back to Lowarengak and very fortunately were recognised by a chap from the mission who had seen us there the day before and helped them hire a lorry and get some chaps out of a bar. With this crew and Jacqui towing from one side they were able to get the trailer righted and then Jacqui helped them find a safe way to hook up the trailer to the old lorry and it was arranged that it would be towed back to Todenyang.

Day 11: Lokitaung was an interesting old town with very much a feel of the old colonial days. And it was more interesting to discover from Hamish Keith that his father had been posted there long before Independence.

Day 12: We must have made an amusing

site for the village who came to watch us pack up in the continuing wind and then they started singing and dancing and wanting us to join in – we were keen to get going as we still had a long way to go and bounced back on to the main road. We were nearly swiped off it by an army lorry that was very aggressive.

There was the most amazing sky with all the colours of the rainbow sort of fragmented in the clouds – like the aurora borealis and we felt it might be the light catching ice crystals high up. None of us had ever seen anything like that before.

Day 13: Another wonderful dawn – we have seen so many on the trip. Along the way we noticed again on the GPS Danger of Bandits and not too much further crossed a dry river bed and found the road ahead blocked by dried bushes which were also the edge of a boma.

It did seem that they (the men who stopped us) were rather thrown by the fact that, as the front car and the one they looked into first, we were four older women with no men – probably not a common sight for them. As our journey continued the road came down a steep escarpment where we found the burned out shell of a landrover – remote and one hopes this was not bandit work.

The skies were spectacular with their dark clouds and it was clear we were heading for rain – which indeed we did arriving at Roberts Camp at Lake Baringo in the rain and after dark. I realised I had left my phone in Jacqui's car so went back to get it – quite forgetting about hippo and got a terrible fright when I came up out of a dip to find one there right ahead of me – it gave a snort and went off and I screamed with fright.

Day 14: The dawn was spectacular – enhanced by the branches and reeds through which to take photographs. Millie calculated that we did 2,000 kms on this trip.



The Wild Side: The Little Owl Sanctuary

Sarah Higgins

Meet the Inmates - Klutz

Our latest guest at the Sanctuary is a female Spotted Eagle Owl called 'Klutz' who had been, we think, hit by a car. She was found on the side of the road just below Kiangazi by a member of the Naivasha Nature Club, who was kind enough to gently move her off the road to a shady spot on the verge and then ring me.

I met up with Kiarie and together we went to find her. She was still lying where he had left her, obviously hurt and unable to move. I gathered her up and checked her over but couldn't find anything apparently broken, although she was badly bruised and obviously couldn't use her legs.

I took her to the Vet but he couldn't find anything wrong with her either but

suspected that she might have hurt her back.

He told me that there was no point in taking an X-ray as it wouldn't show up a 'tweak' in the back. So I took her home and hoped for the best.

Klutz has been with me for 15 weeks now and although her legs work and she has control of her feet (a little physio every day helps) she still has no balance. She can stand for about half an hour if propped up but just falls over if she moves at all. Despite this she is a very sweet but feisty little bird who does not intend being dependant on anyone and scoots around the ground on her chest, pushing from behind with her feet. She also tries to stand up using her wings as lifters. If there is a bug around she will find it and eats it with gusto. She is a sad sight though as her chest feathers are now gone.



Simon Thomsett, (who owl-sits when I have to go away) has designed several little harnesses for her, plus a little stand to help her stand on her own, none of which she ap-

pears to appreciate! We are still trying to invent something to help her although we are beginning to despair of ever getting her back on her feet again. If, in the end, there is no chance of any quality of life for her then reluctantly I will have to do 'the deed'. **But not yet**

The Green Thing

In the line at the store, the cashier told an older woman that she should bring her own grocery bags because plastic bags weren't good for the environment. The woman apologized to him and explained, "We didn't have the green thing back in my day." The clerk responded, "**That's our problem today. Your generation did not care enough to save our environment.**" He was right -- our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the green thing back in our day. We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts -- wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?



Kenya Horticultural Society

On 15th September, **Margaret and Don Turner** bravely served coffee and refreshments to a crowd of 31 (recorded) members and guests who enjoyed their hospitality and lovely garden in the Kinja area, on Lake Oloiden, the small Naivasha Lake, near Hippo Point.



Cleverly surrounded by a "haha", with a few



electric wires, so that they can enjoy seeing the wild life, *and keep it out*, they have successfully created a well laid out garden with succulents, and shrubs and trees, while in the inner courtyard, Margaret also grows bromeliads, ferns and orchids. We also enjoyed meeting up with old friends from Nairobi, Limuru and Kiambu, from the Succulenta Society, and

other branches of KHS.

Barry Cameron quickly asked Margaret's permission to photograph the garden for possible inclusion in the new edition of "**Gardening in East Africa**" which KHS are in the process of up-dating. We look forward with interest to this new book to add to our libraries.



In contrast we drove a very short distance to **Frankie and David Dykes** home set in a lovely shady grove of Xanthophloea acacias, and a very different garden where many of us enjoyed our picnic lunches and lovely soup provided by Frankie. Thank you both the Turners and Dykes for a lovely day.

Women's Hospital in Naivasha

Minalyn Nicklin, a member from Naivasha, has requested our branch to help provide trees to be planted in a very large area next to the Naivasha General Hospital, where a lady called Cindy Berkland has a project for building a women's hospital with quality medical

care as doctors will be coming from the US to train and help to run the Hospital. The Branch will be happy to donate some trees, and would appreciate anyone who has time to supervise the planting and maintenance of the grounds. Please contact Minalyn if you can help pm@lifebeadskkenya.org Thank you.

Next Meeting; Provisionally TUESDAY NOVEMBER 15TH 2011: Would members be interested in a talk on "Bee Keeping" by John Blackwell, the producer of Gilgil's delicious "Mr B's Honey", if he is willing to address us, as suggested by Kay!?

"A Walk on the Wild Side" with Astrid is always popular when she has time to select a venue, and do the comprehensive preparation for this. Depending also on whether we have short rains next month, or have we had all we can expect here? Hopefully not and we can enjoy the wild flowers for longer – there is always something new round the corner, especially once Astrid has opened our eyes to the very many species of indigenous plants all around us. Watch this space....Any more suggestions?

Sally Challoner – Hon Secretary – Naivasha/Gilgil Branch



Weather Watch Margery Barnes

The weather for the last three months has been anything but normal as we remember it!

After a very poor showing of April/May rains, which are the mainstay of the long rains, the cold weather started on schedule about the end of June. July and August were perhaps chillier than usual, with night temperatures reaching 10 degrees here at Green Park. This continued well into September, accompanied by unseasonal heavy rain during part of July, August and up to the time of writing.

Good rain is of course always welcome, (unless one is a farmer trying to harvest), and rivers are rushing, albeit brown, with the lake rising over a meter we are told, as it did last year. Gardens are in full bloom, and the wild flowers are keeping on keeping on maybe surprised at their own longevity.!

So, what can we expect during the next months? Will the rain continue and enhance the short rains in November/ December? Or will we next have a dry spell, October normally being a hot month?

As usual the one predictable thing about the rain is its unpredictability !



North Lake Branch

Val Corr, Chairwoman

Our migrating members are beginning to flock back and welcome to them all on their return 'home'. Our biggest fund raiser, the Safaricom GP Bicycle Challenge, took place on Saturday 17th. After very heavy rain on Friday night we were blessed with a lovely day which was, thankfully, not too hot.

Sadly our entries were well down this year as there was another cycle race in lake Nakuru, also sponsored by Safaricom. This meant that the National riders who usually enter our race, were there but **David Kinja** managed to put together 4 teenage riders for the junior team and a second senior team and there were 16 riders total.

The Junior team, all dressed in DHL branding, were only eligible to do one lap, and they cleaned up! Their senior team, also decked out in DHL branding, won the team prize but the overall winner was 19 year old **Samuel Gichuru** who finished in 1 hr. 57 minutes, a full 9 minutes in front of the second placed rider, **Davis Kinuthia**.

Most of the riders came back covered in mud splatters, and they reported that it was a very tough track. Probably the most outstanding ride was that of **Tony Payne** who is a mere 76 years old and that of the only lady rider, **Zoe Gibbs**, who completed two laps in 2 hr 2 minutes.

Scrutineering of the black mamba sections was very ably managed by **Gordon Strevens** and **Greg Snell**. The bikes were impounded after scrutineering, which prevented any attempts at cheating, and the coloured tape on the handle bars and the riders arms made judging much less complicated. It was interesting to note that the fastest standard mamba did the lap in exactly the same time as the modified mamba. There were only two lady riders who had come all the way from Kisumu with their modified bikes. Unfortunately one of them got herself lost, along with

another rider which caused a bit of a scare as they were nowhere to be found and were not found for nearly an hour after the prize giving. Thankfully both riders were found safe and unharmed, having missed a turning which led them onto roads in Green Park.

My thanks go to **Jeff Brunner** who did a great job as Clerk of the Course, all the Green Park residents who gave of their time to help with the marshaling, **David Morgan** who was our course controller and 'sweeper, our security and water personnel who helped on the route, **Jan Strevens** who so efficiently took charge of the catering and time keeping, assisted by **Deb Snell** and **Molly**, and Gordon Strevens and Greg Snell who managed the scrutineering so well. Also my thanks to my own staff who helped put up all the banners and tape, **Dr. Gerald** who manned the first aid post and **Mary Haley**, without whose help I could not have managed the registration.

It was a very successful event and we have raised over **100 thousand shillings for EAWL projects on Eburru**. Thank you all.

FUTURE EVENTS

There is a very attractive full colour calendar for 2012 available at Shs. 900 each. There will be a 'calendar launch' on **Saturday 12th November at the Corr residence**. A lunch will be served which will be free to full members and Shs. 400 to associate members and guests. There will be a '**bring and buy**' sale open to anyone who wants to sell - other people's 'junk' is often thought of as someone else's treasure so, if you have anything to sell, bring your own table and shade. There is no charge for this but if you are willing to make a donation to EAWL N. Lake branch from your sales, this would be appreciated. I hope you will all support this event - our calendars will make very acceptable Christmas gifts and there will be a delicious lunch.

The next **animal welfare clinic** will be held in October. One of my son's overseas clients has made a donation to the drug box which will enable us to carry out a rabies campaign on Eburru, where there have, apparently, been a couple of cases reported.

Tor Frost's clients took a morning out of their busy safari itinerary and paid a visit to the Eburru Secondary School and the Eburru Health Clinic—recently upgraded from a Dispensary). They were extremely impressed with what had been achieved at the school and by what Titus manages to do with very limited funds, and I am expecting a further donation to the school from these clients in due course.





Naivasha Branch

Deborah Duncan, Chairwoman

The Naivasha Branch had a wonderful event on 8th September at the beautiful Masonic Lodge grounds in Naivasha on the South Lake Road. Twenty-three women were treated to a great lunch provided by members and a talk by Jayesh Sanghrajka, a member of the Masons, given inside the temple which was very interesting since many of the guests had parents who were members.

NEXT MEETING!

6th October

Minalyn Nicklin's
(on grounds of Naivasha Sports Club)

10:30 a.m.

Program features Dennis Leete of the Kenya Regiment, who will talk about Gum Arabic.

Please bring pudding or a salad to share.

And of course, plan to attend the **NAIVASHA EAWL CRAFT FAIR** on October 15-16 (Saturday and Sunday). Lots of fun activities and buys! Great family day.

Enashipai is on the South Lake Road—on the “lake side”.

Hope to see you there!



Jazz & Craft
@
The Naivasha Craft Fair

Organised by:

The East Africa Women's League

When: 15th & 16th October 2011

Time: 15th: 11:00 am - 8:00 pm
16th: 10:00 am - 4:00 pm

Where: Enashipai Resort & Spa

All proceeds go to charity.

Sponsored by:



For more information please call: 0721 580 722 or Email: admin@pic.co.ke



St. Andrew's Tarabete Secondary School

Deb Snell and Peter Ngugi, Principal

H OPE. Hope is the essence of the heart, a key

ingredient in our future. At St. Andrews Secondary School, it is our belief that it also tells the story of **How Our Partnerships Empower**. I would like to take this opportunity to thank the many people and organizations around the lake community who are truly claiming and owning "their" new secondary school. One of our goals as a community is to also give hope to transform Kasarani so that the students who come from there will have pride in their homes and families.

We have received encouraging support from the Government by receiving an excellent Deputy Principal. We have a 16 member BOG, with representatives from several sectors including the flower farms, the assistant chief of Kasarani, pastors, businessmen and Naivasha City Council, as well as nurses and Green Park resident Deb Snell.

The PTA is well represented and has chosen as their project this year the building of a kitchen—which is a huge sacrifice for them.

Through the Fair Trade program, Shamlimar has bought our land, fenced it, constructed classrooms, an administration block, toilet, and provided day and night watchmen. BilaShaka constructed 2 classrooms, bought 130 desks/chairs and contributes towards teacher's salaries and supplies water on a weekly basis.

This "Community First" effort has attracted donors and volunteers from Europe and America, who have contributed funds for a permanent water tank, installed a rain-harvesting system on the roofs, and have come to teach. We are humbled by the reception and encouragement of our community. May God bless you!

*Peter Ngugi, Principal,
St. Andrews Tarabete Secondary School*

H ARAMBEE EVENTS. St. Andrews is having a traditional Harambee on 5th November to celebrate hope and raise funds for two new classrooms that will accommodate our

incoming 2 streams of Form 1 students in January, as well as for a science lab, which will be required for our Form 4 students in order to graduate next year.

The anticipation of this Harambee has brought excitement and the planning of many events in advance so that the community will be able to bring their "equal sacrifice" gifts on that day. I believe, along with our Board of Governors, that our greatest privilege and challenge is to involve the local community wherever possible, to bring the "first fruits", so that we can demonstrate how much we care about our children and their future by giving them opportunities to become educated.

WALK: 246 students, teachers and BOG members walked on a Friday from Kasarani to the Green Park gate and back, accompanied by the Scout Band and security agents from BilaShaka and Shalimar. Students were sponsored by people in Kasarani and have raised so far over 10,000 Kshs with more to come, as their contribution to the Harambee!

BIKE RACE: Registration is on for a Bike Race (BLACK MAMBAS only) **this coming Saturday** as the opening event for the "Kasarani Fun Day". Registration is only 200 Kshs. Will you consider sponsoring your staff to ride? There are great prizes for the winners. Girls route from Kasarani to the Eburru road, boys from Kasarani to Kongoni and back. While the event may raise some funds, the real purpose is to rally the community—and games, food and entertainment will be provided in Kasarani. The City Council is providing a lorry, containers and gloves for a "Clean Up Day", and a government sponsored Hygiene Awareness Event will be held to help educate people about issues of communicable/water borne diseases like typhoid.

H ELPFUL VOLUNTEERS! Several people have heard about and been given

opportunities to give of themselves to the school.



Through this newsletter, our first teacher, Brenda Gilby, came from Holland to teach Life Skills and through her, others have donated funds and created our website!



A team came from America to install a rain-harvesting system on the roofs. And two of the members came back!



Molly is a student at Colorado College in the US teaching Conflict Resolution. The course has attracted the attention of a group from the

US who will send their African Director to talk to the students about "traditional cultural conflict". Oh, and on her free days she teaches the children in Green Park Nursery School English.



Heather returned to form a music club and teach a choir Christmas music.

They are continuing to practice, and now YOU have a chance to support them, attend a great event and get great bargains at a silent auction (see poster!) I hope to see you there— it will be a great gift during the holiday season.

*Deb Snell, Board of Governors,
St. Andrews Tarabete Secondary School*

CHRISTMAS SILENT AUCTION AND
DINNER TO BENEFIT
ST. ANDREWS SECONDARY SCHOOL

GREAT RIFT VALLEY LODGE CONFERENCE CENTER
FRIDAY, 22 DECEMBER

6:00 HORS D'OEUVRES AND OPEN BAR
SILENT AUCTION VIEWING AND BIDDING
7:00 AUCTION CLOSURES, SEATING AND WELCOME
7:30 DINNER AND HOLIDAY MUSIC, PERFORMED BY
THE ST. ANDREWS CHOIR
9:00 COLLECTION/PAYMENT FOR AUCTION ITEMS

TICKETS: 2000 KSHS PER PERSON
RESERVATIONS: DEB SNELL
SNELLDEB@GMAIL.COM-0720-743625

*The evenings proceeds will support the
Benevolence Fund to assist needy
families in paying their children's
school fees.
Thank you for your Holiday generosity!*





Dear Friends and Supporters of Faraja, 500 women of all ages, mainly from the UK, will come to Kenya between October 2011 and February 2012 to undertake a 400 km bike ride through the Rift Valley. The goal of this challenge is to raise funds to support women with cancer. This event – Women vs. Cancer Cycle Kenya – has been organized by the UK-based Action for Charity and intends to raise funds for 3 UK Cancer Charities and part of what they collect will be donated to Faraja Cancer Support Trust in Kenya. Further details of the ride and the 4 charities (including Faraja) are set out on their websites, details of which are at the bottom of this letter.

Faraja Cancer Support Trust will have 7 cyclists participate on these rides with the aim of raising funds for Faraja. **As the founder and a trustee of Faraja, I am going to partake in the bike ride along with six other women from Kenya: Faraja Trustee Sonal Sejjal, and Zoe Gibbs, Sophia Gilmour, Michelle Kanyiva, Jo Zarembo and Prisca Oluoch, who are friends and supporters of Faraja.**

Faraja Cancer Support is a charitable trust founded in 2010 with the aim of supporting cancer patients. The cancer scene in Kenya is very depressing; it is estimated that the annual incidence of cancer in Kenya is about 28,000 cases and the annual mortality rate is over 22,000 and is now ranked as the third killer disease in Kenya. Due to lack of awareness, most of the reported cancers are diagnosed at late stages (Stage 3 or 4), resulting in deaths as little can be achieved with therapeutic intervention. Early diagnosis and adequate treatment would reduce the mortality rates.

Faraja's core mandate and objectives are to raise awareness of cancer in Kenya, provide a holistic approach to treatment of cancer by providing complementary therapies for cancer patients and caregivers particularly extending to an outreach programme, establish itself as a knowledge/information hub on cancer in Kenya, build capacity and train on interpersonal skills, emotional support, complementary therapies – internally and externally, provide products eg. prosthesis and sleeves, and to provide financial support for treatment.

In its first year of operation, Faraja has provided support to over 500 cancer patients and their caregivers. Testimonials from some of these patients and caregivers can be found on the Faraja website.

The funds Faraja will receive will assist in its objective of raising awareness of cancer and to start the much needed outreach programme. Our plans include extending some of the services we offer to places outside Nairobi. In addition, the event will provide an important opportunity for Faraja to network with the participating UK charities, as well as with the 500 cyclists from the UK.

I am writing to request sponsorship for the cycling event and hope that you will be able to sponsor me for this event. We are extremely grateful to Safaricom Limited who has sponsored the costs of the 7 cyclists. This will mean that all of your sponsorship will go towards the causes mentioned above.

We are located at the Cancer Care Centre, on Shivachi Road (alongside M P Shah Hospital). We would be delighted to have you visit to see what we do.

Payments for sponsorship can be made by;

1. MPESA through our Faraja MPESA Account No: **509700**
2. by cheque drawn in favour of **Faraja Cancer Support Trust** or
3. by Electronic Funds Transfer direct to the Faraja Account at Standard Chartered Bank, Branch – Ukay Centre

Swift code - SCBLKENXX

KES – 0102811202700

EUR – 9302811202700

GBP – 2802811202700

USD – 8702811202700

Please let me know when you make a payment and if could let me have details of what method you used and the amount it will enable us to track it through the system.

Please do not hesitate to contact me for any further information. Through your sponsorship, you will be able to change the lives of those who are going through their cancer journey.

Thank you in advance for your generosity.

Yours sincerely,
Shaira Adamali

PO Box 11700

Nairobi 00400

Kenya

shaira@farajacancersupport.org

Tel (254) 722 516 132



Eburru Secondary School

Jan Strevens

Eburru School

has found many friends over the last 2 months. In

many instances visitors to the school have been so impressed that they have asked if they could contribute in some way.

The Matts family are one of these. They wish to sponsor 10 needy and academically able students for 4 years starting 2012. This is the most amazing pledge. Evans is still reeling from the offer.

The 3 G's: George, Gill and Geraldine



These 3 volunteers from ITS4RK IT skills for Rural Kenya (paying their own fares here) were the next surprise. They walked into the school and were bowled over with what they saw in the IT department. The 3 G's got down to work and in 4 hrs had worked out the specification for networking the IT Lab. Monica the IT teacher said she would be able to do the all connections. The 3 G's were so impressed by her knowledge and commitment. The estimate of everything we needed was a 1/3 less than quoted by other companies. They have also delivered a powerful computer to install in Monica's office which will be the server.

We have now purchased all the bits by mail order in UK and various "couriers" are transporting them to Kenya.. Gill Marshall Andrews being the first person on Sunday. Thank you to the couriers.

Bonnik was then contacted and on hearing of the volunteers commitment immediately agreed to fund the networking (Bonnik was

our very first donor in 2006 and has regularly funded various projects for the school)

T.A.S has contributed to the new classroom which has been partly funded by the parents. The foundations have been laid.

Wings of Support have funded the latrines which are well on the way to being completed.

Alexis Silva. Has sponsored 2 girls for 4 years starting 2011

Amy my grand daughter and her friend Rachel (both 18) agreed to do a 2 week "gap" experience at the school where they spent 6 days with the revision classes Fm 3&4.

Kengen have pledged to bulldoze a site for a football pitch on the school's grounds.

The Mondo family who have a home at GRVL/GR (Kiirira Cottage) spent 2 days with the students and produced creative writing and art work involving the environment. Kui and Chiru raised \$1600 in the states by selling their art work at the Agnes Irwin School. This has been spent on text books for the school. They also raised a further 15,000 Ksh from shareholders. This will be spent on connectivity costs. Read more about the Dream Flag Project in Naya Mondo's article.

All of this has happened over the last 2 months. I think you will agree that Evans and his staff must be congratulated on running such a school that so impresses visitors and friends from all over the world.

Amy and Rachel at Eburru

My grand daughter and her friend aged 18 agreed to spend 2 weeks helping the form 3's and 4's with their Maths and English revision at Eburru. They entered fully into the spirit of the school. They consumed gallons of chai, ate mandazis, had discussions about relationships, were

introduced to long drops, umpired netball on a field with cows and not least they nervously negotiated the herds of cattle blocking the road each morning. This seriously tested Amy's newly acquired driving skills.

Amy returned to UK to find she had been accepted at Warwick University to read Pure Maths and Rachel is hoping to go to RADA next year. I must congratulate the 2 girls for their commitment at the school. Thank you. Jan

Limerick by Amy

There once came 2 girls for Jan

Who were so excited they ran

To work at the school

Which they thought was cool

And would love to come back if they can.

In the mornings they just couldn't wait

For Evans to open the gate

They taught English and Maths

And had loads of laffs

Of course

Robina and

Daniel

were great.



Eburru Secondary School

Guest article by Naya Mondo

The Dream Flag Project

This summer, Kui and Chiru shared the Dream Flag Project with Form 1 and 2 students of the secondary school. This is a unique international project started by Agnes Irwin School English teacher Mr. Jeff Harlan, in which students write and illustrate poems about their dreams. The project at Eburru produced outstanding results-beautiful illustrations and poetry. They intend to share the dream flags made at Eburru with the Dream Flag Project in the US. Along with continuing this project when they return to Kenya, Kui and Chiru hope to continue raising money for the school.



Students working hard on their Dream Poems

If you are interested in making a donation to help match the funds raised by their school in the US, contact Mr. Gregory Wabuge, General Manager of the Great Rift Valley Golf Club or Mrs. Jan Strevens via email janstrev@gmail.com who will collect the funds and will make sure they get to the Eburru Secondary Trust.



Wings of Support

Marius and Inske DenDulk

Bush Camp at the Lake

The camp is ready and 40 tents are up. For each child there are mattresses, sheets and blankets, pink pajama's and stuffed animals in the tents. On the campsite balloons, guirlandes and our own "mitumba" market. We, the volunteers of Wings of Support (mostly pilots and flight attendants of Dutch airlines) are waiting for the children to come with the busses to **Fisherman's Camp**.

And here they come....some brave, some shy children are leaving the bus and introduce themselves. They are poorly dressed, but big smiles on their faces. This is the event they were looking forward to for a whole year. They come from the slums in Nairobi, and the bus ride is the start of their four day holiday.

We give them tea and muffins and then they can "shop": shoes, flip flops, boots, underwear, trousers, shirts, skirts, dresses, shawls, jackets and caps, everything we have in our mitumba. The fun has started! With happy faces they bring all their treasures to their tents.



Now it is time for a boat safari. They have to wear life jackets, most far too big. Some kids are a little scared of the hippo's, but they love to see the eagle going down for the fish. And they come back very excited about their big adventure.

In the evening they have pasta, the plates are overloaded. It's amazing where the food goes in those skinny bodies. They sing, they pray, they have lots of fun and the best thing is to sit on the lap of the volunteers and to hold hands.

In the morning they enjoy a breakfast with



tea, eggs and peanut butter sandwiches. In a few minutes ten breads are vanished. They love to go for a swim at Eagle's Inn and have a soda afterwards. They enjoy the walk over **Crescent Island**. The highlight of bush camp is a safari trip with Oserian at Chui Lodge. **Oserian Wildlife** sponsors this game drive with their safari cars and very nice guides. These Kenyan children see for the first time in their life the beauty of their country and the wildlife that is so wonderful.



After four days we have to say goodbye to the first group of 30 children, this is the hardest thing to do. Children and volunteers have tears in their eyes, little arms around our necks, that won't let go. Bye-bye, see you maybe next year..

We have to dry our eyes and put on our smiles, because here comes the next group and they will sit on our laps tonight with their smiling and happy faces, holding our hands...

We are happy to be part of this bush camp. Every year we camp with four groups of children, mostly orphans from homes in Nairobi and Malindi. It is an experience we will never forget. This is the 11th year we are doing this and hope to go on forever. You are always welcome to visit our bush camp. We will be at Fisherman's till October 13th.

ED NOTE: Inske and Marius are residents of GRVL and Golf Resort

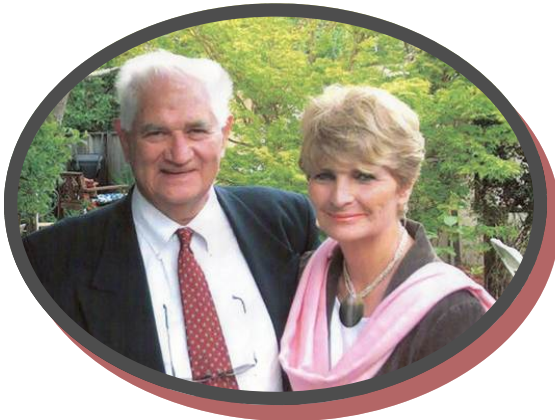
Our Community Cares



Wishes for speedy recoveries!

Gordon Strevens (left), resident of the Golf Resort at Great Rift Valley, is recovering from an 8 hour operation at MP Shah Hospital in Nairobi, which was very successful! Thanks to those who generously donated blood for Gordon and we wish him a quick recovery so we can see him back on the Golf Course!

Also, Peter Barnes (right) of Green Park has had emergency surgery for a broken hip, complicated by heart health issues. A big smile on being wheeled out of surgery, "I made it!" He is remarkably well and recovering at home!



Terence Gordon Coulson

25 JUNE 1929 -14 AUGUST 2011

For newcomers to Gilgil, it was a humbling experience to learn of Terry's achievements resulting in the Gilgil which has emerged today. It seems fitting that Terry attended the A.G.M. of Gilgil Country Club the day he died, having been the Chairman himself for over 20 years. He was also very involved with so much development of Pembroke

House School over the years, attended by his family and now his grandchildren, and the building of Manyatta Polo Club at its present site, and more recently the subdivision of the land that is now Ridgemount Ltd, whereby the new generation of Gilgil Community have become resident in the area. It is not for nothing he was known affectionately as "The Mayor of Gilgil". His passing marks the close of an era, but we are confident that the Coulson family will continue to support the local projects he has initiated.

Mary Coulson, who addressed the guests herself, remarked on this as being an unusual occurrence but said "we are an unusual family", and apologized to the African people for keeping the speeches so short, and to the Europeans for making them so long.

We heard many touching and beautiful readings, but will quote a short one here read by the Grandchildren:

***"There is magic in Mzee's touch,
And sunshine in his smile,
There's love in everything he does
To make our lives worthwhile.
We can find both hope and courage
Just by looking in his eyes,
His laughter is a source of joy,
His words are warm and wise,
There is a kindness and compassion
To be found in his embrace,
And see the light of heaven
Shining from Mzee's face.***

***Mzee your life was full of loving deeds,
Forever thoughtful of our special needs
Today and tomorrow, our whole life
through,
We will always love and cherish you.***

Our sincere sympathy to the Coulson Family, Terry's wife Mary, Mary Jane Nuijten-Coulson, Lyn Coulson, Billy, Philip and Jamie and their families. The family and close friends arranged a fitting memorial to Terry on 7th September, at home attended by many hundred people from all over Kenya, as well as some from overseas.

Terry was extremely successful in many business ventures and companies he ran, as well as being extremely generous to so many needy people, and responsible for the education of well over a thousand Kenyans through the Coulson Schools and Restart Centre, which were well represented at his memorial. For all this he came over as an extremely modest man, who would have scoffed at the tributes made by family and friends. He will be sorely missed by many.



Aidan Hartley's Wild Life

Nairobi

My friend Philip Coulson was shot at midnight while driving home after the theatre in Nairobi recently. He had slowed down to go over some rumble strips when a white car halted in front of him. 'A man got out and I could see in silhouette that he had a gun,' Philip tells me. He backed away in reverse but the man walked up and from a few feet away he fired his pistol at Philip's face. The closed window exploded. Philip felt a tug in his stomach. 'That was a bit over the top,' he says. 'I thought, "I'd better get out of here."' He started to go forwards and the man said, 'Now I'm going to kill you.' Philip has forgotten the bang of the second shot, fired as he came up alongside the attacker. Later a bullet that must have been aimed from point-blank range was found lodged in the front-door frame directly in line with Philip's neck. At this instant headlights illuminated the scene and an oncoming car drove past. 'I imagine a poor guy on his way home, tipsy after an evening at the long bar, passing this ghastly tableau in freeze-frame.'

Philip accelerated away into the darkness. His ears still ringing from the gunfire, he noticed BBC World Service was still playing on the radio. He aimed to drive home and get the shattered window fixed next morning. At this point he noticed that his shirt on his left side

was moist. 'I never suffered anything like agony. I thought, "Oh, what a pain. I've been shot."' As he drove himself to hospital, he telephoned his sister, MJ. 'Hey, MJ, can you come to the hospital. I've been carjacked.' He rang off. MJ phoned back immediately. 'Philip, have you been shot?' 'Oh, yes, sorry, I forgot to mention that.'

He parked, forgot to shut the car door, and walked himself to Casualty. One of Nairobi's best lawyers, Philip noticed that he had acquired the shambling gait of a colleague who is renowned for ebullient liquid lunches. 'Excuse me,' he said to the receptionists. They were busy chatting. He had to say 'excuse me' several times. 'Yes?' 'Excuse me, I've been shot.' Panic ensued. He was laid down on a gurney while doctors searched for wounds. A bullet had ripped through Philip's favourite purple-striped Charles Tyrwhitt shirt, entered just to the right of his navel, and come out above his hip. A nine-millimetre round, perfectly undistorted by its route through his stomach, was found at its exit point inside the folds of his tucked-in, bloodstained Jermyn Street tailoring.

He does not recall a great deal after that but his sister MJ and brothers Billy and Jamie quickly arrived. They say Philip remained calm and polite and only sounded irritated when an anaesthetist repeatedly asked him about his allergies. 'I am only allergic to questions about what I'm allergic to.' Under painkillers he acquired a Bertie Wooster drawl. He kept saying, 'That's so awfully kind of you.' Under the knife doctors chopped bits out of him and now he has an eight-inch vertical scar resembling a giant zip.

'How do you feel?' 'Very fit indeed.' 'What are the lessons?' 'I don't own a gun and would never want a gun. I've always

done what I wanted to. I came within a whisker of dying. I'm not especially religious but He decided it wasn't my time to go.' 'Does this make you worried about living in Kenya?' 'No, I'm very pro-Kenya. I was simply in the wrong place at the wrong time. This stuff happens to us and we make a big drama, but ordinary Kenyans go through it all the time. I'm no crusader but it's not really acceptable, is it? Yes, of course I'd like to see some things change.'

After being discharged from hospital, Philip went to recuperate with his parents in the Rift Valley. The Coulson family are good people. They have built several schools and at a rehabilitation centre for poor children they feed 550 mouths every day. His mother Mary has established a ladies' workshop making items for an organisation called Ethical Fashion, with international clients such as Vivienne Westwood. On the second night at home, Philip's father Terry, a greatly admired man in Kenya, died of heart failure.

With Philip there is no sense that he expects sympathy for any of this. He complains of no traumatic stress disorder. He says things like, 'It's the way we were brought up, isn't it?' How refreshing to find a man who displays split-second courage under fire, who has luck on his side, who drives himself to hospital bleeding from gunshot wounds and now protests strongly when I call him brave. He's retrieved the mashed second bullet from the car body and is hoping the police will eventually return the first slug that messed up his now-laundered but frayed Charles Tyrwhitt shirt. He wants to make them into a pair of cufflinks.



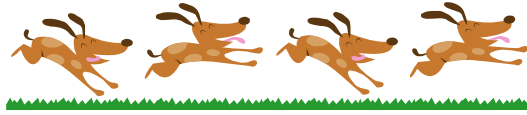
Yes, this is Kenya . It is 3 pm Thursday 25th August Club night.

Photos courtesy of Jan Strevens at the Golf Resort—GRVL

Benefit Art Sale

SANCTUARY FARM

November 3-6th



To Support the Naivasha KSPCA



As you may know, the KSPCA in Naivasha is severely lacking necessary funds and is close to having to close its doors. This sale will be held during the Guy Fawkes Event, however pictures will be hung from 3rd to 6th of November.

Please bring or contribute any painting or art work that you may have done yourself, been given or bought, which you no longer want and donate to this worthy cause. The sale price is up to you but should be reasonable of course.

You can donate the entire sale proceeds or 50% to the KSPCA.

Please start looking now and reply to me if you are able to contribute something.

Many thanks. Sibylla Martin. sibyllam@mac.com 0710 950893 www.sibyllamartin.com

KENANA KNITTERS LTD

CRAFT FAIR

Bruce & Paddy Nightingale's garden, Kenana Farm, Njoro
24km from Nakuru on Njoro-Elburgon road

Sunday 30th October 2011

10:00am onwards

- Wide variety of items on sale including Christmas and greeting cards, pottery, bead work, carvings, kiondos, rugs, kikois, cheeses, home-made produce, Pure Nature products, glass-ware, albums, mirrors, picture frames, lulu butter products, jaggery, Ziواني Weavers, leatherwork, trees, jewellery, candles, jams, pickles, honey, Aloe products and many more **plus** all the **Kenana Knitters** range of accessories and gifts
- Exhibitors seldom seen at the larger Craft Fairs
- Food (variety TBA); cash bar and snacks
- Accommodation available – kembu@africaonline.co.ke Tel: 020 2318087 Cell: 0715 262303
- Information: kenana.knitters@gmail.com

ENTRY FREE

Sanctuary Farm Event - Saturday Night—5th November!

Guy Fawkes Day

Naivasha Sports Club

Wine Tasting Dinner

Catered by well known Gil Gil caterers
Christine Campbell Clause and Nann Barrett
and Wines of the World.



Bon Fire and Fire Works display with Fire Dancers -

Music by The Band ITCH followed by a disco through (Radio Africa 105.5XFM)

Tables of 10 or 12 please try and make a table tickets selling at 3,000/- covers all entertainment.

Bookings to -

Tom Fraser - 0722 713354 floriculture@africaonline.co.ke

Dennis Wedd - 0724 819377 ally-dennis@africaonline.co.ke

Julie Erskine - 0722 761940 gherkins.julie@gmail.com

Eli D'Olier - 0711 118578 naivasha.vineyard@gmail.com

Live Auctions of flights, hotels, lodge's and restaurant vouchers.

All profits going to our Charity ***HELPING HANDS*** based in NAIVASHA (poster on next page)

Security throughout the evening on the South Lake road and North Lake roads will be present

Please support so as to make this evening a night to remember.

Sanctuary Farm Committee





Helping Hands Organisation of Kenya

Empowerment Through Education

Who we are

Helping Hands Organisation of Kenya was founded in the late 1990s as an independent charity.

Based in Naivasha, Kenya, Helping Hands is a centre for teaching and training with the primary aim of helping the marginalized and disadvantaged within the community. Our particular focus is those who have limited financial resources or opportunities for further education.

Vision Statement

'Empowerment through Education'

It is our hope that, through our work, we will empower the local people here in Naivasha, equipping individuals for life and thus enabling them to have a lasting and positive impact on their community.



What we do

Little Hands School

Little Hands started as a nursery school in 2006 and has now progressed to lower primary. The school currently has 60 children, with about a quarter being physically challenged to some degree.

A key aspect of our particular school is integration. We passionately believe that children should learn to accept each other whatever their ability. We therefore actively seek to integrate children with disabilities and encourage them to take part in all aspects of school life.

Providing our teachers with high quality, ongoing professional development is also central to what we do at the school. By doing this, we endeavour to deliver a creative and challenging Kenyan syllabus for children of all abilities.



Community Interest

PUB NIGHT

Tom and Gilly Fraser



Well, you might not get the voluptuous, golden braided Fraulein to serve your beer, but Tom and Gilly will! Come for the festivities and bring a plate of German grub. German beer will be served.

Two chances this month: 8th and 22nd (Saturdays)

At the Farm Yard Pub in Green Park

BOOK CLUB NEWS

Cheri Ritchie



Cheri Ritchie, our hostess, Lyn Munro, Anna Hern and Margery Barnes gathered on Sept. 30 to discuss the book **FALL OF GIANTS** by Ken Follett. The story traces the events leading up to the second World War, with two disparate families involved. Their story weaves in and out throughout the book, intermingling with world events in Europe, Russia, the US and Britain. It is part of a trilogy and we look forward to reading more. The selection for the next meeting is **SO MUCH FOR THAT** by Lionel Shriver.

NEXT BOOK CLUB GATHERING

Tuesday, 1 November

Anna Hern's

3:00 for coffee and discussion.

All are welcome!

For information about the **Book Club:**
Jan Strevens 0733-247680

RECYCLE!

Val Corr

I'm passing on this idea because it is simple, cheap, effective and ingenious.

Seal Plastic Bags with Old Bottle Caps

Cut up a disposable water bottle and keep the neck and top, as in photo.



Insert the plastic bag through the neck and screw the to seal.

The bag is made air-tight, water will not leak, it is easy to open and the top and screw cap can be used over again!

Miscellaneous Classifieds and Services

Chef? Train your cooks?

Njau is a very pleasant young chef who has trained and worked for three years in the unique Italian/Mediterranean style of cooking at Malu. His repertoire includes pastas and pasta sauces, risottos, duck salad, tilapia Carpaccio, middle eastern lamb, antipasti, sticky toffee pudding, sorbets, cheese cakes, chocolate tart and many, many more. He is available to hire on a daily basis to train you, your cooks or to prepare sumptuous meals for parties or for your freezer. Interested people can call **Helen Hartley on 0713236366** to book him or for more information on menus. Cost is 2000/- per day.

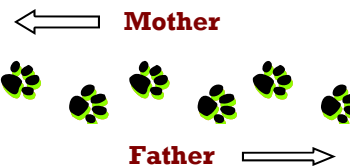
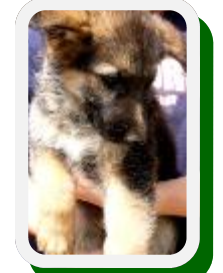
For Sale



German Shepherd Puppies
4 males, immunized
8 weeks on 1 Oct—30,000 Kshs

Greg and Deb Snell
Green Park, Naivasha

0721-836767 0720-743625

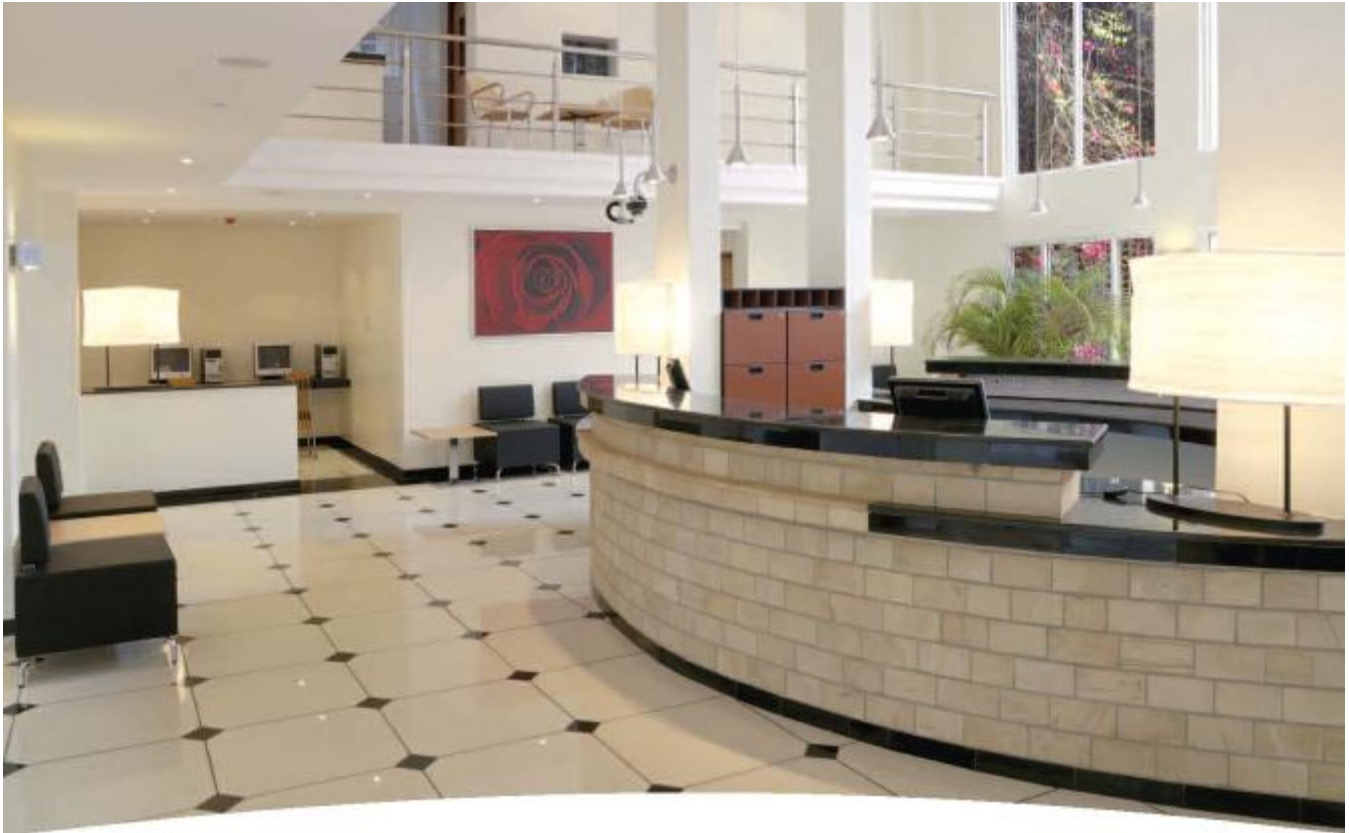


Advertising Rates:

Up to 40 words—no pictures—classified section: No charge
Business card: 500 KShs
1/4 page: 1000 KShs
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