

Friends of Nairobi National Park

April Newsletter

2022



Nairobi National Park is unique among wilderness areas in being located on the doorstep of a major city.



The newsletter is a regularly distributed publication that is generally about the main topics of interest



For years Mr. Trefor Gareth Jones was a regular contributor to the FoNNaP newsletter. In most of our previous issues I gave Gareth the first page for his interesting articles loved and appreciated by FoNNaP members and lovers of Nairobi National Park.

It is so heartbreaking that on the day of his departure Gareth was to share an article for this newsletter issue like he always did. Today, the first page of our newsletter is replaced by heartbreaking news of our great nature enthusiast, a writer, poet, photographer and a voice of the voiceless creatures.

My first meeting with Gareth was filled with a cheerful discussion about the History of Meru national Park and its greater biodiversity which he demonstrated with beautiful photos he took in that beautiful conservation region. Indeed, Gareth was such a passionate conservationist in our time.

For FoNNaP fraternity we never would have felt ready to say goodbye to someone as special as Gareth Jones. His unwavering support to FoNNaP was felt in all our undertakings especially in protecting the park we endeavor to support. Just words cannot fulfil the greater passion you had for the FoNNaP youths, the park and the huge support for our day-to-day activities, you were one of the best and we are so fortunate have had you in our lives. Gareth will forever be remembered in the highest regard.

To the family and friends, our hearts go out to you at this difficult time. May you find peace, comfort, and all the love you need in the days to come.



"JUST LIFE BY GARETH JONES

A loving twinkle in my fathers eye
started life blessed from up high
from the time of a babies birth
there is much to do while on earth.

and as we mature and grow
who's to know how life will go
from the womb to the groom
the groom to the tomb .

So many people wondering why ?
We are born and then we die .
Wondering what is the reason
of life within for every season

And even though we do our best
much of life is a kind of test
right from our humble start
its a test from within the heart.

A constant battle of the mind
to forgive more and be kind
each precious life has a story
hopefully to give GOD glory.

And even when we struggle to win
as we are weighed down with sin
Thankfully love runs the life race
with us and gives us grace .

As many look to the cross
to be set free from great loss
for whom the SON sets free
is free indeed, so much joy to be.

Our hearts thrive on love
especially agape from above
Fear not the seemingly unknown
by faith trust GOD where we are going.

For from the time of our birth
this very short time on earth
is but a mere apprenticeship
Preparing for life in ETERNITY.



DANGEROUS SNAKES OF AFRICA

By Stephen Spawls

THE ADVICE WE GAVE FOR AVOIDING
SNAKEBITE, IN OUR BOOK 'THE DANGEROUS
SNAKES OF AFRICA'

Avoiding snake bite

In Africa, snakebite is a constant deadly hazard faced by all rural and most urban dwellers. Reducing snakebite risk lies largely with raising living standards. Many rural dwellers farm using short tools, squat or sit while working, and move around barefoot, bare-limbed, and without lights at night. They sleep on the ground in homes that cannot be sealed. They face a high risk of snakebite all their lives, and only their governments have the ability to deliver large-scale help that will eventually reduce the risk to all.

Many accidental snakebites in Africa are inflicted on the leg, below the knee, when the person trod on the snake. Other major bite sites are hand or the wrist. A sleeping person may be bitten anywhere, and sometimes multiple times. The health worker concerned with preventing snake bite will be aware of the impracticality of telling the rural poor to always use a torch at night, not to use short farming tools, always wear strong footwear and seal their sleeping rooms against snakes. However, they can help people lower the incidence of snakebite by offering practical advice.

In general, where feasible, the two lists of precautions below will reduce the risk of snakebite, although we are aware that they may not always be practicable or affordable; if you sleep in a brushwood or mud building you are at risk. Do what you can. Note also, there are no effective snake 'repellents' and those who sell them are trying to cheat you. Snakes are eukaryotes, advanced multi-cellular vertebrates, any chemical strong enough to poison or repel a snake can also poison and repel humans. Burning tyres near your home or spreading used engine oil is not going to deter snakes, only create a toxic environment that may affect the health of you, your family and your stock.

Likewise, do not waste your money on the various 'snakebite first aid kits' which are available. Most contain nothing useful, and many are positive dangerous, consisting of, inter alia, blades, rubber tourniquets and devices that supposedly suck out the venom. We do advise familiarising yourself with the dangerous and the common snakes of your area, using this book and the maps and checklists in the appendix, as well as regional guides if available, so you know what you are dealing with. You should also find out which of your nearest health facilities has antivenom in stock, and learn how to get there.



APRIL 2022

DANGEROUS SNAKES OF AFRICA

of great importance, spread your knowledge. Do not keep it to yourself. If you know something about preventing and treating snakebite, or how to identify snakes with certainty, tell your friends, and neighbors; teach and show by example. You will save lives and benefit humanity. Education is the way forward. If something about snakes, snake identification, and snakebite was routinely taught in schools, there would be fewer snakebites, fewer severe consequences, and more innocuous snakes would survive. But caution is needed. Like many ideas, putting this into practice isn't easy; few people know enough to be able to teach about snakes with confidence, and (as we mentioned in the look-alikes' section) identification is not always easy and a mistake can have far-reaching consequences; this is a difficult issue.

Preventing snake bites in the home

- 1.** If possible, and affordable, try to make your home snake-proof. A hidden snake inside a building is a hazard. Ensure that the doors fit snugly, especially at the bottom; consider fitting a rubber strip (with the lip outside) if there is a big gap under the door. Keep windows closed, especially at night; or fit them with wire gauze (this will also keep out mosquitoes). From time to time check that the gauze is unruined and sound. Put up mosquito nets, (insecticide impregnated if possible) and tuck them under the mattress; elasticated nets won't slip out at the night. Never sleep on the floor. Fit a ceiling, so that tree snakes in the roof space cannot descend.
- 2.** If your home cannot be sealed, (and even if it can, but has been open during the day), then before you go to sleep, check that there are no snakes inside, under the beds, against the walls, or resting up in the rafters. Ensure the children have their bed nets tucked in. Likewise, make a quick check for snakes when you get up. If you have to get up at the night, use a torch or lamp, and never put your feet down on the floor without looking. Shake out your shoes, and the children's shoes, before putting them on. Do the same with clothes, and don't leave clothing on the floor. Get into a safe routine and stick to it.
- 3.** Teach your children, as early as possible, to be snake aware, to never touch or play with a snake, even a tiny one. Alert them to always tell an adult, forcefully, if they see a snake.
- 4.** If practical, compounds and gardens should be kept free of hiding places for snakes. Such places include piles of stones, bricks, firewood, grass, rubbish tips, pits, etc. Open holes near homes should be blocked (especially any associated with termite mounds, or squirrel warrens). Keep the grass short or the ground cleared around your home.
- 5.** Large trees or bushes that touch against houses should be cut back, (tree snakes will use them as passageways). Cut away the lower branches of thick bushes, and clear away leaf litter from beneath.

DANGEROUS SNAKES OF AFRICA

Preventing snake bites in the home

- 6.** Rubbish tips and rock piles attract rats and lizards, which may in turn attract snakes.
- 7.** Don't have dripping taps or open water sources, snakes may come to drink in the dry season, frogs may come for the water, and snakes for the frogs.
- 8.** Domestic fowls, rabbits, and cage birds kept outside or on verandahs may attract snakes. Keep your stock away from your home. However, poultry (especially guineafowl and turkeys) sometimes attack and kill snakes. Likewise, domestic cats will also warn of a snake, and may even kill snakes. A number of bird species (especially bulbuls, barbets and sunbirds) will make alarm calls if they see a snake, and may mob it. Domestic animals (especially poultry) making a noise at night may indicate a snake is among them. Be very careful if you go to investigate.
- 9.** Open food may attract rats, which attract snakes. Keep your silos away from the house and make them rat-proof; in the home store food is in rat-proof containers.
- 10.** Be wary when moving things in storerooms or outhouses, especially if they are piled up just off the ground, on a pallet for example. A snake may be hiding underneath. If you lift something from storage or off the ground, roll it towards you, not away, so a snake hiding underneath doesn't rush towards your feet.
- 11.** If you have an open veranda or stoep with furniture, look carefully before you sit down, and shift the cushions, in case a snake has taken refuge there. A visitor at a Kenya coast hotel sat in a verandah chair without noticing a boomslang coiled on the arm.
- 12.** If feasible, and affordable, in a particularly snake-infested area, you can keep snakes out of the compound by fitting a barrier fence of stout shade cloth or fine-mesh wire netting. Attach it to posts, sink it to a depth of 20-30 cm, and it should be a meter or so high at least. Ensure the gates fit snugly. This should largely prevent ground-dwelling snakes from entering the compound. Enthusiasts have fitted motion sensors to the outside of the houses, and cleared the ground between the house and the fence, although some may regard this as excessive.

PHOTO OF THE MONTH

PHOTO CREDIT- RAVINDER UBHI



A ROCK PYTHON IN NAIROBI NATIONAL PARK.

FACTS ABOUT ROCK PYTHONS

- Adults African rock pythons are about (3-5m) in total length
- They can live up to 20-30 years. the oldest recorded African Python lived at San Diego Zoo and lived to be 27 years and 4 months old
- Due to their large size they have few natural predators. However, during long digestion periods a python may become vulnerable to predation by Hyenas on African wild dogs
- When they are young, they prey on small rodents and birds. As they grow to adult size, they prey on larger animals, including small antelope, warthogs, dogs, monkeys, waterfowl, goats and others.

16TH APRIL @ THE GIRAFFE CENTRE NATURE TRAIL

MEMBERS BIRDWATCHING



PARTICIPANTS AT THE VIEW POINT

Members convened at the giraffe centre nature trail guided by Daniel an expert birder. It was an informative day, the student members on board learnt alot about birds' names, behaviors and funa facts. We hope to organise birdwalks on monthly basis to nurture greater interest in nature among our membership.

The recordings sighted were recorded on the bird Laser App for the Kenya Bird Map project.

OBJECTIVES

- To engage youths in learning more about birds and their protection through learning and encouraging the conservation of birds' habitats
- To connect Nairobians with Nature.
- monitoring of ecosystem changes taking place in birds habitats

LIST OF BIRDS SIGHTINGS

- Sawwing
- Hadada Ibis
- Village Weaver
- Dideric Cuckoo

- Baglafecht Weaver
- Pin-tailed Whydah
- Rüppell's Robin-Chat
- Emerald-spotted Wood-Dove
- Lesser Striped Swallow
- Slate-colored Boubou
- Red-billed Oxpecker
- Bronze Mannikin
- Green-backed Camaroptera
- Tropical Boubou
- Red-billed Firefinch
- Singing Cisticola
- Gray Apalis
- Black
- Giraffe Center
- Black-throated Wattle-eye
- Cape Robin-Chat
- Hartlaub's Turaco
- Black-backed Puffback
- Abyssinian Thrush
- Variable Sunbird
- Black Kite (Yellow-billed)
- Streaky Seedeater
- Brown-backed Woodpecker
- Northern Fiscal
- African Sacred Ibis
- White-starred Robin
- Cabanis's Greenbul
- White-eyed Slaty-Flycatcher
- Red-billed Quelea
- Yellow-breasted Apalis
- African Paradise-Flycatcher
- African Pied Wagtail
- Amethyst Sunbird
- Red-rumped Swallow
- Red-cheeked Cordonbleu
- Cinnamon-chested
- Bee-eater

NEXT BIRDWALK AT KARURA FOREST



Birdwalk

28th May, 6.30am

@

Karura Forest

CHARGES

Non Members Ksh, 1200/-

FoNNaP Members- 1000/-

Students 500/-

Pay via Mpesa

Till No

275211

Contact

0723690686

fennap1@gmail.com

3ES EXPERIENCE CONTINUES TO PROMOTE CLEAN NATIONAL PARKS.

The Easter of 2022 was marked with families spending quality time together, unlike the last two years where the Covid-19 pandemic had hit hard. Most people sought out recreational centers to celebrate this day with their loved ones, either to interact with nature through forests, national parks and drives to various tourist destinations.

During this time, 3Es Experience was at the forefront in Nairobi National Park to ensure our park ecosystems were maintained for the purposes of environmental conservation and wildlife protection through the Waste Free Parks Initiative.

This initiative has worked to sensitize tourists on the importance of proper waste disposal while simultaneously issuing litter bags as a follow up action. **“During Easter 2022, over 72 man hours have been put on the ground by the teams in distribution over 500 non-biodegradable litter bags, sensitizing over 3,000 visitors who came touring the Nairobi National Park on waste management.”** “We have encouraged them to conserve the earth and participate in wildlife protection, by responsibly handling their wastes and plastics,” said Vivian Kemboi, Founder & Executive Director of 3Es Experience Organization.



We noted a big gap in environmental conservation awareness which we hope to bridge not only in Nairobi National Park but in other parks nationwide. 3Es is open to partnerships to maintain and preserve our parks for future generations.



Written by:
Melany Tupenoi Nteti
Digital Strategist
3Es Experience Organization

A promotional poster for the "Cycle for Wildlife" event. The top half features a photograph of a group of people cycling on a dirt road. The text on the poster includes the date "June 5th 2022" and the location "Naretunoi Conservancy". Logos for the Kenya Wildlife Service and the Kenya Cycling Club are visible. The bottom half of the poster has a yellow background with the text "CYCLE FOR WILDLIFE" in large, bold letters, followed by "BREATHE IN NATURE AND STAY HEALTHY WHILE SUPPORTING COMMUNITY CONSERVATION". At the bottom, it provides contact information for Malowa from Pedalwise Cycling and includes the hashtags #Cycle4Wildlife and I Am #Cycling4Wildlife.

NAIROBI NATIONAL PARK SIGHTINGS



Ravinder Ubhi



Ravinder Ubhi



Ravinder Ubhi



Ravinder Ubhi



Anil Kerai



Ravinder Ubhi

NAIROBI NATIONAL PARK SIGHTINGS



Hitesh Kerai



Hitesh Kerai



Anil Kerai



Anil Kerai



Khelan Shah

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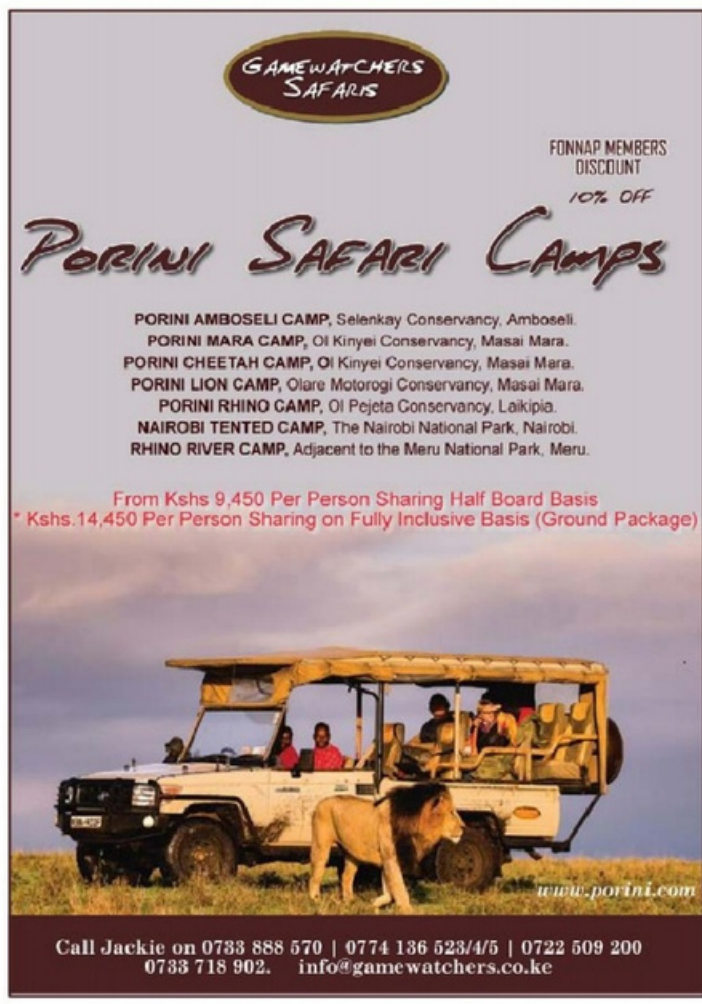
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NAIROBI NATIONAL PARK NEWS

FoNNap IS A NON-PROFIT MEMBERSHIP SOCIETY FOUNDED IN 1995 DEDICATED TO HELPING KENYA WILDLIFE SERVICE (KWS) TO NURTURE AND PROTECT BIODIVERSITY WITHIN NAIROBI NATIONAL PARK AND THE BROADER ECOSYSTEM TO WHICH THE PARK BELONGS.

Join today and be a friend of the Park.

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