



## America's Kshs130 Million Grant to Laikipia



Water CECM Peter Matunge, Nawasco officers and bidders during the site visit IN Mt Kenya forest in July

The American Government has granted Laikipia Kshs 130 million for Nanyuki Bulk Water Supply project.

The project involves construction of a reservoir across Likii Central River, expansion of the treatment plant, construction of additional storage tanks and water distribution network.

It also includes bulk water supply to upcoming market centres and bulk raw water for small-holder irrigation schemes targeting organized farmers' groups / cooperatives in Nturukuma, Sweet Waters, Njoguini, and Jua Kali\Mukima. It will ensure that Nawasco has enough water reserves to meet demands from consumers within Nanyuki and its environments.

Once complete, Nawasco will be able to expand its coverage to unserved/underserved areas, enhance access to clean, affordable and sustainable water supply even during dry periods and control flooding and related erosion affecting downstream users.

The funds channeled through United States Agency for International Development's water,

sanitation and hygiene finance programme, will support Nanyuki Water and Sanitation Company (Nawasco) in carrying out geotechnical investigation, Environment and social Impact Assessment (ESIA) and stakeholder engagement.

Request for Proposal to undertake a topographical survey, Geophysical exploration, and geotechnical exploration, dam engineering and water treatment design was issued on 12<sup>th</sup> July 2021 and closed on 30<sup>th</sup> July 2021. Evaluation of bids was going on last week.

### Approval

"The engineering dam design will enable Laikipia to go for a PPP model of financing this project," Water CECM Peter Matunge said.

Proposed to be financed through a public-private-partnership model, the project will serve an estimated 23,000 households in Nanyuki town and its environs.

A team of stakeholders driving the realization of the project will have an opportunity to learn from Kigali Bulk Water in a three-day exchange programme courtesy of the WASH-fin fund.

This is a critical step towards getting actual results from the said project after several feasibility studies over the last 11 years.

The government has already received approval from Kenya Forest Service (KFS) board to carry out geotechnical investigation and the environmental and social impact assessment (ESIA).

The total project's scope covers an establishment of a 32m high embankment dam on the Likii Central River and expansion of the Bulk water supply treatment facility: to increase the capacity of the treatment facility to 45,969 cubic metres/day capacity, as well as have distribution mains of approximately 50km, including storage tanks.

It also covers an expansion and rehabilitation of the water distribution network in Nanyuki town and environs, using an operator contract. The contractor to do the activity through the Kshs 130m WASHFIN grant will be required to cover the following the following: topographical survey, geophysical exploration, geotechnical exploration, dam engineering design and water treatment design.



# Why Mzee Maingi's Going the Nuts Way in Retirement



By Muriithi John

**M**acadamia is a high value nut tree that is not so much common in Laikipia County. But more farmers in Laikipia are increasingly planting the nut tree as they seek crops that will bring them more value.

Nut-tree farming is becoming attractive to such farmers because it requires minimal inputs in terms of labour, fertilizers and chemicals- yet it is giving them relatively good returns.

One of such farmers is Mr Maina Maingi, a former public servant and a resident of Ndindika in Kinamba, who has 90 mature trees. He had initially tried mangoes which did not do well and resorted to macadamia.

In 2020, Mr Maingi reaped a cool Kshs 210,000 from the sale of 1500 kilogrammes of raw nuts at Kshs 140 per kilo. This year he has so far harvested 1,500 kilogrammes from the trees and is hopeful it will surpass the previous years.

He has added 20 more trees after witnessing positive results. The 20 are now in their flowering stage, ready to increase Mr Maingi's annual harvest in the coming years.

Though he prefers to do his own surveillance and maintenance of the crop, he sometimes has to look for external workforce to successfully deliver quality products at the right time.

"I only require a helping hand when harvesting and peeling, and thus I engage several people on casual basis. Otherwise, I do other

jobs like applying manure and spraying," he said. According to the farmer, his shamba has been used for learning purposes by the neighboring school as they try to implement the competence based curriculum.

"Pupils from Ndindika Primary School have been visiting my farm to learn on macadamia crop. I am happy to be part of the community determined to pass knowledge to the young generation in the area," said the farmer.

Mr Maingi's farming enterprise is under the Laikipia Innovation and Enterprise Development Programme. He appeals to other farmers not to fear venturing into new areas such as macadamia nut farming as the plant whose origin is Australia truly does well in the county, especially in Kinamba area.

## Farm-gate Price

According to Laikipia County Statistical Abstract 2020, there were 12 hectares of macadamia plants in 2019 producing 42 tonnes of the nut. This means there is still room for improving production. There is also a ready market for nuts. Farm gate prices for unshelled nuts within the Cereb



bloc, sometimes goes as high as Kshs 200 per kilo. Macadamia nuts have numerous advantages apart from their economic value. They are rich in nutrients and beneficial plant compounds. They also aid in improved digestion, heart health, weight management, and blood sugar control.

## Health and Nutrition Benefits of Macadamia Nuts

**Rich in nutrients-** macadamia nuts are low in carbs and sugar and have a moderate fiber content.

**Source of antioxidants-** these nuts boast some of the highest flavonoid levels of all tree nuts. Thus, fights inflammation and helps to lower cholesterol levels in the human body.

**Boosts heart health-** Macadamia nuts are rich in heart-healthy monounsaturated fats. Eating small amounts daily may assist reduce heart disease risk factors, such as high cholesterol and inflammation?

**May reduce risk of metabolic syndrome-** Regularly eating tree nuts, like macadamia, may reduce your risk of metabolic syndrome and thus contribute to lower and more stable blood sugar levels.

**Aids weight loss-**

**May improve gut health-** Macadamia nuts have soluble fiber which aids in digestion by feeding the beneficial gut bacteria. In turn, this can improve the gut health.



# When Your Mouth Informs the Wellness of Your Body



By David Serem

**W**hen was the last time you made a visit to the dentist?

Not many people fancy the idea of a trip, unless it is the last option...in this case, seeking to have a bad tooth extracted to end the unbearable pain.

Nanyuki. In Over 80 per cent of patients visiting LHS Nanyuki, dental section come for tooth extraction.

According the Chief Oral Health Officer Jotham Mboroki, these are patients who have toothache and opt for tooth removal as the last resort to save them the pain.

Less than 10 per cent of the clients come for checkups and cleaning. Ideally, it should be the other way round; more clients coming for checkups than those seeking last treatment option.

"Like in many other departments, pain brings most of our clients here," Mr Mboroki observes. "It is not the best way to seek dental care."

Regular dental and oral health checkups have far-reaching benefits than what we may know. The continued rise in teeth ailments in communities is a result of a gradual lapse in oral health education at the community level. In particular, the shift in focus from oral health education as primary healthcare effort is impacting on the population's general oral

health.

"The mouth is the doorway to your body. The status of one's mouth can tell us so much more about the body than many people would think," he explains, adding that some diseases manifesting in the mouth could tell of underlying health issues that can easily be picked up by a simple oral and dental checkups.

Teeth are the body's early warning system. A visit to the dentist at least twice a year can help detect diseases early enough. Gum disease, for example, could hint the possibility of one suffering from diabetes. Advanced gum disease is a possible lead to the patient suffering from diabetes even when they may not be aware.

People with diabetes have a higher risk of developing gum disease than those without. Gum disease has been found to worsen diabetes.

It is also possible to pick the presence of oral cancer through early checkups, adding the benefits of regular examinations. Loose teeth, mouth pain, sore lip or mouth could be indicative early signs of oral cancer.

## Oral exam

A healthcare provider is able to pick out syphilis from an oral exam. Presence of lesions on the tongue, lips, gums and dental defects could be indicative of secondary syphilis infection.

Other body ailments that could manifest in the mouth, or linked to the poor oral health include heart and kidney complications.

Interestingly, something like periodontal disease,

can actually have a dangerous effect on the heart, as some of the bacteria from the mouth can get into the bloodstream. This can lead to the buildup of plaque and cause the arteries to harden. This complication raises the risk of stroke and heart attack.

Similarly, the bacteria can also go to the lungs, causing pneumonia, acute bronchitis and other respiratory complications.

Pale and thin gums could be a reason for a healthcare provider to suspect manifestation of anemia in the body.

## Broken Jaw

A visit to the dentist is helpful in picking out bulimia, displayed by thin weak enamel.

"The benefits of regular dental and oral examinations on the general health are endless, and so is a proper oral hygiene," Mboroki explains.

LHS Nanyuki offers the following service: dental checkups and extraction, inter maxillary fixation (repair of broken lower jaw), splinting to firm up loose teeth,

Others include dental emergency attention including abscess draining, medication, admission and monitoring. Patients with missing teeth can benefit from tooth replacements, as dental fillings and specialized root canal treatment for teeth that are beyond repair.

You could also benefit from full mouth scaling and polishing to remove tartar, as well as teeth alignments to return that perfect smile.



# Contractor for Segera's KAMUNA Water for Production Now on Site

By Nahashon Maina

The Kariunga-Mutirithia-Naibor (KAMUNA) water project in Segera ward has kicked off with contractor already on site. He has six months to finish the project.

The scope of the project involves distilling of Kariunga dam and construction of Naibor water pan.

After completion, 300 households are expected to benefit with water for production as department of Agriculture targets to put 75 acres under drip irrigation.

This aims at increasing the agricultural output by ensuring consistency in production throughout the year. The crops of reference targeted by this project includes Tomatoes, French beans, onions and cabbages.

"This project is going to be a game changer as we want to ensure dams, we target is constructed to supply water for irrigation benefiting surrounding farmers," Agriculture CECM Wangari Wachira, said.

Piping work originating from Kariunga dam will be done to supply water to the targeted farmers with each of them expected to cultivate quarter of an acre. In addition, three boreholes are going to supplement the project to ensure there is enough water to sustain irrigation and for use both for domestic consumption and livestock farming.

Water for production is among transformative projects being implemented by the county government to grow the economy by increasing productivity and incomes.

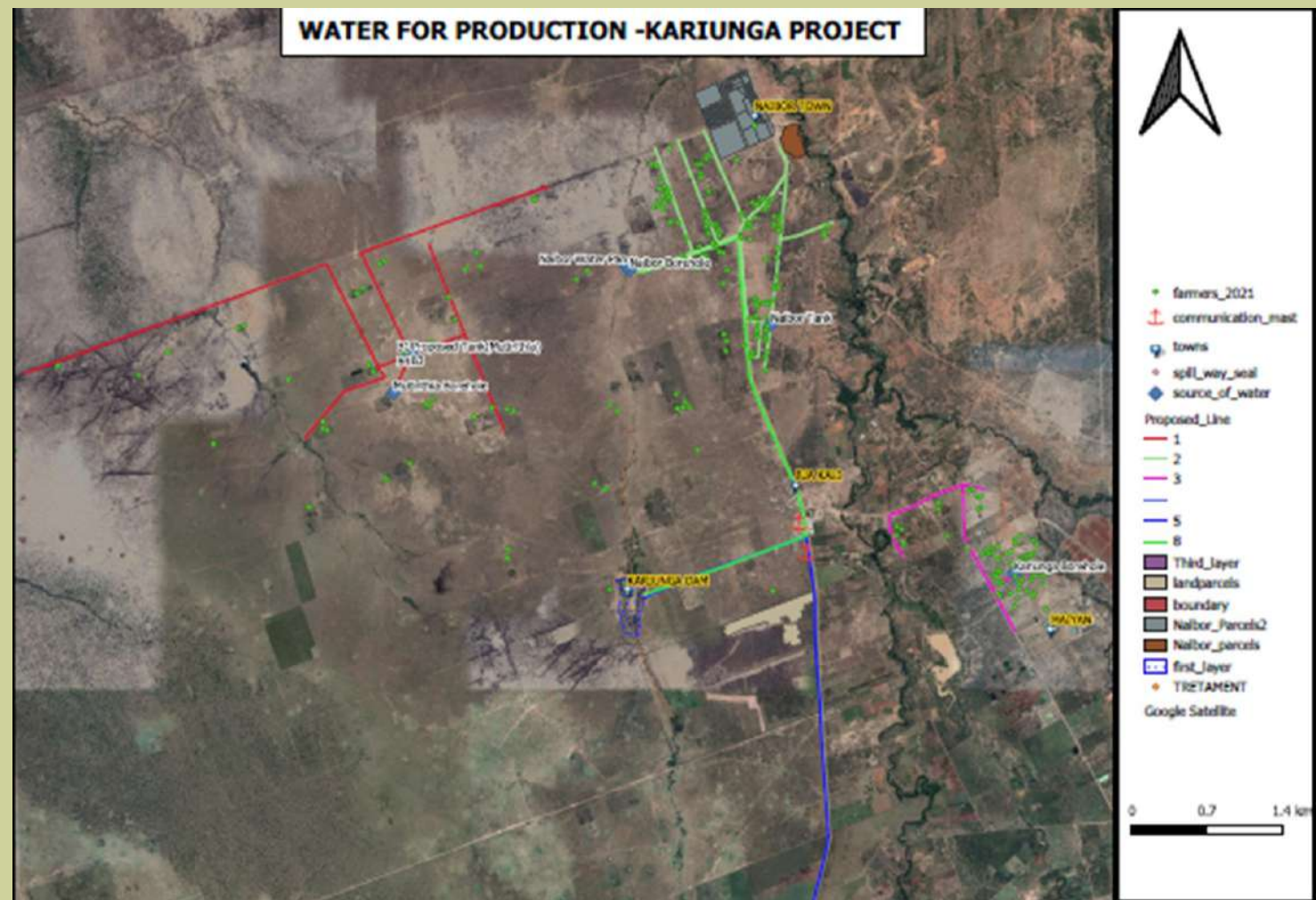
## Climate change

Considering the effects of climate change in Laikipia, the water will enable farmers to undertake irrigation activities throughout all seasons which will ensure there is consistency in agricultural production.

"We have interest from organizations such a Kenya Horticulture Exporters looking for outgrowers in Laikipia. We want to remove hindrances they face such as water shortage and inconsistency production by implementing this project," Ms Wachira said.

The CEC added that department want to introduce smart agriculture farming practices that will ensure there is enough produce for both local and export market.

The department has also picked 30 model farmers among the targeted 300

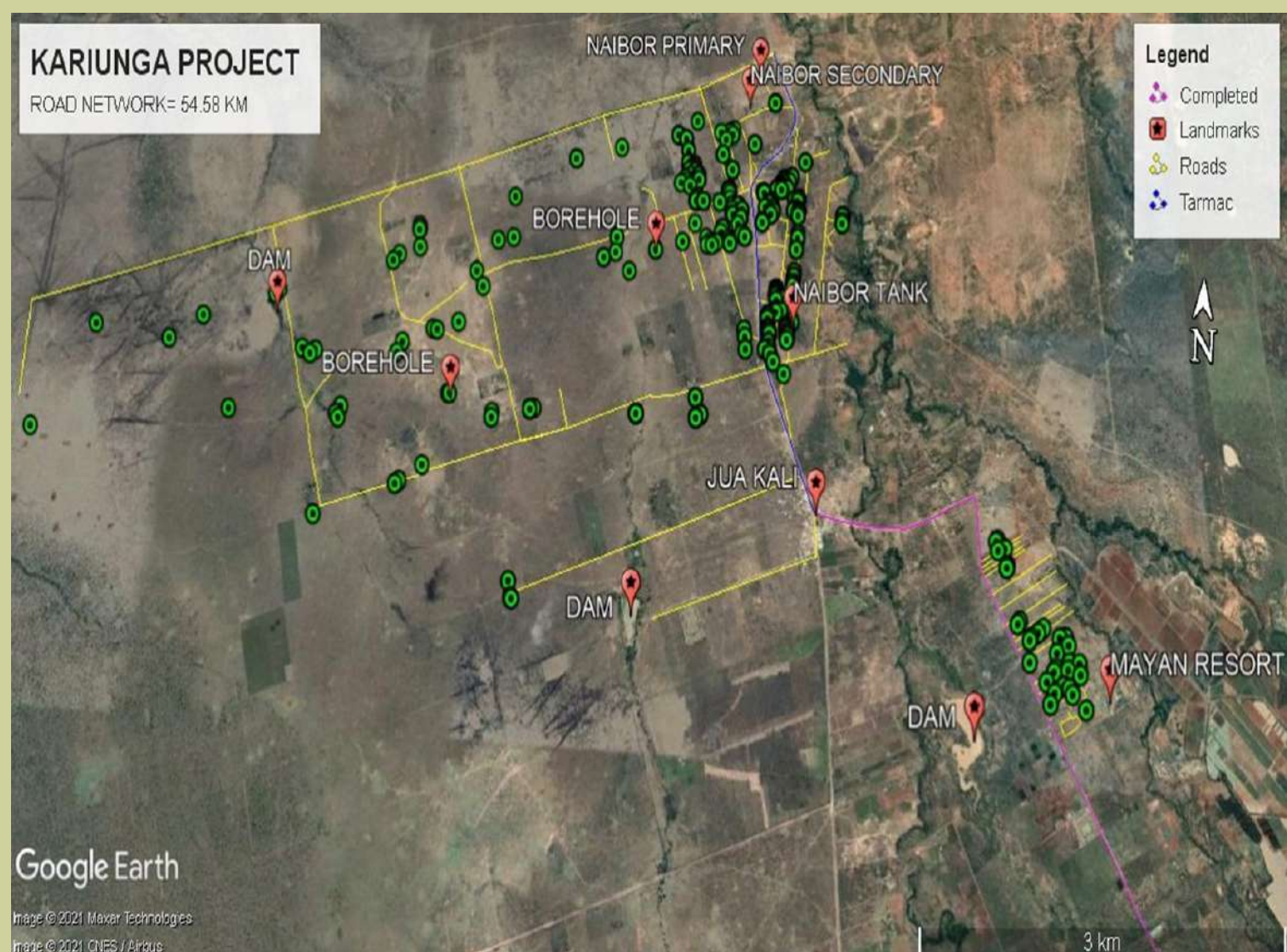


farmers to pilot fodder growing. These farmers will grow Rhodes grass which is resistant to drought with aim of increasing dairy production in the area. The farmers have formed a common interest group with aim of eventually transiting to a cooperative society. The expectation is that one acre will be able to produce 200 bales of hay translating to 6000 bales per season.

Beyond undertaking horticultural activities, the department want to ensure that resident have other income generating activities supported by water from these dams.

"When farmers organize themselves into a cooperative, they will be able to access financial support from Economic Stimulus Fund to buy inputs such as fertilizers which we will not providing," Ms Wachira said.

They can also access finance to buy farming machineries to increase area under irrigation. The CEC added that the department will support the hay growing farmers to construct a hay ban to store their produce and sell it during dry season.







## COUNTY GOVERNMENT OF LAIKIPIA

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Communication on the County Executive Committee Meeting chaired by H.E. Governor  
Ndiritu Muriithi on Wednesday, 11<sup>th</sup> August, 2021

H.E. Governor Ndiritu Muriithi chaired a virtual meeting of the County Executive Committee (CEC) today, 11<sup>th</sup> August, 2021 which considered the progress of various government programmes and projects as follows:

1. **Operationalization of Laikipia (Kirimon) Game Reserve:** The County Executive Committee sanctioned the operationalization of Laikipia (Kirimon) Game Reserve. The 165-square-kilometre Game Reserve was gazetted on 16<sup>th</sup> November 1991. Establishment of the reserve with a functional management and security structure will promote security in the area for both human and wildlife. The county government is in talks with the KWS to have a warden deployed to the Game Reserve. National Police Reservists will also be deployed. The reserve will support all forms of tourism such as outdoor activity like hiking, camping, mountain biking. For instance a key part of tourism product is ornithological safaris and Lake Kilele. The surrounding wetland areas are an important habitat for birds –both migrant and migratory species. There is also investment opportunity in high end eco-lodges within the reserve. The department of water, environment and natural resources is developing a comprehensive work plan on the reserve. Being a protected area, nobody should occupy or settle on any portion of this conservation area.
2. **Roads:** Various roads will be improved to either gravel or bitumen standards across the county in the current financial year. This will be implemented through RMLF, Laikipia Leasing Programme or Performance-based contracting. The improvement includes drainage and fixing road sections in need of repairs. Improvement of rural roads are primarily aimed at driving agricultural production and smooth access to LHS facilities.
3. **Makurian-Osirua Water Project:** The project is progressing well.
4. **Kinamba water project:** Nyahuwasco will implement Kinamba water project on behalf of the government
5. **Nanyuki Bulk water:** The process of searching for a firm to carry out the geotechnical survey is in the evaluation stage
6. **LHS:** The transition to Laikipia Health Service is progressing well. LHS is working with VTCs in branding the facilities.

**MUCHIRI GITONGA**  
**DIRECTOR OF COMMUNICATION**



# Progress of Laikipia County Spatial Planning



*Stakeholders spearheading the Laikipia county spatial planning*

**S**patial Planning of Laikipia county has entered research and data collection phase.

This phase is critical as it will provide basis for the actual planning and development of land use scenarios in Laikipia.

This was revealed during a meeting that brought together stakeholders from different organizations in research and conservation within Laikipia-Samburu landscape.

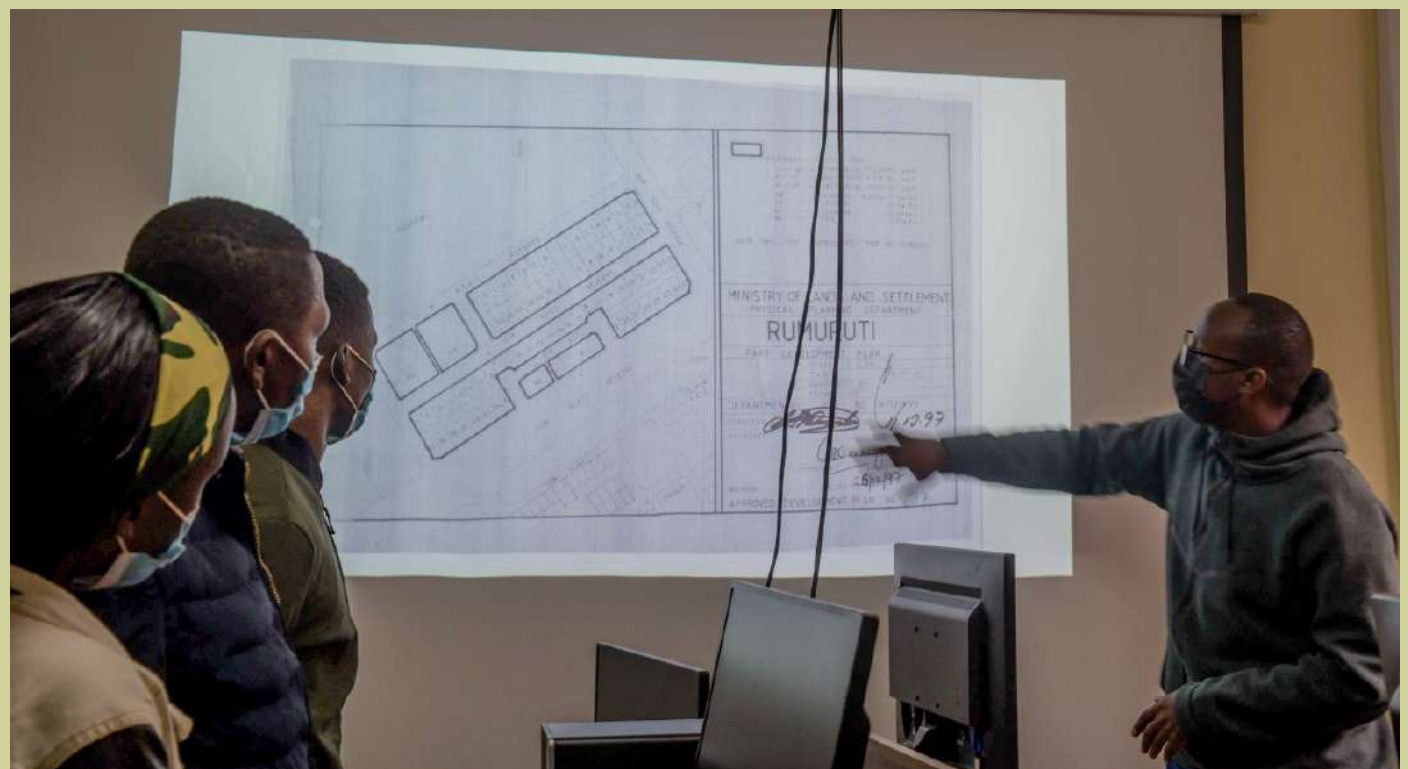
They included Department of Infrastructure Laikipia County Government, Centre for Training and Integration Research in ASAL Development, Kenya Wildlife Service and Gravy Zebra Trust.

For a very long time, the research and mapping phase of lands has relied on data collected by various county government departments which CSP wants to replace. The implementation of CSP will be crucial as it will engagement of different government and nongovernmental stakeholders which will enhance inclusivity, transparency, and acceptability of the final plan. The county spatial planning will be very crucial in enabling Laikipia to tap data from wildlife and livestock movement corridors and in development the wetland management plans.

The County Spatial Plan is espoused by Section 102-105 of the County Government Act, 2012 on county planning and development and Physical and Land Use Planning Act, 2019. The County Spatial Plan will provide a framework for integrated and sustainable utilization of land within Laikipia for a period of 10 years.

## Share data

Director CETRAD Dr. Boniface Kiteme said there have been efforts to develop a common database for over 15 years in vain and that the initiation of CSP process will provide an excellent platform, where different organizations can



share data and also ascertain how the data has contributed to the final output.

"It is imperative that the plan decisively looks into the questions on land subdivision within the county, especially the dry lands ecosystem in the north," Dr. Kiteme said adding that CSP process should take advantage of the vast research that has been carried out in Laikipia.

He also noted that an immense amount of data is held by individual organizations, where lack of a common database or data sharing structure limits access. He said that it is important to ensure that the data is not misused, this will array fear to some organizations as they may be skeptical about the idea of developing a common database.

The meeting brought together stakeholders from different organizations in research and conservation within the Laikipia-Samburu landscape under the auspices of the Landscape Secretariat and departmental representatives from the

county government of Laikipia. It was aimed at enhancing collaboration between the County Government of Laikipia and different stakeholders in the County Spatial Planning in the planning process, particularly in research, mapping, and development of land use scenarios.

## Conservation

Chief Officer Lands & Physical Planning, Dorcas Korir noted that the engagement process is aimed at ensuring a balance between different competing interests through exchange of ideas and data as it is a people centered process.

Rose Malenya, Warden at Kenya Wildlife Service said that county spatial planning is critical as Laikipia is cornerstone in wildlife conservation and one of the pillars of KWS is collaboration, especially in how to make use of the available space.



# Governor, FL Condole Githuku Mwangi Over Loss of Dad



.....enroute Gatanga he had a word of inspiration for Giachuki Boys High School Students, Murangá





# Laikipia Embracing PPP Model to Increase Improved Road Network

By Nahashon Maina

The County Government of Laikipia is implementing a Public-Private Partnership in the construction of roads within county.

The county is undertaking various road projects to increase connectivity and accessibility in the county. Good roads are a catalyst for development and improved agricultural production.

Last month, the County Government partnered with two institutions, namely Cottage Hospital and Braeburn School to improve Cottage Road through the public-private-partnership model. According to Cottage Hospital CEO, Dr. Anup Das the two private institutions financed the road project to the tune of Ksh 2 million.

On the other hand, the county department of infrastructure designed the road and provided technical guidance and support.

The leasing program is another area where the department has implemented projects using the PPP model. To increase rural road connectivity, the department has partnered with community members

who provide contractors with gravel in their land, and in exchange, they benefit from the construction of water pans.

This has been mutually beneficial as the contractors extract gravel, and landowners are left with water storage pans, which improve agriculture production. To date, 40 landowners have benefited from water pans. "This partnership with the community has enabled the department to save the cost of purchasing gravel and improve the quality of work while at the same time reducing the time within which a road is graveled," Chief Officer of Roads and Infrastructure Duncan Mwangi said. The PPP model was also applied in collaboration with Ol pajeta Conservancy in the grading and graveling of Thingithu and Segera Wards roads. A total of 13.5Kms were graded,



*Cottage Road done through PPP model*

while another 11.6Kms were graveled. In Thingithu ward, Sweat Water- Ol pajeta main gate road was repaired where 6.9 Kms was graded, and 6.4 Kms was graveled. In Segera, Ol pajeta-Marura Bridge road, 6.6Kms Graded and 5.2 Kms graveled.

"The PPP saw Ol pajeta supplying gravel and equipment; they had 2 graders, 1 drum roller and 1 excavator. On our part as the county, we provided fuel for all the equipment, workforce and undertook the supervision of the work," CO Mwangi said. The PPP model enabled Ol pajeta to achieve its Corporate Social Responsibility (CSR) to reach out to the community surrounding the conservancy through road improvement. The roads fall under the county government's jurisdiction and thereby enabled the department to improve road connectivity in the county.

## Laikipia Media Practitioners, Influencers Trained on Preventing Terrorism

By Joshua Maina

On August 11, 2021, the Foundation for Dialogues organized a training in Nanyuki aimed at empowering journalists and influencers in Laikipia county in preventing radicalization and violent extremism.

The training was facilitated by director Foundation for Dialogue Dr Michael Mugo and Director National Counter Terrorism Centre Dr. Martin Kimani. Radicalization is the individual or the group process of acquiring through text and narrative a system of ideas and ideals that glorify hospitality, discrimination, hatred and enmity against a group or groups based on organized militant action.

Laikipia county has an action plan to prevent and counter radicalization which has been cascaded from the national strategy to counter violence extremism. The purpose of the action plan for the county is to develop strategies to prevent the radicalization of vulnerable individuals since every county is unique in its own way. The action plan will only be effective if media personnel implement the agenda in it since media is one of the pillars.

Media and online platforms are some of the pillars of national counter terrorism centre. According to Dr Michael Mugo, the great stakeholders in the pillar are the media practitioners and influencers. Their work plays a vital role to enhance or prevent violent extremism.

The messages shared through media platforms can help win terrorism in terms of psychological warfare. This can only be achieved when media people and influencers work together intending to ensure they help prevent violence extremism through messages and narratives they share. Terrorism is a game of the mind, meaning the fight of a terror attack or recruitment of persons into terrorism is not about armed war but the change of ideas that the state of mind. Understanding how individuals are recruited to the terror groups and the way they operate will help the media initiate messages aimed at preventing violence extremism. It is the role of media to prevent such with the loyalty of the nation. Good reporting should not glorify terrorist attacks but rather fight against strategies lied down by the terrorists. Any reporting of messages based on terrorism attacks or recruitment should not amplify the working of the terrorist and for any information to be published by communicators they should collaborate with the government through the county commissioner's office for the credibility of information aired. With high-speed communication through the internet and various social media, communication practitioners and media influencers can develop messages that build resilience to youth and other internet users who are vulnerable to be radicalized to join terrorism. Information shared should be proactive and persuasive enough to educate the community on how to

detect and avoid radicalizers. Journalists and other influencers provided specific narratives/messages that will be used in Laikipia county to prevent radicalization extremism that can be understood by everyone within the county since it is a cosmopolitan county such as 'Gaidi hana kabila, jinsia wala dini' and 'Laikipia amani, uwiyo na maendeleo'. The practitioners agreed to use the following methods to send these messages; social media, print media, radio shows and use of signpost and billboards. In addition, the members agreed to use social media engagement, create informative content, media interview with religious leaders and use of influential public opinion leaders across the county strategies to distribute the messages. It is possible to prevent and counter violence extremism through media messages and narratives created by communication practitioners and potential media influencers in Laikipia County. Radicalization is the individual or the group process of acquiring through text and narrative a system of ideas and ideals that glorify hospitality, discrimination, hatred and enmity against a group or groups based on organized militant action. Laikipia county has a county action plan to prevent and counter radicalization which has been trickled down from the national strategy to counter violence extremism. The action plan will only be effective if media personnel implement the agenda in it since media is one of the pillars.