



KPSGA

NEWSLETTER

August 2015

MESSAGE FROM THE SECRETARIAT

The tourist peak season is here with us again, thanks to the annual wildebeest migration which is a major attraction in the Masai Mara National Game Reserve at this time of the year. Hopefully tourists will flock back following the lifting of travel advisories by the United Kingdom, which is our major tourist source market. It is also our hope that the County Governments and the Kenya Wildlife Service will deal decisively with the livestock invasion of game reserves and national parks that has now become commonplace to the detriment of wildlife sightseeing in these 'protected' areas.

As mentioned in our past newsletters, the government, through the Tourism Regulatory Authority (TRA) is finally realizing the need to improve standards and discipline in the tourism and hospitality professions, guiding included. Consequently, beginning January 2016, no guide will be licensed without membership to a professional association and without a certificate of training in tour guiding. We have already written to you to request you to register with the association if you have 3 years and above in the guiding profession and at least 'O' level education and no formal training in tour guiding to take a 3-month course which is being organized by the TRA. The training, which starts in September will culminate in the participants being awarded certificates of competence which will qualify them for licensing come 2016. We call upon you to comply with this if you are affected by this directive.

We would like to urge you to keep up the good work in upholding discipline and high standards of professional guiding.

BUSH MATTERS

An Elephant with Half a leg

A myriad of complex processes come into play in embryonic and fetal development in animals. When these processes play out in sequence as naturally programmed, the result is a normal neonate. Any errors in the sequential developmental steps may result in embryonic loss, fetal death, fetal mummification, stillbirth, birth of nonviable neonates, or birth of viable offspring with defects. An anomaly apparent at birth which is a result of a developmental disruption is said to be congenital.



This elephant was born with only half of her right hind leg, a condition called hemimelia, which is defined as the absence of all or part of the distal half of a limb. She has braced all conditions on the Aberdare Ranges and is still going strong, thanks to the support of her family. She was vulnerable to attacks by predators at infancy because of her deformity, but the family has been highly protective. Today, she still can't keep up with the pace of the rest of the family, but the family patiently waits every so often to let her catch up with them

before they forge ahead in their incessant search for pasture. In the event that she lags behind too long, she is very vulnerable to predators, including poachers. We wish to see her become a mother, though we are not sure how well she will deal with a bull mounting and carrying the foetus for 22 months with the deformity.

Charles Mathenge

Heritage tours in Nairobi – As interesting as the bush.

For many years City Tours have always been a drive-by affair through the city whereby safari / tour guides point out the various buildings that are iconic in Nairobi. With changing times and congestion in the city we realize that these drive by tours are not sustainable due to heavy traffic on the city streets. Thereby it necessitated the formulation of a walking tour through the streets of Nairobi.

The National Museums of Kenya have been developing the concept of Heritage Walking Tours since 2011 and got an opportunity to implement it by partnering with the GoDown Arts Centre and other stakeholders, including the Kenya Professional Safari Guides Association (KPSGA) in mid-2013 and undertook a training for City Guides, who were taken through a thorough course of the history of the green city in the sun. They are the same guides that effected the NAI NI WHO? Festival between June 2013 and August 2013 whereby over 525 people partook in the three-month Nairobi City Walking Tour Festival. A celebration organized to sensitize residents of Nairobi to get to know their city and own it. This is now an annual festival.

The Heritage Walking Tours initiative has been going on daily since then. The tours begin at the Nairobi Gallery - "Point Zero" - the exact point Sir Lionel Galton Fenzi chose as his beginning spot when he pioneered Kenyan Roads. To date this spot at the centre of Nairobi Gallery is the reference point to present road distances in reference to Nairobi globally. Nairobi Gallery is a gazetted monument that is managed by the National Museums of Kenya which is currently hosting permanent Murumbi African Heritage Collection of rare and precious works of art and temporary art exhibition of pioneer African artists. The building is 102 Years old!

The development of Nairobi City has been impressive. It began as a swamp where the railway engineers saw as a perfect spot to set up a railway station in 1899 as the railway head reached mile 327 from Mombasa on its way to Port Florence now Kisumu.

Heritage Walking Tour of Nairobi City is an interactive and informative tour. Partakers of the tour get to understand the full history of Nairobi as they walk

through the streets of Nairobi and pass by monuments - Be it open spaces, buildings or sculptures. Guides I narrate the significance of each street name, the people that shaped the present day Nairobi, the struggles, and the culture of Nairobi all in an easy and relaxed walk through the city.

TOUR 1: KENYATTA AVENUE WALKING TOUR - 90 Minutes

This tour begins from The Nairobi Gallery at any time of the day. The tour takes ninety minutes walking through Kenyatta Avenue/Kimathi Street/ Biashara Street/ Muindi Mbingu Street/ Banda Street.

This tour showcases the input of the British/Europeans to the development of the city and an introduction to the Asian influence.

TOUR 2: RIVER ROAD WALKING TOUR - 90 Minutes

The walking tour commences at the August 7th Memorial Park via Haile Selassie Avenue tracing the origin of Nairobi City and the immense contribution of the Asian community to its development. The tour goes through Racecourse Rd., Uyoma Street, Ronald Ngala Street, Tom Mboya Street and Moi Avenue.

TOUR 3: CITY SQUARE WALKING TOUR - 90 Minutes

The walking tour starts from the Nairobi Gallery through Posta Rd, Kaunda Street, Standard Street, Kimathi Street, Mama Ngina Street, Moi Avenue, City Hall Way, Taifa Road, Harambee Avenue culminating on top of the Kenyatta International Convention Centre.

TOUR 4: HARRY THUKU RD TOUR - 2 Hours

Walk begins from the Nairobi National Museum with a tour of the museum, walk down museum Hill through Harry Thuku Road.

Attractions include:

Nairobi National Museum, Snake Park, Botanical Gardens

Kenya Broadcasting Corporation

Norfolk Hotel

Kenya Cultural Centre

University of Nairobi

Jewish Synagogue

French Cultural Centre/Maendeleo ya Wanawake/Utalii House/Central Park

Jeevanjee Gardens

Stock Exchange at the SAROVA Stanley – (marks end of the tour)

NB: Sunday morning is the most appropriate time to take of the tours as the city streets are not busy.

Felix Kosgei

What is ailing Tourism in Kenya?

We are all aware that tourism is facing immense challenges. Such challenges are not out of the ordinary and are not unique to Kenya, so I believe that we will surmount them.

Insecurity, precisely terrorism is cited by governments of our tourist source markets as reasons for issuing travel advisories to their nationals who wish to visit Kenya. The advisories though partly accurate have kept away potential travellers who are not intrepid enough and probably not well aware of the geography of Kenya from travelling. We are, however, thankful to the governments that have reviewed these advisories positively in the recent past. We hope this will prompt their nationals to travel.

The introduction of VAT since September 2013 in the Tourism Sector has meant higher prices to visit the destination. This has certainly had its effect.

Ebola, an epidemic that only affected West Africa, and which has now been announced to have been brought under control, has had its toll on our tourism. It has kept all those potential tourists who do not know the geography of Africa away.

Kenya's tourism is predominantly nature based. Poaching for ivory, rhino horns and bush meat, and general environmental degradation are all a threat to tourism, because they threaten to decimate the very species that are the bedrock of our tourism attractions.

A new and rather perplexing phenomenon in our parks and game reserves is livestock invasion. Posts on social media by tourists have generally shown discontent with paying money to see cattle in parks and game reserves alike.

Europe is our main tourist source market. Its economy is ailing. This has been a double-edged sword for our tourism. First, the weak economy has meant that people are uncertain of the future and have lowered travel as a priority, so few are taking up travel. Secondly, the collapse of the Euro currency against the United States dollar from 1.35 to 1.03, now up again to 1.10 has meant that it is cheaper for Americans who could have visited Africa to travel to Europe instead.

Among all the above, what is in our hands to influence? We can influence the prices by appealing to the government to erase VAT in tourism (Tanzania has so far managed to do away with it!). On poaching, we have an opportunity to work closely with security agencies to monitor and report poaching incidents, since we spend the most time of anybody in the wild. We can also do a great deal to educate our guests on what their role is in influencing an end to poaching through spreading the word in their countries about the detrimental effects of their nationals' appetite for ivory and rhino horn on the future of species and consequently tourism in Kenya. I believe

human population explosion is leading to an exponential increase of livestock numbers among the pastoral nomadic people who invariably border conservation areas. We could contribute to educating them about sustainable lifestyles that enhance prudent rangeland management and create space for their livestock and the wildlife and ensure the future of tourism. They must, however, feel that they are substantially benefiting from tourism if they are to appreciate the need to respect the parks and reserves.

Elvira Wolfer

Silver Level Member

Health Facts – Asthma

Asthma is a chronic lung disease which inflames and constricts the airways. Inflammation causes swelling and sensitivity of airways. As the airways swell, the muscles around them tighten, thereby making them narrow. This limits the amount of inhaled and exhaled air. The cells of the airways also produce mucus which further limit airflow into and out of the lungs. Though the exact cause of asthma is not known, researchers believe that it is caused by some interaction of genetic and environmental factors, especially in an individual's infancy. These factors include:

- Inheritance from parents with asthma;
- Atopy (An inherited predisposition to develop allergies);
- Exposure to viral and or respiratory infections at childhood;
- Exposure to certain allergens at childhood.

Asthma attacks can be triggered by a specific factor such as cigarette smoke, an allergy or a cold, but an attack may also occur suddenly without an obvious trigger. During the dry seasons, pollen count and dust levels increase in our conservation areas, and so do pollution levels in urban areas. All these can aggravate asthma attacks for susceptible people.

Signs and Symptoms

The following are the signs and symptoms to look for if you think someone is under an asthma attack:

- Coughing – This is often severe at night and in the morning
- Wheezing – This is a raspy sound produced when breathing
- Shortness of breath
- Distress
- Tightness of the chest
- Grey-blue tinge to the lips, earlobes and nail beds.

Treatment

Asthma has no cure, but it can be managed. People with asthma usually manage their own attacks by using a reliever inhaler at the onset of an attack. However, if you find yourself dealing with someone who does not have an inhaler, or whose attack is severe, there is need to seek help from a medical practitioner. Below is what to do to help the person:

- Reassure and ask them to breathe slowly and deeply
- Sit them down in a comfortable position
- Assist them use their reliever inhaler immediately
- If the attack does not abate within a few minutes, it is likely to be a severe attack. In this case you need to get the casualty to take a total of 10 puffs of the inhaler at the rate of one or two puffs every two minutes
- Call for help if the attack is severe and the casualty's condition is getting worse or the casualty is becoming exhausted, or if this is their first attack
- If at any point the casualty loses consciousness, open their airway, check their breathing and place them in the recovery position.

Tom Lesarge

EXAM DATES FOR 2015

BRONZE

26th August

30th September 28th October 25th November

SILVER

24th September 22nd October 19th November

GOLD

November (Dates will be announced in September).

Dates and venues for any exams to be done outside the stated dates will be announced in advance.