

# Nyari NEWS

July 2015

## Chairman Ghassmi Presenting his report

Photo Courtesy of Dr Neal Aggarwal



## The incoming [new] committee

Photo Courtesy of Dr Neal Aggarwal



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## Another great AGM!

The Nyari AGM was the huge success that it always has been year after year. Fully and carefully created, audited and presented accounts were discussed at the meeting and explained to the members in attendance. Nyari's finances are in fairly good shape and should see us through another year if ALL members pay their dues on time. We thank the many members who have paid up the entire year in advance and those members who have contributed extra in cash and kind to support us through all our projects that we've carried out this year to better our estate and lives.

We had a small turnout which is disappointing considering that we have more than 230 households in Nyari now. Most of the committee was unanimously voted back in to another year of service. Some members left while some 'new' blood has joined us and we look forward to working with them. We extend a warm welcome to all new and old members; come see how we run Nyari!

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+254 722 459 263

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Estate finances are in good shape. Reserves currently stand at enough to give us a six month breathing period if we were to lose all income. More importantly these reserves serve to cushion all our members against a catastrophe made made or of natures doing

## Estate Finances

The amounts that we receive in advance help us keep Nyari running but closer inspection reveals that we're actually on a very tight string and must keep chasing members if we're to survive WHILE holding down the subscription rates.

Think about this:

A few members have paid up for the entire year. That has given us a bunch of cash that makes it look like we're cash-rich. Keep in mind that what we have set as the subscription charge is almost

par with what we need to keep running month-to-month; we're not trying to make a profit from our members. From those funds we pay the wages, maintenance bills, clean the environment and so on. Now let's get back to running from the sums that we've collected from generous members who've paid their dues upfront and well in advance. As we approach the latter parts of any year we 'know' we're going to run out of money and are not going to see too much in additional inflows as those that were going to pay up early have already done so and the rest have



enjoyed the privileges the estate provides as a result of riding on those early-paying shoulders. So as the year wears on we find ourselves slowly beginning to panick. This is why you find Karanja and members of the various committees coming round to your homes asking that you pay up as much as you can as soon as you can. Folks this is burdensome indeed and that a few are being asked to repeatedly do this so that we can keep subs low is not fair on them. Do a little research of your own and you'll find that other

estates are charging far more than Nyari just to stay afloat. Were we to raise the subs to double what it is today we'd also be able to take it a little easy and not ask you to pay on time or indeed to pay up as much as you can in advance.

Do you want to pay double the current subscription rate? We're sure you don't want to. So, please pay up NOW. Pay as much as you can, ideally for the remainder of this fiscal year so that you don't have to worry about Nyari subs until the end of April next year.



### Finances at a glance

### What we need money for:

- 1 PRIMARY USE is security. 34 guards wages, radio network, police post, emergency response vehicle
- 2 MAINTENANCE - repairing roads, replacing light posts and light fittings, cleaning drains, paint the police posts, auditing etc
- 3 IMPROVING THE ESTATE - tree planting, installing gates and barriers, numbering houses, installing CCTV.
- 4 DEALING WITH LEGAL ISSUES - land disputes, court cases, stopping illegal constructions

### Nyari Committee

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Lake Oroville California (Left - 2011, Right - Today)

## Environmental Matters

The pictures say it all. Above is the situation in California. A quick search on the internet can only bring tears. Global warming is real folks. We're losing the planet and if we don't do something about it soon -- we're going to lose it all. Contemplate these images and do your own research. Google is your friend -- try a few search terms -- try 'California Drought' and 'Global Warming.' Watch the documentary below.





# Nyari's Augur Buzzards

The Augur buzzard (*Buteo augur*) is a 55–60 cm long African bird of prey. The taxonomy on this species is confusing, with some taxonomists considering this species, the Jackal buzzard, and the Archer's buzzard to be the same superspecies. Many taxonomists consider them all to be distinct, having different calls, different home ranges and variations in plumage. This is a species of mountains (most typically at about 2000 m altitude, but up to 5000 m), and adjacent savannah and grassland. It is resident and non-migratory throughout its range. In Nyari we have several pairs often seen flying over the lakes or hovering over our open fields.

The adult Augur buzzard is strikingly plumaged. It is almost black above with a rufous tail. The primary flight feathers are blackish and the secondaries off-white, both barred with black. Below the chin and around the throat is mainly white, and the rest of the underparts and the underwing coverts are rich rufous. The flight feathers from below are white, tipped with black to form a dark trailing edge to the wing.

The juvenile Augur buzzard is mainly brown above and rufous brown below and on the tail. It can be confused with wintering Steppe buzzard, but has broader wings and an unbarred undertail.

The adult Augur buzzard has white underparts and underwings. The female has black on the lower throat. Juveniles are brown above and buff below, the underparts later becoming white. There is a melanistic form of Augur buzzard, all black, except for grey and black-barred flight feathers and a chestnut tail. About 10% of birds are melanistic, but the proportion rises in forested areas with high rainfall to as much as 50% in some areas. There is a 'well known' resident of Karura Forest that some of our members have asked about from time to time.

Pairs have noisy aerial displays, including outside the breeding season. The large (up to 1 m wide) stick nest is built in a tree or on a crag, and is often reused and enlarged in subsequent seasons. When in season a large nest in the tall trees at the bottom of Dr and Mrs Aggarwals plot on the lake is often occupied. Over the past 18 years a consistent pair of Augurs and perhaps even their offspring have raised young there. Two creamy or bluish white eggs are laid and incubated by the female only, although food is brought to her on the nest by the male.

The eggs hatch in about 40 days, and after a further 56–60 days they young can attempt flight. At 70 days they become independent of the nest, but young birds may then be seen with the adult pair for some time.

The diet of the Augur buzzard is mainly small ground mammals, but snakes, lizards, small ground birds, insects, and road-kill are also



**Augur buzzard (*Buteo augur*) as they are often seen above Nyari**

Photo: Wikimedia Commons

taken. They have been key in Nyari in keeping our environmental pests (mostly rats) in check. Unfortunately in recent years some members have resorted to baiting their fences with poison which will probably kill off our Augusts should they ingest the poisoned rats. Typically, the raptor drops on its prey from a perch or hover. This hover is one of the joys of many a drive in Nyari. Look over the lake or above one of the open fields and you can often catch a glimpse of a pair just as in the photo above screeching that truly East African call that will put you almost at once right back into nature and send your mind succumbing off to the peace of Nakuru National Park or the wide open plains of Tsavo.



# Nyari Image Gallery

A collection of photographs taken by Mr David Hastie in his garden in Nyari

House Sparrow



Hadada Ibis



Variable Sunbird



Paradise Flycatcher



House Sparrow



# Maintenance

## Cats are destructive

Cats! When I lived in New Zealand I tried time and again to find a Kiwi - the national bird - in the wild. In all my time there I never did find any and only saw one in a zoo in Auckland. The reason? 1,420,000 cats - domestic cats.

And we're noticing a trend in Nyari too. Many members have taken to keeping cats and they're killing off our bird life. We currently have 167 species of birds on our bird list (maintained by Dr Aggarwal) and as you can see from these photos here they're going to dwindle fast if we keep increasing the number of cats in our estate. Also some members have taken to having pest control companies seed their fences with 1080 poison which has led to death of the natural predators (snakes, owls and birds of prey) as well as to the deaths of several members dogs.

At one time we had thousands of rats in our fences, eating up the wiring in our cars and coming into our kitchens contaminating food and the environs. Today we have nearly ZERO rats - why? Because of the squirrels, owls and snakes that have been making a slow but sure comeback. These predators KILL and eat rats - cats do not contrary to what most people think. Cats may kill a few rats but they also kill a large number of birds, snakes and squirrels. Please don't bring any more cats into Nyari.



## Strong Passwords

Passwords provide the first line of defense against unauthorized access to your computer. The stronger your password, the more protected your computer will be from hackers and malicious software. You should make sure you have strong passwords for all accounts on your computer. If you're using a corporate network, your network administrator might require you to use a strong password.

### What makes a password strong (or weak)?

A strong password:

- Is at least eight characters long.
- Does not contain your user name, real name, or company name.
- Does not contain a complete word.
- Is significantly different from previous passwords.
- Contains characters from each of the following four categories:
- Character category

### Examples

Uppercase letters - A, B, C  
 Lowercase letters - a, b, c  
 Numbers - 0, 1, 2, 3, 4, 5, 6, 7, 8, 9  
 Symbols found on the keyboard (all keyboard characters not defined as letters or numerals) and spaces

` ~ ! @ # \$ % ^ & \* ( ) \_ - + = { } [ ] \ | : ; " ' < > , . ? /

A password might meet all the criteria above and still be a weak password. For example, Hello2U! meets all the criteria for a strong password listed above, but is still weak because it contains a complete word. H3ll0 2 U! is a stronger alternative because it replaces some of the letters in the complete word with numbers and also includes spaces.

Help yourself remember your strong password by following these tips:

Create an acronym from an easy-to-remember piece of information. For example, pick a phrase that is meaningful to you, such as My son's birthday is 12 December, 2004. Using that phrase as your guide, you might use Msbi12/Dec,4 for your password.

Substitute numbers, symbols, and misspellings for letters or words in an easy-to-remember phrase. For example, My son's birthday is 12 December, 2004 could become Mi\$un's Brthd8iz 12124 (it's OK to use spaces in your password).

Relate your password to a favorite hobby or sport. For example, I love to play badminton could become lLuv2PlayB@dm1nt(n).

If you feel you must write down your password in order to remember it, make sure you don't label it as your password, and keep it in a safe place. Many security experts now agree that it's actually a good thing to write down your passwords as long as you keep them in a safe place.

It is critically important that you don't use the same password across important sites like bank and brokerage accounts. If you do share passwords in this manner a hacker getting hold of one of your passwords would have access to multiple sites of yours and will be able to unleash much more damage on you.

### Creating stronger passwords using ASCII characters

You can also create passwords that use extended ASCII characters. Using extended ASCII characters helps make your password more secure by increasing the number of characters

you can choose from to create a strong password. Before using extended ASCII characters in your password, make sure that passwords containing them are compatible with the programs that are used by you or your organization. Be especially cautious about using extended ASCII characters in passwords if your organization uses several different operating systems or versions of Windows.

You can find extended ASCII characters in Character Map. Some extended ASCII characters should not be used in passwords. Do not use a character if a keystroke is not defined for it in the lower-right corner of the Character Map dialog box. For more information, see Using special characters (Character Map): frequently asked questions.

Windows passwords can be much longer than the eight characters recommended above. In fact, you can make a password up to 127 characters long. However, if you are on a network that also has computers running Windows 95 or Windows 98, consider using a password that is no longer than 14 characters. If your password is longer than 14 characters, you might not be able to log on to your network from computers running those operating systems.

## How Big is Your Haystack?

... and how well hidden is YOUR needle?

So what can you do to test if your password is strong enough or to learn more about passwords? Click on the above image to visit [www.grc.com](http://www.grc.com) and read what one of the leading security experts has to say about this very important topic.

Every password you use can be thought of as a needle hiding in a haystack. After all searches of common passwords and dictionaries have failed, an attacker must resort to a "brute force" search – ultimately trying every possible combination of letters, numbers and then symbols until the combination you chose, is discovered. If every possible password is tried, sooner or later yours will be found.

The question is: Will that be too soon . . . or later?

At the link above the interactive brute force search space calculator allows you to experiment with password length and composition to develop an accurate and quantified sense for the safety of using passwords that can only be found through exhaustive search. It is NOT a "Password Strength Meter."

The #1 most commonly used password is "123456", and the 4th most common is "Password." So any password attacker and cracker would try those two passwords immediately. The Search Space Calculator shows the time to search for those two passwords online (assuming a very fast online rate of 1,000 guesses per second) as 18.52 minutes and 17.33 centuries respectively! If "123456" is the first password that's guessed, that wouldn't take 18.52 minutes. And no password cracker would wait 17.33 centuries before checking to see whether "Password" is the magic phrase. So the "Search Space Calculator" is designed to help users understand how many passwords can be created from different combinations of character sets (lowercase only, mixed case, with or without digits and special characters, etc.) and password lengths. The calculator then puts the resulting large numbers (with lots of digits or large powers of ten) into a real world context of the time that would be required (assuming differing search speeds) to exhaustively search every password up through that length, assuming the use of the chosen alphabet.

### How can I apply this to my daily life?

Answering that question is the reason that webpage exists. The whole point of using padded passwords is to adopt a much



more you-friendly approach to password design. So the question then becomes - why should I pad my passwords. Try this little quiz ...

Which of these two passwords is stronger?

D0g.....

PrXyc.N(n4k77#L!eVdAfp9

If you said "The bottom one" you're actually wrong! Why? Well we're going to leave that to the website we linked to above and ask you to go visit that site and read up if you interested in learning more about this.

anyone can copy it or make their own version. This makes it safer from surveillance than proprietary software (like Mac OS). To defend your freedom as well as protect yourself from surveillance, we recommend you switch to a free software operating system like GNU/Linux. Learn more about free software at fsf.org.

It's not difficult to do - you just need to follow a few simple steps and you'll be done in a short time and communicating securely with friends and colleagues. Here is a summary of what you need to do:

- Setup your email program with your email account
- Get GnuPG by downloading GPGTools
- Install the Enigmail plugin for your email program
- Make a keypair
- Upload your public key to a keyserver
- Send a test encrypted email - you can encrypt and send to me at dr.neal.aggarwal@gmail.com (get [my public key](#) from the MIT Keyserver).
- Learn the Web of Trust
- Send encrypted mail ALL the time & to everyone you communicate with!

Read more about this here >> <https://emailselfdefense.fsf.org/en/mac.html>

**and if this is all too much you could click the LastPass logo below to see where THAT takes you!**

# Email Self-Defense

## GNU Privacy Guard

Bulk surveillance violates our fundamental rights and makes free speech risky. This guide will teach you a basic surveillance self-defense skill: email encryption. Once you've finished, you'll be able to send and receive emails that are coded to make sure a surveillance agent or thief intercepting your email can't read it. All you need is a computer with an Internet connection, an email account, and about half an hour.

Even if you have nothing to hide, using encryption helps protect the privacy of people you communicate with, and makes life difficult for bulk surveillance systems. If you do have something important to hide, you're in good company; these are the same tools that Edward Snowden used to share his famous secrets about the NSA.

In addition to using encryption, standing up to surveillance requires fighting politically for a reduction in the amount of data collected on us, but the essential first step is to protect yourself and make surveillance of your communication as difficult as possible. Let's get started!

On the web you can find a guide that relies on software which is freely licensed; it's completely transparent and

**LastPass** \*\*\*\*  
The Last Password You'll Ever Need.

Send encrypted mail to [dr.neal.aggarwal@gmail.com](mailto:dr.neal.aggarwal@gmail.com) to test your systems!





## Valley View OFFICE PARK



**Living in Muthaiga, Runda, Gigiri, Nyari?  
Looking for office space?**

### FEATURES & DESIGN

**Within close proximity**  
**Lush green surrounding**  
**Away from TRAFFIC**



1. Roof top revolving restaurant
2. 550 parkings
3. Situated off Limuru Road along the new M15A Highway
4. Top of the range finishes
5. 6 high speed elevators
6. Professional gym with heated swimming pool
7. Uninterrupted view of Muthaiga Valley
8. Back up generator
9. On site borehole
10. Intercom & high speed fibre connectivity
11. State of the art CCTV surveillance



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**ELEGANT  
PROPERTIES**

# DIY security

We found this on ebay. Need we say more ...

**CVK-HL08CP03B-4**  
8CH HDMI 960H 700TVL Security Camera System  
HDMI e-Cloud

**CVK-SR08C6-8**  
8CH 960H 800TVL IR-CUT High Res. Camera System  
HDMI e-Cloud

**CVK-SR08C6-4**  
8CH 960H 800TVL IR-CUT High Res. Camera System  
HDMI e-Cloud

**CVK-HL08CP03W-4**  
8CH HDMI 960H 700TVL Security Camera System  
HDMI e-Cloud

**MODEL# CVK-HL08CP03B**

- <1> ELECC-CVD-HL08-4 Channel 960H HDMI Security DVR
- <8> Black 480TVL Hi-Reso Outdoor Cameras
- <1> 5V/2A Single Power Supply for DVR
- <2> 12V/2A Single Power Supply for Cameras
- <8> 60N/18m/Video + Power All-in-one Cable for Security Cameras
- <2> 4 in-1 Splitter Cable for Security Cameras
- <1> USB Mouse
- <1> User's Manual & Quick Guide
- <8> Set of screw
- With 1TB Hard Drive

**WHAT IS INCLUDED**

**Instant email alerts**

Instant Email Alerts if Activity Detected:  
This business surveillance system is designed to send an email alert, complete with text message of the activity. If any motion is detected or if any tampering experiences video loss.

**Mobile Interface**

Some Nyari houses are wired up with as many as 24 cameras. CCTV is a strong deterrent to theft and works even while you are away shopping, on holiday, at work and so on. Have a look on Ebay, find a system you like and install it yourself in a weekend to get all these benefits.

**Security is a combined, team effort. You can help us keep you safe by observing some simple guidelines:**

1. Vet all staff, casuals and maintenance technicians
2. Beware of meter readers & others requiring entry into your home/compound.
3. Light your house with perimeter security lights - make sure you have no dark corners in which a person could hide.
4. Become more aware of your surroundings especially when coming home at night. Be 'street smart' when out and about.
5. Install a burglar alarm with passive infrared sensors and/or ultrasonic sensors.
6. Fit reed switches to your window grills and link these to your burglar alarm.
7. Install CCTV if you can. These days you can buy at reasonable prices CCTV units that you can monitor on your phone over the internet.
8. Keep a small dog (inside your house if you can) especially at night.
9. Avoid frequently changing staff/guards.
10. Minimize movement especially at night and limit yourself to essential trips.



# Member Project

## Windshield shade solar cooker

Ever find yourself camping in the bush and you forgot to bring along your cook stove? Finding your dog food cooking bills running too high? Want to pasteurize some water or milk? All these projects are possible with an expense outlay of less than KSh. 500/- and under an hour of work once your materials are assembled. Here's how:

Get these items together:

- Reflective accordion-folding car sunshade
- Black pot
- Bucket or cardboard box
- Oven cooking bag
- Cake rack (or wire frame or grill) (optional)
- 12 cm. (4 ½ in) of Velcro (optional)

(Note that the windshield shade can be attached to itself by means other than Velcro.)



### Making the funnel

Lay the sunshade out with the notched side toward you, as above.

Cut the Velcro into three pieces, each about 4 cm or 1 ½ inches long.

Stick one half of each piece, evenly spaced, onto the edge to the left of the notch. Attach the matching half of each piece onto the underneath size to the right of the notch, so that they fit together when the two sides are brought together to form a funnel. (I first tried sewing these on a



sewing machine, but found it cut through the reflective material.) If using stick-on Velcro, you can align the two pieces easily like this: Stick down one side of the Velcro, then press the two pieces of Velcro together, fold the shade into the funnel shape and stick down the second side.

Press the Velcro pieces together, and set the funnel on top of a bucket or a round or rectangular plastic wastebasket.

Place a black pot on top of a square cake rack, placed inside a plastic baking bag. A standard size rack in the U.S. is 25 cm (10 inches). This is placed inside the funnel, so that the rack rests on the top edges of the bucket or wastebasket. Since the sunshade material is soft and flexible, the rack is necessary to support the pot. It also allows the sun's rays to shine down under the pot and reflect on all sides. If such a rack is not available, a wire frame could be made to work as well. Note: The flexible material will squash down around the sides of the rack.

I have cooked black beans in about the same amount of time as on a gas stove; I've used it to bake breads, granola, brownies, lasagna, all sorts of vegetables, and to purify water.

If you have an interesting project that you've undertaken please share it with us. Send your notes and images to our Nyari e-mail address and we'll include it in here.



## Durzban, Roundup & other ills

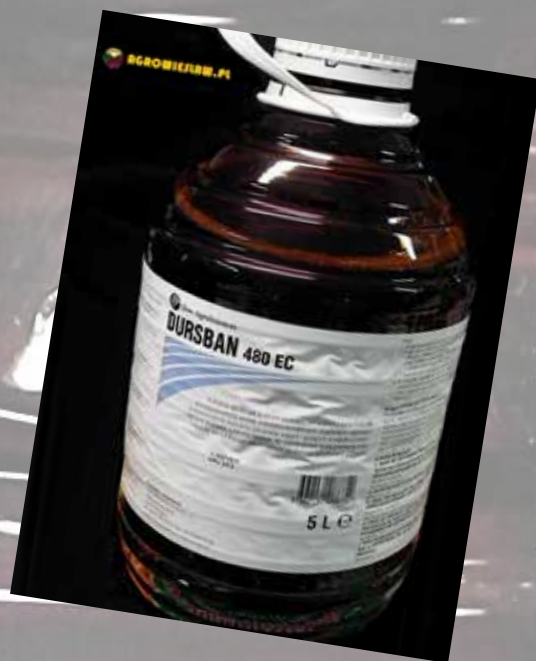


21st March, 2015 - France banned the use countrywide of Monsanto's Roundup herbicide after extensive testing in which the World Health Organisation found Roundup to contain cancer causing glyphosate. Many of our members don't know this and we often come across front yards where this chemical has been sprayed and has left a dead, burned out piece of land that we try to get away from as quickly as possible.

This is a huge, huge blow to Monsanto who had already announced Roundup ready crops which they've genetically modified to withstand the herbicide thereby giving farmers the ability to spray this on their farms, kill off the weeds while leaving the crops to grow unhindered. This led to widespread use of the herbicide in corn and soyabean fields around the world, Kenya included.

The International Agency for Research on Cancer says that it has evidence that exposure to Roundup aids in the formation of non-Hodgking Lymphoma in humans.

Similarly Durban - an organophosphate - while very effective in killing ticks also kills indiscriminately - ALL insects in your garden. The animals and plants in your garden live in harmony with each other and need to be present as an ensemble for the proper health of your garden. So we recommend that you stop using Durban, Malathion and other organophosphates and watch this space for future organic gardening articles.



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Quarter Page.....KShs. 2,500