

THE MUTHAIGA COUNTRY CLUB MAGAZINE

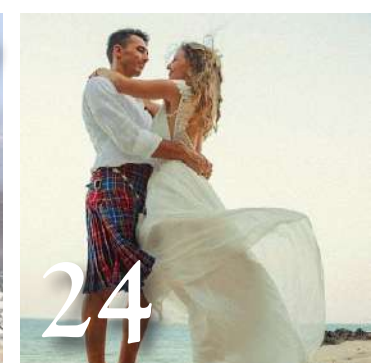


April – June 2025



Front Cover Photo
Palm of Promise

Detail of the 'Palm of Promise' Sculpture by MCC Member Fiona Goss, on display at the RSA New Contemporaries 2025 Exhibition in Edinburgh. (See Page 16)



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The Muthaiga Country Club Magazine
is published by MCC for Members

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Design & Layout by Shelleys the Printers.

Printed by Graphite Lounge.



Fiona with her Palm of Promise on display at the Royal Scottish Academy New Contemporaries 2025 Exhibition with Edinburgh Castle in the background.



Young Member Fiona Goss Selected to Exhibit her 'Palm of Possibility' at the RSA New Contemporaries 2025

Young Member and First Class Master's graduate from Edinburgh University Fiona Goss was one of 63 graduates whose artworks were selected for exhibition at the world-renowned Royal Scottish Academy New Contemporaries 2025.

On the opening night Fiona was also awarded two prizes – the Scottish Parliament Art Collection Purchase Award and the Visual Artists Association Award.

Now in its sixteenth year, RSA New Contemporaries displays some of the most promising talent in Scotland in one single, large-scale exhibition in the heart of Edinburgh. Showcasing the work of recent graduates chosen from the 2024 degree shows of the leading art colleges in Scotland, the exhibition offers a dazzling overview of emerging Scottish art and architecture.

Fiona's art is deeply rooted in her Kenyan origins, embracing both ecology and sustainability and the Kenyan idea of *Jua Kali* – Swahili for 'made under the hot sun with the materials available'. Her work is created sharing the techniques of Kenyan artisans and adapting local materials.

Three pieces of Fiona's artwork are on display at the RSA New Contemporaries 2025 Exhibition. 'Palm of Possibility' is a 5m tall palm tree sculpture made from a combination of steel, aluminium and woven *Borassus flabellifer* palm fibre, which she wove herself under the guidance of a local women's group at Kwale. 'Usawa wa mime' (Botanical Balance) a mobile made of porcelain, wax and seeds, which she collected over two years throughout Kenya and later cast in precious metals in Edinburgh; and 'Mvua', Rain Gauges made of steel, concrete and hand-blown glass, which she learned to make with the help of the artisans at the Kitengela Hot Glass Foundry.



I wanted to infuse my works with Kenya. All the pieces were in some way made in Kenya – the woven palm fronds from Kwale, the blown glass made in collaboration with Kitengela and the seeds collected from indigenous trees throughout Kenya. It's thrilling to see both my work and a little piece of Kenyan heritage on display in Edinburgh.

Fiona Goss
Exhibiting Artist

RSA New Contemporaries 2025 Exhibition

For any MCC Members traveling to Scotland, the RSA New Contemporaries 2025 Exhibition will be open until 16 April 2025.

Deep Blue Crew Crosses the Atlantic Ocean in the World's Toughest Row Challenge.



Matthew Bromham and Jack Ogden, both born in Kenya, together with two crewmates from UK, Gus Knott and Paddy Ronan, recently completed the *World's Toughest Row* across the Atlantic.

Matthew and Jack (sons of MCC Members David and Karen Bromham and Adam and Karen Ogden) set off with their crew mates, in mid-December to row 3,000 miles across the Atlantic from San Sebastian in La Gomera, Canary Islands, to the finish line in Nelson's Dockyard Antigua.

Competing against 38 other teams, wind, weather, high seas and extreme temperatures, the Deep Blue Crew rowed consistently for two hours on and two hours off every day, arriving in Antigua just under six weeks later.

Here Matthew recounts their sea-faring adventures.

What made you want to row across the Atlantic?

I wanted to take on a challenge outside my comfort zone and, never having rowed before, this would really test me. The Atlantic row is as much about strength of mind and physical endurance as rowing technique, nevertheless, I had to learn to row quickly.

How did you train for the race?

We started training a year before beginning with some intense sessions to learn rowing technique and how the boat worked. Before the race we had to complete 120 hours on the boat at sea (which we did out of Weymouth) and the rest of our training was in the gym for strength and mobility exercises and on the rowing machines for cardio. We also had to learn navigation, radio communication, First Aid at sea, life raft survival and how to use all the nautical equipment on the boat.



The Deep Blue Crew arrive at the finish in Antigua.

What was the hardest part?

Ironically, the first few days of the race were some of the toughest. Setting out from the Canary Islands, while struggling to find our rhythm, we rowed straight into a sandstorm blowing off the Sahara Desert. For several days the air was thick with sand, the light was grey and dim and it was hot, dirty and airless. For the first few days we were quite demoralised.

Before the race, apart from some really long, grueling training sessions, the toughest part for me was the administrative side of things. We had to organise fund-raisers (a lot of emails, logistics and coordination) and then make sure we were fully equipped on board, with food, drinking water, first aid supplies and all equipment needed for the duration of the trip. It seemed to fully take over life beforehand, so when we actually got onto the boat and only had to concentrate on rowing it was something of a relief!

Then at New Year, three weeks into the race, our bodies began to feel the fatigue and we were only half-way through. But for Christmas we celebrated with a full, rehydrated Christmas Dinner with all the trimmings, and also had a couple of bottles of bubbly to celebrate properly! We punched through the exhaustion and found a second wind and we never looked back after that.



Kenyan-born Matthew Bromham and Jack Ogden celebrate at the end of the 3,000-mile race.

How did the weather affect your progress?

The weather was not our friend! It rained throughout the race and we had headwinds and broadside winds the whole way. If it wasn't cold and rainy, it was very hot and sticky. We encountered some big seas and on one occasion our rudder broke. The boat was veering all over the place and we were being pushed back by the headwind. At 4am, in the dark and freezing rain, we really struggled to repair the rudder and get back on track, but we did and it felt good to overcome the challenge. I actually enjoyed the setbacks, I wanted to be tested, that's why I took on the race.

What was the most memorable part of the race?

We were witness to some spectacular moonbows over the water and, early one morning in the middle of the Atlantic just as the sun was rising, a whale breached right in front of us with the rays of the rising sun behind it. It was a magical moment.

We saw some wonderful sealife — whales, turtles, dolphins and porpoises accompanied us on several occasions, and a Storm Petrel followed us the entire way across the Atlantic, we saw it every day right up until the final morning. We named him Gulliver.

How did you fill the time?

We played music throughout the trip, which kept us motivated and helped to keep up the pace of the boat. We chatted throughout, and played all sorts of games. I read the Odyssey during the voyage, which felt very relevant!

We were able to swim and fish a few times and once we caught a Dorado, which we had for lunch – so delicious after weeks of dry-rations!

We were eating 6,000 calories a day and still managed to lose weight so we spent a lot of time discussing food. We had massive cravings for fresh salads but also big time for burgers, ice cold drinks and showers!

Matthew Bromham & Jack Ogden – Deep Blue Crew 2025



Matthew with his parents David and Karen Bromham and sister Jessica at Nelson's Dockyard, in Antigua

How did it feel to arrive in Antigua after six weeks at sea?

One of the greatest days of my life, the huge level of support we had made it truly incredible. We had over 70 people fly out to see us arrive, and the atmosphere was amazing as we crossed the finish line and lit our flares. All the super yachts in the harbour then blasted their horns as we slowly rowed our way back to dry land. The first steps were rather wobbly!

On 19 January 2025, after 39 days 6 hours and 55 minutes and more than 1.5 million oar strokes, 13kg lighter, the Deep Blue Crew arrived at Nelson's Dockyard in Antigua, in second place, having raised over £140,000 for the charities Tusk Trust, My Name's 5 Daddie and the Clocktower.

The foursome rowed 3,000 miles west across the Atlantic from San Sebastian in the Canary Islands, to Nelson's Dockyard, Antigua, in the Caribbean. They are pictured here arriving in Antigua



The Atlantic Row was the greatest experience of my life. It was an amazing adventure, with the best team of guys and spectacular support from our friends and families.

It's called the World's Toughest Row for a reason – they really were the toughest days of my life and I loved every minute of them. We were all physically and mentally tested to the max, and we came through. That's a good feeling. That's something really special.

Matthew Bromham



Clement Obonyo & Samantha Weya

Clement Obonyo, son of Kadoyo and Nelly Obonyo of Nairobi, Kenya, married Samantha Keziah Grace Weya, daughter of Hon. Sammy Arthur Weya and Dr. Catherine Nyaki Adeya-Weya, of Alego Usonga, Siaya County, Kenya. The wedding was held on the 22nd February 2025, in the grounds of Zereniti House in Tigoni, Kenya.



Hugo Jackson-Stops & Tiva Gross

Hugo Jackson-Stops, youngest son of Quentin & Susie Jackson-Stops of Briary Lodge, Buckingham, England; married Tiva Gross, eldest daughter of Anthony and Rowena Gross of Marania Farm, Timau, Kenya. The wedding was held on the 31st December (New Year's Eve) 2024 on Marania Farm, Timau, Kenya.



Joss Craig & Miranda Simpson

Joss Oliver Craig, son of William and Emma Craig of Lewa Wildlife Conservancy, Isiolo, Kenya; married Miranda Araminta Simpson, daughter of Graham and Jenny Simpson from Wiltshire and Hampshire, UK. The wedding was held on the 1st March 2025, on Lewa Wildlife Conservancy, Isiolo, Kenya.



Max Martin & Siana Bell

Max Martin, son of Graham and Jennifer Martin of Edinburgh, Scotland, married Siana Bell daughter of Richard Bell of Rima Island, Naivasha and Juliet Barnes of Burguret, Kenya. The wedding was held on 22nd February 2025, at Kinondo Kwetu, Galu Kinondo Beach, Kenya.





Miller Christopher Everard

Born 31st July 2024, in Newport, Massachusetts, USA.
To Anthony and Shannon Everard of Georgetown, Massachusetts.

Little brother to Sweeney Lou.

Second grandchild to Christopher and Catherine Everard of Timau, Kenya; and second grandchild to and Lisa and the late Michael Burke of Plumb Island, Massachusetts, USA.



Lyla Malaika Epsom

Born 1st August 2024 in Salisbury, UK.

To Harry and Sarah Epsom (née Heath) of Fadhili, Timau, Kenya.

Second grandchild to Catherine and the late David Heath now of Watamu, Kenya, and first grandchild to Maria and the late Paul Epsom of Kakuzi, now Timau, Kenya.



Jonathan Jenkins & Nicola Heath

Jonathan (Jono) Jenkins, son of Mark and Norma Jenkins of Lymington, UK, married Nicola Heath, eldest daughter of Catherine and the late David Heath of Muthaiga, Kenya.

The wedding was held on the 6th April 2024, at Watano House, Diani, Kenya.



Alma Norma Jenkins

Born 29th September 2024, in Nairobi, Kenya.

To Jono and Nicola Jenkins (née Heath) of Tigon, Kenya.

Second grandchild to Catherine and the late David Heath of Muthaiga and first grandchild to Mark and Norma Jenkins of Lymington, UK.



*All newly-weds who send in their wedding photo for publication will be offered a romantic dinner for two with a bottle of House wine, either at Pinks or in the Club Dining Room, to be booked before publication of the next issue.
Send your photos and details to secretariat@mcc.co.ke and please send high-resolution images.*