

HN HOMETOWN NEWSLETTER



— LANET CHRONICLES —

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HOMETOWN NEWSLETTER

— LANET CHRONICLES —

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The first three readers to correctly complete the puzzle and submit their answers will win a

surprise prize!



Local Stories. Real People. One Community.

Kenyan Decency Has Left the Group Chat



By Alex Njagi

There is a strange species of our society that emerges the moment they step outside their bedroom door.

At home, they are gentle. They say "Mum, please." They greet the neighbours. They even remind their younger siblings to respect people.

Then they enter a matatu.

Suddenly, the same person becomes a professional elbows-and-attitude athlete.

"Boss, songa nyuma!"

"Madam, hiyo ni kiti yangu!"

"Conductor, huyu mtu amenishikilia seat!"

And you begin to wonder: What happened between the sitting room and the stage?

Kenya is a country where we can queue peacefully for thirty minutes, then spend the next ten minutes fighting over who was actually number 17.

We are warm people. Hospitable people. Generous people.

But sometimes, honestly, our social manners need a software update.

Because somewhere along the way, "mind your business" became an excuse for cruelty.

“ni life” became a licence for irresponsibility, and “si mimi nilianza” became the national anthem of accountability avoidance.

Let us talk.

About the Kenyan Who Treats Service Workers Like Furniture

You have seen this one.

They enter a restaurant and suddenly their voice develops bass.

“WE! Waiter!”

Not “excuse me.”

Not “tafadhali.”

Just “WE!”

The waiter arrives carrying three plates, a hot cup of tea and the emotional weight of a difficult Tuesday.

“Bring water.”

“Which one?”

“Water!”

As if the waiter was supposed to bring water from the source of River Tana.

Then the bill arrives.

“Ati service charge?”

The same person who spent two hours snapping fingers at a human being suddenly discovers the Constitution.

We have to ask ourselves: when did paying for a service become permission to insult the person providing it?

A uniform is not an invitation to disrespect. A job title does not reduce someone's humanity.

The cleaner, watchman, waiter, boda rider, househelp, receptionist and cashier are all people before they are employees.

The One Who Thinks Being Loud Means Being Right

There is a special Kenyan debate technique. It is called increasing volume.

You make a point.

The other person disagrees.

You increase the volume.

They respond.

You increase it again.

Soon the argument is no longer about who is right. It is about who can produce the loudest sound before the neighbours call security.

“LISTEN TO ME!”

“I AM LISTENING!”

“NO, YOU LISTEN!”

At this stage, nobody is listening.

We have simply entered the finals of the Who Can Shout Better? Championship.

Being loud is not the same as being intelligent.

Sometimes the wisest person in the room is the one who says, “I don't agree with you, but I understand your point.”

Imagine that.

Disagreeing without declaring war.

The Kenyan Who Will Jump the Queue and Then Become a Constitutional Lawyer

There is a queue at the bank. A queue at the hospital. A queue at the huduma centre. A queue at the matatu stage. Everybody is patiently waiting.

Then someone appears from nowhere.

“Boss, niko na haraka.”

So does everybody else.

The woman behind you has a sick child. The man in front has a meeting. The elderly gentleman has been standing there since the days when Niko na haraka meant something.

But our friend has a magical sentence: “Ni dakika mbili tu.”

It is never two minutes. It is a spiritual concept. Twenty-seven minutes later, they are still there.

And if you challenge them?

“Relax bana.”

Relax?

My friend, the queue has aged.

The WhatsApp Relative Who Turns Your Funeral Into a Newsroom

Kenyan social media has produced another curious behaviour: the inability to allow people to grieve privately.

Someone loses a loved one.

Before the family has even processed what has happened, somebody has posted: “REST IN PEACE UNCLE KAMAU. YOU WILL BE MISSED.”

With six photographs. Then another person posts:

“For those asking what happened...”

Then somebody who hasn't spoken to the deceased since 2014 becomes the official spokesperson.

Suddenly, the family is learning about their own tragedy from WhatsApp Status.

We need to remember that not every piece of information is ours to broadcast.

Some things require consent.

Some things require silence.

Some things require nothing more than sitting beside another human being and saying, “Pole. I am here.”





The Person Who Uses “Ni Juu Ya Mungu” to Avoid Responsibility

This one is particularly interesting. They miss an appointment. “Ni God.” They fail to study. “God knows.” They drive recklessly and almost cause an accident. “Ni God amenilinda.”

God has become the emergency exit for poor decision-making. Faith is beautiful.

But responsibility is also part of being an adult.

If you oversleep, say you overslept.

If you forgot, say you forgot.

If you made a mistake, apologise.

“Sorry” has not killed anybody.

In fact, it may save us from becoming unbearable human beings.

The Kenyan Who Believes Your Success Is a Personal Insult

You announce that you got a new job.

“Eeh, lazima uko na mtu ndani.”

You buy a car. “Loan?”

You start a business. “Tuone kama itadumu.”

You get married. “Umeharakisha.”

You remain single. “Unangoja nani?”

You lose weight. “Uko na stress?”

You gain weight. “Umeachilia maisha.”

At this point, Kenyan society deserves an award for finding a problem with everything. Sometimes your friend is simply happy. Let them be happy.

Not every achievement requires forensic investigation.

Not every blessing needs a disclaimer.

Not every success story needs to be reduced to connections, luck, corruption, family money or “knowing someone.”

Sometimes a person worked hard.
Sometimes they got lucky.
Sometimes both things happened.
And sometimes the best response is simply:

“Congratulations. I am happy for you.”
Try it.
It is free.

The Person Who Thinks Public Spaces
Belong to Them

You know this person.
They park across two spaces.
They throw a plastic bottle out of a moving car.

They blast music at 1 a.m.
They spit on the pavement.
They leave rubbish beside a full bin.

They stop in the middle of the pavement to have a conversation while everybody behind them performs a human slalom.

Then, when someone complains:
“Kenya ni ya kila mtu.”
Exactly.
That is the point.
Kenya belongs to everyone.
Which means your freedom ends where your inconsideration begins.

Public space is a shared living room.
If you would not throw a banana peel on your mother's carpet, perhaps Nairobi's pavement does not deserve it either.

The “I Was Just Joking” Criminal
This one is dangerous because they have discovered the perfect escape route.

They insult you.
“Ni joke!”
They embarrass you.
“Relax, tulikuwa tunacheza.”
They make a racist, sexist, classist or body-shaming comment.
“Usikuwe serious.”

But jokes have consequences.
Humour should create laughter, not humiliation.

There is a difference between laughing with someone and making them the entertainment.

And sometimes “I was joking” is simply an apology that refuses to apologise.

The Small Thing We Keep Forgetting
Maybe the problem isn't that Kenyans are uniquely rude.

Maybe it is that we have become too comfortable with behaviour that we would immediately condemn if someone did it to us. We complain about corruption but cheat where we can.

We complain about bad customer service but mistreat service workers. We demand respect from young people but disrespect older people.

We demand honesty from politicians but lie when it benefits us.

We complain about traffic while creating traffic. We want a better Kenya while behaving as though Kenya is somebody else's responsibility.

Perhaps nation-building is not only about big roads, big buildings and big policies. Maybe it is also about the small things. Holding the door.

Returning the shopping trolley.
Letting someone merge into traffic.
Saying pole when you hurt somebody.
Saying asante when someone helps you.
Waiting your turn.

Not shouting at people because you are frustrated. Not humiliating someone because they earn less than you. Not recording somebody's worst moment for TikTok.
Not laughing when someone falls.
Not turning another person's pain into your entertainment.

These things sound small.
But society is built from small things.
A country is not only its Parliament, its highways, its economy or its flag.
A country is also how one human being treats another when there is nothing to gain.

So the next time you are tempted to say, “Si ati ni big deal,” pause.
Maybe it is not a big deal to you.
But kindness rarely requires much effort.

And basic human decency?
It does not need a government tender.
It does not require a certificate.
It does not need a hashtag.
It simply needs us to remember one very old Kenyan principle:

Mtu ni mtu na utu wake

Even when they are a waiter.
Even when they are a watchman.
Even when they are a boda rider.
Even when they disagree with you.
Even when they cannot help you.
Even when nobody is watching.
Especially then.
Because character is not what we display when important people are looking.

Character is what remains when there is no camera, no applause and no WhatsApp Status to prove that we were good people.

And perhaps, before we complain about the Kenya we live in, we should ask ourselves one slightly uncomfortable question:
“If everyone behaved exactly like me today, would Kenya be a better place?”
Pole for the question.

But maybe that is where the conversation needs to begin.

LOVING WITH DECENCY

Is Love Measured in Shillings? The True Cost of Saying “I Do”



By Alex Njagi

There is a moment in many Kenyan families when love suddenly gets a price tag.

The introductions have happened. The two young people have agreed they want to build a life together. Then comes the big conversation: “So, what will be paid?” Phones come out. Relatives consult one another. Lists are prepared. Figures are discussed.

And somewhere between the negotiations, an important question can easily get lost: Are we preparing two people for marriage, or preparing a transaction?

Bride price and marriage negotiations have deep roots in many Kenyan communities. Traditionally, they were not simply about buying a woman. They represented appreciation, family recognition, responsibility and the joining of two families. Elders played an important role in guiding young people into the responsibilities of marriage.

But culture, like a river, changes with time. Today, some families have turned what was once a meaningful cultural practice into a financial competition. The size of the payment can become a measure of the woman's worth or the man's ability.

Some young men delay marriage because they fear the financial burden. Others borrow heavily, begin their marriage in debt and spend years struggling to recover.

Then there is the wedding. A beautiful wedding is a wonderful celebration. There is nothing wrong with dressing well, inviting family and friends, sharing food, taking photographs and thanking God for a new beginning.

The problem begins when the wedding becomes more important than the marriage.

A couple may spend hundreds of thousands of shillings to create one unforgettable day, only to return home and discover that they have not discussed money, children, faith, household responsibilities, communication or how they will handle disagreements.

The flowers eventually dry. The photographs become old. The music stops. But the marriage continues. This is why love needs wisdom. Before young people ask, “How much will the wedding cost?”, perhaps they should also ask, “How will we build our home?” Can we communicate honestly?

Can we manage money together?

Can we disagree without insulting one another?

Can we remain faithful when temptation comes?

Can we support each other when employment is difficult?

Can we raise children with love and discipline?

Can we respect each other's families without allowing relatives to control our marriage?

These questions may not attract a crowd, but they build foundations.

And let us remember something important: a woman's value cannot be calculated in cattle, money, gifts or wedding expenses. Neither is a man's worth determined by how much he can spend.

Human beings are worth more than receipts.

Perhaps our generation does not need to abandon culture. Perhaps we need to recover its wisdom while removing the practices that create unnecessary suffering.

Let bride price be accompanied by dignity.

Let weddings celebrate love rather than competition.

Let families guide rather than pressure.

Let young couples prepare for marriage rather than merely prepare for a wedding.

Because when the last guest leaves and the borrowed decorations are returned, two people remain.

Just two people.

Trying to build a home.

And that home will need much more than money.

It will need patience, honesty, faithfulness, forgiveness, responsibility and respect.

The most expensive wedding lasts a day. A good marriage is an investment for a lifetime.

Reflection Question

If you had to choose between an expensive wedding and a well-prepared marriage, which would you invest in—and why?

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H O M E T O W N N E W S L E T T E R

HEALTHY LIVING CORNER

Your Health Is in Your Hands: The Quiet Power of Prevention



By Alex Njagi

There is a common saying in many Kenyan homes: “Prevention is better than cure.” We hear it often, but how many of us truly live by it? Many people in Lanet know the feeling. A slight headache is ignored.

A persistent cough is dismissed. A strange pain is postponed for another day because there is work to do, school fees to pay, or errands waiting.

We tell ourselves, “It is nothing. It will pass.” Sometimes it does. Sometimes it does not.

The truth is that good health is not built only in hospitals and clinics. It is built in the small decisions we make every day—in our homes, in our kitchens, at our workplaces and in our neighbourhoods.

Health is like a garden. It does not flourish by accident. It grows through consistent care.

Think about the simple habits that quietly protect us.

Washing hands before meals.

Drinking safe, clean water.

Sleeping enough hours each night.

Eating fruits and vegetables.

Walking instead of taking a motorbike for very short distances.

Taking children for immunisation.

Going for health check-ups even when we feel fine.

These actions may seem ordinary, but they are powerful. They help prevent diseases before they begin.

Many illnesses that affect families today—such as high blood pressure, diabetes and some heart diseases—do not appear overnight. They develop slowly, often without obvious signs. That is why regular health screening matters.

Knowing your blood pressure, checking your blood sugar and seeking medical advice early can save lives.

Mental health also deserves our attention.

Life can be demanding. Employment pressures, family responsibilities, rising costs and everyday worries can weigh heavily on the mind.

Yet caring for our mental wellbeing is just as important as caring for our bodies.

A conversation with a trusted friend, time for prayer and reflection, exercise, laughter and adequate rest can make a great difference.

Children, too, need healthy habits. When young people see adults eating balanced meals, keeping the environment clean and making time for physical activity, they learn that health is not a punishment—it is a way of life.

As Lanet grows, new houses rise, roads become busier and life moves faster. But amid all this progress, we must remember a simple truth:

Good health is one of the greatest forms of wealth.

It allows us to work, to learn, to care for our families and to enjoy the ordinary moments that make life meaningful.

Health is not only about treating illness. It is about preventing it.

It is about choosing habits today that will protect us tomorrow.

A healthy community is built one household at a time, one meal at a time, one walk at a time and one wise decision at a time. And perhaps the most encouraging thing is this:

You do not need great wealth to begin. You only need the willingness to care for the life that has been entrusted to you.

Healthy Living Reflection

What small healthy habit can you begin this week that your future self will thank you for?



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Reader ENGAGEMENT CORNER



WORD PUZZLE: DECENCY IN ACTION

In our article about weird behaviours that lack basic human decency, we highlighted actions we must unlearn and the change we must embrace. Find the hidden words that remind us how to treat one another with dignity.

Words can go across, down, up or diagonally.



R	E	S	P	E	C	T	U	Y	T	O	L	E	R	A	N	C	E
K	I	N	D	N	E	S	S	F	G	C	O	N	S	I	D	E	R
E	M	P	A	T	H	H	J	S	E	L	F	C	O	N	T	R	L
P	A	T	I	E	N	C	E	L	Z	M	A	N	N	E	R	S	X
C	O	U	R	T	E	S	Y	V	B	R	E	S	P	O	N	S	I
H	U	M	H	L	I	T	Y	D	I	G	N	A	I	T	Y	N	M
C	O	M	P	A	S	S	I	O	Q	U	I	D	S	C	A	R	E
C	O	M	M	U	N	I	T	Y	I	N	T	E	G	R	I	T	Y
G	R	A	T	I	T	U	D	E	W	A	W	A	R	E	N	S	S
D	I	S	C	I	P	L	I	N	E	T	E	M	P	A	T	Y	H
A	C	C	O	U	N	T	A	B	I	L	I	T	Y	O	U	T	F
S	P	E	K	K	K	N	D	L	Y	H	E	L	P	O	H	R	S
N	O	J	U	D	G	E	M	E	N	T	R	E	I	A	B	L	E
P	E	A	C	E	I	N	C	L	U	S	I	O	N	H	O	N	E
S	A	F	E	T	Y	P	O	L	I	T	E	N	E	S	S	L	O



CHALLENGE: HOW MANY WORDS CAN YOU FIND?



Identify the needed number of words and stand a chance to **WIN** an exciting prize!

HOW TO ENTER:



Send a screenshot of your completed puzzle to:



Operations Manager,
Alex Njagi @ 0712959663



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