

HEALTHY NYANZA

Organized by The Ochong's family, Baraka Consulting & Sales in partnership with Healthy Nyanza Volunteers.



Henry Ochong Nyanungo

Sunday, July 2, 2023!

**MZEE MREFU  
MEMORIAL  
FUND**

**Henry Ochong  
Nyanungo**

**Celebrations  
Of  
His Life**

**11th Year Anniversary**



Roseline Okendo

***Event Sponsored By:***  
*Baraka Consulting & Sales*  
*And*  
*Healthy Nyanza Volunteers*  
*&*  
***The Ochong's Family***

<https://healthynyanza.com/>

# CELEBRATING MZEE MREFU

## 11<sup>TH</sup> YEAR ANNIVERSARY

**Where he was born**

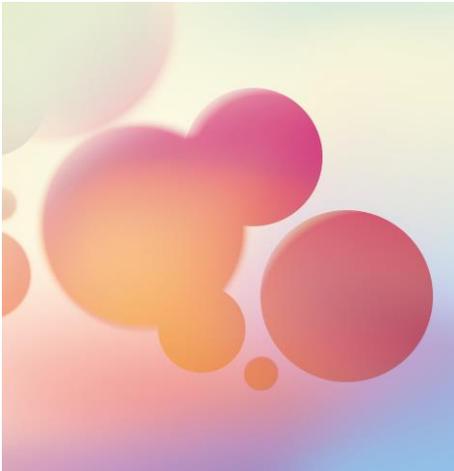
**His parents,**

**His siblings**

**His Children, Grandchildren & Great  
Grandchildren**

**Work life, Church life**

**His Community and Philosophy**





## TRIBUTE TO DAD

Father was a candle that lit a lot of other candles, he believe in the intrinsic value of relationship. He at times dealt perfectly with betrayals from friends and other times he didn't. He had a way of parenting that was unique, he had a little bit of his self-centered side but never used it to anyone's detriment cos he ended up still sharing with others; I do miss the evening walks we had from Paul Machanga to Pangani then later to Langalanga.

*‘ Shine on with the angels Father’*

*Your son Oketch/Dong'a*

# MZEE MREFU

**Born:** 1934

**Sunset:** June 30, 2012

**Born In** Gem Rae, Kisumu County, Kenya

**Parents:** Mzee Nyanungo Ranguma and Isdora Hongo Nyanungo

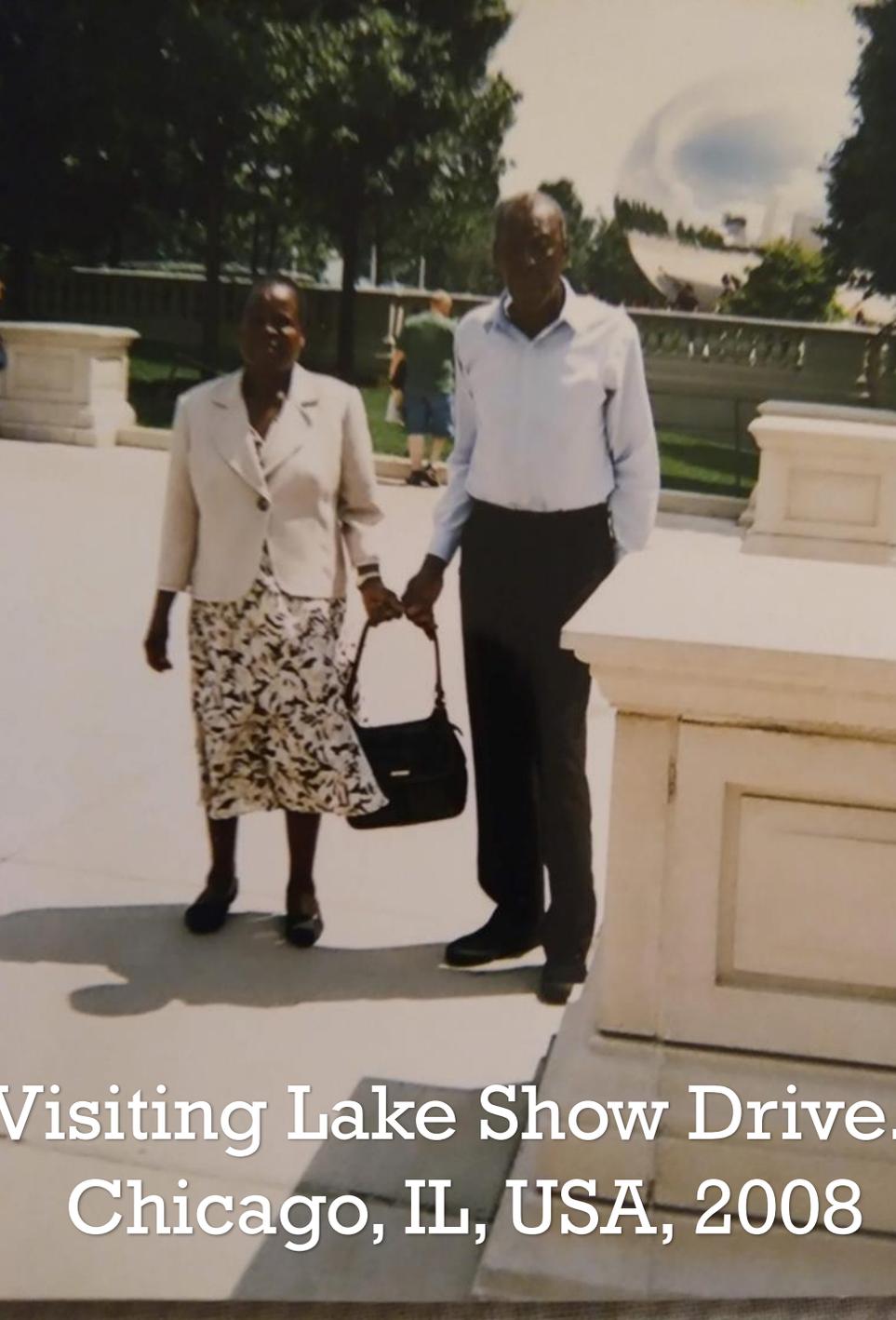
Henry Ochong Nyanungo<sup>5</sup>

HEALTHY NYANZA





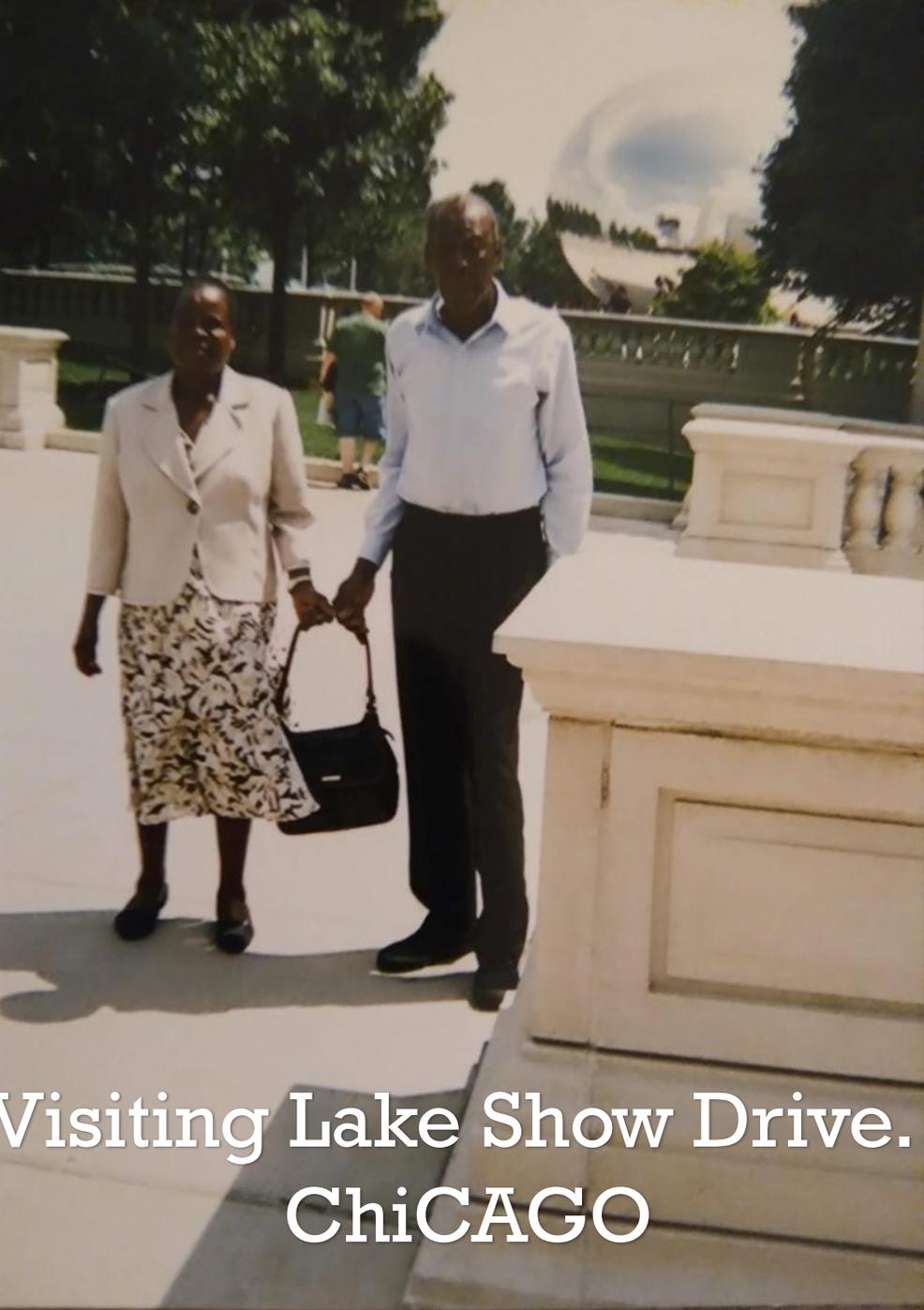
**MZEE MREFU (HENRY OCHONG NYANUNGO & MAMA PASILA MODI OCHONG VISITING THE CHICAGO, ILLINOIS, USA IN 2008**



Visiting Lake Show Drive.  
Chicago, IL, USA, 2008

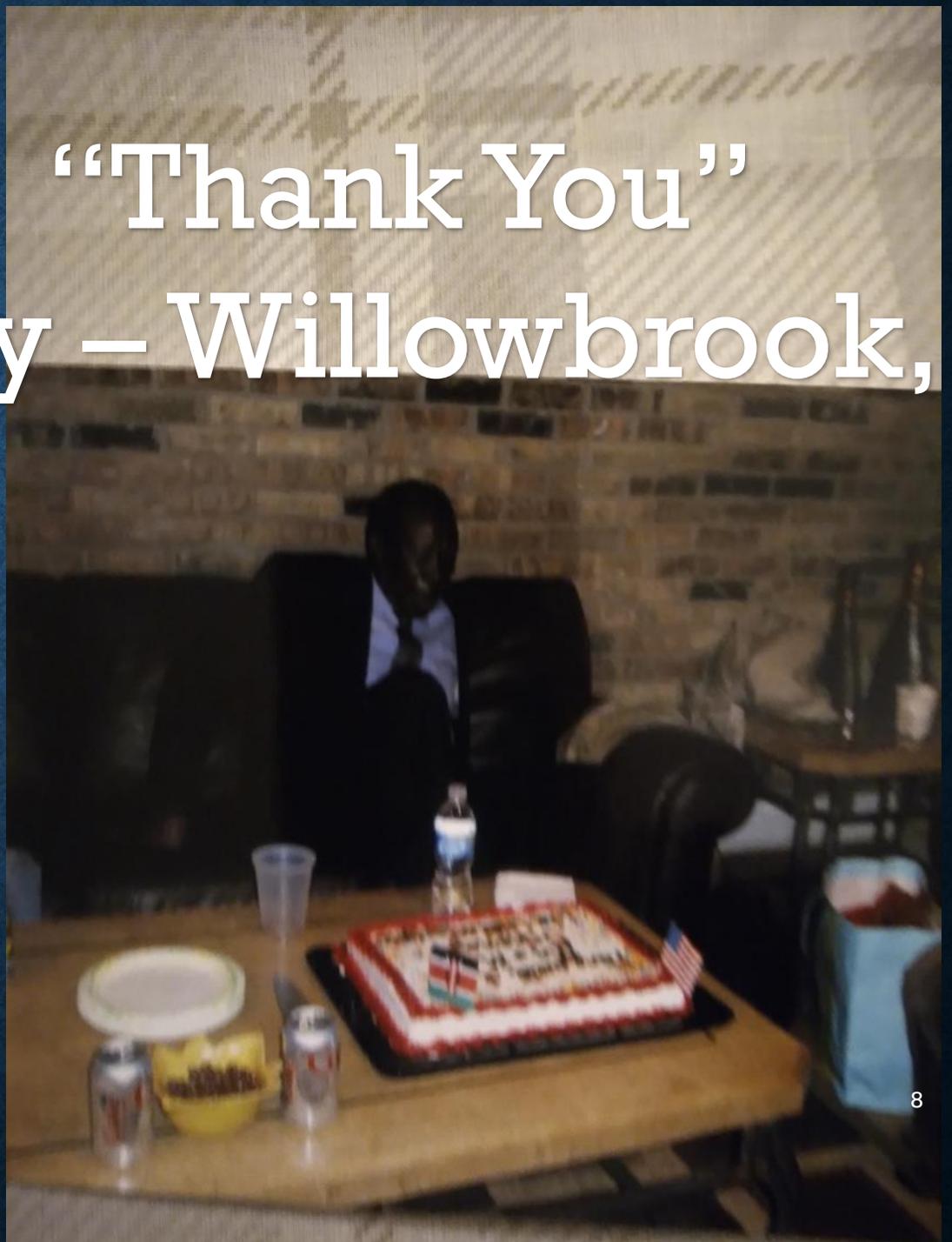


# Birmingham Fountain Chicago



Visiting Lake Show Drive.  
ChiCAGO

# “Thank You” Party – Willowbrook, IL





**MZEE MREFU –  
WAS BORN IN  
GEM RAE TO MZEE  
NYANUNGO  
RANGUMA**

# M Z E E M R E F U

## His Siblings

**Step brother and sisters are deceased**

- 1. Washington Mwatha Nyanungo**
- 2. Silpa Akeyo Koyo**
- 3. Doris Aoko**
- 4. Joyce Ayombe**
- 5. Dusila Owala**
- 6. Gideon Kwach Nyanungo**
- 7. Wilson Ayoche Nyanungo**
- 8. Reuben Odingo Nyanungo**
- 9. Paulina Okiro**
- 10. Aomo**
- 11. Judith Koyo- Alive**
- 12. Janet Ongus - Alive**



Henry Ochong Nyanungo



Mzee Mrefu's Siser's

**MZEE MREFU**



Henry Ochong Nyanungo

**Grandfather  
Nyanungo's  
World War 1  
Military Boots**



**MZEE MREFU'S FATHER:**

**Nyanungo Ranguma**



**The boots had metallic tips which made our Luo people call them "wuoche nguma"... loosely translated as "viatu ngumu" or "tough shoes".**

## **THE LATE NYANUNGO RANGUMA**

- 1. THE LATE NYANUNGO RANGUMA WAS THE FATHER OF THE LATE MZEE HENRY OCHONG NYANUNGO**
- 2. He was a World War 1 Military Veteran (1914 to 1918)**
- 3. Mzee Nyanungo Ranguma came back from World War I with military boots which mesmerized our people of Nyakach.,**

## **THE LATE MZEE NYANUNGO RANGUMA**

- **Mzee Nyanungo Ranguma hailed from Gem Rae in the lower flood-prone area close to the Nyando wetlands**
- **He Had 15 children and only two are surviving:  
Mama Janet Ongus and mama Judith Koyo**
- **The Gem Rae of Nyakach trace their roots to the Kathomo, Kanyikwaya and Karabok clans of Gem in Siaya County.**

# **GRANDFATHER NYANUNGO RANGUMA**



People therefore nicknamed him **Nyanungo Ranguma** (same thing as Nyanungo Ja Nguma). In DhoLuo, Ra and Ja are used to qualify an adjective.

**Mzee Nyanungo Ranguma had three wives;**

**Odienya Nyanungo**

**Dina Agiso Nyanungo**

**Isdora Hongo Nyanungo**

## **THE LATE MZEE NYANUNGO RANGUMA**

- **Mzee Nyanungo Ranguma always wore his military boots as he traversed Nyakach...from Gem Rae to Ogoro to see our colonial chief Kere wuon Owuor.**
- **Our first Governor of Kisumu County His Excellency Jack Nyanungo Ranguma was named after this great gallant soldier. The late mzee Nyanungo had many grandchildren and many great grandchildren.**

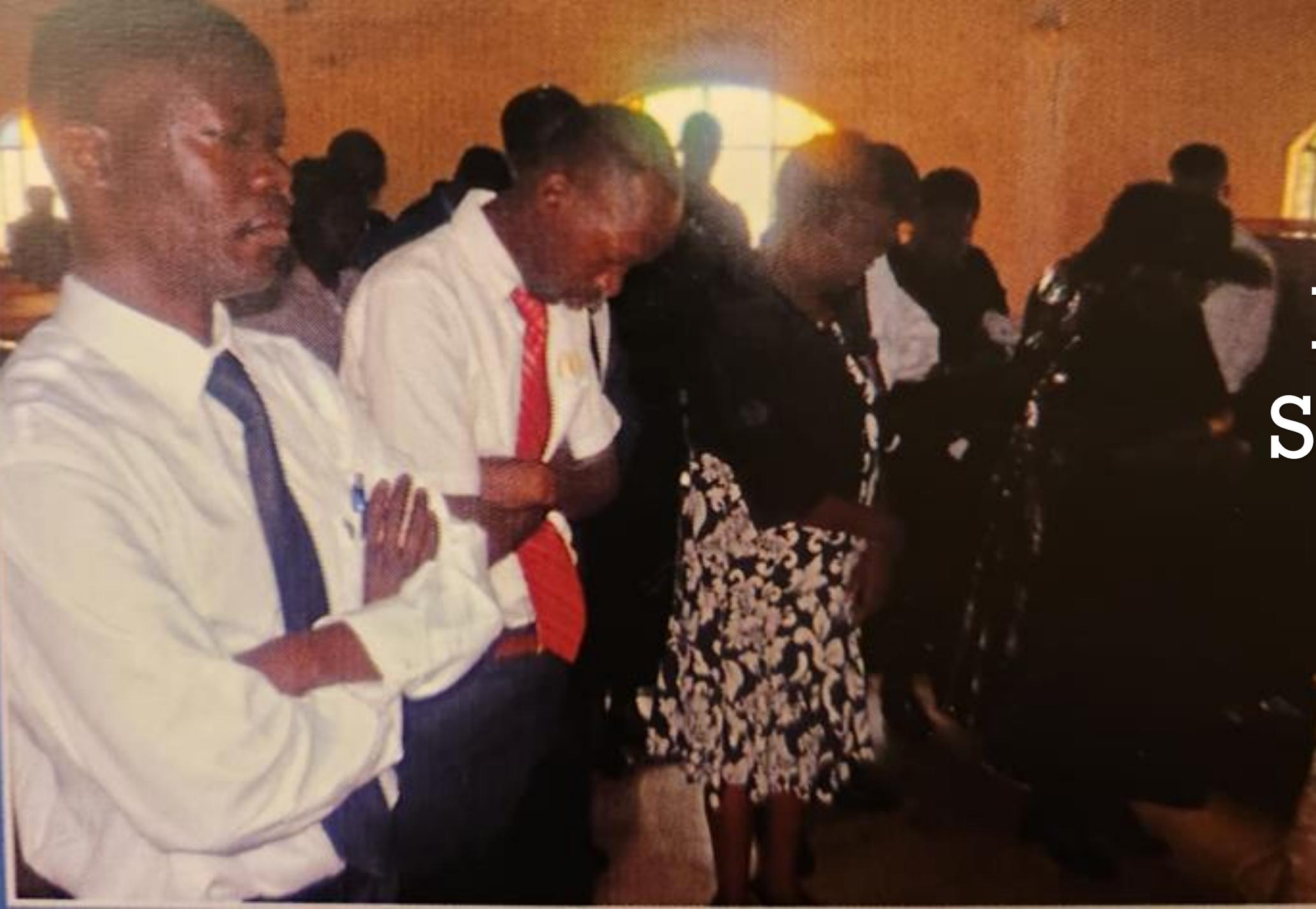
# Mzee Mrefu's Cows, Rae, Kenya

**Cousin Phillip**

**Phillip Ayombe, 2012**

***Mzee Mrefu Loved Cows- 2012***



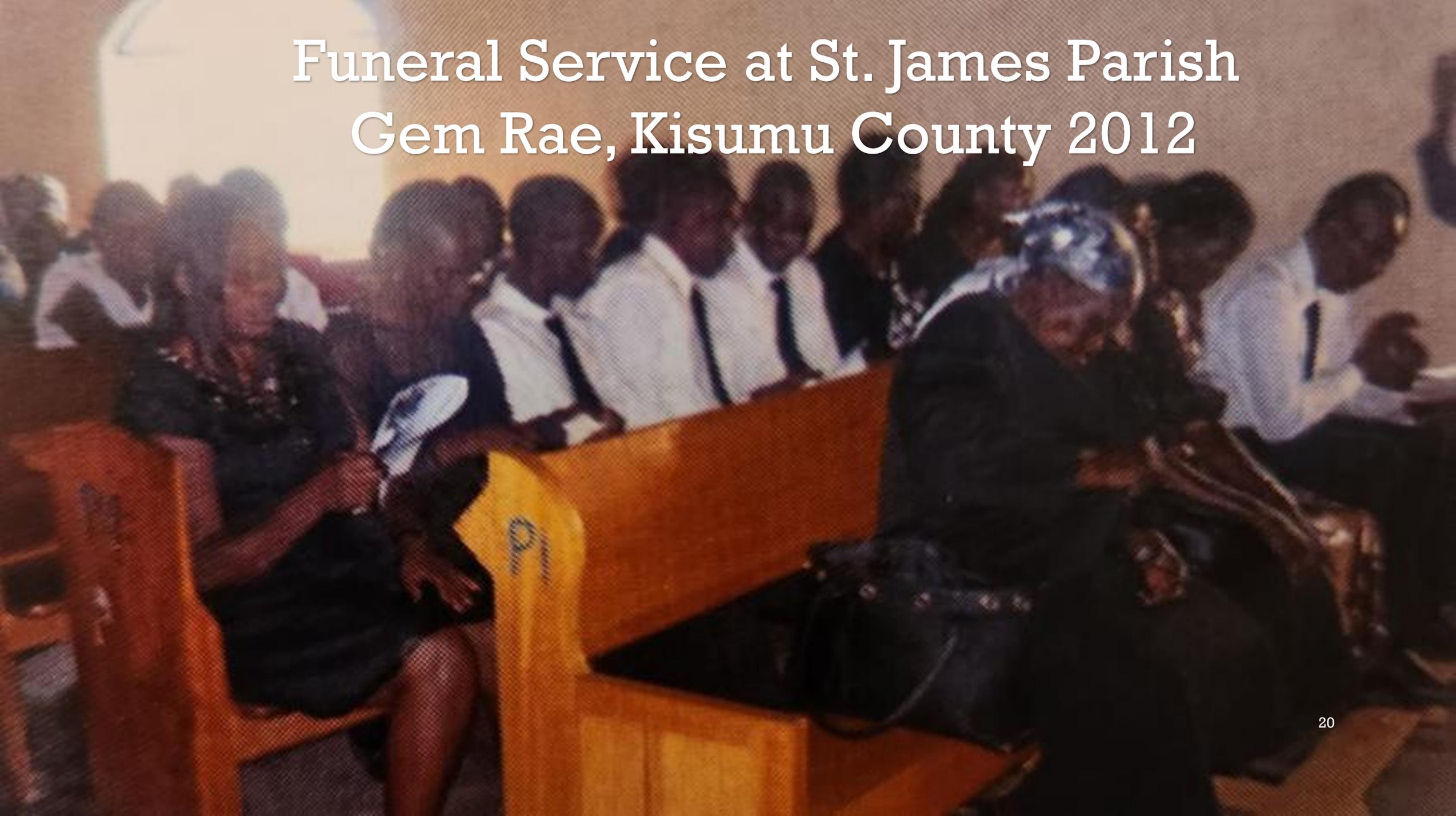


# At Dad's Service 2012

# AT DAD'S SERVICE 2012



# Funeral Service at St. James Parish Gem Rae, Kisumu County 2012





Funeral Service at St. James Parish  
Gem Rae, Kisumu County 2012

**MZEE MREFU'S CHILDREN &  
GRANDCHILDREN**

# MZEE MREFU'S CHILDREN

1. Keryne Ogutu
2. **Late** Eunice Wasswa
3. Elizabeth Raduma
4. Roseline Okendo
5. **Late** Judith Akoth
6. Susan Ochong
7. Dr Edwin Ochong
8. Justus Ochong
9. Fred Nyanungo Ochong
10. Sammy Ochong
11. **Late** Michael Ochong
12. **Late** Rosemary Ochong
13. Late Ruth Ochieng
14. Helen Ateka
15. Isdora Ochong
16. Dina Ochong
17. Wilson Ayoche Ochong
18. Charles Ochong
19. Ken Ogembo Ochong

# Mzee Mrefu's Children



ROSELINE  
OKENDO



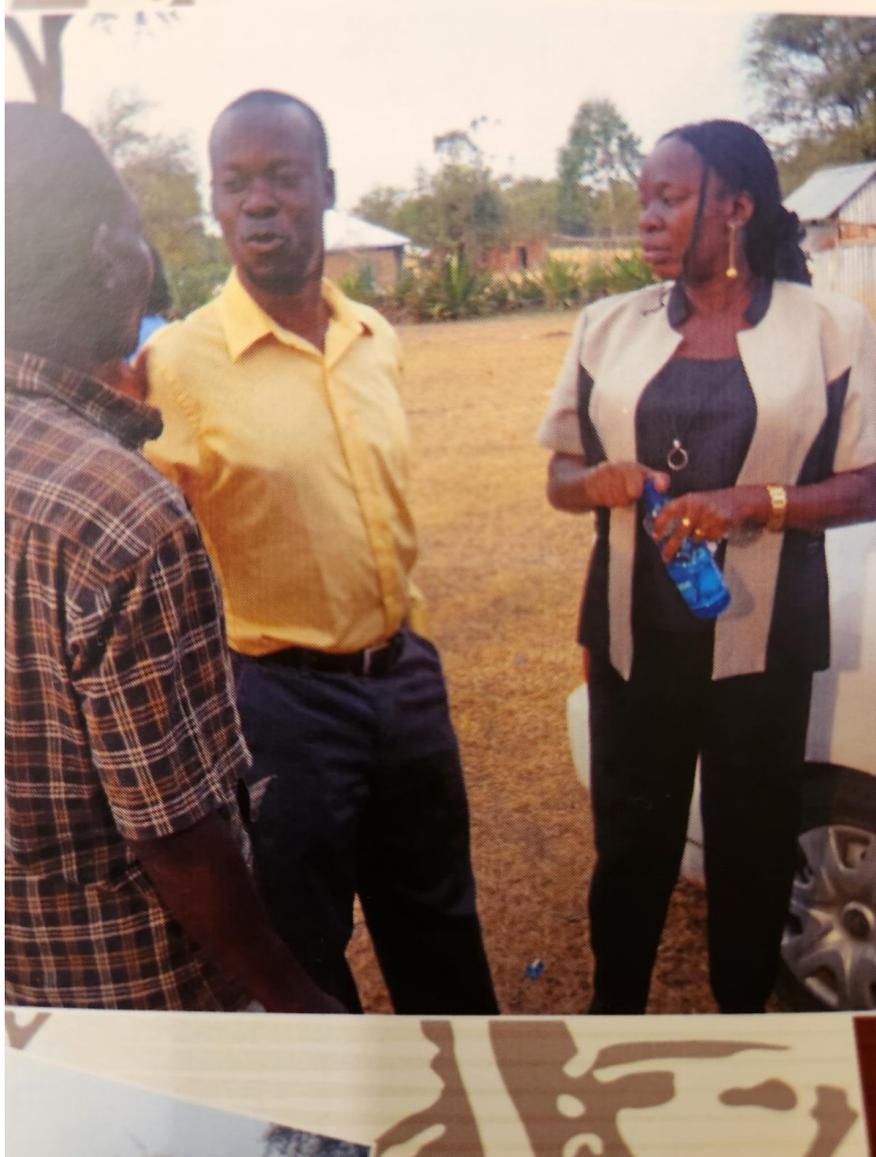
SAMUEL  
OCHONG



DR. EDWIN  
OCHONG



*Daughter Keryne and Granddaughter  
Joyce Okendo*



# Mzee's Children

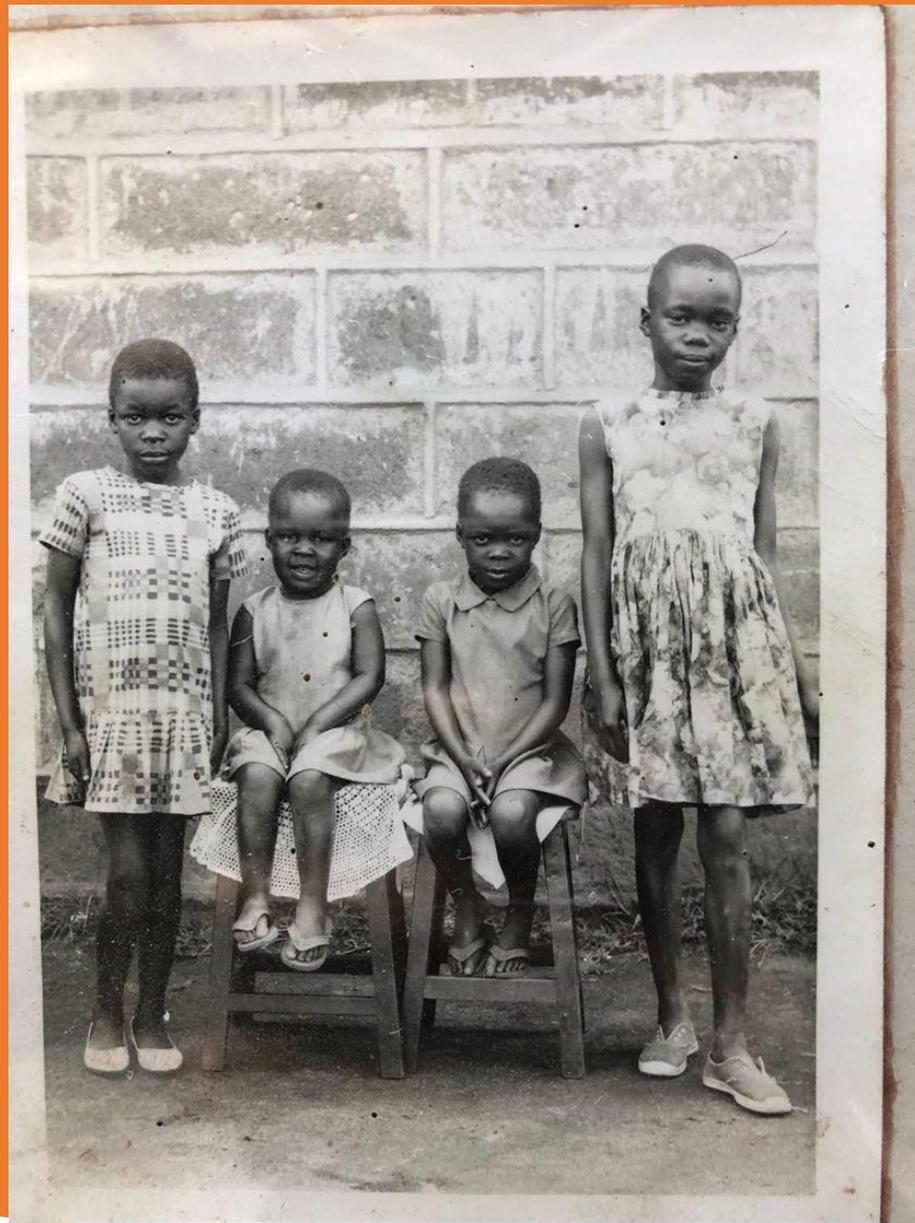
**Son**

**Edwin (Edu)**

**& Susan Ochong**

**2012**

# Mzee Mrefu's Children



Keryne  
Eunice  
Elizabeth  
Roseline



**Roseline okendo**  
**& Family**

**Husband**

**-Dr. Maurice**  
**Ogutu**

**Son-Roy Okendo<sup>27</sup>**

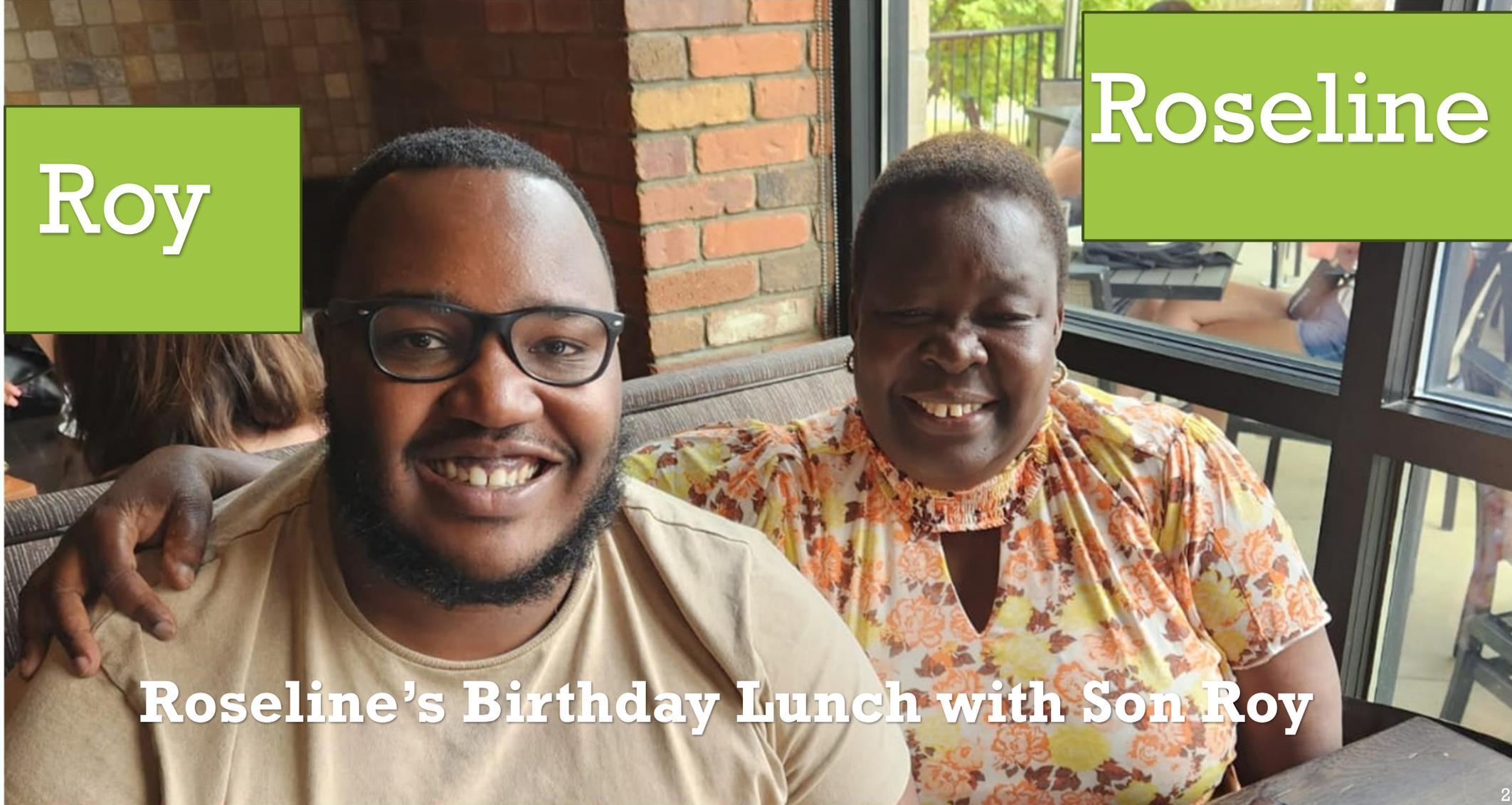
**Daughter-**  
**Dr. Joyce**  
**Okendo<sup>27</sup>**

**Roy Okendo**

**Dr. Joyce  
Okendo-**

**Dr. Maurice  
Ogutu-  
Roseline's  
Husband**

**Mzee's Grandchildren**

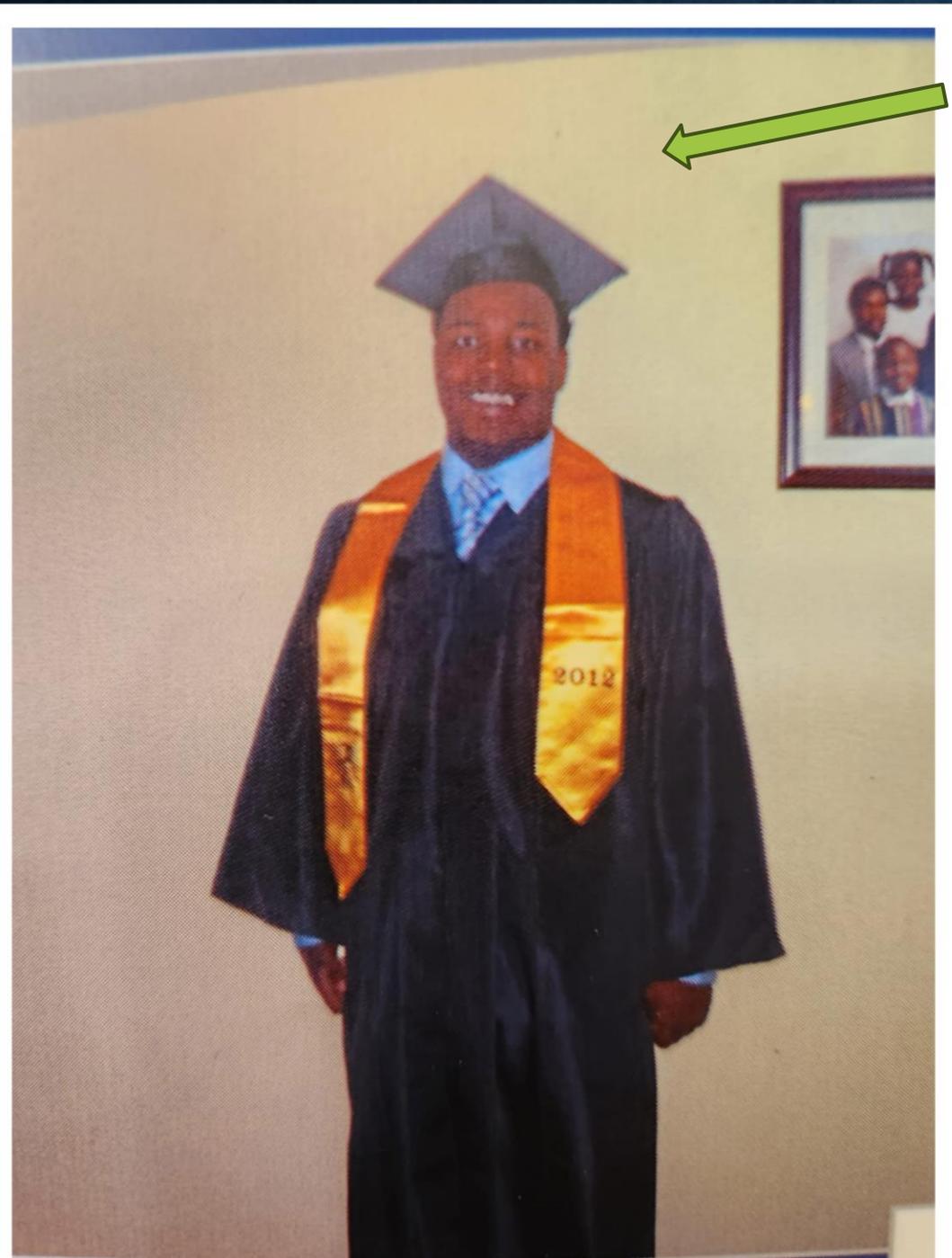


Roy

Roseline

**Roseline's Birthday Lunch with Son Roy**

# Roy Okendo Grandson



# Sammy Ochong & Son



Mzee's  
Granddaughter  
Alice,  
Sons: Wilson & Sammy

# Sammy Ochong and Great Grand Children



Henry Ochong

Modi Ochong

# At Home, Gem Rae





# MAMA PESILA & GREAT GRAND CHILDREN



# AT HOME, GEM RAE, KISUMU COUNTY



# Mzee Mrefu Great Grand Kids

Rae, Kisumu  
County  
Kenya



Mzee  
Mrefu  
Home  
Rae  
Kenya

**Hon Aduma**

**Principal Rae Girls**

**Bishop  
Awiti**

**Rae Girls Celebrating  
Outstanding  
Performance**

**Bishop Owiti & Honorable Aduma, in Attendance**

# Lorraine Ochong- Granddaughter of Edwin Ochong



2012



**Medical camp held  
at Rae Dispensary  
in honor of my dad  
to educate the  
community about  
HEART attack  
&  
Atrial Fibrillation**

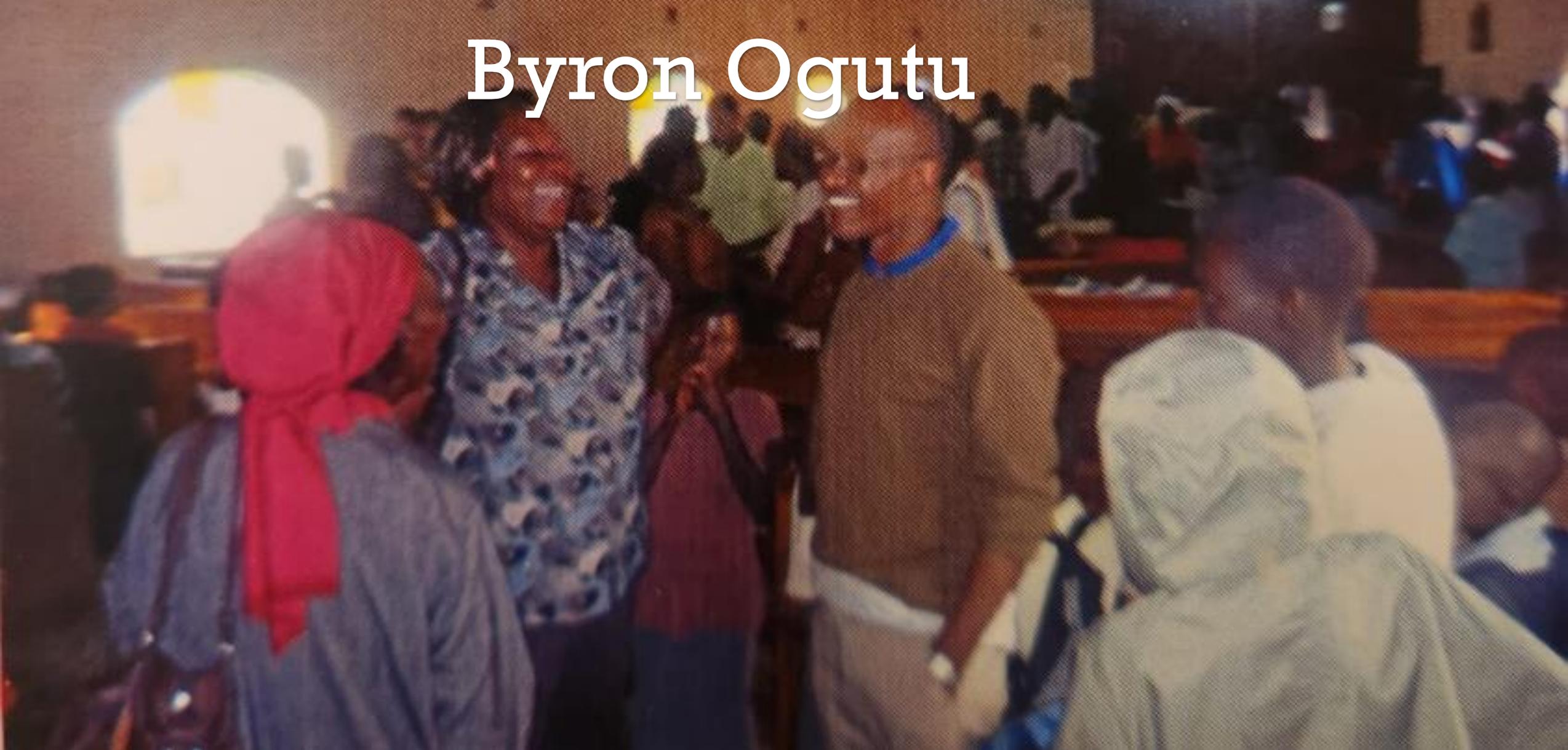


Celebrations After the Health Camp  
Held at Rae Dispensary

# Healthy Camp, 2012



# Byron Ogutu

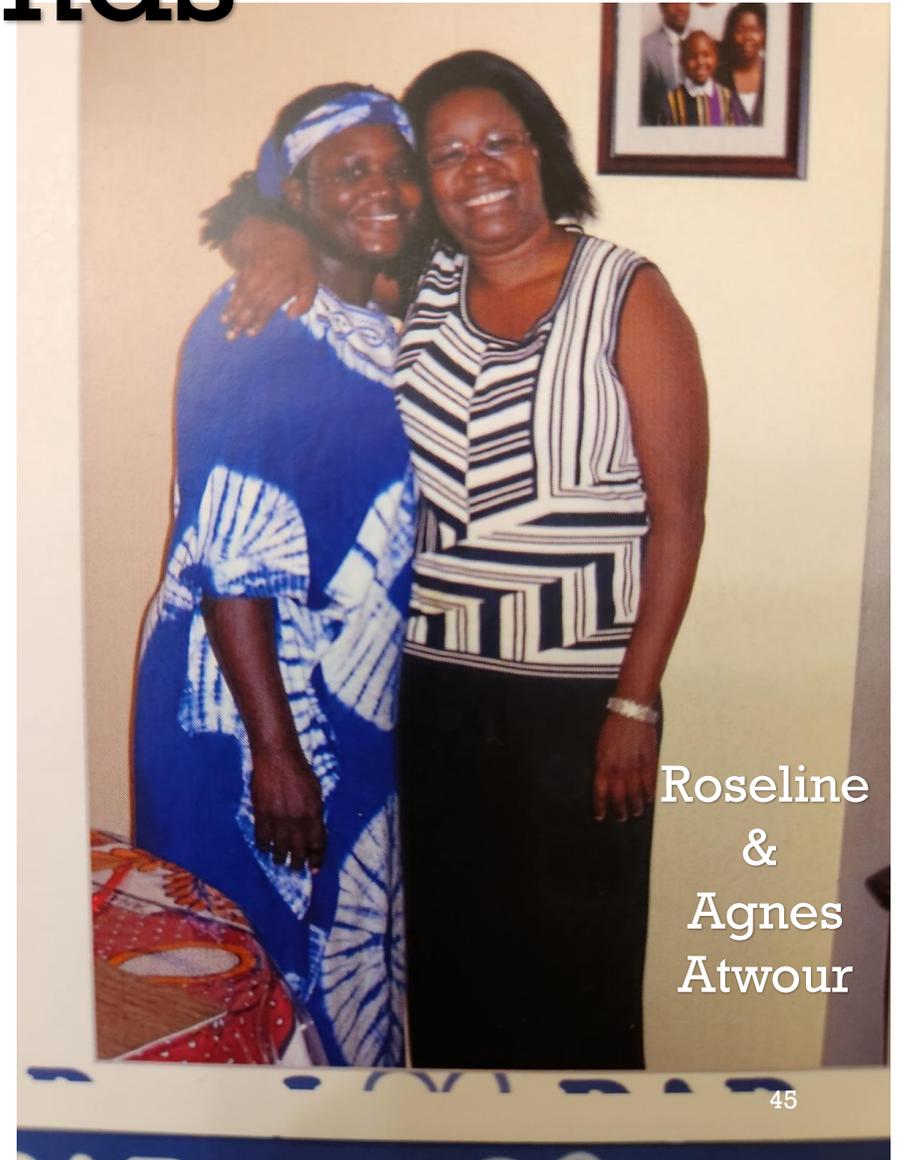


The Aga Khan Hospital

**EMERGENCY ENTRANCE**

KIINGILIO CHA DHARURA

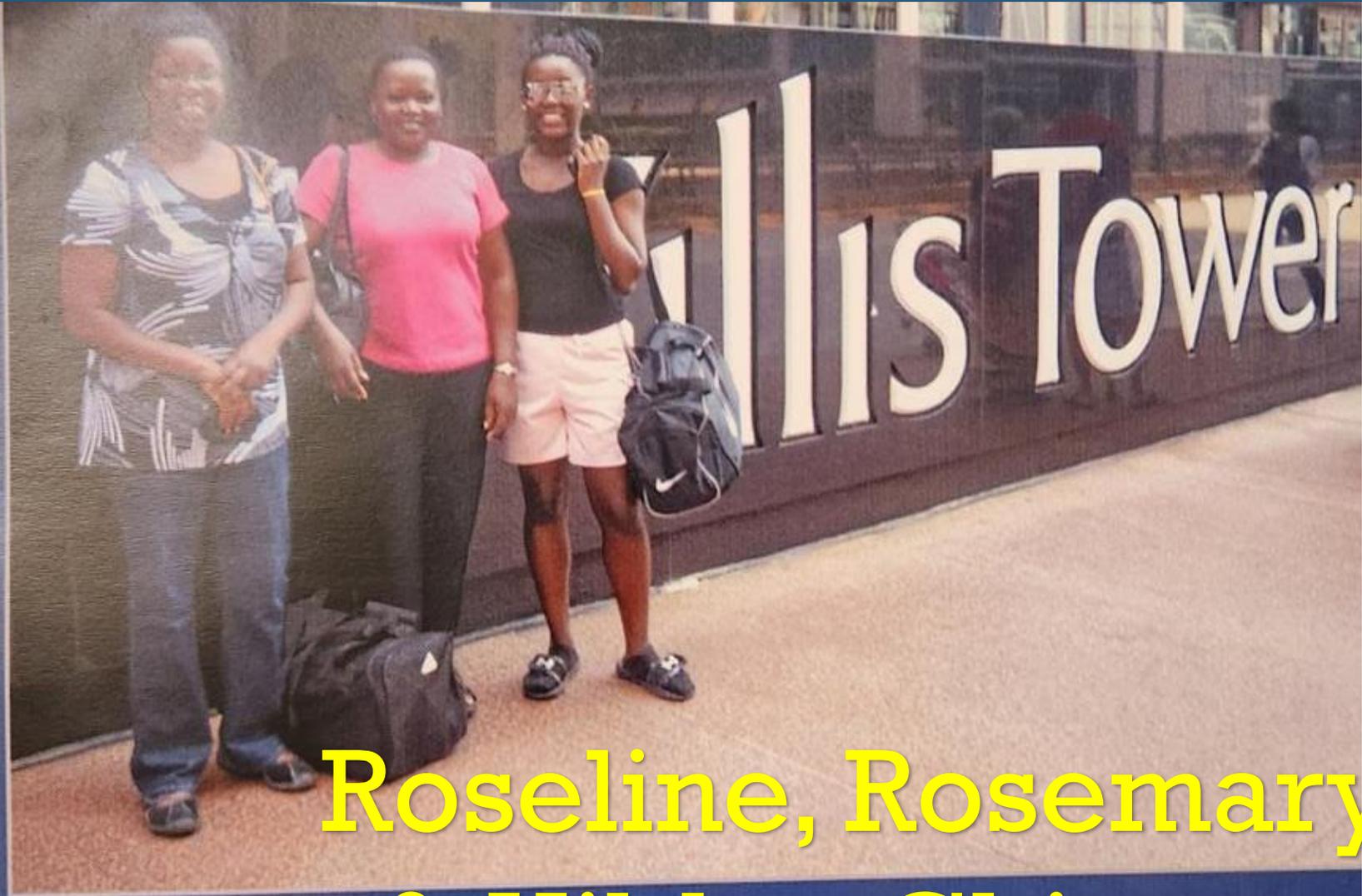
# Roseline with Friends



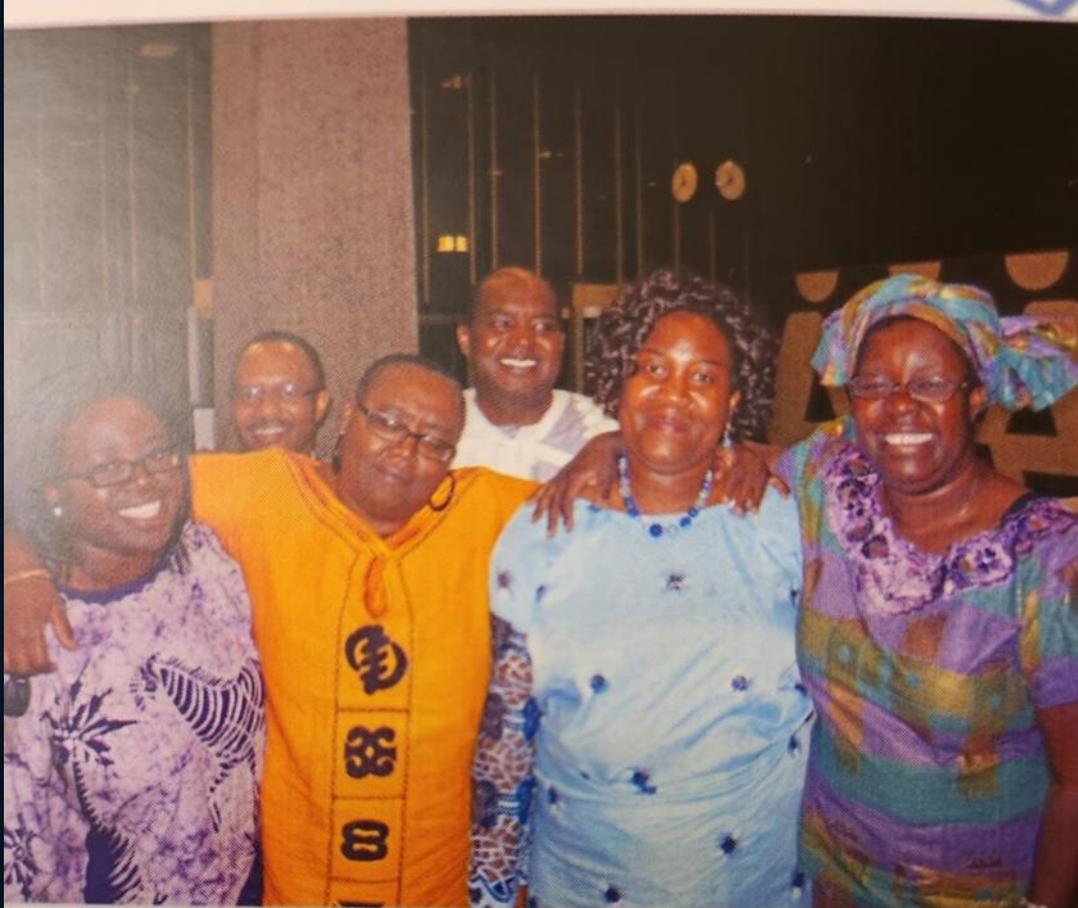
Roseline  
&  
Agnes  
Atwour



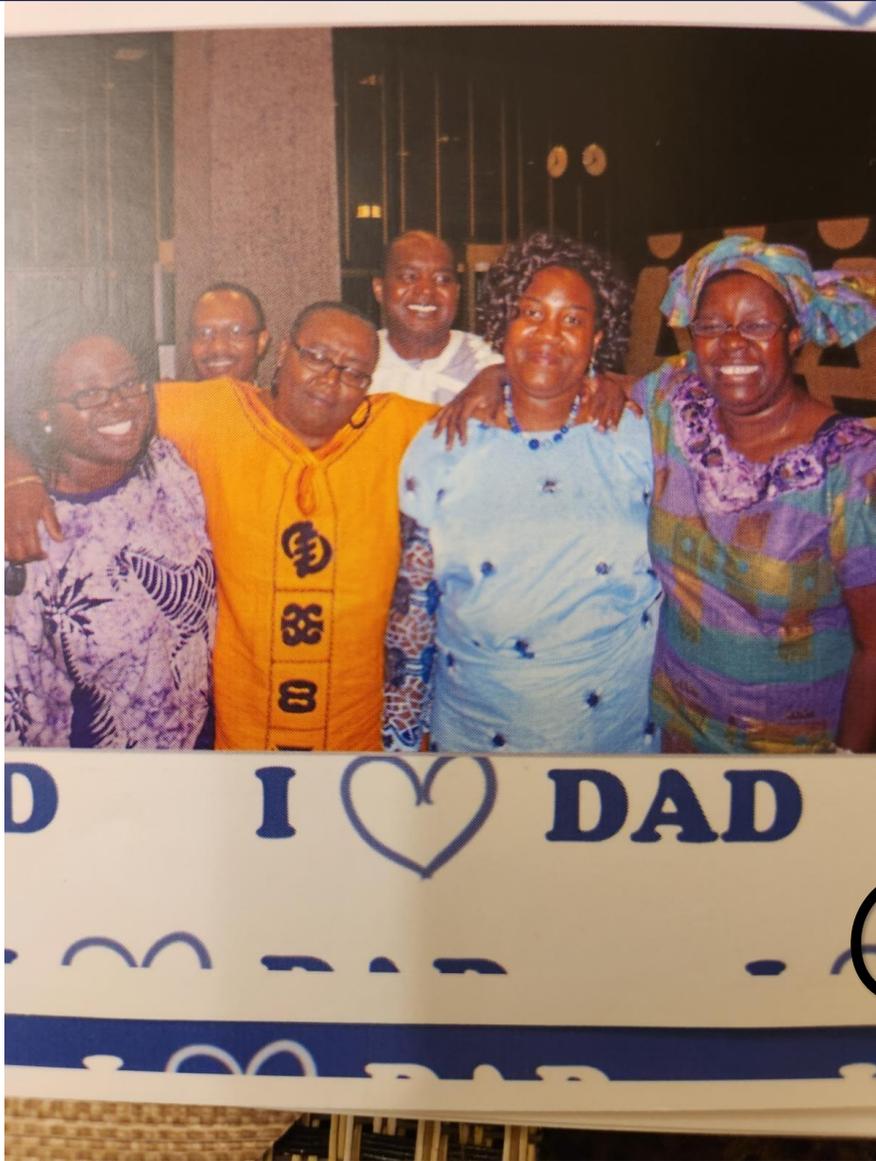
Roseline With Friends, Chicago



Roseline, Rosemary  
& Hilda - Chicago



# AOU Event Chicago



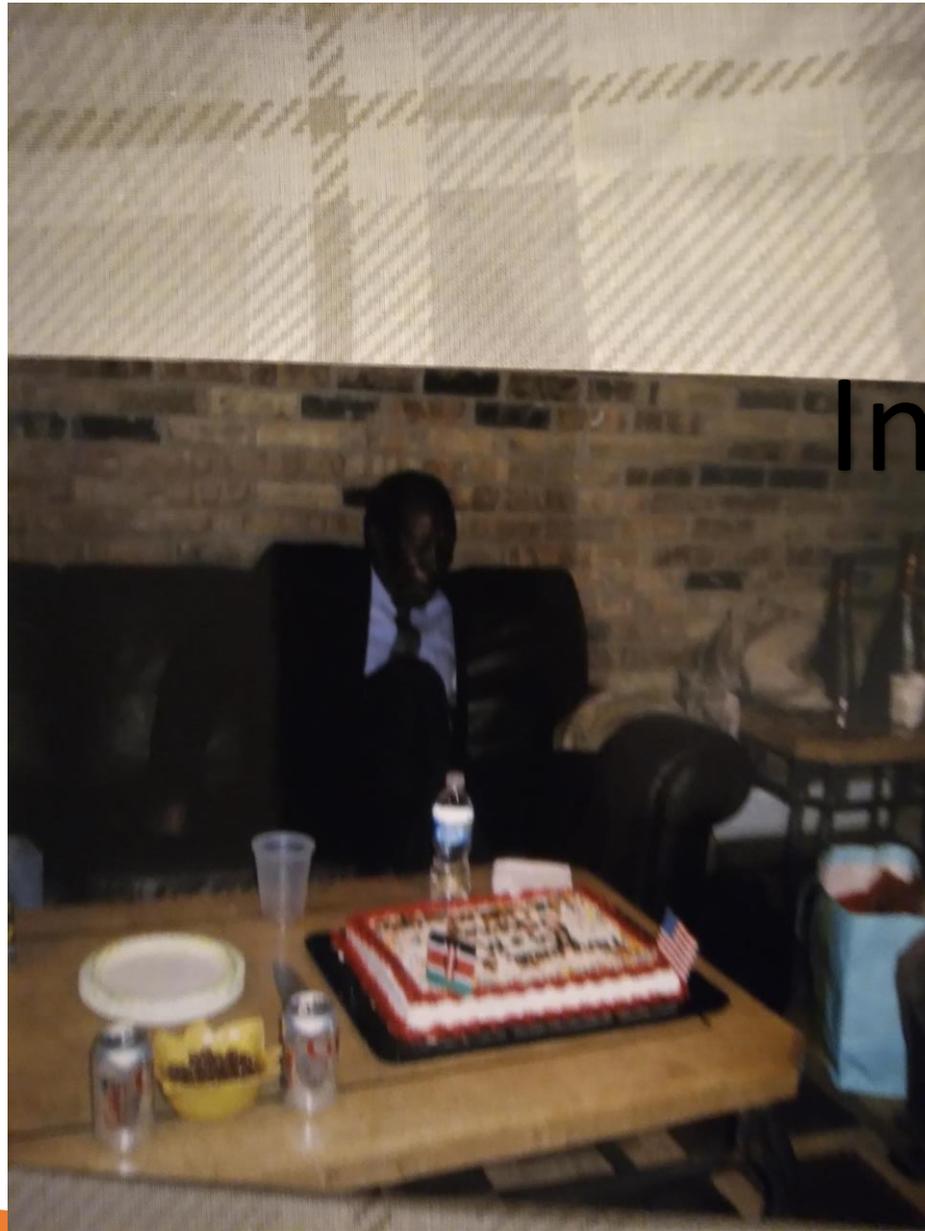
**Friends:**

**Edith**

**Martha**

**Joyce**

**@AOU Celebrations**



# Thank You Party In Willowbrook, IL, USA

2008



# Roseline At KWSG Celebrations May 27, 2023 Chicago, IL

# Mzee Mrefu Memorial Fund Beneficiaries

# 1. NYANUNGO CULVERT/DRIFT CROSSING

- □ Nyanungo culvert/drift crossing
- The Agembo River is a seasonal river and during the rainy season it can be impassable. My dad was having breathing difficulty due to CHF and atrial fibrillation but family and relatives could not take him to hospital at night. My dad told family “let me sleep and you guys can take me to hospital in the morning”. My dad died in his sleep.
- It is for this reason that I am appealing for help to revamp the drift crossing so that the local community can be rushed to the hospital in good time when they fall ill. In healthcare issues dealing with the heart and lungs are critical and time is a major factor.

# Mzee Mrefu Memorial Fund Beneficiaries-

Rae Road –To Mzee's house





# **NYANUNGO CULVER/DRIIFT CROSSING**



**The Road was always flooding during Rainy Season**

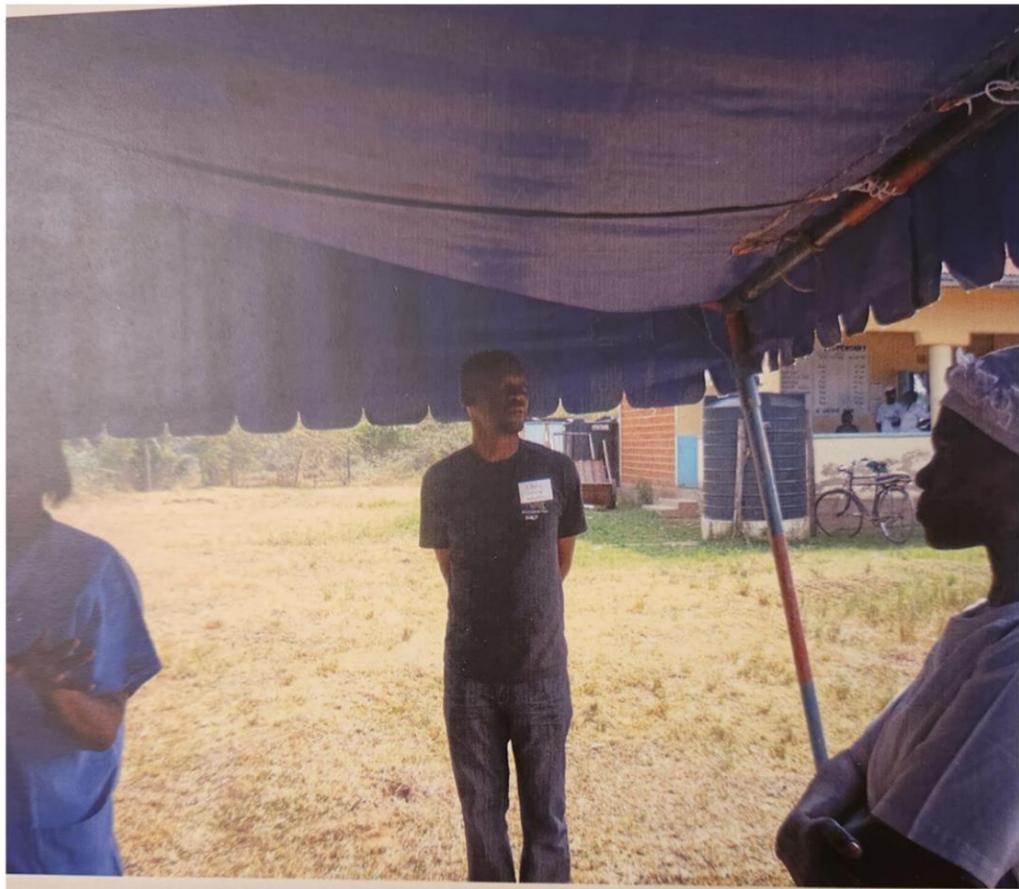


## **2. ST. JOSEPH CATHOLIC SUB PARISH CHURCH, NYAGOYE, SIAYA, KENYA**

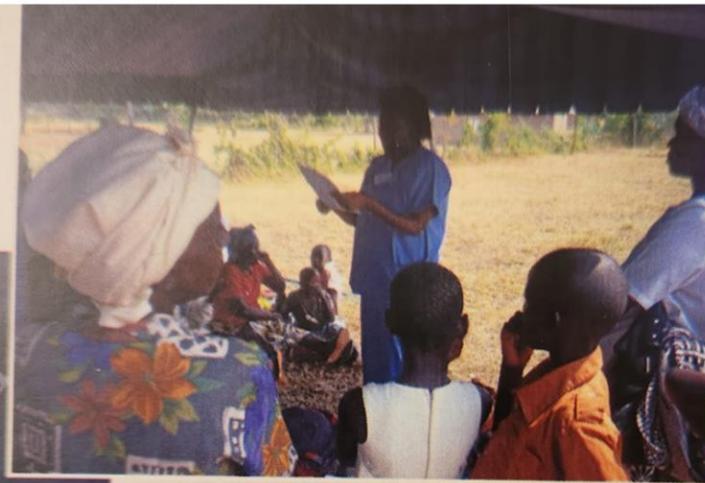
- Thanks to father Tom Rasare. The only church close-by to the residents of Nyagoye is St Robert's Catholic Church which is about 5km away. The long distance was making it difficult for the elderly to go to church due to different ailments and disability. The new church needs improvement in terms of comfortable chairs for the elderly and also improve the structure of the building.
- St Joseph Catholic church is a new parish.



**ST. JOSEPH CATHOLIC SUB PARISH  
CHURCH, NYAGOYE, SIAYA, KENYA**



# Health Clinic





# Health Clinic

## 4. MERCY CHILDREN'S HOME CHICAGO

- □ Mercy Children Home in Chicago.
- Founded by Father Scott for troubled children facing different challenges including coming from dysfunctional families. In America during holidays it can be very lonely to the children. Money will be used to buy gifts during holidays or special holidays.



Mercy Children's Home, Chicago  
Xmas 2021 Food Drive



### 3. CHURCH LEADERS

- □ Church leaders are faced with many challenges.
- While executing God's work, our church leaders exercise their duties without complaining. As a way of appreciation, we propose to gift them with cost of transportation, food for the needy and entertaining visitors and money to support different outreach programs. Missionary workers are not paid and depend on goodwill from congregation.

# **LESSONS LEARNT FROM MY FATHER**



# LESSONS LEARNT FROM MY DAD MREFU AS WE CELEBRATE 11TH YEAR ANNIVERSARY SINCE HE LEFT US TO BE WITH GOD



1. Love God first
2. Love your family and relatives
3. Love your community
4. Love your children unconditionally and accept them with their strengths and weaknesses
5. Never hold a grudge with someone
6. Appreciate people and say thank you if they help you
7. Do things that make your heart happy
8. Growing up, I was very lazy. He always advised me to work hard in school. Otherwise, if I did not work hard, he could see me suffering in the future but still offered to help me if I had any misfortunes or if I was faced with challenges in life. This advice humbled me and worked so hard knowing brighter days were ahead if only I worked hard.
9. Pay yourself first by eating good food and surrounding yourself with things that matter to your life
10. Help help someone in need if God blesses you with material things



# LESSONS LEARNT FROM MY DAD MREFU



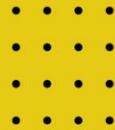
**1** remember my dad during vacations, he would buy blankets and match boxes for senior citizens in our Koloo Community. He believed senior citizens needed to be warm during their late years. I remember mzee Okongo Odeka. Whenever he saw my dad, he would laugh so loud. He was bedridden, and he did not have any successful children who would take care of him. My dad always reassured him and always offered assistance

**12.** Before his death, He told me the only countries he would love to visit were the USA and Britain. My dad visited the USA in 2008 en route via Britain to fulfill his dream of seeing the USA and Britain. He loved the USA and always bragged that the people of USA have made their country beautiful, very organized, and clean.

He was happy he visited America when Obama was sworn in as the first Black President. He visited the White House in Washington DC, USA. While in Pennsylvania, my dad and my mum went to this church every sunday, but they did not understand English. Both of them would say " I wish I knew English so that I could carry conversations with Americans.



## LESSONS LEARNT FROM MY DAD MREFU



12. While living with me in Willowbrook, my parents saw that I was working two jobs and with children.

He asked me this question: " How did you make it with young children when you came to America?"

I replied that Americans from different races helped me. He told me to call the people who had helped me so that they could say thank you. I told him many people had helped me from different states. He told me to call the ones who were close by.

I held a get-together party and invited people that my parents would like to say thank you for helping their daughter,son in law and grandchildren. Many people came, and my dad and mother thanked Americans for their generosity.



## LESSONS LEARNT FROM MY DAD MREFU



13. My dad suffered a mild heart attack while walking at the Westglen forest reserve and was rushed to the hospital. \

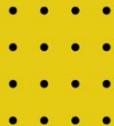
He told me that in his entire life, he had not seen the medical equipment he saw in the hospital. He was impressed by the care he received at Hinsdale Adventist Hospital.

The doctors, nurses, and entire workers were great and treated him with respect and dignity. My parents were forever grateful to Hinsdale hospital.

The hospital made him discover he had many health conditions he was not aware of.



## LESSONS LEARNT FROM MY DAD MREFU



14. Last but not least. My dad always told me that he loved me. I challenged him and asked him to tell me why he loved me.

His reply was, " You love people, my daughter". I replied I copied it from you." He laughed so hard and into stitches.

RIP in peace Mrefu till we meet again at Jesus feet. I know for sure you are resting peacefully, surrounded by angels, full of light and grace. You are missed by family, relatives, and community.

*"It is well with my soul"*

Written by  
Roseline Okendo



# Henry Ochong Nyanungo