

Oct 2025 ▶ Dec 2025
ISSUE #02 **TAARIFA**
NEWSLETTER



Dear Fellow Rotarians,

Welcome to the second edition of the Rotary Club of Muthaiga Newsletter this Rotary Year 2025/2026. Over the three months of October to December 2025 our Club stayed active through engaging fellowships and participation across Rotary initiatives.

We advanced Nderi Global Grant Project, celebrated our members, honored our fallen member and heightened our giving to The Rotary Foundation. Thank you to all members for your continued commitment and energy as we carry our service forward.

President W. Wjoki Riqunga K.

OCTOBER

October was a vibrant month for the Rotary Club of Muthaiga, filled with fellowships, active participation in District events, and continued community service initiatives. The Club engaged in awareness sessions, mentorship activities, Polio contributions, and strong representation at Regional and International forums, reflecting a committed spirit of collaboration and service.

THEME: COMMUNITY & ECONOMIC DEVELOPMENT

| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| 3 FRIDAY | 6 MONDAY |
| Demystifying Artificial Intelligence - Joint Fellowship with RC Ridgeways & others at Oak Place, Nairobi Speaker : Rtn. Moses Kemibaro | Beyond The Pin Jacaranda Hotel, Westlands Speaker : Rtn. Mwari Muthaura |
| 8 WEDNESDAY | 13 MONDAY |
| World Mental Health Day - Joint Fellowship with RC Kilimani Alfajiri & others at Ngong Hills Hotel Panelists : PDG Patrick Obath, Rtn. Mwari & others | Breast Cancer Awareness Jacaranda Hotel, Westlands Speaker : Glenna Ototo |
| 18 SATURDAY | 20 MONDAY |
| Mentorship at John Kaheni Residence Topic : Mental Health | MASHUJAA DAY NO MEETING |
| 24 FRIDAY | 25 SATURDAY |
| Joint Social Koroga with RC Nairobi Utumishi & RC Nairobi Connect at Goan Gymkhana More details TBC | District Polio Fun Run & Walk Rotary & Rotaract Clubs of Nairobi Region at UON Graduation square |
| 27 MONDAY | |
| What Prison Taught Me About Freedom Jacaranda Hotel, Westlands Speaker : Teresa Njoroge | |

In Conjunction with

RC Juja, RC Nyeri, RC Kiengela, RC Ngong hills, RC Westlands, RC Metropolitan, RC Muthaiga, Rc Githi, Rac Eco Warriors, Rac Muthaiga North, Rac Riara University, Rac Kenyatta University, Rac UON, Rac Karen, Rac Syokimau, Rac Muthaiga, Rac Upper Hill, Rac Hurlingham

DEMYSTIFYING ARTIFICIAL INTELLIGENCE

"A Must have Conversation for Today's Socioeconomic Development"

3RD OCT, 2025
6:00 PM-7:30PM

OAK PLACE

Speaker: **Moses Kemibaro**
AIRC Champion June 22 and National 2024

MEETING ID: 830 7434 9350

WORLD MENTAL HEALTH DAY
From Burnout to Wellness: Building sustainable Resilience in a BANI World

KEY SPEAKER: **PDG PATRICK OBATH**

PANELISTS:
Rtn. Mwari Muthaura (RC Muthaiga), Rtn. Athman Ahmed (RC Nairobi Connect), Rtr. Joyce Karimi (RAC Nairobi Central)

MODERATORS:
Dr. Gilbert Aigwaga (District Learning Chair), Rtn. Margaret Njitha (District Learning Team)

Ngong Hills Hotel
Wed, 8th Oct, 2025
6:30pm

Margaret +254 (0) 722 315 941

KOROGA For Polio

Goan Gymkhana, Parklands
October 24th, 2025
6:30pm Onwards

Charges-1500KSh
PayBill-516600
Acc. No-0368783002

END POLIO NOW

UNITE FOR GOOD

Rotary Club of Muthaiga UNITE FOR GOOD

BEYOND THE PIN
Creating Circles of Care as Our Deepest Political Act

"Why Unapologetic Care Must Be the Politics of Our Club"

SPEAKER : RTN. MWARI MUTHAURA

Jacaranda Hotel, Westlands
OCT 6 2025
FROM 6 PM TO 8 PM

rotary Club of Muthaiga UNITE FOR GOOD

WRAP A WARRIOR
The Power of Community-Driven Healing

October is Breast Cancer Awareness Month

SPEAKER : GLENNA OTOTO

FOUNDER OF THE BLUE PINK MOVEMENT

Jacaranda Hotel, Westlands
OCT 13 2025
FROM 6 PM TO 8 PM

Rotary Club of Muthaiga UNITE FOR GOOD

WHAT PRISON TAUGHT ME ABOUT FREEDOM
A Story of Justice and Rebirth

TERESA NJOROGE

FOUNDER & CEO CLEAN START AFRICA

Jacaranda Hotel, Westlands
OCT 27 2025
FROM 6 PM TO 8 PM



Weekly Fellowships

DATE

TOPIC

| | |
|--------------------------|-----------------------------------------------------------------------------------|
| 3 rd October | Demystifying Artificial Intelligence- Joint Fellowship with RC Ridgeways ++ |
| 6 th October | Beyond The Pin... |
| 8 th October | World Mental Health Day, From ... - Joint Fellowship with RC Kilimani Alfajiri ++ |
| 13 th October | Breastfeeding Cancer Awareness |
| 13 th October | Special Board Meeting |
| 22 nd October | District Polio Fun Run & Walk Rotary & Rotaract Clubs of Nairobi Region |
| 24 th October | Joint Social Koroga for Polio with RC Utumishi & RC Nairobi-Connect & +++++ |
| 27 th October | What Prison Taught Me About Freedom |
| 30 th October | Special Club Assembly, Adoption of 2023-24 Audited Accounts |

Fellowships In Pictures





World Mental Health Day

Joint Fellowship with Rotary Clubs of Nairobi Kilimani Alfajiri, Karen, Upper Hill, Muthaiga, Nairobi Samawati, Nairobi-connect, Nairobi Utumishi, Lavington & Nairobi Madaraka.



WORLD POLIO DAY

The Rotary Club of Muthaiga marked the World Polio Day with two key activities being a Koroga for Polio event and participating at a District Polio Fun Run and Walk in the Nairobi Region.



Joint Social - Koroga for Polio with Rotary Clubs of Nairobi-Utumishi, Nairobi-Kilimani, Lavington-Nairobi, Nairobi-Connect, Nairobi & Nairobi Upperhill.



Rtn Dr. Jamal at an End Polio Concert in Lucerne



Candlelight Fellowship

RC Thika Road with Rotaract Muthaiga
(in support for RAC PP Rikkie & Rtn. Tim)



Members at Other Clubs and at District Forums

Members of the RC of Muthaiga remained active across clubs and district events. The club attended the District TRF Dinner, celebrated the induction of Rtn Dr. Jamal Ahmed, marked family milestones, honored the late Rtn Natalie Omkhodion, and participated in the Special District Assembly on redistricting.



PROJECTS

2000+ Books Stamped - Ongoing Nderi Global Grant Project (Refurbishing of Computer Lab & Library) to be handed over in 2026



In Thought and Fellowship

CIRCLE OF CARE PLEDGE FROM FAMILY OF ROTARY

I will stand with my fellow Rotarians
- in joy and in sorrow, in strength
and in struggle.

We will carry each other's burdens,
so no one walks alone, and no
weight is borne in silence.

Tears will not go unseen.
Victories will not go unnoticed.
Love will not go unspoken.

We will show up - when it's easy,
when it's hard, and when no one
else remembers.

We will clap the loudest.
Sit the longest.
Hold space the deepest.

We will hype our own.
We will cover our own.

We will see one another fully - in
light and in shadow, in becoming
and in breaking.

And we will let ourselves be seen -
not only in our polished moments,
but in our honest, human ones.

We will be family to one another -
not in name, but in presence, in
patience, in truth, in care.

From this circle, our care will ripple
outward - into our homes, our
workplaces, our city, and our world.

We will be unapologetic about care.
We will be brave enough to make it
our politics.

And we will be steadfast enough to
make it our tradition.

Beyond the pin... are the faces.
And in every face, we will always see
each other.

**Family of Rotary
Rotary Club of Muthaiga**

CONDOLENCES

Condolence Message

The Family of Rotary extends
our heartfelt condolences to
Rotarian Faith Mbiyu and her
family on the passing of her beloved
father.

We hold Faith and her family in
our thoughts and prayers during this
difficult time and stand with them in
comfort and solidarity.

May his soul rest in eternal peace.



In Loving Memory of **Natalie Mulenga Oghomen Omokhodion**

We celebrate the beautiful life of Natalie Mulenga
Oghomen Omokhodion, a radiant soul whose
warmth, kindness, and joy touched everyone she met.

Condoling with PP Sundeep the passing of his Dear Mother

ANNIVERSARIES

10

**Alex Mucugia,
Ten years with us!**

Thank you for your
dedication and service.

*From the Family of Rotary,
Rotary Club of Muthaiga*

12
years!
Woohoo!

**Happy Rotary Anniversary,
Director Audrey Bridgete!**

Today, the Family of Rotary celebrates
you with deep appreciation.

Your passion, thoughtfulness, and steady
leadership continue to strengthen our club
in remarkable ways.

Thank you for the outstanding commitment
and diligence, and your dedication
to service and excellence.

We honour you today and look forward
to many more years of impact together.

*From the Family of Rotary,
RC Muthaiga*

Honouring Anniversaries & Holding Space for Natalie

Today, we celebrate a special milestone in our
Rotary family. Four of our members mark what
would have been two years in RC Muthaiga:

Rtn. Josephine Oyombe
Rtn. Mahmud Ali
Rtn. Kevin Okima

Josephine, Mahmud, and Kevin—thank you for
the dedication, warmth, and spirit of service you
have brought to our club. Your presence over the
past two years has strengthened our community,
and we honour each of you today.

Today would also have marked Rtn. Natalie
Omokhodion's second anniversary with us.
As we celebrate these milestones, we also hold
space for Natalie—her memory, her kindness, and
the joy she brought to our Rotary family.

May we continue to honour one another
in every season, together.

BIRTHDAYS

Belated Happy Birthday, Director Maureen!

Today (and every day), the Family of
Rotary celebrates you with deep apprecia-
tion.

Your steady leadership, heart for service, and
thoughtful stewardship of our projects continue
to shape lives far beyond our club. You carry
impact, excellence, and quiet strength into
everything you do.

Even though this message is a day late, our,
gratitude for you is always right on time.

May the year ahead bring you renewed joy,
favour, laughter, and fulfillment in every area
of your life.

With warm wishes and deep appreciation,

**Family of Rotary
RC Muthaiga**

**Happy
Birthday,
Innocent!**

The Family of Rotary
celebrates you today.

Your vibrant spirit, your generous heart,
and the joy you bring to our club
brighten every space you enter.

Thank you for the energy, laughter,
and warmth you share so freely.

May the year ahead return that joy
to you in abundance.

NOVEMBER Calendar of Events

THE ROTARY FOUNDATION MONTH

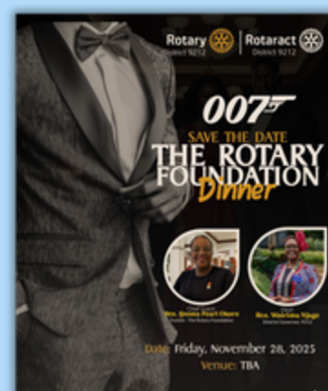
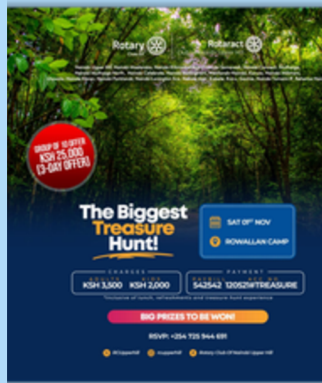
- 1 SATURDAY**
Family of Rotary Social Treasure Hunt
Hosted by RC Nairobi Upperhill at Paradise Camp
Adults - Ksh. 3500, Kids - Ksh. 2000
- 3 MONDAY**
Turning Creativity into Currency
Virtual Fellowship (Zoom Link Shared)
Speaker - Roy Gitahi
- 10 MONDAY**
The Rotary Foundation - Joint Panel Discussion
Hosted by RC Nairobi Madaraka at Royal Nairobi Golf Club. Moderated by Shm. Jureya with Panelists
DMC Jimia, POG Peter, CRPC Patrick & PHE Coordinator May
- 17 MONDAY**
My Journey in Cardiology
Jacaranda Hotel, Westlands
Speaker - Dr. Keith Ndind
- 17 MONDAY**
BOARD MEETING
- 24 MONDAY**
The Kenyan Film Industry
Jacaranda Hotel, Westlands
Speaker - Michael Masheti
- 26 FRIDAY**
District TRF Dinner
Venue and more details TBC

Rotary Club of Muthaiga | Rotary Muthaiga | www.rotarymuthaiga.org

NOVEMBER

The Club hosted a variety of sessions ranging from creativity and cardiology to film industry insights, alongside joint fellowships that strengthened partnerships across Rotary and Rotaract.

Members remained active in service through the Nderi Global Grant Project, youth mentorship, and contributions to The Rotary Foundation. The Rotary Club of Muthaiga also featured strong representation at district forums, a new member induction, milestone celebrations, and a touching tribute to a departed Rotarian.



Weekly Fellowships

- 1st November - Joint Social - Family of Rotary Social Treasure Hunt with RC Nairobi Upperhill ++
- 3th November - Turning Creativity into Currency
- 10th November - Joint Fellowship, The Rotary Foundation Panel Discussion with RC Nairobi Madaraka, RAC Muthaiga, RAC UoN Parklands++
- 17th November - My Journey in Cardiology
- 17th November - Board Meeting
- 24th November - The Kenyan Film Industry

Fellowships In Pictures



Project Visits & Other Highlights

In the month of November, the Club advanced its service priorities through impactful project activities.

These included support to the Nderi Global Grant Project, engagement in The Rotary Foundation initiatives, and strong focus on New Generations through mentorship, leadership development, and active participation in joint Rotary and Rotaract programs.



*Laptops & Books delivery at the ongoing Nderi Global Grant Project (Refurbishing of Computer Lab & Library)
A Monthly Mentorship Session at John Kaheni Residence*



Welcome to RCM Rtn. Dr. Jamal

*New Member Induction & PHF Award at Rotary HQ Dr. Jamal Ahmed,
Director Polio Eradication WHO; Welcome to RCM*

Sponsored 2 Rotaractors from Rotaract club of Muthaiga to attend Rotary Youth leadership Awards(RYLA)



From the 6th-9th November, 2025, the Rotaract Club of Muthaiga got to send delegates (Rtr. Natasha and Rtr Lyne) to the Rotary Youth Leadership Awards (RYLA) for the first time. This was held at Sagana Resort.

RYLA is basically an annual bootcamp for equipping rotaractors with leadership skills depending on the year's theme.

The theme this year was (FLEX): Financial Literacy for Everyday Excellence. We had morning sessions where various speakers held sessions on the theme & group presentations. Afternoon sessions involved team building and, themed parties and game nights in the evenings.

Not only did we learn about what really matters when it comes to finance, we also interacted with fellow rotaractors and rotarians from different parts of the country, participated in various activities like the group work during sessions, and Rylalympics on day 2.

Some key take aways that we took from the sessions include:

1. Widen the gap between your income and your expenditure
2. Identify needs and wants
3. Include savings in your budget- treat it as a need
4. Negotiate settlements
5. Adapt a growth mindset

The list is endless really

This experience was made possible by motherclub, RC Muthaiga, which partially sponsored us to attend and participate in RYLA, and for that, we'd like to say a huge thank you.

We hope to have representation in future RYLA events and foster more of such collaboration between us in Service.

Note: The overall best team in RYLA this year was Team 2, led by Rtr Natasha as team captain, so yes, we FLEXED!!!

John Kaheni Residence



By Lavender Nungari

A beneficiary of John Kaheni Residence and participant in the Rotary Club Muthaiga mentorship program.

Before joining the mentorship sessions by the Rotary Club of Muthaiga, I was in a season of seeking clarity –clarity about direction, growth and how to better position myself for the future. I accessed this opportunity through John Kaheni Residence, an institution that has been sponsoring my education in higher learning and through its partnership with the Rotary Club of Muthaiga, extends mentorship support to its students. At that point, what I needed most was guidance that was both practical and grounding.

The mentorship sessions offered more than advice, they provided a structured and supportive space for learning and reflection. Through consistent engagement, I was exposed to perspectives that challenged how I thought, planned, made decisions and my overall view towards life. The mentors were approachable and intentional, creating an environment where questions were welcomed and growth felt achievable rather than overwhelming.

One of the most valuable benefits of the mentorship was the mindset shift it encouraged. I learned the importance of intentionality, discipline and patience in personal and professional development. The sessions emphasized growth as a process- one that requires self-awareness, accountability, and a willingness to learn from others. These lessons were practical and applicable to everyday life.

Beyond skills and knowledge, the mentorship helped me gain confidence in my abilities and decisions. I became more aware of my strengths and more honest about the areas that needed development. This Clarity has influenced how I approach opportunities, relate with others and plan for the future.

I am grateful to the Rotary Club of Muthaiga and John Kaheni Residence for their shared commitment to mentorship and holistic development. This experience reaffirmed that growth thrives in community and that intentional guidance can have a lasting impact. I would encourage anyone presented with such an opportunity to embrace it fully –the value extends far beyond the sessions themselves.

By Felix Simon. A beneficiary of John Kaheni Residence and participant in the Muthiga Rotary Club mentorship program.

I have interacted with Rotary club of Muthaiga since 2022. I can honestly say that most of what I have learned since then has come from your visitors, who became our mentors. They have played a significant role in our lives by teaching us how to navigate life, showing us that life is not too hard, and sharing nuggets of wisdom that we have passed on to others who are not part of the program.

In my review and rating, I give you five stars for your consistency, love, dedication, and time. Every visitor and mentor played an important role in our lives. Their mentorship helped build our confidence, discipline, and a clear vision for our future.

The Rotary Club of Muthaiga has left a lasting impact in our lives and journey. Your support, guidance and commitment continues to inspire us to aim higher, stay focused and give back to society. We are grateful for the role you played in shaping who we are today and who we strive to become.

Through your regular visits, we felt valued, listened to and encouraged. The conversations we had opened our minds to new possibilities and helped us understand the importance of responsibility, character and self-belief. Your mentorship went beyond advice; it became a source of motivation during challenging moments.

Many of us have grown not only academically but also personally because of your involvement. The lessons you shared helped us develop discipline, resilience and a positive mindset towards life and the future. Even today, we still reflect on the guidance you gave us and apply it in our daily lives.

Your dedication to mentoring young people shows true service to the community. The time, effort and care you invested in us will always be remembered and appreciated. The Rotary Club of Muthaiga will always hold a special place in our journey and success.

Fellowship at Other Clubs/ District Forums or Elsewhere



Rtn Jaeyun Kim
from Rotary Club of
Seoul, Korea.



Rtn Jurgen from RC
Leipzig- Centrum



Joint Social: The Biggest Treasure Hunt with Rotary Club of Upper Hill, Nairobi Connect & Others++++++...



Joint Fellowship with Rotary Club of Nairobi Madaraka, Nairobi UpperHill, Nairobi Kilimani Alfajiri, Samawati, Utumishi, Nairobi Connect, Kileleshwa IF & Rotaract Clubs of University of Nairobi-Afya, Nairobi Madaraka IF, Muthaiga, University of Nairobi- Parklands



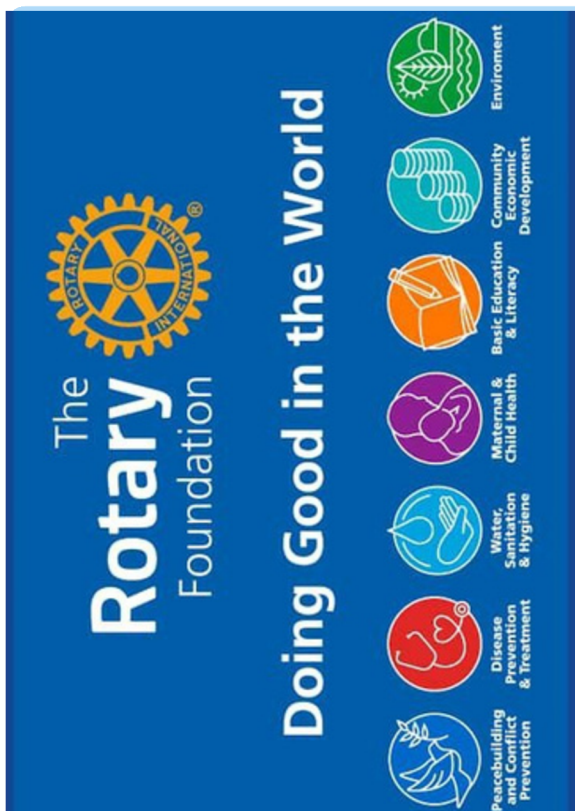
District TRF Dinner



Club Highlights



- ▶ New Major Donor Dir. Audrey Khaleji (Given upto \$10,000 to The Rotary Foundation)
- ▶ RC Muthaiga on the D9212 Leaderboard
 1. RC Muthaiga on the D9212 Leaderboard
 2. Top 3 in highest PHF members as at TRF Dinner
- AKS Recognition & Celebration: PT. Geeta & PDG Kaushik Manek
- ▶ 7 PHFs
 - New: Sec. Aurelia & Pres. Njoki
 - Elevated: Dir. Loise, Rtn. Lorna, Rtn. Stanley, PP Paul, PP Jay
 - New at Induction at RHQ: Rtn. Jamal Ahmed



*HOLDING SPACE FOR Rtn. Natalie:
Moments at RcM
(Induction, Fellowship & Mentorship at JKR)*



In Loving Memory of
**Natalie Mulenga
Oghomen Omokhodion**

We celebrate the beautiful life of Natalie Mulenga Oghomen Omokhodion, a radiant soul whose warmth, kindness, and joy touched everyone she met.

You are warmly invited to join us for a Memorial Service in her honor:

- Date: Thursday, 20th November
- Time: 4:00 PM
- Venue: St. Mark's Church, Westlands

Let us gather to remember her light, her laughter, and the love she shared so freely.



Rtn. Natalie's memorial service



DECEMBER

December brought together learning, celebration, and important club milestones.

Members explored wellness during the Food as Medicine fellowship, enjoyed a warm festive gathering at the Christmas Social, and participated actively in the Club Assembly & Elections.

The month also highlighted service through support for the Rotaract Muthaiga project aimed at providing desks for a school. RC Muthaiga celebrated the return of Rtn Evance Mundia to membership and concluded the year with the successful election of the 2026 - 2027 Board before breaking for the holiday season.

Weekly Fellowships

| | |
|---------------------------------------|---------------------------|
| 1st December | Food as Medicine |
| 6th December | End Year Christmas Social |
| 8th December | Club Assembly & Elections |
| 13th December 2025 -12th January 2026 | Christmas Holidays Break |
| 12th January 2026 | Fellowship Resumes |



*Rotaract Muthaiga School Project
Fundraising Auction at Fellowship Raised ~ KES. 17,050*



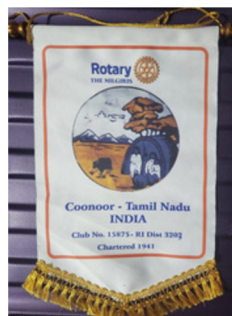
END YEAR CHRISTMAS SOCIAL



SECRET SANTA & OCT TO DEC BIRTHDAY CELEBRATIONS



FELLOWSHIP AT OTHER CLUBS/ DISTRICT FORUMS OR ELSEWHERE



Rtn Zubin at RC The Nilgiris

Rtn Maureen at RC Hague Metropolitan

Congratulations



2026-2027 Board of Directors

| NAME | TOPIC |
|-------------------|--------------------------------------------------------------|
| Mutua Mutuku | President 2026-2027 |
| Bridah Kimathi | President Elect 2026-2027 |
| Sidika Wambani | Vice President/President Nominee Designate *New Position* |
| Njoki Riguga | Immediate Past President /Club Trainer |
| Mercy Murigi | Club Secretary |
| Josephine Nyang | Club Treasurer |
| Antony Were | Club Admin |
| Willys Nyakeri | Membership Director |
| Maureen Nyachwaya | Service Projects Director |
| Tim Dagori | New Generations/ Youth Service Director |
| Rachel Dianga | The Rotary Foundation Director |
| Janet Mwachu | Public Relations Director |
| Mwari Muthaura | Family of Rotary Director |
| Rueben Kimani | Governance & Ethics Director |
| Lorna Mbatia | International Service Director |



The past months have shown the strength, unity, and commitment of our members as we continue to serve with purpose. Let us carry this spirit into the months ahead, remaining focused on meaningful fellowship, impactful projects, and growing our presence within the community.

I extend heartfelt appreciation to every member of the Rotary Club of Muthaiga for your dedication, teamwork, and spirit of service.

As we step into a new year, may we carry forward the same energy, unity, and passion for service. Let strengthen, membership, our projects, and continue nurturing the partnerships that help us make a lasting impact. The year ahead holds great promise, and together we will shape it with purpose, presence and resolve.

Happy Holidays!

President W. Njoki Riguga K.



Email us
Rotaryclubmuthaiga@gmail.com

Weekly Meetings at Jacaranda Hotel,
Fellowship with us on Mondays, 6-
8pm
#TheHottestClub