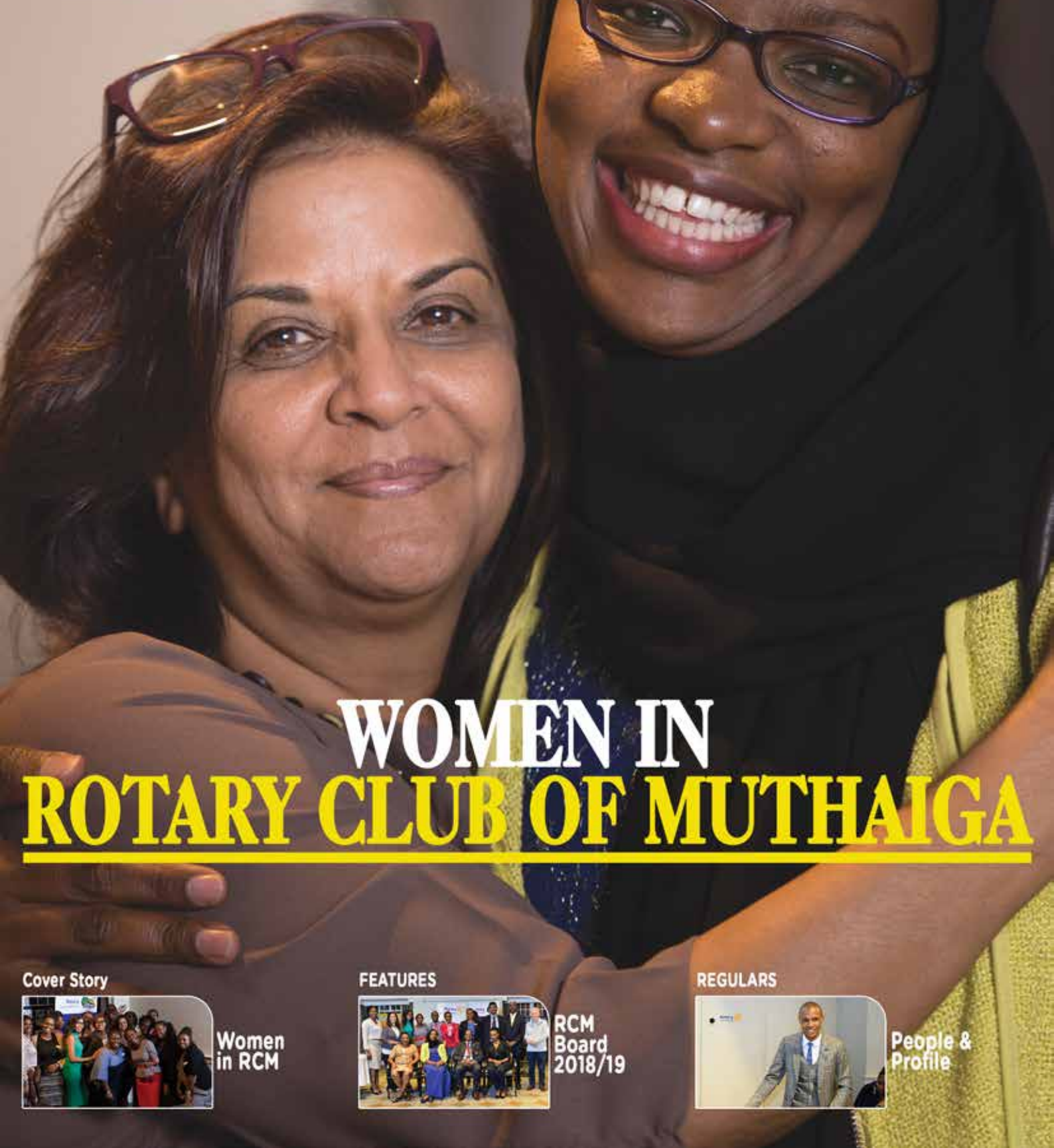


TAAPIA

Rotary Club of Muthaiga Publication



WOMEN IN ROTARY CLUB OF MUTHAIGA

Cover Story



Women in RCM

FEATURES



RCM Board 2018/19

REGULARS



People & Profile

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COVER PAGE FEATURE:
PDG Geeta Manek & PE Yassin Jimia



COVER STORY:
Women in RC Muthaiga || page. 8

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Distribution - Paul Kasimu**



THE PRESIDENT

Rtn. Kuria Waithaka



FOUR WAY TEST **KATI YA MAMBO TUNAYOFIKIRI,** **SEMA AU KUFANYA,**

1. Je, ni KWELI?
2. Je, ni HAKI kwa wanaohusika?
3. Je, itajenga NIA NJEMA na URAFIKI BORA?
4. Je, itakuwa MANUFAA kwa wote wanaohusika?







We are ready for 2018; Happy New Year from Taarifa Team!

To all of you who have made service above self your way of life, we thank you for the continued support in building our club/Rotary and for your numerous contributions to our Taarifa Newsletter. With the beginning of the new year, thoughts of fresh starts, positive life choices, and self-improvement start running through our minds: New Year's resolutions! Giving back can be very rewarding, hope it is top of your New Year's resolutions (if you subscribe to this).

Our mission for these Newsletters remains telling stories about Rotary Club of Muthaiga and of Rotary's wider bearing. Thereby keeping you all informed by producing a resource filled with moments, news, images, write-ups and events that take place throughout the weeks and that matter in our spheres.

Looking back; in this second issue of the 2017/18 Rotary year, the special report in our cover story section is on women in RCM, more about our newest members under people & profiles, details of our projects on focus for the issue, a usual round-up of related news from Rotary International, the District and from the Club, regulars under notebook or briefs that tell on notable items from various functional areas & committees. There are also Rotary moments, life & skills from our contributors, times as captured on camera as well as any activities lined up in the coming months; in addition we have spotlights or highlights of our members outside Rotary circles.

The editorial team (Mercy, Antonette, Jacqueline, Paul, Sanjiv, external members and I) looks forward to providing you with more ideas, words, images, deeper insights and new content from around us this year, for you valuable readers.

Feel free to engage with us for better Taarifa and thank you for the feedback on the first issue in September 2017.

From all of us at Taarifa, we extend our warmest wishes for a prosperous New Year.

Yours in Service,

N. Njoki Riguga Kiama, Publisher (RCM Public Relations Director 2017/18)





N. Njoki Riguga Kiama



Mercy Murigi



Sanjiv Soni



Paul Kasimu



Jacqueline Munyaka



Antonette Miday





director, politics, diplomacy
'Leaders should learn to lead from both ends! A great leader will know which is needed when and will not shy to apply themselves.' By Jane Otima

'It is about time!' by Magdalene Kariuki

'Women board members provide the softer side of things hence sanity in boards & articulation of issues' by Mary Ndiba

4. On significant barrier to female leadership

'Self-doubt - and true it is daunting to be a leader; but no one can leverage networks and support like a woman does... so go for it and surround yourself with the best people for success' by Jane Otima



'Being independent minded is challenge especially in male dominated fields e.g. engineering. Men generally do not take it kindly when a woman is strong, can say no or challenge their ideas. What I have learnt is people will take you as you present yourself. Let them know your character from the get go. Trying to change midway will be arduous. So make your values and stance known from the beginning and live up to them. Don't be too "social" in the workplace. Don't

Women in RC Muthaiga share their quick views on varied topical issues:

A) ROTARY

1. On (Rotary) meaning to you, leadership lessons, values engrained, fit as a woman, any recommendation for change

'Amazing platform to give back - time, money; opportunities to grow in various leadership roles/positions; platform to interact with amazing men & women doing amazing things' by Wendy Malinda

'Taking up responsibilities on the various tasks' by Jimia Yassin

B) LEADERSHIP

2. On leading assertively and effectively without being dominating and condescending

'Be and let be; an assertive leader knows that they are custodians of a greater responsibility; to preserve the dignity of those they lead'. By Jane Otima

'Very important virtues to have' by Magdalene Kariuki

3. On leading from the front... boards, CEO,





room and not allowing the fear of being judged or criticized affects you. There is no coincidence, and nothing happens “by accident.” Each event and adventure is called to your Self by your Self in order that you might create and experience Who You Really Are.

I quote President Mwai Kibaki, December 2002 to April 2013 “Leadership is a privilege to better the lives of others. It is not an opportunity to satisfy personal greed” By Audrey Khaleji

‘Many women shy away from finance profession especially rising to the top. However it has been proven that women finance directors perform better than men due to good planning & system orientedness’ by Mary Ndiba

‘Women are more hands on & tend to perfect their work’ by Jimia Yassin

engage in senseless personal conversations and gossip. Keep your interactions within the professional boundaries. Men easily get the wrong signals from women who are too friendly. Speak your mind.’ By Sylvia Kwamboka

5. On women and leadership in your field of profession

‘It is the fine of art combining toughness, gentleness and astuteness’ by Jane Otima

‘Success is not something you pursue; it is something you attract by the person you become. Leadership is formed in the flame of challenge and challenges are gifts that force us to search for a new centre of gravity. Do not fight them - just find a different way to stand.

Keep yourself fresh and studied so that you always remain an inspiration to others, leaders are readers whether in your field or otherwise.

Refer to people you have just met by their name. People appreciate their name being acknowledged in conversation, and it will establish a sense of trust and friendship right away!

The key to confidence is walking into a

6. On differences in how women and men lead

‘(with all respect to Women Empowerment and equality) women are naturals at nurturing... we deliver great teams!’ By Jane Otima

7. On key characteristic every female leader should have

‘Be a tranquil force’ by Jane Otima





'Humility' by Jimia Yassin

C) PLANNING AND SUCCESS

8. On branding or packaging yourself for new opportunities and success
'Be you!' by Jane Otima

'Know your strengths and weaknesses. Seek a professional in the area to assist with improving your areas of weakness.

Women tend to shy away from talking about their achievements. Believe in yourself and be bold in talking about what you have done and can do.

Network-get into different groups e.g. Rotary which give you a chance to mingle with people with diverse expertise in their field. Do not shy from following up on networking leads but be careful to keep



it purely professional.' By Sylvia Kwamboka
9. On wealth creation and management
'Go for it, spare some for the coming generations' by Jane Otima

'Start early, stand on the shoulders of the giants so you don't repeat their mistakes, learn the difference between good & bad debt' by Wendy Malinda

'Create a monthly budget and stick to it. Know how much you spend on what and always keep aside money in your savings for unforeseen circumstances.

Have a portfolio of investments - this is to



spread your risk. Do not trust the "get rich quick façade". You will have to be disciplined and consistent in saving and investing your money for it to grow.

Do not try to keep up with your friends. Everyone has their own path. Stick to yours' by Sylvia Kwamboka

10. On looking amazing as you take charge i.e. dressing to win

'Find and embrace you! Find what works for you... for your body and play with it 'by Jane Otima

'Dress as you would like to be addressed'



by Magdalene Kariuki

11. On having it all as a woman

‘Should we really ever have it all? Learn to find what truly make you tick and savour it...’ by Jane Otima

‘It will never happen! As women we must be alive to that fact’ by Magdalene Kariuki



‘It is possible to have it all but not at the same time. Prioritize every season of your life so that you can achieve your goals & also enjoy it. Be present in every moment in your life. It’s never too late to change what you are unhappy about. If it costs you your piece of mind it’s too expensive, drop it’ by Wendy Malinda

‘Yes, work-life balance’ by Jima Yassin

12. On 3 key elements of success and happiness

‘Love you; no one will do that for you! Don’t sell your soul to the devil in pursuit of success and happiness... you need your soul .Happiness/success is one side of the coin ... make peace with the other side too and relish the complete coin!’ by Jane Otima

‘Integrity, focus, determination & resilience’ by Mary Ndiba

‘Gratitude to what you already have’ by

Jimia Yassin

‘Be spiritual – have faith in a higher being. Exercise. Forgive’ by Sylvia Kwamboka

13. On 3 threats to business, success and how to handle them

‘Procrastination and fear of failure overcome by planning well & ahead then executing and being confident’ by Jimia Yassin

14. On (planning) your life and time management

‘Work, life balance’ by Jimia Yassin

15. On personal goal setting

‘SMART goals’ by Jimia Yassin

16. On (health) prioritization for women

‘Your health is critical. Eat well, exercise and sleep well. Do not stretch yourself past your limits; always know when to say no. Create time for yourself which you are not distracted, this could be when you pray, journal, or even take a walk. Stop carrying



everyone’s burdens on your shoulders. Do annual medical checks including the gyna!’ by Sylvia Kwamboka

D) WORK-LIFE BALANCE

17. On balancing work/vocation, family and Rotary



‘There is a principle called Parkinson’s Law that states ‘work expands to whatever time you give it’. So give your workday a deadline. A deadline is important for stamina and mental health. It forces you to focus and be serious about taking the break from work. It’s a break that we all need to be present with our families and give our brains the time to rest, recharge, and reset that they require.’ By Audrey Khaleji

E) MENTORSHIP, ROLE MODEL & GENERAL ADVICE

18. On key advice to younger women
‘Mentorship is key & brings a sense of continuity & growth’ by Magdalene Kariuki

19. On what women could do better to advance their careers
‘Women should be more assertive, decisive & daring!’ by Magdalene Kariuki

20. On (Innovation or Entrepreneurship) most important discovery or business ever made
‘Women should be open to taking risks’ by Magdalene Kariuki

F) GIVING BACK & IMPACT

21. On giving back
‘Give and it shall come back to you...’ by Jane Otima
‘The more you help enough people get what they want, the more it comes back to you, automatically. Give back a percentage, before splurging on anything, whether it is

\$100,000, \$1,000, \$100, \$10, \$1 or 10 cents, then watch what happens in your life. Remember, giving back does not have to be financial. It can be giving of your time, your advice, your presence.’ By Audrey Khaleji
‘It comes more naturally to women because of their maternal /nurturing nature’ by Magdalene Kariuki

G) CHALLENGES

22. On biggest challenge for the generation of women behind you
‘Lack of adequate mentors. Uninspiring leadership’ by Magdalene Kariuki





Men behind the women in RCM'



WOMEN IN ROTARY CLUB OF MUTHAIGA

Amimo, Uduak	Journalism/Media Relations
Asike, Jackie	Management Trainer
Bomett, Sandra	Stock Broker
Gituma, Rosemary	Financial Management
Kantaria, Rakhee	Architecture
Kariuki Magdalene	Legal
Kathurima, Lucy	Sales
Khaleji, Audrey	Humanitarian Affairs
Kibue, Anita Njoki	Banking
Kiraithe, Agnes	Child Care Services
Maithori, Carole	Banker
Malinda, Wendy	IT Services
Manek, Geeta K.	Retail
Mbatia, Lorna	Legal
Midday, Antonette	Journalism
Moraa, Sylvia	Graphic Design & Print Consultancy
Munene Aurelia	Health Services
Mungai Joan	Education
Munyaka, Jacqueline	Legal
Murigi Mercy W.	Business Systems
Ndiba Mary	Financial Services
Njeri, Victoria Mary	Analytics
Ogondi Sylvia Kwamboka	Project Management
Otima Jane	Financial Advisory
Raja, Sonia	Management Consultancy
Riguga, Njoki Kiama Nancy	Finance/Strategy
Yassin, Jimia	Forex Dealing
Loise Mukira	Finance



FAS **ORWARD** to Presidency - PE Jimia Yassin

Hearty congratulation to the new elected team 2018-2019....We still have close to 7 months to go before we begin to serve as leaders of our great Rotary club. In the meantime, I urge you to reach out to the members of the club and from the great leaders that we are lucky to have within our midst. Learn from them, start with what you know and build from the rotary knowledge you already have. To borrow from Lao Tzu, "The best leaders when the job is done, when the task is accomplished, the people will say, we have done it ourselves". It has been an amazing half year under the great leadership of President Kuria, which

am sure all of you will agree with me. He has engaged us in one activity or another as we live out Rotary in our day to day lives. Am looking forward to many more exciting meetings and activities planned. Wishing you all fantastic holidays ahead. Merry Christmas and an Amazing New Year!!!!



PE Jimia Yassin



A portrait of Perminus Wainaina, a man with short dark hair, wearing a dark suit jacket, a light blue checkered shirt, and a red and white striped tie. He is looking slightly to the left of the camera with a neutral expression. The background is blurred, showing other people in a social setting.

Official Name: Perminus Wainaina

Nick Name: Recently, none that I know of...but in high school they used to call me Mr. Ndovu - from the Amezidi Set book. If you completed high school in 1998 (yes, I am that old!) then you know what I mean.

Profession: Human Resource - Specializing in recruitment and training.

Mantra/favorite quote: Competition is for losers. Always find out what makes you unique.

Best pass-time/social activity/hobby: Watching birds fly.....but on a serious note I enjoy exercising outdoors, a good book and I am a foodie.

Best Rotary moment so far: The day

I was inducted on my son's birthday. Double joy especially when everyone sang happy birthday.

20 second pitch to get a non-Rotarian interested in getting involved with Rotary: Rotary affords you a great opportunity to give back to the community while you meet some awesome people and learn new things. There's no better way to spend your Monday evening and free time.

One crazy/fun fact about yourself: I can't stand football.....I am lactose intolerance....English is not my first language When I find a song I like, I will listen to it repeatedly for quite some time



Official Name: Waihiga K. Muturi

Nick Name: Higgz.

Profession: Serial Social Entrepreneur

Mantra/favorite quote: Evil prevails when good men do nothing ~*Edmund Burke*~

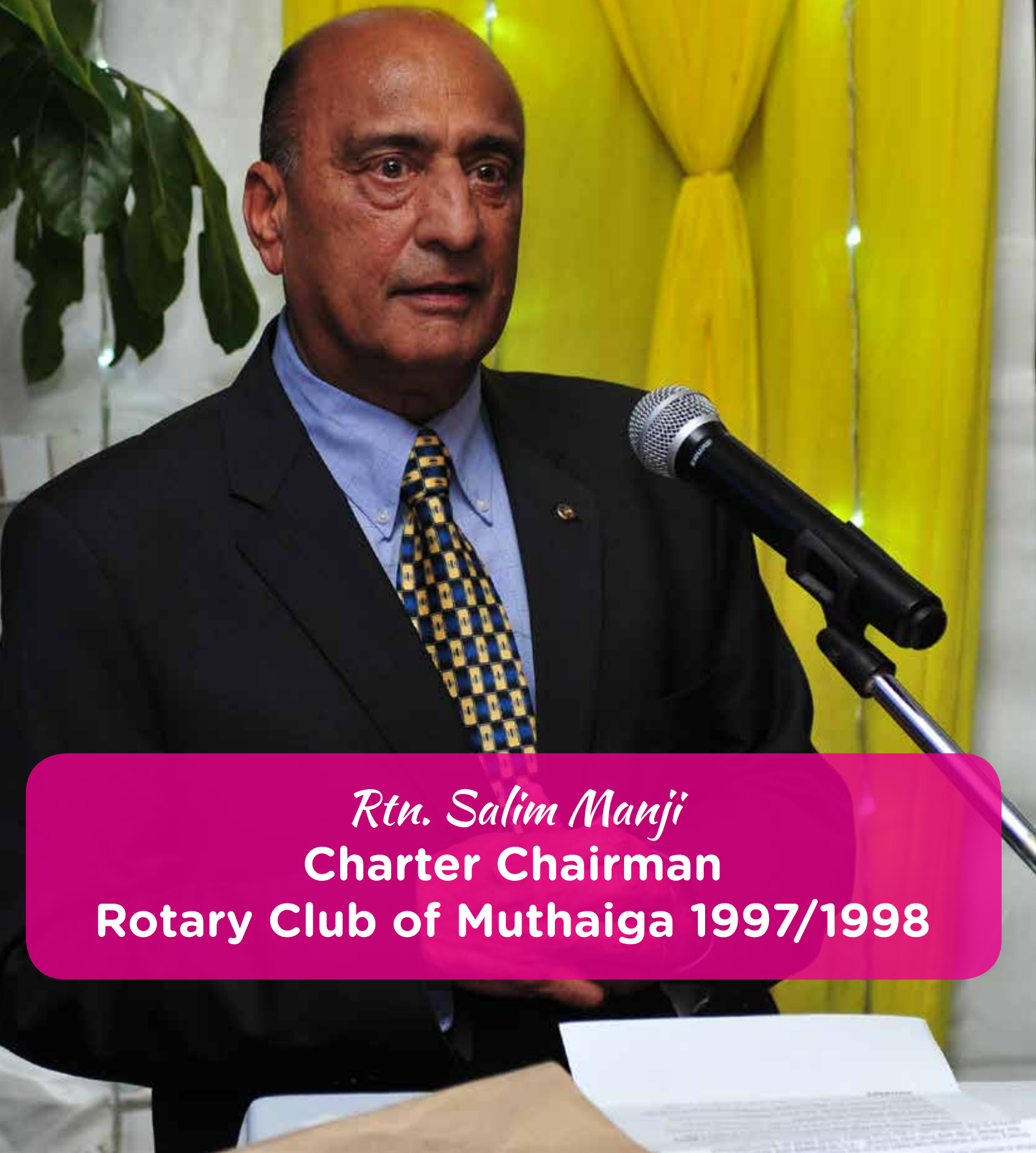
Best pass-time/social activity/hobby: Biking.

Best Rotary moment so far: Inducting

intro meeting with Rtn Manek

20 second pitch to get a non-Rotarian interested in getting involved with Rotary: A good deed a day keeps the trouble away. If you want to do good, then Rotary is the place to be!!

One crazy/fun fact about yourself: Crazy & fun are quite the overrated adjectives



Rtn. Salim Manji
Charter Chairman
Rotary Club of Muthaiga 1997/1998



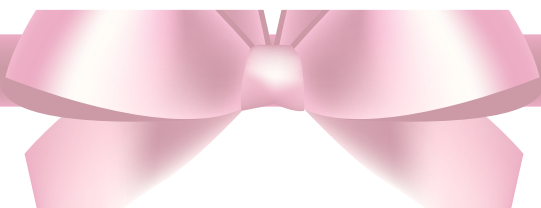
Rtn. Peter Hurst
Past President
Rotary Club of Muthaiga 1999/2000



Rtn. Patrick Obath
Past President



PHF Loise Mukira





Jane Otima 'I give because I believe in being the change I want... and that nature conspires to fill emptiness... and so if I empty, I make space for more, for renewal, for filling, so why not keep emptying and being renewed? Keeps me looking and feeling younger...!'



PROPOSED ROTARY FOR PEACE – A PEACE INITIATIVE OF THE ROTARY CLUB OF MUTHAIGA

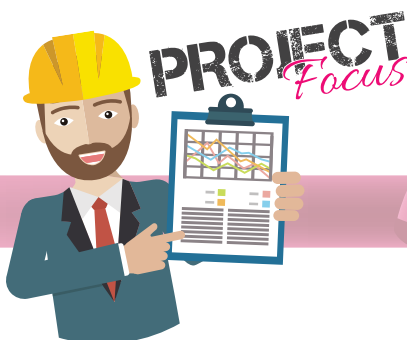
One of the six areas of focus of The Rotary Foundation is Peace and Conflict Prevention/Resolution. Yet, in spite of the rather impressive number of social and developmental projects undertaken and funded by the Rotary family in Kenya, measures in which the Rotary Club of Muthaiga (RCM) has a leading role, hardly any project addresses the myriad of small and large conflicts that the people of this beautiful country have to endure. Many of these conflicts go back to times beyond memory, or are even considered to be part of the country's homegrown "culture", like cattle rustling or invading neighborhoods for forced marriages. In some cases these usually criminal malpractices seem to have replaced the previous examples of young men entering the adulthood part of their lives, like fights with lions as an entry test into manhood. What traditionally was a veritable show of strength and courage has turned, unfortunately, often into criminal acts.

Of course: the Kenyan authorities recognize these conflicts also as serious obstacles to socio-economic development. And in many cases serious attempts are being made to solve the conflicts through negotiations and parleys. However, it seems that in many cases such "mediation" is done between the political sections of the population, between parliamentarians or members of other institutions representing various levels

of national, regional and local governments, leaving out the very segment of the population committing such unlawful acts. However, our observations show that often the folks on the ground, the communities perpetrating the crimes or transgressions leading to the conflicts, are not at all or only marginally involved in the search for peace. Hence, even if their "leaders" make peace, it does not really affect the reality on the ground. Peace-making must be done with and by the perpetrators, not through their political representatives.

One of such conflicts is the struggle of four tribes in Marsabit, by size largest county in the country: the Borana, the Gabbara, the Rendile, and Burji. The first three are pastoralists with a more nomadic culture, while the Burji are agronomists "imported" from Ethiopia in the early years of the last century by the then British masters. There were serious attempts to end these conflicts, even involving the head-of-state, the president; but it seems that this had no real effect on the people concerned, who were not involved in the negotiations. The mutual killing and transgressions continue.

The Rotary Club of Muthaiga is presently pursuing a peace initiative addressing these conflicts in Marsabit. Our local partner is the internationally renowned non-governmental organization, the Horn of Africa Development Initiative (HODI), which is strongly supported by several international governments, including the Federal Foreign Office of the Federal Government of Germany. HODI has, for instance, received the Stuttgart Peace Price 2011, Stuttgart being the capital of the southwestern state of federal Germany. HODI has a multitude of socio-economic activities with the four tribes in question and, most importantly, it has the confidence of these local communities.



RCM will be trying to tackle the issue in a three-phase approach. For each of the seven envisaged one-week symposia, which will take place outside the customary area of habitation of the involved communities, for instance in one of the conference centers in Naivasha or Nakuru, the communities will elect and delegate to these meetings some 16 representatives for the first phase and 8 representatives each for the second and third phase of the project. These delegates will, however, get after each session the opportunity to brief their fellow tribesmen and women about the contents and possible results of the dialogue meeting. This will guarantee that at the end the whole community will be on board supporting the solu-

overall organization will be in the hands of the representative of the RCM in close association with HODI. But in view of the high sensitivity of the subject and the rather delicate topic to mediate between four often mutually hostile communes in order to helping them to come to some common understanding and to positive solutions of their conflicts, the project will engage one or two internationally renowned and distinguished experts who have proven experience in such complex and delicate undertakings. There will be translation facilities to enable the communications between the participants and the international organizers and specialists.

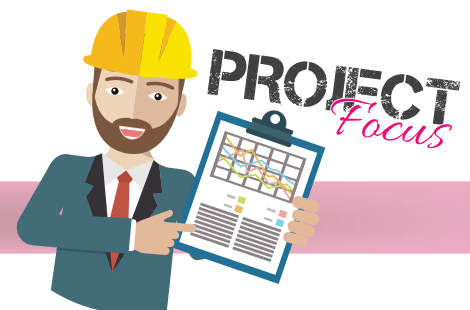
As already indicated above, the project will pur-



tions found for an amicable settlement of the conflicts and the required methods and processes to avoid further conflicts in the future.

It is foreseen that these activities will be undertaken on behalf of the Rotary Club of Muthaiga in partnership with HODI, and the two institutions will share the duty of chairing the meeting. The

sue a three-phased approach. The first phase will bring together 16 representatives of each community in four separate meetings, which will be organized consecutively. During these meetings the participants of each tribe will be asked to define their group's expectations, hopes, dreams but also their fears and reciprocal suspicions. Many of the conflicts have no



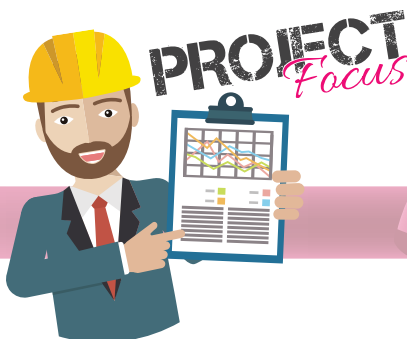
reasonable and judicious basis. It is therefore important for the success of the mediation to know and understand on what basis each group approaches its version of conflict management. Bringing the elements and results of these four one-week sessions together, will be an important starting line for the conciliation process. The second phase, which will comprise three one-week symposia, will attempt to elevate the dialogue between the four communities to a level of mutual trust and confidence, a basis on which the mediation can later build. Consequently, it is not expected to discuss during this second phase the details of the conflicts that ravage between the communes, but rather allow all four groups to discuss together subjects of common interest, which are basically unrelated to the disagreements. One of such conflict-neutral topics is development: all groups are thirsty for social and economic progress for their respective community and specifically their children and posterity.

As a basis of these discussions, the project will engage two national economists who will establish a brief development report outlining the economic potentials for progress once peace and harmony prevail. The objective of this second phase is for the participants to show to each other that, even while basic differences still reign between the communities, each participant and hence each group can be trusted to pursue similar objectives as far as the shared outlook is concerned. This understanding that nobody deliberately intends to harm the others, but that all are conceived having the same wish to find honest and truthful solution to the conflicts that wreaks havoc to their communities and their peaceful cohabitation, is the basis for trust and confidence between the participants, and in extension between the four communities. Trust and confidence between

the concerned societies will then be the basis to address the root causes of the conflict.

Once this is achieved the representatives of the four concerned communities should be ripe to face the third phase of the project: the analysis of the actual situation on the ground and the circumstances that lead to the killings and the various encroachments on each other's property. It is expected and hoped for that the knowledge of the groups' often unconscious fears and suspicions combined with the confidence and assurance that each participant can be trusted to seek and desire only the best for all concerned communities, will establish an atmosphere and ambiance among the participants that will be allowing them to address and resolve "without hate and zealousness" the true reasons behind the disastrous consequences of the disagreements. The knowledge of the root causes of conflict is the key element for its transformation towards peace. It is during this third phase that the experts chosen will have to prove their capacities and capabilities of conflict management and transformation.

During the dialogue meetings no representative of the government at any level, national, regional or local, will be permitted to participate in or observe the sessions. It is important that the participant will not be distracted by political considerations from dialoguing between them without any outside interference, actual or presumed. However, the government will be briefed in full before the first symposium can be held and its agreement will be sought for the total project. In addition, the representatives of the Rotary Club of Muthaiga and of HODI will brief the national and regional governments after each meeting on the subjects of the discussions and the projected way forward. Also, in order to guarantee as



much as possible the integrity of the project and the dialogue between the participants, no briefing of or announcement to the press will take place and no representative of the media will be allowed into the premises. After each symposium the participants will decide the manner in which the public would be informed or whether no announcement would be forthcoming until the end of the process.

Assuming a hiatus between the symposia of 2-3 weeks and some 4-6 weeks between the phases, the overall duration of the project should be some 40 weeks or, rounded up, some 6 months. It is very important not to lose the dynamics and the interdependent relationships between the various symposia and its dialogues on the one hand and between the three phases of the project on the other hand. Any unnecessary or preventable extension of these interspaces between the elements of the project could lead to a failure of the project and may need to repeat certain steps, which would only lead to financial losses and the damage of the transparency, credibility and trustworthiness of the applied methodology. The financing this project causes still some complications. A first estimation of the costs involved indicates the need for some US\$ 600,000, an amount that could increase when all details are considered.

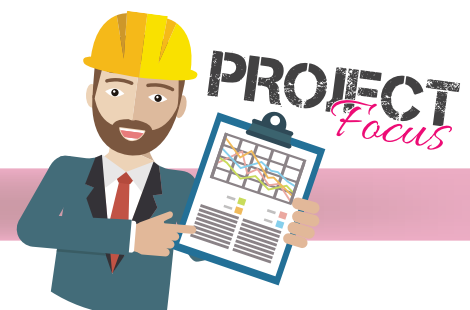
The Rotary Foundation's global fund will not be able to disburse such an amount in only one payout. Consequently it was proposed to separate the three phases of the project into three interrelated, yet practically distinct projects. From an organizational point of view this could be done. However, as detailed above, the interval between the phases must not be overstretched. Hence, unless it is guaranteed that the next phase or sub-project can start

within the coming 4 to 6 weeks, it would be unrealistic to even schedule the first phase of the overall scheme. Consequently, while still pursuing the financial possibilities the Global Fund of The Rotary Foundation will be able to offer, the Rotary Club of Muthaiga is primarily seeking a donor who would be willing to provide the totality of the required funds straightforward and upfront. Needless to say, that the project would be adjusted in accordance to the requirements of the potential donor.

Finally, it is the considered hope of the Rotary Club of Muthaiga to be able to develop through this project a model of conflict management and transformation that could later be applied also to other conflicts in the country that cause so much damage to the reputation of Kenya and the welfare of its people. We hope that this Rotary Peace Initiative will become a prototype to bring peace to Kenya's countryside.

Nairobi, 15 November 2017

Dr. Christoph Jaeger
Member of the Rotary Club of Muthaiga



Project Name:

Thomas Barnardo Home Support

Location

Nairobi

Project Duration & Scope:

1. Rotarians and guests purchase bread from the Thomas Barnardo Children's home Bakery;
2. This happens every week for the last 8 years
3. Sponsorship through Secondary school for Purity Njoki (2017) in Form 4 at Ndumberi Girls

Project Partners

- Southern Sun Mayfair Hotel for allowing the sale of bread within their premises

Project Lead & Team Members

1. Agnes Kiraithe

Rotary International Focus Area

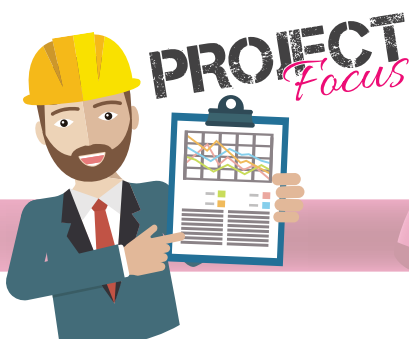
1. Economic Empowerment
2. Education and Literacy

Project Summary

Barnardos children home is home to over 200 orphaned, destitute and abandoned children. Over and above that, the home supports a further 300 children on an outreach basis. Providing for every aspect of such children's needs is no mean feat. As a way to reduce reliance on donations, the home started some income generating projects which could be natured to contribute towards the running of the home. The projects are also training grounds for the older children. One such project is the bakery which is referred to as Kelvin loaf to mark the donor who gave the first baking equipment namely :- Kelvin side Academy - Glasgow Scotland. RC Muthaiga members visited the home 7 years ago and were keen to support this project through ensuring that members choose this bread for their weekly family purchases. They accepted to Monday meeting, the bread purchasing day. One Rotarian who worked at Barnardos would bring the bread, for sale at every meeting, to members and guests. This weekly process has now been going on for seven years. The bakery has grown and diversified into cakes, doughnuts, buns etc. Four years ago, one of the girls, Purity Njoki was appointed beneficiary of the RCM Secondary school sponsorship project.

Amount Funded/ Expended

Weekly Bread and bread products amounting to Khs 2,800 weekly	
For 45 meetings in the year Kshs 126,000 per year for 7 years	882,000
Scholarship support for Purity over 4 years	250,000



Key Achievements

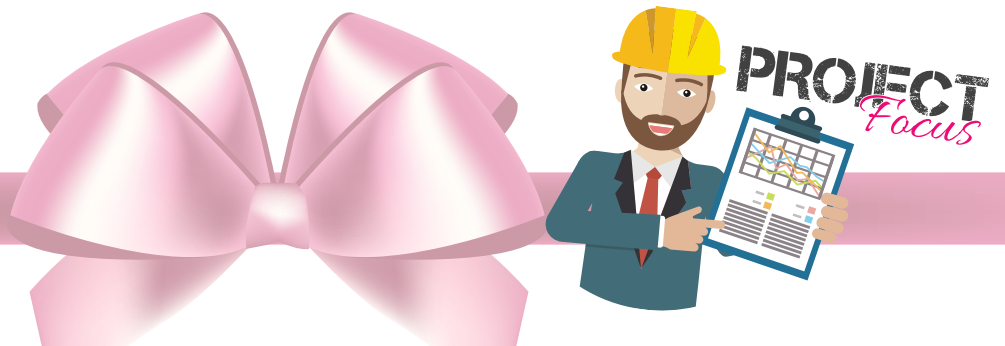
- Contributing to the continued sustenance of the bakery project in support of children
- Watching the diversifications of the bakery
- The growth of Purity into an all round girl very independent despite having ben brought up in a children's home.

Actions Moving Forward/ Schedule

- Continue the purchase
- Recommend such to other clubs

Funding/ Financial Support Moving Forward

- Consideration for support of other children in sponsorship in the next group.
-





Board
2018/19



Yassin, Jimia
President 2018/19



Kuria Waithaka
Immediate Past President



Riguga, Njoki Kiama N.
Treasurer



Mbatia, Lorna
The Rotary Foundation &
Fundraising Director



Bomett, Sandra
Service Projects Director



Innocent Ndemo
Club Administration
Director





Middy, Antonette
Public Relations Director



Munyaka, Jacqueline
Secretary



Kasimu, Paul
President Elect 2019/2020



Hurst, Peter A. G.
Membership Director



Wasonga, Jaq
Youth Service Director



Inspiration
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EVERY CORNER

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RCONVENTION.ORG



ROTARY CONVENTION
23-27 JUNE 2018
TORONTO, ONTARIO, CANADA

Restrooms

BUSINESS EVENTS
TORONTO

"Guess Who?"



Ok. Check the O's?
What Do You See?



<http://www.riconvention.org/en/toronto/register>

#RCMOnToronto

FROM ATLANTANS



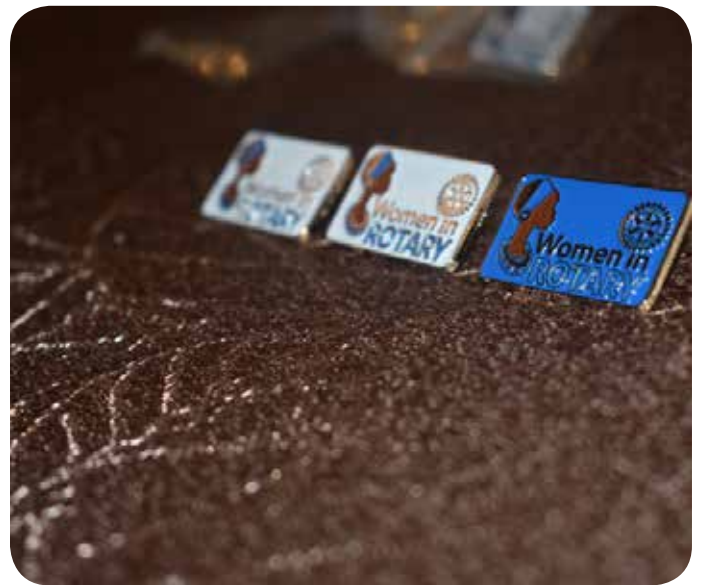
RCM marked World Polio Day



From The TRF Dinner...



Women in Rotary Dinner...



Buddy -Buddies! By Jacqueline Munyaka..

RCM is of course the coolest club in all of East and Central Africa. The Buddy Buddy system is one of the things that earn us that title. We treasure friendship and we have found a creative way of interacting outside normal club meetings.

The club members are teamed into groups of seven to ten members who then become a Buddy Group. Currently the club has 7 groups. The aim of this set up is to improve club attendance and to provide an opportunity to members to have quality fellowships.

One of the major priorities of the Buddy Groups is to visit other clubs, and all members of those groups are requested to attend and make a short presentation at the club they visit. This attendance goes into the member's attendance at RCM and is counted as a 'Make-Up'.

Buddy Groups at RCM are rather vibrant, and some of the activities they have engaged in include Koroga sessions, sporting events, Nyama choma and club visits. At this rate, we think RCM will also be the 'Funnest' club soon.



ARE WE ON THE RIGHT TRACK THE POWER OF MONITORING AND EVALUATION IN PROJECT IMPLEMENTATION

As Rotary works to serve humanity, a majority of its work is project based - by implementing projects geared towards meeting identified needs within target communities. Projects credited to Rotary are nothing short of impressive; from polio eradication, water and sanitation, projects promoting education among others - all falling within the focus areas of the club. The question that needs to dominate the minds of Rotarians as they handle different projects is whether the project results lead to improved quality of life and positive change to the target beneficiaries - Are we being impactful?

To that end, monitoring and evaluation practices have to be a cog in the project plan and eventually in execution and reporting. . So what is M&E? Simply defined, it is the process of ensuring that there is expected progress towards set objectives. The process informs on adjustments to be made if there is deviation. From a technical project perspective, monitoring is the continuous /ongoing tracking of the project progress while evaluation is periodic tracking of progress done during the life cycle of the project. (Periodic - mid-term, at the closing-stage, or on demand from a stakeholder). Since at the point of proposing a project, there are objectives that are intended to be met, then these objectives and the goal need to be used as a guiding stick to guarantee that all the resources being used and the activities being undertaken are focused towards the desired end.

The work of tracking progress can however not be left to the project team and more specifically to the M&E experts, everyone affected by the outcome of the project has to be involved; with the community beneficiaries being most vital. Communities have to be significantly integrated in the process of grading the success of the work being done - after all, the work is being done for them and they will have to live with the after-effects of the project whether good

or bad. Target communities understand their situation best, have clarity on their priorities and understand their environment (not only geographical but also social, traditions, beliefs, religion and so on). With the right tools and methods, communities will provide all the information you need to be able to determine if the projects that have been initiated are changing the lives of those communities and to the desired magnitude. In all this, start and keep the end in mind as Stephen Covey would advise. As Rotarians, we should therefore be ready to be graded and be brave enough to make adjustments if the results so demand it.

Success is not a straight line, so if success to a Rotarian is to change lives and serve others, then we must work at it!

Article by:

Mercy Murigi

Social Services - Project Management, M&E, Ma. IR, Msc.IT



OVER 100 YEARS OF DOING GOOD IN THE WORLD: THE ROTARY FOUNDATION

By Jacqueline Munyaka/Sonia Raja

The Rotary Foundation could be called the gift that keeps on giving. For over 100 years, The Rotary Foundation has supported Rotarians' work to find sustainable solutions to their communities' most pressing needs. The funds collected under TRF are transformed to even bigger amounts and are returned to the clubs at their bidding. The seed of The Rotary Foundation in 1917 by the then Rotary President Arch Klumph. He came up with a concept for an endowment fund dedicated to doing good in the world. Thanks to his vision and staunch advocacy, and the extraordinary generosity of Rotary members worldwide, that fund has become one of the world's leading humanitarian foundations.

Rotary Clubs around the world use the TRF funds to carry out sustainable service projects that support our six causes of Rotary International. These causes are: Promoting Peace, providing clean water, saving mothers and children, supporting education, growing local economies and fighting disease.

TRF is well respected worldwide, and in the recent past, TRF was honoured by the Association of Fundraising Professionals as world's Outstanding Foundation.

RCM is a recipient of Foundation money for projects that fall under our ambit either directly or in joint projects. These include the Nderi Village project, which is now on the second phase. RCM has undertaken to support the Rotary Foundation through the various avenues:

1. We pledged that 7 of us would be Paul

Harris Fellows this year. Currently we have six members who took up the DG's pledge to support by paying 50% and have paid. There are two others who have pledged to pay the full US 1000 towards PHF.

2. To be a 100% EREY Club. If each of us contributed the US\$ 100 towards this (and we exclude the 7 PHFs) say 65 of us, then we could easily raise another US\$ 6500!! We already sent \$100*10 pax in December.

3. We also undertook to make US\$ 536 towards polio plus.

4. We have a target of getting \$30 p.p for just giving.

We encourage you to keep giving. Your donation also trains future peacemakers, supports clean water, and strengthens local economies among other noble causes.





“RC Muthaiga with Interact Club of ISK at Sarit Centre on Premier of Justice League Movie Premier to support Interact Projects”





“Rotaractors of Muthaiga (sponsored by RC Muthaiga) at Rotary Youth Leadership Awards in Nanyuki”



CHOICERA – CHOICERROR

By Rotaractor E. King'ori

Choices! Choices! Choices! We're surrounded by choices, career choices, lifestyle choices, health choices, education choices and recently intimacy choices. Gone are the days when we were limited to traditional ways set by our fore fathers. Man now set he's own fate and forges his own path. Of course these choices are limited to us Africans as our societies are still bound to tradition. We are however taking strides to catch up with the western countries and present our future generations with the same choices available to those in the western countries.

Let's divulge into the latest stew that's got every mouth gapping with excitement, wonder and even disgust. The birth of Samantha has widened man's choices of intimacy. This adds to the Polygamy, Monogamy, LGBTQ community lifestyle choices already present. In case you didn't know, Samantha is a very realistic female robot "companion" that responds to conversations and touch. She's become a topic of discussion across the globe and in Kenya.

It's a topic worth discussing and exploring. It has been considered inappropriate and lustful by some while others like its creator engineer say that people are already falling in love with the android. Have you already had this debate? What are your thoughts? I'm curious, maybe spark the discussion with your peers and colleagues and share your thoughts. It's for sure a great ice breaker and conversation starter.

Back to the limitless choices present in this era how do you ensure you don't make an error in choice. What are the guidelines or

procedures of selecting the most advantageous choice? As a parent, how do you ensure that you are making the best choice for your children or that they will make good choices once they're on their own? As a millennial, how do you go about this? Sadly Wikipedia does not provide us with a cheat sheet of "how to choose". You've heard the saying that "human is to error" and that we learn from our mistakes but again we know that some of these errors are irrevocable hence the Swahili saying "maji yakimwagika hayazoleki". It's a brain scratcher, happy scratching.



WHAT WILL YOU DO IN CASE OF AN EMERGENCY IN KENYA?

By Dr. Benjamin Wachira (Emergency Medicine Kenya Foundation)

In medical terms, the golden hour refers to a time period lasting for one hour, or less, following an acute illness or injury, during which there is the highest likelihood that prompt medical treatment will prevent death and save your life. This being the case, how quickly can you access emergency medical care in Kenya, let's see.

At the moment, there is neither public ambulance system nor a single universal number to call to access an ambulance. In fact, Nairobi has more than 50 different numbers available for the different private ambulance services. Even more interesting, the government does not recognise Emergency Medical Technicians (EMTs) as healthcare providers. These are clinicians, trained specifically to respond quickly to emergency situations and work in ambulances and sometimes in emergency departments. Due to lack of recognition, the field remains unregulated meaning even when you get an ambulance, you cannot be guaranteed that the person in the ambulance has received any specific training to save your life.

A recent debate in parliament was looking at creating service lanes for emergency vehicles which is potentially a move in the right direction. But until then, the ambulance response times remain greatly hindered due to the traffic jam situation especially within the major cities and towns and you'll be lucky to get an ambulance within 15 minutes leave alone an hour. If you are in an accident for example, 15 minutes of uncontrolled bleeding is potentially fatal. If someone is choking or has collapsed and is not breathing, with no intervention, the brain starts to die within 4 minutes.

If you are lucky to be able to afford an ambulance ride, get an ambulance, and weave through traffic in record time, then the next challenge will be where to go. Due to lack of universal emergency healthcare in Kenya, where you go begins to be a function of where you can af-

ford versus who can help you. Our legislation is very clear. No one may be denied emergency medical treatment. What is not clear is where you will receive this emergency medical treatment. Not every healthcare facility can provide emergency care. A recent study in Kenya found that only 59% of private hospitals and 40% of private health had accident and emergency departments. Thus, even when you have access to the best medical cover available in Kenya, accessing an emergency department within the golden hour may not be so easy.

Emergency Medicine which is a medical speciality like Paediatrics, Surgery etc. is not taught in Kenyan medical schools. Because of this, many healthcare providers are unsure of how to handle emergencies because it was not part of their training as it is not in many curriculums currently used to train healthcare providers. Many of the postgraduate programs that have recently been started have not built the capacity to guarantee you will access a trained emergency care provider in the event of an emergency. In fact, most so-called emergency departments are manned by healthcare providers with minimal or no special training on how to handle emergencies.

The impact of all the above can easily be tracked to our dismal survival figures across board in comparison to countries with established emergency care systems. According to the latest WHO data published in 2015 life expectancy in Kenya is: Male 61.1, female 65.8 and total life expectancy is 63.4 years. This ranks us at 149 out of 193 countries meaning less than 50 other countries in the world have much lower life expectancies than Kenya.



For Polio, For Peace Football Tournament with RC Nairobi



Pictorials...





Pictorials...





Pictorials...





Pictorials...





Pictorials...

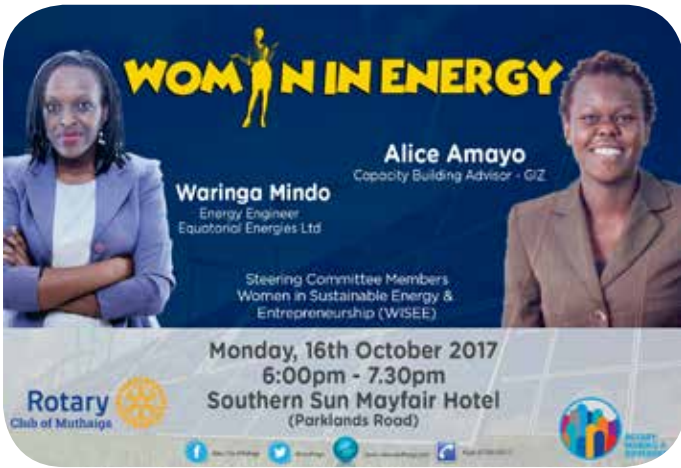




Pictorials...







WOMEN IN ENERGY

Waringa Mindo
Energy Engineer
Equatorial Energies Ltd

Alice Amayo
Capacity Building Advisor - GIZ

Steering Committee Members
Women in Sustainable Energy & Entrepreneurship (WISEE)

Monday, 16th October 2017
6:00pm - 7.30pm
Southern Sun Mayfair Hotel
(Parklands Road)

Rotary Club of Muthaiga

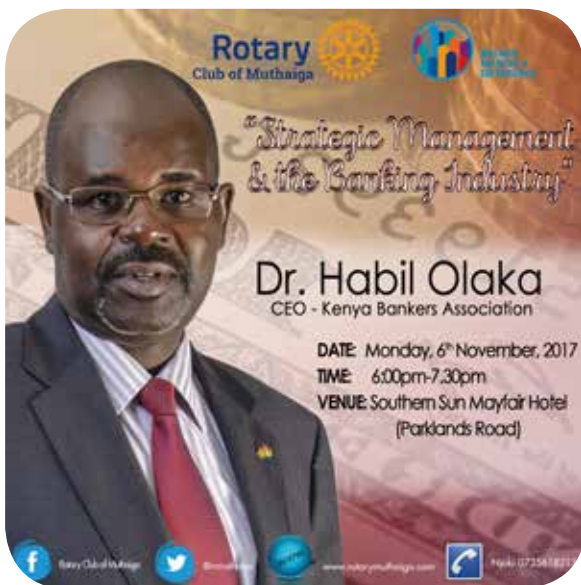


"PUBLIC RELATIONS, COMMUNICATION & SOCIAL MEDIA"

SPEAKERS:
Rtn. Waihiga Muturi & Rtn. Josiah Otupa

Monday, 30th October 2017
6:00pm - 7:30pm
Southern Sun Mayfair Hotel
(Parklands Rd)

Rotary Club of Muthaiga



Rotary Club of Muthaiga

"Strategic Management & the Banking Industry"

Dr. Habil Olaka
CEO - Kenya Bankers Association

DATE: Monday, 6th November, 2017
TIME: 6:00pm-7:30pm
VENUE: Southern Sun Mayfair Hotel
(Parklands Road)

Rotary Club of Muthaiga



Rotary Club of Muthaiga

Xmas KARAOKE

SECRET SANTA MIN 500

Monday, 18th December 2017
6:00pm - 9:00pm
Southern Sun Mayfair Hotel
(Parklands Rd)

Dresscode: A Christmas Decoration
Food (bittings & cake), Drinks (cash bar)



Rotary Club of Muthaiga

We wish you a **HAPPY** Festive Season



Rotary Club of Muthaiga

Happy New Year 2018

Here's to a great year of making a difference to humanity



Rotary
Club of Muthaiga


"Understanding Disease Prevention & Wellness Initiatives"

Rtn. Dr. Meshack Ndirangu
Country Director
Amref Health Africa in Kenya

Monday, 11th December 2017
6:00pm - 7:30pm
Southern Sun Mayfair Hotel
(Parklands Road)



INDUCTION Rotary Club of Muthaiga



Monday, 9th October 2017
Southern Sun Mayfair Hotel
(Parklands Road)
8:30 pm to 7:30 pm

Rotary Club of Muthaiga

CLUB Assembly
MEMBERS ONLY

DATE: Monday, 27th October 2017
TIME: 6:30PM to 8:00PM
VENUE: Southern Sun Mayfair Hotel
(Parklands Road)

ENDPOLIO NOW

Rotary Club of Muthaiga

Know Your Wine

Victoria Mbu-Munyeki
Sommelier, Wine Director - ETHNOVINO

Monday, 20th November 2017
6:00pm - 7:30pm
Southern Sun Mayfair Hotel
(Parklands Rd)



Rotary Club of Muthaiga

Trees: Keep Kenya Breathing

Dr. William Oweke Ojwang
Senior Program Manager,
Africa Rift Lakes Program
Freshwater Lead Expert, WWF Kenya

Monday, 27th November 2017
Southern Sun Mayfair Hotel
(Parklands Rd)
6:00pm - 7:30pm



Rotary Club of Muthaiga

CLUB ELECTIONS
MEMBERS ONLY



Monday, 4th December 2017
6:30pm - 7:45pm
Southern Sun Mayfair Hotel
(Parklands Rd)

Rotary Club of Muthaiga

Jason Rosario Braganza
Deputy Executive Director
Tax Justice Network Africa

"Where are my Taxes?"

Monday, 2nd October 2017
6:00pm - 7:30pm
Southern Sun Mayfair Hotel
(Parklands Rd)




All you need to know about

THE ROTARY FOUNDATION

Rtn. Sonia Raja **Rtn. Lorna Mbatia**

Monday, 13th November 2017
6:00pm - 7:30pm
Southern Sun Mayfair Hotel
(Parklands Rd)




“

Midday, Antonette
Murigi Mercy W.
Kiraithe, Agnes

10-Oct
21-Oct
24-Oct

”

”

Malinda, Wendy
Kibue, Anita Nj
Munyaka, Jacqu
Yassin, Jimia
Mundia, Evance
Otima Jane





Wangui Marie	03-Nov
Maina, Stanley	05-Nov
Ndemo, Innocent	16-Nov
Oguna, Benard Ogutu	19-Nov



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05-Dec
07-Dec
16-Dec
21-Dec
30-Dec
31-Dec



On The Spotlight...



Baby Visit at Rtn. Wendy Malinda's house



2018

CALENDAR

VOCATIONAL SERVICE MONTH*

01 | JANUARY
2018

PEACE & CONFLICT RESOLUTION MONTH

02 | FEBRUARY
2018

WATER & SANITATION MONTH

03 | MARCH
2018



@rotarymuthaiga



ROTARY CLUB OF MUTHAIGA



#High
#InS

rotaryclubmuthaiga@gmail.com



Rotary Club of Muthaiga mee
Southern Sun Mayfair (P



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High Impact
Service



[@RCMUTHAIGA](https://twitter.com/RCMUTHAIGA)



com

ets every Monday, 6.00pm at
(Parklands Road) Nairobi

Rotary
Club of Muthaiga



**ROTARY:
MAKING A
DIFFERENCE**