35th Anniversary Issue

Inside:
- Alumni Dinner
- Poland Meets Kenya
- Saving Mount Kenya
- Quarter 1 Review

2011/2012 Best Rotaract Club in Kenya; Best Finance Reporting; Best Community Service Project; 3 times the Best Rotaract Club in RI District 9200
A GIRL WITHOUT SANITARYWEAR
Misses 5 days a month of school 45 days of 9 months of a school year
360 days of 8 school years between the time her menses commence to the time
she completes her tertiary education!
This equals 1.33 years of school missed!

1500 GIRLS WITHOUT SANITARYWARE
Miss 7500 days in a month
62,500 days of a 9 month school year
540,000 days of 8 years of school between the time their menses commence to the time
they complete their tertiary education.
This equals to 2000 years of academic hours lost!

The little we can do will go a long way!

Form a team of 10 or more and support 10 girls or more with just Kshs. 500/= per girl per year and raise more to get a chance to be the first to take a photo-
graph with the London 2012 Paralympics Torch.

REGISTRATION AND PAYMENTS
Teams can register through email: president.rcnc@gmail.com
Or by text message to: Irinah Wandera, +254 723 582 492

Payments can be made in cash on 23rd October at the meeting or through
cheque drawn to:

THE ROTARACT CLUB OF NAIROBI CENTRAL
BARCLAYS BANK OF KENYA LTD
MARKET BRANCH
A/C 2022627395

MPESA payments can be made to Valerie Okwenda, 0723 911 954.

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RCNC WAKATI events

WHAT
Alumni Dinner
WHERE
Laico Regency Nairobi
WHEN
11th August 2012
HAPPENING
Celebrating 35 Years of RCNC Service

WHAT
Jungle Affair
WHERE
Olerai Conservancy
WHEN
7th July 2012
HAPPENING
Installation Ceremony & launch of Tribe 360

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A wealth of Culture

Join our community and travel with us to over 360 cultural destinations across the globe as we seek to understand and share our own cultures, those of other lands and foster goodwill, greater understanding and promote international peace. Share with us your cultural experiences (including travels, attending and participating in cultural events) through art, essays, poems, music, photographs, video clips and get a chance to be published in a 360 page book of cultures!

Organize an event and share with us video clips, photographs and short description of the event and your club could win US$1,000 towards a project of your choice!

And follow us on our blog, http://tribe360.wordpress.com/
Entries should be submitted through email, tribe360.rcnc@gmail.com
President’s Note

The first quarter of this Rotary Year 2012/13 saw the club organize for the first time not just in Kenya but the entire District 9200, an alumni dinner as we celebrated 35 years of Professional and Leadership Development, Community Service, Fun, Friendship & Fellowship. And no one would have told our history better than our founding father, Rtn. Mike Eldon who in detail took us back to our delivery room back in 1977/78 when the first borns of RCNC turned out to be Kenya’s 7th vice president, Hon. Kalonzo Musyoka and renowned lawyer Rtn. Stephen Mwenes. And his challenge to us was for us to keep RCNC alive and to that we shall remain obliged! We shall ensure we create a beautiful history for those who come after us.

The future of RCNC is certainly bright. I have no doubts about that and I am in fact looking forward to a peaceful retirement. We are indeed privileged to have great minds and leaders join the club and the first quarter witnessed the entry of Charles Mwakio, Denis Muneke ‘Legrand’, Simon Kisse and Godfrey Mageto who have been transferred from the Rotaract Clubs of United States International University and Egerton Egerton University having exemplarily served there as leaders in various capacities and not to put all that talent to waste, Legrand took up the Club Service directorship and has brought in new energy that many are a witness to. Charles will take up the International Service directorship and Godfrey Mageto the acting assistant Finance Director as Sylvia Mutua takes a sabatical to pursue her further studies.

Also joining the club with new energy and great leadership is disability rights champion and former Interactor Fredrick Ouko; film maker Catherine Muema; author and conservationist Martha Nsia; Mahinda Githaiga who is in Finance; Marketing and PR specialist Jackie Macharia, Legal Assistant & IT student Dickson Njunga, architect Marylyn Musyimi and from the Risk Management fraternity we have Kyoki Waweru ‘Dos’. And for another first, quarterly Members’ Retreats have been introduced and we believe this will go a long way in helping members understand why they are in Rotaract and their roles and responsibilities as well as create a strong and formidable force as we get to interact more and know each other better. The first members’ retreat summed up the first quarter at Rolfs Place, Rongai as we celebrated the capture of Kismayu in our own small way of a jungle Paint Ball game.

The first quarter has been abuzz with activity and many firsts have become familiar play fields for RCNC. We have been mentored by great speakers, we have mentored the young ones at Kenya High School, Nairobi School and Brydges Centre; we have in place travel teams preparing to visit different parts of the country, the continent and the rest of the world; we are running a global online cultural exchange project and in a big way celebrating this Rotary Year of Peace through Service by creating more opportunities for people of different cultural backgrounds to meet and interact. If the Installation ceremony is anything to go by, then the world is ready for us. 81 participants from 8 nations and 4 continents remind us that we must be felt beyond our Tuesday meetings at Laico Regency.

There is great potential in Rotaract! We are of course privileged to be part of a great family that is a force to reckon with. Our mother, Rotary Club of Nairobi continues to cover us under her wings together with our sisters the Rotaract Club of United States International University and our last-borns the Interact Clubs of Kenya High School and Nairobi School. We are proud of this great family. The trail blazers, the pace setters!

It has been a great first quarter. The enthusiasm of the membership is overwhelming. As more members get more involved in club affairs and take up greater responsibilities, all I can see is growth and endless possibilities. Many firsts are in store at the first quarter of this Rotary Year 2012/13 saw the club organize for the first time not just in Kenya but the entire District 9200, an alumni dinner as we celebrated 35 years of Professional and Leadership Development, Community Service, Fun, Friendship & Fellowship. And no one would have told our history better than our founding father, Rtn. Mike Eldon who in detail took us back to our delivery room back in 1977/78 when the first borns of RCNC turned out to be Kenya’s 7th vice president, Hon. Kalonzo Musyoka and renowned lawyer Rtn. Stephen Mwenes. And his challenge to us was for us to keep RCNC alive and to that we shall remain obliged! We shall ensure we create a beautiful history for those who come after us.

35 Years and still growing strong

History is beautiful and when history is told by those who came after us it gives meaning. It gives meaning to why we must do what we are doing right now because those who come after us will be their history.

Irinah Wandera
President
RCNC 2012 - 2013

Contributors
Aiyedebinu Abayomi
Jasline Gati
Mike Eldon
Njambi King’ori
Njambi Mungai
Silas Ndiote
Wangari Mwaniki
Yvonne Wambua

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Volunteerism is good for you

- Founding Father Mike Eldon -

35 years of Rotaract Club of Nairobi Central! What an extraordinary achievement... and you are not just staggering along, you are thriving. That is so impressive, in this age of self-absorbed rushing around, 24/7.

This is a vibrant club, full of great people having a great time doing great things. Not just socialising, as Bernard Shaw app

arently perceived Rotarians. He was once asked what Rotarians do. “They do lunch,” he replied. Congratulations for doing so much more than lunch.

Let me take you back to 1977/8: no one is here today as a Rotaracter was alive then. As for me, I was already too old to be one! I had recently arrived in Kenya, in September 1977. After a few months in the country one of my customers started inviting me to the Rotary Club of Nairobi, and I joined in 1978 to find members like Joe Wanjui, Manu Chandaria, Yusuf Kodawa Wala, Kyale Mwendwa, Hannot Awori and Jack Block.

What an extraordinary privilege. It changed my life, introducing me to the joys of volunteerism, and it became an important and ongoing aspect of who I am.

I joined Rotary when I was still trying to get to grips with the varied cultures that make up this amazingly diverse country. Rotary opened wide my door into Kenya, and quickly integrated me into the local society. Of course this was not merely as a result of mixing with other club members – admittedly from so many of Kenya’s communities and professions. It was also thanks to the service projects into which I was plunged

As is the way with volunteerism, friendships blossom, and beyond the intrinsic value of enlarging one’s social circle. It makes the core business of giving service so much more enjoyable. And also so much more effective, in that we can achieve infinitely more together than alone. You all know this!

Rotary has brought me into close contact with people in need of cataract operations, and with the mentally and physically challenged; I have mingled with students in search of careers guidance, and with aspiring entrepreneurs; I have understood the attitudes and aspirations of farmers in rural communities. And it is through these and many other projects down the years that I have learned so much about Kenya and about Kenyans.

The Chairman of our club in 1977/8 was Phil Grammenopolos, who had recently taken on (many then thought foolishly!) the agency for Toyota. He was also appointed the first High Commissioner for Cyprus. So it was in his year that this Rotaract Club was chartered.

A big project of our Rotary Club at that time was the National Business Management Game, in which the club partnered with the Nation (for publicity), and ICIC, the IT company whose CEO I was and which provided the software needed. Competing teams paid a subscription, to cover costs and leave enough to pay the expenses of a student who would benefit from a scholarship for a one-year post-graduate programme at the Mediterranean Institute of Management in Cyprus – obtained by Phil. He and I made up the interviewing panel, and we were selected as a Rotaracter in this club, Kalonzo Musyoka – “Young Steve” as we used to call him. Another Rotaracter from those days was Steve Mwenesi, now one of our most prominent lawyers. Both Kalonzo and Steve also later became members of our Rotary Club.

Immediately I became a Rotarian I was given the careers portfolio. And as I had also joined the Board of Advisers of AIESEC, I took advantage of their presence at the University of Nairobi to mount a series of careers events on its various campuses. It makes me feel good that even today I get people coming up to me to tell me they benefitted from having attended one of those sessions.

After some years, this Rotaract Club faded out, so when I became Chairman of the Rotary Club of Nai-
Tracing Our Roots

Day jobs.

many of whom are looking to make a bigger contribution to society than the work they do in their profession – in this world of enthusiastic volunteers and District Rotaract clubs.

It happened eventually, but later faded out. I strongly suggest to you that you should get educated in how to:

• contribute constructively in meetings; run them, take minutes at them
• plan and manage projects
• speak in public
• mobilise funds
• become a PR expert (ie knowing how you have to pay for any coverage)
• understand how boards operate... demystify the G word: Governance
• operate in a political environment

... way before you learn about many of these things in your place of work.

You should be PAYING for the privilege!

As you rise to positions of leadership (which you almost inevitably do, in this world of enthusiastic amateurs) you are tested in a most demanding environment, as people are only there because they choose to be. You can’t give them a pay rise or fire them, and so the means available for motivating them are quite restricted. (It actually boils down to helping your members find meaningful projects to pursue, and then recognising them for the progress they make.)

You become an expert in organisational politics and conflict resolution. You engage with the delicate egos of demanding people – many of whom are bosses in their other, professional lives. You may even become president, ‘chairman of the board’, including having to run those potentially explosive AGMs; and you must groom a worthy successor.

Through it all you are strongly advised to keep a light touch, or it can thoroughly wear you down. Let me tell you, there’s no better way of testing and strengthening yourself as a leader.

And that’s all just within an individual Rotaract or Rotary Club. Further opportunities arise from national and District responsibilities, where we are exposed to more ways of learning about communities and their needs, where we seek ways of partnering with other clubs and other communities in satisfying those needs. Not least as a partner with Rotary clubs in the wealthier countries of the world, who are looking to help projects in countries like ours with funds and other support.

So what a double-whammy: so much learning while doing so much good! And doing this good alongside other people of goodwill and good intent... at least the large majority among them!

It was Rotary that launched me into volunteerism, but once you’ve discovered the joys and satisfactions of working for more than just money it can easily become an addiction – in my case a lifelong addiction.

You spot other opportunities, and others also spot you – often other Rotarians who themselves are volunteering in some other organisation. So when they see you doing a half-decent job in Rotary they try hooking you in elsewhere. Before long the greatest skill you need is the one of knowing how to say ‘no’ nicely, in the absence of which you’ll be spreading yourself too thinly and probably neglecting your day job too.

Once I got used to the rhythms and values and styles of Rotary, it seemed natural for me as a managing director to join the council of KIM – to mix with other like-minded individuals on another do-gooding mission: developing the then much neglected profession of management in this country.

When I became chairman of KIM’s Council I naturally was asked to represent the profession in the emerging private sector grouping that became KEPSA... where, because I wasn’t completely useless, I was later elected vice-chairman.

By the way, I had become chairman, but someone else wanted the job much more than I did – I was doing the opposite of pushing myself at it, worried stiff about the time it would require. Beware, I say: if you see someone so determined to gain high office in a voluntary organisation, be very suspicious – they’re quite likely to be seeing the position as a stepping stone to something else... something that delivers very different kinds of benefits.

When we become integrated into structured volunteerism such as we find in Rotary, where we largely are helping institutions and communities rather than just individuals, where our efforts synergise with those of many others, the impact we make is transformed. And with it comes the satisfaction of having made an important difference, not just to one life, or to one family, but to larger numbers.

In describing what Rotarians do, most of us speak of ‘helping the less fortunate in our society’ – the old, the sick and the poor. Too few, in my experience, think about further strengthening the already strong – like Rotaracters, in case you missed whom I meant. Strengthening you so you can make the biggest and the best possible impact in your communities, living the most noble of visions and the most uplifting of values... those of Rotary itself.

By the way, I was very happy to see the statement of your vision and mission and values in your club’s brochure. I was happy to see how closely they align with our RCl’s equivalent statement (which I helped to craft)... and I hope they aren’t just a bunch of nice words that lie there, beautifully but uselessly. I hope they live within each one of you, and that the club’s leadership (ie each and every member!) refers to them frequently so they can be a powerful guide to what you do and how you do it.

Is all this volunteerism good for networking too? Sure it is, and in Rotary it can be such international networking. But that’s just a bonus.

Can it help your business? Maybe, and that’s OK too, but I have found that for most of us this is unlikely to be that significant – except that Rotary really builds our personal brands.

What about making close life-long friends? You bet!

In my days in this country I have thrilled to promote both management and ICT up the national agenda, and together with others in the private sector I have engaged with friends? You bet!

And together with others in the private sector I have engaged with...
government to tickle them into creating a more enabling environment for us. The frustrations and setbacks have been many, both from within the volunteer organisations where I have been involved and from a resisting external environment.

Through setting up a Rotary Community Corps, my wife and I have for over a decade been partnering with the people of Cura, close by Wang’ge market, to implement a rather comprehensive village empowerment programme that covers education, health, livelihoods and infrastructure development. (I look forward to seeing some of you back in Cura one of these days.) And here too there have been joys and frustrations, breakthroughs and setbacks.

But the heartaches and disappointments have almost invariably been outweighed by the thrill of being provoked to think and to act in support of worthy goals.

Over my years of volunteering I have met the most brilliant and well-informed men and women, great thinkers and great leaders with great hearts, and it has been a privilege to work with them and to enjoy their friendship. They have made me so much wiser than I would otherwise have been… while keeping me young and fresh and up-to-date.

In any country, however ‘developed’ or ‘developing’, voluntary associations make great contributions to society, whether in Obama’s Yes-We-Can America or in David Cameron’s Great Society of Britain. And today just as much as ever. Just imagine, at the London Olympics, 70,000 volunteers have been making a vital contribution to its great success.

The reason voluntary organisations are able to do so much is because good people keep coming forward to offer themselves. Very few who do so regret it. But for the many who donot have no idea what they’re missing out on. You all know why volunteerism works such wonders, as much for the volunteers themselves as for their beneficiaries.

So are you spending your personal social responsibility time optimally? Did you have a blast at it for some time and then other priorities intervened? It happens. There are times in life when we must focus on our studies or our careers or our families. But don’t ever give up on offering some time in the service of others. Including and not least when you are going through difficult periods.

By helping others you will find that your crises pale into insignificance when compared to what others are going through; and the very act of reaching out will uplift you when you most need to be uplifted. It will not only boost your morale but also your self-esteem and your self-confidence.

From what I have seen, among all the places where I have volunteered, you can do no better than to offer yourself to Rotaract and to Rotary if you want to have a great time working with great people to do great things.

It is for this reason that I wish this Rotaract Club of Nairobi Central many more years of strength and vibrancy and inspiration… so you can benefit each other and those to whom you reach out – including Rotarians.

Don’t ever let this club again fade away as it once did.

And to those old fogies among you here who are alumni and have not yet joined your new home in Rotary – get going! You won’t regret it.

What is Rotaract?

Rotaract is an international organization of service clubs for men and women aged 18-30 that fosters leadership and responsible citizenship, encourages high ethical standards in all professions, and promotes international understanding and peace.

Goals

- To develop professional and leadership skills
- To emphasize respect for the rights of others, based on recognition of the worth of each individual.
- To recognize the dignity and value of all useful occupations as opportunities to serve.
- To recognize, practice, and promote ethical standards as leadership qualities and vocational responsibilities.
- To develop knowledge and understanding of the needs, problems, and opportunities in the community and worldwide.
- To provide opportunities for personal and group activities to serve the community and promote international understanding and goodwill toward all people.

Annie Kimani, Njambi Kingori, Kevin Mududah & Merci Kimani

The Four-Way Test of the things we think, say and do:

The Four-Way Test of the things we think, say or do is a test used by Rotarians worldwide as a moral code for personal and business relationships. The test can be applied to almost any aspect of life. The test was scripted by Herbert J. Taylor an American from Chicago as he set out to save the Club Aluminum Products Distribution Company from bankruptcy. He believed himself to be the only person in the company with 250 employees who had hope. His recovery plan started with changing the ethical climate of the company.

In 1940s, when Taylor was an international director of Rotary, he offered the Four Way Test to the organization, and it was adopted by Rotary for its internal and promotional use. Never changed, the twenty four word test remains today a central part of the permanent
Rotary structure throughout the world, and is held as the standard by which all behaviour should be measured. The test has been promoted around the world and is used in myriad forms to encourage personal and business ethical practices. Taylor gave Rotary International the right to use the test in the 1940s and the copyright in 1954. He retained the rights to use the test for himself, his Club Aluminum Company and the Christian Workers Foundation.

The test, which has been translated into more than 100 languages, asks the following questions:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

The Rotaract Club of Nairobi Central was chattered in the 1977-1978 Rotary Year and is the second oldest Rotaract Club in Kenya after the Rotaract Club of Mombasa which was chattered in 1972/73 Rotary Year. Since its inception, the club has been very active and has three times been recognized as the best Rotaract Club in District 9200 comprising Eritrea, Ethiopia, Kenya, Tanzania and Uganda. Our sponsoring club is the Rotary Club of Nairobi which was founded in 1930.

We have four avenues of service:

- Professional development
- Community Service
- International Service
- Club service

Meetings

We meet on fortnight Tuesdays at the Laico Regency from 6.00 p.m.

GET INVOLVED: Join RCNC today

The club welcomes young people aged 18 – 30 years to join us as we continue to make a difference in both our lives and that of the society. Attend 3 consecutive club meetings participate in 2 service projects and you will be due for induction and officially become a Rotaractor.

For more information on how to join, email: The Club Service and Membership Development Director, service.rcnc@gmail.com
A t the request of Rotarian Sławomir Krucikowski from the Rotary Club of Lublin Centrum, Poland, the club hosted 4 research students from Poland. The four Ola Tor, Katarzyna Kruciwoska, Maryja Szalejska, Kubej Jaroszewski were a much welcomed addition to the club and as soon as they arrived, they got involved in almost all our activities from attending meetings, events and even hosting a few club members in their house. Before their arrival, many of us had very little information about Poland, perhaps what a majority of us could connect with Poland is the late Pope John Paul II, a native of the land. Their coming to Kenya gave us an opportunity to learn more about Polish Culture, Political organization, history, geography and investment opportunities.

Twice, they taught us at the Olerai Conservancy during the jungle affair installation ceremony and at a club meeting where they were our guest speakers and put up a beautiful mini-Polish exhibition for the attendees.

On their 3rd day in Kenya, the four joined us in celebrating the Rotary New Year on July 1st at Rtr. Alvin Kimani’s house where the club members had gathered for home hospitality. A few club members (Alvin Kimani, Gatei Waweru, Otieno Nyadimo, Wangari Mwaniki, Huma Kaseu and Irinah Wandera) had the privilege of sampling a traditional Polish meal, Peroggie, when they were hosted by the students for dinner. Magda did join the club members for a Community Service activity at the Jomo Kenyatta Foundation where 40 one year sanitary towels hampers were handed over to the publishers for the beneficiaries of their scholarship programme.

The mini-Polish exhibition gave us an opportunity to go on a short animated journey through Poland with each of the students making presentations on different aspects of history, culture, political and geographical organization as well as investment opportunities. A try at Polish language phonetics did prove a challenge for the exhibition attendees but hopefully some picked a few! The exhibition was concluded with the Polonez dance and a quiz where a few won various Polish items.

Rotarian Vickie Winkler did host the students over dinner which also gave them an opportunity to interact and share ideas with American interns at Health Africa Resource Team who also joined the club during the jungle affair culture fest installation ceremony. A drive through the park, participation in the Friends of Nairobi National Park clean up exercise and a small picnic at the park marked the end of our two months with our friends and the friendships we forged will definitely last us through the years.

We are glad to report that due to the great Rotaract experience that the students had with us, Karcia went on to join the Rotaract Club of Warsaw Śródmieście and also made a presentation about Kenya and Rotaract at the Rotary Club of Lublin Centrum meeting. Ola Tor who fell in love with Kenya did apply for an internship position at the embassy of Poland and will be returning to the country this month for six months!

By Irinah K. Wandera

1. Kuba, Ola, Karcia & Magda with president Irinah.
2. Magda preparing perogies for dinner & home hospitality.
3. Karcia’s first day at New Year’s party with Alvin Kimani & Wangari Mwaniki.
4&5. Learning about Polish Culture at RCNC Meeting at Laico Regency.
I was fortunate to attend the first RCNC Alumni dinner in August during one of my holiday visits to Kenya and it was as if I had never left, I felt at home. Meeting fellow alumni evoked fond memories of the fun times we had, the community service projects we did together, the annual strategic planning meetings we held to chart a way forward for the club, and the unwavering friendships we forged. It was nice to catch up on where we are at with our careers and families. It was also great to meet the current RCNC members whose enthusiasm and contribution has kept the club number one in service. Great job RCNC for hosting a wonderful dinner!

Back in 1997, I had just graduated from the University of Nairobi and like many other graduates, I was looking for a job and something to occupy my free time. I had, without much forethought, been thrust into the ‘real’ adult world - I was no longer a student, I had to find work, I had to make it in life - so I believed. Most of my classmates and friends were now in different parts of the city or the country trying to make sense of the new adult life we all found ourselves in. While in the midst of all this, a friend introduced me to Rotaract Club of Nairobi Central as a club where young people did community work, built networks, and had opportunity to develop professionally. How could I say no to the very things I was looking for? The first meetings, at Laico Regency (formerly Grand Regency Hotel) were exploratory but I did not need to explore for more than a week because of the warm welcome I received from the members. As they say, the rest is history. I left the club eight years later in 2005 when I relocated to the US to do my graduate studies in Social Work (Non-profit administration).

It was difficult leaving the club because it wasn’t just a club, it was a place where I made lifelong friends, developed professionally, learned a whole lot about cultural diversity, developed meaningful networks, and most importantly, I was able to give back to the society through community service projects. In particular, I remember my involvement at Thogoto Home for the aged. Each time we visited the elderly men and women, I went back home with a sense of fulfillment and yet more questions on how these wonderful people ended up at the home. I made a conscious effort to spend one-on-one time with the men and women each time we visited. Each one of them had a story of struggles in life, intermittent triumphs, and hope that ‘things would be better’. They appreciated the visits, the meals we shared, the dancing, the singing, donations, taking strolls in the garden, feeding the cows and chickens, and all the small gestures like a smile, a pat on the back, and laughter. It did not take long to figure out that I could impact people’s lives immensely through small acts of generosity and showing genuine care and concern. I became drawn to working with people who were displaced from their homes for one reason or another. I ended up working with refugees throughout Sub-Saharan Africa and then with homeless individuals and families in Los Angeles, California. I am continually amazed at how this opportunity afforded through Rotaract shaped my career. The four prongs of Rotaract - Community Service, International Service, Professional Development, and Club Service - were enmeshed in my life through my involvement and commitment to the club and its ideals. I tell my friends and colleagues that, ‘there’s no turning back on these valuable cornerstones, they shape how you navigate life’.

Rotary’s Four-Way test developed in 1932 by Herbert J. Taylor is a mantra for life - I find myself asking of the things I think, say and do - Is it the truth, Is it fair to all concerned, Is it beneficial to all concerned, and Will it build good will and better friendships? I must admit that in the beginning, understanding the meaning and purpose of Rotaract seemed like a mechanical process, but once it came through, I realized how much of a foundation this had laid for my life to date. Make no mistake, these life changing experiences are not magical, you have to seek them by getting engaged with club activities. What do I mean by this? I mean taking up leadership roles, making time to participate in community and club service activities, attending meetings, visiting other clubs and engaging in their activities, attending District conferences, maintaining relationships with your expanding network of friends in service, reaching out to the sponsoring club, etc. By doing this, you maybe pushing yourself out of your comfort zone into unfamiliar and/or uncomfortable territory but that is the very point that ‘magic’ happens. You connect with others, draw from their skills and experiences, you experience new things, and you GROW and acquire new or diverse perspectives that influence you along life. Embrace Rotaract/Rotary.
The Rotaract Club of Nairobi Central has done it again! Setting the pace for clubs in the country by organizing the first ever Rotaract Alumni Dinner.

Awaiting our RCNC Alumni from as far back as 1995 was a buffet dinner set up at the esteemed Laico Regency Hotel; of course preceded by wonderful presentation from our Founding Father – Rotarian Mike Eldon, who not only eloquently spoke on the benefits of volunteering but also rekindled our spirit of fellowship and service.

The evening’s highlights were marked by the relaunch of TRIBE 360 (tribe360.wordpress.com) our online International Service Cultural Hub as well as several awards being given to deserving members. And not forgetting our fundraising activities which yielded KES 50,000 thanks to our Alumni who were on a mission to make up for lost time by turning the SAA session into a chance to fine every one of themselves for whatever reason they could come up with.

We are extremely grateful for the support we received from our Alumni, Rotary Club of Nairobi, Sponsors (Laico Regency, Pelican Signs & Valentine Cake House), Suppliers and of course the Rotaractors who worked tirelessly to make the event a success.

To Rotaract and Rotary the world over!

PR & Fundraising Director,
It is with enthusiasm that we, the girls of the Kenya high school, are members of the Interact club. It is a renowned club in our school which runs actively under wonderful supervision of our mother club Rotary Club of Nairobi through our sister club the Rotaract Club of Nairobi Central. It is also with deep pride and profound happiness that we follow in their most dignified footsteps. As members we are beneficiaries of loads of opportunities. We get a great deal of mentorship from members of the Rotaract Club. This comes in form of career advice and general life skills. Through the club’s giving back to society comes an opportunity. This comes after our motto “to serve is to reign” not to forget the pure fact that service to man is service to God. The beauty of being in the club is the opportunity to enhance our talents and social skills. Through mingling with others and another we not only conserve our most honored assets, our environment, but also nature and better our skills and talents, hence becoming dynamic. Our main project however, has been on waste management. Our school is now well equipped with disposal bins; the bin’s color represents the waste to be disposed off. We have green for biodegradable waste, red for plastics, and black for paper waste. The compounds are also fitted with litter bins. The classes have plastic bags where paper waste is disposed. The recycle waste is then stored in a greenhouse awaiting transportation to a paper industry, Chandaria to be precise. Though we have our good times, we also face rough times as a club. Some of which include lack of funds to sponsor some of our prolific projects. Ignorance on the part of using the colored bins is also an issue of great concern which we are striving towards overcoming. Annually, mostly due to the departure of our oldest members, the form fours, we initiate new members to the club by interviewing. We search for great talent, focus and most importantly, people with passion for the environment. Our club is one huge family where we interact and grow with each other. We enjoy and love being members of the Interact Club. 

By Jasline Gati and Yvonne Wambua

Rotary Club of Nairobi is Africa’s 3rd Oldest Club having been chartered in 1930. The club continues to lead the way for Rotary Club not only within Kenya but the entire District 9200. RCN is just within Kenya but is the proud Mother of 2 Rotary Community Corps of Huruma and Mathare and the Rotaract Club of Nairobi Central and the United States International University (USIU); and the Interact Clubs of Kenya High School, Nairobi School, Aga Khan Academy and Visa Oshwal School. Like our mother club, the clubs are doing exceptionally well and indeed blazing the trails in Rotary Community Corps, Rotaract and Interact Kenya and Beyond. Without a doubt, we are a chip of the old block RCN and are proud of our sisters in this great family of pace setters...
The Rotaract club of USIU was started in July 2002, after its official registration with the Students Affairs Council (SAC).

Children in the Slum Areas of Nairobi

Since its charter in 2003 the Rotaract Club of USIU has paid teacher’s salary, equipped the school with textbooks and fed pupils at Kwa-Watoto Children School in the Mathare slum. These are some of the projects the club has undertaken to ensure that these young children get education and minimize the number of pupil dropouts.

In line with the United Nations Millennium Development Goal No. 2, to achieve universal primary education and support the Government of Kenya achieve this goal, Rotaract Club of USIU has started a sponsorship program for children in the slum areas in Kenya. Our first success has been the enrolment of Caroline Nyambura into Standard 1 at Riverbank Academy in Soweto - Kayole for the next 8 years of her primary education. The Club is also proud to have sent her as the 1st girl child to school Caroline is 7 years old and the 8th child of a family of 10. She had never gone to school before. They are staying in Nairobi Settlement scheme as squatters in Soweto, slums, Kayole in a single room. Her parents are discordant couple. Caroline’s Father does menial jobs as a juakali artisan and therefore hardly has money to cater for his family’s needs and her mother is a regular housewife.

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Rotaractors reach out to Refugees of Kyangwali Refugee Settlement in Hoima District, Western Uganda

On the continuing club’s project of sharing and supporting different ideas with different people around the world, the Rotaract Club of USIU in conjunction with the COBURWAS International Youth Organization organized a trip/visit for some of its members to Kyangwali Refugee Camp in Hoima district in Western Uganda. The aim was to have firsthand experience of life in the refugee camp, share and support each other’s ideas in different areas such as Leadership in Africa as well as boost Entrepreneurship skills.

Just after the end of the summer semester, some Rotaract members set off on a 24-hour road trip to the beautiful hills of Hoima district. Their determination made them fearless of the outbreak of Ebola in the neighboring Kibale district. This challenge was with an aim of sharing the message of peace with the refugees of Kyangwali Refugee Settlement, most of them having come from Eastern Democratic Republic of Congo.

During the six day visit, Rotaractors engaged in various activities like the planting of trees and rice, which was part of a youth initiative in the area. They also held meetings with local leaders, and members of the COBURWAS International Youth Organization to Transform Africa. The members also participated in a peace and conflict transformation workshop, where they exchanged ideas with fellow like-minded individuals on how to achieve peace and human security in Africa. They also made an interactive presentation on peace and conflict transformation to the youth refugees of eastern Democratic Republic of Congo, where the conflicts had intensified in the previous months. The session was aimed to promote peace, love, and unity through reconciliation in order to transform and develop themselves in the communities where they currently live in and after repatriation.

The club also distributed exercise books to needy primary school pupils in the area as well as amaranth seeds commonly known as “terere” that will be planted in about 5 acres of land in an effort to curb the malnutrition problem in the camp. Indeed, this visit was successful with the Rotaract club of USIU having left a positive mark on the lives of the refugees.

Awards

The club’s outstanding performance has been recognized by the universi-
Forest Save Mt Kenya
Community to Local

Turns to the Ngong Forest Sanctuary and Assembly Tree Planting Exercise at the 24th D9200 Conference and rehabilitation of the Mau Forest; Ngong Forest Sanctuary; the Prime Media Tree Planting Exercise at the exercises in the Ngong Hills; Nation Kenya Airways/KLM Tree Planting has participated in 3 consecutive its fair share of the billion trees and environmental heroine and Nobel which was inspired by Kenya's own 26

WAKATI - July / September 2012

Billion Tree Campaign Programme (UNEP)

A Beautiful view of Mt. Kenya from Naro Moru

Travel Agent Turns to the Local Community to Save Mt Kenya Forest

By Njambi Mungai

A Beautiful view of Mt. Kenya

Lost Glory

Gerald Ngatia, a resident of Mt Kenya admits that the forest has lost it glory. Born in Hombe village 65 years ago, he says nostalgically: “I knew it when it was a good and real natural forest.”

The community is not seated forest and also on farms with Rotaract Kenya and Nairobi Global Shapers at the same sanctuary. In April 2011, the club set a new record at the Kereita forest when it gathered 45 rotaractors and guests to plant 2300 trees with Kijabe Environmental Volunteers.

The club in 2011 also joined the Save Mt. Kenya campaign initiative by Africa Point and in April 2012 travelled to Mt. Kenya for the ground work to kick start the planting exercise. This year the club will again join the Kijabe Environmental Volunteers and has set a target of 5000 trees and a final 2,700 trees will be planted next year to reach 10,000 trees which is our 0.001% forest cover contribution to the a billion trees!

The trees planted last year did grow under the close monitoring of KENVO and there is no doubt RCNC will leave its carbon footprint on this globe creating cleaner en\n
vironments for current and future generations.

One chilly Monday morning, on the 19th day of March 2001, surveyors were busy demarcating Hombe Forest in Mt Kenya despite a ruling by the High Court stopping the government from exising 167,000 acres of forest land . Today, way past a decade later, the once beautiful forest is a pitiful shadow of its former self. The story is the same for all the other sections of Mt Kenya forest including Gathiuru and Kabaru forests.

Being a key section of the larger Mt Kenya forest, the diminishing of the Hombe forest is no doubt a major threat to the entire Mt Kenya ecos

ystem which is a globally recognized tourist attraction and Kenya’s major water tower.

The community is not seated and watching helplessly though they are doing the best they can. McNgatia and the rest of the community are planting trees in order to rebuild the forest and help it to regain its lost glory.

Mt Kenya Forest, Ngatia says, is key because it is also a source of electricity. “It provides about half the flow of water into the Tana River, which produces 50 per cent of the hydro-power generated in Kenya,” Ngatia argues.

The local community group which Mr. Ngatia heads is called Hombe Forest Conservation Association and has over half a million seedlings of different species which are being planted in the previously cleared sections of the forest and also on farms with the aim of eventually reducing pressure on the forests.

Their efforts are already starting to yield good results and they are slowly bringing to life a forest that was once almost no more.

Africa Point greatly inspired by the work of the local community

Greatly inspired by the work already done by the local communities, Africa Point – an Africa specialist online travel agent trading through AfricaPoint.com - has already partnered with the local community by donating 5,000 seedlings channeled through East Africa Wildlife Society’s Tupande Pamoja programme.

Africa Point is also running a massive online campaign to create awareness of the sorry state of Mount Kenya forest with the aim of bringing on board as many individuals and corporate partners to this worthwhile cause as possible.

“We target to plant over a hundred thousand trees in the next few years”, Says Mr. Andrew Muigai, Africa Point’s Managing Director. “That is already a good milestone. However, we can make this have a multiplicative effect by getting other people to do the same, be it on a smaller or a bigger scale”, further explains Mr Muigai.

According to Mr. Muigai, this is the reason Africa Point tied this campaign to the internet and the social media in particular to rope in as many people as possible especially Kenyans who are spending more and more time on the internet.

Under the project, both exotic and indigenous seedlings are bought from the local communities at a price that factors in the cost of plant and taking care of the seedlings at least for a period of two years.

RCNC members Paul Mungai, Caroline Ngiti & Salome Kanyi at the tree planting on Mt. Kenya.
This means that the local community also looks after the survival of the tree seedlings to maturation. In case a donated tree withers, the community will replace it.

Mr Muigai further explains that for every social media mention (Tweet, Facebook ‘Like’ or a Google ‘+1’) recommendation that a person makes in raising the awareness about the need to conserve the Mt Kenya ecosystem through the official campaign page at africapoint.com, Africa Point donates a seedling on their behalf to be planted in the Mt Kenya forest.

So far, this approach has yielded success with many partners coming on board including Eco-tourism Kenya, Capital FM, Bloggers Association of Kenya (BAKE) among others.

Turning to the digital space to conserve the forests.

Save Mt Kenya Campaign
Join us to plant 100,000 trees on Mt Kenya
Display the badge in support of the campaign on your website & we will donate 20 seedlings on your behalf.
Get the badge here: www.africapoint.com

With a rising number of internet users in Kenya, this campaign - the first of its kind in Kenya, is successfully ushering in a new era of tapping into the power of internet and the social media to drive environmental conservation in a unique sustainable way that also involves the local community. The good news is that the approach is working, and it starting with Mt. Kenya, a critical asset for Kenya.

Water Resources Management Authority Partners with Africa Point

More recently on 3rd Dec 2011, Water Resources Management Authority (WRMA) joined Africa Point through a partnership in which WRMA donated 7,000 seedlings to the initiative. Some of the seedlings were planted on 3rd Dec 2011 by Africa Point and other partners in this initiative. The rest of the seedlings will be planted over the next few weeks by the local community and also during the long rains in April 2012.

The tree planting event was attended by Water Resources Management Authority, Tupande Pamoja Programme, East Africa Wildlife Society, Eco-tourism Kenya, Rotaract Club Nairobi Central, Bloggers Association of Kenya (BAKE), the local community, the forester in-charge of Hombe forest and also the area chief and her three assistants.
QUARTER 1 IN REVIEW

The first quarter of the Rotary Year 2012/13 ended well for the club having undertaken most of the projects planned for the quarter.

The main highlights of the quarter were the successful installation ceremony; launch of an international cultural exchange project; a well attended alumni dinner and the continuation of the A Girl A K A Year sanitary towels distribution project. The club’s main objective for the coming quarter is to raise funds for its main community service projects i.e. the construction of a Skills & Recreation Centre at Hot Springs Girls Secondary Schools, Maai Mahiu area of Kenya and raising sustainable pool of resources to support the A Girl A K A Year project with 1500 girls earmarked to benefit from the project each year for the entire time they will be in school from the time their menses commence to the time they finish their tertiary education. The club is fundraising both locally and internationally.

PROFESSIONAL DEVELOPMENT

The club remained committed to placing greater emphasis on the professional and leadership development of its members through various activities that included presentations and talks given by guest speakers; members giving job talks and various presentations as residents and participating in mentorship sessions at the Kenya High School, Nairobi School and Brydges Centre Children’s Home in Isinya. Leadership and Professional Development of the members was also achieved by having the members take up different roles in the club either as committee directors or event organizers. The projects undertaken in the first quarter have been largely successful because more members were involved in the planning and execution of each project. Our mother club, Rotary Club of Nairobi did play a key role in a more hands-on mentorship process where several members of the club worked in the New Generations committee under the direct guidance of Rtn. Vickie Winkler, PDG Mohamed Abdalla and Rtn. Jessica Kazina. Wangari Mwaniki now serves as the New Generations Committee secretary.

Our guest speakers for the first quarter were drawn from different fields including Human Resource, Investment & Enterprise Development, Media and Communication as well as Community Development. Chief HR officer of Orange Telkom spoke on Career Choices; Nation Media’s Debarl Inea let us into the world of Media and Communication industry in Kenya while the chairman of the Kenya Association of Investment Group Mr. Mwai Kihu and Mr. Kennedy Musyoka of the Amalgamated Chama Limited gave us insights on Investment Opportunities for Young People in Kenya. Our visiting Research students from Poland put up an informative Journey Through Poland mini-exhibition that showcased different aspects of Poland ranging from History, Geography, Culture and Investment Opportunities in Poland and capped it up with a brief quiz and taught us the traditional Polish dance, Polonez. Wangari Mwaniki, Felista Wangari, Caroline Njoki, Eric Mungai, Grace Mbogo, Victor Nyadimo, and Legrand Denis were our resident speakers and made presentations on different subject areas including PR & Branding for the club, Journalism and local and international tourism.

CLUB SERVICE

From a traditional lawyer and accountant club, the Rotaract Club of Nairobi Central has over the years evolved into a dynamic club with young professionals drawn from different fields that include Lawyers, Human Resource Assistants, Film Maker & Producer, Graphic Designer, Environmentalist & Conservationists, Writers & authors, IT Specialists, Public Relations Officers, Sales & Marketing executives, Entrepreneurs, Peace & Cohesion Officer, Economists, Accountants, Coaching & Training specialist, Risk Managers, Medical Lab Scientist, Pi-loot, Landscape Architect and an Architect. The students in the club are also pursuing different courses.

The club membership grew in the 1st quarter with the transfer of 4 members from the Rotaract Clubs of USIU and Egerton University and the induction of 6 new members. Members attendance and participation in meetings and activities is indeed encouraging at an average of 68%!

A New Year party and home hospitality at Rtr. Alvin Kimani’s house; the Jungle Affair Installation Ceremony; the alumni dinner; the introduction of TGIFs (Thank God Its Friday get together) and the membership retreat are some of the activities that have been organized to bring members together as we continued to forge greater friendships and create stronger bonds.
COMMUNITY SERVICE

Rotaract in Kenya continues to face the challenge of a silence absence in the remote areas of Kenya with most of the clubs concentrated in urban centers. To counter this challenge and have Rotaract presence felt in the remote rural areas of Kenya, the Rotaract Club of Nairobi Central is reaching out to rural communities with its main continuing project benefiting students in Embu, Kajiado, Mal, Mahiu, Eldoret, Turkana and Mfangano Island. There was also need to move from the traditional hand out or one off projects to more sustained ones.

To ensure that our projects are of greater impact and are measurable over a period of time, the new board is keen on continuing projects that had been started by the previous boards and do so by adding value to them. The A Girl A K.A Year Sanitary Towels distribution project is one such project which received overwhelming support from sponsors in the past year. An indicator for us that it is a great project that needs to be sustained through the years. The club has therefore embarked on an 8 years ambitious project. The beneficiaries selected to tend school uninterrupted for eight years. The beneficiaries will be able to attend Rotaract activities and events including making a presentation at a club meeting. The four left us with a great deal of knowledge about Sanitary Towels distribution project that had been started by the previous club members.

The first quarter saw 57 girls from Kajiado, and Jomo Kenyatta Foundation scholars get their year’s supply of sanitary towels to Jomo Kenyatta Foundation Scholarship Programme. The Sanitary Towels project goes hand in hand with mentorship sessions in each of the schools where club members speak to the students on different careers and offer general motivational talks. The first quarter saw 57 girls from Kajiado, and Jomo Kenyatta Foundation scholars get their year’s supply of sanitary towels. The club also visited Brydges Centre Children’s Home in Isinya facilitating a career day and birthday celebrations with the children.

The International Service Avenue did witness a drastic change from the usual club ambassadors visiting other clubs mostly within the city to the launch of an online international cultural exchange project, Tribe 360. The project was launched at the now more familiar Jungle Affair Culture Fest Installation ceremony which saw 81 participants from 8 different countries take part. Kenya, Ethiopia, Poland, USA, Maldives, France, Italy and Nigeria were well represented at the launch and a re-launch was in order at the Alumni dinner. The project is slowly but surely building audience and is running on social media including Facebook, word press blog and You Tube.

At the request of Rtn. Slawomir Krucikowski from the Rotary Club of Lublin Centrum, Poland, the club was delighted to host 4 research students from Poland. Ola Tor, Katarzyna Kruicikowska, Maryja Szalejska, and Kubej Jaroszewski were with us for 2 months and participated in various club activities and events including making a presentation at a club meeting. The four left us with a great deal of knowledge about Poland.

The first quarter also saw the formation of travel teams with the objective of having at least 2 members of the club attend Rotaract activities and events in 4 different countries. The first travel team shall head out to Uganda with the Rotaract Club of Kampala Ssesse Islands for their annual Serinya Primary School Community outreach project; the second travels to Ethiopia to work with the Rotaract Club of Mella at the Ethiopia Great Run; the third will be heading to the South Coast for the 25th D9200 Rotaract Conference and Assembly and the final destination will take the participants to Lisbon Portugal for the Rotary International Convention. The goal here is to ensure the club members are exposed to the different cultures of the countries and share their experiences with the rest of the club members.

The club members joined other Rotaractors from Kenya for a tree planting exercise at the Ngorng Forest Sanctuary and also hosted the Rotaract Kenya Community during Rotary International President Tanaka Sakuiji visit to Kenya.

NEW GENERATIONS

Under the directorship of Rotary Club of Nairobi New Generations Director, Rtn. Vickie Winkler, our relationship with not only our mother club but other Rotary Clubs continues to grow. The hands on mentorship and guidance by Rtns. Vickie, Anne Vanlauwe, Kevin Mududa, Jessica Kazina, and PDG Mohamed Abdalla has seen several members from the club benefit from the expertise and wealth of knowledge that these Rotarians have to offer. Wangari Mwaniki is now the secretary of the New Generations Committee and other members have a chance to attend these meetings every month and interact with the Rotarians at a closer level. Rtn. Kevin Mududa continues to recommend new members to our club. Members have been able to visit other Rotary Clubs including the Rotary Club of Millimani, Madaraka and Burlingham interacting with the Rotarians in these clubs at a personal level. The alumni dinner also saw the club benefit from sponsorship and donations both in kind and in cash from Rotarians in different clubs. Attending the Rotary Club of Nairobi Installation Ceremony by several members was indeed a great of starting the year as partners in service. The club has also on several occasions been honored to have Rotarians visit the club in many capacities including overseeing our elections, handover ceremony and presentation of year plan, presentation of our quarterly report and club assembly as well as being guest speakers. Rtn. Mike Eldon, Past President Sally Gitoho, and Rtn. Bernard continue to visit the club wherever their schedules allow.
PR & FUNDRAISING

Rotaract brand visibility remains low despite the great projects and impact that our clubs have to the communities we serve and the great opportunities that are available to members. RCNC is keen on enhancing not just its visibility and public image but that of the entire Rotaract fraternity. By building our brand, we in a big way contribute to the visibility of Rotaract. We must say we have not identified our strongest PR media and we chose to explore as many as we could if only we could pass a message to the rest of the world.

We remain active on social media including having a facebook group, a facebook page for our Tribe 360 project, a club blog and Tribe 360 project blog. Through our friend Emily Wasonga from the United States, we are now fundraising online for the A Girl A K A Year Sanitary Towels project. The 2013/14 board has started working and president elect Norman Kuria is setting up a website for the club with the help of a volunteer student. More club T-Shirts were also produced during the quarter.

More firsts for RCNC and this first quarter we have been broadcast on YouTube with our Tribe 360 project; the production of event proceedings videos for the Installation Ceremony and Alumni dinner has enabled us to share our activities with the general public and our sponsors. RCNC members can now proudly display a club flag in their offices, homes and cars as they pass across the message about our club. RCNC was also featured in print media in the Health Education Africa Resource Team Freedom for Girls Newsletter and in Aviation Magazine, a publication that is distributed in 3 airlines in the country. 3 new roll up banners were also acquired through the generous donation of Rtn. Kanu Devani of Pelican Signs.

With the increased presence in the different communication media, more people are aware of what we are doing and other than increased interest in membership; we hope to gain donor confidence as we continue to improve our PR. The production of the merchandise and increased member participation has enabled us to raise sufficient funds to run the club activities.

PR & Fundraising Director Wangari (Center) welcomes Godfrey Mageto & Simon Kisse into the club.

FINANCIAL REPORT

INTERIM UNAUDITED FINANCIAL STATEMENT FOR THE QUARTER ENDING 30TH SEPTEMBER 2012

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SPONSORS

We remain indebted to our friends and sponsors whose confidence in us and willingness to invest in our activities have enabled us to achieve the goals we set out to in the first quarter.

1. Rotary Club of Nairobi
2. Rotary Club of Madaraka
3. Laico Regency
4. Valentine Cake House
5. Premchandabhai Foundation
6. Fin Solutions Consultants
7. Jomo Kenyatta Foundation
8. Visual Magic
9. Emily Wasonga
10. Martha Nzisa
OUTSTANDING SERVICE DIRECTORS

Everyone has indeed demonstrated exemplary leadership and diligent service throughout the first quarter. Given the voluntary nature of Rotaract and the increasing demanding work, school and family responsibilities, we remain grateful for the time, finances and expertise among other resources that the directors and members put into ensuring RCNC remains an active club. We certainly cannot take that for granted.

Special mention goes to these individuals who went beyond the call of duty and delivered over and above what was expected of them.

Lucy is a final year Medical Laboratory masters student who is currently writing her thesis while working and is in between Mombasa and Nairobi but has managed to run the Professional Development Committee efficiently ensuring that we had guest speakers and the mentorship sessions at Kenya High School and Nairobi School continued running uninterrupted. As the director of one of the key committees of the club, her coordination of the docket while managing to strike a delicate balance between her school, work, travel and family goes in affirming the more familiar “Rotaract is for busy people” phrase. We wish her success in her defense.

Our secretary and his assistant have ensured that our members are constantly updated on what is happening in the club hence improving our communication with them and guests. This has gone a long way in ensuring that our meetings are well attended. The two have also ensured that our reports to the district office are send in on time and the monthly board meetings are held without failure.

Denis has injected new blood and energy into the club reviving the Club Service committee activities such as TGIF and ensuring guests to the club are well informed and get to know the club before joining. Denis organized a successful members retreat and has also been instrumental in building audience and running the Tribe 360 online cultural exchange project. He continues to engage guests to the club and recommend inductees to the club as well as overseeing a thorough induction process for new members.

Wangari was instrumental in ensuring that the alumni dinner was organized successfully. With her expertise in events organization and management, Wangari did all that she could to ensure the event turned out just as we had expected. From communication, fundraising, meeting sponsors and coordinating the event program and service providers, the alumni dinner turned out a great success. Wangari also played a significant role in following up with collection of dues and encouraging members to participate in the fundraising initiatives of the club.

Caroline has been the able assistant of Lucy Mwangi and also assists with the community service docket among other things. Carol does not wait to be asked to do something and is always first to fill up where a gap is long before we notice there is one. Despite a busy work and travel schedule, Carol ensures that the mentorship program runs uninterrupted.

Caroline was instrumental in ensuring that the alumni dinner was organized successfully. With her expertise in events organization and management, Wangari did all that she could to ensure the event turned out just as we had expected. From communication, fundraising, meeting sponsors and coordinating the event program and service providers, the alumni dinner turned out a great success. Wangari also played a significant role in following up with collection of dues and encouraging members to participate in the fundraising initiatives of the club.

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UN stats show that 1.3 million people die and about 50 million are injured around the world each year in road accidents. In Kenya the stats are grim with about 3,000 people dying annually and thousands others getting injured in road accidents. This is one of the highest road fatalities in the world.

This is so serious that major NGO’s have put road accidents on their agenda at the same level as HIV/AIDS, Tuberculosis and Malaria. The stats had me worried considering that it was mentioned in one of the many forums I attend that the most affected age group by the above statistics are ages between 23 – 34 years. Why? That’s a topic for another day. My social obligation today is to advise you to take up a Personal Accident Cover that will NOT prevent an accident from happening but will ensure that in the event of fatal accident then you or your next of kin gets to enjoy the below benefits if you survive or die:

**ACCIDENTAL DEATH AND PERMANENT DISABILITY – 24 HRS**

This pays when an injury (accidental bodily injury), results to loss of life mostly within as specified number of days after the accident. The insurance company pays the amount insured. The insurance company pays the sum insured in case of total permanent disablement. This means that the insured person is unable to engage in any occupation or employment for profit or compensation for which the person is reasonably qualified by education, training or experience. In most cases this is payable within 365 days after the date of the accident. Each body part has a percentage payable. However if the injury is total permanent disablement then the full amount is payable.

**ACCIDENTAL DISABILITY INCOME**

Commencing 90 days after the date of the accident, if the insured is totally disabled, the insurance company will pay periodically an amount equal to 75% of the insured weekly income not exceeding the weekly benefit stated in the policy schedule as chosen by the insured. This payouts are normally for a specific period of time as stipulated in the policy up to age 70 years whichever comes first.

**ACCIDENT MEDICAL EXPENSE REIMBURSEMENT**

Commencing within 30 days after the date of the accident, in case of in and out patient treatment, the insurance company will pay the reasonable and customary expenses incurred within 52 weeks (this may vary from one company to another) from the date of the accident. The payment done will not exceed the amount payable as per the option chosen in the schedule as the result of any one accident.

**FUNERAL EXPENSE**

In the event of accidental death of the insured, Funeral expenses shall become payable subject to benefit schedule. This will be payable upon submission of a written notice and a documentation (death certificate).

**HOSPITAL CASH (ACCIDENTAL LOSS)**

Upon hospitalization of the insured for more than 2 days as a result of an accident, The Company shall pay a specific amount to the insured. I prefer calling it pocket money.

**ARTIFICIAL APPLIANCES (ACCIDENTAL LOSS)**

Cost of artificial appliances subject to the benefits selected by the insured is payable. The cost of the appliances has to be prescribed by a qualified registered member of the medical profession. Personal Accidents are one of the cheapest covers around. They cost from Kes 5,400 to Kes 60,000 annually, for covers ranging from Kes 1.2M to Kes 12 Million.

So if you make an income then there is no excuse not to have one! An accident is an unforeseen occurrence, however you can make a deliberate decision to be prepared in event that one occurs. Always remember; ‘The biggest asset you have is your body’.

Contact the author by email: info@kyleandcotts.com

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**2012/13 Project Briefs**

Through the four avenues of service, the leadership and professional development of the members of the club has been realized by designing projects and activities under each avenue that ensure that the members utilize their skills and in the process enhance them.

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**PROJECT BRIEFS**

**PROFESSIONAL DEVELOPMENT**

Leadership and Professional Development is the main objective of Rotaract and under this avenue, activities include: Bimonthly meetings with professional talks and presentations by guest and resident speakers; Mentorship at the inter-club Act Clubs of Kenya High School & Nairobi School, Brydges Centre Children’s Home, Hot Springs Girls Secondary school and all other schools benefitting from the sanitary towels distribution project; Team Building; Professional outings and working committees; quiz night.

**COMMUNITY SERVICE**

**2012/13 MAIN PROJECT: Construction of a skills and recreation centre at Hot Springs Girls Secondary School.**

The main goal of the project is to ensure that the girls in the school gain basic entrepreneurship skills that they will use once they complete their secondary education.

**CONTINUING PROJECTS:**

**A GIRL A K A YEAR: 8 year project in its second year that provides 1500 under privileged girls with a year’s supply of sanitary towels from the time they begin their menses to the time they complete their tertiary education. This is to ensure that the girls do not miss school and therefore are able to compete at the same level with their counterparts academically. The beneficiaries of this project also undergo a mentorship session during the distribution.**

**BOOKS DRIVE: In partnership with Jomo Kenyatta Education Publishers, the club is in its second year of stocking school libraries with text books and instructional materials and ensure that the students in these schools have access to these very important learning materials that their parents cannot afford. The first beneficiaries of the project were: Altawoon Education Centre, Babadogo, Brydges Centre Children’s Home and Vlara School, Mathare. The 2012/13 beneficiaries will be Hot Springs Girls Secondary School, Mai Mahiu; Misori Primary School, Mfangano Island; and Kwa Watoto Children’s Home.**

**ALTAWOON EDUCATION CENTRE:**

The club visits the centre during the Idi holiday and celebrates with the children. Donations to the school in the past have included stationery items and stocking of the school library. This year, the centre will benefit from the sanitary towels project as well as receive stationery and a mentorship session will also be organized during the distribution of the towels scheduled for October and Kereita forest tree planting exercise. The club will be able to hit the 10,000 trees planted mark by the Rotary Year 2013/14 and the tree planting exercise for this year 2012/13 is scheduled for April 2013 where 5,000 trees shall be planted in Kereita Forest in partnership with Kijabe Environmental Volunteers who ensure that the trees are attended to until maturity.

**ANNUAL PROJECTS**

**THOGOTO HOME FOR THE AGED CHRISTMAS VACATION:**

The home is during every Christmas and the club has been visiting the home for more than 20 years and each year, different items are donated to the home including food stuff, utensils, bedkits and payment of medical bills for some of the residents. The visit for this year is scheduled for December (date to be communicated).

**RCNC GREEN 10,000 TREES OF THE A BILLION TREES CAMPAIGN:**

The campaign begun in 2009 and the club has participated in several successful tree planting exercise and has so far planted more than 2,500 trees in different areas of the country. The club has participated in the 3 consecutive Kenyan Airways/KLM Ngong Hills Rehabilitation exercise; Mau Forest rehabilitation; Ngong Forest Sanctuary; Mt. Kenya forest rehabilitation and Kereita forest tree planting exercise. The club will be able to hit the 10,000 trees planted mark by the Rotary Year 2013/14 and the tree planting exercise for this year 2012/13 is scheduled for April 2013 where 5,000 trees shall be planted in Kereita Forest in partnership with Kijabe Environmental Volunteers who ensure that the trees are attended to until maturity.
BRYDGES CENTRE CHILDREN’S HOME: The club started working with the home in the Rotary Year 2011/12 and activities include quarterly visits to the home where we celebrate our birthdays with the children; hold mentorship sessions and fun day. The home has benefited from the sanitary towel and books drive project. The Rotary Year 2012/13 will see the home continue to receive the sanitary towels for the girls and the club will support the food security and water management project that the home is currently undertaking.

HOPE FOR AFRICAN CHILD CHRISTMAS PARTY: Members of the club volunteer at the event and since 2011/12 Rotary Year, the club donates stationery items to the event.

KENYATTA NATIONAL HOSPITAL CHILDREN’S CANCER WARD VISIT: The club joins the Rotaract Club of University of Nairobi and visits the Kenyatta National Hospital children’s cancer ward. The club seeks to promote collaboration between the club and other Rotaract clubs; twinning with different clubs as RCNC ambassadors; organizing fun events including home hospitality, TGIF (Thank God it’s Friday) get together; Christmas Party; New Year Party; Installation Ceremony; Date Night; Dinners among other things. This Rotary Year, the club organized the first ever Alumni Dinner during the club’s 35th Anniversary celebrations, Installation ceremony and introduced members’ retreats which will be held once every quarter.

INTERNATIONAL SERVICE

The International Service avenue seeks to promote collaboration between the club and other Rotaract clubs locally and internationally. This goes towards realizing Rotary’s objective of promoting international peace and understanding and also enables the members to forge new friendships out of their clubs, expand their networks, exchange and share ideas and experience each other’s cultures with a greater understanding.

Activities in this avenue include club members visiting other Rotaract clubs as RCNC ambassadors; organizing joint activities with other Rotaract Clubs; twinning with different clubs and participating in each other’s projects. The club works closely with the Rotaract Club of USIU who are our sister club and has twin clubs in Ethiopia and Uganda i.e the Rotaract Club of Mella and the Rotaract Club of Ssese Island respectively. Other clubs that the club works with locally and internationally include the Rotaract Club of Nairobi East; the Rotaract Club of Belmont, Australia and the Rotaract Club of Warsaw Śródmieście, Poland.

The main International Service Project for the Rotary Year 2012/13 is the Tribe 360 which is an online cultural exchange project that seeks to create a community of young people who understand each other’s cultures and act as agents of change and promote greater understanding among people of different cultural backgrounds hence foster peace.

SLEEPING CHILDREN AROUND THE WORLD (SCAW): Members volunteer at the event where we celebrate our birthdays with the children; hold mentorship sessions and fun day. The home has benefited from the sanitary towel and books drive project. The Rotary Year 2012/13 will see the home continue to receive the sanitary towels for the girls and the club will support the food security and water management project that the home is currently undertaking.

CLUB SERVICE

The club service avenue is in charge of membership development and ensures that there is continuity in the club and that there are new quality members joining the club. It’s through club service that members get to interact at a more personal level promoting greater understanding and cohesion and forging lasting friendships. Activities in this avenue include: communication with guest who are potential members; induction of new members; organizing fun events including home hospitality, TGIF (Thank God it’s Friday) get together; Christmas Party; New Year Party; Installation Ceremony; Date Night; Dinners among other things. This Rotary Year, the committee organized the first ever Alumni Dinner during the club’s 35th Anniversary celebrations, Installation ceremony and introduced members’ retreats which will be held once every quarter.

“While we would love for the whole world to believe in our causes because to us they are noble, it will not be the case. We must of the time want to lament about the people who are not there, the people that are not supporting us, the people who always have to be pushed around to get things done and so forth and so on... We get angry, we curse, we lament.”

Irinah Wandera

Date | Event/Activity | Time | Venue | Charges
--- | --- | --- | --- | ---
19/10/2012 | TGIF | 6:00 pm. | Tropez Lounge | Cash Bar
20/10/2012 | KHN Children Cancer Ward Visit | 10:00 am. | Kenyatta National Hospital | Kshs. 100 Room Charges Kshs. 200 for a photograph with the torch.
23/10/2012 | Amazing Grace Team Challenge for 1500 Amazing Girls with Getrude Mungai & the London 2012 Paralympic Torch | 6:00 - 8.00 pm. | Laiico Regency, Nairobi | Kshs. 15,000
26/10/2012 - 28/10/2012 | Rotaract Club of Kampala Sseise Annual Serinya Primary School Community outreach | 6:00 pm. | Serinya Primary School | Kshs. 1,000
28/10/2012 | Lisbon Detour: Stanchart Marathon | 7:00 pm. | Nyayo Stadium | Kshs. 1,000
2/11/2012 | TGIF | 6:00 pm. | Tropez Lounge | Cash Bar
3/11/2012 | Professional Visit | 10:00 am. | Nairobi Women’s Hospital | Kshs. 100
6/11/2012 | Club Meeting – Professional Talk | 6:00 – 8.00 pm. | Laiico Regency, Nairobi | Kshs. 100
10/11/2012 | Karaoke Made in Africa | 2:00 pm. | To be confirmed | Kshs. 500.00 Students – Kshs. 300.00
16/11/2012 | TGIF | 6:00 pm. | Tropez Lounge | Cash Bar
17/11/2012 | Tree Planting | 8:00 am. | Nairobi National Park | Kshs. 100
20/11/2012 | Club Meeting – Professional Talk | 6:00 – 8:00 pm. | Laiico Regency, Nairobi | Kshs. 100
<table>
<thead>
<tr>
<th>Date</th>
<th>Event/Activity</th>
<th>Time</th>
<th>Venue</th>
<th>Charges</th>
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<tbody>
<tr>
<td>1/12/2012</td>
<td>Brydges Centre Christmas Party</td>
<td>9:00 am.</td>
<td>Brydges Centre, Isinya</td>
<td>Kshs. 500.00</td>
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<td>4/12/2012</td>
<td>Club Meeting – Gift Exchange &amp; Boot Sale</td>
<td>6:00 – 8:00 pm.</td>
<td>Laico Regency, Nairobi</td>
<td>Kshs. 100</td>
</tr>
<tr>
<td>8/12/2012</td>
<td>Thogoto Home for the Aged Visit</td>
<td>9:00 am.</td>
<td>Kikuyu</td>
<td></td>
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<td>15/12/2012 – 16/12/2012</td>
<td>Members’ Retreat &amp; Christmas Party 8:00 a.m.</td>
<td></td>
<td>Masinga</td>
<td>Kshs. 3,000</td>
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<td>18/12/2012</td>
<td>Q2 Club Assembly</td>
<td>6:00 – 8:00 pm.</td>
<td>Laico Regency, Nairobi</td>
<td>Kshs. 100</td>
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<tr>
<td>8/01/2013</td>
<td>Club Meeting</td>
<td>6:00 – 8:00 pm.</td>
<td>Laico Regency, Nairobi</td>
<td>Kshs. 100</td>
</tr>
</tbody>
</table>

Some of RCNC Alumni at the 35th Anniversary Dinner

Continuation of RCNC Members

Felista Wangari Journalist
Mahinda Githaiga Community Development
Shiko Mbogo Lawyer
Matha Nzisa Conservationist & Author
Marylyn Musyimi Architect
Simon Kisse Treasury Dealer
Sylvia Mutua Landscape Architect
Tyrus Gichu IT
Winnie Malenya Accountant

Fredrick Oko Entrepreneur
Kyoki Waweru Risk Management
Magdalene Mugo IT
Nguna Kili Revenue Officer
Wangari Mwariki Training & Coaching

Nicholas Njeru Accountant
Godfrey Mageto Finance
Paul Maingi IT Consultant
Michael Walyaki
Judy Kinuthia
Daniel Alego
Hellene Kimiti
Benjamin Wachira
Bernard Kirugu
Diana Gachuhi
Helen Kimiti
Judy Mathenge
June Opiyo
Kevin Mududa
Mutiga Wanjau
Njeri Kamanu
Rayhab Gachango
Coming Soon

Guinness Book of Records Attempt

ROTARY INTERNATIONAL
THEMATIC CALENDAR
TOUR

END POLIO NOW

Travel with the World’s Largest Desk Top Charity Calendar as we walk our mile towards the end of polio.

in the Next WAKATI Issue

LONDON 2012 PARALYMPICS TORCH COME TO RCNC
OUR FOUR AVENUES OF SERVICE:

1. PROFESSIONAL DEVELOPMENT
2. COMMUNITY SERVICE
3. INTERNATIONAL SERVICE
4. CLUB SERVICE

Celebrating 35 years of RCNC
1977 - 2012