

Rotary
Club of Nairobi
Since 1930



CREATE HOPE
in the WORLD

LEGACY NEWS

October 2023 | NEWSLETTER



INSIDE

**President's Message
Installation pictorial
Family of Rotary
Community service**

The ROTARY ACTION PLAN



TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE ACTION
TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES

As we stand on the cusp of eliminating polio, we find ourselves poised for our next challenge. **The time is right to move toward realizing a new vision that brings more people together, increases our impact, and creates lasting change around the world.** To achieve the vision of Rotary International and The Rotary Foundation, we have set four priorities that will direct our work over the coming years.

INCREASE OUR IMPACT

- Eradicate polio and leverage the legacy
- Focus our programs and offerings
- Improve our ability to achieve and measure impact

EXPAND OUR REACH

- Grow and diversify our membership and participation
- Create new channels into Rotary
- Increase Rotary's openness and appeal
- Build awareness of our impact and brand

ENHANCE PARTICIPANT ENGAGEMENT

- Support clubs to better engage their members
- Develop a participant-centered approach to deliver value
- Offer new opportunities for personal and professional connection
- Provide leadership development and skills training

INCREASE OUR ABILITY TO ADAPT

- Build a culture of research, innovation, and willingness to take risks
- Streamline governance, structure, and processes
- Review governance to foster more diverse perspectives in decision-making



Dear Rotarians,

It has been wonderful to see so many of you join us in the last 3 months, seeing some old friends and welcoming some new ones. Let us continue with the same spirit of fellowship, fun and friendship as we serve our communities. We would like to congratulate all our directors and members who have participated in all our activities.

This year, in line with the Rotary International theme, "Create Hope in the World" and our District theme, "We are One", I call on each one of us to support our main areas of focus as highlighted below:

1. Membership Growth & Retention - We are currently 81 members. We welcome back Rtn.

Barrack Muluka and our newly inducted members Rtn. Janice Golding and Rtn. Andrew McDonald.

2. Big Impactful projects: Our main projects are Bondeni Adopt-a-School, where we plan to build a sanitation block and multipurpose hall. Sleeping Children Around the World (SCAW) this year will distribute 8,000 bedkits valued at Kes. 40 million, and our signature eye care will reach over 500 patients, at a cost of Kes. 4 million.
3. Rotary Foundation - We encourage all members to give at least US\$ 100 to the foundation and make our club 100% Every Rotarian Every Year (EREY) as we support the various causes of Rotary International.

We started the year with the Garissa eye camp, where 153 patients were treated for cataract surgeries. We also launched the Wezesha sewing project where the youth, especially young women, are beneficiaries of the economic empowerment program and will be absorbed to work in the EPZ.

We would like to thank all members who have made contributions to our projects. Our main fundraising efforts this year will focus on:

1. Eye camps - cataract surgeries - 500 @ Kes. 7,500 each
2. Adopt Bondeni Primary School - build a sanitation block and a multipurpose hall
3. Polio Plus - through donations to the Rotary Foundation

In an effort to maintain our rich history and records, and at the same time demystify Rotary club of Nairobi, we launched the RCN podcast series and RCN radio hour with 4 senior members sharing their rotary journey with us.

Our 8 interact clubs have been reinstated and are in good standing and actively carrying out projects to support communities.

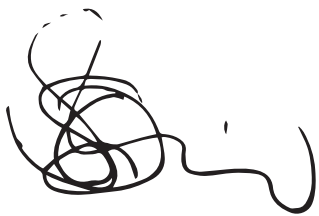
The programs committee organized a Corporate Networking Evening aimed at getting corporate leaders engaged and possibly become members and project partners. We have introduced members panels to allow more members to give job talks in an

interactive way. The social evenings will take place once a month to allow members who have challenges joining the lunch meetings to fellowship and improve their attendance.

The Family of Rotary continues to look after the welfare of our members. We have visited our members who were bereaved and unwell, we have celebrated birthdays. We encourage members to reach out if they would like to host home hospitality. Congratulations to our members who have been honoured with various awards and accolades over the last 3 months, in their professional and other endeavours. We celebrate you and are proud of your achievements.

Dear Members, let's keep up with the spirit and make this a great year. Join a committee, join the book club or walking club, attend fellowship and reach out to me or the membership director Rtn. Marylyn or Family of Rotary director Rtn. Onestar if you are experiencing any challenges.

We have lots of exciting plans for the next quarter, and I look forward to your active participation.



Rtn Susan Murabana



EDITORIAL

Club President:

Susan Murabana

Editor:

Irina Wandera

Photographer:

Geoffrey Ogola

Contributors:

Susan Murabana,
Anthony Kariuki,
Irina Wandera,
Laura Angwenyi,
Lady Justice Joyce Aluoch,
Baston Woodland,
Huma Kaseu,
Mumbua Musyimi,
Mumbi King,
Molly Kariuki

Design & Layout:

Munene Ndwiga

Installation of President Susan and the 93rd Board of Directors

President Susan Murabana Owen and her board were installed on 8th July 2023 by PDG Kaushik Manek. In attendance were many Rotarians and friends. We thank you for attending what marked a great and exciting start to the Rotary year.





RCN UPCOMING EVENTS

FOR POLIO FOR PEACE

FOOTBALL TOURNAMENT

Team categories:
Under 14, Women,
Rotaract, Rotary and
Community

**CAMP TOYOYO
JERICHO**
Reg. Fee Kes 3,000

Prices up to Kshs. 100,000



NOV.
24

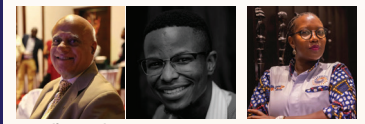
NOV.
25

RCN October

OCT.
5

Rural Blindness Eradication: Partnerships for Sight

Panel Discussion:



PP Salim Fazal Rtn. Huma Kaseu Mercylyn Mokeira MBA
 Project Lead - Kenya VisionSpring
 12.30 - 2.00pm
 Capital Club, Westlands
 Kes. 1,800

OCT.
12

Club Assembly

12.30 - 2.00pm | Capital Club, Westlands | Kes. 1,800



OCT.
19

Going Blue: Helping to create a corruption-free business environment in East Africa.



Speaker: Dr. Julius Kipng'etich, Director,
 the Blue Company Project; Group CEO,
 Jubilee Holdings Ltd
 12.30 - 2.00pm | Capital Club, Westlands
 Kes. 1,800

OCT.
28

Halloween Under the Stars

Give the Treat of Sight

Adults: Kes. 1,800



Kids: (3-12 years) Kes. 1,000

(All proceeds go to eye camps)

Sponsor 5 Cataract Operations @ 7,500 each

Venue: The Nairobi Planetarium, Riverside Drive
6.00pm till late

Mpesa Paybill: 982800 | Account: 3000043905
Prime Bank

 @therotaryclubofnairobi
  rotaryclubofnairobi

 RCNNairobi
  Rotary Club of Nairobi

Mpesa TILL: 8522336 - R.C. Nairobi
Contact: Molly Kariuki +254 790 572 315

Family of Rotary

Our family of Rotary is led by Rtn. Onestar Magiri and through her leadership we continue to celebrate all members birthdays, fellowship with our sick members at the homes and visit bereaved members. Happy birthday and many happy returns to our Rotarians who celebrated their birthdays in July, August and September.

Sincere condolences to PP Salome Gitoho for the loss of her mother and to PP Alex McDonald on the loss of his father in law. You are in our thoughts and prayers.





Membership

Welcome back Rtn. Barrack Muluka and welcome to the fold Rtns. Janice Golding and Andrew McDonald. We hope you enjoy your Rotary journey and we look forward to your active participation and collaboration.







2023-24 Board of Directors



Susan Muarabana
President



Josephine Ojiambo
IPP



Elizabeth Kimkung
President Elect



Lucas Nyabero
VP & Int. Service Dir.



Anthony Kimara
Secretary



Eva Nyawira
Treasurer



Nicodemus Maina
Sergeant At Arms



Laura Bonareri
Community Service Dir.



Nelson Mburu
Community Service & Special Projects



Kalpa Padia
Fundraising Dir.



Huma Kaseu
Youth Service Dir.



Suparna Biswas
Dep. Youth Service



Eileen Ngete
Vocational Service Dir.



Mumbi King
Public Relations Dir.



Fareed Kimani
Public Image Dir.



Onestar Magiri
Family of Rotary



Shubrikha Johary
Dep. Family of Rotary



Beatrice Kiptanui
Diversity, Equity & Inclusion



Irina Wandera
Program Dir.



Marylyn Mumbua
Membership Dir.



Lady Justice Joyce Aluoch
Governance & Ethics Dir.



Ritesh Barot
Advisor



Mollyne Kariuki
Club Administrator

Garissa Eye Camp

The eye camp aimed to offer free eye examinations, diagnosis and treatments to the residents of Garissa and the surrounding areas. It included cataract operations which aimed to treat cataract - induced blindness which has been a significant concern for the local community. Total of 153 beneficiaries including men, women and children of various ages groups, the youngest being 6 years and the oldest being 89 years old availed themselves for the services offered.

Wezesha Project

The project was launched at The Wezesha Institute and will support 52 young women and men from vulnerable backgrounds to gain tailoring skills that will lead to them to start an income generating business. It is an opportunity for these young women and men to uplift themselves and their families from hardship.

Report: Garissa Eye Camp - 22nd and 23rd July 2023

Introduction:

The Rotary Club of Nairobi organized and sponsored the Garissa Eye Camp event which took place on the 22nd and 23rd of July 2023 at the Ifiti Subcounty Hospital in Garissa County Marking the first service project for the Rotary year 23/24 under the Chairmanship of President Susan Murabana. The primary goal of the eye camp was to provide essential eye care services to the underserved population in the region. Additionally, the camp marked a historic milestone as it included the first-ever cataract operations to be performed at the Ifiti Sub County Hospital.

Event Overview:

The Garissa Eye Camp was well-planned in advance under the stewardship of PP. Salim Fazal and meticulously executed by the serving Community Service Director Dr. Laura Bonareri supported by the Youth Service Director Rtn. Huma Kaseu.

The Eye Camp initiative was undertaken by the Rotary Club of Nairobi upon request from the community in Garissa represented by the Zonal Eye Surgeon for North Eastern Dr. Ammal Ahmed who brought together a consortium of dedicated medical professionals, volunteers, and the County Government of Garissa's Health department.

The primary objective of the camp was to offer free eye examinations, diagnosis, and treatments to the residents of Garissa and the surrounding areas. The inclusion of cataract operations in the camp aimed to address the prevailing issue of cataract-induced blindness, which has been a significant concern for the local community.

Venue:

The Ifiti Subcounty Hospital served as the ideal venue for the eye camp due to its strategic location and aspiring medical programs and infrastructure. The hospital's administration and staff were instrumental in ensuring the camp's success by providing their full support and cooperation.

Services Offered:

Comprehensive Eye Examinations: Experienced optometrists and ophthalmologists led by Dr. Ammal conducted thorough eye examinations for all beneficiaries. Visual acuity, refractive errors, and various eye conditions were assessed during these examinations.

Cataract Operations: The eye camp facilitated the first-ever cataract operations at the Ifiti Subcounty Hospital. Skilled eye surgeons performed these crucial surgeries to restore vision and alleviate cataract-induced blindness among the 153 beneficiaries.

Treatment and Medication: Beneficiaries diagnosed with common eye conditions such as conjunctivitis, myopia, and glaucoma received appropriate treatments and medications during the camp.

Referrals: Patients with advanced eye conditions including a 6 year old boy that required specialized treatment were identified for reference to higher-level eye care and support

Beneficiary Reach:

The Garissa Eye Camp received an overwhelming response from the local community. A total of 153 beneficiaries, including men, women, and children of various age groups, the youngest being 6 year old and eldest being 89 years old, availed themselves for the services offered. The inclusion of cataract operations provided a new ray of hope to those suffering from cataract-induced blindness which is highly prevalent in North Eastern Kenya and significantly improved their quality of life.

Impact and Success:

The Garissa Eye Camp made a profound impact on the lives of the beneficiaries. By providing crucial eye care services and conducting cataract operations, the camp restored vision to individuals who had been living with visual impairments for extended periods and those who ran the risk of a lifetime of blindness. Including 10 year Old Abdul Rahman Noor who had been blind following an accidental prick by thorns from the Mathenge plant. (see video) Many beneficiaries expressed their gratitude for the camp's services, emphasizing the positive transformation it brought to their lives.

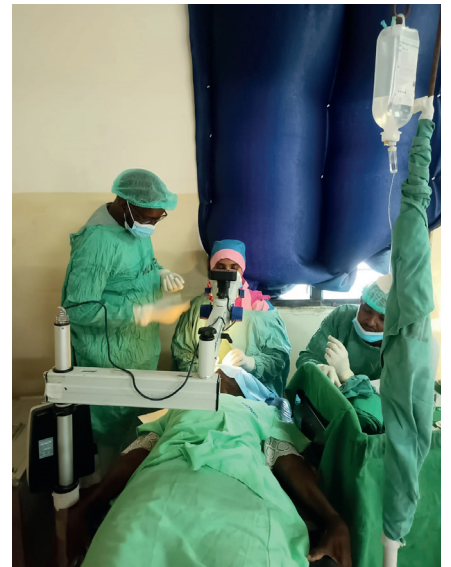
Volunteer and Community Engagement:

The success of the eye camp was a testament to the dedication of volunteers, medical professionals, the County Government of Garissa and support staff involved in the initiative. The Rotary Club of Nairobi's members actively participated in organizing, including PP. Salim, Immediate past Community Service Director Rtn Clinton Abong'o, IPP Josephine Ojiambo, and managing the event, while doctors, nurses, and other volunteers generously contributed their time and expertise. The local community and the County Government of Garissa also played a significant role by assisting with logistics spreading awareness about the camp and kicking off the exercise with the presence of The Country CEC Health and Sanitation Hon. Ahmed Nadir Omar, The Deputy Speaker of Garissa County Assembly Hon. Mustapha Abdulrashid, and Ag. Chief Officer Health and Sanitation Hon. Aden Hussein

The Garissa Eye Camp, held on the 22nd and 23rd of July 2023, was a 100% success and the event showcased the power of collective efforts in making a positive impact on the lives of underprivileged individuals in the Garissa region. The Rotary Club of Nairobi's dedication to serving the community is commendable, and it is hoped that such initiatives

will continue in the region which suffers double the prevalence for blindness. In fact, present day North Eastern Kenya, more than half of total screened patients turn out blind or run the risk of blindness by cataract - a curable disease.







Throughout time, men's heart and soul have been linked with his eyes.

The ancient wise say that the eyes are the windows of the soul, the source of love in man.

Scientists claim that almost 90% of sense awareness is received and felt with the eyes.

Sight is a great blessing. With eyes we see the beauty of the Lord's world, we see our beloved.



INTERNATIONAL SERVICE

Rotary Friendship Exchange that was between Rotary clubs within the Nairobi region and Rotary clubs of Chennai from District 3232. It was an evening for Rotarians to exchange friendships and flags.

This was a fun and interactive opportunity where members celebrated and shared our diversity, ethnicity and culture.





PROGRAMS - SPEAKERS



Congratulations to the programs team for curating exciting Thursday meetings with great speakers and interesting topics. The Corporate Networking Evening was a great highlight of the quarter bringing together corporate leaders and Rotarians to discuss the topic of profit and purpose. The Thursday evening socials have been well received by members as they allow for more relaxed fellowship and members to get to know each other better. We thank our Past Presidents who started off our panel discussions which aim to incorporate our traditional job talks into a more interactive session allowing for more members to bring their expertise into topical issues. We were privileged to host several high-level speakers and leaders including EU Deputy Head of Delegation, Ms. Katrin Hagemann, PDG Eric Kimani, Rtn. Patricia Ithau and Anthony Mwangi, CEO, Kenya Association of Manufacturers, KAM.

Many thanks to Rtn. Kalpa for a well organised and fun Koroga. Congratulations to the BINGO winners. Looking forward to the next one.





Vocational Service

The first book club review was held at President Susan's house. Members reviewed the book, "The Road Less Travelled." If you would like to be part of the book club, please contact Rtn. Eileen or Rtn. Nelson.





Rotary Club of Nairobi

CREATE HOPE in the WORLD

The Secret Lives of Baba Segi's Wives

Vocational Service invites you to:

BOOK CLUB

Date: To Be Confirmed
Location: To Be Confirmed
Time: 6:00 - 8:00pm

@therotaryclubofnairobi | rotaryclubofnairobi | RCNNairobi | The Rotary Club of Nairobi

Contact Molly Karuiki +254790572315

WE ARE ONE!



Rotary Club of Nairobi

CREATE HOPE in the WORLD

WE ARE ONE!

THE ROAD LESS TRAVELED

A New Psychology of Love, Traditional Values, and Spiritual Growth

M. SCOTT PECK, M.D.

Vocational Service invites you to:

BOOK CLUB

Date: 29th August 2023
Location: To Be Confirmed
Time: 6:00 - 8:00pm

@therotaryclubofnairobi | rotaryclubofnairobi | RCNNairobi | The Rotary Club of Nairobi

Contact Molly Karuiki +254790572315



Rotary Club of Nairobi

CREATE HOPE in the WORLD

WE ARE ONE!

LEADERS EAT LAST

Vocational Service invites you to:

BOOK CLUB

Date: To Be Confirmed
Location: To Be Confirmed
Time: 6:00 - 8:00pm

@therotaryclubofnairobi | rotaryclubofnairobi | RCNNairobi | The Rotary Club of Nairobi

Contact Molly Karuiki +254790572315

New Generations

We are proud to have kickstarted the year 2023/2024 journey for Interact and Rotaract clubs fostering youth leadership. We were able to revive 8 Interact clubs by providing an opportunity for these young students to exercise leadership and to pave the way for the next generation of leaders. We were able to support Rotaract club of Nairobi by officiating their installation ceremony and by providing a venue to ensure a seamless transition of these budding leaders

It was also a privilege to visit 3 outstanding educational institutions: Kenya High, Lenana School and Mukuru Transformers High School. This was an opportunity to inspire these students to be great leaders.







FOR POLIO FOR PEACE

FOOTBALL TOURNAMENT

Team categories:
Under 14, Women,
Rotaract, Rotary and
Community

NOV.
24

NOV.
25

CAMP TOYOYO
JERICHO
Reg. Fee Kes 3,000
Prices up to Kshs. 100,000



[@therotaryclubofnairobi](#)
[rotaryclubofnairobi](#)
[RCNNairobi](#)
[Rotary Club of Nairobi](#)

Contact: Molly Kariuki +254 790 572 315

“ We were
 able to revive 8
 Interact clubs
 by providing an
 opportunity for
 these young
 students

”

Public Image and PR

Many thanks to Rtms. Mumbi King and Fareed Khimani for their hard work and dedication to ensuring our club image is greatly improved and appreciated by Rotarians and non-Rotarians alike. We now have an RCN Radio Hour every month on Capital FM. This, together with the RCN podcast series will help demystify Rotary and celebrate our members who have dedicated an incredible amount of time and expertise to make our club the premier club in the region.

We are working on our club website and we will soon share with you an updated and revamped version. We encourage all members to join in this endeavor. Follow us on social media, share our posters with your wider network and let's get more people supporting the work of Rotary.



Ethics and Governance

Many thanks to the dynamic duo - Rtn. Lady Justice Joyce Aluoch and Rtn. Baston Woodland for working on our club by-laws and taking members through the changes.

Dear Members, please take a moment to review the by-laws shared and send any comment to Rtn. Baston by October 31. The by-laws will be ratified at our Annual General Meeting in December.



Board Meetings







<http://rotarynairobi.org>
Email: pa.rotarynairobi@gmail.com