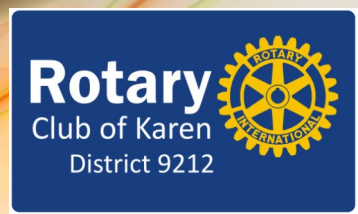




# RCK Snippet



## Content

- President's Note
- About Rotary
- About Rotary club of Karen
- Rotary Foundation 100 Centennial.
- Features
- One on one with Rtn. Jeff Bamford
- DG Richard Omwela's visit.
- Weekly fellowship
- Club Highlights

## Note from the President

I feel privileged to serve as President of this club especially as we celebrate its first decade since being chartered. I joined Rotary club of Karen in July, 2014 and immediately joined the board to serve as Social Affairs Director in the year 2014/2015. In the year 2015/2016 I served as Club Treasurer/President Elect and now I am humbled to serve as President. I feel honoured to serve during the year Rotary International Foundation marks its Centennial Year. Turning to the club's second decade I



ensure that the legacy of my presidency, and that of my board, is of strengthening the clubs' institutions and of returning visible fruits to its members, our partners and mostly to the communities we impact. Lots of work and fun ahead join us in serving humanity!



## Editorial Team

- Rtn. Anne Mbogori
- Rtn. Susan Onyango
- Rtn. Moses Kemibaro
- AG. Protus Lumiti



# About Rotary

We are 1.2 million neighbors, friends, and community leaders who come together to create positive, lasting change in our communities and around the world. Our organization started with the vision of one man - Paul P. Harris. The Chicago attorney formed one of the world's first service organizations, the Rotary Club of Chicago, on 23 February 1905 as a place where professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. Rotary's name came from the group's early practice of rotating meetings among the offices of each member.

Our impact starts with our members—people who work tirelessly with their clubs to solve some of our communities' toughest challenges. Their efforts are supported by Rotary International, our member association, and The Rotary Foundation, which turns generous donations into grants that fund the work of our members and partners around the world. Rotary is led by members responsible leaders who help to carry forward our organization's mission and values in their elected roles. We've been making history and bringing our world closer together for over 100 years.

Since forming in 1905, we've taken on some of the world's toughest challenges and helped a wide range of international and service organizations—from the UN to Easter Seals.

At the same time, we understand that each community has its own unique needs and concerns. Through our network of resources and partners, we help clubs focus their service efforts in promoting peace, fighting disease, providing clean water, saving mothers and children, supporting education, and growing local economies.

**"WHATEVER ROTARY MAY MEAN TO US, TO THE WORLD IT WILL BE KNOWN BY THE RESULTS IT ACHIEVES." - PAUL P. HARRIS**



## About Rotary Club of Karen

The Rotary club of Karen is part of Rotary International in District 9212. It is part of a global network of 34,000 clubs and volunteers aimed at providing service to local and overseas communities in need of support. The club was chartered in January 2007 with the help of the District Governor's (DGs) special representative Rtn. David White who is now an honorary Member. The Charter President now Rtn. Jeff Bamford, now District Governor nominee and still a very active member of the club.

The RCK targets areas of service emphasized by Rotary International as well as those important to our own district and community. Our projects include supporting Literacy, Water &

Sanitation, enabling Economic Empowerment, promoting Peace, We partnered with other clubs for joined activities and participated in committees accordingly.



# Features

## Rotary Foundation Turns 100



In 2016-17, our Rotary Foundation turns 100. That's a century of Rotary members changing lives and improving communities all over the world. And that's definitely something worth celebrating.

Through our Foundation, Rotary members have supported thousands of projects to provide clean water, fight disease, promote peace, provide basic education, and grow local economies. We've also been a leader in the fight to eradicate

polio worldwide. The centennial is the perfect time to share this impressive record with the world. Join us in making sure that every Rotary member and people in every community knows about the vital work of Rotary Foundation.

## Quarterly Club Calendar

7th Sept.	President's Meeting
14th Sept.	District Governors visit and club assembly
17th Sept.	Public Image and media training
15th Oct.	Rotary Leadership Institute
19th Oct.	Club Social
9th Nov.	Board Meeting and AGM
12th Nov.	TRF Training Seminar
22nd Nov.	President's Meeting
3rd Dec.	President's Meeting
7th Dec.	Club Social



## Rotary Club of Karen installs its 11<sup>th</sup> President

On 10<sup>th</sup> June 2016, Rotary Club of Karen installed its 11<sup>th</sup> President at an auspicious occasion held at the Karen Country Club. President Leonard Ithau will serve for year 2016/2017. He is a graduate of the University of Nairobi and University of Birmingham in Civil Engineering and Construction Management. A registered engineer, Leonard is a member of the Association for Project Management of the U.K and has over 32 years experience in the design, management and construction of capital and infrastructure projects both locally and internationally. Rtn. Leonard runs a



consultancy firm that provides advisory services for the construction industry. He is married to Patricia and they have two daughters Mueni aged 20, a 2<sup>nd</sup> year student of Economics at Stanford University and Makena 18, a 1<sup>st</sup> year student at Yale University in the United States.

## Rotary Club of Karen membership grows by 6 in the first quarter.

Membership is key to the survival and growth of the club and of Rotary. We are delighted to have six new members join our vibrant club! A big welcome to:

- Elizabeth Kimondo
- Ruth Mugo
- Joseph Waweru
- Renee Ngamau
- Vicky Kemama



## President Leonard Ithau installs his new Board.

Upon his installation as President of the Rotary club of Karen, President Leonard had the opportunity to install his Board. The Board is responsible to its members and to the Rotary District to grow and develop the club in line with the theme for the Rotary Year 2016-2017 -

“Rotary Serving Humanity”. The board is made up of fourteen individuals with an exceptional breadth and depth of skill sets, well proven within their respective spheres. The Board meets monthly and is chaired by the President..



## Rotary Club of Karen 2016 - 2017 Board

President  
 President Elect  
 Vice President/Admin.  
 Secretary  
 Treasurer  
 Immediate Past President  
 Director for Service Projects  
 Director without Designation  
 Director for Membership  
 Director for Rotary Foundation  
 Director for Communications  
 Director for Fund Raising  
 Sergeant at Arms  
 Director for Social Affairs  
 Club Assistant Governor

Rtn. Leonard Ithau  
 Rtn. Eva Nderu  
 Rtn. Evelyn Mokaya  
 Rtn. Esther Muthoga  
 Rtn. Jacinta Nyachae  
 Rtn. F.T. Nyammo  
 Rtn. Jackie Karebe  
 Rtn. Protus Lumiti  
 Rtn. Esther Muthee  
 Rtn. Richard Thande  
 Rtn. Anne Mbogori  
 Rtn. Michael Mugasa  
 Rtn. Catherine Kimathi  
 Rtn. Mburu Ngugi  
 Rtn. Jayne Ngugi

## Immediate Past President F.T. Nyammo attains Honorary status

Immediate Past President F.T. Nyammo becomes an honorary member of Rotary Club of Karen after the board approved his request under the rule of 85. Rule of 85 is considered when the age of a member combined with their years of membership in one or more clubs is more than 85 years. Rtn. Nyammo is now excused from attendance from weekly club meetings, however he is most welcome to

participate in fellowships, socials as well as participation in club projects.



IPP F.T. Nyammo shares his Rotary experiences of the past year. On this day, his application for the Rule of 85 was accepted by the club!

# The Hub pledges support to Rotary Club of Karen Projects

The Hub, Nairobi's newest shopping mall, has set out to improve reading standards of school children supported by the Rotary Club of Karen. In July, The Hub launched a Book & Toy Drive to appeal to their patrons for old and new books to support RCK's literacy projects. The drive was extremely successful and by 24th August 2016, well-wishers had donated 1.5 tonnes of reading materials. All reading materials have now been sorted and will go a long way in improving literary standards of children under RCK projects including Nkaimurunya Primary School, the Kuwinda community, Karen Technical Training Institute for the Deaf and Karen Police Station learning centre.

We thank all who have donated reading materials towards this cause.

To raise additional funds in aid of the book drive, we have jointly launched the 'Be a pilot' campaign. Here, children are required to fold a plane using an A4 size paper and fly it as far as they can. The distance is then measured and the child whose plane flies furthest is rewarded. All proceeds from this activity will go to support RCK literacy projects.

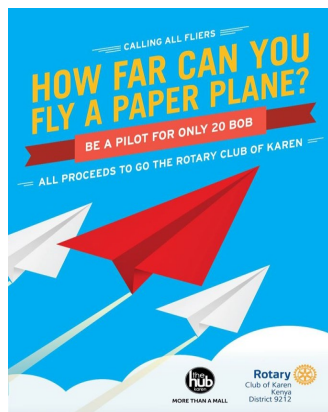
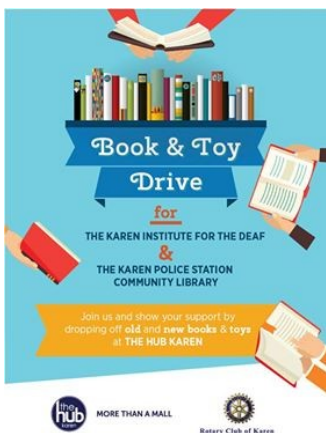
The Karen Police Station situated at the corner of Ngong and Dagoretti Roads opposite Karen Shops dates back to the 1940s when it was originally designed as an agricultural station. Although spread over an expansive area of four acres, it has very limited accommodation for the officers and their families living there. There is no direct water connection to the houses with

is at the handing over ceremony that The Hub CEO Jonathan expressed an interest in partnering with RCK to undertake other humanitarian projects at the police station. Thanks to the commitment of The Hub, we have now embarked on a project to provide a suitable environment for study and play for the children living at the station. The Police Station shall soon be kitted with a prefabricated con-



each being shared by two or three families. The estimated population is 68 officers, 32 spouses and 100 children - 200 in total. A recently conducted needs assessment identified many issues, including lack of transport, housing, water and inadequate learning and play opportunities for the children. Recently The Hub helped to rehabilitate a police vehicle which has been lying idle at the station for them to patrol Karen area more effectively. It

tainer outfitted as a library, where the children will be able to read and do their homework. It will be equipped with both school text and leisure reading books. Outside of the library we also level a small area and provide swings, slides and other play equipment. This project will be jointly funded by RCK and The Hub. More details in our next issue....



## Rotary Charity Walk

Well-wishers donated 1.5 tonnes of reading materials, old and new books in support of the Rotary Club's literacy projects.



RCK in partnership with The Hub will hold a 10km charity walk on 26<sup>th</sup> November 2016 to raise money to fund various projects next year. Funds raised from this fundraising event will go to support projects focused on providing clean water, fighting disease, supporting education, promoting peace and economically empowering communities. Look out for details in RCK Website and Facebook pages.



## Carrefour hypermarket supports Rotary Club of Karen's charities

Majid Al Futtaim, the leading shopping mall, retail and leisure pioneer across Middle East and North Africa recently opened the first Carrefour hypermarket at The Hub Karen in Nairobi. The French retail franchisees' entry into the Kenyan market marks a significant milestone in the Com-

pany's massive expansion plans into the African continent. And as part of their community responsibility, The hypermarket in partnership with The Hub and RCK currently supports six charitable children's homes in and around Karen, namely; Nyumbani Children's Home, Cottolengo Center, St. Nicholas Home, First Love home, Don Bosco Kuwinda boys centre, Thomas Barbados and Karen Technical Training Institute for the Deaf. The homes are supported by a monthly food and sanitation supplies on a rotation basis.



As part of its CSR Program, Carrefour is also supporting 3 homes by placing coin donation tins at their store's check-out tills. The objective of these CSR initiatives is to encourage a positive impact through the organization's activities on the environment, consumers, employees, communities, stakeholders and all other members of the public sphere.

Kenya Children's Homes- St Thomas Barbados home cares and supports over 1,100 children, 200 orphaned, abandoned and destitute children; 600 in a community primary school in Kibera, 100 at Soila Masaai Girls Rescue Centre and 200 through an outreach program located a short distance from the hub, Nyumbani provides life-saving care and a loving shelter to more than 124 HIV-positive children in Kenya with a diagnostic laboratory services for the community and public. The Don Bosco run by Salesians of Don Bosco community, supports over 233 children in need, providing them with education, boarding, medical, food and clothing in Kuwinda.

RCK in partnership with the Hub has made huge strides in supporting these homes and recently the homes engaged customers at the stores on their work, the children and areas they can support. The end result was a great interest in the homes by customers to support the Homes' causes by donating into the tins at the tills.



MORE THAN A MALL

## Karen Technical Training Institute for the Deaf

Karen Technical Training Institute for the Deaf (KTTID) Recently benefited from RCK projects which saw the rehabilitation of their borehole that has been non-functional for many years forcing the Institution to purchase water at great cost. This was realized in partnership with Davis & Shirliff during the 70 year celebrations. RCK also facilitated repairs to ensure improvement of water delivery to various facilities. With the now sufficient supply of water, we provided them an agricultural greenhouse



to provide both learning and income to sustainability. A recent grant Rotary District Grant also saw the installation of safety railings on staircases, doors & windows to two classrooms which have been a great health and risk hazard for the challenged students. The Institution also 2 CDF build classrooms which have been a great health and risk hazard for the challenged students. The Institution also benefited from business and leisure reading books for their library realized from The Hub, Karen book drive & technical

books donated by Longhorn Publishers. Rehabilitation of the school buildings was also made possible by paint donated to the institution.

KTTID is a Public Institution started in 1990. It was an initiative of The Kenya Society for the Deaf Children (K.S.D.C), a first that now serves the East Africa region as well as Somalia, Ethiopia and Mozambique. It is the highest vocational institution for deaf youth to train in Technical Courses (TIVET) in Kenya and the only tertiary technical training outlet for deaf students. Currently the institute has 300 students, staggered into 4 different courses and each course has students in 3 different years. This complex iteration share fewer than 10 tuition rooms, which is the bear minimum they need to run effective tuitions. The same can be said about the deplorable state of the dormitories and dining hall which have leaking roofs, no potable water, broken windows.

As a fully run government owned and run facility, it has faced and continue to face numerous funding challenges affecting the effective delivery of training and skills development of this venerable category of the youth. The participation of RCK with KTTID has been long term. Activities carried out in the past include: renovations of toilets and dining hall and supply of dignity packs for girls.

Going forward, RCK intends to apply for a global grant to assist in the provision of modern workshops and auditory testing systems to tackle Agricultural Workshop Equipment, Carpentry & Joinery Workshop Equipment and Auditory Testing Laboratory.



# Nkaimurunya Primary School Literacy Support Program

The Rotary Club of Karen has undertaken a 2-3 year literacy support program at Nkaimurunya school by providing 'dignity' packs and reproductive health counseling for both girls and boys in the upper primary segment. Supply of text books and safety cabins for safe storage of books, packs and teaching materials.

The dignity program is a unique intervention where 240 girls and 160 boys benefitted each getting dignity pack that contained 2 underpants, 1 pc of soap, 5 litre bucket and sanitary pads for the girls. The reproductive health education, counseling and training of trainers that provide the upper primary children and three champion teachers with information, tools and support with regard to: Menstrual health management specifically for the girls. Responsi-

activities and springing of new institutions such as the Cooperative College. However, despite these potential sources of employment and income, the social dynamics of the slums render the children disadvantaged; poverty, parental disinterest in children's well-being and children's early (and damaging) exposure to alcoholism, sexual activity and other related social ills.

The school's challenge is the ability to cater for the growing population of children, even with the government sponsored FPE (free primary education). Meals, uniforms, text books, menstrual support for the older girls are some of the areas of sponsorship the school is seeking, as outlined by the headmistress to the Rotary team that visited.

The school is supported by the



ble reproductive health for both boys and girls. Monitoring – monthly collection of data to ascertain usage of the donated items, class attendance and any other performance indicators / feedback helps RCK measure the benefits of the program. The children who attend Nkaimurunya School hail from the neighbouring Mashimoni and Kericho slums in Rongai. The school itself is fairly young, having started in 1998, as a public school. It currently has 1250 students and 26 teachers, with each year averaging 150 boys and girls. Gataka sub-location, where the school is located, has seen its population grow considerably as a result of quarrying

commendable leadership of Teacher Terry, who has been its headmistress since 2002. RCK has previously partnered on two other projects namely the borehole and the plastering of 4 classrooms. These two past projects are still benefitting the school. In the current project, she will be supported by three teachers within her staff compliment, who have in the past, volunteered and championed through mentoring and supporting both girls and boys through their MHM and sexual health matters. To RCK, the willingness of the school administration to support the children (independent of this project), is an illustration of the beneficiary's commitment to the children's welfare. RCK has also build three wall inbuilt cabins for safety of the packs and books in stock.



# Kuwinda Community Literacy and Economic Empowerment Programs

Kuwinda is a community of low income households here in Nairobi. Some call it a slum. 300 households, from the elderly right though to young children. Imagine living in house that can barely fit a queen size bed, and living on less than UN measure of \$1.25 a day (Kes 125/-). Well that is Kuwinda! 4 to 7 members per household who live in cramped quarters, but that doesn't faze the brave hearts of Kuwinda.

The youth led by young Michael Mugo mobilize twice a week to clean the open channel drains, collect garbage and provide other community services like manning the humble library. Even though the outcome is still far from perfect, through Michael's leadership the community is experiencing a cleaner environment and lower levels of uncollected garbage. Michael and his team of young volunteers have also dug three pit latrines.

In August 2015, the Rotary Club of Karen initiated the formalization of Kuwinda as a

The youth are vibrant, compassionate and determined. They do so much with so little and yet, educated but not employed, educated but without income generating opportunities.

How do we turn this around? All work and no play makes Kuwinda youth, bored and bitter! We added the soccer flavor, we identified a local school, a university and a residential association that were willing to be part of the Kuwinda story through soccer. We kicked off last October, and the team has continued to flourish in the game, winning most of their matches.

What about the little ones?? Yes Rotary Karen in partnership with Longhorn publishers donated books worth K.shs. 150,000/= to stock up their learning centre. You may wonder, who reads these books to them? Is it enough to just give them books? Who will inspire in them the joy of reading, storytelling, learning and discovering? We have a team of dedicated and committed RCC members who manage



RCC (Rotary Community Corp). Think of a RCC as a mini-Rotary club. Through this formalization, Rotary has had an opportunity to extend further support to the community. In September, Rotary Club of Karen joined the effort, and donated cleaning equipment, garbage collection bags, rubber boots and rubber gloves.

the library from 7am to 10pm and assist the little ones to read and do their daily homework. RCK carries out a reading drive every 3<sup>rd</sup> Saturday of the month where members participate in reading and inspiring the children to read and tell stories. Do you have a

Saturday morning to spare? Come let's read to the kids. Let's light up their library and read to them, read with them!

Dream big, start small! That is where the trash-to-cash initiative comes in. We are working together with them to identify,

,support and initiate income earning initiatives and small businesses. Perhaps even convert their garbage into money. So it is not just about restoring the dignity of habitation, but also the dignity of productivity. Watch this space for updates.....

## Fly a plane

Calling all flyers! How far can you fly a paper plane? Be a pilot for only KES. 20.00 happening at the Hub! Come over and make a difference with Rotary Club of Karen!



## Rtn. Cephas Osoro becomes Paul Harris Fellow

Rtn. Cephas receives a certificate of recognition from IPP FT Nyammo on attaining a Paul Harris Fellow status.

The Paul Harris Fellow recognition acknowledges individuals who have made contributions in their name, of US\$1,000 to The Rotary Foundation.

It was established in 1957 to show appreciation for and encourage substantial contributions to the Foundation. Paul Harris Fellows receive a recognition certificate and pin and they are also eligible to purchase a Paul Harris Fellow medallion.



# One on One

## with Jeff Bamford

District Governor Nominee



### Tell us a little about yourself.

I am a passionate Kenyan who enjoys life to the full. I was born in the UK and am the first of four children. I first came to Kenya in 1970 and was here until 1980. I returned in 1992.

My return to Kenya following a twelve and a half year absence elicited an exclamation when I was coming into Nairobi from the airport; "OMG! What have they done to the place during my absence?"

### What drives you?

Passion and challenge. I love a challenge. When someone says it cannot be done, I will have a go at it.

### How and when did you join Rotary?

I came back to Kenya on 16<sup>th</sup> June 1992 to start a new bank. Interestingly, on that day as I was walking down Biashara Street, a car stopped and a little lady in a *saree* leapt out and threw her arms around me. It was a fantastic welcome. Her husband parked the car and hugged me. They were old friends from my past at the Round Table.

At the beginning of 1993, I was introduced to various Rotary Clubs. It was my fifth club visit – the Rotary Club of Nairobi East – that I settled for.

I moved to Karen in 2005 and as I found it difficult to get to Nairobi Club for my meetings, a group of us started the Rotary Club of Karen, where I became Charter President.

### What is your role in Rotary?

One thing most people cannot say is that I have achieved 100% attendance since 1993 and I have a badge for that.

My role is now District Governor Nominee (DGN). I am also the District Chair of the Rotary Leadership Institute and the District Grants Auditor for the Rotary Foundation. How I handle all these, I do not know!

As DGN I undertake duties and training leading to the next year as DG Elect and ultimately take up the position of District



Governor in 2018/19. That is the same year Rotarian Sam Awori, from Uganda, District 9211, will be Rotary International President.

The District Governor is part of Rotary International and heads the District and leads the clubs that fall within District 9212. District Governors have to visit

Rotarians. Every Rotarian is a potential leader. If you can lead by example, you can encourage the less experienced Rotarian.

### If you were not a Rotarian, what would you be?

I am a member of various organizations including the board of Operation Smile and an Edu-



all clubs and their signature projects and the clubs in turn have to report on their activities. The District Governor has to know their attendance, encourage them to follow the objectives of the district and meet its goals. Without the clubs there is no district and each individual Rotarian is the heart and soul of Rotary. Likewise it is my belief that without anyone to lead, Rotary will not go anywhere.

### Why did you accept the role?

I accepted the role because I have a wealth of experience and I believe it is time to give

cational trust. If I wasn't in Rotary, I would definitely be involved in the community somehow. In the 1970's, I was in "Round Table" – a young man's Rotary.

### Any memorable moments in Rotary?

My! (*takes time to think*) Being awarded the 'Service Above Self Award' from Rotary International following my year as President of Nairobi East in 1997/1998.

Another is the birth of the Rotary Club of Karen, chartered on 31<sup>st</sup> January 2006.





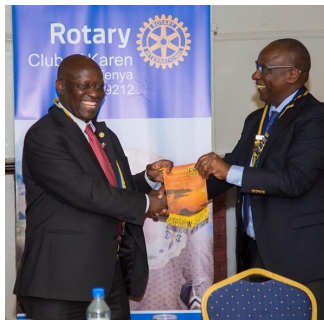
## District Governor Richard Omwela visits Rotary Club of Karen

On 14th September 2016 our District Governor (DG) Richard Omwela made his official visit to the Rotary Club of Karen (RCK).

His program included a project visit to the Karen Technical Training Institute for the Deaf (KTTID) situated on Karen Road, Nairobi. KTTID is a special Public Tertiary Institution under the State Department of Technical and Vocational Education and Training currently hosting over 300 deaf students with also other disabilities.

The DG had the opportunity to inspect various projects recently undertaken by RCK at the institution. This included the rehabilitation of an existing borehole that has been non-functional for many years forcing the Institute to purchase water at great cost.

This project was realized in partnership with Davis & Shirtliff. Also inspected was the installation of safety railing, doors & windows to a CDF classroom building funded by a District Grant and a newly installed greenhouse for learning and income food sustainability. The DGN had the privilege to present to the school principal Ms. Tecla Chemobo, technical, business and leisure reading books to stock up their library.



These were a collection from the recent RCK-Hub book drive as well as donations from Longhorn Publishers. Also presented was paint for the rehabilitation of school buildings donated by Crown Paints. The DG while addressing the staff and students advised RCK to take up the institution as a signature project for the Club and in commemoration of the Rotary Foundation Centenary Year. Going forward, RCK intends to apply for a global grant to assist in the provision

of modern workshops and auditory testing systems.

The DG continued his visit by chairing the Club's Board meeting followed by a "house-full" Club Assembly at the Karen Country Club. President Leonard Ithau on behalf of all club members sincerely thanked the DG for visiting our club and for his continued support and wise counsel.

## Maria Osula awarded Rotary Peace Scholarship

Maria joins the Rotary Peace Scholarship, sponsored by Rotary Club of Karen, District 9212. She joined Uppsala University in Sweden. The Rotary Peace Fellowship is the premier academic scholarship of The Rotary Foundation, and it supports Rotary's mission to empower, educate, and increase the capacity of peace-builders through rigorous academic training, practice, and global networking opportunities.

Maria Osula is a peace building and advocacy practitioner with 8 years' experience in peace building and advocacy. She has facilitated trainings on peace building, conflict-sensitive service delivery, and advocacy for civil society organizations across Kenya and Somalia/land. Maria was engaged in the National Peace Policy Advocacy project that contributed to the adoption of the National Peace building and Conflict Management policy by Cabinet in 2012 and by the National Assembly in

2015. She has also managed projects funded by various development partners including the United Kingdom's Foreign Commonwealth Office, Department for International Development (DfID), United States Agency for International Development (USAID), and International Development Research Centre (IDRC) among others. She has supported a project that was instrumental in revitalizing Committee



on Peace building and Conflict Management (NSC) and Uwiano Platform for Peace and was a key actor in the drafting and review of the National Peace Council Bill. She has worked with Safer world, ACT (formerly Pact Kenya) and Africa Peace Forum. She holds a Bachelor of Arts Degree in International Relations from the United States International University – Africa (USIU), a certificate from the Wageningen UR Centre for Development Innovation (CDI) short course on Competing Claims on Natural Resources and a World Vision International Facilitator Training Certificate on Making Sense of Turbulent Contexts. Maria has also participated in both CSO and United Nations meetings on drawing up strategies to counter violent extremism in Kenya. Maria in her motivational essays writes that: *The Master's Degree Program in Peace and Conflict Studies is of particular interest to*

*me as it will hone skills in peace building and conflict transformation. It will also contribute to my professional goals and career objectives and I would appreciate being given the opportunity to join the program. The rapidly changing context in Kenya where new threats to peace and security are arising requires more informed and creative approaches in dealing with them. The rise of violent extremism, increase in the number of militia gangs, conflicts related to the devolved system of governance and the discovery of minerals, in regions which have for a long time been neglected by the government, can no longer be tackled in the same way as the pastoralist conflicts and electoral violence. I believe that this fellowship and course will provide me with an opportunity to gain more insight to evaluating contemporary threats to peace and security and designing alternative methods of dealing with the threats"*

# Weekly Fellowships

Guest Speaker

## Elsie Njane

**Theme of Discussion**  
"Social Media Management"

*Social Media Management*



**RTN. Elsie J. Njane**

Managing Consultants  
Probita Africa Limited  
www.Probitafrica.com  
elsie@probitafrica.com

Guest Speaker  
**S.J. Kauder**

**Theme of Discussion**  
"Public-Private Partnership  
(PPP) in Kenya:

*How PPPs Can Offer a Sustainable Approach to Developing Kenya's Infrastructure".*



**RTN. STEFAN J. KAUDER**

Senior Advisor for Public Private Partnerships at the World Bank Office in Kenya

Guest Speaker  
**Bonnie Kim**

**Theme of Discussion**  
"The Power of Self Image"

*The Power of Self Image*



**RTN. Bonnie Kim**

Team Building Coach | Mgt. Consultant & Trainer  
www.bonniekimltd.com



**Tonnie Ndungu**  
Founder: Kytabu

[Http://Kytabu.org](http://Kytabu.org)

Guest Speaker  
**T. Ndungu**

**Theme of Discussion**  
"Education on a Digital Platform"

*Education On a Digital Platform*



Guest Speaker

## C. Gathuru



**Carolyn Gathuru**  
Director Strategy and Business Development,  
LifeSkills Consulting

**Theme of Discussion**  
" \_\_\_\_\_ "

*- on listening to improve your personal brand and customer service*

**Theme of Discussion**  
"A Healthy Back for Life"

- structure of spine
- what causes back pain, neck stiffness and common musculoskeletal disorders
- how to stand, how to sit, how to sleep, how to lift
- when to see a specialist
- Easy 3 minute Stretches - Daily

Guest Speaker  
**Dr. Njogu**



**DR. DION NJOGU**

PHYSIOTHERAPIST  
Chiropractic & Physiotherapy Center, Karen.

## DGN Jeff Bamford's Surprise party

RCK recently threw a surprise party for DGN Rtn. Jeff "Wanjohi" Bamford upon appointment this prestigious, but humbling position in the District. Speaker after speaker spoke fondly of their experience with

with Rtn. Jeff and how he had either led them to Rotary or impacted them as a rotarian. The evening was spiced by plenty of njohi and mugithi dancing... All the best DGN Jeff!!



*"After fellowship swallowship"*



The cowboy and cowgirls - Baby club, Kilimani Alfajiri installation

## Interclub Football

Rotary Club of Karengata recently organized an interclub 7 aside soccer tournament at CUEA. RCK was very well represented by a team of very able players captained by DGN Jeff Bamford. The tournament which was finally won by CUEA team, was not only full of fun, but also took a toll on some "old guards".



President Leonard Ithau & Rtn. Anne visit to console Rtn. Mburu to wish him a quick recovery after his unfortunate accident while representing RCK at the soccer tournament.



Supporting our baby club, Karengata