

Rotary Club of Karen

District 9212



Monthly Newsletter - March 2023

All About Accelerating Equity

What does equity mean to you? This year's International Women's Day theme was 'Embrace Equity' - and we lived up to it.

Happy reading!
PR Team



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HOW LIFE IMITATES CHESS

ROTARIANS AT WORK DAY AND OTHER EVENTS YOU SHOULD LOOK FORWARD TO

MENTORSHIP FOR THE MEMBERS OF THE INTERACT CLUB AT NKAIMURUNYA

Period Poverty Stigma Ends With Us

Period poverty is a growing issue that affects young girls all over the world. It can be hard to imagine a situation where girls lack access to basic menstrual hygiene products such as sanitary pads, tampons or other menstrual health items.

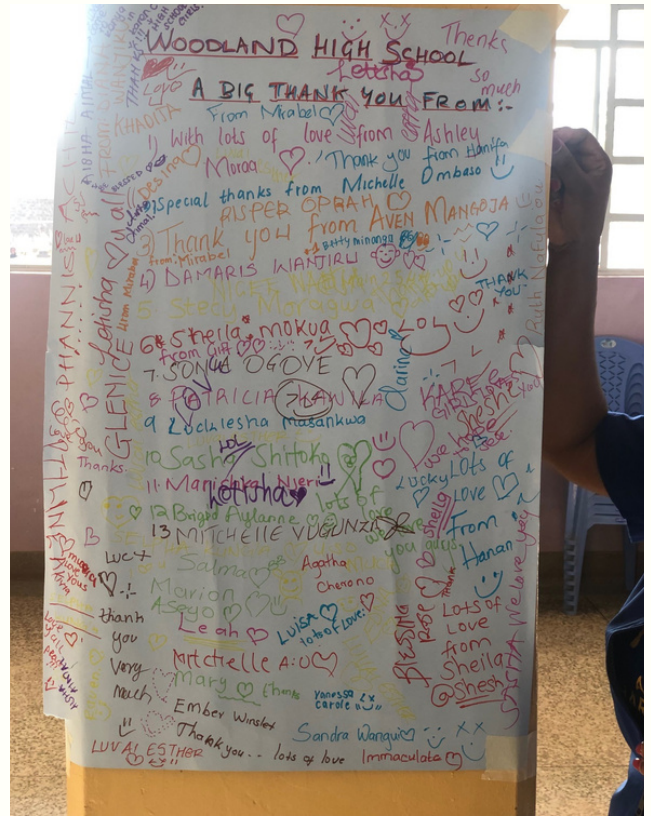
This results in girls missing out on school, feeling embarrassed and ashamed of their bodies, and facing other social challenges due to their inability to manage their periods with dignity. Many girls miss up to 4 days of school each month due to a lack of sanitary towels.

The effects of period poverty go beyond just physical discomfort; it has psychological impacts on young girls too. It can lead to feelings of isolation, embarrassment, shame, and even depression. As a result, period poverty can have long-term effects on the mental health of young women and can even prevent them from reaching their full potential in life.



For this reason, the Rotary Club of Karen set out to distribute reusable sanitary towels to form 1 students at Karen C Secondary School in celebration of International Women's Day 2023 theme 'Embracing Equity'. The school has about 400 students in forms 1 to 4, with a majority of them coming from lower-income communities where period poverty is a reality.

80 form 1 students were provided with two pads each that they can wash and reuse, thus reducing the impacts of period poverty. The Interact Club of Woodland High School handstitched the pads and donated them to Karen C through the Karen Rotary Club.



The 41st Rotary Sunshine Rally

We took part in the Sunshine rally, where we also took a bus with the special needs children from Nkaimurunya Primary School.



[Click here](#) to view more photos from the Sunshine Rally.

Celebrating World Rotaract Day 2023

March 13th is the day we get to celebrate service provided by Rotaractors throughout the world, and it was no different this year. Being part of the largest volunteer organization in the world, we spent some time reflecting on this year's theme - Create Hope in the World

Read more about World Rotaract Day here.



From left President Rachel (RacKaren), President Judy (Rac St Paul University), President Gatheru (Rac Limuru) and President Fridah (Rac CUEA University)

Celebrating
**Our 2022-2023
Rotaract Presidents**



A Highlight of March's Fellowships

1. Blinging Ceremony

We kicked off the month of March with a Blinging ceremony where 26 PHF members received a pin from District Governor Elect (DGE) Leonard Ithau.





2. International Women's Day - A Fireside Chat on Embracing Equity as Leaders

On March 8th we had the honour of hosting incredible women for the Mega Joint Fellowship in conjunction with 40 other Rotary Clubs. The talk aimed to bring the habits that allow diversity, equity and inclusion (DEI) to happen and for a community to thrive. Here are some key takeaways from the discussions:

Diversity is what we are and it refers to the range of differences among people. Equity is understanding that we are not the same, and ensures fair treatment. Inclusion creates an environment where all feel welcome and can contribute to their fullest potential. A place of psychological safety.



When we embrace Diversity, Equity and Inclusion, we create a community that values and respects differences, promotes equal opportunities, and fosters a sense of belonging for all individuals regardless of their backgrounds.



Emotional intelligence (EI) and diversity, equity, and inclusion (DEI) are related because EI skills such as self-awareness, empathy, and relationship management are critical in creating an inclusive environment. When individuals develop their EI skills, they are better equipped to understand and manage their own emotions and empathize with the experiences of others. This can lead to more effective communication, conflict resolution, and collaboration across diverse teams. DEI efforts also benefit from emotional intelligence as they seek to create an environment where everyone feels valued and respected. Inclusive leaders with high EI can create a safe and welcoming space for diverse perspectives to be heard, foster a culture of belonging, and help to drive positive change towards equity and justice.

Pause and ask yourself these questions:

- By first acknowledging or being aware of our differences - what habits can we embrace as a community?
- Are we aware of our personalities and other personalities?
- Are we aware of the diversity of opinion? Do we allow others to share theirs?
- Have we created an avenue of feedback and accountability?
- Are we aware of how emotions primarily drive our behaviour and decisions?
- Have we created a space where everyone feels they can share?
- Do we act in a manner that promotes goodwill Have we been inclusive in our actions?
- Do we self-examine to see how we have created a space where not all feel welcome?
- Have we actively encouraged feedback, not from the strong types but from the silent ones?
- Do we hold people accountable, as a community, to erosive habits like shaming and social conflict that result in personal attacks? Or do we encourage intellectual conflict?
- Are we expansive in our Thinking?

Rotary
Club of Karen

IMAGINE
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In Conjunction with:


RC Lavington RC Kikuyu RC Ongata Rongai RC Ongata Rongai East RC Madaraka RC NABO Rotary E-Club of Rift Valley RC Nairobi Industrial Area RC Laikipia-Highlanders RC Ngong Hills	RC Nanyuki RC Malindi RC Westlands RC Nairobi Connect. RC Kitengela RC Bamburi RC Mombasa Downtown RC Nairobi Samawati RC Nairobi Ridgeways RC Nairobi South	RC Ngong Road RC Nairobi Karengata RC Nairobi Gigiri RC Embu RC Nairobi North RC Kitui RC Thika West RC Meru RC Nairobi Muthaiga North RC Thika	RC Maasai Mara RC Kilifi RC Emali RC Kiserian RC Upperhill RC Nairobi Magharibi RC Celebrate RC Hurlingham RC Bahari RC Utumishi RC Limuru
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Mega Joint Fellowship

TOPIC


A Fireside Chat on Embracing Equity as Leaders

 **Wednesday 8th March, 2023 at 7:00pm**
 **Tamarind Brasserie**




Patricia Ithau
CEO & Executive Director
at WPP - Scangroup

GUEST SPEAKERS




Vicky Karuga
MD, Profiles international
Genos EI trainer



COVER CHARGE
200/=

PAYBILL: 723653
ACC NO. MEGA



3. International Women's Day Event at Serena

Our very own PP Janet Mathenge received an award from the DG for her outstanding service and commitment to Rotary.



4. How Life Imitates Chess



What's chess got to do with life? This must have been the question most of us were asking ourselves when we got invited to listen to renowned chess trainer Brian Kidula. So here is a summary of what Brian (Founder and Chairman of FIDE, International Chess Federation) shared:

Chess is a game that has been around for centuries, but the lessons it teaches can be applied to our everyday lives. The game of chess requires forethought and planning, two skills that are essential for success in all aspects of life. The lessons learned from playing chess can help us become better at navigating life's complexities. By understanding how life imitates chess, we can use this knowledge to become more successful both on and off the board.



5. WASH Fellowship

On 22nd March we hosted Rotarian Paul Asikoyo a water & solar professional and an Entrepreneur who is passionate about sustainable approaches to water & energy.



He is a charter member of the Rotary Club of Nairobi Magharibi and has served in different capacities including Service Projects Director. He is a Paul Harris fellow and is currently serving as Membership Director 2022/2023, 2020-2023 TRF Cadre in the area of WASH, member of the WASH Rotary Action Group (WASRAG) and D9212 Network of experts. Leading 7 No Global Grants by RC Kitengela, RC Thika Road, RC Nairobi Utumishi, RC Kisumu & RC Nairobi North.





6. New Members Induction


A big welcome to Philip Mugo, Terryanne Chebet, and Hawi James Ouma this will be an exciting journey!







New Members Induction


 Wednesday March 29th 2023 at 7:00pm
  Karen Country Club, Ngong Room



Philip Mugo




Terryanne Chebet




Hawi James Ouma

presided over by



Dr. Patrisio N. Njeru (PhD, MBA, MSc, BSc)
 District Stewardship Sub-Committee Chair (2022-23)
 Rotary District 9212





7. Nkaimurunya Mentorship to the new Interact Club

Rotarians from Thee Club provided mentorship to the members of the newly installed Interact Club at Nkaimurunya Primary School. The members of the Interact Club also shared their ideas on the first project that they would like to do.

Rotarian Dr.Faith Wambura Ngunjiri shared the impact the visit had on her [in this wonderful article.](#)



March Babies

A big happy birthday wish goes out to our March babies



Rotary Club of Karen | IMAGINE ROTARY

HAPPY BIRTHDAY

MAY YOU HAVE A DAY FULL OF LAUGHTER AND HAPPINESS AND A YEAR THAT BRINGS YOU MUCH SUCCESS.

Rtn. Janet Mathenge

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WE APPRECIATE AND CELEBRATE YOU

9TH MARCH 2023

@RotaryClubKaren



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HAPPY BIRTHDAY

MAY YOU HAVE A DAY FULL OF LAUGHTER AND HAPPINESS AND A YEAR THAT BRINGS YOU MUCH SUCCESS.

Rtn. Nelly Mutua

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15 MARCH 2023

@RotaryClubKaren



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HAPPY BIRTHDAY

MAY YOU HAVE A DAY FULL OF LAUGHTER AND HAPPINESS AND A YEAR THAT BRINGS YOU MUCH SUCCESS.

Rtn. Vicky Karuga

We Appreciate and Celebrate You

07 MARCH 2023

@RotaryClubKaren



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HAPPY BIRTHDAY

MAY YOU HAVE A DAY FULL OF LAUGHTER AND HAPPINESS AND A YEAR THAT BRINGS YOU MUCH SUCCESS.

Rtn. Priscilla Muriungi

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15 MARCH 2023

@RotaryClubKaren



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HAPPY BIRTHDAY

We wish you Joy like the river, happiness and peace of mind in this new age and beyond.

President Lorraine Kirigia

We Appreciate And Celebrate You

30TH MARCH 2023

@RotaryClubKaren



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HAPPY BIRTHDAY



MAY YOU HAVE A DAY FULL OF LAUGHTER AND HAPPINESS AND A YEAR THAT BRINGS YOU MUCH SUCCESS.

WE APPRECIATE AND CELEBRATE YOU

Rtn. Andrew Kabugua

1ST MARCH 2023

@RotaryClubKaren

Rotary Club of Karen   **3RD MARCH 2023**

HAPPY BIRTHDAY 75th

MAY YOU HAVE A DAY FULL OF LAUGHTER AND HAPPINESS AND A YEAR THAT BRINGS YOU MUCH SUCCESS.

Rtn. Peter Kanyago

We Appreciate and Celebrate you

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Rotary Club of Karen  

HAPPY BIRTHDAY

We are overjoyed to share this special day with you. We wish you nothing but the best things this life can ever offer.

Rtn. Jacinta Nyachae

WE APPRECIATE AND CELEBRATE YOU

30 MARCH 2023

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Rotary Club of Karen  

HAPPY BIRTHDAY

MAY YOU HAVE A DAY FULL OF LAUGHTER AND HAPPINESS AND A YEAR THAT BRINGS YOU MUCH SUCCESS.

Rtn. Linet Ayuko

WE APPRECIATE AND CELEBRATE YOU

6TH MARCH 2023

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Quick Updates for You

Rotary District 9212  

LAUNCH

2023/24 DISTRICT THEME

Date: Saturday, 01st April 2023

1 DAY TO GO

STREAMING LIVE

TIME: 9AM - 11AM

[/ Rotary International District 9212](#)

[/ Rotary District 9212](#)

Watch LIVE as DGE Leonard Ithau Launches the 2023/24 Theme, Action Plan & introduces his Executive Committee

[@RotaryDistrict9212](#) [www.rotary9212.org](#)

Rotary District 9212  Rotaract District 9212 

I am Exploring

THE CITY OF ADDIS

98th ROTARY DISTRICT CONFERENCE

Register: dca2023.rotary9212.org

Join Me

MAY 11th-14th, 2023

ROTARIANS: US\$ 230

ROTARACTORS: US\$ 180

ROTARACTORS: US\$ 220 (with accommodation)

Rtn. PP Anne Mbogori
Rotary Club of Karen

Bank of Abyssinia, Bambis Branch
Rotary Ethiopia DCA 2023
Account #101058298
Swift Code - ABYSETAA
(for payments in ETB)

Let's March Together   




PRESIDENT'S PHF Challenge

1st - 30th March, 2023

How to Become and Grow your PHF

- Simply top up your Rotary Foundation giving to the nearest 500 points to qualify.
- The president will then match your points to qualify for the nearest level PHF.
- Offer valid for the first 10 fully paid up members.

PAYBILL: 723653 ACC NO. PHF
 For more details Contact:
Rotarian Jane Maina










FEBRUARY RCK Raffle



MAIN PRIZE WORTH OVER KSHS 1MILLION

3 NIGHTS FOR TWO AT ANGAMA MARA LODGE
 FULL PACKAGE BASIS INCLUSIVE OF ALL MEALS, DRINKS AND ALL GAME DRIVES

PROUDLY SPONSORED BY ANGAMA MARA LODGE





EACH TICKET @
200/=

6 TICKETS @
1000/=

TO BUY TICKET DIAL *483*33#






Rotarians at Work Day CLEAN-UP ACTIVITY

Karen Shopping Center | Meetup point: Karen Crossroads

Saturday 29th April, 2023 from 9am to 11am

Come dressed for a cleanup exercise: include boots, gloves and sticks to aid in collection of trash





Rotary District 9212

 Let's March Together

Follow us on social media and stay updated



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