



OLERAI

Olerai is a Maasai word for Acacia tree, where the community sits to receive news.

NEWSLETTER



February 2021, Issue No 7

Happy Valentines



TOGETHER, WE
CONNECT





OLERAI

NEWSLETTER

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Rotary
Club of Kitengela



FEBRUARY 2021 Announcements

2nd FEBRUARY 2021
CLUB ASSEMBLY

6TH FEBRUARY 2021
MT. LONGONOT HIKE

10TH FEBRUARY 2021
LOVE & RELATIONSHIPS
Guest Speaker: Muriithi Wanjau

16TH FEBRUARY 2021
POSITIVE PEACE
Guest Speaker: Kathy Doherty

26TH FEBRUARY 2021
MENSTRUAL HYGIENE &
NEW MEMBERS INDUCTION

How to contact us

The Rotary Club of Kitengela meets
Online **every Tuesday at 7:30pm**
Login details are available on our
Social Media pages:



Email: rckitengela@gmail.com

Website: www.rotarykitengela.org

This issue of Olerai Newsletter was
compiled and edited by Rtn Caroline Njiru

Designed & Layout by
Timothy Njue



Greetings!

Dear Rotarians and Friends,

February is the universal month of Love and comparably in Rotary, the Peace and Conflict Prevention/Resolution month. We will be having Peace Fellow; Kathy Doherty over to discuss the application of Peace & Conflict resolutions in community service projects.

I would like to say thank you for the renewed energy we have started the year with. We have had a great start to the year. In January we handed over our Water and Sanitation Kitchen project and had a wonderful meet and greet with the Rotary Club of Athi River In Formation (RCAR-IF) that we are in the process of chartering. The District 9212 also held an informative session to review the first six months of the year led by District Governor, Patrick Obath.

I want to thank the members for heeding to the call of being a 100% pre-paid club by taking up the Haba na Haba initiative. I also want to commend you for the team spirit you have showed towards chartering RCAR-IF; your presence in meetings and guiding this team is a valuable contribution towards growing the family of Rotary.

This coming month we are focusing on keeping healthy as serve through our hiking initiative as we fund raise for our projects. This is a win-win; we will keep fit; have fun and serve humanity. Being the Month of Love; we will also spread the love to the girl child. We will be launching the menstrual hygiene programme on February 26th 2021 to donate one year's supply of sanitary towels to over 600 girls.

It's important for us to maintain the same momentum we have had these last 7 months in order to continue offering Service Above Self. The year ahead is still challenging with Covid-19 pandemic still around; but I am sure that keeping to our Motto "Unlimited in Teamwork" we will have fun as we serve the community.



*Dr. Patricia
Njiru Njeru*

(PhD, MBA, MSc.BSc)
RCK President 2020/2021



RCK builds **New** kitchen for **GK Prison's ECD School**

By Rtn George Maingi

The Rotary Club of Kitengela (RCK) last week handed over a new kitchen to the GK Prisons ECD Public School as part of its Water, Sanitation and Hygiene (WASH) programme. The new kitchen replaces the previously dilapidated one and will help to boost sanitation levels for the children. RCK also donated books and facemasks to the students.



Rtn Eng. George Maingi



Before

The WASH kitchen project will have the capacity to serve 200 pupils under greatly improved hygienic standards. Phase I of the project, which is now complete, encompassed building the kitchen structure and equipping it with washing sink for washing food and utensils. Phase 2 will



After

incorporate mounting energy saving Jikos. The project would ensure that food is prepared in a clean and hygienic environment while conserving the environment. I am so excited that we did Phase I in record time, good quality and within budget.

The Kitengela GK Prison's Headteacher John Mtevu, was full of praise for the gesture from the Rotary Club. He said that the structure will help ensure timely and clean meals which will in turn boost the children's retention in class. The Kitchen was handed over to the school on 22nd Jan 2021 for immediate use. The Rotary Club of Kitengela has started fundraising initiatives for implementation of Phase 2 which would require approximately kshs. 160,000/-



We thank our partners, the Rotary Club of Augsburg-Fuggenstadt, Germany for their financial support towards our WASH programme. Special thanks to the RCK President Dr. Patrisio Njeru for instilling teamwork and collaboration, Projects director Rtn Patrick Wanjohi and the entire RCK membership for their immense support during the entire project implementation. Many thanks and God bless you all.

Rtn Eng. George Maingi is a member of the Rotary club of Kitengela and Head of Products and Operations for Asante Financial Services Group.



Spread the Love

By Rtn Caroline Njiru

February is known as the month of love. This Valentine's period, The Rotary Club of Kitengela is spreading the love by donating a year's supply of sanitary towels to underprivileged girls.

"Despite the provision of Free Basic Education, many girls continue to miss out on education due to absenteeism that is related to reproductive health issues as they are forced to stay away from school when they are not facilitated to manage their menstruation. Studies have shown that girls from poor families miss 20% of school days in a year due to lack of sanitary towels.

Ministry of Public Service and Gender

Last year the Rotary Club of Kitengela held a fundraiser and raised funds to sponsor a year's supply of menstrual hygiene products to 600 girls in the Empakassi, Noonkopir high schools. The donation will be carried out on February 26th in collaboration with Rotary Club of Athi River in-formation RCAR-IF. This month we are continuing the fundraiser to increase the number of girls we can help.

Ksh 650 provides one year's supply of sanitary towels, 4 underwear and a menstrual hygiene booklet. You can also purchase a bookmark for Ksh 500.

To Donate
MPESA Paybill **677848**
Account: **PADyourname**

Rotary Clubs of Kitengela Athi River (IF) Rotary Opens Opportunities

DIGNITY KITTY!

Menstrual Hygiene Fundraiser

We will be donating an annual supply of menstrual hygiene packs to over 300 girls at Empakassi & Noonkopir Primary Schools on **26th February 2021.**

Ksh. 650 sponsors one year's supply of pads, 4 undergarments & a health booklet for one girl.

To Donate: Mpesa Paybill 677848
AC: PADyourname

RSVP:
Projects Champion 0723 101 648, Projects Director 0722 847 015

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Rotary Club of Kitengela

Education and Sanitation are

2/7

Rotary Focus Areas

Rotary Club of Kitengela

Thank you for supporting the Rotary Club of Kitengela's Education and Menstrual Hygiene Fundraiser.

"Education is the most powerful weapon which you can use to change the world."
~Nelson Mandela

KSH 500 (55)



JULY - DEC 2020/2021 HALF YEAR ACHIEVED GOALS

Unlimited through teamwork



430
TREES PLANTED
- NOONKOPIR PRI. SCHOOL
- EMPAKASSI PRI. SCHOOL



08
INDUCTION
- 8 NEW MEMBERS INDUCTED



02
DIGITAL LAUNCH
- WEBSITE
- OLERA! NEWSLETTER



01
CHARTERED ROTARACT CLUB
- ROTARACT CLUB OF ATHIRIVER



01
WASH
- CONSTRUCTION OF NEW KITCHEN FOR PRISONS SCHOOL ECD



01
CHARTERING ROTARY CLUB
- ROTARY CLUB OF ATHIRIVER IN FORMATION CHARTERING IN PROGRESS




09
PHFS
- 9 PAUL HARRIS FELLOWS



100%
THE ROTARY FOUNDATION
- ALL GIVING CLUB



11
DCA
- 11 MEMBERS HAVE REGISTERED FOR THE DISTRICT CONFERENCE AND ASSEMBLY HAPPENING ON 8TH-10TH APRIL 2021 IN FAIRMONT MT. KENYA SAFARI, NANYUKI



06
PPES/FOOD DISTRIBUTION
- MOMBASA RAHA SLUMS
- MAIYAN HOSPITAL
- BONDENI CHILDREN'S HOME
- DIVINE PROVIDENCE C. HOME
- HERITAGE OF FAITH C. HOME



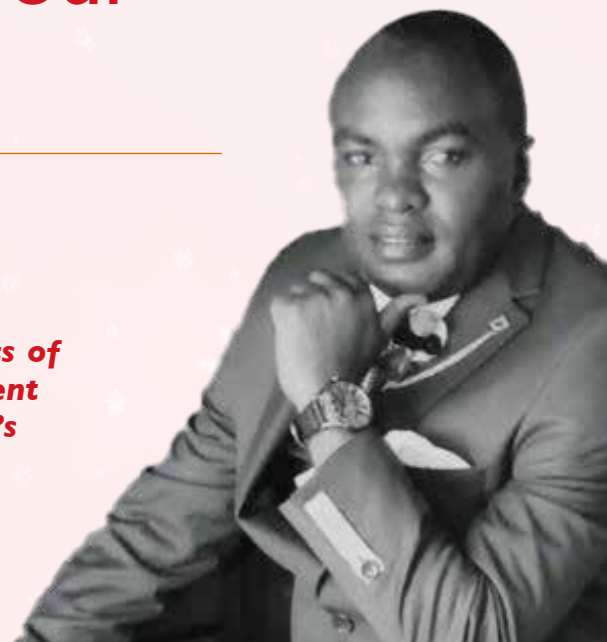
05
PARTNERSHIPS
- COUNTY GVT OF KAJIADO
- RAMGARHIA YOUTH ASSOCIATION
- MITI ALLIANCE
- ECONOMIC DEVELOPMENT GLOBAL GRANT WATER PROJECT WITH ROTARY CLUB OF UPSALLA LINNÉ IN SWEDEN
- ROTARY CLUB OF AUGSBURG FUGGERSTADT GERMANY



How to Better Manage your Finances in 2021

By Rtn Daniel Musili

The COVID-19 pandemic has shaken the globe. Regardless of the industry you are in, you will have to adapt your current business or financial operations to keep up with today's environment. It's important to adapt to the changes both tactfully and strategically. Here are tips and best practices to help you navigate these uncharted waters and mitigate financial risks this year.



Rtn Daniel Musili

1. Get Into The Right Mindset

Despite losses, debts and low income, it is not the end of the world. Your mindset guides your actions. The Three Scenarios in this situation usually are:

Survival: "We may not make it"

Restructure: "We are going to make it, but we will need to make difficult decisions"

Strengthen: "We are okay, and we want to use this as time to get better".

2. Grow Your Income Streams

Cash is king. Be vigilant with your cash flow management, review and update to prepare for the future. Cash flow can make or break your cash operations if not controlled properly. Increase income streams to more than two or more if possible to reduce risk.

3. Cut Down on Expenses and Cost

We can as well apply 50% / 30% / 20% rule, 50 % basic needs , 30 % Wants and 20 % investments. Check and cut down on monthly expenses e.g. If you have two cars, you could sell one to reduce on fuel and other related costs. Get rid of goods or items not in use to raise some cash for use. To avoid spending, please reduce movement and use online payment options to cut costs. Convert fixed to variable cost where possible and extend payables.

4. Give To The Less Fortunate:

One of the ways to do this is to participate in ROTARY WORK and help the needy or donate time and money to organizations who are doing relief work.



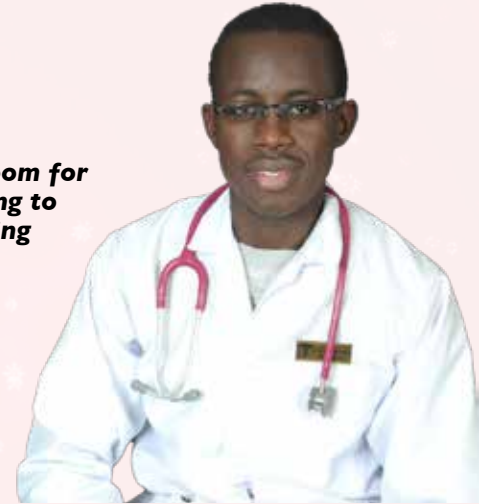
Rtn Musili is a trained accountant and the RCK's Club Treasurer.



TIPS FOR STAYING HEALTHY IN 2021

By Rtn. Dr. Kelvin Odongo

Another year, another blessing. January is done and dusted and there's no room for any excuses. Covid-19 and other diseases still exist and you are probably going to spend the rest of the 2021 taking care of this and that. Better begin by making sure your body is ready for the exciting ride!



1. Visit your doctor and get your annual check up:

It is important that you regularly get checked as this helps with early detection and treatment of ailments especially as you grow older.

2. Start now! and keep changing gradually

Gradual changes in our lifestyle are easier to maintain than major changes introduced all at once. Too few fruits and vegetables? Have one fruit in your main meal per day. Is your favorite food one that is high in fat? Schedule a taper off. From 4 times a week in January to 3 times a week in February. You will have gotten the habit to only once in a while by June. Your job doesn't afford you enough physical activity? Get a fit band (they go for as low as ksh. 3000 on Jumia) or enable the fitness feature on your smartphone, it will guide you on how many steps you need to take for the day and how much calories to burn or you have burnt.

3. Physical Activity – Make It A Habit

Physical activity not only helps you burn extra calories, but also helps improve your circulation/blood supply, improves muscle mass and reduces risk of inflammation in the body. Some practical ways to increase physical activity include:

- Use the stairs instead of the elevator
- Go for a walk during lunch breaks (and stretch in our offices in between)
- Make time for a family weekend activity
- Join Rotary activities like hikes, tree planting and community projects.
- Deliberate playing soccer with your children
- Join a swimming class-You will learn a new skill and get fit in the process BUT even if you don't learn how to swim, the act of learning to swim is quite a good way to unwind
- Eat regularly, control the portion size
- Are you trying to lose weight this year? Avoid skipping meals, especially breakfast as this can lead to severe hunger, which often results in helpless overeating.
- Snacking between meals can help control hunger, but snacking should not replace proper meals.
- For snacks, choose yoghurt, a handful of fresh or dried fruits or vegetables (like carrot sticks), unsalted nuts, or perhaps some bread with cheese.

4. Invest in a good medical cover

If you are married: a cover with maternity benefits is important. If you have children, get a cover that has dental and optical as well as outpatient and inpatient services. You can get a cover for as low as Ksh. 59000 p.a. If your income is minimal, you can take a joint family cover or enroll for National Health Insurance Fund (NHIF) for yourself and dependants for as low as Ksh 3,000 initial fee.

Rotary Club of Kitengela | Rotary Opens Opportunities

DETOX & FUNDRAISER HIKE

Mt. Longonot Here We Come!

This is a fundraising hike to raise funds for our Water, Sanitation & Hygiene kitchen project at G.K. Prison's ECD School.

Date: Saturday, 6th February 2021
Time: 6:00 AM

Cost:
Rotarians: Ksh. 3,000
(2,000 for transport, gate charge & snack, 1000 towards fundraiser)
Rotaractors: Ksh. 2,500
Non Hikers: Sponsor our hikers for Ksh. 500 per kilometre.

Payment Details:
Mpesa Paybill: 677848
AC: MTLYourName

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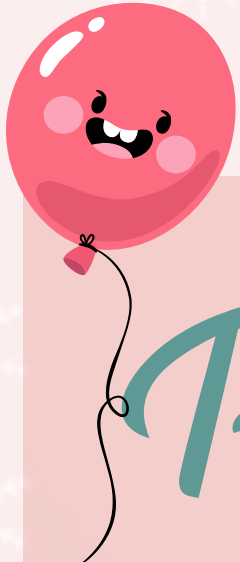
www.rotarykitengela.org | Rotary Club of Kitengela | Rotary Club of Kitengela

Dr. Odongo is a member of the Rotary Club of Kitengela



Coffee Break

We wish you all a love filled February and happy valentines day! Spread some love this month by donating you time or resources to the less fortunate. February is also Rotary's Peace and Conflict Prevention/Resoulution month so find time to spread peaceful messages in your community!



HAPPY Birthday February Babies!



Margaret Seurei
5th February



Caroline Njiru
6th February



Rachel Keino
5th February



Kelvin Odongo
8th February



Abigael Pasianny
21st February



ROAD MAP TO CLUB CHARTER

6th January 2021:

Introductions & Adaptation of
Club By-laws
Online

13th January 2021:

Benefits of Rotary- Guest
Speaker Past District
Governor Jeffrey Bamford
Online

30th January 2021:

Meet & Greet Social
Portland Sports Club,
Athi River

10th February 2021:

Joint Club Meeting
Online

20th January 2021:

Joint Club Social with Mother
Club Rotary Club of
Kitengela

Online

17th February 2021:

Club Meeting
Online


26th February 2021:

Menstrual Hygiene Project hosted
by Rotary Club of Kitengela
Empakassi & Noonkopir
Primary Schools, Kitengela

13th March 2021:
Club Charter

The Rotary Club of Athi River In-Formation is sponsored by the Rotary Club of Kitengela. Application for Charter Membership open till February 10th 2021.

 rcathiriver@gmail.com

 [rotaryclubofathiriverIF](https://www.facebook.com/rotaryclubofathiriverIF)

 [rotaryclubofathiriverIF](https://www.instagram.com/rotaryclubofathiriverIF)

The Rotary Club of Kitengela is sponsoring the
Charter of the Rotary Club of Athi River IF.

If you are interested in becoming a member contact President Njoki
on **0722354540** / Membership Director on **0727899000**
or email **rcathiriver@gmail.com**

LOVE AND RELATIONSHIPS: WOMEN VS MEN WHAT DO THEY WANT/NEED?

Guest Speaker:

Muriithi Wanjau

Author of several relationship books including Couples & Money and Ndoa, Fearless Summit Founder, Top 100 Kenyans 2020.

Date: Wednesday, 10th February 2021
Time: 7:30pm - 8:30pm
Meeting ID: 91326430741
Passcode: 973536

IN PARTNERSHIP WITH THE ROTARY CLUBS OF

Athi River (IF)
Machakos
Thika West

E-club Safari
Mombasa Central
Stoni Athi

Eldama Ravine
Nairobi Mashariki
Mombasa Downtown

Embu
Naivasha
Ngong Hills

Kisii Central
Ongata Rongai
Karura

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Rotary Club of Kitengela

Rotary Opens Opportunities

Upcoming Events this February

MEMBER INDUCTION



Naily Chepkurui Ronoh
Classification:
Radiographer



Patricia Mutoo
Classification:
Legal



Immaculate Njeri Idichu
Classification:
Business



Ruth Dero
Classification:
Communication



Rebecca Binale
Classification:
Supply Chain Management



Njeri Marage Hildah
Classification:
Marketing



Officiated by:
PAG Benjamin Githee
D9212 Cluster Leader

Date: Friday, 26th February 2021
Time: 1 PM (After Menstrual Hygiene Community Project)
Venue: Indigo Grill, Kitengela

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Rotary Club of Kitengela

Rotary Club of Kitengela

DIGNITY KITTY! Menstrual Hygiene Fundraiser

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AC: PADyourname

RSVP:
Projects Champion 0723 101 648, Projects Director 0722 847 015

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Rotary Club of Kitengela
rotaryclubofathiriverif

Rotary Club of Kitengela
rotaryclubofathiriverif

rotaryathiriver@gmail.com

BUILDING POSITIVE PEACE MORE CRITICAL THAN EVER!



Guest Speaker:
Kathy Doherty
Rotary Peace Fellow

Date: Tuesday, 16th February 2021
Time: 7:30pm - 8:30pm
Meeting ID: 859 6213 4678
Passcode: 474307

February is Rotary Peace and Conflict Prevention Month

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Rotary Club of Kitengela

Rotary Club of Kitengela

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Payment Details:
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Rotary Club of Kitengela



Notice

District Conference and Assembly 2021



Rotary District 9212 | Rotary Opens Opportunities

Change of venue

Network and Have Fun at the 2021 DCA

Olpejeta Conservancy, Nanyuki.

8th – 10th April 2021
Register between January - March 2021 - \$250

Registration: Emmanuel - +254 710 343263
Accommodation: Monica - +254 725 540946
General: Paul - +254722540277

Further updates on accommodation, transport, special interest groups and other arrangements to follow shortly

For queries please drop a note to dca2021@rotary9212.org

REGISTER NOW!
<https://dca2021.rotary9212.org/>

**An out of Africa Experience!
See you in *Nanyuki*.**

**2021 VIRTUAL
ROTARY INTERNATIONAL
CONVENTION**

#Rotary21

Rotary 

2021 Rotary International Convention

The 2021 Rotary International Convention will now be held virtually so don't miss out! For more information, visit <https://on.rotary.org/3r5uYYB>.



Pictorial



2020/2021 Annual Calendar

JULY 2020

- 4th - Covid Response Food Drive
- 9th - Membership Recruitment Talk
- 15th - Covid Response Hospital PPEs donation
- 21st - Zumba Night
- 28th - Boy Child Talk - How to Raise the Boy Child
- 31st - Newsletter Launch



AUGUST 2020: MEMBERSHIP & NEW CLUB DEVELOPMENT MONTH

- 1st - Rotaract Athi River In-Formation Meet & Greet
- 8th - Fundraiser Hike
- 15th - Club Social
- 29th - Children's Home Visit



SEPTEMBER 2020: BASIC EDUCATION & LITERACY MONTH

- 1st - Club assembly
- 4th - Kyatune water project site visit
- 8th - Parenting during COVID times by George Ikua
- 14th - District Governor's official visit
- 15th - Polycarp Igathe: Corporate Politics- Joint fellowship hosted by RC Ongata Rongai
- 19th - Tree Planting (with RAC Athi River and RAC Kitengela)
- 22nd - Why I joined Rotary by Senator Mutula Kilonzo Jnr
- 29th - Quiz Night



OCTOBER 2020: ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

- 3rd - Mbuzi Fundraiser
- 6th - Investment options 101; Speaker Mbithe Muema
- 7th - WASH Project commences
- 10th - Rotaract Club of Athi River Charter Party
- 13th - Creating Your Personal Brand: Speaker Dr. Wale Akiyemi (Joint fellowship)
- 27th - Club Social



NOVEMBER 2020: ROTARY FOUNDATION MONTH

- 3rd - Rotary Foundation: PDG Peter Mbui
- 10th - Club Fellowship
- 17th - Reopening of Schools During Covid- Speaker Mutheu Kasanga
- 24th - End of Year Report & Elections



DECEMBER 2020: DISEASE PREVENTION AND TREATMENT MONTH

- 5th: End Year Party- Fred's Ranch (Theme: Wild Wild West; Cowboy/girl)



JANUARY 2021: VOCATIONAL SERVICES MONTH

- 12th Welcome Back Club Fellowship
- 15th WASH Kitchen Handover- GK Prisons's ECD School
- 20th Joint Club Social with RC Athi River In-Formation
- 30th Meet & Greet with RC Athi River In- Formation



FEBRUARY 2021: PEACE & CONFLICT PREVENTION MONTH

- 2nd - Club Assembly
- 6th - Detox and Fundraiser Hike: Mt. Longonot
- 10th - Love & Relationships: Women/Men's Wants & Needs- Speaker Muriithi Wanjau
- 16th - Positive Peace: Speaker Kathy Doherty
- 26th - Menstrual Hygiene Donation & New Member Induction

MARCH 2021: WATER & SANITATION MONTH

- 13th - Rotary Club of Athi River Charter Party

APRIL 2021: MATERNAL AND CHILD HEALTH MONTH

- 8th -10th - DCA Convention & Road Trip (Ol Pejeta, Nanyuki)

MAY 2021: YOUTH SERVICE MONTH

JUNE 2021: ROTARY FELLOWSHIPS MONTH

- TBC - Board Installation
- 12-16th - RI Convention Taiwan

