

Rotaract
Club of Menengai



UNITE
FOR
GOOD

ISSUE 1

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ROTARY INTERNATIONAL



COMMUNITY CAN CHANGE THE WORLD

WHATEVER ROTARY MAY MEAN TO US, TO THE WORLD IT WILL BE
KNOWN BY THE RESULTS IT ACHIEVES

— PAUL HARRIS —

THEE MAGICALS



Thee Magicals



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Editor NOTE

Welcome to this edition of our Club Magazine.

It is with great pride and gratitude that we present a reflection of our journey, our impact, and our shared commitment to service above self. This publication captures not just the activities we have undertaken, but the spirit that continues to bind us together as a club service, leadership, fellowship, and growth.

Over the past period, we have witnessed remarkable moments of action and collaboration. From community outreach and environmental initiatives to youth empowerment and partnerships, each story featured here is a testament to what we can achieve when passion meets purpose. Every project, every meeting, and every conversation has contributed to shaping a stronger and more vibrant club.

As you go through these pages, may you be inspired by the dedication of our members and the lives we continue to touch. Let this magazine serve as both a record of our achievements and a reminder of the responsibility we carry to do even more.

To our members, partners, and friends thank you for your unwavering support. The journey continues, and the best is yet to come.

Yours in service,
Editor

Editorial Team



Janet Nkirote
Editorial Oversight



Samuel Waweru
Graphic Designer



Wanjiku Nguru
Chief Editor



Felix bett
Media Coordinator



Issa Telot
Content Editor



President's Note

MY JOURNEY AS PRESIDENT OF THE ROTARACT CLUB OF MENENGAI

My presidential year was 2025–2026.

If I were to describe that year, I would call it a season of permission—permission for members to serve as themselves, to lead from passion rather than pressure, and to discover that belonging is the greatest fuel for service.

Among the footprints left behind were the club's First Grant Project, Mother Pack Distribution, the establishment of the Club Book Club, the revival of the Adopt-a-River initiative, the highest contribution to The Rotary Foundation in the club's history, and a deliberate commitment to Diversity, Equity and Inclusion that allowed members to serve from willingness rather than obligation.



Yet the achievement I treasure most is quieter than all of these: proving that people do not need to be pushed to serve when they are given a reason to belong.

Message to Future Leaders

"Leave behind more than projects. Projects end. Records are broken. Titles expire. Build a culture so powerful that long after your final gavel, people still choose service because of what they learned under your watch."

"A custodian of one chapter, a believer in many more."

JANET NKIROTE

**President RAC
Menengai
2025 –2026**



Thee Magicals

Rising Through Service: A Leadership Journey



John Ngugi's Rotaract journey began in 2022 with a simple desire to serve, grow, and make a meaningful difference in society. What started as participation in club activities quickly evolved into a leadership journey defined by commitment, innovation, and impactful service.

As a young Rotaractor, John actively immersed himself in community service initiatives, fellowship activities, and leadership opportunities. His dedication soon earned him the role of Service Project Director, where he helped strengthen structured service implementation and promoted sustainable community impact.

Transformational Presidency
John later served as President (2024–2025), guiding the club through a period of visibility, growth, and strengthened engagement. Under his leadership, the club enhanced its public image, expanded partnerships, and implemented impactful service activities that positioned the club as a recognized community leader.

His presidency focused on empowering members, encouraging active participation, and building a culture of teamwork and accountability.

Leadership Beyond the Club

*John
Ngugi*

ADRR Nakuru Region



Following his successful tenure as president, John transitioned into district leadership as Assistant District Rotaract Representative (ADRR) for Nakuru Region. In this role, he supported multiple clubs, mentored presidents, and promoted collaboration across the region. His leadership philosophy centered on unity, mentorship, and developing future leaders reinforcing Rotaract's mission of leadership through service.

Serving the District Today

Currently serving as District Program Chair, John contributes to the planning and coordination of district programs aimed at enhancing leadership development, fellowship, and impactful service experiences for Rotaractors across the district.

This role reflects his continued commitment to strengthening Rotaract structures while creating platforms that inspire learning, connection, and innovation.

Leadership Philosophy

"Leadership is not about position; it is about service, empowerment, and the legacy we leave in people."

Legacy in Motion

John Ngugi's Rotaract journey from member to club president, regional leader, and district servant leader represents the essence of Rotaract: developing leaders who serve communities while inspiring others to lead. His story continues to remind Rotaractors that leadership is a journey of continuous growth, collaboration, and purposeful impact.



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A Leadership Journey



Three years ago, we stepped into leadership at a time when the club needed stability, structure, and direction. Our mission was clear — to restore order, strengthen its functions, and help the club forge ahead with purpose and vision.

The journey was not always easy, and leadership often demanded firmness, difficult decisions, consistency, and sacrifice. Yet every action was driven by passion, commitment, and the desire to see the club grow into something greater for both the present and future generations. Today, the true reward is not in the title once held, but in the impact that continues to be seen.

The progress, systems, culture, and momentum the club enjoys today are reminders that purposeful leadership leaves lasting footprints.

During this period, “Thee Magicals” was birthed becoming more than a club line — it became an identity that coincided with the Rotary International theme “Create Magic.” It was a season that birthed the club logo, strengthened belonging, and gave the club a renewed sense of pride and visibility. Club committees also became a reality, creating structure, accountability, and shared ownership of service. The club also grew into an all-giving club, marked by deeper commitment to service, generosity, and collective responsibility, among other meaningful achievements that continue to speak for themselves.

To the incoming leaders, remember that leadership is stewardship. Be bold enough to make difficult decisions, but compassionate enough to listen and unite people. Protect the vision of the club, uphold discipline, and never lose sight of why the organization exists in the first place. You may not always be understood in the moment, but time always reveals the value of sincere leadership. Lead not for applause, but for impact. Build systems that will outlive your term, empower others, and leave the club better than you found it.

As Scripture reminds us: “For what shall it profit a man, if he shall gain the whole world, and lose his own soul?” — Mark 8:36. May integrity, wisdom, and service guide every decision you make. The legacy is not in words, but in what continues to stand long after leadership changes hands.

Beth Wanjiku,
PP RY 23/24. RD9212. (Be Bold.)



As I reflect on my journey of leadership during the Rotary years 2017–2018 and 2018–2019, I am reminded that leadership is not measured only by numbers, but by impact, resilience, and continuity. During our tenure, we focused on service that directly touched lives and restored hope within the community. One of the key projects was the distribution of examination stationery to schools around Nakuru, ensuring that learners could sit for their examinations with dignity and confidence. We also pioneered environmental action through the first “Adopt a River” initiative — the Ndarugu River clean-up — a project that reminded us that service to humanity must also include service to the environment.

The journey was not always easy. There were moments that required sacrifice, firmness, courage, and persistence. Serving as the first woman president, and later serving again during a difficult season when I remained the only active member, taught me that true leadership is not about convenience; it is about showing up even when the road is lonely. The greatest achievement was helping stabilize the club, preserve its vision, and keep the flame of service alive so that future leaders would have a foundation to build upon.

To the incoming leaders, I offer this counsel:

Be inspired to serve with humility and consistency, and always remember that leadership is about making the difference in the lives of others. Leadership seasons come and go, but the culture you build will outlive your term.

Do not measure success only by the size of projects, but by the lives touched, the unity fostered, and the integrity maintained along the way. Be inspired to innovate, while preserving the values that hold the club together. There will be seasons of abundance and seasons of challenge. During difficult times, remember that leadership is often about endurance before it becomes celebration. Most importantly, never allow the club to lose its sense of purpose and community. People may forget meetings and titles, but they will always remember how your leadership made them feel and the impact it created in society. May you continue inspiring others and making the difference through selfless service, compassion, and unwavering commitment to “Service Above Self.”

Terry wa Francis
Wambui Muigai
#Fulltime Mother

2017–18 #MakingADifference
2018–19 #BeTheInspiration
Among the few Tutani Rotary presidents



In 2021 I took over as acting president because the club was dying and 2/3 of the club members had left the club, the biggest call was to recruit new members and old members to help the rebuilding and running of the Magical club. To make it successful I had to meet every member of the club individually, know their strengths and weaknesses and how they will impact the club and how they would benefit from the club. Through this I was not only able to get quality members but also, build a club whose members are passionate, resilient and dedicated to move the club to higher levels. Through this a club which was struggling with membership was able to grow from a membership of 7 people in 2021 to over 30 members when I was handing over.

The other biggest Highlight was, our club which had never hosted any big district event, in the April 2023 we were able to host 3rd Biggest Rotary event after DCA and RYLA. Our club showcased that it's Magical by hosting REACT (Rotaract East Africa Impact) that brings together Rotaract Clubs in Kenya, Uganda, Tanzania, Rwanda and Burundi with over 100 delegates from the above countries to have a clean up project and River Ndarugu in Nakuru. With the help of my club members and the President Elect: Wanjiku Nguru helped the club to grow in Visibility and recognition.

Message to future leaders:

True leadership is not about position, but about service, consistency, and the positive impact you leave in people's lives and those of the people you lead. Lead with humility, vision, and purpose

Kennedy Isaiah Barasa
PP 2021–2023



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MEMBERSHIP

This Rotary year, the Rotaract Club of Menengai proudly inducted five new members into the club. Their addition brought fresh energy, diverse ideas, and a shared passion for service, leadership, and fellowship. Over the past few months, they have already begun embracing the spirit of Rotaract through active participation, learning, and engagement in club activities and projects. Their presence continues to strengthen our vision of creating lasting impact within our community and beyond.

We celebrate and appreciate these amazing members for choosing to be part of our journey of service and growth.



RTR JUSTIN MWAURA

Economics and Statistics



RTR LEIYAN SENA

Music Technology



RTR JOSPHAT NJERU

Engineering and Fabrication



RTR NDUNG'E KILONZO

Nursing



RTR LUCY MUTHONI

Finance



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RIDING THE BEAST DEPRESSION

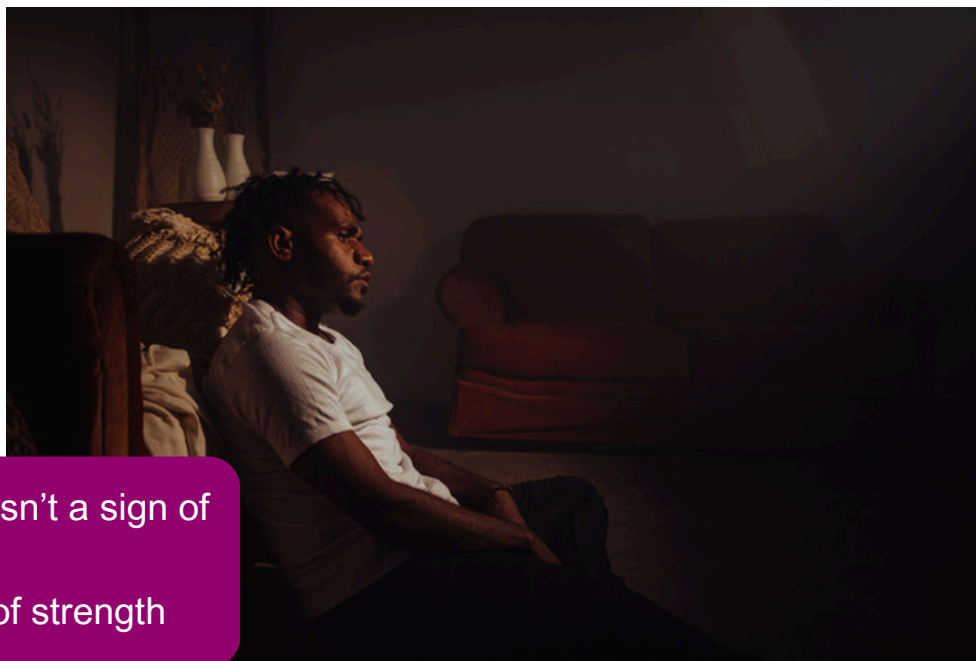
2023 was an eye-opener for me, revealing that depression wasn't always predictable. It was more like an unexpected thief lurking in the darkness, robbing me of joy, peace of mind, and emotional stability, leaving everything tinged with shades of grey. Often, people didn't notice when their world lost its color, when everything turned as dark as could be. For me, I found myself in this inexplicable dark pit, unable to comprehend what was happening—a suffocating emptiness that twisted my emotions and dulled every sense.

Days slipped by without me leaving my room, the curtains drawn shut. I secluded myself, shut off my phone, disconnected from the world outside, lacking the drive to study, work, or even bond with my daughter. It felt like being trapped in a suffocating cocoon, the weight of an invisible fog pressing down on my shoulders, rendering even the simplest tasks insurmountable.

My appetite vanished, and those things that once brought me joy became distant memories, their vibrancy muted by the overwhelming sense of desolation. I found solace in solitude, yet it was a haunting, isolating kind of solace. I shut out friends and family, spending my days in tears, feeling utterly miserable without being able to pinpoint what was truly bothering me. Sadly, this was the reality for many—a life lived in silent anguish that remained hidden, veiled behind smiles and the common routines of daily life.

**“Depression
didn't issue a
warning”**





Seeking help isn't a sign of weakness;
it is a display of strength

I had heard stories of people appearing happy shortly before succumbing to suicide. The truth was, that most masked their inner darkness, wearing a façade in the company of others, fearing judgment and believing that no one could possibly understand or help. When life veered off course or took an unexpected turn, catching us unprepared, we each dealt with our problems differently. Sometimes, we simply couldn't handle the issue, and our lives spiraled downward. I remember someone showing up at my house unannounced during one of my lowest moments. Angry and withdrawn, I reluctantly greeted them with a smile, summoning whatever energy I had left to make them tea. They reprimanded me for ignoring calls and messages, unaware of the turmoil I was in. Her departure marked the end of our connection; she couldn't comprehend the darkness engulfing me. It was difficult for others to understand that sometimes we were in a place we ourselves couldn't understand.

Depression didn't issue a warning. I might have assumed it was just the burden of "adulting" that kept me homebound, but it was deeper—a struggle I wasn't aware of or hadn't confronted. People might have noticed someone who once loved playing music lose interest or others disengage from their passions, considering it normal. Some people learned to conceal their anguish well, leaving others in the dark. Yet, when we pushed issues under the rug, avoided confronting those who hurt us, and settled into an unintended life, pretending everything was fine, we only intensified our inner turmoil. Suppressing emotions often translated into outward signs like depression, anxiety, ulcers, migraines, loss of weight, loss of appetite, and sleep disturbances. Were you among those harboring unaddressed issues?

Recognizing the weight of unresolved issues was the first step. Seeking help wasn't a sign of weakness; it was a display of strength. Regardless of perceived resilience, seeking guidance from professionals or trusted confidants was vital. Sometimes, friends and family, though well-meaning, couldn't provide the impartial advice a therapist could. Therapy not only offered guidance but equipped individuals with coping mechanisms for future crises.

Checking on those seemingly "strong" friends was essential. Behind their façade, they might have been battling storms. Normalizing conversations about mental health and eradicating the stigma was critical. Creating a space where seeking help wasn't seen as a weakness but as a courageous step toward healing was necessary.

In our darkest moments, seeking help illuminated the path to recovery. No one was truly alone; there were hands ready to guide us through the shadows. The hues of life might have faded, but they could be restored with the right support and understanding.

Phylis Kanja is a certified psychologist
and event planner in Nakuru Kenya



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CLUB SERVICE HIGHLIGHTS

All work and no play makes Jack a dull boy. This Rotary year, the club strengthened fellowship through fun and bonding activities including pizza hangouts, game nights, go-cart rides, and music hangouts. These moments helped members relax, connect, and build stronger friendships beyond service, making the club more united and vibrant.



Music Extravaganza

Game Hang -Out



Pizza Hang-out



The Journey through Africa



Ride for TRF

Where Fun meets Fellowship



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OUR MERCHANDISE



AVAILABLE COLOURS

(Tshirt,Hoodies)

White

Black

Blue

Red

green

SIZES

Children Size 22-28

Adult Size M,L,XL,XXL

AVAILABLE COLOURS

(Jersey)

Blackwith pink

Grey

Navy Blue

Black orange

AVAILABLE COLOURS

(Caps)

White

Black

**T-SHIRT
CAP**

KES

1000

JERSEY

600

HOODIE

1200

2500

PAYBILL: 982800 | ACC NO: RACMNG

TO ORDER DM

WANJIKU 0718220049 OR JANET 0713958489

One Club. One Identity. One Impact



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PLD HIGHLIGHTS

This Rotary year, the Rotaract Club of Menengai proudly inducted five new members into the club. Their addition brought fresh energy, diverse ideas, and a shared passion for service, leadership, and fellowship. Over the past few months, they have already begun embracing the spirit of Rotaract through active participation, learning, and engagement in club activities and projects. Their presence continues to strengthen our vision of creating lasting impact within our community and beyond.

We celebrate and appreciate these amazing members for choosing to be part of our journey of service and growth.



A Year of Service, Impact & Hope

This Rotary year has been a journey of service, compassion, and creating sustainable impact in our communities. Through partnerships, teamwork, and dedication, we have successfully implemented projects that touched lives across different sectors including health, environment, education, sports, and community empowerment.

ART DAY WITH PANGANI SPECIAL SCHOOL

One of the most memorable projects of the year was the Art Day held with Pangani Special School. The project was aimed at nurturing creativity, bringing joy, and supporting learners through both artistic engagement and donations. During the visit, members spent time interacting with the students through art activities and creative expression. The club donated 100 art paper, 20 packs crayons, story books, 120 pct sanitary towels, and other learning materials to support the learners and encourage their talents and confidence. The project reminded us that inclusion, creativity, and kindness can create lasting memories and meaningful impact.

MOTHER PACK DISTRIBUTION PROJECT

Maternal health remained one of our key focus areas during the Rotary year through the Mother Pack Distribution initiative. We have distributed around 72 Mother Packs each estimated at KSh1,000

Phase One – Rhonda Maternity

The first phase was carried out at Rhonda Maternity where the club organized an open day at the facility. The event created an opportunity to engage with mothers, healthcare workers, and the community while distributing 24 mother packs to support new and expectant mothers during their maternal journey.

Phase Two – Rhonda & Kapkures Maternity

The second phase expanded the project to both Rhonda Maternity and Kapkures Maternity. Through this initiative, more mothers benefited from essential support items aimed at improving maternal care and promoting dignity during and after childbirth. Each center received 24 Mother Packs. The project strengthened community awareness on maternal health while also supporting healthcare facilities serving vulnerable communities. The Project will carry forward to the new Rotary year.

LEGACY SPORTS PROJECT – DISTRICT GRANT -DG2677765

The Club successfully implemented the Legacy Sports Project through a District Grant, positively impacting over 100 young people from Beef FC Umoja, Lanet FC, and Bahati Super Queens FC. Each team received 15 jerseys, 15 pairs of socks, 10 bibs, 2 footballs, 10 cones, 10 markers, and a pair of goalkeeper gloves to support talent development and participation in sports. In addition, every girl participant received two packets of sanitary towels to promote menstrual health and dignity. The project also extended support to a football team from Menengai High School brought by the Kenya Red Cross, which received 10 bibs, 10 cones, and a pair of goalkeeper gloves and sanitary towels as a token of appreciation.

Beyond sports, the project incorporated a mental health and wellness component, featuring both group and individualized counselling sessions. Three girls and one boy received one-on-one counselling support, while all participants benefited from group mental health discussions both facilitated by Kenya Red Cross volunteers. The project demonstrated the power of partnerships in promoting youth empowerment, wellbeing, and community development. The project culminated in a full-day sports tournament that promoted teamwork, talent development, and healthy competition. Umoja Starlets emerged as champions and were awarded a trophy, while all participants received milk, buns, bananas, and glucose refreshments throughout the day to keep them energized.

PRISON OPEN DAY & REHABILITATION SUPPORT

Another impactful initiative during the year was the Prison Open Day held together with inmates and various professionals. The project focused on dignity, rehabilitation, and preparing inmates for successful reintegration into society after serving their sentences. We interacted with 200 inmates

During the open day:

- Doctors provided medical clinics and health consultations to around 70 inmates mostly with Gastritis and flu.
- Lawyers offered legal aid and guidance to 100 inmates mainly remand and those appealing
- Professionals and stakeholders working on reintegration engaged inmates on life after prison and pathways back into the community to 30 inmates those almost ending their sentence

The initiative created a platform for hope, healing, and empowerment while emphasizing Rotary's commitment to humanity and second chances.

ADOPT-A-RIVER INITIATIVE

Environmental sustainability continued to be a major area of focus through the ongoing Adopt-a-River Project.

The initiative aims at environmental conservation, promoting clean waterways, and creating awareness on the importance of protecting natural resources. Activities under the project have included environmental clean-up efforts and community engagement on sustainability practices.

The project will continue into the new Rotary year as part of the club's commitment to long-term environmental impact.

Supporting Community Health & Dignity

MOTHER CLUB PARTNERSHIP -RC NAKURU

The club also joined the Mother Club in several impactful community initiatives including:

- Distribution of reusable sanitary towels to support menstrual hygiene and dignity among girls and women.
- Distribution of wheelchairs to improve mobility and quality of life for beneficiaries in need.

These collaborations highlighted the importance of partnerships in increasing impact and reaching more communities.



PROJECT HIGHLIGHTS



Rhonda Maternity Phase 1



Rhonda Maternity Phase 2



Kapkures Maternity



Community Service Projects

Mother Pack Distribution Project



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PROJECT HIGHLIGHTS



Art day Pangani special school

Nakuru Maximum Prison



Legacy sports

Adopt a River

Community Service Projects



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MAYBE TOMORROW

That is not a New Year's resolution! That is a death wish! Yes, it is a death wish, I want to die, that is my New Year's resolution.

Esther lets out a laugh and takes another sip of wine, bringing my attention back to the group. She is the smallest of the four of us. I never understand how she looks so well put together despite having four children. I look around at the women around me, hair down and legs sprawled everywhere enjoying the warm fire burning slowly a few feet away. We are seated on the floor of Linda's uptown apartment, glasses of Giuseppe Rinaldi Barolo in our hands. In truth most of us are drunk, we started drinking at 4:00 pm, which was 6 hours ago. It is New Year's Eve and we are waiting for midnight to celebrate the new year and all the things we will accomplish this year. It's a tradition and every year it is the same thing.

Esther promises to take a vacation without her family, to get away from them for a month. Joy wants to start working out, she is going to use her gym card this year she swears. Linda wants a boyfriend and the 7th-floor corner office. She is going to put herself out there this year, she can feel it.

That leaves me exhausted and in pain, all I want to do this year is to die.

"I am going to Zanzibar this year, in fact, I will book the trip right now"

"How about we all go, let's book a trip for a girls' holiday!"

"I love that, it's been so long since we traveled, just the four of us."

Three expectant faces turn toward me "Kelsy?" Linda asks I plaster a smile on my face and raise my glass "We are going on holiday ladies! What's better than some sun, sand, and beach!" I get my bag and bring out my laptop, "Let's book it right now when do you guys want to go."

We get into a discussion on the best dates to go.



Maybe I will wait until after the trip, It can be my last hurrah before I die. I could go for a swim in the ocean and never return. I wonder how it feels to drown. Lungs are on fire as they start filling with salt water, head threatening to explode as it fights for oxygen. My body will fight to survive but then eventually like me it will grow weary and let go.

"The story of depression"

I could die just before the trip and have my friends scatter my ashes in the Indian Ocean. I have always felt at home in the sea. I can ask Joy to have me cremated. She has always been good at getting things done. If I asked her I know she would set aside her emotions long enough to honor my wishes. She would shut down everything and get things done and then she would break down a week later in the middle of a meeting or at the most inconvenient time. I smile to myself, I think that is what I will miss most about her.

The ocean, I can smell the salt, that would be a great final resting place.



In Kenya, the crude suicide rate is 6.1 deaths per 100,000 people.

I wake up with a terrible hangover, I should never drink wine. It always ends with me having a headache that feels like it wants to split my skull in two.

I am having lunch with my family today. I stay in bed a little longer. I can hear my housekeeper in the kitchen making breakfast. She knows I need coffee first thing in the morning before I have the strength to do anything else. I get off the bed and saunter to the kitchen, my laptop is on the counter and a cup of coffee is next to it. I sit down and absent-mindedly sip my coffee as I check my emails. Mrs. Gacheru has quietly slipped out of the house, it's her day off.

I will miss how well she gets me. She knows her place, shows up when she is needed and makes herself scarce at the right time. I wonder if she will be able to get another employer when I am gone. Maybe I should add her to my will, a small sum of money can take care of her family as she finds another job. I hope she can forgive me. Maybe tomorrow, I will do that tomorrow. I add a note on my calendar to call my lawyer.



Men are three times more likely to die by suicide than women.

I drive into our family farm, taking a deep breath and enjoying the fresh country air. I love the way it seems to make me forget how exhausted I am. I think I'll take a walk through the coffee plantation before I get into the large colonial home. I wrap my coat a little tighter to protect myself from the biting chill in the air and start walking down the hill. I survey the plantation looking out into the horizon, remembering my childhood here. Chasing my brothers down these hills, playing hide and seek in the bushes, the time when I was six and I found an animal skull but thought it was human. Laughter escapes my mouth. It's been a long time since I laughed genuinely.

Maybe this should be my final resting place, I can die here.

I could bring a blanket, a few bottles of wine, and more pills than necessary. Sit under the moonlight, take my pills and enjoy my wine. I would die peacefully under the night sky and wait for one of the workers to find me. Perhaps I will never be found and my body can rot, giving energy back to the land I had grown to love so deeply. Yes, maybe this was a great place to die. I start walking back to the house, I can't be late for lunch. Mother will kill me.

"Jessica, come in here please" My perky petite assistant shows up at the door. Her short black hair is tied in an orange bow to match her orange blouse. She looks like a child, probably because she is a child. She is 25 years old, I envy her youth. A time when you believe everything is possible and when you have the energy to fight for your dreams. I envy her, but I won't miss that, the constant reminder of how exhausted I feel each day.

"I need a meeting with all the heads of the department, please schedule a meeting for tomorrow afternoon. I expect them to bring their quarterly reports." She nods "Oooh and Jessica get my lawyer on the line." "Anything else Madam?" "No, that will be all. Thank you, Jessica."

I run my finger over my large glass table and settle deeper into my beautifully sculpted purple seat. I built this company from the ground up, I dreamed of it as a young public relations intern and now here I was, one of the biggest P.R. names in the country.

Maybe that was why I was so tired, I spent all my energy building an empire. I would miss the power. Knowing that I was in charge of 800 lives on a daily basis. Maybe I am not ready to let go of my company. Who would manage it? My brothers? Maybe.

I take a minute to look at the offices across from mine, all colorful, I love the color. I once loved color, everything seems to be black and white lately. The flowers and cartoon characters on the walls were once a great source of joy for me. Lately, it's a reminder of my enthusiasm to put an end to it all.

My phone rings. It's Jeremy, my life partner. "Hey Babe" "Hi Honey, Whatsapp?"

"How was your new year with the family?"

"It was ok, you know mum, melodramatic as ever."

He laughs, I love his laugh. I will definitely miss that. The ways his eyes wrinkle around the corners when he does.

"How about a date tonight, I've missed you"

I hesitate, what if I die tonight? Would he wait at the restaurant for hours before coming to look for me? Would he sense that something was wrong? I wonder how long it would take for him to move on and find someone new. Maybe I would haunt her, that would be fun.

"Sure I would love that."

It's Saturday morning, and I have no intention of going into the office. I think I'll stay in, walk around in my pajamas and eat a lot of junk. This is s good a day as any to die, maybe I should spend one last day on my own and then walk out the door of life

I close my curtains, make some margaritas and order my favorite pizza: chicken peri peri. I plop myself in front of the television and watch all my favorite movies. Die-hard, titanic, cinderella, beauty and the beast (I have always been a child at heart). I pump up some music and start cleaning out my apartment, there would be a lot of people here in the morning. It would be good to have a clean home.

It's almost midnight, I walk to my bathroom and start filling my bathtub. I walk back to my bedroom and sit at the desk. I get a pen and paper from my top drawer.

To my family & friends

Please forgive me for leaving. Forgive me for not being strong enough to keep fighting and to live another day. I simply do not have the will to keep going.

I pray that you will heal from my departure and that your lives will be better and more fulfilling than mine has been. I pray that the gods, if there be any, will watch over you and that you will remember me fondly.

I would like to be cremated and my ashes scattered in the ocean. It is where I have always felt at home.

My lawyer has all the documents, please honor my wishes in death as in life.

I will love you and if ghosts are real, I will be the one in the corners watching over you.

With love

Kelsy.

I place it in one of my branded envelopes, address it to my brother, and leave it on top of the desk.

I step into my bathtub and savor the water, and how it feels on my skin. When they find me I know they will question themselves. How did they not see this, why did I never ask for help? I hope they can forgive me. They will comb through all of our conversations together and try to find clues. I know they will realize that in my own way in my last conversations I said goodbye.

I allow my head to slip into the water and I wait. I wait for the sweet silence of death. Seconds pass by and my body is starting to still, the fight is subsiding.

In the silence my doorbell rings, "crap." I lift my head and step out of the bathtub. It's Jeremy.

I smile up at him and sink into his arms, taking in the smell of his cologne. He can sense something is wrong and he pulls me in closer.

Maybe I can try again, I still have time.
Maybe tomorrow.



HONORING THE LEADERS WHO SHAPED OUR LEGACY

Since our charter in 2015, our club has continued to grow from strength to strength, building a legacy of service, leadership, fellowship, and impact within the community. Through the dedication and vision of the leaders who have served over the years, the club has achieved remarkable milestones and touched countless lives through meaningful projects and initiatives.

Each Rotary year has brought new ideas, new opportunities, and passionate leaders committed to Service Above Self. As we celebrate our journey, we take a moment to appreciate the individuals who have guided the club, nurtured its growth, and laid the foundation for the vibrant and impactful club we are today.

Here is a glimpse into the remarkable leaders who have shaped our story over the years



CP JOHN BRODRICK

President Year: 2015/2017

Major achievement: Formation of First ever community based rotaract in our region

Message for future leaders: Leadership is like murky water



PP TERRY MUGAI

President Year: 2017/2019

Major achievement: Distribution of learning material, Pioneering adopt a river project

Message for future leaders: Be inspired to serve with humility and consistency, and always remember that leadership is about making the difference in the lives of others



PP FRANK OMONDI

President Year: 2019/2020

Major achievement: The club was 3 years old our Achievement of the year we attained new member and did project cleaning River Njoro.

Message for future leaders: Success isn't just what about you accomplish in your life; it's about what you inspire others to do and follow 4 way test



PP JOB LUTTA

President Year: 2020/2021

Theme: Elevate the rotaract experience.

Major achievement: Raising about 300k for the first phase of adopt a river project for River Ndarugu.

Message for future leaders: Leadership is a call to serve, it's an opportunity to create lasting impact in our communities and ourselves, it's at the core of fulfilling Rotary's vision.



PP KENNEDY ISAIHAH BARASA

President Year: 2021/2023

Theme: Together As One.

Major achievement: Successfully rebuilt the club, growing membership from 7 to over 30 members, & led the hosting of REACT 2023 increasing the club's visibility and impact.

Message for future leaders: True leadership is not about position, but about service, consistency, & the positive impact you leave in people's lives and those of the people you lead. Lead with humility, vision, and purpose.

HONORING THE LEADERS WHO SHAPED OUR LEGACY



● **PP BETH WANJIKU** ●

President Year: 2023/2024.

Major-achievement: Restoration of order in the club, strengthening club functions, and helping the club forge ahead with purpose and vision.

Message to future leaders: leadership is stewardship. Be bold enough to make difficult decisions, but compassionate enough to listen and unite people. Protect the vision of the club, uphold discipline, and never lose sight of why the organization exists in the first place.



● **IPP JOHN NGUGI** ●

President Year: 2024/2025

Theme: Service Beyond Limits

Major Achievement: Transforming the club into a visible and action driven force within the community

Message to Future Leaders: "Leadership in Rotaract is stewardship we do not own the club; we hold it in trust for the next generation. Lead boldly, serve selflessly, build leaders, and leave a legacy that speaks long after your term concludes



● **PRESIDENT JANET NKIROTE** ●

President Year: 2025/2026

Major achievement: Oversaw the club's First Grant Project

Message for future leaders: Leave behind more than projects. Projects end. Records are broken. Titles expire. Build a culture so powerful that long after your final gavel, people still choose service because of what they learned under your watch.

SHAPING THE FUTURE OF OUR LEGACY



● **P.E WANJIKU NGURU** ●

President Year: 2026/2027

Vision: Building a vibrant and impactful club through service, sustainability, partnerships, & member empowerment..

Key Focus Areas: sustainable projects, Membership growth, Partnership & Community impact

Message for future leaders: Service with purpose creates impact that lasts beyond our generation's vision.



● **P.N RACHAEL KYALO** ●

President Year: 2027/2028

Vision: To build a stronger, impactful, and sustainable club that transforms lives through service, strengthens projects and partnerships, promotes leadership and member engagement, and fosters unity as we create lasting positive change in our community and beyond.

Message for future leaders: Great leaders do not work alone. They empower others, build strong teams and create lasting impact through service

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WHATS NEXT 2026-2027

As we reflect on the incredible journey and legacy built since our charter in 2015, we also look ahead with hope, passion, and renewed commitment to service. The upcoming Rotary year presents an opportunity to build on the strong foundation laid by our past leaders while introducing impactful initiatives that respond to the changing needs of our communities.

Under the incoming leadership, the focus will continue to be on sustainable service projects, meaningful partnerships, member growth, and community empowerment. The vision for the new Rotary year is centered on creating lasting impact while strengthening fellowship and collaboration within and beyond the club.

One of the key focus areas will be environmental sustainability through the continuation and expansion of initiatives such as the Adopt-a-River Project, clean-up activities, tree planting, and environmental awareness campaigns. These projects aim to inspire communities to take an active role in protecting and preserving the environment for future generations.

The club also looks forward to strengthening and supporting the Interact Club of Nakuru Day while working towards establishing and welcoming new Interact clubs. Through mentorship, leadership development, and engagement with young people, the club aims to nurture future leaders who are passionate about service and positive community impact. Partnerships and collaboration will continue to play a major role in achieving the club's goals. The coming Rotary year will focus on strengthening the relationship with the Mother Club as well as growing collaborations with international partner clubs. Through these partnerships, the club hopes to increase its impact, share ideas, and create more opportunities for meaningful service projects and cultural exchange.

The club also aims to embrace greater collaboration within the Rotary family through active participation in district activities, joint projects, trainings, fellowships, and Rotary events. These engagements will help strengthen connections, learning opportunities, and the spirit of Rotary service across the district.

Equally important is the commitment to member welfare and well-being. The new Rotary year seeks to create a supportive, inclusive, and engaging environment where members feel valued, appreciated, and cared for. By strengthening fellowship, encouraging personal and professional growth, and supporting one another beyond service, the club hopes to foster a stronger and more united membership.

As we step into the next chapter, we do so with gratitude for the journey so far and excitement for what lies ahead. Together, we remain committed to Service Above Self and to creating a future filled with hope, transformation, and sustainable impact in our communities.



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We would like to say a big thank you for choosing to work with the Rotaract Club of Menengai



CONTACT US

We seek to drive sustainable change in our city of Nakuru. We would love to hold hands and do it with you!

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Wanjiku Nguru
0718220049

PRESIDENT ELECT

Rachael Kyalo
0746356853

P.R DIRECTOR

Felix Bett
0745324766

OUR EMAIL

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