

THE SPIN

WELCOME TO THE SPIN 2020

Stories are shared to inspire and motivate the Rotarian in us. From the fun in service and the pleasure of socially distanced events, Rotary Club of Nairobi-Lang'ata continues to tower above others in District 9212. We warmly welcome you to the first edition of The SPIN 2020/21. To savor each story, click on the title to where the magic happens! Happy reading and share your thoughts on admin@rotarycluboflangata.org



Rtn. Sarah Migwi Installed as Rotary Club of Nairobi-Lang'ata President 2020-21

Rtn. Sarah Migwi was installed as the 2020/2021 President of Rotary Club of Nairobi-Lang'ata (RCL) on 27th June at an intimate purple themed event, ushering in the Club theme: Unlimited Fun in Service.

Rotarians Assemble! Rotary Club of Nairobi-Lang'ata Rallies Partners To Arm Maternal Health Clinics Against Covid-19

The COVID-19 pandemic sits ominously at the small waiting bay of the St. Patrick Healthcare Centre in Kayole, Nairobi County. Ann Maina and her team sense its menacing presence one touch away, but find strength in the Nightingale Pledge as they tend to the patients. Nurses and midwives working in populous urban informal settlements are in dire need of personal protective equipment (#PPEs). Find out how RCL formed an army in support of the clinics in some of Nairobi's populous informal settlements.





RCL Walkers Take a Hike to Conquer Mount Longonot

Nothing builds resilience like the outdoors. On Saturday, 19th September 2020, the RCL walkers met as early as 6:30am around Mountain View Estate a foreboding of the ensuing hike to Mount Longonot. Rotarians with family and friends dared to climb the mountain towering 2,776m at its highest peak, Kilele Ngamia. It was a moderately difficult hike with a 3km steep climb up its wrinkly slopes, then a 7.2km trail around the crater of the stratovolcano. Here is how the walkers conquered the mountain.

Flying High with the RCL Walkers

Whether he was experiencing cabin fever for being grounded so long, or the love for the great outdoors, all we care for is that Captain Alex birthed the RCL Walkers. This bonding idea was taken up almost instantly by other like-minded individuals. Find out how the group is conquering heights, one step at a time



Rotary Club of Nairobi-Lang'ata Mentors Students

The nippy weather was not enough to deter Rotarians and Rotarators from Nairobi Lang'ata from engaging with brilliant students who had been sponsored by the Club. Vocational Services Director Carol Mburu championed teams to visit St. Lwanga Primary School, Nakuru and King'eero Primary School, Kikuyu on 8th and 22nd August respectively. Read about the heartfelt return on investment in future generations.

A Fireside chat with Senator Mutula Kilonzo

The Rotary Club of Lang'ata held its inaugural Fireside Chat titled 'The Round Table- Ask me Anything' on Friday 18th September 2020. The guest speaker was our very own youthful, vibrant, humorous and charismatic lawyer turned politician, past President Senator Mutula Kilonzo Junior. The immersive session was moderated by Rtn. Dr. Fred Mugambi Mwirigi who delved into his life and leadership lessons.



Speakers of The Season

We have had incredible speakers gracing our fellowship. Some made us the most populous club in the District, others got the girls drooling with some making us think critically about investing in unique ways. Find out who made it to the top two of the season.

Shekhar Mehta

<https://rotarycluboflangata.org/speakers-of-the-season/>

David Hunter

<https://rotarycluboflangata.org/speakers-of-the-season-david-hunter/>





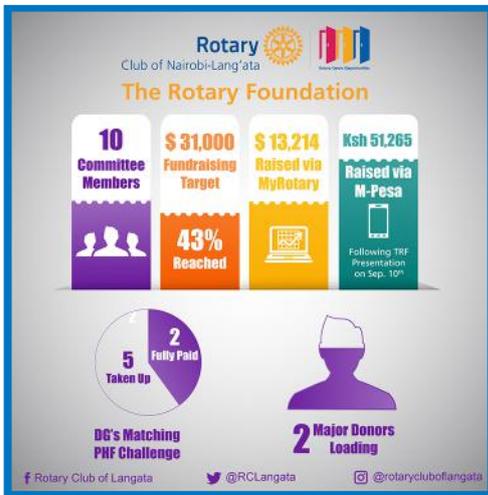
The Toastmasters Takeover at The Rotary Club of Nairobi-Lang'ata

On Thursday 24th September, the Rotary Club of Nairobi-Lang'ata fellowship was taken over by Toastmasters. There was resounding presence of great speakers who shared insights about public speaking skills, being a leader and the qualities that are required for effective communication. Crowning the evening was none other than Dr. Wale Akinyemi, author of the book Beyond Intelligence. Dr. Wale spoke about the Simple Practice of Staying Relevant. Read more on the infamous 'Toastmasters Takeover'

Welcoming our New Members

Our family continues to be the biggest in District 9212!! Many joined us as we welcomed our newest members to the family of Rotary on 10th September 2020.

TRF and Upcoming Events



Events Coming Up

10th October Treasure Hunt

The RCL Treasure Hunt is back. How well do you know Nairobi and it's environs? Mark your calendars on the 10th of October and register using the link <http://bit.ly/RCLtreasure>

5th November Ravi's Visit

November is the Rotary Foundation month. RCL will host the Chair of the Trustees of The Rotary Foundation, (also Past President of Rotary International), Ravi Ravindran. Register in advance.