



# RCN BULLETIN

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## Clean Water

# Water for all, thanks to Rotary!



Boarding school girls in front of a water tank built with the help of Rotary. Standing in the middle, the project manager, Lars Block representing the Rotary Club of Stockholm - Lunda, Sweden.

Thanks to a Swedish - Kenyan Rotary project, over 100 tanks for clean rain water and still more toilets have been built in the poor rural areas in Kenya. Since the project started in year 2000, it has been so professionally ran that Sida (Swedish International Development Agency) via Forum-Syd (Swedish organisation collaborating for global justice), so far contributed 2 million SEK (Approx. Kshs. 20m) in addition to 250,000 SEK (Ksh. 2.5m), that the four main Rotary clubs responsible in Stockholm/Enkoping have contributed.

### Liberates women and children from heavy burdens.

In rural areas of Kenya, it is mainly the women and children who work

hard to bring drinkable water to their families. It is not unusual for the women to spend up to 8 hours a day carrying 20 litre water buckets from the poor streams and wells several kilometers away.

Rotary contributes to the training of the construction workers, the equipment of the houses with corrugated steel roofs, building of the water tanks - sized by need - and that roofs and tanks are connected via a hanging chute to gather rainwater into the tanks. In most cases, the stored water will last in between rainy seasons, approx. 2-3 months, for cooking and drinking purposes. And the women and children can spend the days doing other things than carrying water.

## Rotary Month

November 2008 -  
Rotary "Foundation"  
Month.

## RCN Website

We are on the Web:  
[www.rotarynairobi.org](http://www.rotarynairobi.org)  
[www.rotary9200.org](http://www.rotary9200.org)

## Attendance Update

### M = Thursday Fellowships

Oct. 23rd '08	66%
Oct. 30th '08	63%
Nov. 13th '08	62%
Nov. 20th '08	
Nov. 27th '08	
Dec. 4th '08	

## Next Meetings...

Thursday,  
Nov 27, Dec 4th, 11th 2008  
@ 12.30p.m.

Club Meeting Venue:  
Laico Regency

*All are Welcome.*



A lady carries water, which she has to do several times a day from a river several kilometers away.



**ROTARY CLUB OF NAIROBI**

Founded Sept. 11, 1930  
Club No. 17261  
P.O. Box 41181-00100  
Nairobi, Kenya

**Our Vision:**

To remain the leading Rotary Club in Kenya and beyond, where dynamic members enjoy bringing great benefit to their community.

**Our Mission:**

To implement high impact service projects in education, in health, with youth and elsewhere, while members enjoy each others' fellowship.

**Our values:**

- Commitment
- Care
- Humility
- Friendliness
- Trustworthiness
- Responsiveness

**Board 2008 - 09:**

**President:** Ashok Shah

**Email:** [president@rotarynairobi.org](mailto:president@rotarynairobi.org)

**Vice President & Club**

**Administration:** Nick Hutchinson

**Secretary:** Sally Gitoho

**Treasurer:** Amar Kantaria

**President-Elect:** Willy Strothman

**Immediate Past President:**

James Mwangi

**Director:** Darsi Lotay

**Director:** Simeon Macharia

**Director, Rotary Foundation /International Service:**

Dan Poenaru

**Director, Service Committee:**

Salim Fazal

**Director, Family of Rotary:**

Halima Shaiyah

**Director, Fund-raising:**

Barbara Magoha

**Club Secretariat:**

Email: [secretariat@rotarynairobi.org](mailto:secretariat@rotarynairobi.org)

[www.rotarynairobi.org](http://www.rotarynairobi.org)

The office is run permanently by our **Administrative Assistant**, Rachel Mwikali.

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**Contributors:**

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Rtn. Christian Knochenhauer

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**Visiting Rotarians - Oct 30th. 2008**

AG Ezekiel Wanjama from RC Nairobi North, Rtn. Patrick Kain RC Pretoria East and Rtn. John Sawers RC Nairobi North.

**Guests of Rotarians**

Rtn. Darsi Lotay's guest was his beautiful spouse Mrs. Renate Lotay, Rtn. Vickie Winkler's guest was Dr. Flynn from Heart, Rtn. Sasa Mart's guest was Predrag Ramovic, Rtn. Romy Madan's guest was Tariq Qureshi from I&M Bank, PDG Mohammed Abdullah's guest were Douglas Wafula, Laurent Mageto, Stephen Makoha, and Calvin Ogamba Kevin Njorojo from R.C.C Huruma.

**Rotarians welcomed back**

PDG Yusuf Kodwawwala, Rtn. Simeon Macharia, Rtn. Elizabeth Maloba, PE Willi Strothmann, Rtn. Alibhai Moyez, and Rtn. Rehanna Merali.

Rtn. Elizabeth Maloba was the Sergeant at Arms and raised Kshs 7,400/-



*President Ashok Shah*

**Guests of Rotarians - Nov. 13th 2008**

Rtn. Romy Madan's guest were our guest speaker Mr. Andre Simone and Mr. Ewart Salins from Kestrel Capital, Rtn. Iyadi Omurembe's guest was Mr. Gilbert Miya from Solvo Chem (K) Ltd. and PDG Mohamed Abdullah's guest were Mr. Henry Migoya from RCC Mathare and Mr. Satoshi from Japan NRD University.

**Rotarians welcomed back**

Rtn. Kauli Mwembe, Rtn. Dan Poenaru, Rtn. Halima Shaiyah, Rtn. Freeman Constance, Rtn. Carmello Cocuzza and Rtn. Dorcas Otieno.

**Rtn.** Praful Lakhani was the Sergeant at Arms and raised Kshs 6,500/-

**Stressed? Loose it now!**



*President Ashok Shah presents a gift to Dr. Peter Kamunyo, a medical doctor. Dr. Kamunyo, spoke to us on how to live with and manage stress in a modern world. The presentation included healthy tips on keeping stress under control, effects of ACUTE stress & CHRONIC stress. Stress has been termed by the UN as the 21st century killer and it's almost impossible to go through the day without either seeing or hearing one or more references to stress. Thus, it can be stated beyond doubt, that STRESS is an inevitable part of our lifestyles. Thanks Dr. Kamunyo for the tips and we can only hope to follow them without getting Stressed!*

## “The Kenyan Economy should brace itself for tougher times ahead!” - DeSimone



*With the current global economic slump, we all must be wondering where to invest our hard earned monies and the gravity of the subprime mortgage induced crisis on Kenya and Africa. A connoisseur of the fiscal world was in the house to enlighten us on this worrying scenario. The CEO of Kestrel Capital (East Africa) Ltd., a CMA Licensed Investment Banker and a Member of the Nairobi Stock Exchange, Mr. Andre DeSimone, spoke on the very pertinent and apt topic "Investments in Kenya and Africa, post the current global economic crisis." He took the very attentive audience through the steps that have brought us to the current situation globally. He also expounded on the workings of the Nairobi Stock Exchange and sort to reassure many an investor, who have seen their investments eroded in recent times at the NSE.*

### Message from the District Governor - 2009 District Conference and Assembly

Greetings to you in Rotary!

I am glad to note that I am nearing the completion of my official visits to the Clubs. During the visits all Club members have promised me that they will attend the 84th District Conference & Assembly in large numbers, going by the 4 Way Test.

It is my pleasure to officially announce that the venue of the 84th District Conference & Assembly has been changed from the Kenyatta International Conference Center (KICC) to the ultra modern facilities of the United Nations Complex in Nairobi.

Please note that all the registration fees will remain unaffected. The District Conference Committee has stepped up the gear in the preparations. In

due course you will be receiving finer details and related announcements on the Conference from the Conference Chairman James Gachui and his Committee.

I would like to remind all Rotarians and Guests to take advantage of the early registration deadline to register before 31st December 2008 to enjoy the discounted rates. I look forward to hosting you all to a memorable District Conference and Assembly from 13th to 16th May 2009.

Best regards and God Bless,

DG Kaushik Manek

*For Your  
Diary...*

#### Thursday, 27 November 2008

On the rostrum next week Thursday, 27th November 2008 will be Hon. Ababu Namwamba the Member of Parliament for Budalangi Constituency with a talk on the current state of affairs in our country.

#### Thursday, 4 December 2008

Thursday, 4th December 2008 the rostrum will belong to Rotarian Marion Bunch, Founder and CEO of the Rotarians for Fighting AIDS Action Group and she will speak on the coming launch of the 'Partnerships for an HIV-Free Generation'.

#### Thursday, 11 December 2008

Our Annual General Meeting (AGM) will be held on Thursday, 11th December 2008, where we will elect the 2010-11 Rotary Club of Nairobi President and Club Officials.

#### Thursday, 18 December 2008

The 2008 fellowships climax on Thursday, 18th December 2008 with Ms. Megan McDonald at the rostrum. Megan is from the USA and is a Rotary Ambassadorial Scholar currently undertaking her Masters Degree in Development Studies at the University of Nairobi. She will speak on her experiences.

We recommence on Thursday, 8th January 2009 and the speaker's details will be sent soon.

*Yours in Service,*

*Atia Yahya  
Programme Officer*

## Say it with Pictures!



President Ashok exchanges banners with Rtn. Kristen Ran of RC. South Dakota, USA. With her was Jinna Yun and Megan MacDonald who are Rotary Scholars.



Rtn. Edward Fashole-Luke II from Botswana with Rtn. Chris Knochenhauer and Rtn. Susan Murabana.



Jovial Rotarians at our weekly lunch fellowship. From left seated are Susan Murabana, Esmail Waliji, Waiyaki Hinga (standing), Darsi Lotay and Friedel Liebe-Savage.

All Rotarians are invited for a Rotary Seminar that will take place on 22nd Nov. 2008 at Parklands Sports Club from 9.00am - 1.30pm. The cost is Kshs. 900, which covers cost of Tea and Lunch. All are welcome.

Enjoy Early Booking  
Discounts  
**Register  
Now!**

"I personally invite all Rotarians to attend the 84th Rotary District 9200 Conference & Assembly on May 13-16, 2009 at the UN Conference Centre Gigiri, Nairobi"

- DG Kaushik Manek

