



WEEKLY BULLETIN

Issue 3 - July 27, 2005

Minutes of Club Meeting on July 21, 2005

Visiting Rotarian was: Rtn Muthoni Gichohi, Nairobi North, who extended an invitation to members to attend the installation of their president on 29th November at the Intercontinental Hotel.

Guests of Rotarians: Carmelo Cocuzza, introduced by Pres. Elect Diamond Lalji; Kanu Devani, introduced by PP Praful Lakhani.

Announcements: District Literacy Officer Rtn. Lucy Gitonga announced that there will be a collection of books for prisons on 4th August (see also last week's Weekly Bulletin)..

Rtn. Kauli Mwembe distributed the end-of-year Newsletter.

The Guest Speaker was Dino Martins, who gave an excellent illustrated talk on Biodiversity and why it concerns all of us. Ashok Shah thanked the speaker.

Rtn. Fuwad Abdullah was the Sgt.-at-arms. The collection was KSh.5,400.

Announcements from the Committees

Community Service Committee

- Committee meetings will be held on the **first Thursday of each month**, after Rotary lunch.
- We have ten (10) wheelchairs to be given away. Rotarians who know of deserving cases, please advise members of community service - Rose Simba, Salim Fazal or M Rahemtulla . We will require full names, letter from the Rotary member, DC or PC or sponsor advising us of his/her plight and a photograph of the potential recipient.

Club Service Committee

List of Sergeant-at-Arms for July until end of September 2005

If for any reason the proposed sergeant at arms (second column) is not available to perform the duties, we shall advise them to swap places with the alternate (third column) so that he/she can perform the duties. We also advise them to send us confirmations of the person to perform the duties by Tuesday of every week. And please remember: **Sgt.-at-Arms duty involves—amongst others—to extend vote of thanks to speakers.**

28.07.2005	LUCY GITONGA	ROSE SIMBA
04.08.2005	JULLIENNE MARIO	FRANCIS NJIIRI
11.08.2005	JAMES MWANGI	BARBARA STEENSTRUP
18.08.2005	KAULI MWEMBE	GHULAM HUSSAIN
25.08.2005	MARI NELSON	SUDESH WALIA
01.09.2005	FRANCIS NJIIRI	JULLIENNE MARIO
08.09.2005	ROSE SIMBA	LUCY GITONGA
15.09.2005	BARBARA STEENSTRUP	JAMES MWANGI
22.09.2005	NAZIR JADAVJI	SALIM FAZEL
29.09.2005	SUDESH WALIA	MARI NELSON

Next Meetings:

Thursday, July 28, 2005, 12.30pm:

Club Meeting at Grand Regency

Sgt-at-arms: Lucy Gitonga/Rose Simba

Programme:

Club Assembly & Spouse Day!

Meet & Greet occasion! Introduce somebody NEW to Rotary and let them see what we do.

Thursday, August 4, 2005, 12.30pm:

Club Meeting at Grand Regency

Sgt.-at-arms: JULLIENNE MARIO/ FRANCIS NJIIRI

Programme:

The speaker has not yet been confirmed.

Invitation to President's Installation Dinner RC Nairobi North

Please join me in celebrating my installation Dinner/Dance on 29/07/2005 at Hotel Intercontinental at 7pm. Charges are Kshs 1,600.

Please let me have your confirmation to have an indication of how many invitation cards to send.

Rtn John F. Okatch
President RC Nairobi North

July
is Literacy Month

August
is Membership & Extension Month

Attendance Update

July 7, 2005

July 14, 2005 50%

July 21, 2005 63%

July 28, 2005

Average for July:

Rotary district plans Africa's first international projects fair

By Vukoni Lupa-Lasaga
Rotary International News

West African RI District 9100 is hosting the continent's first international projects fair in Accra, Ghana, 13-15 October 2005. Modeled on the hugely successful Uniendo América, an annual Central American projects fair, the forthcoming event targets participants from all over Africa, Europe, and the United States.

Organizers bill the fair as an opportunity to establish club-to-club relationships, make a firsthand assessment of the development needs of West African communities, and enjoy the hospitality and tourist destinations of Ghana and the surrounding region.

Clubs and districts offering initiatives that address community development, health and nutrition, literacy, and water and sanitation, as well as projects specifically aimed at improving the lives of the disabled, are especially welcome.

"We are hoping that it is a very successful fair so that clubs and districts in other African regions can benefit from our experience," says Robert F. Atta, a past governor of District 9100 and chair of the organizing committee.

Many of the district's 74 clubs, spread across 14 West African countries, are expected to register World Community Service initiatives for exhibition at the fair, according to Atta.

The organizing committee has also invited Nigeria's four districts to be co-hosts, and U.S. District 5170, through Past District Governor Brad Howard, is playing a supportive role of fair promoter in the United States.

In addition, District 9200, which comprises Rotary clubs in five eastern African countries, will be officially represented at the fair.

A US\$130 registration fee is required to attend the fair and join an official tour of five popular destinations.

For more details or to register, visit www.westafricaprojectfair2005.com or contact Robert F. Atta, fax: 233-21-241553; or telephone: 233-21-222601 (office), 233-24-432-7811 (cell), or 233-21-775745 (home).

Your Health Matters!

Health Tips courtesy of Mohamedali Rahemtulla

This week: **Cholesterol**

- Cholesterol is both a fat in foods (dietary cholesterol) and a type of substance in the body which is necessary in maintaining normal bodily functions
- About 80% of cholesterol in the body is made by the liver and only 20% is from the food we eat.
- The higher the level of blood cholesterol the greater the risk of heart disease.
- Foods high in dietary cholesterol, such as egg yolk, liver, kidney, if eaten in moderation, will not effect blood cholesterol levels.
- The best way to lower blood cholesterol levels is to cut down on the amount of fat (especially saturated fat) in the diet.
- One of the most important factors responsible for influencing blood cholesterol levels is family history.

Next week, Mohamedali will tell you all about **Atherosclerosis**.

For your Diary:

Club Assemblies/Spouse Day

28th July 2005
6th October 2005
23rd February 2006
11th May 2006

75th Birthday

8th September 2005

Annual General Meeting

8th December 2005

X-mas Lunch

15th December 2005

Meet & Greet Occasions

Last Thursday of every month

Board Meetings

Last Tuesday of every month

Venue: Grand Regency Hotel

Time: 6.00 pm

ROTARY CLUB OF NAIROBI

Founded Sep 11, 1930

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

Board 2005/06:

President: Eric Krystall

Email: ekrystall@wananchi.com

Mobile: 0733-621597

Vice-President: Atia Yahya

President-Elect: Diamond Laji

Secretary: Romy Madan

Treasurer: Mike Fairhead

Website: www.rotarynairobi.org



SERVICE Above Self