



WEEKLY BULLETIN

Issue 4 - August 3, 2005

Minutes of Club Meeting on July 28, 2005

Visiting Rotarians were: Rtn. Patrick Udeh of the Rotary Club of Kigale Virunga who is with UNDP Somalia; he wishes to transfer to our club. Rotaractor Mark Wanyingi of Nairobi Central.

Guests of Rotarians: Njeri Wakogi introduced by Patrick Udeh.

Klarissa Wills -Lang, who had been unwell and away, was welcomed back.

The **Sgt-at Arms** was Rose Simba who collected K.Sh 5300.

There was no speaker as there was a Club Assembly. Reports were received from:

- > Vice-President Atia Yahya - Club Service Committee
- > Rtn. Christian Knochenhauer - Communications Committee
- > Asst. Gov. Sudesh Walia - International Service Committee
- > Rtn. Rose Simba - Community Service Committee
- > Rt. Mike Fairhead - Treasurer

There were no reports from Vocational Service and Fundraising Committees. They will report on return from travels.

After the meeting Rtns Mohamed Rahemtullah, Rose Simba, Mike Fairhead and President Eric Krystall paid a site visit to **Mbagathi Primary School** to meet with the supervising committee and review progress on the building of a kitchen, which is a club project. Previously, toilets and a sewage system have been built.. They were very impressed with the school and the project. A more detailed report will follow.

Announcements from the Committees

Club Service Committee

Atia announced that she will be away on leave from 3rd to 15th August but the committee meeting will take place as scheduled on 14th August at her place at 1.30pm. Route map will be sent to later.

Message from Diamond Lalji, Membership Coordinator

My Fellow Rotarians,

Greetings to you all. Welcome to the month of August. According to the Rotary calendar this month is reserved for Membership and Extension. As we outlined earlier, we wish to increase our numbers by at least 12 worthy people. Your response has been overwhelming and we have identified the 12 champions to bring in new members. We salute you again. You guys have risen to the occasion!

Apart from increasing our numbers, this month is also about retaining our current members. That is you and me. Retaining good members is as critical to our club's long-term success and health as the induction of new members. But how do we do this? Let us ask ourselves a few questions....why did you join Rotary? Has the club met your expectations? What can be done to improve areas of weakness? How can you be more involved in activities? Are you satisfied and happy in the club? How can we make the fellowships more interesting? Et al...

Membership satisfaction is one of the goals of Club Service this year. Hence, on Thursday, we will administer a questionnaire with about 10 simple questions to find out how we can make ourselves and the club better. I will email it on Thursday morning and also come with print-outs to the lunch meeting. Your positive response to this will be highly appreciated.

I wish to assure you that the results will be applied for the betterment of ourselves and our esteemed fraternity.

Yours in Service,
Diamond Lalji

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Next Meetings:

Thursday, August 4, 2005, 12.30pm:

Club Meeting at Grand Regency

Sgt.-at-arms: FRANCIS NJIIRI

Speaker:

Koki Muli will speak on "Constitution— which way is up?"

Koki is an Executive Director of the Institute for Education & Democracy.

Thursday, August 11, 2005, 12.30pm:

Club Meeting at Grand Regency

Sgt.-at-arms: JAMES MWANGI/
BARBARA STEENSTRUP

Speaker:

Has not yet been confirmed.

Thursday, August 18, 2005, 12.30pm:

Club Meeting at Grand Regency

Sgt.-at-arms: KAULI MWEMBE/
GHULAM HUSSEIN

Speaker:

Dr. K. K. Gakombe MB CHB MBA, on "National Social Hospital Insurance Scheme".

Dr. Gakombe is the Director/CEO of Metropolitan Hospital.

**August is
Membership
& Extension
Month**

ERRATUM... ERRATUM...

We published here erroneously a false email address for Pres. Eric Krystall; please note that his correct address is: ekrystall@africaonline.co.ke. Sorry, Eric!

Attendance Update

July 7, 2005

July 14, 2005 50%

July 21, 2005 63%

July 28, 2005 52%

Average for July:

This space
could be full of
interesting
news—if only
you would
feed it to us...

Your Health Matters!

Health Tips courtesy of *Mohamedali Rahemtulla*

This week: **Atherosclerosis**

- Atherosclerosis, also called "hardening of the arteries," contributes directly to heart attack and stroke. The inner walls of the arteries become thick and irregular due to deposits of fatty substances such as cholesterol. The channels become narrowed and the blood supply to vital parts of the body is reduced. When this happens, a clot is likely to form, depriving the heart, brain or other organs of blood .
- Risk factors known to affect Atherosclerosis development are elevated blood cholesterol levels, cigarette smoking and high blood pressure.

Next week, Mohamedali will tell you all about **Heart Disease**.

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For your Diary:

Club Assemblies/Spouse Day

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

75th Birthday

8th September 2005

Annual General Meeting

8th December 2005

X-mas Lunch

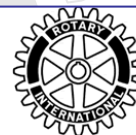
15th December 2005

Meet & Greet Occasions

Last Thursday of every month

Board Meetings

Last Tuesday of every month
Venue: Grand Regency Hotel
Time: 6.00 pm



SERVICE Above Self

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

Our values:

Commitment
Care
Humility
Friendliness
Trustworthiness
Responsiveness

Board 2005/06:

President: Eric Krystall
Email: ekrystall@africaonline.co.ke
Mobile: 0733-621597

Vice-President: Atia Yahya
President-Elect: Diamond Lalji
Secretary: Romy Madan
Treasurer: Mike Fairhead

Website: www.rotarynairobi.org