



## WEEKLY BULLETIN

Issue 5 - August 10, 2005

### Minutes of Club Meeting on August 4

**Visiting Rotarians were:** Rtn. Dr. Jorg F. Maas - Rotary Club of Hanover;  
Rtn. James Megill - Rotary Club of Cornwall - Sunrise, Canada

**Guests of Rotarians:**

- > Elizabeth Luyoo of CAMEO introduced by Jim Megill;
- > Halima Shaiyah of Sno-wite Distributors, Ltd. introduced by PP Steve Mwenesi;
- > Angela Burton introduced by Mike Burton;
- > Solomon Luvai of URTNA - PEC introduced by PP Steve Mwenesi;
- > Eng. Njambi of Nairobi Water Co. - introduced by Rtn. Dr Kionga-Kamau;
- > David Wafula of Stanbic Bank introduced by President-Elect Diamond Lalji;
- > Dr. Josephine Oiiambo of International Centre for Health and Development introduced by President Eric Krystall.

Rotarians who had been away for long and short periods were welcomed back by the President. These were PPs Darsi Lotay and Chani Lall; Rtns. Barrack Muluka; Melanie Richards; Olivier Vetter; Rhoda Orengo; Moyez Alibhai; Alain Morel and Ghulum Hussain

Rtn. Connie Freeman donated the recent Centennial history of Rotary to the club. This had been given to her by the Rotary Club of Edmonton, Canada.

Rt. Gori showed a new product of the Jacaranda Workshop - sculpted wooden name plates.

Dist. Literary Officer Lucy Gitonga asked Rotarians to bring donations of books for prison libraries to the next meeting on 11th August.

Rtn. Christian Knochenhauer apologized for the apparent non-receipt of the electronic 4th Bulletin

The **Sgt-at Arms** was James Mwangi who collected K.Sh 8,350/-

The speaker was Mrs. Koi Muli of the Institute for Education in Democracy who reviewed the process and progress of the constitutional review. She was introduced by PP Steve Mwenesi and thanked by PP John Simba.

### Your Health Matters!

*Health Tips courtesy of Mohamedali Rahemtulla*

This week: **Heart Disease**

- A clot: may form in one of the arteries supplying blood to the heart muscle. With the blood supply blocked, part of the heart muscle begins to die. If the heart muscle is starved of nutrients and oxygen for too long, the muscle cannot function properly what is commonly known as a "heart attack" occurs.
- Foods such as whole grains, fruits, vegetables and legumes (peas, beans, lentils) that are high in fibre and carbohydrates have been linked with a lower risk of heart disease.
- Factors that are known to affect heart disease are high blood pressure, high fat foods, lack of exercise, excess salt, alcohol, smoking and caffeine.

Next week, Mohamedali will tell you all about **High Blood Pressure**.

#### Next Meetings:

#### Thursday, August 11, 2005, 12.30pm:

Club Meeting at Grand Regency

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

**Programme:**

There will be the presentation of a wheelchair to a girl with Sickle Cell Anemia.

**Speaker:**

Sean Culligan of AMREF Flying Doctor Service on **"The Challenges of East African Air Rescue"**.

Sean Culligan has been part of the Operations Staff of AMREF Flying Doctor Service for the last five years. In particular he works on international repatriations and marketing.

Previously in the Royal Air Force, he has lived in Kenya for 12 years, traveling extensively to market the worldwide capabilities of the Flying Doctor Service.

#### 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**

#### Attendance Update

**Average for July:** 58.5%

**Aug 4, 2005** 67%

**Aug 11, 2005**

**Aug 18, 2005**

**Aug 25, 2005:**

**Average for August:**

## GRAPH (Goals, Results, Action, People, Health)

by Brian Tracy

Great thinkers and philosophers have studied the habits of success for at least 2,500 years. After personally studying the subject for more than 30 years, I have identified seven habits that you need to develop if you want to perform at your very best in everything you do.

1. You need to become goal-oriented - dedicated to setting and working from clearly written objectives every day of your life.

2. You need to become results-oriented. This involves two practices. The first is the practice of continuously learning so that you become better at what you do. The second is the practice of time management - setting very clear priorities and then concentrating single-mindedly on the most valuable use of your time.

3. You need to become action-oriented - the most important habit for material success. This is the ability to get on with a job and get it done fast. You need to overcome procrastination, push aside your fears, and launch yourself 100% toward the achievement of your goals.

4. You need to become people-oriented. Virtually all of your happiness in life will come from your ability to get along well with other people. And getting along well with other people is based on a set of habits that you learned, or failed to learn, in childhood: patience, kindness, compassion, and understanding. But it is never too late to develop those habits. . . And the more you practice them, the more you will internalize those qualities and actually become the person you want to be.

5. You need to be health-oriented. This means that you must make a conscious effort to eat the right foods in the right proportions. You must exercise on a regular basis to keep your body young and fit. And you must get enough rest and enjoy leisure activities that will enable you, in combination with diet and exercise, to live a long, full life.

6. You need to be oriented toward honesty and integrity. In the final analysis, the character you develop as you go through life is more important than virtually anything else. You set very clear values for yourself and you organize your life around your values. You develop a vision for yourself and then you live your life consistent with your highest ideals. You never compromise your integrity or peace of mind for anyone or anything.

7. The seventh habit that you need - the one that guarantees all the others will happen - is that of self-discipline. Your ability to discipline yourself, to master yourself, to control yourself, goes hand in hand with your success in every area of life. My favorite definition of self-discipline comes from Elbert Hubbard. He said, "Self-discipline is the ability to make yourself do what you should do, when you should do it, whether you feel like it or not."

(will be continued, next week!)

### **A reminder from the Membership Coordinator:**

Many thanks for the good feedback we have received on the club's **questionnaire**. Still, we wish to remind those of us who have not submitted theirs to kindly do so via email or at tomorrow's fellowship.

Thanks and see you all tomorrow.

Diamond Lalji, Membership Coordinator

### 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](mailto: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](http://www.rotarynairobi.org)