



WEEKLY BULLETIN

Issue 8 - August 31, 2005

Minutes of Club Meeting on August 25

Visiting Rotarians: Rtn. **Edward Kibirige**, Rotary Club of Kampala
PP Eldred Polikoff, Rotary Club of Sea Point, Cape Town, **PP Eva Polikoff**,
 Rotary Club of Sea Point, Cape Town, **Rtn. George Nyagisere**, Rotary Club
 of Hurlingham, **Rtn. Lawi Sultan**, Rotary Club of Milimani, **PP Elizabeth Kim-
 kung**, Rotary Club of Hurlingham, **Rotaractor Nyaguki Wateme-Rukono**,
 Rotaract Club of Nairobi Central, **Rotaractor Karimi Ndiga**, Rotaract Club of
 Nairobi Central, Rotaract Chairman **Nasra Hyder**, Rotaract Club of Nairobi
 Central.

Guests of Rotarians: **Carmelo Cocuzza**, European Investment Bank, intro-
 duced by Pres.-Elect Diamond Lalji, **David Wafula**, Stanbic Bank, Introduced
 by Pres.-Elect Diamond Lalji, **Elliot Munn**, Rotary Youth Exchange Student,
 introduced by PDG Mohamed Abdulla, **Halima Shaiyeh**, Sno-White Distribu-
 tors, introduced by PP Steve Mwenesi, **Steve Mutoro**, KARA, Introduced by
 PP Steve Mwenesi, **C.O. Kanyangi**, Kanyangi & Co., introduced by PP Steve
 Mwenesi, **Dr. Christian Courton**, Belgium, Introduced by Rtn. Fred Beer-
 naerts, **Waiyaki Hinja**, Ramata Holdings, Introduced by Rtn. Elizabeth
 Maloba.

Rotarians who have been away were welcomed back: Rtns. **Fred Beer-
 naerts**, **Fuwad Abdullah**, **Sonal Sjal** and **Salim Fazal** (who presented a
 banner).

PP Praful Lakhani gave a eulogy for the late Rotarian Arun Patel and Rotari-
 ans observed a minute of silence in his memory.

Announcements: **PP Sudesh Walia** announced that the Rotary Membership
 and Foundation Seminar will be held at the Nairobi Club on 3rd September.
 President **Eric Krystall** announced a 75th Anniversary meeting after this
 meeting.

The **Sergeant at Arms** was **Rtn. Mari Nelson** who collected KSh. 6,350/-

The Club Treasurer, **Mike Fairhead** led a discussion on the expenses in-
 curred in running the club and asked for an increase in subscription to meet
 the rising costs.

An extended discussion followed. The proposed increase in the subscription
 to KSh. 12,000/-, which includes funds for a secretariat, was approved by ac-
 climation.

Announcements from the Committees

Club Service Committee

This is a follow-up on AG Sudesh Walia's communication about the Rotary
 Information and Foundation Seminar. This is a most important event where we
 will all get to learn about our organisation and its activities. A quick glance at
 the responses to the questionnaire we sent says that there is a dearth of infor-
 mation about Rotary so here is a chance to glean some info.

The date is Saturday, 3 September 2005 at Nairobi Club. It begins at 8.00am
 with registration and ends at about 5.00pm. The cost will be Kshs.1,300 per
 person.

Kindly send your confirmations to AG Sudesh on sudesh@tulipweb.com or
 0733-626045.

75th Anniversary Committee

We wish to remind all of you about your contribution of Kshs.850 (or more)
 towards our 75th birthday activities. There are several ways of doing this
 among them sending your donation to the treasurer Rtn. Michael Fairhead,
 bringing it on Thursday, 1 September 2005 or asking us to come and pick it
 from you. Just let us know when and where to come collect it.

Next Meetings:

Thursday, September 1, 2005

Club Meeting at Grand Regency

Sgt.-at-arms: FRANCIS NJIIRI

Speaker:

Mr. Len Blazeby, Communications Coor-
 dinator of the Int. Committee of Red
 Cross, Nairobi on **"What should we
 know about the ICRC and why does it
 matter?"**

Mr. Blazeby is a brilliant Communicator.
 Nairobi serves as an important hub for
 many international and humanitarian
 organisations.

Thursday, September 8, 2005

Our 75th Birthday programme:

Please note that we are all going to
 forego our lunch on this day and instead
 contribute the Kshs.850 towards the
feeding programme. Kindly forward
 your cheque or cash to Rtn. Michael
 Fairhead. His contacts are 0722-528931
 and email is fairhead@africaonline.co.ke
 In addition, any other contribution should
 be forwarded to Mike.

What takes place when:

August:

Membership & Extension

September:

New Generations month

October:

Vocational Service month

November:

Rotary Foundation month

January:

Rotary Awareness month

February:

World Understanding month

April:

Magazine month

Attendance Update

Average for July:	68%
Aug 4, 2005	67%
Aug 11, 2005	57%
Aug 18, 2005	65%
Aug 25, 2005:	55%
Average for August:	61%

Get your own personalised RCN Email Address and help offset the club admin costs

Now you can get your own personalised email address for Kshs 500/Mth and at the same time assist the club.

Why get a ...@rotarynairobi.org email address? It is ideal for...

- anyone who has a yahoo or hotmail address and who wants a 'serious' address
- anyone who wants to be seen as associated with Rotary
- anyone who is proud to be a member of our club
- anyone who already has an email address but wants a separate one for all Rotary matters
- anyone who travels a lot and wants to access his/her emails from anywhere in the world through webmail
- anyone who wants greater control over his/her email functionality (including spam filtering)
- anyone who wants an autoresponder while away from home/office (I am not in my office, but will be back on...)
- anyone, who just wants to support the club and its projects!

Interested?

For more information and prices, please contact Rtn. Christian Knochenhauer at: communication@rotarynairobi.org.

Message from Ali Hersi, our Ambassadorial Scholar:

"Warm greetings from sunny and very beautiful San Diego. I arrived on Thursday evening and was met by host Rotary counsellor Mary Griffin and her husband Robert together with the Director of the Institute of Peace and Justice that I'll be attending, Dr. Lee Ann Otto and the President of the Host Rotary Club Dr. Cynthia Villis. My host counsellor has just been wonderful. I've been staying with them since my arrival but will be moving to my flat this Sunday. They have also helped me so much with all the paper work besides taking me on a tour of San Diego. On Friday I attended my first Rotary meeting here and gave a short speech.

Everything has gone so smoothly and am so grateful to Rotary. Hope you will be able to visit at some point as you earlier mentioned.

Thank you and best regards.
Ali Hersi

Thanks to Rtn. Barbara Steestrup for forwarding this message to us.

Your Health Matters!

Health Tips courtesy of Mohamedali Rahemtulla

This week: **High Blood Pressure**

- High Blood Pressure (HBP) is also known as hypertension and is exactly what it says, a condition where the pressure of the blood flowing through the blood vessels is too high
- HBP has no early warning signs or symptoms.
- The fact that you feel okay does not mean you do not have HBP- The longer you leave it untreated the more damage HBP does. The first signs of serious damage comes in the form of heart attack, kidney failure or stroke.
- Sodium, a major ingredient in salt, is linked to HBP. Your body only needs about 1 to 3 grams of salt per day. However, most people eat about 5 to 15 grams a day. One teaspoon of salt contains about 2 grams of sodium.
- High cholesterol levels can add to the development of HBP. Reducing total fat in your diet and limiting foods high in cholesterol will keep your cholesterol at an acceptable level.
- Being overweight causes the heart to work harder to circulate blood. This also adds to the development of HBP.
- It has been shown that within 2 and a half minutes of smoking a cigarette, the blood pressure starts to rise.
- Moderate exercise, with realistic weight goals, helps lower blood pressure.
- Limit your consumption of alcohol as it also contributes to the development of high blood pressure.
- Foods containing potassium, fibre and Vitamin C may help lower blood pressure.
- Onions and garlic may help lower blood pressure.

This concludes our series 'Your Health Matters'. Thanks again to Rtn.

ROTARY CLUB OF NAIROBI
Founded Sep 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 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