



WEEKLY BULLETIN

Issue 18 - November 17, 2005

Minutes of Club Meeting on November 10

President Eric Krystall welcomed the **DG Hamid Aboo** who had earlier met with the Board.

Visiting Rotarians: DG Hamid Aboo, RC Mombasa; AG Kaushek Manek, RC Muthaiga; President S.B. Varma and Summant Desai, Utumishi RC; Rtn. Carol Fellows, Klamath County RC, Oregon, USA; Rotaractors Winnie Kamakil, USIU and Grace Gitonga, Nairobi Central.

Guests of Rotarians: Memuna Aboo introduced by DG Hamid Aboo; Sunny Shin introduced by Rtn. Mari Nelson; Brian Roy, Fina Bank introduced by Rtn. Salim Fazal; Nick Barton, Barclays Bank introduced by Rtn. Hari Nathwani; Eric Coops, and Edward Hodgkins, Friends of Kenya introduced by PP. Mike Eldon; Kanu Devani, Pelican Signs introduced by President-Elect Diamond Lalji; Martin Poulson, EIB introduced by Rtn. Carmelo Cocuzza; Katrin Ender introduced by Rtn. Jurgen Ender; Waiyaki Hinga, Shell introduced by Rtn. Elizabeth Maloba; Liv Valen introduced by Rtn. Anna Ramamonjariso; Amar Kantaria, Prime Bank introduced by Rtn. Romy Madan.

Welcome back to returning Rotarians: PP Mike Eldon and PP Chani Lall were heartily welcomed after a long absence.

Announcements:

- Rotaractor Winnie Kamakil announced the Rotaract Ball
- Treasurer Mike Fairhead again called for 2005/6 subscriptions to be paid.
- Rtn. Atul Shah asked Rotarians to sell tickets for the film premier on December 2nd.

The **Sergeant at Arms, Rtn Rita Gori** sang and raised KSh. 8,400/-

Rtn. Jessica Kazina raised KSh. 5,000/- from a raffle.

The **speaker** was Sunny Bindra, Sunday Nation columnist who gave an inspiring speech on *"Recapturing a Society Based on Values"*. He was introduced by Rtn. David Githanga and thanked by Rtn. Arthur Mattli.

Announcements from the Committees

Fundraising Committee

Harry Potter Movie—update

Some good news we have managed to get Imperial Bank to take up a sponsorship package of Shs 100,000 for which they get 50 tickets. We are now down to 89 tickets remaining for which I now need that extra help to sell. **Can anyone take up further lots of 10?**

I also need the proceeds rolling in because we have to pay Fox Theatres - can all of you who have taken the tickets send me cheques i.f.o. Rotary Club of Nairobi. I am not here most of next week and would like the cheques rolling in preferably this week.

Many thanks to those of you who have taken the tickets - I much appreciate your support. Those who have not taken tickets - Catherine will be calling you to reduce the burden of the remaining 89 tickets please give your support. Those of you who can sell additional tickets please assist if you can. I am assuming of course that none of you who have taken tickets will return them - if you are struggling please look for another Rotarian to assist you.

Atul Shah

Next Meetings

Thursday, 17 November 2005, 12.30

Club Meeting at Grand Regency

Sgt.-at-arms: SYLVIA MWICHULI/
RHODA ORENGO

Programme:

INDUCTIONS—Ms. Halima Abdillahi Shaiya, Mr. Eddie Waiyaki Hinga and Mr. Amar Rasiklal Kantaria.

Membership Subcommittee Diamond Lalji. (See Weekly Bulletin no. 16 for bios of the inductees).

Make this meeting a special day for our new members: Please do turn up and welcome them to our club and the world of "Service Above Self"

NOTICE OF AGM

Our annual AGM will be held on

December 8, 2005 at 1pm

at the Grand Regency.

Please attend

PLEASE

PAY YOUR SUBSCRIPTION

November is Rotary Foundation Month

Attendance Update

| | |
|------------------------|-------|
| Average for July: | 68% |
| Average for August: | 61% |
| Average for September: | 69.4% |
| Average for October: | tba |
| Nov 3, 2005 | 64% |
| Nov 10, 2005 | 72% |
| Nov 17, 2005 | |
| Nov 24, 2005 | |

Your Health Matters...

Compiled by Mohamedali Rahemtulla

Chronic Diseases

The reduction of chronic disease is not a Millennium Development Goal (MDG). While the political fashions have embraced some diseases—HIV-AIDS, malaria, and tuberculosis, in particular—many other common conditions remain marginal to the mainstream of global action on health. Chronic diseases are among these neglected conditions.

Chronic diseases represent a huge proportion of human illness. They include cardiovascular disease (30% of projected total worldwide deaths in 2005), cancer (13%), chronic respiratory diseases (7%), and diabetes (2%). Two risk factors underlying these conditions are key to any population-wide strategy of control—tobacco use and obesity. These risks and the diseases they engender are not the exclusive preserve of rich nations.

Quite the contrary.¹ Chronic diseases are a larger problem in low-income settings. Research into chronic diseases in resource-poor nations remains embryonic. But what evidence there is, 2,3 shows just how critical it will be to intervene early in the epidemic's course. There is an unusual opportunity before us to act now to prevent the needless deaths of millions. Do we have the insight and resolve to respond? It is a surprising and important gap, one that health workers and policymakers can no longer afford to ignore.

NEW on our websites...

Did you know that, on our club website and on the District website, there are excellent 'Download Centres' from where you may download a host of important and interesting documents and Rotary Handbooks.

Log on to www.rotarynairobi.org/documents.asp for the following documents:

- Constitution of our club
- Club Brochure
- The History of our Club
- Membership Development and Retention
- Membership Development - 6 Retention Ideas
- How to Propose a New Member
- Information on D9200 Short-Term Rotary Exchange for Students
- Rotary Youth Exchange: Outbound Application Form

On the District website (www.rotary9200.org/downloads.asp), you find too many documents to list here, but, amongst others:

- 2004 Manual of Procedure (PDF - 2.90MB)
- 2004 Rotary Code of Policies (PDF - 2.59MB)
- 2004 TRF Code of Policies (PDF - 1.09MB)
- 100 Famous Rotarians (PDF - 420KB)
- 100 Centennial Celebration Ideas (PDF - 51KB)
- Centennial Community Project Registration Form (PDF - 39KB)
- A Century of Civic Service (PDF - 307KB)
- Photos in Action (PDF - 85KB)
- Committee Manual (PDF - 1.82MB)
- Committee and Sub Committee Structure (PDF - 422KB)
- Byelaws (PDF 45KB)
- Constitution (PDF - 282KB)
- The Classification Principle (MSWord - 86KB)

So please log on and browse!

This is a weekly publication by the Rotary Club of Nairobi. Editor-in-Chief: Christian Knochenhauer. You are receiving this as a member of the club or because you requested to receive this mailing. To remove your name from our mailing list pls send an email to: communications@rotarynairobi.org.

For your Diary

Nov 15, 2005 at 7pm:

Paul Harris Dinner at Muthaiga Club.

Nov 26, 2005:

Charter Dinner of RC of Zanzibar

Stone Town at Zanzibar Serena Inn at 7pm. For info and tickets please email: stephi@zanlink.com



We are on the web:
www.rotarynairobi.org
www.rotary9200.org



SERVICE Above Self

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