



### WEEKLY BULLETIN

Club No: 17261 | Issue 6 - August 17, 2005

## Minutes of Club Meeting on August 11

**Visiting Rotarians were:** Rtn. Edward Kibirige, Rotary Club of Kampala, Rtn. Jayanti Patel, Rotary Club of Kisumu.

**Guests of Rotarians:** Carmelo Cocuzza of EIB and David Wafula of Stanbic, introduced by President Elect Diamond Lalji, Esther and Edwin Agola, wheel chair recipient introduced by Rtn. Christian Knochenhauer, Rose Alinda and Carol Arika of the National Aids and STI Control Programme introduced by PP Steve Mwenesi, Carole Kariuki of KEPISA introduced by PP Mike Eldon, Florence Macharia of Nairobi Hospital introduced by Rtn. Sally Gitoho, Manoj Mathew and Sylvia Andrenasolo of Catholic Student Union introduced by Rtn. Anantha Krishnan, Charles Kanyangi, Advocate, introduced by PP Steve Mwenesi, Ali Heresi, Ambassadorial Scholar introduced by Rtn. Barbara Steenstrop, Jessica from China introduced by Rtn. Klarissa Wills-Lang, Francis introduced by Rtn. Barrack Muluka.

**Rotarians. who have been away were welcomed back:** Rtn. Nani Croze who presented banners of 3 German clubs she visited, Rtn. Anantha Krishnan, Rtn. Willy Strothman, Rtn. Gavin McEwen

**Announcements:** Rtn Gavin is climbing Mt. Kilimanjaro and asked for sponsors, proceeds to be donated to Rotary Club of Nairobi. PP John Simba gave awards for his 2004/5 year. Rtn. Koome Mwambia asked for final corrections of the 2005/6 Directory.

The **Sergeant at Arms** was PP Mike Eldon who collected KSh. 5,350/-.

The **speaker** was Sean Culligan, the Operations Manager of AMREF/Flying Doctors Service. He was introduced by Rtn. Christian Knochenhauer. He was thanked and presented with a figure sculpted by the Jacaranda Workshop.

A wheel chair was presented to Esther Agola.

## Our values

By Mike Eldon

I thought it would be helpful to comment on the Club's values, as identified by members in our recent events to prepare for the new Rotary year. As we were going through our SWOT, it became apparent that where we are strong it's a lot to do with our values being in good shape. And where we are weak...

It was also clear that if we are able to live by our values then there is no limit to what this Club can achieve – both in fellowship and in service. Living the vision will be automatic. But if we don't manage to breathe life into the six values that were selected as key (from a possible list of 16) then we'll keep on wondering why attendance is poor, why projects drift, and so on.

Do take a few minutes to see what each value means to you.

- Are you happy with the commitment and care you show to Rotary, to fellow Rotarians and to our projects?
- Do you behave with humility and friendliness to fellow members – in this and other Clubs?
- Do you display trustworthiness and responsiveness when asked to take on an assignment?

We are all VBPs (Very Busy People). And we know these are the very ones who somehow find the time to get many things done, and well. Each of us decided to join Rotary knowing what it involved. Yet for many of us being 'performers' in Rotary has drifted into the realm of the optional. As volunteers no one can force us to show up somewhere or to do something. Yes, others can inspire, motivate and recognise us. But ultimately it is our choice whether to be 'good Rotarians', whether to be positive role models for others. It's all a question of values. In Rotary... and beyond.

### Next Meetings:

**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: Is the battle over?"

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

**Thursday, August 25, 2005**

Club Meeting at Grand Regency

**Sgt.-at-arms:** MARI NELSON/SUDESH WALIA

**Programme:**

Meet and Greet Occasion and debate on subscription, chaired by Rtn. Mike Fairhead.

**Thursday, September 1, 2005**

Club Meeting at Grand Regency

**Sgt.-at-arms:** FRANCIS NJIIRI

**Speaker:**

Mr. Len Blazeby, Communications Coordinator 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.

## August is Membership & Extension Month

### Attendance Update

Average for July:	58.5%
Aug 4, 2005	67%
Aug 11, 2005	57%
Aug 18, 2005	
Aug 25, 2005:	
Average for August:	

## Announcements from the Committees

### Vocational Service Committee

Are you fun-loving and young at heart? And do you have a passion for supporting young people's development and a desire to make a lasting impact on tomorrow's leaders? Then, the Vocational Services Committee needs your help!!! We are looking for 15 fun-loving Rotarians to volunteer to spend just at least two hours on September 17, mentoring and sharing experiences with young people. Rotarians who consent to participate in this programme should plan to be there between 11am to 1pm. Those who have time can stay for an informal mentoring session over lunch which will run from 1pm to 2pm.

For more details, please contact Sylvia Mwachuli at [Sylvia.Mwachuli@kpc.co.ke](mailto:Sylvia.Mwachuli@kpc.co.ke)

## GRAPH

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

by Brian Tracy

...continued from last week:

Every one of the habits I identified above - goal orientation, result orientation, action orientation, people orientation, health orientation, honesty, and self-discipline - can be developed.

Following is a seven-step method you can use to make any or all of those habits a permanent part of your character and personality.

1. Write down the habit as a goal in the form of a present tense, personal, positive affirmation. For example, if you want to develop the habit of self-discipline, you would write, "I am an extremely well-disciplined individual in everything I do."
2. Repeat that affirmation as often - and with as much enthusiasm—as possible. The more times you repeat it, the more likely it is that your subconscious mind will ultimately accept it and begin to adjust your thoughts, words, and behaviors to be consistent with it.
3. Visualize yourself as if you already had the new habit pattern. Imagine yourself as already being exactly the person that you want to become. Remember, your subconscious mind is activated and programmed by mental pictures. All improvements in your life and character begin with an improvement in your mental images. Use visualization on a regular basis in conjunction with your positive affirmations.
4. Emotionalize the affirmation and the visualization. Take a few minutes each day to actually experience the feeling of being the excellent, outstanding human being that you have decided to become.
5. Launch into your new habit with conviction. Assume the role, acting as if you had been hired to perform it in a movie or play. The more you behave exactly as if you already had the habit, the more you actually become the person you desire to be.
6. Tell others that you have decided to develop this habit. When you tell others about a goal, you motivate and encourage yourself to achieve it. You also force yourself to consistently act in accordance with your new resolutions ... because you know people are watching.
7. Review your progress on a day-to-day basis. At the end of every day, briefly recap your behavior to see if you are living in a way that is consistent with the values and habits you are trying to develop. Give yourself points when you are strong, and be patient with yourself when you slip from time to time. It's not particularly easy to change yourself. But with patience, determination, and persistence, you can do it. ■

## Your Health Matters!

Our series will be continued next week with: **High Blood Pressure**

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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](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)