

NAIROBI CLUB



1901

2009

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A NEWSLETTER FOR MEMBERS OF NAIROBI CLUB

December, 2009

The Chairman, Committee,
Management and Staff,
wish you all a
Merry Christmas and a
Prosperous New Year.

Festive Season

We kick off the festive season with the following activities,

Christmas Raffle

The Club held its Annual Christmas Raffle on the 4th December 2009. Excellent prizes were on offer, the first prize being a holiday for two in Egypt for seven nights. The list of winners will be displayed on the notice board for a period of six months. Those who will not have collected their prize during this period will forfeit them.

The Children's Party

The Children's Party will be held on Wednesday, 16th December 2009 at the Swimming Pool Area from 1.00 p.m. There will be a lot of exciting activities and lots of food. Charges will be Kshs 500.00 per child. Please bring your children.

Christmas Lunch

We will offer a six course lunch at Kshs.1,400.00 per person and Kshs 600 for children under 12 years. The menu is produced alongside. Please make your reservations to avoid disappointment.

New Year's Eve Dinner Dance

Our New Year's Dinner Dance will be held at the Tennis Pavilion starting from 8.00p.m. The cost will be Kshs 1,500.00 per person and will include a sumptuous buffet, music and sparkling wine at midnight.

All these functions are the best value in town and we would therefore like to ask Members to take advantage and book early. Tear off booking slips are enclosed.

CHRISTMAS MENU

A King Prawn and Camembert with
an Avocado Cajun sauce

A Cream of Jerusalem Artichokes

Or

A Consommé of Guinea Fowl with a drizzle of Tio pepe

Roast Highland Turkey with a Sage,
Onion Stuffing, Chipolatas and Cranberry Sauce

Or

Roast Loin of Pork, Glazed with Honey and Cider

Or

Prime Tenderloin of Beef with a
Creamy Horseradish sauce

Main dishes will be served with Roast potatoes
and Vegetables in season

VEGETARIAN:

A Creole of Vegetable Cutlet served with
a Tomato and Peanut Sauce, Parsley potatoes and
a side salad

DESSERTS:

Christmas Pudding with a Brandy Sauce

Or

A Rum and Raisin Cheese cake with Strawberry Coulis

Kenya Cheese Board with Cream Crackers,
Crudités and Avocado dip

House brewed Kenyan Coffee or Tea
with Traditional Mince Pies

CHILDREN'S CHRISTMAS LUNCH MENU

Avocado and Melon cocktail with
a drizzle of Grenadine Syup

A Cream of Jerusalem Artichokes Soup

Crispy Double Chicken Drummets with a Honey
and Tomato Glaze served with French fries
Buttered Broccoli and Vichy Carrots

Christmas Pudding with a White Chocolate
Sauce and Pistachio Ice cream

MEMBERSHIP

Congratulations to the following Members who were elected at the Balloting Committee Meetings held on Tuesday:-

6th October, 2009

Full Membership

- | | |
|----------------------------------|--|
| 1. Mr. Amos Apudo Aketch | Strategy & Business Development Manager
I.D.B CAPITAL L.T.D |
| 2. Mr. Antonie Kubondo Murunga | Project Manager
BRITISH AMERICAN TOBACCO |
| 3. Rev. David Henry Otieno | Safety, Health & Environment Manager
BARCLAYS BANK OF KENYA |
| 4. Mrs. Catherine Wairimu Kamau | Manager
LION OF KENYA INSURANCE CO. |
| 5. Mr. James Asiko Owiro | Human Resource Manager
KENYA COMMERCIAL BANK |
| 6. Mr. Richard Wambua Kiundi | Systems Administrator
CITI BANK N.A. |
| 7. Mr. Vankwa Murwa Indeché | Medical Doctor
CENTRAL BANK OF KENYA |
| 8. Mr. Godfrey Mwaura Ngari | Credit Manager
HOUSING FINANCE CO. OF KENYA |
| 9. Dr. Edwin Kipng'eno Rono | Medical Doctor
KENYATTA NATIONAL HOSPITAL |
| 10. Hon. Justice Nicholas Ombija | Judge
HIGH COURT |
| 11. Eng Mbiu Kimani | Civil Engineer
MINISTRY OF PUBLIC WORKS |

3rd November, 2009

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|---------------------------------|---|
| 1. Mr. Sammy Mutua Makove | Commissioner of Insurance (C.E.O)
INSURANCE REGULATORY AUTHORITY |
| 2. Mrs Kathure Githinji Nyamu | Head of Corporate Finance
COMMERCIAL BANK OF AFRICA |
| 3. Dr. Moses Muriira Ikiara | Executive Director
KENYA INSTITUTE FOR PUBLIC POLICY RESEARCH ANALYSIS |
| 4. Ms. Katherine Kagwira Miriti | Investment Officer
INTERNATIONAL FINANCE CORPORATION. |
| 5. Mr. George Omondi Boaz | Payables Accountant
A.O.N MINET INSURANCE BROKERS |
| 6. Ms. Rose Detho Alex | Director
CENTRAL BANK OF KENYA |
| 7. Mr. Bernard Onyango Ajwang | Director of Insurance
COLLEGE OF INSURANCE |
| 8. Mrs. Monicah Wangui Thirima | Head of Consumer Protection Education
INSURANCE REGULATOR AUTHORITY |
| 9. Mr. Michael Oyugi Oimo | Business Development Manager
INSURANCE CO. OF EAST AFRICA |
| 10. Dr. Rosemary Wanjiru Maina | Deputy Vice Chancellor
KENYA COLLEGE OF ACCOUNTANCY |
| 11. Mr. Philip M.A. Kisia | Town clerk
CITY HALL |
| 12. Mr. Simon Nzivwa Mundu | Strategy and Special Projects Manager
DEACONS KENYA L.T.D |

JUNIOR MEMBERSHIP

- | | |
|------------------------|--|
| 1. Mr. Karan R. Gandhi | Student-
University of Nairobi |
| 2. Mr. Rohan. Gandhi | Student-
University of Carleton
(Canada) |

LIFE MEMBERS

Congratulations to the following who were elected Life Members at the Main Committee Meeting held on Tuesday 6th October 2009.

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|----------------------------|-----------------------|
| Mr. Rodney K. Evans | Mr. Abdallah B. Bekah |
| Major(Rtd) Moses A. Mulehi | Mr. J.Y Kerretts |

MONTHLY LOTTERY WINNERS - OCTOBER 2009

Prize No.	Ticket No.	Name of Member	A/C No.	Amount
1.	8916	Mr. Herbert Ojwang	1032	50,000
2.	6227	Mr. Maina Wachira	2053	30,000
3.	7621	Hon. Wycliffe Oparanya	0239	20,000
4.	3942	Dr. S. S. Soin	9829	2,000
5.	5761	Mr. Rafiq Shariff	3787	2,000
6.	12641	Mr. Peter Kirigua	0228	2,000
7.	8942	Mr. D.G.M Hutchison	3678	2,000
8.	4237	Mr. William Okwirry	2200	2,000
9.	1935	Mr. Robert J. Whitford	3743	2,000
10.	10421	Mr. Asaph P. Kimani	3710	2,000

MONTHLY LOTTERY WINNERS - NOVEMBER 2009

Prize No.	Ticket No.	Name of Member	A/C No.	Amount
1.	8136	Ms. Grace I. Mukulu	9227	50,000
2.	8336	Mr. William D. Kerr	9001	30,000
3.	10829	Mr. Y. P. Sennik	1710	20,000
4.	2542	Mr. Inder S. Lakmidass	3727	2,000
5.	1034	Mr. Paul Ogada	1315	2,000
6.	3092	Hon. Sammy Weya	2016	2,000
7.	7643	Hon. Wycliffe Oparanya	0239	2,000
8.	5542	Dr. B. M. Okello-Agina	0003	2,000
9.	11426	Mr. H. C. Ngaruiya	4013	2,000
10.	2428	Mr. F. C. N Kiilu	3751	2,000

HUMOUR



Driving home very drunk

A gentleman had too much alcohol at a party, was heading home, and was pulled over by a cop. Upon being tested, the fellow couldn't walk a straight line any more than he could drive one, so the cop wrote out a ticket and had just given it to the driver before an accident in the opposite lane took his attention to more important matters.

The inebriated driver, figuring that the cop wasn't coming back to him, drove home and went to bed. He was awakened in the morning by a knock at the door, created by two more cops.

"Are you Mr. Johnson?" they asked? He admitted that he was. "Were you pulled over at Main Street last night for driving under the influence?" Again, the man admitted that he was. "And what did you do then," the cops asked." The man replied that he drove his car home and went to bed. "Where is your car now?" the cops enquired. The man answered that it was in the garage. "May we see the car?" asked the cops. The man answered, "Sure," and opened the garage. Inside the garage was the cops car.

From the Club Secretary

Squash Courts

We would like to inform Members that the process of rehabilitation of the Squash Court has begun. The designs have been agreed upon and sent for approval. We expect the contractor to move on site in January. The project is expected to take six months to complete.

Swipe Cards

We would like to inform all Members who have given us their photographs that their new cards are ready for collection from the reception. However if you have given your photos and your card is not ready, it could be because you did not indicate your name or account number at the back of the photo.

Members are also asked to ensure that their nominated spouse and children also submit their photographs. Please get in touch with Rose Emma on 0722-735148

Reminder - Membership Drive

In its effort to increase the Club's Membership, the club is conducting a Membership Drive for a limited period of time. During this period any Member who introduces a New Member to the Club will have Kshs 15,000.00 credited to his or her account once the membership process is completed. Please take advantage of this opportunity to introduce New Members. Remember that all you need to do in-order to start the process of Membership for a new candidate is to give the Club the following documents:

- A Typed Letter of Introduction from the Proposer and Secunder
- A Curriculum Vitae
- A Photocopy of the ID Card
- Two Passport Size photos

Email Addresses

From time to time, the Club arranges great offers and news to Members. Rather than use the snail post, we send e-mails for speed and accuracy. Unfortunately some of these e-mails have been bouncing back!

So that you do not miss out on offers in the future, we wish again to request you to verify your e-mail address with us. Please send us an e-mail with your full name and account number to info@nairobiclub.com and we shall save your address.

Charging procedures for functions

We wish to remind Members that they may hold their company end of year functions at the Club. We can arrange to accommodate from small to large gatherings. Functions are arranged through Club Members, who will be responsible for assuring settlement from their companies.

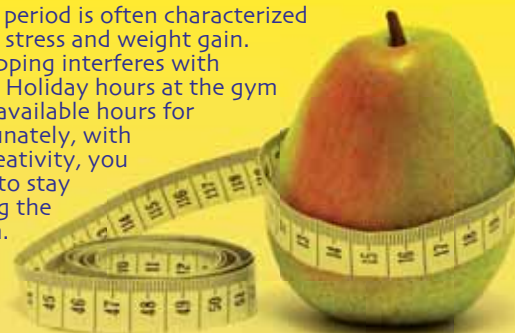
Settlement of Accounts

Members are reminded that accounts must be settled in full as they fall due. Statements are sent out to Members by the 10th day of each month and should be paid by the last day of the month. Accounts over 60 days will be suspended and re instated once payment has been received in full.

HEALTH & FITNESS

HOW TO EXERCISE DURING THE HOLIDAYS

The Christmas period is often characterized by merriment, stress and weight gain. Christmas shopping interferes with workout time. Holiday hours at the gym may limit the available hours for exercise. Fortunately, with just a bit of creativity, you can find ways to stay in shape during the holiday season.



- Buy your presents early, so while everyone is waiting in line at the stores, enjoy the extra space at the gym.
- If the conditions are right, you can go for mountain climbing, swimming or even camping. These outdoor activities burn calories and keep you in the holiday spirit.
- Carry water with you at all times. Regular drinking of water (about six glasses a day) can help you loose weight because it raises metabolism, helps you feel full so you consume fewer calories and curbs thirst induced cravings.
- Always eat breakfast. Don't starve yourself all day so you can eat a whole fish or chicken and cookies at a party. Eat a healthy, balanced breakfast and several small, healthy snacks throughout the day to keep you satisfied and your metabolism running all day. When you get to the party you won't be famished and you can enjoy the party food in sensible portions.
- It's all about taking in less (or at least the same) calories as you expend. Move more to avoid gaining weight. Add an extra 15 to 20 minutes onto your workout routine to burn more calories during the holidays or add a workout to your weekly routine. Ditch the car at the furthest parking spot at the mall and walk to the store during your holiday shopping. It keeps you honest and discourages impulse eating behaviors. Seeing what you've eaten, in black and white, is a deterrent.

The holidays are stressful, there is no doubt about that; fortunately, a few small steps can help minimize the impact of that stress. Think about it this way: if you maintain a healthy but moderate fitness program through the holidays, you just might clear the way for a New Year's Resolution that has nothing to do with fitness or losing weight!

It is very important to continue exercising through the holidays. This is the one step that will surely minimize the impact of your food choices and help you avoid weight gain; this can be a real life-saver during this time of the year!

Joshua Mbagu,
Fitness Centre Supervisor

RAINFALL

We recorded 218.26mm(8.21ins) rainfall during the month of November 2009, compared to 55.1mm(2.17ins) recorded in November 2008.



BOWLS



Pictured above & alongside are photos taken during the 50th Anniversary Celebrations.

October saw us play the Nairobi Club Handicap Singles on Kenyatta Day. In a very close & exciting final Paul Wamae just pipped Susan Wambugu 21 – 20 to take home the trophy.

We began our 50th anniversary celebrations by having a Captains Mbuzi on Friday 30th October. It was a well attended evening with the partying going on till late. We recovered in time to host our Golden Jubilee competition on Sunday 1st November. We began with early morning sherry and coffee to warm us up. With close to 40 bowlers attending we had a full green with six games of Trips playing. Mike Ouma skipped David Salmon & Christina Wollard to the winner's prize of a bottle of wine. Susan Wambugu won a bottle for winning the Spider.

Then we were off to a sumptuous Lunch kindly done by the Club in the Private Dining Room. Amidst the good food & wine and camaraderie, we still found time for a few speeches to commemorate the events fifty years ago that saw the rise of the Bowls Section. All people present went home with beautiful 50th anniversary commemorative mugs courtesy of Nairobi Club Bowlers. November saw our bowlers participate in the McLellan Trophy at Karen Club on the 15th. The Nairobi Team of Sam Gakuru & Mike Karanja shared the Cup with Karen Clubs Maggie Grayson & Andrew Jones.

December quiets down a bit on the bowls scene with only the Teachers Trophy for couples to be played at Limuru on the 5th & 6th. The New Year will see us hosting the 50th edition (sic) of Nairobi Day on Sunday 10th of January 2010. As it is a milestone event we will be launching our Golden Jubilee Magazine and will be having wine tasting & bitings. Do note it in your New Year Calendar and join us for a glass of exceptional wine. Good Bowling All!!

Musembi Mumo
Captain



Aerobics Studio and Massage rooms

This is to inform members that we have began conducting Aerobics classes in the aerobic studio. The studio is complete and the only pending work is the installation of solar heating for the showers. The Massage rooms are also complete and one will be required to book for the massage.

AEROBICS SCHEDULE

DAY	TIME
MONDAY	6 - 7 a. m. and 6 - 7 p.m.
TUESDAY	1 - 2 p.m.
WEDNESDAY	6 - 7 a.m. and 6 - 7 p.m.
THURSDAY	1 - 2 p.m.
FRIDAY	6 - 7 a.m. and 6 - 7 p.m.
SATURDAY	10.30 a.m. to 12 Noon