

NAIROBI CLUB



1901

2010

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A NEWSLETTER FOR MEMBERS OF NAIROBI CLUB

February / March, 2010

From the Club Secretary

Swipe Cards

As you may be aware, we are asking Members to provide their swipe cards for them to get service. Very soon we shall stop the use of manual chits therefore, if you do not have a card you need to contact us to ensure that one is done. In future Members will not be able to access services at the Club without their swipe cards

Uncollected Christmas Raffle Items

The Members listed below are reminded to collect their Christmas Raffle Items. Prizes not collected by 30th June 2010 will be forfeited.

1. Mr. J.J. Watkins-Pitchford	9011	Wine Hamper
2. Mr. Charles W. Rubia	9014	Phillips Health Grill
3. Mr. Phillip R. O. Owade	5572	Sony DVD Player
4. Mr. Ngure Mwaniki	1238	GBR Trolley Bag
5. Dr. Richard K. Muigai	1387	A Set of Bed Sheets
6. Dr. Joseph A. Alouch	3690	Baleno Trolley Bag
7. Mr. Peter N. Kirigua	0228	Mobile Phone - Nokia 5130
8. Mrs Charity Muya	9658	Mobile Phone - Nokia
9. Mrs Charity M. Muya	9658	Toshiba Flat 3 in1
10. Mr. David G. Hutchinson	3678	Sony 19" LCD TV
11. Mr. David G. Hutchinson	3678	Safaricom Laptop

Car Stickers

Two Car Stickers for the year 2010 are enclosed with your statement, but should you require any extra one you can collect it from the Club Secretary's Office.

MEMBERSHIP

NEW MEMBERS

Congratulations to the following Members who were elected at the Balloting Committee Meetings held on Tuesday, 1st December 2009 and 5th January, 2010.

FULL MEMBERSHIP

1. Mrs Alfetta Mungai Koome	Investment Banking Manager STANBIC BANK KENYA LTD
2. Eng. David Mutinda Mutuku	Managing Director SINOÉ CONSTRUCTION COMPANY
3. Mr. Eric Muthui Kiniti	Regulatory Affairs Manager BRITISH AMERICAN TOBACCO
4. Amb. Phillip Richard Owade	Ambassador MINISTRY OF FOREIGN AFFAIRS
5. Mr. Samuel M. Macharia	Businessman SANBURNERS CAFÉ LTD
6. Mr. George M. Mbeya	Advocate MUGOYE & ASSOCIATES
7. Dr. Frank Mwongera	Doctor UPPER HILL MEDICAL CENTRE
8. Ms. Wangeci Kibuchi	Engineer WANANCHI GROUP

JUNIOR MEMBERSHIP

1. Mr. Alfred K. Kiptorus	Student UNIVERSITY OF NAIROBI
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LIFE MEMBERSHIP

Congratulations to the following who were elected Life Members at the Balloting Committee meetings held in December 2009 and January 2010.

- Mr. D. N. Wachira
- Mr. A. K. Kiangura
- Mr. E. N. Njoroge

MONTHLY LOTTERY WINNERS - DECEMBER 2009

Prize No.	Ticket No.	Name of Member	A/C No.	Amount
1.	2531	Mr. Erastus Ngunya	4475	50,000
2.	5492	Prof. Henry S. Adala	0029	30,000
3.	12538	Mr. Moses Obonyo	1023	20,000
4.	1539	Mr. Alfred Mugambi	1899	2,000
5.	3122	Mr. Peter Kones	3322	2,000
6.	7422	Mr. John Mudany	1325	2,000
7.	3722	Mr. Charles Kogi	3513	2,000
8.	4640	Mr. B. Okello Agina	0003	2,000
9.	8526	Mr. G. N. Kariuki	3623	2,000
10.	3235	Mr. D. G. Hutchinson	3678	2,000

MONTHLY LOTTERY WINNERS - JANUARY 2010

Prize No.	Ticket No.	Name of Member	A/C No.	Amount
1.	1828	Mr. Erastus Karagania	3609	50,000
2.	5339	Hon. Maina Wanjigi	3645	30,000
3.	3242	Hon. Sammy Weya	2016	20,000
4.	1438	Mr. John Cokayne	3844	2,000
5.	12661	Maj. Gen. J. N. Mugo	1270	2,000
6.	4126	Mr. James Wainaina	3389	2,000
7.	4931	Hon. Maina Wanjigi	3645	2,000
8.	7892	Mr. Peter Kirigua	0228	2,000
9.	3935	Mr. Michael Njuguna	4500	2,000
10.	3592	Mr. Daniel Kibuga	1095	2,000

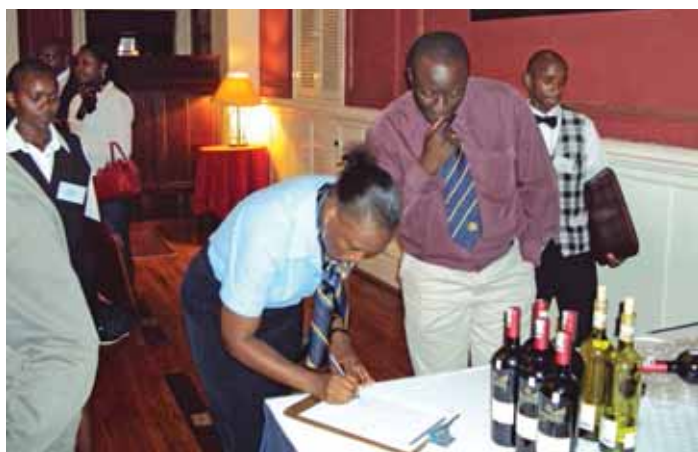
NEW MEMBERS COCKTAIL



Many years ago, a friend of ours, may God rest his soul, decked himself up in a dark suit after our usual evening of squash. It was strange to us, because we normally preferred to go home more comfortably in track suits. Of course we teased him for being so dressed up. In response, he pointed to the tie he was wearing and asked us if we knew what it was. Of course it was just a tie to us. And he told us, the plebes, what the tie meant.



You see, our friend was going to a special dinner with an international mix of guests. And he knew that some of them had been to the same university that he had attended. The tradition sober suit was not special to him since he expected every gentleman to be in one. But it was the tie that said it all; Cambridge University, 1st Eleven Hockey. (It was besides the point that had a first.)



The Nairobi Club has its own symbols of belonging – the distinctive golden sun ray logo that you find in our letter head, the flag and the newsletter. For your home, we have the branded mugs and glasses. And we have ties and scarves for Members to distinguish themselves in right gatherings for belonging to the Nairobi Club.

One of our Main Committee Members, Mr. David Mereka, was surprised that some Members were not aware that they could buy some of these items when he asked them. That was about the time the Club was planning for a cocktail for Members who joined us in 2009. The Club adopted his suggestion to encourage the new Members to buy ties and scarves for coming to the party, and specially to create the joy of having membership to the Nairobi Club.

These symbols of membership are available for all of us to own. If you come to the main reception, you will find the selection for you to choose from. You know that we are proud to be in the Club, let others know that we are Members of the Nairobi Club.

Just like this new Members of 2009 did on 29th of January 2010, when the club hosted a cocktail for them.

Suleiman M Shante
Committee Member

NEW BOOKS IN THE LIBRARY

Author

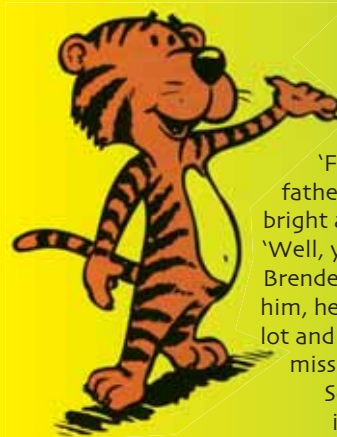
Berry Eisler
Lindsey David
Keneally Thomas
Goddard Robbert
Irving John
Baldacci David
Baldacci David
Baldacci David
Hancock Graham
Reich Christopher



Title

Rainfall
Requiem Glass Heart
Bettany's book
Borrowed Time
The Fourth Hand
The Simple Truth
Total Control
Saving Faith
The Sign And The seal
The Devil's Banker

HUMOUR



At the breakfast table, Johnny told his father, 'A Boy Scout is supposed to do a good deed every day. I have already done mine today!

'Fine, Johnny, said the proud father; 'what is it you've done so bright and early?'

'Well, you know how big and fat Jake Brender is,' Johnny said. 'When I saw him, he looked tired and was puffing a lot and so I was sure he was going to miss the bus and be late for work.

So I set Tiger on him and he made it!

BOWLS



"Nederburg's Karen Gikunda & Nairobi Captain Paul Wamae hand over the winners prizes to James Ngugi, Agnes Maranga & Geoff Robinson (L to R)"



"Nederburg wine tasting"

Happy New Year!! We began our year at bowls hosting the 50th edition of the annual Nairobi Day Trophy on Sunday the 10th. As this was a marquee event Nederburg wines came in as competition sponsors. On the green after our overnight rains we began with the spider won by John Gachanjo. In the main event the team of James Ngugi, Agnes Maranga & Geoff Robinson took home the Zippy Miano Trophy. After the morning exertions we were treated to a selection of delectable wines and scrumptious cocktail biting's courtesy of Nederburg Wines.

On the weekend of the 23rd we hosted the KBA Haggerty mixed trips competition. This was played on a league basis. The Karen Club team of Alan Gilham, Andrew Jones and Pat Gilham won the cup after posting the best results in the round robin competition. The Nairobi Club team of James Ngugi, Martin Nyaga & Leila Kirigiti were runners up.

Internally we held our section AGM on the 6th of January. The following were elected as officials for 2010:

- Captain – Paul Wamae
- Vice Captain – Leila Kirigiti
- Secretary – Musembi Mumo
- Member – Mike Karanja

Coming up in February will be Limuru Club's Valentines day Trophy to be played on the 14th & the KBA AGM to be held on the 22nd.

January also saw the launch of the Bowls Section Golden Jubilee Magazine. Do make sure you pick your free copy of the Magazine from the Club reception or at any of the Bars. We do hope to see you at bowls this year.

Good Bowling All!!

Musembi Mumo
Hon. Secretary

TENNIS



Pictured above is the US Ambassador H.E Michael Ranneberger, the KLTA Chairman Patrick Gichira and the Tennis Captain Peter Mwangi with the players after the prize giving.

Once again we welcome Members to patronize the tennis section as the year 2010 promises a lot of activities in the tennis scene. Apart from the heavy national calendar which was recently issued by the Kenya Lawn Tennis association, the tennis section committee hopes to organize several events for our tennis playing Members. We will continue with our bi-monthly spoons among other events, which are meant to provide Members with a forum to socialize and enjoy tennis in a fun environment. The next spoon will be held on Sunday the 28 February 2010 from 2 o'clock and Members are requested to confirm their participation with the tennis section.

We have just hosted a Youth Outreach Tennis tournament sponsored by the US Embassy to Kenya and organized by the Kenya Lawn Tennis Association. This was a unique event, held on the 23 and 24 January and involved the top 60 junior players in the country. The tournament showcased the best talent available in the country and was graced by the US Ambassador to Kenya Mr. Michael Ranneberger who awarded certificates and trophies to participants.

It was nice speaking to the Ambassador during the cocktail, which was held after the event. We hope this will become an annual event going forward.

Meanwhile, Congratulations are in order to JIM DAVIES past Chairman and Senior Member of Nairobi Club and also Tennis Captain of the Club for 10 years. In recognition of his service to Tennis in Kenya and Africa over the past 40 years, he has been made a Master Professional Coach by the United States Professional Tennis Association. Jim is also a member of our tennis section committee.

It is that time of the year again when the Tennis section holds its Annual General Meeting in which the outgoing committee tables its achievements and challenges and then passes on the baton to a new committee. Elections will be held on 17 February 2010 and the following positions will be up for grabs-

1. The Tennis captain
2. The lady captain
3. The Secretary
4. 3 Committee members.

Members are requested to send their nominations through the tennis section ahead of the poll date. Names of contenders will be displayed at the pavilion.

As you all know tennis is a superb sport. It requires excellent hand-eye coordination, good agility, and keen spatial awareness. In addition to the physical and mental challenge, a good singles match provides both anaerobic and aerobic conditioning. We encourage you to make more use of our recently refurbished courts which I am sure you will enjoy. Our resident coach Andrew Otieno is always available to help members improve their skills. Please encourage your young ones to attend our Saturday and Sunday tennis sessions. Additionally, we have two hitters who will give you a great session at the tennis court. Kindly visit the Tennis pavilion for more details.

Captain,
Peter Mwangi

Amazing Kids Workshop



Jimmy Gathu on the final day, presenting certificates to participants
 Amazing Kids Strategic Plan Workshop-“Building youth Capacity-Rescue tomorrow today”.

Nairobi Club in conjunction with Center of Creativity Services has been successful in running the amazing kids workshops every school holiday. The objective of the workshop is to develop and assist the kids/youth to identify their true self and purpose, overcome those negative behaviors and also equip them with SMART (Specific, Measurable, Achievable, Realistic and Time bound) -strategies on how to get their full potential as well as inculcating those natural values of what is right and wrong in a fun filled environment.

The workshops are meant to help the kids achieve- great attitude, effective communication, confidence, emotional management, appreciation of diversity, while at the same time, they meet new friends and build the right relationships –end result-- outstanding self esteem, confidence, commitment etc. Parents are also guaranteed that the kids are engaged in value adding activities in a fun way during the school holiday.

This coming April Holidays we have workshops lined up for each age group; _

1) Amazing Kids Review for December workshop Course 1 participants-

Age 8-13 and 14-19 ___ 3,000/-pp ___ 1 Day for each age group

During the review, we go through what they learnt in the previous workshop, evaluate and re-emphasize the whole value chain once again, reminding!

2) Amazing Kids Course 1-New participants

Age	5-7 years	7,000/-pp	3 Days
Age	8-13 years	6,500/-pp	3 Days
Age	14-17years	6,500/-pp	3 Days

3) Amazing Kids Course 2 (For those who completed Course 1)

8-13 years	7,000/-pp	3 Days
14-19 years	7,000/-pp	3 Days

Above are just a few of the exciting things in the line up. Enroll soon and reserve room for your child. We are giving great discounts for the first ten parents to register for each class. We will send you more information in due course on the actual dates for April workshops and also concerning the Amazing kids club and December camp.

MASSAGE

Here is a quick guide to the most popular types of massage therapies.

1. Swedish Massage:

A smooth, flowing style that promotes general relaxation, improves circulation and range of movement, and relieves muscular tension

2. Deep Tissue Massage:

A paramedical treatment that helps to restore function to injured “soft tissues” (muscles, tendons and ligaments). Therapy may involve the use of various types of Massage, as well as a range of other physical treatments to assist your recovery. In addition, you may be asked to perform some activities at home to assist the process of recovery.

3. Sports Massage/Therapeutic:

Combines different Massage techniques to enhance sports performance and recuperation. An effective component of any training program.

4. Aromatherapy Massage:

Combining the therapeutic properties of essential oils with specific Massage techniques to promote health and well-being.

5. Reflexology:

Using thumb and finger pressure on the reflex points of the feet (which correspond to all areas of the body) to assist in achieving balance within the body. Most people feel calm and relaxed after a treatment. Occasionally, people experience mild temporary aching for a day.

Welcome for a massage session at Nairobi Club Fitness Centre.

Joshua Mbaga,
 Fitness Centre Supervisor.