

THE KISWCD PRECURSOR

A SEMI QUARTERLY NEWSLETTER

ISSUE NO. 2/2009 APRIL MAY 2009

Discover Self

There is a bug in the current world that is swift, lethal and has adverse effects on its victims. It encroaches stealthily and may pass unnoticed until when the damage will be irreparable.

The bug attacks the emotional you first, then the psychological you and eventually manifests in the physical. At what stage in your life could it be?

Let us examine it closely. It sets your agenda for life, dictates what you wear and how you associate. It plans your leisure and makes you drift away from meaningful life. It helps you deny its existence while any opposition towards it makes you look odd and misplaced. You are hooked, aren't you?

If you'll acquire skills at **KISWCD** then you've got to be yourself. Watch out for peer pressure!

Jackson Wachira
Principal

Reading is imperative

Reading is an indispensable part of life and development. It is important for full participation in the contemporary society. It adds quality to life, and provides access to way of life. It is through reading that we acquire knowledge. So make use of **KISWCD** library resources to empower yourself intellectually and to excel academically.

Isaac Kipsang
Librarian

Educational talk

April, 2009

The institution was privileged to be addressed by Dr. Audrey who presented a talk on health promotion and community development. The occasion was graced by the principle who appreciated the students' presence. He appealed to students to always keep time. The presentation was indeed an eye opener to all those who turned up for the talk.

May 2009

Mrs. Pamela Masese from Kibera Law courts under the ministry of home affairs was invited to give a talk at our institution. Her talk was titled "the role of social workers, counselors and community health workers in provision of probation and rehabilitation services to ex-offenders. The talk was a great success as more students turned up. We were informed by the facilitator that social workers, community health workers and counselors play a very key role in the society by providing probation services to ex-offenders.

Examinations Department

The department reminds all students that June examination's time table is out and should make timely preparations for the same. The department wishes to remind the students that the dates for June **Mock Exams** are on 8th- 26th, July **KNEC** exams is from 22nd-31st July, **ICM** exams begin on 3rd to 5th June and **ABMA** exams 22nd -25th June.

Accounts Department

All students are reminded to always clear their fees on time so as to attend the classes without any interruption. Currently, the accounts department is headed by Mrs. Monica Odhiambo, relieving Mrs. Ann Kiarie who is on leave. All students should pick their clearance in advance to avoid last minute rush. Fees deposits are made at the college account indicated below:

Fee payment mode- bank

Cooperative bank, AC name

**Kenya Institute of Social Work and Community
Development**

AC no. 0112039917700

Branch- NACICO

Short Courses

The following short courses were offered in the month of April: Statistical package for social sciences; and Project management skills. Professionals are encouraged to take this capacity building skills.

Proposal Development and Writing skills will be offered from 22nd to 24th July 2009. All interested students should book with the principal **KISWCD** before 10th July.

Student of the month

The institute greatly acknowledges the role of **Sophia Wambui DSW, and Joseph Mutuku ADCD** for organizing a blood donation exercise at the institute grounds. A total of 25 pints were collected. The institution congratulates all those who participated.

KISWD Fraternity

The following members of staff left **KISWCD** Mr. Allan Ball and Rachael Maina. We are also glad to welcome to The **KISWCD** fraternity Veronica Mule (an intern) to the Marketing department.

Academics

Mr. Obala Moses, the **HOD** community Health congratulates students under his supervision for their commitment in the project writing assignments. He further reminds students to always keep the set deadlines.

Trips

May, 2009

On 23rd May 2009, **KISWCD** students accompanied by staff paid a visit to Thomas Barnados home, where they donated various items to the home; while in the home the students organized themselves into groups where they engaged in diverse activities such as cleaning, cooking arranging the library and playing games with the children. They had a very wonderful time with the kids.

April, 2009

On 29th April 2009, our students also made trip to Thogoto home of the aged, where they donated various gifts as well foodstuffs.

On the same day they also visited Ondiri swamp in kikuyu as they sought to learn more on environmental issues.

Sports Desk

The much awaited sports day event was held on 8th May 2009 at the railways sports club Nairobi. The **KISWCD** fraternity converged at railways sports ground to compete in a very successful ball games event organized by the institution. They were optimistic that the day would be a success and it turned out to be so.

The students arrived at the sports ground and were issued with T shirts based on their team colors. There were shades of green, blue, orange, green, red and yellow all over the sports ground. The start of the event was a jogging exercise presided over by Sports Coordinator Mr. Kimongo as students prepared to join their teams.

The first event of the day was football men and Women. The competing teams were buffaloes (DSW/HRM/CSE) lions (CD/PPM), rhinos (CSD/ECD/HIV), leopards (CCH/ADCD) and elephants (staff). All worked hard to earn their team's awards.

Students also competed in volleyball, netball and basketball. The teams that emerged outstanding were the Lions and Buffaloes.

Other events that spiced up the day were fun games such as, sack race, dancing, tug of war, and eating competition.

After some food and drink refueling by the participants and staff, the students were pumped up for the traditional Tug-of-War! The students flexed their muscles and heaved, heaved and heaved their bodies to try and pull the other team over the line.

Although the occasion was highly competitive, all teams showed teamwork and sportsmanship throughout this event. Finally, Lions (CD/PPM) and Buffaloes emerged the winners, they were awarded trophies for their outstanding performance. The staff was also not left out as they emerged the winners in the Tug of War competition.

The sports organizing team would like to thank the staff, students and all participants for their enthusiasm and support, the Railways Sports Club for the use of their facilities and everyone for their support and involvement. As well, we offer a **HUGE** thank you to all the students for their participation and sportsmanship and for making the day lots of fun and a big success.

July Semester

The reporting date for the July semester shall be Monday, 29th June 2009.

Food for thought

Every morning a gazelle wakes up. It knows it must outrun the fastest lion or it will be eaten.

Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death.

It doesn't matter whether you are a gazelle or a lion. When the sun comes up you would better be running.

From editor desk

The editors appreciate your comments and contribution towards making this newsletter a success. For any information or submissions contact; Mr. Isaac Kipsang, Ann Ngotho & Mutua Pauline.