

Third Edition, August 2015

In August 2009, four alumni associations, namely JEPAK, HIDA/AOTS, MEXT, SWYAA; formed an umbrella alumni association to further strengthen collaboration between Kenya and Japan, and the Kenya-Japan Alumni Association (KEJAA) was launched. Since then, the KEJAA grows gradually to have 2,560 members from all over the country.

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Message From The Chairman

Distinguished KEJAA members, we are greatly excited to present this third issue of our bulletin. As we celebrate six years of our existence, we need to take stock of what contribution we have made to the people of this great nation with the expertise we learned in Japan. It is our hope that as we consider this, we will aspire to be more available for this alumni as a way of our social responsiveness to the people that gave us an opportunity to go to Japan.

As we discussed in our last AGM, we need to come up with activities that can bring us together to harness our synergies. We believe this is one of the ways that we can develop better and stronger networks to be able to work together. Members, in our last AGM we appointed a task force that was supposed to come up with a proposal that would have the Embassy sponsor our first serious activity. However, the fact that we were not a registered entity delayed this funding. We are pleased to inform you that now KEJAA is a registered association with the register of societies.

We challenge the task force



Samuel Kiiru

to embark on the task we gave them to put us back on track. We note that as alumni we have participated in various activities where Japan Information and

Cultural Centre (JICC) has required our input mainly as individuals.

Members, for this alumnus to be in a position to make impact, we must first be committed to strengthening our individual alumni as these are the ones that give us a platform to be members of this grand alumnus and so we challenge all of you to be more involved in your respective alumni. As earlier reiterated it is our desire to see us being involved in at least one activity per year. In this regard we are proposing to visit one home for the

destitute on the 29th of August 2015. We therefore kindly request you to contribute generously towards this worthwhile course as a way our exercising our social responsibility. Ladies and gentlemen, if we aspire to live to be what we are meant to be we must participate in some of these activities because it is only through our unity we will be strong.

Fellow members, we also challenge you to come up with ideas on how we can generate some money to make the association self sustaining as this has been a serious challenge to the alumni. One way of raising this money is through our membership registration and our annual subscription. The Annual General Meeting (AGM) is the highest organ of any organization and so we trust that during this year's AGM strategic decisions will be made and strategic direction decided upon.

Lastly, we take this opportunity to sincerely thank the government and peoples of Japan through its Embassy in Kenya for their continued and unwavering support to KEJAA. We believe the relationship will last even longer.

Message from JICC Director

In June, I visited Moi Tea Girl's Secondary School in Kericho County, where JICC conducted the Introduction of Japan Program. The pupils were very keen about Japan and the Japanese Government Scholarship. The Program was very successful and everyone was very happy about it. But it was when the Deputy Principle gave a vote of thanks at the end of the Program that I was most excited. She said 'We had Bishop Leleito in our school's steering member. His son, Dr. Emmanuel Leleito who is currently associate professor at Nagoya University in Japan, is also beneficiary of the Japanese Government Scholarship.' In Nairobi, I have encountered many

amazing Kenyans who had visited Japan under various study/training programs; MEXT, JICA, HIDA/AOTS and SWY. There is no wonder about it because KEJAA alumni

"KEJAA members are Japan-Kenya Friendship Ambassadors"

Yasunori Nakamura

now have more than 2000 members. However, sudden encounter with the name of KEJAA alumni in suburban area very much amazed me and at the same time, I realized KEJAA members went to Japan as representative of such area and for people in the area, KEJAA alumni members were the way they can get to know about Japan.



In this sense, KEJAA members are Japan-Kenya Friendship Ambassadors. I believe KEJAA members have experienced a lot of things in Japan, which can be shared to people in Kenya. KEJAA is the best platform which can be used to share the members' experience in Japan to Kenyan people and also among members themselves. Effective use of KEJAA will surely bring about the positive gains to Kenya and also KEJAA members. JICC always respects ownership of KEJAA and partnership with KEJAA. We shall make KEJAA beneficial to Japan, Kenya and Alumni members.

Yasunori Nakamura

AOTS Members Grace Japanese Cultural Festival and Visit Schools in Kisumu

By Dickens Huko. HIDA/AOTS Alumni

The President of AOTS, David Ojwang', Secretary General, Dickens Huko and a member graced the Japanese Annual festival in Kisumu, in late 2014 where they interacted with and motivated several participants. Among the schools were Maseno and Kisumu Girls School students. The AOTS team later participated in a visit to St. Barnabas Girls School in Seme.

AOTS wishes to congratulate the three schools for posting very impressive results with marked improvements in the 2014 KCSE exams. Kejaa is proud to be associated with these schools.



(Photos: (Right) H. E Ambassador Terada, Mrs Kere Kisumu County Culture Executive, AOTS Kenya President, David Ojwang and Dickens Huko AOTS alumni, with Kisumu Girls & (Left) David Ojwang with Maseno School students

The Journey That Was

By Samatar Jama. Ex-SWY Participant

Where to begin? Reflecting on my experience in Japan leaves me overwhelmed and speechless. I have tried to express my travails, but the more I try, the more I realize I lack the means. None, but the ex-Participants alone, would come close to comprehending my current state.

I express my profound gratitude and appreciation to the Cabinet Office, Government of Japan, the administrators of the Program, the crew aboard the Nippon Maru, and all who made our stay a success. Without them, the over 200 youth from across the globe would never come together to share the good times and form the bonds and lifelong friendship they have today.

“my goal is to foster a sense of mutual understanding among people”

To my own delegation from Kenya, and all other participant countries: Bahrain, Brazil, India, New Zealand, Oman, Peru, Sri Lanka, Turkey, UK & Ireland, and of course, our amazing host Japan, I thank you for sharing your perspectives, thoughts and feelings. Thank you for challenging me, and thank you for accepting diversity. Thank you for telling your stories, and thank you for listening to mine. Thank you for the smiles and laughs, and thank you for the tears and farewells. Thank you for reminding me who I already was, and thank you for building upon that foundation. We all played our respective roles and brought our thoughts and ourselves into the spaces we shared. That helped to create the connections and memories we dearly cherish to date. Using my learning from the Program, and my passion for creating change, I seek to disentangle the difference between helping and serving others and better understand my position and role in the world. My goal is not to impose communities and direct them towards projects that they should develop. Rather, my goal is to foster a sense of mutual understanding among people.

Sadly, the bitter reality is that we may never cross paths again, although I'm pretty sure that's nearly impossible with the love and affection we have for each other. My plea is that we all take initiative to change the world, one step at a time. With every opportunity, however insignificant, do what you can, and know that there are other ex-participants from the SWY fraternity are doing the exact same thing and one day all those insignificant changes will transform into one very significant change!

Arigato Gozaimasu.



Samatar Jama's Experience in Pictures



Only in Japan

By Jackline Mwangi. A MEXT Alumni

I was in Japan for about 18 months which passed quite fast, it felt like a minute, but that minute was full of adrenalized adventure. A dip into the pot of a retained culture of the Japanese, a look through the four well defined seasons, a mix and interaction with a people so kind, so urbane, a refined population. I mastered the bow with an effortless grace and language albeit just a tad, picked up punctuality, a salient virtue when living in Japan.

Japan is a land of contrasts, from the bubbly cities with sky scrapers to the lush and divine countryside, enchanting rice fields and mountain ranges. I had an immersion into a rich history spreading from Kamakura, Meiji, Showa to present day Heisei era with emperor Akihito as the current emperor. This is the land of the Samurai. All this history is evident in the temples, shrines and museums dotting the country. A land where the modern and ancient entwine, its not surprising to find sky towering buildings next to century old temples. Japan, the birth-place of latest technology (even in restrooms!!!).

Japan is made up of 47 prefectures, the capital is Tokyo. I lived in Tokyo, a bustling, busy metropolis, characterized by neon lights, mammoth shopping malls, swarmed train stations and high speed trains, super structures with fastest elevators, manicured parks and gardens, robot restaurants. An over populated city but yet so disciplined, clean and safe.



The first season in Japan is spring. This is like the re birth, a rejuvenation, an all-important season in Japan. It's the start of the new school year from elementary to universities, a start for even new company employees. A beautiful season indeed characterized by the alluring pink cherry blossoms, and later in spring the magnificent wisteria and other blooms, the springs and rivers flowing with the melted ice and snow-everything around simply seems alive. There are Hanami parties-outdoor parties under the cherry blossom trees to enjoy the blossoms.



Summer is next, can be really hot but perfect for outdoor-beaches, surfing, barbecues, roof top beer gardens, camping and hiking, and also Hanabi-fireworks displays. Autumn is after summer-again a very beautiful season when leaves change to red, orange, yellow and the mix of all this is awesome. Winter is last, there is not much snow in Tokyo, the northern part of Japan snows a lot though. I had my first snow experience here and totally enjoyed. Winter is also the best season for onsen-hot springs naturally filled with minerals, can be both outdoors or indoors, gender separated or mixed.

My travels were to Hiroshima –the bomb dome, and memorial park and Miyajima island a world heritage site. Okinawa-with a warm temperate climate, gold sand beaches, and has the 3rd largest aquarium in the world. Kyoto and Nara with a rich history, with one of the oldest temples and shrines, Hachiojima, a small island part of Tokyo-very beautiful, Hakone-the hot springs resort area, and Yokohama, a business and entertainment hot spot, among other places.

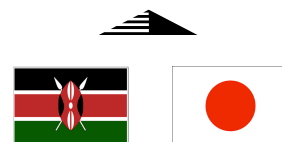
And yes well food-an inviting cuisine-fish and rice are main here, but made in different ways such that almost every day presented a chance to taste something new, plus of course the very healthy Japanese tea.

My academic life whisked by really, I juggled between academic classes, cultural exchanges, school visits for my research, and community activities, all possible through a dedicated university team and a supportive professor. I truly did have a sensational, insightful and delightful time in the land of the rising sun. I would like to thank the Embassy of Japan in Kenya and the Japanese Government for this life changing experience in Japan.

Health Corner: CHOLERA!



By Mrs. Agnes Chika (Kenyatta National Hospital),
Mrs. Chika , Vice-Chairperson, JEPAK



Cholera is an acute, diarrheal illness caused by infection of the intestine with the bacterium *Vibrio cholerae*. The infection is often mild or without symptoms, but can sometimes be severe. Approximately one in 10 infected persons will have severe

disease characterized by profuse watery diarrhea, vomiting, and leg cramps. In these people, rapid loss of body fluids leads to dehydration and shock. Without treatment, death can occur within hours.

The cholera bacterium is usually found in water or food sources that have been contaminated by feces from a person infected with cholera. Cholera is most likely to be found and spread in places with inadequate water treatment, poor sanitation, and inadequate hygiene.

Transmission

A person can get cholera by drinking water or eating food contaminated with the cholera bacterium. In an epidemic, the source of the contamination is usually the feces of an infected person that contaminates water or food. The disease can spread rapidly in areas with inadequate treatment of sewage and drinking water. The disease is not likely to spread directly from one person to another; therefore, casual contact with an infected person is not a risk for becoming ill. Individuals living in places with inadequate water treatment, poor sanitation, and inadequate hygiene are at a greater risk for cholera.

Symptoms

Cholera infection is often mild or without symptoms, infected persons will have severe disease characterized by profuse watery diarrhea, vomiting, and leg cramps. In these people, rapid loss of body fluids leads to dehydration and shock. Without treatment, death can occur within hours.

It takes from a few hours to 5 days for symptoms to appear after infection. Symptoms typically appear in 2-3 days.

Diagnosed

To test for cholera, doctors must take a stool sample or a rectal swab and send it to a laboratory to look for the cholera bacterium.

Treatment

Cholera can be simply and successfully treated by immediate replacement of the fluid and salts lost through diarrhea. Patients can be treated with oral rehydration solution, a prepackaged mixture of sugar and salts to be mixed with water and drunk in large amounts. If it is an infant who has watery diarrhea, continue with breastfeed. This solution is used throughout the world to treat diarrhea. Severe cases also require intravenous fluid replacement. With prompt rehydration, less than 1% of cholera patients die.

Antibiotics shorten the course and diminish the severity of the illness, but they are not as important as receiving rehydration. Persons who develop severe diarrhea and vomiting in countries where cholera occurs should seek medical attention

Prevention

All people, visitors, residents; in areas where cholera is occurring or has occurred should observe the following recommendations:

1. Drink only bottled, boiled, or chemically treated water and bottled. When using bottled drinks, make sure that the seal has not been broken.
2. Wash your hands often with soap and clean water.
3. If no water and soap are available, use an alcohol-based hand cleaner (with at least 60% alcohol). Clean your hands especially before you eat or prepare food and after using the bathroom.
4. Use bottled, boiled, or chemically treated water to wash dishes, brush your teeth, wash and prepare food.
5. Eat foods that are packaged or that are freshly cooked and served hot.. Do not eat raw and undercooked meats and seafood or unpeeled fruits and vegetables.
6. Dispose of feces in a sanitary manner to prevent contamination of water and food sources
7. Get vaccinated to prevent cholera.

KEJAA PICTORIAL



The group of youth leaders who departed Kenya on 20th January, 2015 for the 27th Ship for the World Youth Programme, which is fully supported by the Government of Japan. They joined other youth from 12 countries in this exchange programme and returned to Kenya on 14th February, 2015.



Dickens Huko of HIDA AOTS at a function presided over by Governor Kisumu county H.E Jack Ranguma & Member of Parliament for Seme, Dr. Nyikal who donated 250 iron sheets for Urudi Primary School classrooms construction.



KEJAA Annual General Meeting



The 4th KEJAA AGM was held on Saturday, 30th August 2014. Participants of the AGM comprised members from the four alumni associations that make up KEJAA, representatives from the Japanese business community in Kenya and officials from the Embassy of Japan in Kenya. In total, the 2014 KEJAA AGM was attended by 37 people. During the AGM, the Second Edition of the KEJAA Bulletin was launched. In addition to this the KEJAA Facebook page was unveiled.

Register with KEJAA on Facebook (Members only)

<https://www.facebook.com/groups/1458054337808944/>

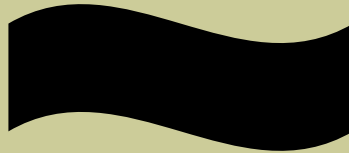


KEJAA Members in a group photo with H.E Ambassador Tatsushi Terada and JICC Officials

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