

Rotary  
Club of Kampala - Central



SERVE TO  
CHANGE LIVES

# THE **PASSION**

THE ROTARY CLUB OF KAMPALA CENTRAL



*FLAVIA  
NABAASA*  
**PRESIDENT**

# Change MAKER

ISSUE **39**



# The Object of Rotary

## THE OBJECT

of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and in particular to encourage and foster.

- FIRST

The development and acquaintance as an opportunity for service.
- SECOND

High ethical standards in business and professions, the recognition of the worthiness of all useful occupations and the dignifying of each Rotarians occupations as an opportunity to serve society.
- THIRD

The application of the ideal of service in each Rotarian's personal, business and community life.
- FOURTH

The advancement of international understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideal of service.

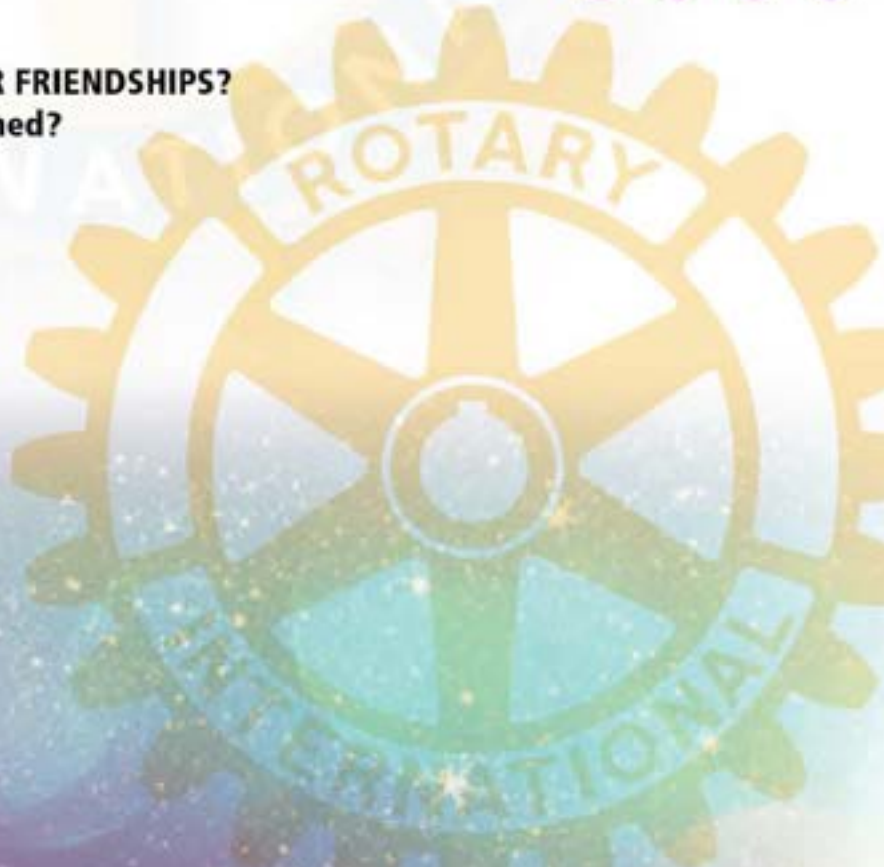


## The 4 -way Test

- OF THE THINGS we think, say or do:
- 1) Is it the TRUTH?
  - 2) Is it FAIR to all the concerned?
  - 3) Will it build GOODWILL and BETTER FRIENDSHIPS?
  - 4) Will it be BENEFICIAL to all concerned?

## The Grace

For what we have received and are about to receive, may the good Lord make us truly thankful and ever mindful of the needs of others. Amen.



# Message from the RI President,

**SHEKHAR MEHTA**  
PRESIDENT, ROTARY INTERNATIONAL,  
2021 /2022

I wish each of you and your families a great Rotary New Year! Together, let us make it the best year of our lives, by making it a year to grow more and do more. Let this be a year of change makers, and let us begin with our membership.

That is precisely why the Each One, Bring One initiative is so important. During this year, I urge you to dream of new ways in which Rotary can expand its reach into your community and therefore the world. If each member introduces one person to Rotary, our membership can increase to 1.3 million by July 2022. So, let's just do it!

Imagine the change we, as Rotary members, can make when there are so many more of us! More people to care for others, more people to Serve to Change Lives. Think of the impact we can have through grow more, do more. More members will enable us to embark on bigger and bolder service projects. And each of us can also continue to serve in our own personal ways, responding to needs in our communities.

The beauty of Rotary is that service means different things to different people around the world. One element, however, that we can incorporate into all of our service initiatives is empowering girls. Unfortunately, even in this day and age, girls and young women face disproportionate challenges all over the world. We have the power to lead the charge for gender equality. Empowering girls and young women to have greater access to education, better health care, more employment, and equality in all walks of life should be embedded in every Rotary project we launch. Girls are future leaders, so we must ensure that we help them shape their future.

THE BIGGEST GIFT WE ARE GIVEN  
IS THE POWER TO TOUCH A LIFE,  
TO CHANGE, TO MAKE A DIFFERENCE  
IN THE CIRCLE OF LIFE.

IF WE CAN REACH OUT  
WITH OUR HAND, HEART, AND SOUL,  
THE MAGIC WILL START TO HAPPEN  
AS THE WHEEL BEGINS TO ROLL.

LET'S TURN THE WHEEL TOGETHER  
SO ALL HUMANITY THRIVES,  
WE HAVE THE POWER AND THE MAGIC  
TO SERVE TO CHANGE LIVES.

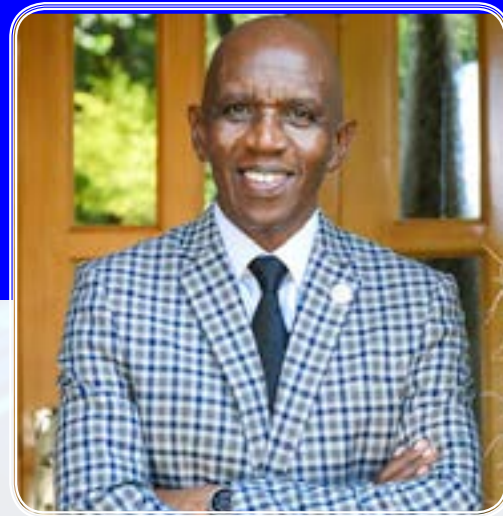
These are challenging times, and I compliment each of your efforts in grappling with COVID-19. No challenge is too big for Rotarians. The bigger the challenge, the more passionate the Rotarian. Look at what we can do when we take on a colossal challenge such as eradicating polio. Look at the millions of lives we improve by strengthening access to water, sanitation, and hygiene. Look at what we do every year to promote peace in places where it seems unimaginable. Our basic education and literacy programs have nation-building impact.

THIS YEAR, LET US CHALLENGE OURSELVES TO DO MORE SUCH PROJECTS AND PROGRAMS THAT HAVE NATIONAL REACH AND IMPACT. THIS YEAR, LET US SERVE TO CHANGE LIVES.



# DISTRICT GOVERNOR'S MESSAGE

John Magezi Ndamira District Governor,  
D9213 (Uganda) 2021-2022



Dear President Flavia,

Congratulations to you on assuming the highest position in your club. I wish to congratulate you for an outstanding contribution to the community.

It is an honor to be given the opportunity to lead your Rotary Club. You have been found worthy of the position and now the District leadership and members of your club have their eyes on you as you take the club to the next level in this one year of service. It is only one year, but what you do with it will live on for decades.

It is a year in which we must all purpose to offer the kind of service that will change lives. A year in which you must rally everybody behind you and lead from the front to make a difference in our communities. You have made club plans, now it is time to guide your team to the achievement of goals and let the communities feel the warmth of your presidency.

Our Rotary Theme for the year 2021- 2022 is **"Serve to change lives"**. Service, in whichever form it may be, brings meaning into the lives of those who would not be served unless someone took the initiative. As Rotarians, we have built a reputation in the world as people of action who have committed time and resources to serve our communities.

RI President (2021-22) Shekhar Mehta calls upon us to **"Do more and Grow more"**. You can "Do more" as in bigger and impactful service projects, building on the legacy of good stewardship and great experience our District has in implementing global grants. I particularly invite you to lead your club participate in the flagship project, the Maternal and Child Health programme. Each one of us has had a role to play in this journey of service, and the year ahead of us offers even more opportunities to continue serving. The Rotary journey is a continuous engagement where each step counts, and the only constant is service.

Shekhar Mehta said, caring for and serving others is the best way to live because it changes not only other people's lives, but also our own. The needs in our communities are immense. It may not be possible to meet all of them but as Mother Theresa said, "We know only too well that what we are doing is nothing more than a drop in the ocean. But if the drop were not there, the ocean would be missing something." We need more Rotarians to empower communities, enable positive change and impact lives. Shekhar Mehta calls upon every individual Rotarian "Each One to Bring One" to increase membership and expand participation.

More time, more resources and more commitment will change more lives. We shall not get tired of doing more good. Then serving will not only be rewarding but also enjoyable, as we listen to the good stories of the journey of service under your able leadership.

***I look forward to support you and all Rotarians as we build strong clubs and Serve to Change Lives.***

# ASSISTANT GOVERNOR'S MESSAGE

Bonnie K. Nsambu (MD)



Fellow Rotarians and friends of Rotary. I am honoured to be the Assistant Governor for the Rotary Club of Kampala Central in RY 2021 - 2022. RC Kampala Central is in Kampala Area 5, along with the rotary clubs of Lugogo Mango Tree, Bugolobi, Kisaasi-Kyanja and Seeta.

I wish to congratulate President Sheila Naturinda and her board for the exemplary leadership during the opportunity year 2020 - 2021. Equally, I join you to welcome Change Maker President, Rtn Flavia Nabaasa. Rtn Flavia, I am thankful to your dear husband, Rtn Dan Nabaasa who encouraged you to join Rotary. PP Dan, thank you for the encouragement and support you are giving to Rtn Flavia.

I have interacted with Rotarian Flavia over the past few months, and I have found her a marvel to work with, diligent, resilient, meticulous and motivated. I have all the confidence that Flavia will lead the Rotary Club of Kampala Central efficiently. Equally, I am certain that Flavia's board has the passion and zeal to continue with the current successes and grow the club to greater heights.

We all know that leadership takes collective effort. Every member of the club is one part of the whole, every member of the club plays an essential role, every member of the club is responsible for the success of the club programmes. Continue giving all members an opportunity to contribute to the various activities so that in the long run the club goals will be achieved.

As your assistant governor, I pledge to work with the club, and to keep clear lines of communication with the club leaders as we work towards fulfilling Rotary's mission of service to Change Lives; and as we do so, enjoy Rotary. I wish you the best of luck as we **SERVE TO CHANGE LIVES**.

**Bonnie K. Nsambu (MD)**  
**Assistant Governor,**  
**Kampala Area 5; RY 2021/2022.**





## CHANGE MAKER

President Flavia Nabaasa  
2021 - 2022

## MY ROTARY JOURNEY

My Rotary journey started the same year the Rotary Club of Kampala Central started and yes that was quite a coincidence. It was way back in 1993 when I joined the Interact Club of Nabisunsa. At that time I didn't know much about the Rotary organization but was simply attracted to join the school club because of all the clubs they seemed to be the serious ones that had real impact in school. Our projects were as simple as keeping the school clean, planting trees etc. While at University I disconnected a bit but as we graduated and started working, I immediately joined Rotaract club of Mengo.

Rotaract was simply amazing, we had amazing and fulfilling projects and I remember always looking forward to those Saturdays when we had to spend the entire day on site during healthy days in Nansana and wind down at some joints for very late lunch. We worked hard and played hard too. Sometimes I feel if only I had half the energy I had then. I remember taking many of my friends into Rotary and many of whom have become even better Rotarians than myself. One of the people I attracted into Rotary was my own amazing husband who has been a President and Past Assistant Governor. He has inspired me to take the next step of leading my Club.

I joined Rotary and specifically the Rotary Club of Kampala Central in 2009. I remember scouting for a Rotary club and I was told Kampala Central is the kind of club I would love and indeed I have found a home with many of the members becoming like family to me over the years. To be honest, I have been dodging the place of leadership with the common excuse that I am too busy but I remembered the phrase that Rotary is for busy people and that set me free. I have served in different capacities as a Rotarian such as Membership, Youth services and most recently Club Secretary and appreciate the club members who have trusted me and now elected me as the President to steer this ship during one of the most unprecedented times of our generation.

As change markers, I believe this is the best time for us because humanity yearns for our manifestation given the many challenges that have been escalated by the Covid-19 pandemic. One of the greatest national crisis is teenage pregnancies and as a mother I am particularly passionate to see us have a positive impact in this area of maternal & child health which is also

aligned to the District priority areas. ***Life's most persistent and urgent question is, what are you doing for others Martin Luther.*** I encourage us to be resilient and strong and focus on bringing hope to the hopeless as we change the communities around us. I believe we were meant for such a time as this and as Change Makers, let's go out and serve Humanity.

I am eternally grateful to my power team that accepted to serve with me during the year 2021/22 and I am confident we shall deliver regardless of the pandemic. I am also grateful to my Husband-Rotarian Dan Musinguzi Nabaasa for allowing me to take on even more responsibilities and I know I don't only have his blessings but he will be doing it with me as we serve. Special thanks to my Sons Agaba Ariho and Amanya Asimwe who are part of the RC Kampala Central Rota Kids.

My appeal to all Members of RC Kampala Central is to connect with one another like never before and build a family network that we are all proud to be part of, to support one another and harness the team work synergies to serve and change lives. My commitment is to serve the club to the very best of my abilities.

## THE NABAASA'S (Happy, Healthy & Beautiful)



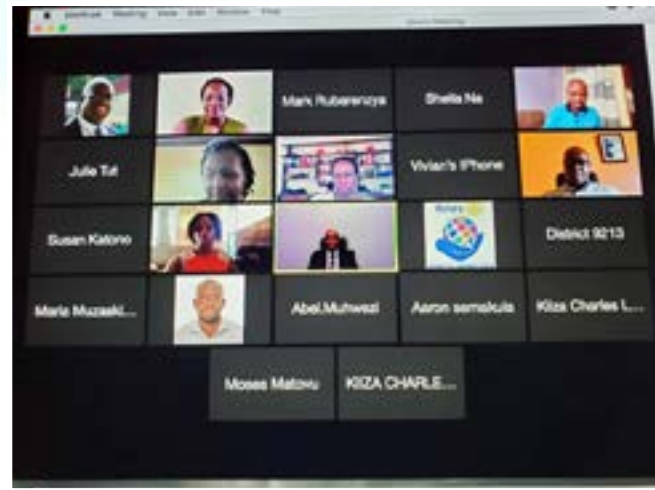


## DISTRICT GOVERNOR JOHN MAGEZI NDAMIRA VISITS RC KAMPALA CENTRAL

Rotary Club of Kampala Central hosted the District Governor John Magezi Ndamira on 21<sup>st</sup> July 2021. The DG was accompanied by the Assistant Governor PHF Bonnie Nsambu. A number of dignitaries attended including; Rotary District officials, Past District Governors (PDGs), District Governor Nominee Designate (DGND), Change Maker Presidents (CMPs), Rotarians, Rotaractors and Guests.



DISTRICT GOVERNOR JOHN MAGEZI NDAMIRA



VIRTUAL MEETING DURING THE DG'S VISIT

DG Ndamira commended RC Kampala Central for being a strong club with solid membership and strong media image. He called on the Club to ensure increased membership and member participation in club activities. The club committed to recruit twenty (20) new members by the end of the Rotary Year 2021-2022. The club also committed to:

- a) **Secure at least 2-3 Global Grants**
- b) **Retain and increase member engagement**
- c) **Sign Memorandum of Understanding (MOU) with Rotary Uganda**

The DG called on the club to strengthen collaborations with other Rotary Clubs, create more partnerships with corporate companies /organizations and contribute towards TRF.

Change Maker President Flavia M. Nabaasa thanked the DG for visiting the RC Kampala Central. She committed that as a Change Maker President, she would ensure 100% member retention. She called on the Board Members to commit to member recruitment. She challenged each Board Member to recruit atleast one or two members as an example to the rest of the club Membership. She also called on the club members to each recruit a member or two.

## Celebration Moment





# KNOW YOUR ROTARIAN: LYDIA BUJARA



**1. What is your full name?** Bonabaana Lydia Bujara

**2. Any nicknames?** Bona (only 2 people still call me this name - one of them is in our club!)

**3. Tell us a bit about you?**

Born to Late David Bujara and Late Nagawa Topista Bujara on 11th January 1978. A mukiga from Kabale district. I come from a very big family so I won't go there. Mother to Malaika, she's 13 years old, in Year 8 at Taibah International. I love to read, travel

**4. Tell us a bit about your Rotary journey?**

My father was a Rotarian of RC Kampala so you can say I was born with Rotary! I lost touch with Rotary when my parents passed on but later was introduced to Rotaract club of Mengo in 2003 by my friend PP Dan Nabaasa. I had a short stint in Rotaract and started scouting for a Rotary club to join. Was introduced to RCKC by PP Ben Waira and later inducted on the 5th September 2005 by Late RIPE Sam Owor. I was President of our club in 2010-2011 under the theme Building Communities, Bridging Continents under the Governorship of PDG Stephen Mwanje. I have been privileged to serve in various positions beyond the club - Grants Chair (Uganda) twice, Country Funds Coordinator, Rotary Cancer Run Chair, Management team Uganda Rotary Cancer Program and this year Area Grants Support Officer.

**5. Rotary Moment?** There are several but if I was to pick just one, then certainly the Uganda Rotary Cancer Program initiatives - Rotary Cancer ward, Rotary cancer Run. Being part of the pioneer team and seeing how far we have come and the level of impact we have had and continue to have is quite humbling.

**6. Why did you join Rotary?** several reasons - the opportunity to do something for someone else, the fact that my father was a Rotarian, the desire for self-development, travel, to make friends

**7. There are many Rotarians who have left. What has made you stay?** The richly rewarding experiences, the joy on the faces of the beneficiaries each time we solve a need, the friends.

**8. Your current occupation and place of work?** Administration, Institute of Parliamentary Studies, Parliament of Uganda.

**9. How do you define success?** Success is sitting down, looking around me, smiling to myself and saying "I love this life".

**10. What inspires you?** God is my greatest inspiration, then Malaika, love, music, nature, people who smile at strangers, internet (its full of information and amazing things)

**11. If you could choose anyone as a mentor (dead or alive), who would you choose?** Richard Branson

**12. What's the last book you read?** I am currently reading "Lessons from a Sigiri" by Mary Kyohere. It is a book about purpose

**13. If you had to eat one meal every day for the rest of your life, what would it be?** Nyama choma

**14. Do you have a motto or personal mantra?** I have 2 - Say it straight, simple and with a smile. Life isn't about waiting for the storm to pass, it's about learning to dance in the rain.

**15. Would you ever want to be famous?** If so, for what? Probably not, I am a private person so I would not like the limelight and there is a lot of bad stuff that goes along with fame.

**16. If you could be a superhero, what would you want your superpowers to be?** Flying would be pretty cool. It would also be really interesting to read minds.

**17. 3 items you would take on a deserted island?** A helicopter, a pilot, plenty of fuel

**18. What characteristic do you admire most in others?** Integrity, compassion.

**19. What did you want to be when you were growing up?** A lawyer

**20. If you were to skydive from an airplane, what would you think about on the way down?** I would not jump out of a plane!! But if I really did, I would be hoping that my parachute opens!

**21. Are you messy or organized?** I have been told I have high levels of OCD! So, organized

**22. One place you would like to visit?** Israel

**23. Given a chance, who would you be for a day?**

God - I would ensure all the bad people died that day, bless all the poor, heal all the sick, rise the good people that died

**24. If you were to write a book about yourself, what would you name it?** "I am still here"

**25. Your most overused words/phrases?** Great, Noted with thanks

**26. What is the first thing you would do if you won a lottery?** Scream!

**27. One thing you cannot resist?** Chocolate

**28. Greatest fear?** Snakes

**29. What music do you have on your phone?** Country music, Ugandan music

**30. Hidden talent?** I can write!



**MALAIKA  
(Daughter)**



# Membership Awards & Recognition

For Zones 4, 5, 6 & 7



SERVE TO  
CHANGE LIVES

## EACH ONE BRING ONE

### Sponsor-1 Member



Membership Recognition Pin  
Embedded with Sapphire Stone

- Appreciation Letter from RI President
- Level-i Pin

### Sponsor-5 Member



Membership Recognition Pin  
Embedded with Ruby Stone

- Appreciation Letter from RI President
- Level-ii Pin

### Sponsor-10 Member



Membership Recognition Pin  
Embedded with Emerald Stone

- Appreciation Letter from RI President
- Level-iii Pin

### Sponsor-20 Member



Membership Recognition Pin  
Embedded with Diamond Stone

- Appreciation Letter from RI President
- Level-iv Pin

### Sponsor-25 Member



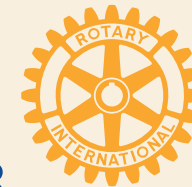
Virtual Hall of Fame

- Appreciation Letter from RI President
- Hall of Fame-Rotary Society

To be eligible for above recognitions do upload data of new members at <https://my.rotary.org/en/>

Coming - Retention and Extension Awards

Rotary  
District 9213



## ROTARY LAUNCHES NEW MEMBERSHIP RECOGNITION PROGRAM.

To recognize those who have demonstrated extraordinary commitment and success in growing our membership, we have launched a new recognition program. The Membership Society for New Member Sponsors is a virtual gallery for those members who have sponsored 25 or more new members. Members can achieve different tiers of recognition as they continue to sponsor more members.

### The recognition levels are:

**BRONZE LEVEL: SPONSORED 25-29 MEMBERS**

**SILVER LEVEL: SPONSORED 30-49 MEMBERS**

**GOLD LEVEL: SPONSORED 50-74 MEMBERS**

**PLATINUM LEVEL: SPONSORED 75+ MEMBERS.**

To be included in the Membership Society, an individual has to have sponsored 25 or more new members, and have reported those sponsorships to Rotary. New member sponsorship can only be between active members in the same club, and does not include charter members of a new club. Contact us with any questions you may have about the new recognition program.

[RIAwards@rotary.org](mailto:RIAwards@rotary.org) - Rotary International announcement



# Happy Birthday

## JULY

### Babies

NAME OF ROTARIAN	BIRTHDAY	MARRIAGE ANNIVERSARY
Mashkur Mawanda Child of Moses Matovu	02 <sup>nd</sup> July	
Rtn. Flavia Nabaasa		03 <sup>rd</sup> July
Alvin Byamukama Son of Rtn. Sarah N. Bakehena	05 <sup>th</sup> July	
Trevor Muhwezi Son of Rtn. Abel Muhwezi	06 <sup>th</sup> July	
Rtn. Maria Muzaaki	07 <sup>th</sup> July	
Rtn. Julie Kyeyune	08 <sup>th</sup> July	
Rtn. Valerie Kubana	11 <sup>th</sup> July	
Rtn. PP Charles Kiiza Lwanga	11 <sup>th</sup> July	
Simeon Munywevu Child of PP Ann Munywevu	13 <sup>th</sup> July	
Rtn. Raymond Rweterezo	16 <sup>th</sup> July	
Rtn. Peter Busiku	18 <sup>th</sup> July	
Rtn. Susan Katono	19 <sup>th</sup> July	
Fred Bbaale Husband to Susan Katono	21 <sup>st</sup> July	
Rtn. Godfrey Suuza Byaruhanga	22 <sup>nd</sup> July	
Rtn. Sheila Naturinda	27 <sup>th</sup> July	
Colin Mutenda Child of Rtn. John Mutenda	27 <sup>th</sup> July	
Ivan Mutenda Child of Rtn. John Mutenda	31 <sup>st</sup> July	

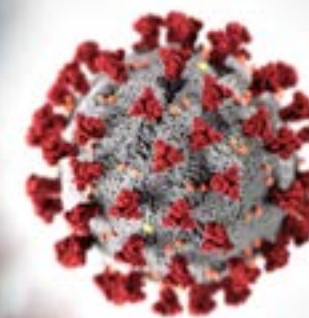
Rotary  
District 9213



Rotaract  
District 9213



## THE 97TH DISCON AMIDST THE COVID-19 PANDEMIC; WHAT WE NEED TO KNOW.



### What are the requirements for travel amidst the COVID-19 health challenges?

- An identification document, especially your National Identity Card & a Passport
- A yellow fever vaccination card
- A negative COVID-19 test result taken 48 hours from an accredited laboratory.

**Optional:** You may need your vaccination card. Check with your travel agent or embassy to confirm what the requirement is at the time of your travel.

### Can one travel for the DISCON without being vaccinated or tested for COVID-19?

○ You do not have to be necessarily vaccinated for COVID-19 to travel to another country as it stands now but different countries are setting up different measures to curb the spread of Covid-19, so the vaccine is for your safety and for the safety of the community.

○ You have to be tested for COVID-19 with a negative test result within 48 hours of travel.

*For more information on any 97th DISCON medical related matters, please contact;*

#### Chairperson Medical:

Rotarian Dennis Okwir - 0771 874 918

Email: dennisokwir@yahoo.com

#### Vice Chair:

Rotarian Edoku Max Conrad - 077 5501 553

Email: edokucm@gmail.com

#97THDISCON



D9213DISCON



@D9213DISCON

**Please Remember that COVID-19 is real, it is  
Dangerous, spreads fast and it kills!**

**Stay safe, stay alive!**