

Rotary
Club of Kampala Central



CREATE HOPE
in the WORLD

The PASSION

August 2023 Edition





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Editor's Note

Dear Esteemed Rotarians,

As the pages of August unfurled within the hallowed halls of the Rotary Club of Kampala, giving birth to another edition of The Passion Rotary Magazine, a vivid tapestry of activities painted a story of unity, dedication, and collaboration. Once again, this narrative reaffirms the undeniable truth that the power within our Rotary family is nothing short of awe-inspiring.

In this symphony of shared purpose, It warms my heart to witness the unwavering spirit of our Rotarians shining ever so brightly. Your participation in the Cancer Run, which took place on the 26th of August 2023, was not just an event; it was a sign of determination composed by the collective efforts of our members. Your spirited involvement, combined with the heartfelt embrace of the cancer run kits, resonates deeply as a testament to our compassion and commitment to noble causes.

The heartwarming support extended by the stalwart hands of our corporate partners, like Platinum Credit and the National Drug Authority, for the Cancer Run initiatives is also a testament to the impact we have on our community. Their

belief in our initiatives strengthens our resolve to continue making a meaningful difference.

Beyond our beloved Cancer Run initiatives, we embarked on a journey that reverberates with purpose—the Master Plan for our tree planting project, a living testament to our dedication to safeguarding our environment for generations to come. The land bestowed upon us by the gracious Kingdom of Buganda becomes a canvas upon which we paint the legacy of sustainability and preservation.

We take pride in the fact that this journey is guided by none other than the indefatigable Rtn LG David Nsubuga and our Club President, Rtn Wangi Francis. With their steadfast leadership, the Master Plan and report for our tree planting project of Ekibira Kyakabaka was extended to the esteemed Minister in charge of the environment in the Kingdom of Buganda, upon which eventually, to the Prime Minister and the King of Buganda. This voyage exemplifies our dedication to effecting change at the highest levels, echoing through time as a testament to our unwavering commitment.

Speaking of our commitment, the recent Bus Party

stands as a testament to the vibrancy of our camaraderie and community spirit. The joy and togetherness shared during this anticipated event were not just fleeting moments, but rather they symbolized the collective heartbeat of our Rotary family. The beauty of this occasion is further enriched by the knowledge that all proceeds from the Bus Party fares will be channelled towards purchasing trees. These trees will take root during the Lake Victoria Walk, an initiative orchestrated by the Ministry of Water and Environment. Through this act, we are not just shaping our environment; we are nurturing our values of sustainability and leaving an indelible mark on the world around us. Amidst these remarkable achievements, it is impossible to overlook the overwhelming response to the Boy Child Program, affectionately known as BCUP. Your enthusiasm and dedication to this cause reaffirm our commitment to nurturing holistic community development and laying the foundation for future leaders.

Lastly, I am elated to share news that fills us with pride – our online Rotary fellowship has been elevated to new heights. This transformation is owed to the generosity of our Past President, Rtn Patrick Kubona, who has blessed us with cutting-edge equipment. These additions bridge the physical gaps that separate us, forging connections that transcend distance and time, and enriching the bonds that make us a family.

In closing, I extend my heartfelt gratitude to each Rotarian who poured their heart and soul into making this month an extraordinary chapter in our club's story. Our collective triumphs are a testament to our unity, and I am privileged to stand as your Editor in Chief, witnessing the unfolding saga of greatness within the Rotary Club of Kampala Central.

Rtn Farouk Mark Mukiibi
Editor in Chief



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RI President & Spouse
Gordon R. McNally

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the

only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.



R. Gordon R. McNally
President 2023-24

President's Message



Dear Reader,

Thank you for being part of this exciting Rotary year. The month of August is dedicated to Rotary Membership and Extension. During this month, we dedicate more effort towards reaching out to people in our communities and encouraging them to join our great organisation.

At the same time, we intentionally strive to maintain and retain the members we have so far. It is a call to all Rotarians to show value and attract new members. Even as we come to the end of the month, the effort does not stop. We continue to serve

our communities and validating the existence of Rotary in Uganda and the world over.

I pay tribute to our advertisers for supporting the efforts of the club to continue publishing this magazine. To the members of the Rotary Club of Kampala Central, you have kept the club flag flying high and I appreciate you. To the members of the board, thank you for steering the club and providing valuable leadership as we create hope in the world.

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A Journey Through Time and Service:

An Interview with the Multi-Faceted
Rotary Extraordinaire

Fellow Rotarians, prepare to embark on an extraordinary journey through time and service with Major Donor David Serwawudde Nsubuga. A veteran who has donned multiple Rotary hats, from Past President to District Lieutenant Governor, he stands as a beacon of commitment and change. Join us as we unravel the captivating tapestry of his life, painted with dedication and illuminated by his timeless legacy of service.

From Past President to Lieutenant Governor – that’s quite the leap! Could you unravel the enigma of Rtn David Nsubuga for us?

I am David Serwawudde Nsubuga from the Rotary Club of Kampala Central. I joined Rotary on 13th November 1995, inducted by PDG Henry Kyemba. My journey has seen me serve in various capacities at the Club level, including President for two years and now Lieutenant Governor. Beyond this, Beyond Rotary, I’m deeply engaged in various business ventures, ranging from microfinance with Platinum Credit Limited to promoting Uganda through Promote Uganda Limited.

I also oversee Promote Uganda Safaris and Proul Limited, enhancing agriculture. Moreover, I hold Chairmanship in companies like Premier Credit Limited, Quest Holding Limited, and Track Nerve Limited. These diverse roles echo my commitment to leadership and innovation.

They say wisdom comes with age, but in your case, it also brought a dash of Rotary stardom. What’s the secret recipe to your timeless commitment to service?

My commitment to service is rooted in the spirit of learning and the eagerness to serve. Back when I joined Rotary, the path to membership was paved with rigorous training and evaluation. This experience taught me that dedication to service is a continuous journey of improvement and growth.

We’ve heard rumors that your Rotary pin collection could rival the Crown Jewels! Share

with us the story behind your most prized pin?

When it comes to cherished pins, the Major Donor and Benefactor pins take the spotlight. These are not mere tokens; they’re reflections of years of service. The Benefactor pin, for instance, symbolizes contributions to the Rotary Foundation, each a testament to my unwavering commitment to our mission.

Behind the Rotary scenes, there’s a world of passion and intrigue. What hidden interest or hobby illuminates your life when you’re not donning the Rotary cape?

Beyond the bustling world of Rotary, the hues of my life are splashed with travel escapades and boat cruises, enjoyed side by side with my beloved wife. The canvas also holds the vibrant strokes of music and dance – passions that bring me endless joy.

We’re curious – do you have a “partner in crime” who’s been by your side through thick and thin? Tell us about the dynamic duo that fuels your adventures!

My partner in these exciting escapades is none other than my wife, Sarah Nsibirwa Nsubuga. She is not only a World Bank IT Expert but also a President Nominee for the Rotary Club of Muyenga Breeze. Together, we form a team that embraces life’s adventures with open arms.

They say every Rotarian has a “Eureka!” moment when they realize the true impact of their service. What was your most memorable “Eureka!” moment in your Rotary journey?

One Rotary medical camp in Lukwanga etched a poignant memory in my heart. An elderly gentleman’s story unveiled as he shared his journey of traversing countless miles to access our dental care. His determination and struggle moved me to tears, a stark reminder of the blessings we often overlook.

If we distilled your Rotary legacy into three words, what magic formula would capture the essence of your footprint on this canvas?

My legacy echoes with the melody of service. Those three notes that encapsulate my journey are delivery, empathy, and steadfast commitment.

We've all heard about your knack for eloquent speeches that make even Shakespeare jealous. What's the secret to delivering a speech that leaves the audience hanging on your every word?

Crafting a compelling speech is an art that marries preparation with authenticity. I find that grounding my words in relatable stories and emotions helps create a connection with the audience. A sprinkle of humor and a touch of sincerity also go a long way in leaving a lasting impression.

As the interview spotlight shines on you, we're itching to know – what mischief did young David Nsubuga stir up in the tapestry of your childhood?

Oh, a smile dances across my face as I recall my youthful days. There was a particular instance when I ventured outside without informing anyone in the name of playing football with friends, only to return and face the wrath of my mother's cane. That memorable encounter with discipline remains etched in my memory!

Leaders often have shadows they draw inspiration from. Paint us the portrait of that one historical, fictional, or even whimsical figure who guides your Rotary voyage.

My journey is inspired by the footsteps of Rotary Past District Governors Emmanuel Katongole and Mwanje. Their unwavering commitment to service acts as a compass for my own path. I like to imagine when embarking on new endeavors.

Regrets – even the most accomplished

among us have a few. Is there a moment in your Rotary voyage where you wish you could hit "rewind" and take a different course of action?

A regret that lingers in my heart is connected to my dear friend and fellow Rotarian, Isaac Mponza. I wish I had insisted more forcefully that he seeks more medical attention the last day we met. Perhaps, in another reality, he'd still be with us today. This experience serves as a reminder of the power of advocating for the well-being of our fellow Rotarians.

Time-travel to your younger self, armed with the wisdom of today. What advice would you whisper across the years, knowing the crossroads you've danced upon?

If I could offer a whisper of advice to my younger self, it would be this: "Commit with your whole heart. Consistency and perseverance can turn even the toughest challenges into triumphs."

The Rotary Foundation finds a devoted maestro in you. How does your role as a Major Donor and Benefactor serenade your core values, composing a harmonious narrative of your Rotary legacy?

Being a Major Donor and Benefactor in the Rotary Foundation resonates deeply with my core values. It embodies my belief in the language of the heart – philanthropy. Contributing at this level allows me to tangibly impact the lives of individuals and communities in need. This role aligns seamlessly with my commitment to service, weaving a harmonious narrative of my Rotary legacy. Through the Foundation, I'm not just leaving a legacy; I'm creating a legacy that echoes the Rotary values of compassion, service, and a better world for all.

Beyond Rotary, you don the cloak of a super dad/granddad. Balancing these roles is a feat – how do you smoothly choreograph this dance of responsibilities?

Family is the cornerstone of my life, reminding me that nobody is ever too busy to care. My own experience of losing my father emphasized this lesson – I realized that my responsibility extended beyond myself to my family and beyond. Today, I make a conscious effort to create meaningful bonds with my five children, investing time in their lives and embracing the role of a father and grandfather.

You've witnessed the vibrancy of young minds in Rotary. Share your perspective on these fresh ideas and limitless energies that breathe life into the club.

It's a source of inspiration to witness young individuals embracing the spirit of service within Rotary. Their fresh ideas and boundless energy infuse new life into the club, bringing with them a diverse skill set and unwavering commitment. Their presence augments the club's ability to create positive change within our community.

Your journey through Rotary spans epochs of change and progress. If you could send a message to your past self when you first joined, what advice would you give?

Looking back, I would impart a precious piece of advice to my younger self – “Embrace every opportunity to learn, connect, and serve. The path you're embarking on is rich with experiences that will shape not only your Rotary journey but also your life's tapestry.”

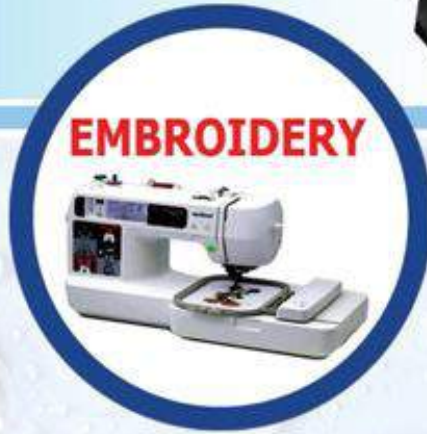
They say Rotary meetings are like a box of chocolates – you never know what you're gonna get. What's the most unexpected twist you've encountered during a meeting?

In the tapestry of Rotary meetings, a moment unfolded that reached into the depths of my soul. A young girl's presence sparked a cascade of emotions – hopeful eyes seeking support we couldn't give at the time. Her father's absence cast a shadow over her life. In that instant, compassion guided me. I stepped forward, ensuring her education by covering school fees. The unexpected twist wasn't just her gratitude; it was the day she gifted me a self-crafted portrait adorned with words that echoed, “Mr. Nsubuga, thank you for being my second dad.” Overwhelmed by a torrent of feelings, tears flowed, bearing witness to the extraordinary power of Rotary to weave bonds that transcend the ordinary.



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How to Have a Better Relationship -Continued from our July Issue

Diagnose Your Passion Level

The psychology professor Elaine Hatfield has suggested that the love we feel early in a relationship is different than what we feel later. Early on, love is “passionate,” meaning we have feelings of intense longing for our mate. Longer-term relationships develop “companionate love,” which can be described as a deep affection, and strong feelings of commitment and intimacy.

Where does your relationship land on the spectrum of love? The Passionate Love Scale, developed by Dr. Hatfield, of the University of Hawaii, and Susan Sprecher, a psychology and sociology professor at Illinois State University, can help you gauge the passion level of your relationship. Once you see where you stand, you can start working on injecting more passion into your partnership. Note that while the scale is widely used by relationship researchers who study love, the quiz is by no means the final word on the health of your relationship.

Take it for fun and let the questions inspire you to talk to your partner about passion. After all,

you never know where the conversation might lead.

Sex

For most couples, the more sex they have, the happier the relationship.

How Much Sex Are You Having?

Let's start with the good news. Committed couples really do have more sex than everyone else. Don't believe it? While it's true that single people can regale you with stories of crazy sexual episodes, remember that single people also go through long dry spells. A March 2017 report found that 15 percent of men and 27 percent of women reported they hadn't had sex in the past year. And 9 percent of men and 18 percent of women say they haven't had sex in five years.

The main factors associated with a sexless life are older age and not being married. So whether you're having committed or married sex once a week, once a month or just six times a year, the fact is that there's still someone out there having less sex than you. And if you're one of those people NOT having sex, this will

cheer you up: Americans who are not having sex are just as happy as their sexually-active counterparts.

But Who's Counting?

Even though most people keep their sex lives private, we do know quite a bit about people's sex habits. The data come from a variety of sources, including the General Social Survey, which collects information on behavior in the United States, and the International Social Survey Programme, a similar study that collects international data, and additional studies from people who study sex like the famous Kinsey Institute. A recent trend is that sexual frequency is declining among millennials, likely because they are less likely than earlier generations to have steady partners.

Based on that research, here's some of what we know about sex:

- The average adult has sex 54 times a year.
- The average sexual encounter lasts about 30 minutes.
- About 5 percent of people have sex at least three times a week.
- People in their 20s have sex more than 80 times per year.
- People in their 40s have sex about 60 times a year.
- Sex drops to 20 times per year by age 65.
- After the age of 25, sexual frequency declines 3.2 percent annually.
- After controlling for age and time

period, those born in the 1930s had sex the most often; people born in the 1990s (millennials) had sex the least often.

- About 20 percent of people, most of them widows, have been celibate for at least a year.
- The typical married person has sex an average of 51 times a year.
- "Very Happy" couples have sex, on average, 74 times a year.
- Married people under 30 have sex about 112 times a year; single people under 30 have sex about 69 times a year.
- Married people in their 40s have sex 69 times a year; single people in their 40s have sex 50 times a year.
- Active people have more sex.
- People who drink alcohol have 20 percent more sex than teetotalers.
- On average, extra education is associated with about a week's worth of less sex each year.

Early and Often

One of the best ways to make sure your sex life stays robust in a long relationship is to have a lot of sex early in the relationship. A University of Georgia study of more than 90,000 women in 19 countries in Asia, Africa and the Americas found that the longer a couple is married, the less often they have sex, but that the decline appears to be relative to how much sex they were having when they first coupled. Here's a look at frequency of married sex comparing the first year of marriage with the 10th year of marriage.

SEX DURING FIRST YEAR OF MARRIAGE	SEX AFTER 10 YEARS OF MARRIAGE
Once a week	Occasionally
Twice a week	Three times a month
Three times a week	Twice a week
Four or more times a week	Two to three times a week

.....To be continued in our September Issue

50

Things Every
Rotarian Should
Know About
Rotary

..... **Continued from our July Issue**

5 - ROTARY MOTTOS

The first motto of Rotary International, “He Profits Most Who Serves Best,” was approved at the second Rotary Convention, held in Portland, Oregon, in August 1911. The phrase was first stated by a Chicago Rotarian, Art Sheldon, who made a speech in 1910 which included the remark, “He profits most who serves his fellows best.” At about the same time, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, commented that the proper way to organize a Rotary club was through the principle his club had adopted-“Service, Not Self.” These two slogans, slightly modified, were formally approved to be the official mottoes of Rotary at the 1950 Convention in Detroit- “He Profits Most Who Serves Best” and “Service Above Self.” The 1989 Council on Legislation established “Service Above Self” as the principal motto of Rotary, since it best explains the philosophy of unselfish volunteer service.

6 - THE 4-WAY TEST

One of the most widely printed and quoted statements of business ethics in the world is the Rotary “4-Way Test.” It was created by Rotarian Herbert J. Taylor in 1932 when he was asked to take charge of the Chicago based Club Aluminum Company, which was facing bankruptcy. Taylor looked for a way to save the struggling company mired in depression-caused financial difficulties. He drew up a 24-word code of ethics for all employees to follow in their business and professional lives. The 4-Way Test became the guide for sales, production, advertising and all relations with dealers and customers, and the survival of the company was credited to this simple philosophy.

Herb Taylor became president of Rotary International during 1954-55. The 4-Way Test was adopted by Rotary in 1943 and has been translated into more than 100 languages

and published in thousands of ways. The message should be known and followed by all Rotarians.

“Of the things we think, say or do:

- 1. Is it the TRUTH?**
- 2. Is it FAIR to all concerned?**
- 3. Will it build GOODWILL and BETTER FRIENDSHIPS?**
- 4. Will it be BENEFICIAL to all concerned?”**

7 - FIRST NAMES OR NICKNAMES

From the earliest days of Rotary, members have referred to each other on a first-name basis. Since personal acquaintanceship and friendship are cornerstones of Rotary, it was natural that many clubs adopted the practice of setting aside formal titles in conversations among members. Individuals who normally would be addressed as Doctor, Professor, Mister, the Honorable or Sir are regularly called Joe, Bill, Charley or Jerry by other Rotarians. The characteristic Rotary club name badge fosters the first-name custom.

In a few areas, such as Europe, club members use a more formal style in addressing fellow members. In other parts of the world, mainly in Asian countries, the practice is to assign each new Rotarian a humorous nickname which relates to some personal characteristic or which is descriptive of the member’s business or profession. A member nicknamed “Oxygen” is the manufacturer of chemical gas products. “Trees” is the nickname for the Rotarian in the lumber business, “Building” is the contractor, “Paper” is the stationery or office supply retailer. Other members might carry nicknames like “Muscles,” “Foghorn” or “Smiles” as commentaries on their physical features.

The nicknames are frequently a source of good-natured fun and fellowship. But whether a Rotarian is addressed by a given first name or a nickname, the spirit of personal friendship is the initial step which opens doors to all other opportunities for service.

8 - FOUR AVENUES OF SERVICE

The term “Four Avenues of Service” is frequently used in Rotary literature and information. The “Avenues” refer to the four elements of the Object of Rotary: Club Service, Vocational Service, Community Service and International Service.

Although the Avenues of Service are not found in any formal part of the constitutional documents of Rotary, the concept has been accepted as a means to describe the primary areas of Rotary activity.

- “Club Service” involves all of the activities necessary for Rotarians to perform to make their club function successfully.
- “Vocational Service” is a description of the opportunity each Rotarian has to represent the dignity and utility of one’s vocation to the other members of the club.

- “Community Service” pertains to those activities which Rotarians undertake to improve the quality of life in their community. It frequently involves assistance to youth, the aged, handicapped and others who look to Rotary as a source of hope for a better life.

- The Fourth Avenue, “International Service,” describes the many programs and activities which Rotarians undertake to advance international understanding, goodwill and peace. International Service projects are designed to meet humanitarian needs of people in many lands.

When a Rotarian understands and travels down the “Four Avenues of Service,” the Object of Rotary takes on even greater meaning.

.....**to be Continued in our September Issue**



THE FOUR-WAY TEST

Of the things we think, say or do:

first

Is it the **TRUTH**?

second

Is it **FAIR** to all concerned?

third

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

fourth

Will it be **BENEFICIAL** to all concerned?



Birthdays & Anniversaries

Anniversaries

Name		Date	
Dorothy Namubiru Mwesigwa	Rotarian		Dos,Deux.Duo.However you say it, this day is about you two
Patrick Ocailap	Rotarian		May your good fortune in life match your years in marriage
Samuel Ssempala	Rotarian		May your good fortune in life match your years in marriage

September Birthdays

	Name	Date	
Joan Akoth			Today and everyday,wishing only the best for you.
	Joseph Martin Arembe	2	Youre amazing, beautiful and incredible
	Andrew Munywevu	27	A million magic wishes to you
Julian Kaganzi	Joash Mwesigwa	15	Have a remarkable year to come
	Kimberly Kibukamusoke	2	Cheers to your personal new year
	Amos Mwesigwa	24	We hope your bithday is beautiful as you are
Rubarenzya Mark Henry	Angel Collette	23	You are one God's most beautiful master-piece
	Caleb Mucyo Gavi	23	May your birthday be sprinkled with fun and laughter

Simon Peter Rukorera	Amanya Asimwe	12	We wish you a birthday that's just as wonderful as you are
Suresh Babu	Carol Wangi	5	We wish you a year ahead that will bombard you with plenty of blessings and lots of happiness
	Bethuel Murungi	16	We send you birthday wishes wrapped with all our love
	Joab Tumusiime	27	May your birthday be sprinkled with fun and laughter





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Rotary Club Of Kampala Central



Rotary Club of Kampala Central

WILLS & ESTATE PLANNING

GUEST SPEAKER
Rtn. Claire Amanya

9th Wednesday
AUGUST 2023
6:00PM

Hotel Africana

Meeting ID: 211 485 5714

Rotary Club of Kampala Central

Rotary Club of Kampala Central

Membership:
OUR ROTARY STRENGTH

Guest Speaker
PDG. Stephen Mwanje

Wednesday
16th Aug 2023

Time:
06:00PM

Venue:
Hotel Africana

LIVE ON ZOOM
Meeting ID: 211 485 5714

Rotary Club of Kampala Central

Rotary Club of Kampala Central

SOCCER COMPETITION & ROAST

19TH Saturday
August 2023
3:00PM

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BULENGA

Rotary Club of Kampala Central





HANDLING DNA RESULTS IN MARRIAGES

Guest Speaker
Fr. Kiibi Deogratius



WEDNESDAY
23rd Aug 2023
6.00PM



Hotel Africana

LIVE ON ZOOM

Meeting ID 211 485 5714

@CentralRotary | @Rotary club of kampala central



COMPETENCE BASED CURRICULUM

Guest Speaker
Nyawere Esther
Turkish Academy Secondary School



LIVE ON ZOOM

Meeting ID 211 485 5714



WEDNESDAY
30th Aug 2023
6.00PM



Hotel Africana

@CentralRotary | @Rotary club of kampala central







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