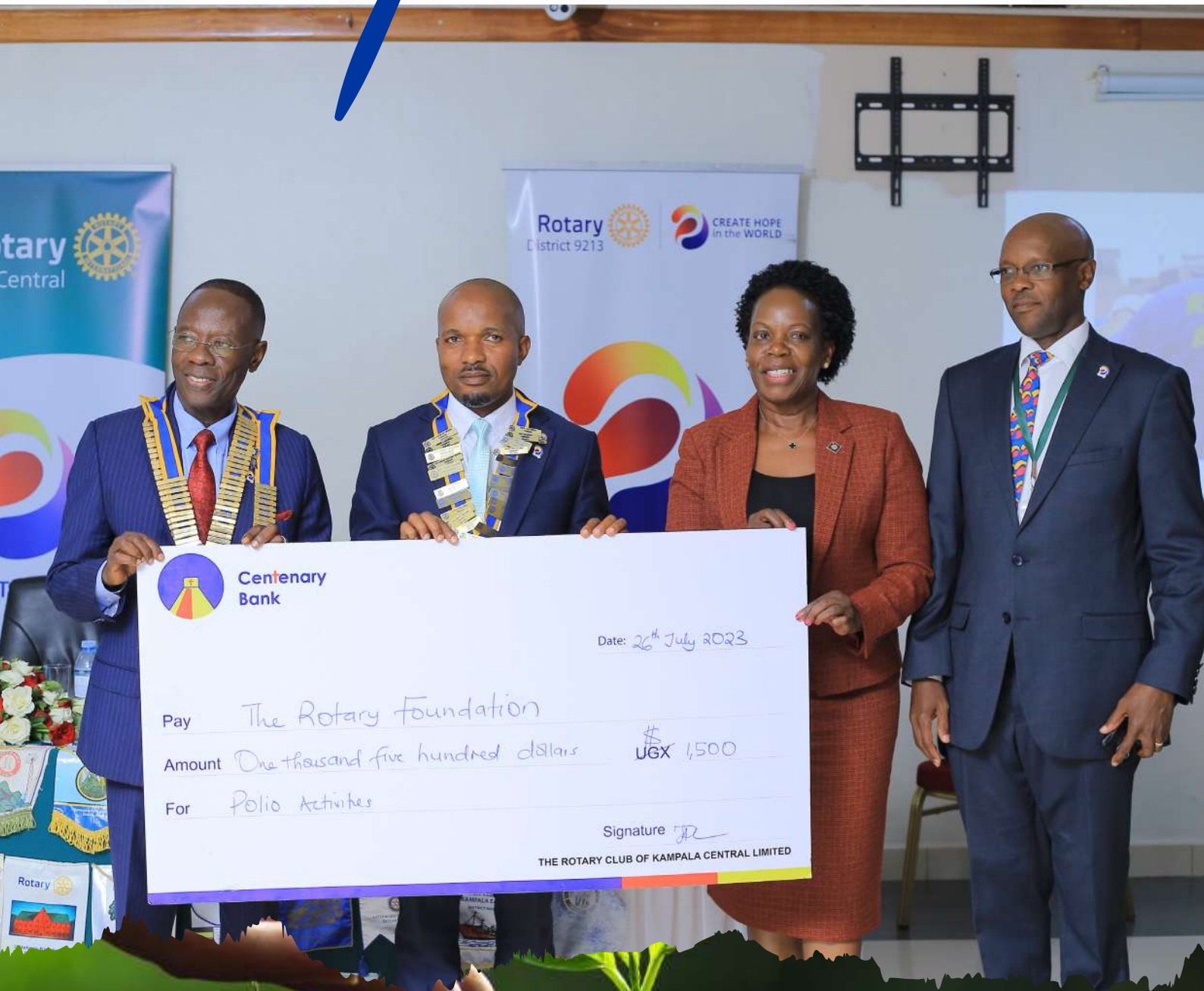



The PASSION

July Edition




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Editor's Note

Dear Rotary Family,

As we embark on the thrilling journey of the Rotary year 2023/2024, we are elated to present another captivating edition of "The Passion" Rotary Magazine, showcasing the remarkable events at Rotary Club of Kampala Central that unfolded in July 2023.

During this momentous month, our club had the distinct honor of hosting District Governor Edward Kakembo Nsubuga.

His heartfelt appreciation for our exceptional community projects and services affirmed that we are setting an inspiring example for others to follow. Your unwavering dedication and hard work truly set us apart.

In a spirit of unity and collaboration, we proudly witnessed a remarkable transition.

Immediate Past President Julian Annet Kaganzi handed over the baton to President Francis Wangi, heralding a new era of leadership for our esteemed club. Further elevating our pride, one of our esteemed club members and past president, LG David Nsubuga, earned the distinguished

title of Lieutenant Governor for the district.

This remarkable accomplishment reflects the caliber of individuals within our club and the broader Rotary family.

As we celebrate these milestones, let us also rally behind a crucial initiative close to our hearts - the promotion of the upcoming Cancer Run.

This noble cause calls for our wholehearted participation as we come together to fight cancer and support those affected by this relentless disease. Let us make a difference in the lives of many through our active involvement in this run scheduled for the next month.

"The Passion" Rotary Magazine stands dedicated to capturing these extraordinary moments, celebrating our successes, and inspiring us to spread hope and transform lives. It serves as a testament to the collective efforts that define us as Rotarians.

Rtn Farouk Mark Mukiibi
Editor in Chief



RI President's Message

Gordon R. McNally



Peace isn't a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult.

Even as we face new and serious challenges, Rotary takes care of its members and those we serve, works to build lasting peace, and embeds belonging and inclusion in everything we do. That is why I am asking everyone in Rotary to Create Hope in the World.

This year, we're prioritizing projects to support mental health. This effort is deeply personal to me. I know what it's like to see someone suffer in silence.

I have also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment.

Research shows that performing acts of kindness is an effective step any of us can take to protect our well-being. And by building peace within, we become more capable of bringing

peace to the world.

Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections. This year, we'll promote virtual international exchanges for members to strengthen those vital connections.

Peace isn't a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently – and bravely.

Everything we do across our areas of focus has the potential to foster the hope that can make peace possible.

The spirit of connection and purpose should inspire every Rotary member. When club leaders focus on offering an excellent club experience, we retain more members and attract more



prospective members. We must make our clubs as welcoming and as engaging as we can.

Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves.

All people of action need to be able to imagine a place for themselves in Rotary – it’s up to us to ensure they can do so.

Over the next year, I will be putting a focus on continuing our journey in diversity, equity, and inclusion – ensuring that Rotary reflects the communities we serve and continues to take significant steps toward accessing the full range of human talents and experiences, so that we can better serve humanity. And we will continue to

empower women and girls by helping them unlock the potential already within them.

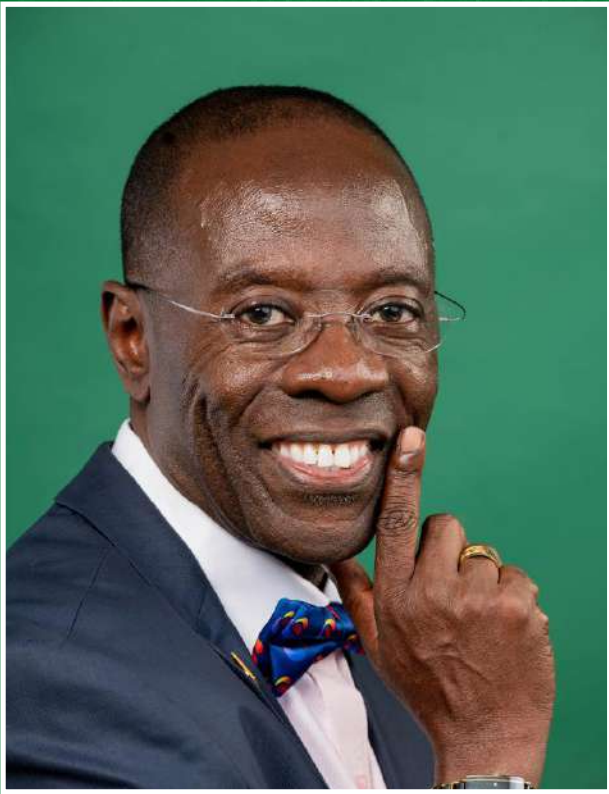
As we begin this journey together, I take inspiration from Scotland’s national poet, Robert Burns, who in the 18th century spoke of all the world becoming kin, promoting “sense and worth, over all the earth.” This has long been my call to action, and I share it now with you.

Let us build peace within and spread it freely. Let us create belonging and imagine the future of Rotary afresh. Let us work together joyously and Create Hope in the World.



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convention.rotary.org



District Governor Edward Kakembo Nsubuga's

Message



“What we do in the communities we serve is like a drop into ocean but the ocean will never be full without a single drop.” Mother Theresa

Welcome to the new Rotary Year

My Sisters and Brothers in Rotary:

I feel incredibly privileged to be your District Governor Rotary year 2023/24 and to follow in the footsteps of amazing District Governor Hon Dr Mike Keneddy Sebalu.

I want to welcome you to the new Rotary year where our theme is “Create Hope in the World” A lot of amazing work has been accomplished in 2022-23 but more is expected from us this Rotary Year in line with this year’s theme.

Therefore, we will need the support of all Rotarians and Rotaractors to take our District to greater heights and if this is to happen,

we have to lead from the front. Bill Owen reminds us that “True leadership lies in guiding others to success in establishing everyone is performing at their best.”

This Rotary year I expect all of us in District 9213 to do our best and that way we shall be able to achieve and surpass our goals.

The theme for this year is “Create Hope in the World.” It will be our challenge to strengthen and walk the talk of living the theme. Rotary gives us an opportunity to serve communities and we are the only premier organization in the world who pay to serve.

This enables us to unite and take meaningful actions through our Motto “Service Above Self”

This Rotary year, we are going to focus a lot on membership growth and retention by growing in numbers and innovate new ways of retention.

We have to fix the leaking pot of where we lose significant members at the end of each Rotary year.

President's

Message



Francis Wangi
President 2023/24

Dear Friends,

I welcome you to the new Rotary Year 2023/2024. The theme of the year is Create Hope in The World.

Simply put, hope is a feeling of expectation and desire for a particular thing to happen. The absence of hope is disastrous. Restoration of hope is next to Godliness. All of us are agents of hope to everyone around us.

I implore you to create hope through deliberate, simple but repetitive activities. Small efforts can deliver amazing results when compounded. I call upon everyone to do something.

To your spouse, provide a listening ear; to your children, be a counsellor; to your work-mates, be the champion of positivity; to your community church, be the motivation speaker and agent of hope.

As we move along, let us commit to act with kindness and consideration to those around us. Let us be the change that we want to see in the world, let us be the coordinators of change groups. Let us be positive in everything we do.

We shall face challenges along the way; let us face them with courage and determination. Let us look out for the interests of our communities especially the most disadvantaged.

Jointly, we can create the change we want to see in ourselves and in our communities. Let us be steadfast and firm in creating hope in the world.



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Member

Spotlight



Rtn Farouk Mark

Dear Rotarians,
Rtn Farouk Mark is one of the new club members. In this issue of The Passion, we have him on Spotlight!

Tell us a bit about yourself?

Well, Farouk Mark Mukiibi is my name, born and raised in Kampala, but my ancestral home is in Masaka. I am a resident of Kisasi, Kampala. I am the third born in a family of 6 kids and I was born on 15th June. I am passionate about traveling, reading, beautiful conversations, and I feel alive when adding meaning to other people's lives.

What inspires you?

I find inspiration in innovative ideas and the positive impact they can make on other people's lives.

Q3: Your current occupation and place of work? I am currently the Marketing Manager for Acacia Mall at Knight Frank Uganda, a leading global property consultancy.

Why did you join Rotary?

I joined Rotary because of its mission to make a positive impact on communities locally and globally. I wanted to be part of an organization that actively works towards making the world a better place.

What annoys you easily?

One thing that annoys me easily is when people are dismissive of others' ideas without giving them a fair chance.

What did you want to be while growing up?

As I was growing up, I dreamed of becoming a successful entrepreneur and making a positive impact on the lives of others through my ventures.

If you could have a superpower for a day, what would it be, and how would you use it?

I'd love to have the power of teleportation! I'd use it to travel to all my favorite places around the world and bring back souvenirs for everyone at Rotary meetings.

What's the most heartwarming Rotary project you've been involved in, and how did it impact your perspective on community service?

One of the most heartwarming projects I was part of

was providing school supplies and the medical camp to underprivileged children. Of Lukwanga Village. Seeing the joy on their faces and knowing that such a small gesture could make a big difference in their lives reaffirmed my belief in the power of Rotary's service to change lives for the better.

Share a humorous incident from your childhood that still makes you laugh out loud.

As a mischievous kid, I once convinced my younger sibling that the moon was made of cheese and that I could talk to it! We spent an entire night trying to communicate with the moon, and it's a memory that never fails to make me chuckle.

Any nicknames?

A: Hahaha, No. No fun aliases for me, just Mark Farouk. However, you can call me the "Explorer of Dreams" if you wish – a nickname I like to imagine when embarking on new endeavors.

What's the most bizarre or funny thing that ever happened to you at a Rotary event?

Hahaha, Picture this – right in the middle of a Rotary fellowship, my trouser zip decided to rebel and broke! I had to master the art of stylish waddling to avoid any fashion disasters. Who knew running in broken trousers could be an Olympic event! Laughter ensued, and I became the "Zip Breakdance Champion" of the night! To this day, I recall that moment and burst into laughter.

Do you have a motto or personal mantra?

My personal mantra is "Embrace challenges, embrace growth." I believe that every obstacle is an opportunity to learn, adapt, and emerge stronger than before reminded me that life's little surprises can become cherished memories.

Given a chance, who would you be for a day?

I'd definitely be Bugs Bunny. His witty humor and ability to outsmart his opponents while having a good laugh along the way resonate with my personality. Plus, who wouldn't want to experience the world through the eyes of a beloved cartoon character?

Greatest fear?

My greatest fear is losing the people I love and care

about. My other fear would be not living up to my full potential and not making a significant difference in the lives of others.

What is your current role in Rotary, and how have you found it?

I'm the Buddy Group Chief for the Apple buddy group, and it's been an incredible experience. We've organized engaging fellowships, fostering camaraderie and positive impact. Additionally, I'm honored to be the Magazine Officer for the Rotary

Club of Kampala Central, capturing inspiring moments and building a stronger Rotary community through captivating storytelling. Together, we unleash possibilities for a brighter future.

Any closing remarks?

As we journey through life and Rotary, let's remember that every small act of kindness has the power to ignite a ripple of positive change.



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Three Types of Income

Financial theorists and practitioners all seem to agree on one basic principle, i.e., diversification is the most important tool which helps mitigate risks. Most investors agree on the importance of diversification while making investments. However, they do seem to be on the fence when it comes to diversification while earning income.

Some of the biggest financial experts in the world, including Warren Buffet, have advocated the need for having multiple sources of income. These multiple sources increase the chance of a person living a wealthy life. In this article, we will have a closer look at the three types of income as well as their impact on the financial health of a person.

1. Earned Income

This is the primary source of income. For most people in the world, this would include salaries or the profits earned from their business. The problem with salaries is that they can be difficult to increase. The growth of salary happens at almost a fixed rate. Also, if a person wants to increase their salary income, they often have to work more hours. As people get older, the possibility of increasing the number of hours reduces. This is because the level of their physical fitness decreases. This also means that their responsibilities towards their family and society take up more of their time. Hence,

it has been observed that salaried income reaches a plateau when the person is in their middle ages. Post a certain age, salary increments only cover the rate of inflation.

Also, it needs to be noted that salaried income is one of the most highly taxed sources of income in the world. In most developed nations, salaried income is taxed at almost 50%! This means that once a person crosses a certain income threshold, their motivation to earn income also reduces because of the high rate of taxation.

2. : Investment Income

This is the income that is generated by selling investments that were made earlier. In simpler words, this represents an increase in the value of the investment or capital gain as it is known in common terms. For instance, if a person buys shares and sells at a higher price or if they buy a house and sell it for a profit, the difference is called a capital gain. This income has no relation to the number of hours worked. Also, this income is not received periodically. It keeps on accruing over a period of time and is paid out when the investor decides to liquidate it. Also, this type of income is more tax efficient as compared to earned income. This is true only if the investments have been held for a long period of time. Most countries in the world separate long term capital gains from short term capital gains and tax them at a lesser rate.

3. Passive Income

Passive income is another important source of income. It shares the characteristics of earned income and investment income. Just like earned income, it is paid for every period of time. However, the quantum of income does not depend upon the number of hours invested. Rather, it depends upon the capital invested.

This is where passive income is similar to investment income. Typical examples of passive income are rent, interest, and dividends, which are paid by shares and debentures. The taxes on this type of income are also less as compared to the earned income. Some incomes like dividends are totally tax-free in the hands of the investor. For other incomes like rent, there are tools such as depreciation, which can be used to lower the income and, therefore, the tax payable.

So, the bottom line is that the three types of income have different characteristics. These different characteristics are suited to different stages of life. A good understanding of these sources of income is important to increase an investor's wealth over their lifetime.

The earned income is the root of all wealth. This is particularly true in the early stages of one's career. This is why it is important for a person to consciously increase their earned income in the early stages of their career.

However, they should not increase their expenses in line with their income. Lower expenses with higher income would create a surplus of funds that can be invested.

These invested funds should be used to generate the second source of income, i.e., investment income. Since investors are earning off of their primary source of income, they can afford to invest for long periods of time using tools such as equity. Since equity offers the highest rate of growth, this can help to maximize the growth potential.

Next, as the age of a person increases, more and more money should be moved out of equities towards investments such as fixed deposits and rental properties. This will help provide a more stable source of income when the investor finally retires, and the earned income stops.

Ideally, every working person should have some knowledge about how the different types of income can be used to generate holistic wealth. However, it is surprising that many people do not focus on generating the second and third kinds of income and hence are not able to make optimum utilization of their earning potential.

Credit: <https://www.managementstudyguide.com/types-of-income.htm>



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How to Have a Better Relationship -

By Tara Parker-Pope

(Adopted from New York Times)

Can you spot a good relationship? Of course nobody knows what really goes on between any couple, but decades of scientific research into love, sex and relationships have taught us that a number of behaviors can predict when a couple is on solid ground or headed for troubled waters. Good relationships don't happen overnight. They take commitment, compromise, forgiveness and most of all – effort. Keep reading for the latest in relationship science, fun quizzes and helpful tips to help you build a stronger bond with your partner.

Love and Romance

Falling in love is the easy part. The challenge for couples is how to rekindle the fires of romance from time to time and cultivate the mature, trusting love that is the hallmark of a lasting relationship.

What's Your Love Style?

When you say “I love you,” what do you mean? Terry Hatkoff, a California State University sociologist, has created a love scale that

identifies six distinct types of love found in our closest relationships.

- Romantic: Based on passion and sexual attraction
- Best Friends: Fondness and deep affection
- Logical: Practical feelings based on shared values, financial goals, religion etc.
- Playful: Feelings evoked by flirtation or feeling challenged
- Possessive: Jealousy and obsession
- Unselfish: Nurturing, kindness, and sacrifice

Researchers have found that the love we feel in our most committed relationships is typically a combination of two or three different forms of love. But often, two people in the same relationship can have very different versions of how they define love. Dr. Hatkoff gives the example of a man and woman having dinner.

The waiter flirts with the woman, but the husband doesn't seem to notice, and talks about changing the oil in her car. The wife is upset her husband isn't jealous. The husband feels his extra

work isn't appreciated.

What does this have to do with love? The man and woman each define love differently. For him, love is practical, and is best shown by supportive gestures like car maintenance. For her, love is possessive, and a jealous response by her husband makes her feel valued.

Understanding what makes your partner feel loved can help you navigate conflict and put romance back into your relationship. You and your partner can take the Love Style quiz from Dr. Hatkoff and find out how each of you defines love. If you learn your partner tends toward jealousy, make sure you notice when someone is flirting with him or her. If your partner is practical in love, notice the many small ways he or she shows love by taking care of everyday needs.

Reignite Romance

Romantic love has been called a "natural addiction" because it activates the brain's reward center -- notably the dopamine pathways associated with drug addiction, alcohol and gambling. But those same pathways are also associated with novelty, energy, focus, learning, motivation, ecstasy and craving. No wonder we feel so energized and motivated when we fall in love!

But we all know that romantic, passionate love fades a bit over time, and (we hope) matures into a more contented form of committed love. Even so, many couples long to rekindle the sparks of early courtship. But is it possible?

The relationship researcher Arthur Aron, a psychology professor who directs the Interpersonal Relationships Laboratory at the State University of New York at Stony Brook, has found a way. The secret? Do something new and different -- and make sure you do it together.

New experiences activate the brain's reward system, flooding it with dopamine and norepinephrine. These are the same brain circuits that are ignited in early romantic love. Whether you take a pottery class or go on a white-water rafting trip, activating your dopamine systems while you are together can help bring back the excitement you felt on your first date. In studies of couples, Dr. Aron has found that partners who regularly share new experiences report greater boosts in marital happiness than those who simply share pleasant but familiar experiences.

.....*To be continued in our August Issue*



50

Things Every
Rotarian Should
Know About
Rotary

1- DEFINITION OF ROTARY

How do you describe the organization called “Rotary”? There are so many characteristics of a Rotary club as well as the activities of a million Rotarians. There are the features of service, internationality, fellowship, classifications of each vocation, development of goodwill and world understanding, the emphasis of high ethical standards, concern for other people and many more descriptive qualities.

In 1976 the Rotary International Board of Directors was interested creating a concise definition of the fundamental aspects of Rotary. They turned to the three men who were then serving on Rotary’s Public Relation Committee and requested that a one-sentence definition of Rotary be prepared. After numerous drafts, the committee presented this definition, which has been used ever since in various Rotary publications:

“Rotary is an organization of business and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world.”

Those 31 words are worth remembering when someone asks, “What is a Rotary club?”

2 - THE OFFICIAL ROTARY FLAG

An official flag was formally adopted by Rotary International at the 1929 Convention in Dallas, Texas. The Rotary flag consists of a white field with the official wheel emblem emblazoned in gold in the center of the field. The four depressed spaces on the rim of the Rotary wheel are colored royal blue. The words “Rotary” and “International” printed at the top and bottom depressions on the wheel rim are also gold. The shaft in the hub and the key way of the wheel are white.

The first official Rotary flag reportedly was flown in Kansas City Missouri, in January 1915. In 1922 a small Rotary flag was carried over the South Pole by Admiral Richard Byrd, a member of the Winchester, Virginia Rotary Club. Four years later, the admiral carried a Rotary flag in

his expedition to the North Pole.

Some Rotary clubs use the official Rotary flag as a banner at club meetings. In these instances it is appropriate to print the words “Rotary Club” above the wheel symbol, and the name of the city, state or nation below the emblem.

The Rotary flag is always prominently displayed at the World Headquarters as well as at all conventions and official events of Rotary International.

3 - ROTARY’S WHEEL EMBLEM

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate “Civilization and Movement.” Most of the early clubs had some form of wagon wheel on their publications and letterheads. Finally, in 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gear wheel, with 24 cogs and six spokes was adopted by the “Rotary International Association.” A group of engineers advised that the geared wheel was mechanically unsound and would not work without a “keyway” in the center of the gear to attach it to a power shaft. So, in 1923 the keyway was added and the design which we now know was formally adopted as the official Rotary International emblem.

4 - OBJECT OF ROTARY

In some areas of the world weekly Rotary club meetings begin with all members standing and reciting the Object of Rotary. This statement, which comes from the Constitution of Rotary, is frequently seen on a wall plaque in Rotarians’ offices or place of business.

The Object of Rotary is “to encourage and foster the ideal of service as a basis of worthy enterprise.” The statement then lists four areas by which this “ideal of service” is fostered: “through the development of acquaintance as the opportunity for service; the promotion of high ethical standards in business and professions;

through service in one's personal, business and community life; and the advancement of international understanding, goodwill and peace."

The Object of Rotary has not always been expressed in this manner. The original Constitution of 1906 had three objects: promotion of business interests, promotion of good fellowship and the advancement of the best interests of the community. By 1910 Rotary had five Objects as increased emphasis was given to expanding Rotary. By 1915 there were six Objects. In 1918 the Objects were rewritten again and reduced to four. Four years later they had again grown to six and were revised again in

1927.

Finally, at the 1935 Mexico City Convention the six Objects were restated and reduced to four. The last major change came in 1951, when the "Objects" were streamlined and changed to a single "Object" which is manifested in four separate ways. The "ideal of service" is the key phrase in the Object of Rotary. This ideal is an attitude of being a thoughtful and helpful person in all of one's endeavours. That's what the Object truly means.

To be continued in our August Edition



RTN. CLAIRE KIRASHA	1st August	Its time to celebrate all over again
RTN, SSONKO MOSES	2nd August	On one hand you have all the years of your marriage. May you run out of fingers and toes to count all those to come
RTN. WINNIE KABUMBULI	06th August	You planted the seed years ago ,its your love that keeps your family tree rooted
RTN. MOSES MATOVU	10th August	Fate had big things in store when the two of you were paired
RTN. MARION MUYOBO	21st August	Cheers to a decade filled with love. Break out the bubbly and toast to you past present and future
RTN. FRED GYAVIIRA KYAKA	27th August	Cheers to two imperfect pieces that fit perfectly together

Happy Anniversaries

	Denis Abaho	Child	10th August	On your special day, we wish you abundance of joy, happiness and love, you truly deserve it
	Travis Muhwezi	Child	11th August	You are a gift yourself and you deserve the best of everything.
	Manuel Muyobo	Child	12th August	We wish you a fantastic day and a wonderful year ahead
	Kevin Kagimu	Child	12th August	The day is all yours, have fun
	Ayden Ariho Muhirwe	Child	15th August	We wish a happy birthday. May all your dreams come true
	Chris Arembe	Spouse	17th August	May happiness bloom in your heart all year long
	Michelle	child	17th August	May this special day brings lots of smiles, joy and fun to you
Winnie Kabumbuli		Rotarian	17th August	To many more years of happiness, success and joy
	Moris Ashaba	Child	19th August	Asking God to bless you with every kind and joy today and always
	Aaron Micheal	Child	22nd August	We wish a fantastic day and a wonderful year ahead
	Vignesh Suresh	Child	23rd August	We send you birthday wishes wrapped with all our love
	Malcom Muyobo	Child	24th August	May your birthday be as lovely as you are
	Hannah Najjemba	Child	25th August	On this birthday, We wish that you become the best version of yourself
	Vanessa Pink Onono	Child	27th August	
	Sandra Natukunda Ruhongore	Spouse	28th August	Bottomless happy birthday greeting from the bottom of our bottomless loving hearts to you
	Trivon Bisaso	Child	30th August	Thank you for simply being amazing
	Mahirwe Valentina	Child	30th August	
	Amelia M. Kyaka	Spouse	3rd August	Wishing you the best today and every day. You deserve it.
Agatha Arembe		Rotarian	6th August	May you receive the greatest of joys and everlasting bliss

District Governor's Visit

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