

Rotary

Club of Kampala Central



CREATE HOPE
in the WORLD

The

PASSION

September Edition

D9213
Rotaract
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2023

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Editor's Note



Dear Esteemed Rotarians,

In the spirit of service and community, we extend our warmest greetings as we delve into the September 2023 issue of Passion Magazine.

This edition is a testament to the dedication and unwavering commitment of the Rotary Club of Kampala Central towards making a positive impact on our society.

During the month of September 2023, our club has been involved in several significant endeavors, each reflecting our core values and mission. Here, we showcase not only our impactful projects but also shed light on vital board decisions that will shape our future initiatives:

Our visit to Nyenga Seminary on the 16th of September was a gratifying experience. Witnessing the flourishing trees we planted was a reminder of the

lasting impact of our efforts. Looking ahead, we have resolved to enhance our sustainability efforts by replanting fruit trees, this time with the inclusion of quality manure and fertile black soil.

The launch of our Boychild program in Mpigi on the 30th of September marked a pivotal moment in our ongoing commitment to empower young boys within our communities. The presence of our dedicated Rotarians and the Honorable Teddy Namboze, Member of Parliament for Mpigi District, lent even greater significance to this initiative.

Throughout the month, our cherished Cherry Buddy Group orchestrated a series of engaging fellowships featuring thought-provoking speakers. Their dedication to promoting fellowship and environmental responsibility was on full display as they generously gifted trees to attending Rotarians, promoting the green ethos that defines our club.

As we peruse the stories within these pages, let us remember the impact we can make when we come together as Rotarians. Our shared vision for a better world is not just a dream; it's a mission we actively pursue.

In a world filled with challenges, the Rotary Club of Kampala Central remains steadfast in its commitment to service and fellowship. Let us continue to shine as a beacon of hope, nurturing not only our communities but also our planet.

Thank you for being an integral part of our journey. Your support and dedication drive the positive change we aspire to achieve.

Yours in Service,

FAROUK MARK MUKIBI
Editor-in-Chief, The Passion Magazine

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Gordon R. McNally
RI President



The International Day of Peace takes place 21 September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace through observing 24 hours of non-violence and cease-fire.

It is not enough, as People of Action, to simply avoid making war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration.

In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programs and make them more accessible.

A virtual exchange uses online platforms to connect people from different parts of the world so they can share their traditions, priorities, values, and more. Virtual exchanges can serve as a window to another part of the world through activities such as teaching a digital cooking class, learning a new language, or even designing service projects with a global impact.

These online chats have the potential to inspire new connections and more respect between societies. Taking that knowledge and using it to better the lives of our fellow human beings is the next step.

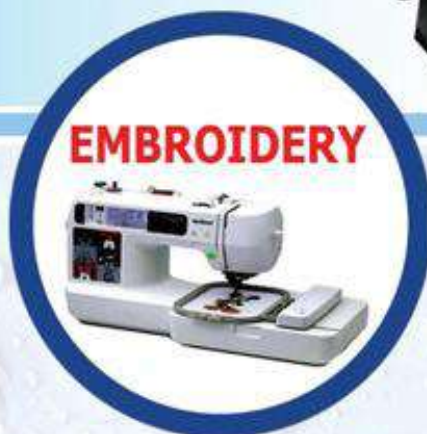
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R. Gordon R. McNally
President 2023-24

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President's *Message*

Francis Wangi
President 2023/24

There is need to reflect on the kind of education we offer to our children to assess the effectiveness of the same and the extent to which it enables them to live better lives as they apply what they have learned in school. In our education system, this is called competence-based education.

This cannot be done by the teachers alone; other stakeholders need to play a role as well. The parents specifically need to play an active role in the education of their children by complementing the work done by schools. Additionally, we need to call upon schools to work closely with their communities to support in identifying and dealing with the challenges the communities face. We all need to play a role and I am glad to note that Rotary is taking lead and providing the much-needed support.

Thank you for being part of this amazing journey as we create hope in the world.

Dear Readers

Thank you for making time to read this month's Passion magazine. Rotary dedicates the month of September to Basic Education and Literacy. This is when we recommit our efforts towards advancement of literacy and numeracy as we support our communities to empower themselves using education as a tool. It is a call to everyone to play a role in furthering basic education and literacy by focusing on the current trends and what the experts advise as the best approach to be used in working towards this goal.

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Member Spotlight



Unveiling An Engaging
Journey of Passion and
Service

In this month's Rotary Magazine, we are thrilled to bring you an exclusive interview with one of the most dynamic and committed Rotarians in our club.

Join us as we delve into the extraordinary life journey of this inspiring individual, exploring their Rotary experience, family roots, cherished childhood memories, hobbies, career, personal mantra, and more.

Leah, could you introduce yourself to our readers, sharing not only your impressive background but also a quirky or unique fact about yourself?

Hey there, I'm Leah Nabukalu Musoke, a mom to two amazing girls and a proud graduate in Marketing from Ndejje University. By day, I'm a businesswoman, juggling the Network Marketing world with NORLAND International. Oh, and did I mention I'm a Regenerative Medicines consultant with NORLAND too? You see, I'm a multitasking wizard with a knack for providing top-notch customer service, and I've got a colorful personality to boot!

You've mentioned your passion for serving others. How did you discover Rotary, and what was that "Aha!" moment that made you feel like you had found your tribe

Oh, Rotary found me, I'd say! I delight in serving others, and when Rotary came knocking, it was like a puzzle piece falling into place. The beauty of Rotary is that it's a dynamic blend of service, learning, and camaraderie. Plus, being part of a green club opened my eyes. My experience in Nyenga made me realize that planting trees today ensures a greener tomorrow for the generations to come.

Childhood dreams often shape our adult aspirations. Can you take us back to a cherished childhood memory or dream that has influenced your journey, even in the world of business and Rotary?

You know, as a kid, I admired businesspeople because they seemed to live the life I wanted. I promised myself that I'd grow up to be a successful entrepreneur, and I'm well on my way there. But here's a fun tidbit - I used to groove to music alone in my house, cranking up the volume and dancing my heart out. Those solo dance sessions brought me immense joy.

Family can be a powerful influence. How did your upbringing and the role your parents played at a young age shape your commitment to helping others?

I lost my dad when I was just 10 years old, and my mom stepped into the hero's shoes. She served the government as a civil servant and helped many, including her siblings, by providing education and support. In fact, I practically grew up with most of my aunts and uncles. So, I'm on a mission to teach anyone I can to work hard and achieve more in life.

It's heartwarming to hear during our pre-interview session that your children were inspired to join Interact clubs. Could you tell us more about the impact that Rotary and your involvement have had on your own family's outlook on service and community?

Indeed, my children attended fellowship and were inspired to join Interact clubs in their schools. It's beautiful to see the ripple effect of Rotary in my own family.

During our pre-interview session, you also mentioned a turning point in your life involving a lost capital and discovering network marketing. Could you share more about how this experience changed your perspective and set you on the path to serve others?

Picture this: I started a business at 18, only to have my capital stolen by a thief. That's when network marketing entered the scene, altering my view of life. I realized that serving others was my true calling, and from that point on, there was no looking back. When Past President Julian extended an invitation to join the Rotary Club of Kampala Central, I jumped at the chance.

You've highlighted your love for social interaction and enjoyment of the finer things in life. How does Rotary provide you with opportunities to blend your social side with your commitment to service and business?

I'm a social butterfly, and I find immense joy in interacting with people. In Rotary, I get the best of both worlds. I can connect with incredible individuals while making a positive impact on our community. Plus, I get to enjoy the finer things in life

and engage in meaningful business discussions with fellow Rotarians. It's a win-win!

Motherhood has a way of reshaping our perspectives. Can you share a moment when becoming a mother made you realize the importance of setting an example and living a life that inspires others?

The day I became a mother was an epiphany. Suddenly, I understood that life wasn't just about me; it was about setting an example for my children and those around me. I had little eyes watching my every move, and I had to choose to live as an inspiration in everything I did. Motherhood is undoubtedly one of my most cherished highlights.

Balancing work, personal life, and Rotary commitments can be quite the juggling act. How do you manage to keep all these facets of your life in harmony, and do you have any time management secrets to share?

Ah, the art of balance! Well, I've learned that teamwork makes the dream work, so I'm not afraid to delegate. After all, nothing significant is achieved alone. I'm also a planning pro, meticulously organizing my days, weeks, and months. It's all about setting priorities and understanding that you can't squeeze everything into your plans.

Rotary is not just about service but also about building friendships. Could you share a delightful memory of a Rotary event or gathering that truly warmed your heart and brought you closer to your fellow Rotarians?

Absolutely! I remember my early days in Rotary, attending "Cowboy Night" at Amare in Nsambya. I got there early, and most Rotarians arrived fashionably late. I decided to make friends with the waiters and ordered all the drinks. I was having such a blast with the band that I ended up connecting with other Rotarians, and that's how I started to truly blend in. Oh, and let's not forget those unforgettable bus parties; they're an absolute blast!

Your work involves creating meaningful relationships and partnerships. How does this business philosophy seamlessly align with your role in Rotary, and how does your community benefit from these connections?

In my line of business, it's all about forging meaningful relationships and partnerships where

everyone benefits and inspires one another. This knack for service comes naturally to me, and I've carried it over into Rotary. My community benefits in multiple ways, from raising awareness about quality treatment for chronic diseases to contributing to charitable causes like the recent cancer run. Rotary amplifies my ability to make a positive impact.

Life has a way of teaching us valuable lessons. Can you share a life lesson that has been instrumental in your journey, one that keeps you moving forward with purpose and determination?

Life's greatest lesson for me has been understanding that to get what I want, I must help as many people get what they want. It's a beautiful cycle of giving and receiving.

Your personal mantra is about staying happy, having faith, and taking action. How has this mantra served as a guiding light in your life, especially during challenging times, and what role has it played in your Rotary journey?

My mantra is simple yet powerful: stay happy, have faith, and take action. It's all about maintaining a positive outlook and believing that things are getting better. It pushes me to take action on the things I want in life.

The kind of business you do is about making meaningful relationships and partnerships. How does this business philosophy seamlessly align with your role in Rotary, and how does your community benefit from these connections?

My community benefits in such a way that I create awareness about quality treatment of chronic diseases, and also through Rotary, they benefit. For example, recently we had a cancer run, and I'm sure the proceeds went into the cancer institute to help cancer patients.

Life has a way of teaching us valuable lessons. Can you share a life lesson that has been instrumental in your journey, one that keeps you moving forward with purpose and determination?

My life lesson is to stay happy always, regardless of whatever happens in my life. Having faith and hope that things are getting better. Taking action on things I want done in my life, and being persistent and resilient in whatever I lay my hands on.

Your personal mantra is about staying happy, having faith, and taking action. How has this mantra served as a guiding light in your life, especially during challenging times, and what role has it played in your Rotary journey?

I've taught myself to see the good in every situation and always keep a positive attitude towards life, regardless of whether I'm going through adversity. I keep smiling to the world, and it's a winning attitude.

Regrets and missed opportunities are part of the human experience. Would you be willing to share a story of resilience, where you turned a regret into a valuable lesson or an opportunity for growth?

I have few regrets because constantly I'm learning or growing from situations that happen in my life. That's my approach to life. I don't give negative energy attention; I go with what flows or aligns with me. If not, I just let go.

You've had a journey of just under a year with Rotary. Looking ahead, what are your dreams and aspirations within the Rotary Club of Kampala Central, and how do you envision painting a brighter future for your community?

What I can tell all Rotarians is to duplicate ourselves

to the young generation so that the legacy of Rotary is preserved with dignity forever.

Looking back at your journey so far, are there any dreams or aspirations you haven't mentioned yet, both within Rotary and in your personal life, that you'd like to share with our readers?

Looking ahead, my dream is to inspire everyone I know to become a Rotarian. Together, we can create a ripple effect of goodwill and make the world a better place, one act of service at a time.

Finally, as we conclude, what's the most heartwarming or memorable interaction you've had with a community member or fellow Rotarian, a story that encapsulates the true essence of Rotary's spirit of service and friendship?

Absolutely! When we went to Lukwanga, it was a humbling experience. I remember packing prescriptions for every child. We were told Rotarians donated books. The school had improved, and seeing the impact we can make firsthand reaffirmed my commitment to Rotary's mission of service and community betterment. It's moments like these that truly embody the spirit of Rotary, where we come together to create positive change, and I'm honored to be a part of it.

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How to Have a Better Relationship

By Tara Parker-Pope, (Adopted from New York Times)

-----Continued from our August issue.

Let's look at what couples had in common. Both partners wanted seduction, instructions and experimentation.

The main difference for men and women is where sexual desire begins. Men wanted their wives to initiate sex more often and be less inhibited in the bedroom. But for women, behavior outside the bedroom also mattered. They wanted their partner to be warmer, helpful in their lives, and they wanted love and compliments both in and out of the bedroom.

More on Sex in Relationships
Staying Faithful

Men and women can train themselves to protect their relationships and raise their feelings of commitment.

Can You Predict Infidelity?

In any given year about 10 percent of married people — 12 percent of men and 7 percent of women — say they have had sex outside their marriage. The relatively low rates of annual cheating mask the far higher rate of lifetime cheating. Among people over 60, about one in

four men and one in seven women admit they have ever cheated.

A number of studies in both animals and humans suggest that there may be a genetic component to infidelity. While science makes a compelling case that there is some genetic component to cheating, we also know that genetics are not destiny. And until there is a rapid-gene test to determine the infidelity risk of your partner, the debate about the genetics of infidelity isn't particularly useful to anyone.

There are some personality traits known to be associated with cheating. A report in The Archives of Sexual Behavior found that two traits predicted risk for infidelity in men. Men who are easily aroused (called "propensity for sexual excitation") and men who are overly concerned about sexual performance failure are more likely to cheat. The finding comes from a study of nearly 1,000 men and women. In the sample, 23 percent of men and 19 percent of women reported ever cheating on a partner.

For women, the main predictors of infidelity were relationship happiness (women who aren't happy in their partnership are twice as likely to

cheat) and being sexually out-of-sync with their partner (a situation that makes women three times as likely to cheat as women who feel sexually compatible with their partners).

Protect Your Relationship

1 . Avoid Opportunity. In one survey, psychologists at the University of Vermont asked 349 men and women in committed relationships about sexual fantasies. Fully 98 percent of the men and 80 percent of the women reported having imagined a sexual encounter with someone other than their partner at least once in the previous two months. The longer couples were together, the more likely both partners were to report such fantasies.

But there is a big difference between fantasizing about infidelity and actually following through. The strongest risk factor for infidelity, researchers have found, exists not inside the marriage but outside: opportunity.

For years, men have typically had the most opportunities to cheat thanks to long hours at the office, business travel and control over family finances. But today, both men and women spend late hours at the office and travel on business. And even for women who stay home, cellphones, e-mail and instant messaging appear to be allowing them to form more intimate relationships outside of their marriages.

As a result, your best chance at fidelity is to limit opportunities that might allow you to stray. Committed men and women avoid situations that could lead to bad decisions -- like hotel bars and late nights with colleagues.

2. Plan Ahead for Temptation. Men and women can develop coping strategies to stay faithful to a partner.

A series of unusual studies led by John Lydon, a psychologist at McGill University in Montreal, looked at how people in a committed relationship react in the face of temptation.

In one study, highly committed married men and

women were asked to rate the attractiveness of people of the opposite sex in a series of photos. Not surprisingly, they gave the highest ratings to people who would typically be viewed as attractive.

Later, they were shown similar pictures and told that the person was interested in meeting them. In that situation, participants consistently gave those pictures lower scores than they had the first time around.

When they were attracted to someone who might threaten the relationship, they seemed to instinctively tell themselves, "He's not so great." "The more committed you are," Dr. Lydon said, "the less attractive you find other people who threaten your relationship."

Other McGill studies confirmed differences in how men and women react to such threats. In one, attractive actors or actresses were brought in to flirt with study participants in a waiting room. Later, the participants were asked questions about their relationships, particularly how they would respond to a partner's bad behavior, like being late and forgetting to call.

Men who had just been flirting were less forgiving of the hypothetical bad behavior, suggesting that the attractive actress had momentarily chipped away at their commitment. But women who had been flirting were more likely to be forgiving and to make excuses for the man, suggesting that their earlier flirting had triggered a protective response when discussing their relationship.

"We think the men in these studies may have had commitment, but the women had the contingency plan -- the attractive alternative sets off the alarm bell," Dr. Lydon said. "Women implicitly code that as a threat. Men don't."

The study also looked at whether a person can be trained to resist temptation. The team prompted male students who were in committed dating relationships to imagine running into an attractive woman on a weekend when their girlfriends were away. Some of the men were

then asked to develop a contingency plan by filling in the sentence “When she approaches me, I will _____ to protect my relationship.”

Because the researchers ethically could not bring in a real woman to act as a temptation, they created a virtual-reality game in which two out of four rooms included subliminal images of an attractive woman. Most of the men who had practiced resisting temptation stayed away from the rooms with attractive women; but among men who had not practiced resistance, two out of three gravitated toward the temptation room.

Of course, it’s a lab study, and doesn’t really tell us what might happen in the real world with a real woman or man tempting you to stray from your relationship. But if you worry you might be vulnerable to temptation on a business trip, practice resistance by reminding yourself the steps you will take to avoid temptation and protect your relationship.

.....to be continued in our October issue.



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to protect their relationships and
raise their feelings of
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Things Every
Rotarian Should
Know About
Rotary

(by Steve Garret, District Governor 1994-1995)

Continued from our August issue....

9 - INTERNATIONAL RESPONSIBILITIES OF A ROTARIAN

As an international organization, Rotary offers each member unique opportunities and responsibilities. Although each Rotarian has first responsibility to uphold the obligations of citizenship of his or her own country, membership in Rotary enables Rotarians to take a somewhat different view of international affairs. In the early 1950s a Rotary philosophy was adopted to describe how a Rotarian may think on a global basis. Here is what it said:

“A world-minded Rotarian:

- looks beyond national patriotism and considers himself as sharing responsibility for the advancement of international understanding, goodwill and peace;
- resists any tendency to act in terms of national or racial superiority;
- seeks and develops common grounds for agreement with peoples of other lands;
- defends the rule of law and order to preserve the liberty of the individual so that he may enjoy freedom of thought, speech and assembly, and freedom from persecution, aggression, want and fear;
- supports action directed toward improving standards of living for all peoples, realizing that poverty anywhere endangers prosperity everywhere;
- upholds the principles of justice for mankind;
- strives always to promote peace between nations and prepares to make personal sacrifices for that ideal;
- urges and practices a spirit of understanding of every other man's beliefs as a step toward international goodwill, recognizing that there are certain basic moral and spiritual standards which will ensure a richer, fuller life.”

That is quite an assignment for any Rotarian to practice in thoughts and actions!

10 - THE SPONSOR OF A NEW MEMBER

The bylaws of Rotary clearly outline the procedure for a prospective member to be proposed for Rotary club membership. The “proposer” is the key person in the growth and advancement of Rotary. Without a sponsor, an individual will never have the opportunity to become a Rotarian.

The task of the proposer should not end merely by submitting a name to the club secretary or membership committee. Rotary has not established formal responsibilities for proposers or sponsors, however, by custom and tradition these procedures are recommended in many clubs. The sponsor should:

1. Invite a prospective member to several meetings prior to proposing the individual for membership.
2. Accompany the prospective new member to one or more orientation/informational meetings.
3. Introduce the new member to other club members each week for the first month.
4. Invite the new member to accompany the sponsor to neighboring clubs for the first make-up meeting to learn the process and observe the spirit of fellowship.
5. Ask the new member and spouse to accompany the sponsor to the club's social activities, dinners or other special occasions.
6. Urge the new member and spouse to attend the district conference with the sponsor.
7. Serve as a special friend to assure that the new member becomes an active Rotarian.

When the proposer follows these guidelines, Rotary becomes stronger with each new member.

11 - WOMEN IN ROTARY

Until 1989, the Constitution and Bylaws of Rotary International stated that Rotary club membership was for males only. In 1978 the Rotary Club of Duarte, California, invited three women to become members. The RI board withdrew the charter of that club for violation of the RI Constitution.

The club brought suit against RI claiming a violation of a state civil rights law which prevents discrimination of any form in business establishments or public accommodations. The appeals court and the California Supreme Court supported the Duarte position that Rotary could not remove the club's

charter merely for inducting women into the club.

The United States Supreme Court upheld the California court indicating that Rotary clubs do have a “business purpose” and are in some ways public-type organizations. This action in 1987 allowed women to become Rotarians in any jurisdiction having similar “public accommodation” statutes.

The RI constitutional change was made at the 1989 Council on Legislation, with a vote to eliminate the “male only” provision for all of Rotary.

12 - WORLD UNDERSTANDING MONTH

The month of February is very special in the Rotary calendar since it is designated World Understanding Month. The month also includes the anniversary of the first meeting of Rotary held on February 23, 1905, now designated World Understanding and Peace Day.

In designating World Understanding Month, the Rotary International board asks all Rotary clubs to plan programs for their weekly meeting and undertake special activities to emphasize

“understanding and goodwill as essential for world peace.”

To observe this designated month, many clubs arrange international speakers, invite youth exchange students and international scholars from schools and universities to club meetings, plan programs featuring former Group Study Exchange team members, arrange discussions on international issues, present entertainment with an international cultural or artistic theme and schedule other programs with an international emphasis.

Many clubs take the opportunity to launch an international community service activity or make contact with a Rotary club in another country is a good month to initiate a Rotary Fellowship Exchange, a 3-H project to encourage support for PolioPlus and other Rotary Foundation programs.

World Understanding Month is a chance for every club to pause, plan and promote the Fourth Avenue of Service-Rotary’s continued quest for goodwill, peace and understanding among people of the world.

.....to be continued in our October issue.

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As we grow older and embrace more commitments for instance children, aging parents, extended family commitments and social commitments, there is a tendency to not only become a slave of your commitments but also thy finances.

Have you ever imagined how much you spend on yourself? Have you ever taken time to ponder the last time you used your money to improve your worth? Have you ever taken time to enjoy the fruits of the bright future that you toiled for?

We have been engulfed in a lot of financial commitments to the extent that we think spending money on our selves is wastage. Society has curved its stereotype of someone who spends money on themselves as extravagant and not conscious of tomorrow! If someone's wants their dream car and they work hard to get it, then it becomes extravagance, forgetting that like a business invested in, investing in oneself has quality and qualitative returns on investment.

Scholars of financial independence assert that investing in oneself consistently is key to growing your wealth. Just sitting on money by keeping it in a savings account simply offers you wasted years of financial freedom or early retirement. There are quite so many kinds of investment. However, there is one asset we all have in common that everyone should invest in first:

Yourself.

Investing in oneself will pay huge unquantifiable returns for you throughout your lifetime. Whether that is monetary value or just improving your overall happiness.

Investing in yourself means you are committing time, money, and other resources to better your current and future life. Instead of primarily just focusing on material things, you instead look for opportunities and assets that will raise your knowledge that can make huge impacts for you.

The goal is that you are always improving and building a better life for yourself and your family. By investing in yourself first, you can see an impact on your finances, career, hobbies, and just overall happiness.

Like any business where returns are expected, by investing in oneself, you start to acquire knowledge and other skills that will greatly impact the return on

investment on anything you pursue. It's important because it helps you diversify your knowledge, improves decision making, helps you be more prepared financially, and maximizes your career and business choices

Investing in oneself can take a number of dimensions not limited to the following;

Invest Your Time;

If you want to succeed in finances, and investing, you first have to understand how to invest your time. Time is limited and what you do with it and manage it is critical. By not understanding how to best organize your time for maximum returns, you may be wasting your efforts on things that add little or no value. Master your investment in time, understand it, value it, and manage it. Certainly, some people have more free time than others, but you'd be surprised how much time we waste. But you alone control how to spend your time and it can make all the difference in your life and financial future.

Invest in Knowledge;

In order to succeed in a better financial future, you have to dedicate yourself to expanding your knowledge. Neither schools nor the media can give concrete lessons on investing or personal finances.

Without investing in your knowledge; you are blindly following information and can easily make costly mistakes. Learn to invest in your knowledge, what books or blogs to read, and improve your mind. Even if you become quite the expert in something, still read or listen to others in the field.

Invest in Your Physical Health;

At last I have found a point of convergence between finances and Coach Bob-the fitness coach! If you want to be around to enjoy financial freedom and see the results of your investments come together, your physical health is very important. This means exercising, eating well, having routine doctor visits, and generally paying attention to your body and what it might be telling you. Money is important, but it is not greater than your personal well-being. Investing in physical health allows you to feel better, be motivated in life, and ensure you don't become a potato on a couch.

Invest in Your Emotional Health;

Investing in emotional health is as critical as investing in physical health. Emotional health impacts on physical health. While working hard and learning are important for your future, none of it matters if your emotional state is in distress. This means while you want to invest in your time, knowledge, and physical health, you also need to relax, release stress, and find some “me” time. Emotions also play a big role in decisions you make financially and by not having clarity, it can lead to some pretty rash and poor money decisions.

Invest in the Kingdom of God:

Luke 12:13-34 gives several insights on how to

invest in the Kingdom of God, particularly 33 Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. 34 For where your treasure is, there your heart will be also. Pay your tithe, zakat, give to the poor, orphanages as well as all works of God.

There is a popular Luganda phrase **“tewekubakko njawulo”** literally meaning don’t cheat or steal from yourself. Failure to invest in yourself is tantamount to cheating yourself. Investing in yourself first is key to helping you improve financially, but it has to start with YOU.



Birthdays				
Rotarian	Family Member	Designation	Date	Message
Barbara Kyobula		Rotarian	10th October	We wish you an exciting life full of wonderful discoveries and joyful surprises .May you always shine bright like a diamond you are.
	Eng. Wilson Kibukamu-soke	Spouse	26th October	You are only young once ,so enjoy it to the fullest.
	Tanya Namazzi	Child	22nd October	May the lights of your life never dim.May they shine forever ,bright and brighter
Dickens Mudoola		Rotarian	15th October	We are blessed by your true friendship.we hope you have an amazing day like you are
	Harine	Child	25th October	Wishing you a new ending pattern of peace & joy
Dorothy Kiyaga		Rotarian	16th October	We hope you see yourself the way we see you,amazing ,incredible ,kind ,smart funny and compassionate
	Liora Anne Nasazi	Child	21st October	We wish you the biggest slice of happiness today
	Kimberly Ankunda	Child	17th October	We pray your birthday grants you all the wishes you desire
Emmanuel Kwesiga		Rotarian	02nd October	youre a rare gem.May you always be the winner of your life game

Rotarian	Family Member	Designation	Date	Message
	Agaba Ariho	Child	12th October	Don t worry about age ,you get a new one every year
	Celine Ahabwe	Child	07th October	Wishing you a birthday filled with love and success you deserve
	PJ Mwendha	Child	27th October	YOURE ARE A PRECIOUS GEM.keep shining as you do
	Christine Tumusiime	Child	27th October	
	Elizabeth Muwonge	Spouse	24th October	We send you prayers and wishes on ypur special day
	Selina Namutebi	Spouse	09th october	Here's to enjoying every moment of your special day
	Marcus Kaaya	Child	01st October	May all your dreams come true
	Mathew	Child	15th October	We send you birthday wishes wrapped with all our love
		Child	19th October	We wish a happy birthday to an amazing person who deserves all the best
		Rotarian	27th October	We hope your birthday is beautiful as you are
		Rotarian	02nd October	Warmest wishes to you on your very special day. We hope that you continue to change the lives of others with your positivity ,love and beautiful spirit.
	Rtn. Nicholas Muhirwe	Rotarian	9th October	May you have all the love you heart can hold .Happiness a day can bring and the blessings a life can unfold
	Alexa Kobugabe Muhirwe	Spouse	10th October	On this birthday we hop e you find everything you have been looking for in life .If not ,you can always ask for more gifts .Happy Birthday
	Jackie Esther	Child	31st October	We hope your birthday is full of sunshine , rainbows ,love and laughter
	Jesse Bwanika	Spouse	07th October	May your birthday be as lovely as you are
		Child	08th October	Embrace every change,experience ,challenge and moments of joy coming you way .Theres so much ahead you will just love.
Vivian Bahati		Rotarian	09th October 1992	We were hoping to find you a birthday gift that truly amazing and inspiring ,Then we remembered that you already have us

Anniversaries

Alex Martin Mwanje		Rotarian		Skip the dress and tux and enjoy some cake in the comfort of each other's company
Robert Ssebugwawo		Rotarian		10 years later and all that glitters is still gold

time to
Celebrate



September Activities

Album



September Meetings



OCT
28
2023

Rotary
Kampala Central

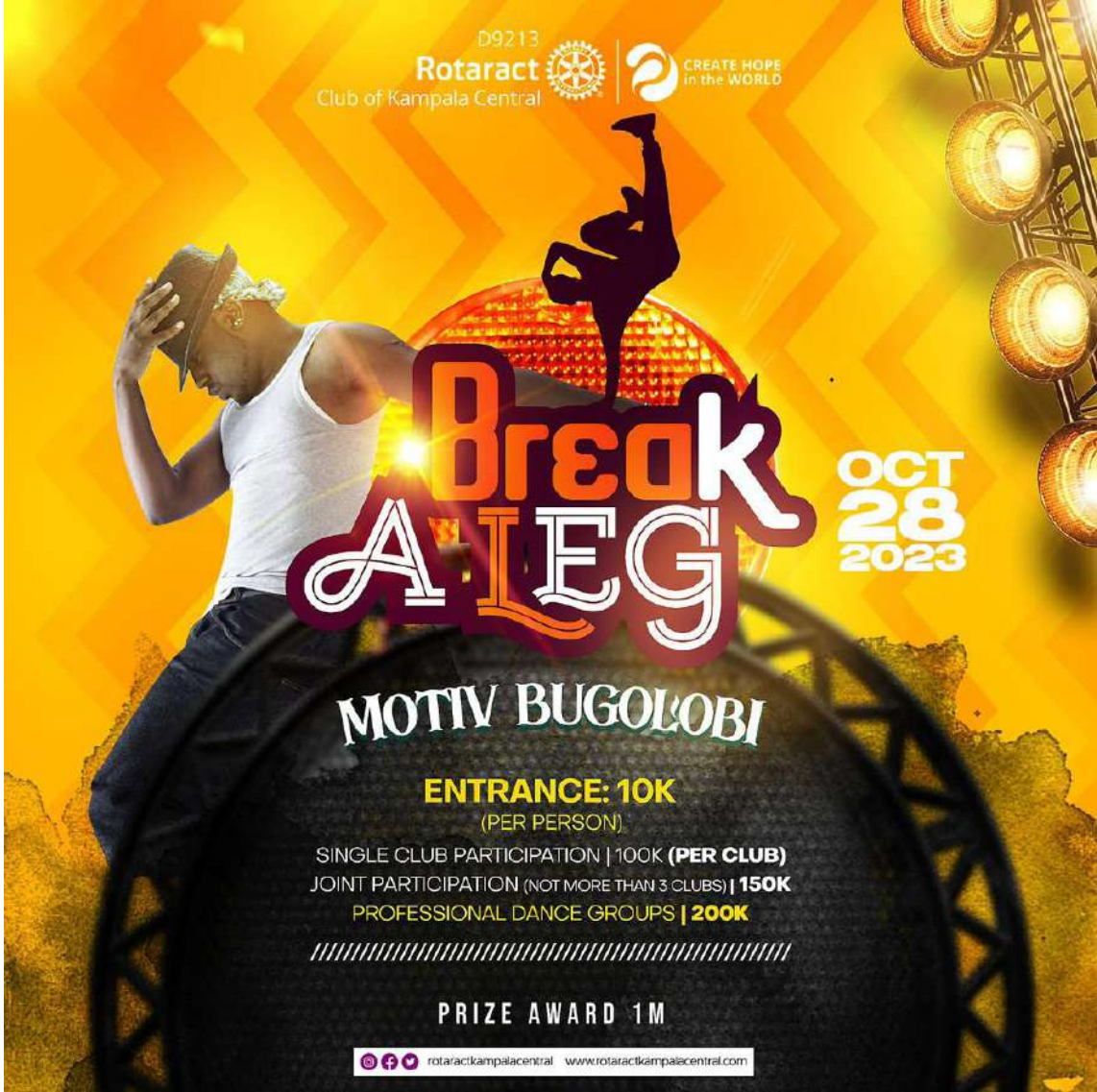
Break
A LEG

I WILL BE THERE



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