

# The Kiwatule



Monthly Magazine - JULY 2023, VOL. 22, ISSUE 1  
(THEME OF THE MONTH - MATERNAL & CHILD HEALTH)

**Rotary**  
Club of Kiwatule



**CREATE HOPE**  
in the **WORLD**



**Centenary**  
Bank



# Contents



- 3** Outgoing Club President’s Message
- 5** Rotary International President’s Message
- 7** District Governors Message (D9213)
- 8** Assistant Governor’s Message
- 9** Incoming Club President’s Message
- 10** The Year in Focus
- 21** Projects Pipeline
- 24** Up, Close & Personal, with our Newest Rotarians
- 28** Food for Thought
- 29** Book Review Corner

## Cell on Duty members

### SAXOPHONE

1. FRANCIS OGWANG
2. GODFREY BYEKWASO
3. ROBERT HENRY KIGGUNDU
4. ALEX TWESIGYE
5. ROSETTE ADROA
6. PHEONA WALL
7. STELLA KASOZI
8. EVANS MARTIN NAKHOKHO
9. JULIA MUGENYI
10. JONATHAN CULA
11. VICKY MIREMBE
12. GERALD TUMWINE
13. SUZAN ARITE
14. EMMANUEL ACUC
15. RONALD SSEKITOLEKO
16. ANNE NAKINSIGE
17. MICHEAL BABU
18. DARREN NAMATOVU
19. PATRICK KALIKA
20. TRACY TURYAKIRA
21. PAUL SENGOBA

## Board of Directors (2023/2024)

1. **PRESIDENT:** ALEX M. B. TWESIGYE
2. **IMMEDIATE PAST PRESIDENT:** MARION NATUKUNDA
3. **PRESIDENT ELECT:** WINNIE BABIHUGA
4. **DIRECTOR (THE ROTARY FOUNDATION):** MONICA NYAKAISIKI
5. **DIRECTOR (MEMBERSHIP):** SHEEBA M. TUMUSHABE
6. **TREASURER:** ANNETTE B. CHEROTICH
7. **DIRECTOR (PUBLIC RELATIONS):** ALLEN BABIHUGA
8. **DIRECTOR (SERVICE PROJECTS):** HENRY MUKIIBI
9. **DIRECTOR (YOUTH SERVICE):** MICHAEL BABU
10. **DIRECTOR (VOCATIONAL SERVICE DIRECTOR):** GEORGE OKELLO-OPIO
11. **CLUB SECRETARY:** JULIANE ONGOM ETIMA
12. **DIRECTOR (CLUB ADMINISTRATION):** BARBARA AKELLO NJUKI
13. **DIRECTOR (FAMILY OF ROTARY):** DR. MARY NYENDE KANSIIME
14. **VICE PRESIDENT:** HENRY ISAIAH KATONGOLE
15. **FUNDRAISING OFFICER:** JIMMY ONESMUS ADIGA
16. **ATTENDANCE OFFICER:** ROSETTE ADROA MUTU
17. **5-A-SIDE OFFICER:** EDWARD NKANGI
18. **SERGEANT AT ARMS:**







Immediate Past President  
Marion Natukunda  
RC Kiwatule 2022-2023

# RC Kiwatule Outgoing President's Message

**I**t gives me great pleasure, to write to you all on this day, 1st July 2023, as I sign out as the President of RCK for the past twelve months.

Thank you for the privilege and opportunity you gave me to serve the till yesterday.

In the same breath, I congratulate my brother Alex Twesigye who has succeeded me as President and wish him well in his new role. I also wish him and all other elected officers of the club well in all their future endeavours.

I would like to thank the members of RC Kiwatule and the Board that I have worked with the previous Rotary Year. Thank you all for your selfless dedication to the affairs of the club. You all served with a high level of commitment. You sacrificed your time and resources to work for the good of the club at no financial cost to Rotary. Many times, you had to go through heavy traffic to attend fellowships and Board meetings.

I also want to thank the committees that served the club in various mandates. As we took the oath to serve on 20th May 2022, we were excited, and yet, very anxious about what lay ahead of us in leading one of the most successful clubs in D9213.

The Club started the RY 2022- 2023 with 114 members and was able to induct a total of 11 new members following a new rigorous induction procedure that improves the quality as opposed to the quantity of the members. The total current Membership in RCK is 125.

The club contributed \$ 35,138 to the Rotary Foundation, which is 117% of the target figure of \$30,000.

The Club has also continued to support the Youth Service (Rotaract & Interact Clubs)

though the latter were greatly affected by the recent Covid lockdown.

The only challenge noted is that Board was unable to organize the club retreat and training last year due to unavoidable circumstances. I commit to support the incoming President and his team to carry out these events in the new Rotary Year.

I now proudly say that I am so humbled and it has been an honor serving the Club as the 20th President of Rotary club of Kiwatule with so much pride.

Let's Now Create Hope in the World this year.

Proud to Serve.

Immediate Past President  
Marion Natukunda



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# Rotary International President's July 2023 Message

Gordon R. McNally, President, Rotary International 2023-24

**E**ven 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.

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.**



## Fellowship Program

- 7.00 Call fellowship to Order
- The Grace / Invocation
- The Loyal Toast
- The Four Way Test
- The Object of Rotary
- Apologies
- Introductions of visiting Rotarians,
- Rotaractors & Guests
- Rotary Information
- Introduction of Guest Speaker
- Q&A
- Vote of thanks
- Sergeant-at-Arms
- Final Toast

## The Grace

Oh Lord and Giver of all Good, We thank thee for our daily food. May Rotary friends and Rotary ways, help us to serve thee all our days, AMEN.

## The 4-way Test

Of the things we think, say or do;

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

## Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and in particular, to encourage and foster:

**FIRST:** The development of acquaintance as an opportunity for service;

**SECOND:** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

**THIRD:** The application of the ideal of service in each Rotarian's personal, business and community life;

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

## Allocation of Community Service Projects to Cells

1. Papoli – Trumpet Cell
2. Boy Child – Saxophone Cell
3. Sunda Project – Violin Cell
4. Mental Health- Piano Cell
5. Nakivale water Project – Harp Cell
6. Project cure – Flute Cell





# District Governor's July 2023 Message

Edward Kakembo Nsubuga,  
**DISTRICT GOVERNOR 2023-24 (D9213)**

Dear Fellow Hope Creators,

**A** new day, a new Rotary year, a new theme to energise us, but with the same mission of Service Above Self. Entering into the 3rd year of our district, the theme for this Rotary year could not have been better. We Served to Change Lives as an infant district. We have been Amazing in the Imagine year as toddlers and adolescents. We are now ready as adults to Create Hope in the World. As a district, our growth could not have been so rapid and marked within two years. All thanks to the leaders who have diligently served us in the last two years.

As your team leader in the Hope Creator Year, I am excited to be part of the wonderful family in D9213. We have a great team to take our district to the next level. A level where hope will not only be spoken about but felt and experienced. Creating hope within ourselves, our club members, and in our communities.

I welcome each one of you to be part of the story. A story of life changing interventions through our service to humanity. Stories of creating hope in communities around us through our various

service projects and growing Rotary through membership retention, recruitment and extension to bring more hands on deck. Creating hope, in communities that we may never know through our giving to The Rotary Foundation.

Let us not forget to tell our stories. Stories of hope we have created, what we stand for, and most importantly, stories of creating hope where the word "hope" did not make sense.

I look forward to interacting with all of you in your various clubs during my visits to your clubs. I shall visit all your clubs physically, listen to your grand plans and motivate you to realise those aspirations.

I wish you all the best as we serve to Create Hope in the World.





# ASSISTANT GOVERNOR:

Rtn. David Kintu (RC Kampala Ssesse)

in areas such as membership, service initiatives, and giving to The Rotary Foundation.

### How to prepare

- Take courses for assistant governors in the Learning Center.
- Help incoming club presidents assess their clubs and develop club goals
- Attend the district team training seminar
- Participate in the presidents-elect training seminar Tools
- Track each club's goals and progress in Rotary Club Central
- Take a course in the Learning Center
- Check our discussion groups Rotary support
- District governor and other district leaders
- Regional coordinators,

### General Role

As assistant governor, you are the connection between your clubs and the district. The relationships you build with club leaders make Rotary stronger.

### What you do

- Visit your clubs regularly: Meet with each club at least once a quarter either in person, by phone, or by web conference. Listening to them enables you to discuss their concerns and needs, and provide information, resources, and advice that will allow them to be more successful.
- Promote the best practices recommended in Be a Vibrant Club: Your Club Leadership Plan. Help club leaders implement those practices.
- Keep the governor up to date on each club's progress and identify areas that may need attention.
- Help club leaders prepare for the governor's official visit.
- Monitor the progress of your clubs toward their goals: After a club visit, report your assessment and feedback through Rotary Club Central. Use this online tool to make sure your clubs are on track with their goals and achievements

**"Part of being a person is about helping others." Seth Caplan**

**Sybyl**

**PRUDENTIAL**





# RC Kiwatule Incoming President's Message

## Friends and Family,

I salute you for your efforts so far in creating hope this year and I have no doubt that we shall achieve our targets. On every occasion I have got, I emphasize our focus this year and this will be no exception. In our Rotary year 2023/2024, we shall work together to.

## Strengthen Membership Engagement.

Rotary is about members and this means you need not only numbers but engaged members. As RCK, we have done a good job in attracting good members. It is the right time to concentrate on engagement of members. There is no doubt that before we create hope together, we need to first develop acquaintance together.

The online tools that came onboard during COVID period have transformed rotary but like any technology. lets use these to enhance our ways / activities and not to entirely replace what has kept us together for ages.

We have created new Cells and distributed members into these cells. The choice of the cell names was specific. In Africa, music creates hope and togetherness, we have no doubt that the new cells will enhance bonding.

## Service Projects

Any rotary club without service projects becomes a social club. As RCK. We have implemented projects that have changed lives of people and we shall continue along



President Alex Twesigye

these lines. We salute our partners (international and local) and as RCK members for supporting service projects. We are truly grateful but like Oliver Twist, we ask for more as we implement our planned projects namely,  
a) Safe Drinking Water Project (Sunda) in Mityana and Kasanda.  
b) CURE Project to equip eight Health Centres across the Country  
c) Mental Health Project across the Country  
d) Nakivale Projects (safe water provision, delivery of educational materials and Economic empowerment)

e) Tororo Economic Empowerment Projects and  
f) The Boy Child Project in line with the DG, s  
plans

## Message to board

I would like to thank you for accepting to serve. The entire membership has given us this wonderful opportunity, I have no doubt that we shall exceed the expectations basing on your exemplary work and efforts so far. In the coming year, we expect all RCK members to take up at least one aspect of the club so that we serve together and grow our club. We are now RCK @ 21years and after two decades in existence, issues like payment of dues should not be talked about and indeed these will not feature in my message.

## CREATE HOPE

Our theme is to create hope in the world. As you start the year, imagine ways in which each of us can create hope in the world.

Without hope, indeed life has no meaning

Once again thank you and I wish you a wonderful Rotary Year 2023/2024

The word "Urban" is written in a stylized, rounded font with a purple-to-pink gradient and a white outline.

**Housing  
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## THE YEAR IN FOCUS ... CREATING HOPE IN THE WORLD

### #1 INCREASE OUR IMPACT

TRF GIVING (THE ROTARY FOUNDATION):  
USD 49,760

100% All giving club  
@ RCK member to give minimum of USD 240  
per year = 20 USD/month = 19,000UGX per  
fellowship

Polio Plus  
- 10\$ from USD dues for each member = 123  
x 10 = 1230 USD  
- 50 members @ 50 USD = 2500 USD  
Total approx. USD 3730

1 Major Donor  
1 Bequest Society Member  
1 Benefactor

Global Grant utilization USD 100,000

11 Service projects  
All club members attached to projects  
majorly @ cell level  
To partner with Baby clubs (Nakivale,  
Juru, CORE, Najjera, Kampala Sunshine,  
Manyangwa) & other Rotary/Rotaract clubs

Joint Collaborations  
Corporate engagement (projects, magazine,  
breakfast meetings etc.)

### #02 EXPAND OUR REACH

- Strengthen our Baby clubs – Rotary & Rotaract
- Grow by 5 members, improve our member engagement. Get to know your members activities
- Support 10 youth to attend RYLA
- Revive our Interact Clubs
- 100% Brand standardization
- 90% Online presence (Social media etc.)
- Increase RCK presence in other clubs (weekly club to visit)
- Monthly updates by PR

### #03 ENHANCE PARTICIPANT ENGAGEMENT

- Implement D9213 Signature Project - Boy Child Uplifting Project (BCUP)

- Mentorship programs for our youth (Rotaract/Interact), Vocational fairs, classification talks, etc.

- 90% + Attendance of 99th DISCON (District Conference)

- 100% Retention of members through meaningful engagement – Membership & FORD (Family of Rotary) Directorates

### #04 INCREASE OUR ABILITY TO ADAPT

- 100% use of technology
  - o 100% of RCK members with accounts on My Rotary

- o 100% club members familiar with using club runner & Rotary Club runner

- o Rotary Online tools training on 12 Jul 2023 during fellowship

- Increase Rotary Knowledge by encouraging members to undertake courses on My Rotary-to be used as part of cell performance evaluation

- Foster innovation in the club

- Adopt Bitmoji classroom concept with help of PR team

- Maintain/improve structures, Governance & Processes in the club

### TREASURY

- District dues to be fully paid, on time.

- Semi-annual Invoices for RI to be paid, on time (July 2023 & January 2024)

- Audited Accounts for RY 2022/23 to

be prepared & presented during Club Assembly.

- Financial management guidelines in place.

**“Real generosity is doing something nice for someone who will never find out.” Frank A. Clark**

### Allocation of Community Service Projects to Cells

1. Papoli – Trumpet Cell

2. Boy Child – Saxophone Cell

3. Sunda Project – Violin Cell

4. Mental Health- Piano Cell

5. Nakivale water Project – Harp Cell

6. Project cure – Flute Cell

### Rotary 5-a Side Awards (2022, 6th Edition)

#### Rotaract Category (Rotary 5-a-Side, 6th Edition – 2022):

- Rotaract Club of Lake Victoria – Winner - Uganda Shillings two million five hundred thousand only

- Rotaract Club of Kololo - first place runner up - Uganda Shillings one million five hundred thousand only

- Rotaract eClub of Uganda Global - second place runner up - Uganda Shillings one million only

#### Rotary Category (Rotary 5-a-Side, 6th Edition – 2022):

- Rotary Club of Bukoto – Winner - Uganda Shillings five million only

- Rotary Club of Lugogo Mango Tree – first place runner up - Uganda Shillings four million only

- Rotary Club of Kampala North - second place runner up - Uganda Shillings three million only

- Rotary Club of Nansana - third place runner up - Uganda Shillings two million only

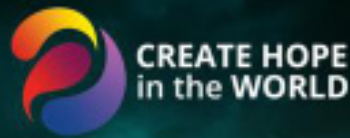
- Rotary Club of Nakasero Central, Rotary Club of Acacia Sunset, Rotary Club of Kampala Ssesse and Rotary Club of Kira were all quarter finalists receiving Uganda Shillings one million five hundred thousand only.

#### Corporate Category (Rotary 5-a-Side, 6th Edition – 2022)

- Centenary Bank Uganda Limited – Winner - Uganda Shillings three million only

- Letshego - first place runner Up - Uganda Shillings two million only





# ROTARY 5-A-SIDE

RAISING FUNDS FOR DISEASE PREVENTION & TREATMENT, MATERNAL, CHILD AND MENTAL HEALTH

Save The Date

**22ND** Saturday July 2023

MTN OMONDI STADIUM, LUGOGO

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BARBARA: +256 703 300 829



**T**he 2022 Rotary 5 Aside was held on the backdrop of the COVID 19 pandemic. There were mixed reviews leading up to this event. The pessimists imagining the public were not ready for a sports event while the ever-optimistic members of Rotary Club of Kiwatule, who were clearly the majority, saw it as a huge opportunity to bring together the rotary fraternity after 2 years of "social distancing".

With no Horn in hand and remember we don't even know how to blow one, the event was dubbed by many as one of the most exciting Rotary 5 aside

By James Onyutta



events. There are quite many a thing that made the sixth edition of the Rotary 5 Aside event a success.

Essentially the optimists got it bang on. We had an overwhelming number of Rotary and Rotaract Clubs expressing interest for the tournament. Considering that the total number of participating clubs Rotary (32 teams) and Rotaract (16 teams) were met with four weeks leading to the event, we faced an unenviable task of declining new club registrations for the event.

Our corporate partners responded to our call, raising over Uganda shillings 75 million towards the event. With the leadership of DSTV our Title sponsor we had additional support from FINCA Uganda Limited (MDI), UGAFODE Microfinance Limited, Centenary Bank Uganda Limited, Britam Asset Managers (Uganda) Limited, NCBA, Pride Microfinance Limited, CIC Insurance, New Vision, Bukedde, UAP Old Mutual and Health Heart Foundation. We were proud to have DSTV as title sponsors of the 6th edition, the event dovetailed with DSTV's corporate social responsibility goal of supporting needy communities. With their support we had a total of Uganda shillings thirty million distributed to the event winners, these funds were paid out to the winning teams and utilized towards service projects in the course the year.

No event is complete without fans. The Phillip Omondi Stadium hosted over 1,500 guests on the day and over 300 cars were safely parked with no loss incidence reported at Patidar Samaj Lugogo grounds. While the games went on in the pitch one couldn't help but notice that there was a clear show of brand prowess from the Rotary fraternity. Most clubs came dressed in well branded uniforms not only for the players but their fans too, some clubs were armed with Drums and vuvuzelas, but

most notably there was a group that had popular dance hall music blaring from a portable boom box bringing a party atmosphere to the event, perhaps Rotary Club of Kiwatule should consider recognizing the best dressed and organized supporting team. The Nyama Choma and drinks corner were highlights of the years' event not only were the food and drinks in plenty but choice as well. If it weren't for the stadium closing hours we could have witnessed an after event day party.

No event however goes without glitches, while these were few the capable support network at the event ensured the event went on without notice. We cannot thank our Chief Guest, the District Governor, Mike Kennedy Sebalu, enough for being patient when the event couldn't start as planned due to our back up power failure, our VIP stand on the other hand was only open to the spectators at 12 noon nevertheless when it was up it hosted some of the most exciting spectator experiences.

We partnered with Health Heart Foundation who provided on field medical first aid and health advisory with a dedicated team of doctors, nurses and an ambulance. HHF's support was truly appreciated. The 5 aside event day is a result of four months articulate planning by the Rotary Club of Kiwatule. The 2022 event was truly delivered by some dedicated members of the club under the leadership of its president Ms. Marion Natukunda who not only supported the preparations but was boots on ground during the event from start to finish.

We thank all the partners who made this event a success and the activities for the 2023 event are already underway with a promise to deliver the best ever 5 Aside tournament impacting even more communities and creating hope.

You are all welcome to the next 5 Aside Tournament 2023, it's gonna be bigger and better! Mark the date.



# Picturetorials



Rotary 5-a-side launch on June 27, 2023, at RC Bukoto (Defending Champions, Rotary Category)





Mother Club (RC Kololo) Installation on June 6, 2023 as AG Florence looks on





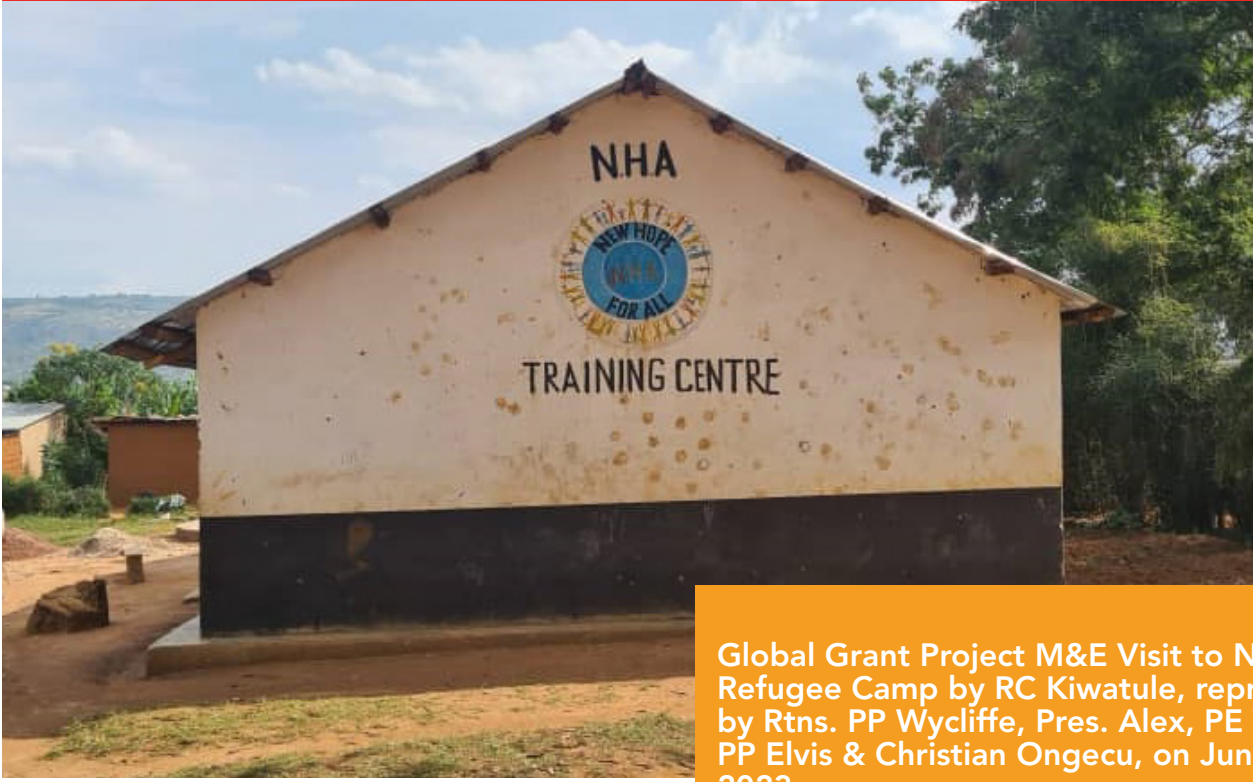
Solar Equipment & Sewing Machines Global Grant Project Visit to Nakivale Refugee Camp by RC Kiwatule, represented by Rtns. Eddy Mupende & Becky Nalujja on June 28, 2023



UGANDA







Global Grant Project M&E Visit to Nakivale Refugee Camp by RC Kiwatule, represented by Rtns. PP Wycliffe, Pres. Alex, PE Winnie, PP Elvis & Christian Ongecu, on June 17, 2023







Global Grant Project M&E Visit to Nakivale Refugee Camp by RC Kiwatule & her International Partners (RC Prior Lake) – June 17, 2023



Home visit to Rtn. Annette Munabi, on June 28, 2023



Home visit to Rtn. Martin Nsubuga, on June 25, 2023







End of Year  
informal  
Fellowship , on  
June 30, 2023



# RCK PROJECTS' PIPELINE

S.No:	DESCRIPTION	STATUS
<b>0</b>	<b>PROJECTS CLOSED</b>	
A	Global Grant #GG1982469 Uganda Global Grant Solar Suitcase Project – Supporting 25 Health Centres \$152,500 “Lighting Every Birth” Initiative; Implemented with RC Mt. Pleasant Pennsylvania, USA (D7305), RC Blue Bell, Pennsylvania, USA (D7430).	All 25+2/25 Solar suitcase installations completed; Midwifery training done at 25+2/25 Health Centres; TRF CADRE visit completed; Project closed
B	Equipping Nakyessanja Primary School, incl. library UGX 15 million (\$4,300) (Kashanda Ya Nakyessanja – BELEP initiative) including paint works for all the internal surfaces, Books shelves, 15 Desks, 1No. Teacher’s table, 1No. Teacher’s chair and branding of the Desks; 664 Books; Tree planting (over 200 Trees to the School)	Handover of the Library done – July 1, 2022
C	Kashanda Ya Nyamabaare – over 1,300 patients served at Medical Camp & BELEP initiative@ Nyamabaare COU P/S (47 desks and 1Teacher’s chair; 18 reading books);	Completed – October 8, 2022; final report submitted
<b>1</b>	<b>GLOBAL GRANTS UNDER IMPLEMENTATION</b>	
A	Global Grant #GG 1866536 Ultrasound Machines, in partnership with RC Kampala Ssesse - Supporting 3 Health Centres \$99,915 USD	Site readiness assessments completed at Bumangi HC III, Bwendero HC III & Mugoye HC; equipment procured for all 3 HCs, and training done; Project closeout in progress
B	Global Grant #GG2012305_Cardiac Care & Cath Lab services at concessional rates to the rural poor in Kadi, India, in partnership with RC Kadi, India; \$576,000 USD	Equipment procured, lab launched and patients are now receiving service. Project closeout in progress
C	Nakivale Malaria Project (\$7,000) - in partnership with Rotary Malaria Partners International & Rotaract (Nakivale, Juru & Kampala The CORE) supporting pregnant women and children under 5 (community sensitisation, IEC materials, Radio messages)	IEC materials / Pamphlets IEC printed, Capacity building for VHTs, CRSs, HWs & Community sensitization done. RCK field visit conducted. Project closeout in progress
D	GG 2121577 (\$ 37,000) WASH projects in Nakivale: Improving Education, access to water and Sanitation in Nakivale with RC Prior Lake- (USD 37,000)	Application has been approved by RI. Implementation is in progress.
E	GG 2122662 (\$42,000) WASH projects in Nakivale: Providing Safe Water in Nakivale refugee settlement Camp with RC Prior Lake	Await approval
F	WASH Project Installation of boreholes in Nakivale Refugee Camp	Global grant was approved. Project implementation in progress



<b>G</b>	SUNDA – Water project Mubende district \$400,000 USD	International partner - RC Osaka Semba; Needs Assessment done; Global grant application in progress
<b>H</b>	GG2340995 - District Grant for D9213 Basic Education and Literacy Programme (BELEP) \$ 400,000 USD	RC Kiwatule to be part by contributing at least \$1,500 towards the grant
<b>2</b>	<b>GLOBAL GRANTS APPLICATIONS IN PROGRESS</b>	
<b>A</b>	Improving access to water in Nakivale Refugee Settlement, Uganda \$200,000 USD	Needs Assessment completed; GG Application in progress
<b>B</b>	Provision of dental services in Nakivale Refugee Settlement, Uganda \$150,000 USD	Needs Assessment completed; GG Application in progress; sourcing for International Partner
<b>C</b>	Equipping, Medical outreach and capacity building of Health workers at AKB memorial Hospital, Iganga, Uganda \$452,226 USD	Needs Assessment completed; GG Application in progress & sourcing for International Partner
<b>D</b>	Empowering the Boy & girl child in Karenga-Karamoja, Uganda in collaboration with Sheeba Cares Uganda \$400,000 USD	Needs Assessment completed; embarking on Global Grant & sourcing for International Partner
<b>E</b>	RI - USAID WASH project \$150,000 USD	2,000 USD Commitment to participate in the RI-USAID Project has already been submitted to the District Project Coordinator
<b>F</b>	Nakivale Youth Capacity building project (provision of sewing machines, computer, solar, tables and chairs (RC Kiwatule / RC District Perth western Austria) \$27,027 USD	Needs assessment has been done. Procurement in progress
<b>3</b>	<b>NON-GLOBAL GRANTS PROJECTS (ONGOING &amp; PLANNED)</b>	
<b>A</b>	Anamwany Maternity Ward (UGX 184 million) \$53,000 (Kashanda Ya Anamwany) PP Francis Ogwang	Phase 1 construction in completed; final instalment paid (approximately 22 million shillings). Embarking on Global Grant to equip the maternity ward
<b>B</b>	Mental Awareness project (7 clubs)-RC Kiwatule, Bugolobi, Gulu, Morning Tide, Bweyogerere central, Kololo & CORE-Rotaract. (\$115,000 USD) UGX 419,5000,000	Concept completed; Resource Mobilization in progress
<b>C</b>	Construction of a Vocational Training Centre & Show Room in Tororo \$500,000 (UGX 1.4 billion) (Kashanda Ya Papoli) PP Dennis Wandera ; Empowering marginalized communities by providing access to economic opportunities and services in Tororo. Skills building for 25 groups and Construction of a show room. The Global Grant will be implemented with RC Kansas, USA.	Needs Assessment completed, planning for implementation; The Construction Component is to be done by RC Kiwatule through partners like Tororo Cement & Others
<b>D</b>	Empowering marginalized communities by providing access to economic opportunities in Tororo with RCK / RC Cabarrus County in Concord - \$140,000 USD	MOU has signed between RCK and Centenary Bank for the revolving fund; Finalizing grant process with

		International Partner and application of the global fund
E	Construction of specialized latrines, walk ways and other facilities at Ishekye School for children with special needs \$20,000 (Kashanda Ya Ishekye) PP Vincent	Planning Stage; on hold; the district Leaders opted for IREAD project
F	Hope Always; construction and equipping a home for children with severe disability, vocational training, environmental conservation; \$1,000,000	Needs assessment conducted; detailed project definition in progress; fundraising for construction in progress; Received \$24,556 USD from international partner (RC Fryeburg / D-7780 USA in the USA towards phase 1 and thereafter Global Grant application;
G	Saving babies and promoting their development, In partnership with Baylor Uganda	Concept formulated; review in progress
H	Nyabishera Early Childhood Development Centre. Access to affordable holistic ECD services, improvement of lives of women and their families through health promotion, income generation and food security in Sheema district. RC Kampala Day Break/RC Kiwatule and RC Kabwohe & <b>Institute of Rural Education and Development (IREAD)</b>	
I	CURE Project (equipping 10 Health Facilities) <b>USD 30,000</b>	Needs assessment done by the visiting medical teams after Ebola alert clearance; payment of \$5,000 commitment done; await further instruction from CURE Partners





# Up Close & Personal ... with the Newest Rotarians



**Ms. Sheila Ahabwe**

- Chef and Founder Vine Kitchen and Vine Culinary and Hospitality School Ntinda.
- Works with Ministry of Education and Sports, Department of Industrial Training as a Verifier and Assessor.
- Represented Uganda as a Mentor Chef at the Young Chef Olympiad held in India in 2019. This is the biggest platform for student chefs, attracting talent from over 50 countries globally.
- She has worked as a trainer with Cooking School Uganda as a Trainer for youth from selected districts during the implementation of Local Skills Development and U-Learn Projects in partnership with Swiss Contact Uganda.
- Bachelor's Degree in Development Studies.
- Postgraduate Diploma in Project Planning and Management.
- Currently pursuing Masters in Education Administration and Human Resource Development (UMI).
- Classification: Hospitality Management.
- Cell allocation: Lavender.



**Ms. Prossie Kimbowa**

- Sales Agent with Prudential Assurance
- Formerly worked as an Administrator with Uganda Wildlife Education Center and Uganda Communications Commission.
- Bachelors Degree Secretarial Studies (MUK).
- Post Graduate Diploma Human Resource Management.
- Passionate about events management, financial and investment advisory (insurance, unit trusts, treasury bills and bonds).
- Passionate about supporting charity causes.
- Sponsored by Rtn. Marion Natukunda.
- To be mentored by Rtn. Monica Nyakaisiki.
- Classification: Administration Services
- Cell allocation: Sunflower

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**Ms. Gloria Nakyajja**

- Chef and Founder Glofoods and Cook & Eat Ug located in Naalya.
- Bachelor’s degree Hotel and Restaurant Management from the United States International University Nairobi Kenya.
- Holds cooking classes at Forest Cottages Naguru every Saturday.
- Passionate about humanity and always embraces the opportunity to serve the needs of others.
- Sponsored by AP Rtn. Marion Natukunda.
- To be mentored by PP Ernest Kusiima Abwooli.
- Classification: Hospitality Management.
- Cell allocation: Orchid.



**Ms. Darren Namatovu**

- Founder of Phoenix Children’s Foundation, a non-profit NGO advancing children’s rights.
- Program Manager at Raising Teenagers Uganda.
- Bachelor’s Degree in Early Childhood Development.
- Certificates in Monitoring and Evaluation, Leadership and Management in Global Health from the University of Washington, International Peace Building and Conflict Analysis from the Teaching Agency for Peace Building and Conflict Analysis based on Germany, among others.
- She is a member of the EA & National Youth Parliaments, EA Youth Network and Young African Leaders Initiative (YALI), Volunteer Programs Associate and Peace Ambassador with the Commonwealth Youth Peace Ambassadors’ Network.
- Sponsored by AP Rtn Marion Natukunda.
- To be mentored by Rtn. Stella Kasozi
- Classification: Education services
- Cell allocation: Sunflower







**Ms. Moureen Lukoye Nampijja**

- Founder of Cake Album Ug, specialists in tasty cakes baked loafs, and other assorted confectionaries.
- Her company won the Britam Bakeoff Challenge , beating 120 other competitors, wherein she designed a special cake for Uganda Airlines, after the debacle that ensued with the cake donated by the Company during the first anniversary celebrations.
- She is passionate about community service and youth empowerment and currently runs a Youth baking program at Cake Album.
- Moureen offered a sumptuous cake for the club during the D.E.A.R week celebrations held at Nsambya Community Library.
- Bachelors Degree in Telecommunications Engineering.
- Masters Degree in Business Administration.
- Sponsored by Rtn. Michael Babu.
- To be mentored by Rtn. Denis Wandera.
- Classification: Hospitality Management.
- Cell allocated: Tulip.



**Arch. Gankumba Andrew Young**

- Senior Architect
- Ministry of Works and Transport – Public Structures Department.
- Director Grey Oak Construction Limited.
- Bachelors in Architecture.
- Post Graduate Diploma in Monitoring and Evaluation, and Project Planning and Management.
- Member of various professional bodies at national, regional, and continental levels.
- Andrew was in the committee that organized the Kashanda ya Nyamabaare, and also regularly supports the attendance desk.
- Former Rotaractor, Rotaract Club of Kololo.
- Sponsored by Rtn. Barbara Akello Njuki.
- To be mentored by Rtn. Sheeba Monica Tumushabe.
- Classification: Architectural services.
- Cell Allocated: Orchid.

# COMING UP...: RCK July 2023 Calendar

- July 1, 2023 – Launch of Boy Child Project (Old Kampala Play Ground)
- July 5, 2023 – Fellowship/Business meeting- The year of Creating Hope in the world.
- July 12, 2023 – Keeping abreast with Rotary online tools
- July 19, 2023 – 5 Aside Draw @ RC Lugogo Mango Tree
- July 22, 2023 – 5 Aside Football @ Philip Omondi Stadium
- July 26, 2023 – Rotary Movie Nite @ Century Cinemax

**Rotary Movie Fellowship**



**century CINE MAX**  
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**Wednesday 26th July 2023**

**7:00pm EAT**

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**0774-315171 / 0782-899468**

Seat No.

 **MOVIE Ticket**

**20,000/= UGX.**

 **184276** Cell on duty: Saxophone



# Food for Thought – DOs & DON'Ts

## Corporate Etiquette

It is essential for every individual to behave in a socially acceptable way.

Etiquette refers to good manners which help an individual leave his/her mark in society. Corporate Etiquette refers to set of rules an individual must follow while he is at work. One must respect his organization and maintain the decorum of the place. Corporate Etiquette refers to behaving sensibly and appropriately at the workplace to create an everlasting impression. No one would take you seriously if you do not behave well at the workplace.

**Do's and Don'ts at workplace:**

Never adopt a casual attitude at work. Your office pays you for your hard work and not for loitering around.

Don't peep into other's cubicles and workstations. Knock before entering anyone's cabin. Respect each other's privacy.

Put your hand phone in the silent or vibrating mode at the workplace. Loud ring tones are totally unprofessional and also disturb other people.

Don't open anyone else's notepads registers or files without his permission.

It is bad manners to sneeze or cough in public without covering your mouth. Use a handkerchief or tissue for the same.

Popping chewing gums in front of co-workers is simply not expected out of a professional.

Stay away from nasty politics at the workplace. Avoid playing blame games.

Keep your workstation clean and tidy. Throw unwanted paper in dustbin and keep files in their respective drawers. Put a label on top of each file to avoid unnecessary searching.

Never criticize or make fun of any of your colleagues. Remember fighting leads to no solution. There are several other ways to express displeasure. Sit with your colleagues, discuss issues face to face and decide on something which is mutually acceptable.

Take care of your pitch and tone at the workplace. Never shout on anyone or use foul words. It is unprofessional to lash out at others under pressure. Stay calm and think rationally.

Never attend meetings or seminars without a notepad and pen. It is little tough to remember each and everything discussed in the meeting. Jot down the important points for future reference. Wait for your turn to speak.

Pass on information to all related recipients in the desired form. Communicate through written modes of communication preferably through emails. Keep your reporting boss in the loop. Make sure your email signatures are correct.

Reach office on time. One must adhere to the guidelines and policies of the organization. Discipline must be maintained at the workplace.

No organization likes to have a shabbily dressed employee. Shave daily and do not use strong perfumes.

Never wear revealing clothes to work. Body piercing and tattoo are a strict no-no at the workplace. Females should avoid wearing heavy jewellery to work.

Don't pass lewd comments to any of your fellow workers.

While having lunch together, do not start till the others have received their food. Make sure your spoon and fork do not make a clattering sound. Eat slowly to avoid burping in public. Respect your fellow workers and help them

whenever required.

It is unethical to share confidential data with external parties and any other individual who is not related to the organization. Data in any form must not be passed to anyone outside the organization.

Office Stationery is meant to be used only at work. Taking any office property back home is equivalent to stealing.

Make sure you turn off the monitor while you go out for lunch or tea breaks. Switch off the fans, lights, printer, fax machine, scanner before you leave for the day.

Don't bring your personal work to office. Avoid taking kids to office unless and until there is an emergency.

Park your car at the space allocated to you. Don't park your vehicle at the entrance as it might obstruct someone's way.

Never ever drink while you are at work. Smoke only at the smoking zones.

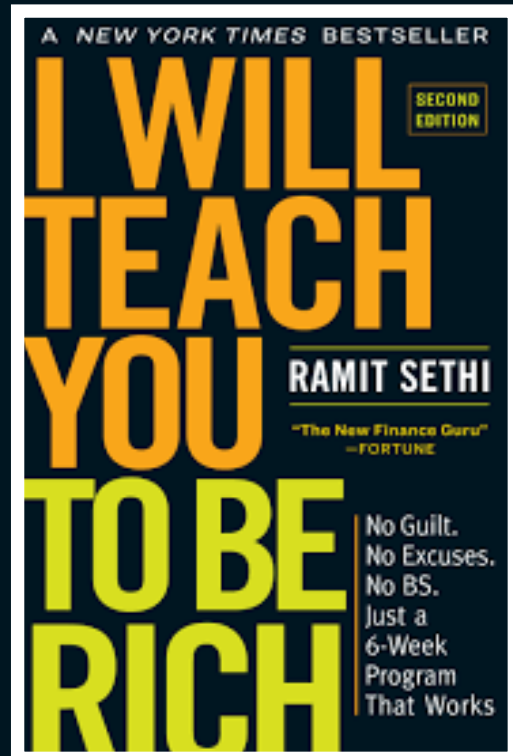
Do not leave the restroom with taps on. Female Employees should stick to minimal make up.



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# Book Review Corner



## I Will Teach You to Be Rich *Book by Ramit Sethi*

**I** Will Teach You to Be Rich" by Ramit Sethi is a personal finance book that provides a step-by-step guide to building wealth and financial security. Here is a summary of the key ideas and concepts covered in the book:

1. The importance of automating your finances: By setting up automatic systems for saving and investing, you can make sure that your money is working for you even when you're not actively managing it.
2. The role of conscious spending: Rather than focusing on cutting back on expenses, the book encourages readers to focus on spending money on the things that truly matter to them and to cut back on things that don't.



3.The importance of investing for the long term: Investing in low-cost index funds and other diversified investments can help to grow your wealth over the long term.

4.The role of negotiation: Negotiating your bills, salaries, and other expenses can help you to save money and increase your income.

5.The importance of having a "Rich Life": Building wealth is not just about having money, but about living a fulfilling life. The book encourages readers to define their own version of a "Rich Life" and to work towards achieving it.

6.The role of credit cards and other financial tools: Used responsibly, credit cards and other financial tools can help to build credit, earn rewards, and manage expenses.

7.The importance of building multiple income streams: Diversifying your income by starting a side business, freelancing, or investing in rental properties can help to increase your financial security.

8.The role of mindset in building wealth: Building wealth is not just about following a set of financial rules, but about developing a positive and proactive mindset towards money.

9.The importance of planning for the future: By setting goals and planning for the future, you can create a roadmap for building wealth and achieving financial freedom.

10.The role of community in building wealth: Surrounding yourself with like-minded individuals who share your goals and values can provide support and encouragement as you work towards building wealth.



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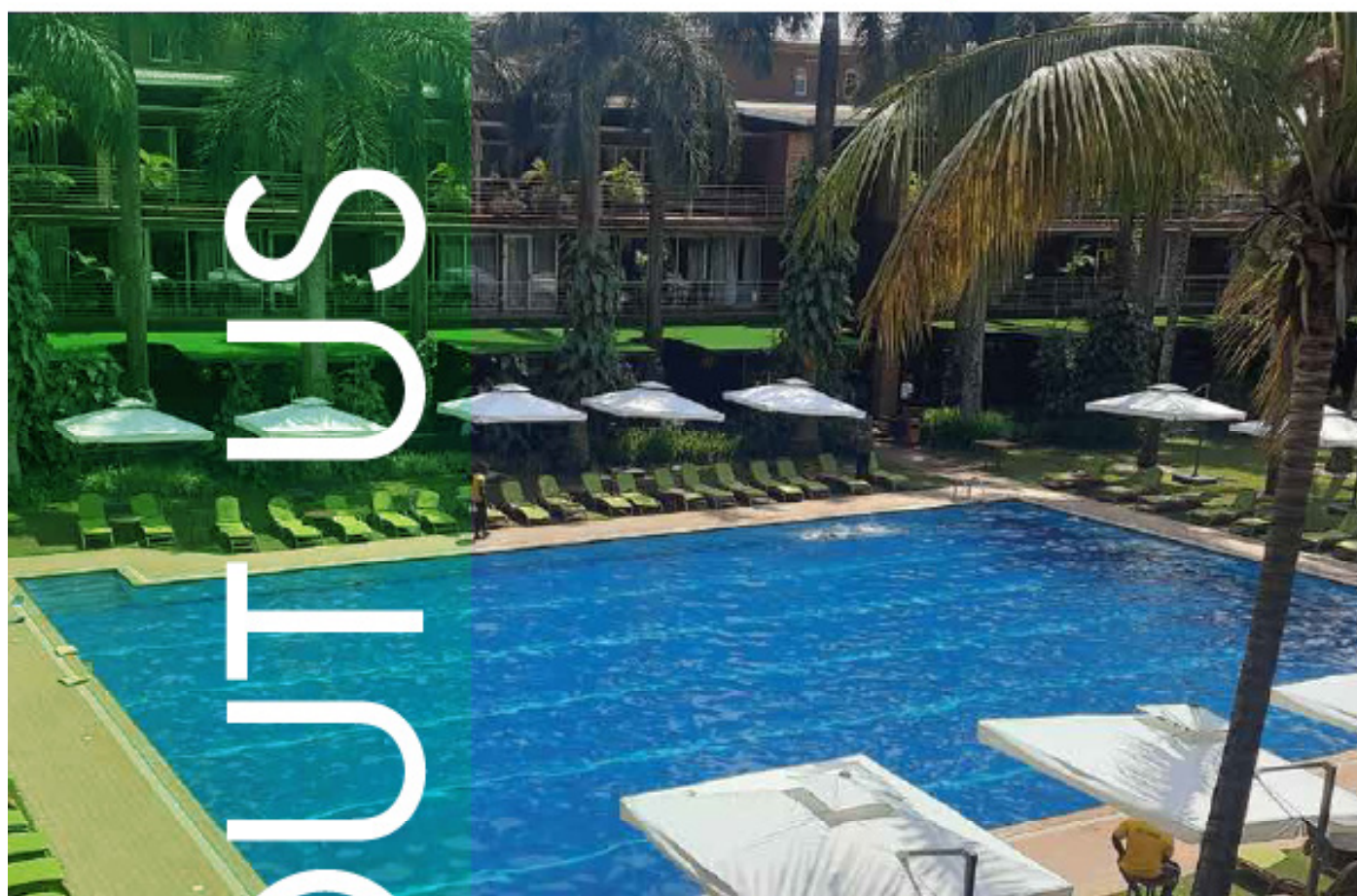
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