



# the WAVE

Issue no. 6 | December 2018

Rotary  
District 9211



BE THE  
INSPIRATION



## YOUNG KIMARO

THE GLOBAL CITIZEN  
CHANGING LIVES IN  
MWIKA

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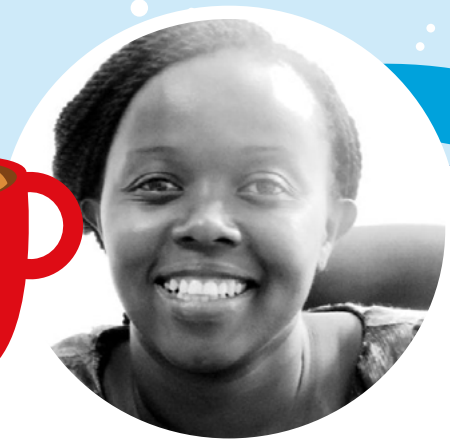
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## EDITOR'S NOTE

# December is for HEALING COMMUNITIES



CATHERINE NJUGUNA

December is here and we are standing at the edge of the old year looking forward to ushering a new one. It seems like only yesterday that we were celebrating a new year and making lots of plans and goals. I don't know about you but many of my goals are still on paper, yet to be achieved. Fortunately, the other day I read somewhere, the goals in themselves are not the only measure of success but also the process and the journey and the lessons learnt along the way. So even if you have not achieved all that you set out to but have learned and grown in the year, then you can still celebrate that.

Fortunately for the Rotary year, we are now only half-way through. There is still time to work on your goals as a club. So, let the coming of the new year also re-energize and motivate you to do more and achieve more for the Rotary family.

In this month, I am excited about our inspirational Rotarian. This is none other than Young Kimaro from Rotary Club of Mwika. Her enthusiasm and passion for Rotary is unquestionable. Read her story and be inspired.

December is dedicated to Rotary's efforts to fight disease and we bring an inspiring story from Rotary Club of Kampala South which sponsored a life-changing surgery on 11-year old Mohammed Musisi and other stories from other clubs under the same theme.

The first ever UN week in Nairobi took place in Nairobi, Kenya. From the story brought to us by Rotarian Jane Kabugo, it went down very well. We can all be proud of this achievement by our sister District 9212. We are also proud of our own Paul Mushasho for Rotaract Club of Nakivaale who was among the six youth honored as people of action and Patience Asimwe from the Rotaract Club of Naguru as a Polio Plus ambassador in the showcased Rotary Polio VR.

I also take this opportunity on behalf of the wave team to wish you all very happy holidays. A very Merry Christmas to those who celebrate this important holiday in the Christian calendar – and a very happy new year to you all.

The Wave Team

*Catherine, Flavia and Eric*

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# *Be the Flamingos* OF CHANGE

**BARRY  
RASSIN**



*It's traditional that the first Rotarian magazine of the Rotary year carries a profile of the incoming RI president and his or her family. I've always read those profiles with interest, never giving much thought to the possibility that one day, I might be the one bringing a writer from the magazine to my Rotary club meeting! I have never liked a lot of attention, and the idea of having my picture on the magazine cover made me a bit uncomfortable. But when I saw the photo the editors chose, I smiled. Because the star of that picture definitely isn't me, or even my wife, Esther. It's the flock of flamingos, none of which could care less about Rotary, all strutting past us in the same direction. All of them — except one.*

I couldn't think of a more appropriate image to reflect the message I want to convey to Rotarians. That one flamingo, going the other way, represents so much of what we need to do in Rotary. That flamingo knows everyone's going one way. She sees it. But she also sees that maybe the path they're on isn't the best path. Maybe, just maybe, there's a better path over there, and she wants to get a good look before she goes marching on with her friends. And if, when she does stop and look, that new path does seem better, she'll call the rest of the crew to come over and check it out with her. And maybe, just maybe, they'll all choose that better path together.

Change is hard. And the longer we've been going one way, the more friends we have with us, the harder it is to be the one who turns around and does it differently. But change — not change for its own sake, but careful, considered, goal-directed change — is essential for any organization that wants to evolve, stay relevant, and move forward in the right direction.

So take a look at that picture, but don't look at me. I'm not the one that cover's about. That cover is about the flamingo. It's about having the curiosity, the courage, and the conviction to look at different paths that might be better — whether you're out for a stroll on a beautiful Bahamas morning, or helping chart the course for our organization.



# *A time to reflect* **AND CELEBRATE THE FESTIVE SEASON**



**SHARMILA  
BHATT**

*We are ushering in the festive season of Christmas and thank you for sharing the wonderful gifts of your projects that you are doing for your communities as clubs. No wrapping paper was required.*

*The best gift I believe is “when people come together and make memories” and memories is what I will have in abundance for this year.*

The year 2018 is nearly gone, and we have reached the midpoint of this Rotary year. It is time to take stock of the goals we have set for ourselves as clubs, and the progress we have made towards them. Are we on track to achieve what we set out to accomplish?

I am a great believer in the importance of setting goals that are high but realistic. A worthwhile goal should be within your reach but still requires you to stretch. Opening yourself to a new challenge helps you find what you are really capable of – which may well be more than you think.

As a district we are working on ways to reach out to our youth

with new and innovative RYLA's and boot camps. This is very important in keeping the young people engaged and excited about Rotary. Young people bring a lot of energy, new ideas and help us to secure our future.

November was a power packed month with Rotary UN day in Nairobi, clubs busily engaged in raising funds for the Rotary foundation, a cultural show with the Uganda Theatre in partnership with RC Kampala Day Break that showcased the 6 areas of focus through dance and drama, hosting the first ever Rotaract Africa Summit in Zanzibar and finally the cricket tournament fundraiser by RC Oysterbay in addition to all my club visits.

The 94th District Conference and Assembly will be between the 24th to 27th April 2019 where we will meet again as one big family to celebrate the year of “Being the Inspiration”. Whether at a breakout session, or exploring the House of Friendship, or sitting down for a bite to eat, you'll meet people from every club in our district and other districts around the world. It will be a lot of fun, and it's a big part of what makes Rotary great: that we can be so different and still find ourselves at home together.

So, here's wishing you and your families “A Merry Christmas and a Joyous New Year”.

## BE THE INSPIRATION

### *Young Kimaro: The global citizen* **CHANGING LIVES IN MWIKA**



*Born in 1946 in Seoul, Korea, as the youngest of 6 children, Rotarian Young Kimaro's brief stint as a child actress on TV came to a stop when she left for U.K. with her parents. She holds a PhD in economics from the University of Maryland graduate school among other qualifications. She joined the World Bank in 1972 where she enjoyed a long and successful career spanning from strategizing development assistance, education projects, to moderating quality review panels for the Bank's operations, until her retirement in 2001. She then relocated to Tanzania with her family. Today, she devotes her time to community development for Mwika Development Trust Fund (MWIDEFU) as a Rotarian. She shared her story with our Wave correspondents, Flavia Serugo, the Wave Editor, Uganda.*

#### **WHO ARE YOU, YOUNG? TELL US BRIEFLY ABOUT YOURSELF.**

I am a product of four continents: Asia, Europe, America and Africa. Perhaps I can claim to be a citizen of the world?

Born 70+ years ago, my early years were in Korea. My Dad's appointment as Korean Ambassador to U.K. took me to England where I received most of my secondary schooling. I attended my final secondary year and college back in Korea, before I set off to America for further studies. The book, Education for Self-Sufficiency, by Nyerere led me to a student from Tanzania, Sadikiel Kimaro. Soon after we tied the knot and thus began my life-long connection to Tanzania.

#### **AN ORIENTAL AND AN AFRICAN...HALF A CENTURY AGO? HOW DID THAT WORK OUT FOR YOU?**

It alarmed our families. Our elders questioned: "Marriage is challenging enough. Why raise the stakes by adding more complexities by mixing race and culture?" They also were worried, of course, what others might say. However, the world has changed much since. These reservations have evaporated, and we have eased into both sides of the family. [Continues on page 5](#)

*Picture Caption: With Kimaro and children from left - Eliaichi, Florence, and Kundaeli*



# BE THE INSPIRATION

## TELL US BRIEFLY ABOUT YOUR CAREER?

My World Bank entry was ego crushing. Despite a degree and graduate studies with Fulbright scholarship, all I was offered was a typing position. After one and a half painful years, I did break out of typing ranks.

My career at the World Bank falls neatly into three categories: one, managing country relations, coordinating work of a country team, and strategizing assistance to a country; two, managing projects from identification to implementation and evaluation, and lastly, monitoring and enhancing quality of education projects, and assessing quality of Bank operations. A good training for Rotary work, no?

## WHAT MADE YOU RELOCATE IN TANZANIA AND WHAT LED YOU TO BECOME A ROTARIAN?

After considering all options following our retirement, Kimaro and I decided it was time to give back. We packed up and returned to Tanzania. Once my husband completed his stint at assisting President Mkapa on economic affairs in 2005, we returned home to his home village, Mwika.

Kimaro had a new market built in Mwika with support from Moshi Rotary and New Zealand. On its opening day, he was inducted into Moshi Rotary Club; I opted to become a Lion, in my father's footsteps. But when Kimaro began forming a new Rotary Club in Mwika in 2011, I had to be part of it. I joined Rotary.

## TELL US ABOUT YOUR PROJECTS TRANSFORMATIONAL PROJECTS FOR THE COMMUNITY IN MWIKA.

Of the many projects, two stand out. School mentoring project held separate focus group discussions with school's stakeholders - students, teachers, parents, and school management - to identify problems (only those which the school had control over) and suggest solutions. Then all groups were brought together to share their findings and recommendations. Schools which had, till then, felt powerless and blamed the system for everything, suddenly realized how much they could do to bring about change for the better. They became empowered.

The second is the microcredit project which started with USD20 loans for 100 market women. Subsequent borrowings were tied to the balance in their savings. Two years thereafter, a quarter of them were borrowing USD100-200!

A seamstress who started with one sewing machine then, today has six. She doubled her shop space, and has 10 interns learning the trade and assisting her. Recently, a woman trader supplied a buyer 7 tons of maize. That trader was a market woman who started her business with a USD20 loan from our microcredit project! The project's impact continues.

## WHAT IS YOUR SOURCE OF INSPIRATION?

My Dad for whom "the greater good" was his foremost concern. Dad's courage and willingness to do what is right, no matter at what cost, has always been a source of inspiration to me.



*Young's dad about to present his credentials to the Queen*

## WHAT PROJECTS ARE YOU CURRENTLY UNDERTAKING?

RC Mwika is replacing wooden footbridges with durable concrete ones. High humidity and frequent rains on Kilimanjaro cause wood to rot easily, making footbridges hazardous. Flood waters often wash them away which rob villagers of easy access to schools, dispensaries, clean water supply, and the market to sell their produce. Mwika Rotary decided that footbridges will be its signature project. Our fifth footbridge is about to be completed and three more are lined up. A survey of more footbridge sites is on-going. We will continue to build footbridges until all streams in Mwika are safe to cross at all times.

## FOCUS DISEASE PREVENTION

# RC Kampala South LIFE-SAVING SURGERY

*By Rtn Esther Mwambu  
Past President Rotary Club of  
Kampala South, Uganda.*

*Disease results in misery, pain, and poverty for millions of people worldwide. That's why treating and preventing disease is so important to Rotary International. The Rotary club of Kampala South has held periodic Rotary Family Health Days (RFHD) in various communities in a bid to provide health services in underserved communities. Our Kikandwa village project has provided infrastructure and medical access to the community through these health camps.*

### LIFE SAVING SURGERY!

The commissioning of the Maternity Ward at Kikandwa Health Centre on 9th June 2018 coincided with the Rotary Club of Kampala South Rotary Family Health Day Camp. It was on that day that an 11-year-old boy was brought to Kikandwa Health Centre II for medical help by his sister. He was obviously sick, wasted and his overly distended abdomen stood out. He was dressed in a dirty 'kanzu' (tunic) that had since become his signature attire and it easily revealed his grossly swollen abdomen. He became the center of attention

as everyone kept staring at him until one of the clinicians ushered him into the outpatient emergency room.



*Rtn. Dr Kalungi (I) checks on Musisi's family*

Mohammed Musisi, as we later learnt was his name, lived about 7.5 km away from Kikandwa with his father, who was reportedly unable to support him to receive definitive medical assistance for his problem. He had complaints of discomfort, constipation and spent most of his time lying on his chest for relief especially when he passed flatus, and had suffered this condition for the past 10 years! His family used to perform routine 'soap enemas', as taught in earlier hospital visits (before he turned 5 years) to relieve his on and off constipation and chronic intestinal obstruction.

The medical team initially thought he had either kidney, liver or even heart complications because their first impression was that he was having ascites (fluid in the abdomen)! On examination of the abdomen, it was evident Musisi had huge amounts of air (gas) in the abdomen further confirming the intestinal obstruction! They could not, therefore, perform a peritoneal tap (injection into the abdomen to get rid of fluid and reduce the discomfort), as earlier anticipated, as it was now clear there was no fluid in the abdomen like they had thought!

A decision was made to seek further medical help from a nearby health facility, Naggalama Hospital. Luckily, his sister stayed a few meters from the hospital and this was a great opportunity to have him easily treated and followed up!

[CLICK TO READ MORE ON THE STORY](#)

*Caption top picture:  
The Operation*

## FOCUS DISEASE PREVENTION

# THE DISEASE FIGHTING DIET



*By Rtn Heri M .Tungaraza  
Oncologist (MD, Mmed-Oncology),  
Rotary Club of Dar es Salaam,  
Mlimani*

*In recent days, there has been cold war between proponents of supplemental foods and doctors who practice western medicine. Projected to be worthy \$278.02 Bilion by 2024, the dietary supplement business is a force not to ignore. With its roots in the developed world, it has spread all over Africa including our very own Tanzania. Its arrival however conjures mixed feelings for us in the clinics as they make our dear ones believe that we offer more toxic regimes and that diet alone or the supplements could cure an array of diseases.*

An apple keeps the doctor away - even in the western style medicine, diet is at the core of good health and preventing illnesses. Doctors have been keen to advice their patient to eat well to reduce weight and push back receiving a terrible diagnosis.

Among the many diets have been widely spoken and possibly widely studied is the Ketogenic diet. It has even received attention on social media as an alternative cure for cancer and touted as better than the current treatments. But is it?

Ketogenic diet has been used for centuries to treat disease like epilepsy and of recent times, its use has extended to treating obesity, diabetes and even cancer. The sheer excitement generated by this diet is based on the results of some preliminary clinical trials and laboratory data. However, like any other treatment, we ought to be cautious as we wait for more evidence.

The composition of Ketogenic diet is mainly fat (80%-90%) with the rest being proteins (8%-15%) and some very minimal carbohydrates (2%-5%). The main purpose is to try to mimic the body in a fasting state without disabling growth. As the carbohydrate and protein metabolism decreases, the body switches to fats as the main source of energy to a metabolic state called ketosis.

This approach does seem to control disease like epilepsy before the inception of today's anti-seizures like phytetoin. It is still used for those not responding to the newer remedies. The mechanism for the control of epilepsy is not very clear but there has been evidence pointing to the association of cell excitability

and fatty metabolism, restriction of glycolysis and possible role on the microbiome.

In cancer, KD is also receiving attention as it is believed the diet cuts off the tumour energy supply. Could this be an alternative cancer therapy? KD seems to work here because of the Warburgs effect which says that all cancer cells use glucose as their main source of energy. However cancer is multi-faceted and hence fitting it into one solution is not easy. And many research results have been inconsistent.

It's important therefore to accept that KD will remain promising till we gather enough evidence. And for all kinds of diet, the best benefits are ripped when used before an illness. For the unfortunate who fall sick, a good and natural diet has a role to play in supporting the main treatment as supported by scientific evidence present for the particular disease. Drugs alone or Diet alone is not superior to the synergy achieved by a combo of the two.



*Boat Cruise disaster:*

# LESSONS FROM AIR TRANSPORT

*By Rtn Denis Jjuuko*

*President RC Kampala Naalya*



On Saturday 24th November, a boat sailed from the landing site at Gaba near Kampala on a routine expedition to islands in Kyaggwe County. It was one of many such boat voyages commonly known as boat cruise that take off from the shores of Lake Victoria. They are for revelers and all work without play makes Jack a dull boy, we have always been told. However, the boat cruise turned from a routine party to a disaster — albeit the first one in Uganda. By the time of writing this article, 32 bodies had been retrieved while 26 people survived.

The disaster has become a blame game with some police officers and government officials absolving themselves from their failure to do their job. Blaming the dead is an exercise in futility.

Lake Victoria has full potential to create jobs and boost tourism — one of the country's biggest foreign exchange earners. I have actually advocated for boat cruises with a caveat on modern safe boats. I am not going to change my mind now though I have heard a couple of friends swear never to go for a boat cruise again. A Ugandan woman is more likely to die while giving birth than having a party of her life on a boat cruise. All the previous water transport accidents haven't been on boat cruises rather on canoes and boats used for transport and fishing.

That is why the government officials should focus on developing the marinas, piers and ports from which these boats take off from with proper traffic management systems so people know who traveled on which boat to where. Captains must be qualified with trained lifesavers on board and enough life jackets. The boats must be regularly

checked for water worthiness. Routes must be pre-approved and no ship should veer off its agreed route unless they radio for permission due to unforeseen weather changes or mechanical conditions.

Today, even boda bodas have GPS trackers so you can trace where they are at any time. Trackers for boats have been on the market for decades and they are extremely cheap. The Ports Authority should then ensure some standard. The boat that capsized looked like a big improvised canoe! Nobody today who saw the photos is shocked that it capsized. It must have been a single hull boat as well. Catamarans, which sit on two hulls, are much safer as they take longer to sink as the body where people sit is almost suspended. So single hull-boats should probably not be allowed to carry many people on a boat cruise.

The Ports Authority would hire experts from all over the world to manage the world's second biggest freshwater body. Boats would pay licenses and fees and a percentage of amount per reveler would be remitted to ensure that the Ports Authority isn't cash strapped. There would be fines for boat owners to pay for non-compliance.

Basically, the Ports Authority wouldn't be different from the Civil Aviation Authority (CAA) for air transport. If we allowed the aircraft to operate freely in our skies like the boats are now on the waters, there would be disasters of unimaginable proportions. Let us emulate the air transport to keep our lakes and rivers safe.

*The writer is a communication and visibility consultant. [djuuko@gmail.com](mailto:djuuko@gmail.com)*

## FEATURE

# SAFETY TIPS FOR THE FESTIVE SEASON

*By Rtn George Bush Ochieng-  
President, Rotary Club of Entebbe, Uganda*



*Festive seasons, especially Christmas period, is often characterized by merrymaking. Unfortunately, it is also a season when misfortunes, including motor accidents, robberies, burglary, and vehicle break-ins, among other forms of crimes, happen. This is a reality we cannot escape, which is why this festive season calls for the highest degree of caution as you engage in celebrations. Some of these fatalities could be avoided. Here are some tips below to ensure your safety.*

## BOAT CRUISE SAFETY MEASURES



Going out for a boat cruise? Ensure that you have a life jacket- Better still, buy one and wear it all the time you are on the boat. Get a briefing before the boarding venture. Management should take record of all boarding passengers including point of contact in case of any eventualities. The list should be left ashore. Management should ensure the boat's serviceability. Ensure the Coxswain (Boat driver) is competent and the boat is equipped with emergency communication systems and a

response team on standby. Don't drink alcohol on boats, don't party. Don't overload the boat,

When in emergency don't panic. Ensure your safety before you save others.

## ROAD USERS AND PERSONAL SAFETY TIPS

For those driving cars, abide by the laws and regulations. If driving always have a seatbelt on and avoid excessive alcohol. Your car should be in good mechanical condition and licensed to drive. Always travel with windows and doors locked and with valuables out of sight. If windows have to be open, ensure the opening isn't big enough to fit a hand through. Always leave enough room between your car and the one in front of you to avoid being 'boxed in', should you need to escape. Be aware of suspicious looking people, including women, at robots and intersections. Do not drive directly home after you visited a bank or ATM. Be alert as to who is around you when leaving the bank or ATM and along the journey to your destination. Always park your vehicle at a secure location and ask the security guard his name. Park under CCTV cameras where possible.



Make sure that your vehicle is properly locked by testing the door handle. Try to avoid stopping on the highway; rather take the next off ramp to stop in a more public area where you can stretch, refresh yourself and/or take a break from driving; and have numbers for roadside assistance and other emergencies close at hand or saved on your cell phone, so that you are well-prepared for any eventuality. If riding on a boda boda, try safe Boda with a helmet



## KIDNAPS

The causes of kidnapping include poverty, passion, intolerance, ignorance, greed, governance, and/or disease. When kidnapped: do not be a hero by trying to act tough nor should you make threats. Obey the commands of the captors, including handing over your property. Only answer when spoken to. Do not attempt to escape. When rescuers come, lie down, do not make any sudden movements, keep your hands visible over your head and obey their instructions. After the rescue/release: Cooperate with the investigators, seek a stress counsellor after rescue and restrain from giving unguided media interviews. On extortion: Take every threat of extortion seriously but minimize the number of people who you inform of the kidnap and the extortion demand. Note down in detail exactly what the kidnappers say. Do not agree or refuse to anything (including the demands). Note the call characteristics (callers voice, background noises, mannerisms,

demeanor etc.). When they demand a ransom, or order that you move to given place, get a good reason to fail to immediately give it or go there, unless police so advises. If they give ultimatums, note these and negotiate yourself out of the timing of the demand, not necessarily the giving in of the demand. Inform police immediately (even if the offenders demand that you do not) and follow their instructions.

## SAFETY TIPS TO CHILDREN:

1. Teach your children not to talk or trust strangers. Verify visitation invites from your children's friends. Children should always be in sight of each other.
2. Train caregivers (teacher, maid) how to protect them, contact you and how to hand them over to the next caregiver (e.g. boda rider).
3. Teach your children to memorize important telephone contacts, names of parents/guardians and home addresses.
4. Teach them not to accept lifts, gifts and jobs/status shifts.
5. Establish and maintain a loving, caring and trustworthy relationship with your children. Warn them about social networking sites that can lead to kidnap. Teach them how to seek help (from you, the police or anyone).

## HOME AND PERSONAL SAFETY

Personal safety, including taking care of what you consume - food, drinks, etc., should be put into consideration. Ensure that you and everyone under your care consumes the right foodstuff to avoid being vulnerable, in extreme cases, to complications such as food poisoning. At an individual level, make sure that you leave home under a trusted person's care before you leave. This is also the time community policing, which includes neighborhood watch, cannot be over emphasized. Where necessary, you can also notify the police in your area about your intended absence.

Therefore, safety and security of your life and property should be your top priority during the festive season. Happy Holidays!





# THE CRY OF THE CHILD

Hear the cry of the child!

The cry of the child.

The poor juvenile, perilously prone to death and deformation.

Behold, the slaves of the crutch

In the vast ocean of suffering and limitation.

Commiserate with them for the derogatory names;

The un, the crippled, the deformed, the disabled

Oh no; hear the cry of the children!

The victims of polio, so dangerous, so perilous, caused by a virus.

Ladies and gentlemen, all stake holders

In all earnest, with open hands and hearts

Please arise, arise to fight against the killer disease.

Let's save the nation from the scourge of polio.

The agent of mortality and disability to the juvenile.

The nations need them as a resource and source.

In their little hands and hearts, is enshrined

The future and pride of the nations.

Protect their rights to life and good health.

Provide necessary resources of immunization and vaccination against polio.

He who does that is described with a heart of gold.

And on his fore head is the imaginary inscription

"The hero of mankind"

Even when you die - may God for bid-

We shall sing in our epitaph with indices to your honorable grave

Here, here lies the hero of mankind



In our lyrics, we shall sing our whole being  
To hear that polio, is now a tale the world over.  
Even in Afghanistan, Pakistan and Nigeria.

Our compliment, our indebtedness to the rotary  
fraternity of the world.

Those hearts of gold, so fresh with courtesy and  
generosity

That nurse human dignity and hope.

Always stretch their hands to reach the vulnerable-

That service beyond self,

we are bound to keep our fingers

Crossed for Gods' benediction upon those  
phenomenal and humane hearts

Manifest in the guarantee fight against polio.

He, who fights polio, saves life

He who saves life is a hero of mankind

*Thank you ROTARY  
Bravo, Asante*

*Composed by: Kasule Abdul*

*Presented by: Interact club of St Elizabeth girl's  
school.*

## ROTARY PUBLIC IMAGE

# Telling the Rotary Story through THE 'PEOPLE OF ACTION' CAMPAIGN



By Helen Nanteza Kawesa,  
Member, District Public Image Team  
Rotary Club of Kampala Sseese Islands, Uganda

*People of Action is a research-based public image campaign that is designed to tell Rotary's story in a consistent and compelling way. It is also a tool Rotarians can use to show the impact that the clubs make. The campaign portrays Rotarians as people of action — professional, community, and civic leaders who share a passion for taking action to improve the world around them. It supports Rotary's vision and reflects its essence.*

### OUR VISION:

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

### OUR ESSENCE:

Rotary joins leaders from all continents, cultures, and occupations to exchange ideas and take action for communities around the world.

### PROMOTING THE PUBLIC IMAGE OF ROTARY

The People of Action campaign focuses on raising awareness and understanding of Rotary, since too many prospective members and supporters don't understand who we are or what we do. The power of the People of Action to increase public understanding of Rotary relies on clubs to show how they make a difference in their



*Promoting Club activities with the "People of Action" campaign on social media*



communities. When clubs tell People of Action stories, they bring Rotary's Vision to life in a tangible and relevant way.

## RESOURCES

Positive images of Rotarians as people of action are critical to capturing the public's attention and igniting real passion for Rotary. To portray People of Action, clubs should use photos that portray authentic instances of Rotarians working side by side with other community members. The wide array of resources on the Brand Center can help you tell your Rotary stories:

- People of Action Campaign Guidelines
- Rotary Public Relations Guide
- Quick Start Guide for Club Social Media Pages
- People of Action Style Guide

## PEOPLE OF ACTION MATERIALS

You can also find these on the Brand Center:

- Print ads
- Graphics to share on social media
- Video and radio ads
- Digital ads
- Outdoor ads
- Roll-up banners
- A photo library

Templates for creating your own print, digital, and social media ads that feature your club in action. Be sure to check the Brand Center often for new campaign materials.

## TELL YOUR STORY

Telling the public your People of Action story is the most important part of the campaign. Start by creating People of Action posts for your social media pages. It's a simple and effective way to promote your club to your followers. Use the hashtag #PeopleofAction to make it easy for people to find your club's posts.

## FIND OUT MORE

Learn more about the People of Action campaign at the Brand Center.

You can also email us with your questions or comments:

- Send general questions about the People of Action campaign to [pr@rotary.org](mailto:pr@rotary.org).
- Share your People of Action stories with RI at [pr@rotary.org](mailto:pr@rotary.org).
- Send questions about design to [graphicdesign@rotary.org](mailto:graphicdesign@rotary.org).
- Send questions about creating People of Action materials that are relevant to your area of the world to [globalcommunications@rotary.org](mailto:globalcommunications@rotary.org).



*Telling the Rotary Story through People of Action: A Step by Step Process*



## DISTRICT ROUND-UP

# ROTARY INTERNATIONAL UN DAY COMES TO AFRICA

*By PAG Jane Kabugo  
District Public Image Chair  
Rotary Club of Sunrise Kampala, Uganda*

The 2018 Rotary International UN Day, the first ever to be held on the African continent was held in Nairobi on 10 November 2018 at the United Nations Office in Nairobi (UNON). With the theme, Youth Innovation: Crafting Solutions to Emerging Challenges, the event focused on how technology can be used for humanitarian good. The objective was to recognize six Rotary People of Action: Young Innovators from around the world who have crafted solutions to longstanding humanitarian issues. With over 1000 participants, 50% of them were youth under 35 who attended the discussions about Innovations, environment and new partnerships. Six youth were honored as people of action including D9211's Paul Mushasho for Rotaract Club of Nakivaale and Patience Asimwe from the Rotaract Club of Naguru as a Polio Plus ambassador in the showcased Rotary Polio VR.. Last year the Rotary UN Day was held in Geneva, a first out of New York. This year we were humbled as the event came to Africa, Nairobi - Kenya.

The day was unique to Africa as it was the late RIPE Sam Owori's vision to host the Rotary UN Day in Africa in his year as RI President. To honor his wish, the occasion was hosted in Nairobi and graced by Rotary International President Barry Rassin, Trustee /RI President Nominee 2020-21 Sushil Gupta along with other Rotary leaders. District 9211 was represented by DG Sharmila, DGE Xavier Sentamu, Past District Governors Harish Bhatt and Tusu among other officials.



*Paul Mushaho, one of the innovative youth awarded*



*The VR experience featuring Patience Asimwe*



*Rotarians from D9211*

### PAST DISTRICT GOVERNOR HARISH BHATT TO REPRESENT RI PRESIDENT AT DISTRICT 9101 CONFERENCE



The Rotary International President Barry Rassin has appointed Past District Governor Harish Bhatt, together with his wife District Governor Sharmila Bhatt, as his representative at the conference for District 9101. The conference will be held at Senegambi, Banjul, Gambia, 19- 23-March 2019.

In his appointment letter, the RI president pointed out that the President's Representative at a district conference is an extremely important one and presented opportunities for the local Rotarians get to meet a knowledgeable, dedicated Rotarian from a different part of the world.

"While we would like to personally be present at every conference, it is physically impossible for us to do so. Therefore, it is with great pleasure that we ask that you meet as many Rotarians and spouses as possible, excite and motivate the participants, provide information about me, my theme, and special Rotary programs and emphases during the year, as well as share a wide range of information about Rotary International and The Rotary Foundation," he said.

"I anticipate hearing only good reviews since we personally selected you and believe you have the ability to Be the Inspiration and deliver a fantastic Rotary message," he concluded.

### NEW CLUB IN FORMATION RECEIVES SERVICE AWARD

*By Dr. Martin Kibuye*

*Rotary Club of Kireka View (in formation)*

Rotary club of Kireka View in formation received a medal from Rotary club of Kisumu for participating in the cancer awareness and treatment in Nairobi. With help from Rtn. John Kirkwood Andrew of Rotary club of Jinja and director Lord's made vocational training schools Njeru, Dr. Nicholas Kibuye Ceaser, a member of RC Kireka in formation was booked to offer service above self to Nairobi cancer patients at Agha Khan international hospital. The 5-day medical camp organized by Rotary club of Kisumu offered free services to all patients in Kisumu and beyond. It was indeed a great honor for us to participate on behalf of the Rotary family in Uganda.



*Rtn Annet Ayamba presiding president of the new club in formation*



*Dr. Martin Kibuye who represented the club*



### DONALD TRUMP IMMUNISED AT KATOOGO VILLAGE

*By Rtn. Maria Muzaaki – Polio Officer, RC of Kampala Central, Uganda*



At 18 months, Donald Trump should have completed his immunisation schedule, but unfortunately this was not possible. His mother did not have a clear explanation though as to why her son - she proudly named Donald Trump had not received his measles vaccine. After giving Donald his polio vaccine, the medical worker, then proceeds to inject his left upper arm. We expected Donald to wail in tears, but he takes his injection in silence, almost stone faced. We are all amazed at his demeanour, his mother inclusive. A few minutes later, he proudly walks away with his mother, without shedding a single tear- which got me thinking –what's in a name!

Donald was among the hundreds of children immunised in August at Katoogo Village, Ggaba Parish (Makindye Division) under a Polio Plus Immunisation Campaign by the Rotary Club of Kampala Central. A total of 429 people (188 males and 241 females) were immunised, and 410 of these were below 18 years. The campaign covered polio, tuberculosis, diphtheria, tetanus, whooping cough, hepatitis B, haemophilus influenza, measles and rotavirus. The community also received deworming tablets. Majority of the children immunised were below 5 years.

[CLICK TO READ MORE ON THE STORY](#)

### 4TH WORLD'S GREATEST MEAL RAISES US\$7000 FOR THE ROTARY FOUNDATION

*Rtn Godfrey Musisi  
Chair Club Administration  
Rotary Club of Kampala Nsambya- Uganda*



The World's Greatest Meal (WGM) is a global annual fundraising signature event with the aim of raising funds to eradicate polio throughout the World. The event was initiated by Rotarian Sussane Rea, a Past President of Rotary Club of Cairns Sunrise Australia who happened to be the guest of honor at the first WGM event organized in Uganda by the Rotary Club of Kampala Nsambya in 2015.

Since its inception 2015, the Rotary Club of Kampala Nsambya raises funds through this event for club service projects while part of the proceeds is sent to The Rotary Foundation towards the polio eradication fund. In 2017, the WGM was sponsored by Bank of Uganda and proceeds helped the club to secure a Maternal and Child Health care global grant project (GG1637099) totaling to USD 46,655.00. The project was implemented at 2 health centers: - Nkokonjeru Health center III where the facility was equipped with water tanks, gutters for rain harvest, solar system and renovation to the maternity ward. Lugasa Health Center III-Kayunga district antenatal section was also expanded, renovated and equipped with solar system, delivery beds and other modern equipment. Staff quarters were constructed too.

[CLICK TO READ MORE ON THE STORY](#)



### MAKUMBUSHO PRIMARY SCHOOL MEDICAL CAMP BY RC DAR ES SALAAM OYSTERBAY



For the second time this year, the Rotary Club of Oyster Bay in Dar es Salaam organized a one-day medical Pop-Up Camp for students from Makumbusho and Victoria Primary Schools. Over 800 students were offered medical check-up, treatment, medicine and hygiene education free of charge.

The Medical Camp held at Makumbusho Primary School is part of Rotary Club of Oysterbay's ongoing Community Health Initiative (CHI), which organizes medical camps and other health targeted initiatives since 2012.

With support from Diamond Trust Bank, Whitedent, Securex, Knight Support, Mansoordaya, Mini and MeTL, and in cooperation with doctors from Hubert Kairuki Memorial University (HKMU), medical students from Muhimbili University of Health and Allied Sciences (MUHAS) and the selfless effort of several volunteers, Rotary Club of Oyster Bay was able to provide the primary school students with a wide variety of medical services including general medical check-up, dental hygiene check-up, eyesight test, malaria test and deworming.

### ST. STEPHEN'S HOSPITAL MPERERWE BENEFITS FROM GG 1863665

*BY PAG Fred Mubiru  
Rotary Club of Kololo Kampala*



What began as a dinner after the Rotary convention in Atlanta Georgia culminated into the community of Mpererwe benefiting from a \$54,000 Global grant. One evening after the day's proceedings of the Rotary convention in June 2017, delegates from the Rotary club of Annapolis, Maryland USA and those from Kololo Kampala settled for dinner to regurgitate over a project the two clubs executed under GG 2574 in 2012. After a few discussions, it was agreed that we embark on a grant of Disease treatment and prevention as well as Child and maternal care. Since the Rotary club of Kololo has been associated with the hospital for now over 26 years, it was easy to make a choice about which hospital to team up with.

After the convention, PP Farouk Mukasa was assigned to ensure that the grant application is completed on behalf of Rotary club of Kololo. Contributions were pledged from the Rotary clubs of Kololo, Kampala, Annapolis Maryland USA, Washington, Metro Bethesda, South Anne Arundel, and the Rotaract club of Annapolis. Districts 7620 and District 9211 also made DDF contributions. After the computed matching, a total of \$53,500 was realized.

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## DISTRICT ROUND-UP

### ROTARY CLUB OF TANGA CENTRAL CHARTERED

4th November 2018 was an exciting day for the Provisional Club of Rotary Tanga Central as the District Governor Sharmila Bhatt chartered it to become the Rotary Club of Tanga Central.

The club was chartered at a colourful ceremony graced by the Past District Governors Ken Mughisa and Harish Bhatt, District Governor Elect Francis Xavier Sentamu, Assistant Governor Moh Versi, District Membership Chair Young Kimaro and friends and families.



*Charter president Rita Asher with club paraphernalia*



*Members of RC Tanga Central in a group photo.*

### ROTARY CLUB OF STONE TOWN AND NEDENES DONATES \$36,000 TO IMPROVE HOSPITAL

*By Sjani Muggenburg*

*Rotary Club of Stone Town-Zanzibar*



The Rotary Club of Zanzibar Stone- Town in partnership with the Rotary Club of Nedenes, Norway, recently donated \$36,000 to rehabilitate Makunduchi hospital and build a much-needed new incinerator to dispose off their wastes in an effective and hygienic way.

The cheque was presented to the hospital by the District Governor Sharmila Bhatt on behalf of the two clubs during her visit the club. The Rotary Club of Nedenes donated \$10,000 and the rest raised the Stone-Town club.

The funds will also go towards staff training in the proper collection, storage and disposal of all waste products.

Makunduchi is a small town located on the at the South East pint of Zanzibar with a population 12,000 people mostly fishermen and farmers. It has one primary school and one secondary school. Despite its beauty, Makunduchi receives very few tourist activities compared to other areas on the eastern coast of Zanzibar, such as Jambiani and Paje.

Today Rotary club of Zanzibar Stone-Town has partnered with Health Improvement Project Zanzibar (HIPZ), a UK-registered charity established in 2006 to renovate, equip and run this hospital.

The club once again thanks all the members of the Rotary Club of Nevenes in Noway.

[CLICK TO READ MORE ON THE STORY](#)



## DISTRICT ROUND-UP

### RC DAR ES SALAAM ORGANIZES DIWALI FESTIVAL FUNDRAISER

Rotary Club of Dar es Salaam organized a fun-filled Diwali Dhamaka evening - full of dance, laughter, sparkles and games! All this was for a good cause - to raise funds to buy sewing machines for the Institute of Visually Impaired in Dar es Salaam, Tanzania.

From the funds raised, 15 sewing and 2 lock machines were donated to the centre on 24 November. The Club's president, Mili Rughani said the machines will have measurable and enduring economic to impact the visually impaired women and men at the institute. This was under one of the six Rotary's area of focus - economic and community development.



*President Milli addressing guests at the Diwali festival fundraiser.*



*Members of RC Dar es Salaam led by their president donating sewing and locking machines to the Institute of Visually Impaired in Dar es Salaam, Tanzania*

### ADOPT A TREE IN ARUSHA



The Rotary Club of Arusha, has an ambitious goal – to plant 5 million trees in and around Arusha municipality. This year alone, the club managed to plant 7484 trees - 1843 fruit trees and 5640 shade trees.

The initiative is to support the Government of Tanzania initiative to promote the planting of 100 million trees from 2016-2022.

The club is asking well-wishers to join them in these efforts by adopting 1 tree for Tsh 20,000/- (\$10) and the club will contribute 6 others to public schools and hospitals in Arusha and support in raising awareness by using the hashtag #adoptatreearusha or #nurtureittolife and tagging the club on Facebook with a picture of yourself planting a tree. Alternatively, you can choose to donate the tree back to the club for planting in one of the many schools or hospitals around Arusha.



*Pupils at Burka primary school in Arusha, receive and plant 40 mango trees donated by Rotary Club of Arusha early this year as part of Rotary Mission Green project.*



### INSPIRATION OF HOPE: A PERSONAL ACCOUNT ROTARACT AFRICA SUMMIT 2018.

*Rtn Elisamia Ngowi*

*PR Director*

*Rotaract Club of KCMC Moshi, Tanzania.s*



First and foremost, I would like to thank my Mother Club, the Rotary Club of Moshi for sponsoring this trip to the Zanzibar Rotaract Africa Summit. I gained a lot of knowledge and experience in Rotary through the interactions, sessions and visits we had.

Thursday morning got me thrilled at the imminent journey through the imaginary roads on the Indian Ocean, as I longed for the much awaited Zanzibar Rotaract Africa Summit. We set off at 12:30pm, the Azam Sea bus being as precise as Japanese bullet trains. I was with some Ugandans and Kenyans who had come straight from their long cross country journey into the Ocean. We arrived at 2:30pm, picked up by an all smiling tall DRR Mwombeki. It was rainy but still warm, probably warmer than a hen's wings covering her eggs to hatch. We were driven to Zanzibar Beach Resort, a classic 4 star hotel built on the architectural theme of typical Swahili art. At my astonishment, we were one of the last groups to arrive, Rotaractors from thousands of miles had arrived way before us. These were Zambians, Malawians, Ghanaians, Ethiopians, Australians etc.

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### RTN. YOWERI MUSUMBA

Yoweri was a member of the newly chartered Rotary club of Namasuba Kampala, Uganda

He was among the 30 people that died after their boat capsized on Lake Victoria on 24th November 2018.

May his Soul Rest in Peace.



### RTN. KENNETH AKENA

Kenneth was Assistant Governor 2018/19 Northern Uganda. He was a member of the Rotary club of Gulu

He succumbed to Pneumonia on 27th November 2018.

May his Soul Rest in Peace.







CLICK HERE  
FOR MORE PHOTOS  
OF DG'S VISITS  
TO CLUBS



*Chartering RC Namasuba*



*RC Seeta*



*RC Nsambya*



*RC Nsangi*



*RC Mubende*



*RC Muyenga Breeze*



*RC Najeera*



*RC Wobulenzi*



*RC Acacia Sunset*



## DG VISITS



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OF DG'S VISITS  
TO CLUBS



*RC Nkumba Rotaractors and an Interactor*



*Inducting Angel from Rotaract to RC Nateete*



*Rotaract of Western region Uganda project showcase*



*Planting trees with RC Mityana*



*RC Kololo Kampala handing over an ambulance*



*Launching a marketplace by RC Mukono and the local government*



*RC Gomba Interactors*



*Katalemwa Cheshire home by RC Muyenga for making assistive devices*



*RC Gomba planting trees*



## 94 DISTRICT CONFERENCE & ASSEMBLY

24 - 27 APRIL, 2019



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DAR ES SALAAM,  
TANZANIA

Early bird discount

Rotarians: USD 215  
Rotaractors: USD 90

Offer Ends On  
**31 December, 2018**

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**24<sup>th</sup> - 28<sup>th</sup>  
APRIL  
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**PLEASE NOTE:**

- \* Rotary will provide Airport transfers to and from.
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**94<sup>th</sup> DISTRICT CONFERENCE & ASSEMBLY**

**DAR ES SALAAM**





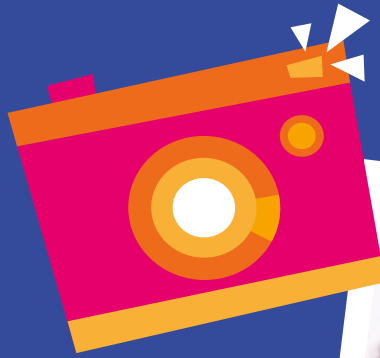

Ethiopian TRAVEL	4 NIGHTS PACKAGE		4 NIGHTS PACKAGE	
	Per Person Sharing	Single Occupancy	Per Person Sharing	Single Occupancy
<b>DCA HOTELS - DAR</b>	<b>ECONOMY CLASS</b>		<b>BUSINESS CLASS</b>	
<b>SERENA HOTEL</b>	US\$ 833	US\$ 1215	US\$ 1434	US\$ 1816
<b>RAMADA ENCORE</b>	US\$ 662	US\$ 885	US\$ 1263	US\$ 1486
<b>GOLDEN TULIP</b>	US\$ 555	US\$ 753	N/A	N/A
<b>TICKET ONLY</b>	US\$ 350	US\$ 350	US\$ 950	US\$ 950

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**SHARE YOUR BEST PHOTOS FOR A CHANCE TO  
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Enter the Wave's photo contest and show us the world through a Rotarian/Rotaractor's eyes. Submit your photos to [dg9211news@gmail.com](mailto:dg9211news@gmail.com) every month. The best photo and prize will be announced in February 2019.

For more details, visit [rotaryd9211.org/page/photocontest](http://rotaryd9211.org/page/photocontest)



## the WAVE

*The Wave is the official newsletter of the District Governor of Rotary District 9211, Tanzania & Uganda.*

*We welcome contributions to the next edition of the Wave. Email to: [dg9211news@gmail.com](mailto:dg9211news@gmail.com)  
Kindly send your articles, photos, commentaries by December 20th.*

**Rotary**  
District 9211



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INSPIRATION**