

Rotary
Nateete-kampala



MPAGI BULLETIN

FEBRUARY RELEASE



WE FELLOWSHIP EVERY THURSDAY AT IVYS HOTEL, 7:00PM



Beloved Friends

I welcome you to February, the month of Peace & Conflict Resolution. The month of February is very important in our lives because without peace & conflict resolution life can be a night mare.

For the past months a lot has been achieved in Rotary Clubs throughout the world, I thank you all for taking up the challenge to serve humanity, I am confident that we are all reaping through God's blessings and we thank the Almighty God for our strength.

I thank every Rotarian, Rotaractor, Interactor and all Guests for the continued support without which we would not have reached this far. I am proud to belong to such a caring and committed team.

Members of the Rotary Club of Nateete Kampala, I love you all.

Please enjoy the rest of the Rotary year, let us connect and enjoy as we serve humanity.

**Florence K. Tamale
Connecting President**

ACTIVITIES FOR FEBRUARY

Theme: Peace & Conflict Resolution

Important Activities

Feb 7 - Board Meeting

Feb 22 – Rotaract Nateete Fundraiser – Spelling Bee

March 8 - Retreat on Club Goals 2020/2021

Fellowships

Feb 6 – Feb 6 – KNOW THEM BETTER “Friends of RC Nateete & THEIR Day to Day Errands”

-Salim

-Sylvia

-Musa

-Abdul

Feb 13 – Kilimuttu

Feb 20 – The Youth sharing experiences on Peace & Conflict

Feb 27 – Induction and Birthday/Anniversaries

Quote 1

**If there is no communication, then there is no respect.
If there is no respect, then there is no caring.
If there is no caring, then there is no understanding.
If there is no understanding, then there is no compassion.
If there is no compassion, then there is no empathy.
If there is no empathy, then there is no forgiveness.
If there is no forgiveness, then there is no kindness.
If there is no kindness, then there is no honesty.
If there is no honesty, then there is no love.
If there is no love, then God doesn't reside there.
If God doesn't reside there, then there is no peace.
If there is no peace, then there is no happiness.
If there is no happiness ----then there IS CONFLICT
BECAUSE THERE IS NO COMMUNICATION!"**
Shannon L. Alder

Quote 2

"We arrive and depart this life alone. Every moment in-between is a unique opportunity to experience as much love and belonging as we can possibly muster. Instead we obsess over petty differences and turn our backs on those we are supposed to love."
Anthon St. Maarten

Quote 3

"I want you to remember that you can't always smile your way around a fight. If someone pulls steel on you, I expect you to survive. Sometimes that means giving back in kind. Sometimes it means running like your arse is on fire. Always it means knowing which is the right choice."
Scott Lynch, The Lies of Locke Lamora



Congratulations to District Treasurer

PAG Mike Kennedy Sebalu

Honorary Doctorate Degree From London





Birthdays

Birth Days & Anniversaries

Feb 14th – Rtn Pauline Ssentongo

Feb 18th – IPP Ssebunya



Anniversaries

Wedding Anniversaries

Feb 21st – PP Margaret Sebalu

30 Guidelines How to Resolve Conflict

- 1. Agree on a mutually acceptable time and place to discuss the conflict.**
- 2. State the problem as you see it and list your concerns.**
- 3. Let the other person have his/her say.**
- 4. Listen and ask questions.**
- 5. Seek common ground.**
- 6. Remain calm.**
- 7. Do not blame or accuse each other.**
- 8. Focus on the issue at hand, not the way you are feeling toward each other.**
- 9. Explore underlying issues.**
- 10. Accept that each other's perspective is different, but not wrong.**
- 11. Think about whether this needs to be said right now, in this moment.**
- 12. Consider if you have a good handle on your emotions.**
- 13. Consider if you have the proper perspective to deal with the potential consequences.**
- 14. Email, texts, and cell phone calls are not an ideal way to introduce the need to talk about something substantial.**
- 15. Hold off on the confrontation if you feel the time is not right.**
- 16. Focus on breathing to help control your emotions.**
- 17. Keep your perspective broad and realistic.**
- 18. Don't place too much importance on a single talk.**
Most of the progress in relationships comes from a series of discussions as they unravel naturally. Try and stay in the moment and minimize added drama by bringing up old or irrelevant issues.
- 19. Listen more than you talk.**

- 20. It's fine to be heard, but if you are not listening to the other's response, the discussion is pointless.**
- 21. Avoid adding unnecessary drama.**
- 22. These things never help to fix a problem and ultimately bring more hurt to all involved. These include: ultimatums, yelling, threatening to cut off the friendship, name calling, and personal attacks.**
If it comes to that, walk away, breathe, step back and allow some time before you try again.
- 23. Focus on what the person is trying to communicate.**
- 24. Acknowledge the feelings.**
- 25. If you acknowledge that someone is angry or hurt, you can better understand the sharp or harsh words that may be coming from them. You can choose to help them deal with their emotions or let them regain their composure to talk another time.**
- 26. Clear the emotional fog enough to receive the message.**
- 27. If you need to ask for clarification or even repeat what you think the other person is trying to say, so be it.**
- 28. Don't avoid expressing how you feel for the sake of preserving a friendship.**
- 29. The foundation of all relationships is grounded on honesty and trust. It's OK to show weakness, to be wrong, or to just plain melt down from time to time. Each person has something to give and something to learn. Conflict might be considered the way to pass along such knowledge.**
- 30. Every challenge with another is a chance to better our response. They give us the chance to practice patience, respect for others, detachment, and compassion.**
The added benefit is strengthening our relationships and our ability to communicate



HONOLULU HAWAII 2020

ROTARY INTERNATIONAL CONVENTION | HONOLULU, HAWAII, USA | 6-10 JUNE 2020

REGISTER TODAY AT RICONVENTION.ORG



95th
District Conference
and Assembly

29th April

to 2nd May 2020

@Hotel Triangle - Mbarara

Rotary



Lets Connect

#DCA95 @D9211

Early Bird - (Until Sept 30th 2019)

Rotarians - \$180 - Rotaractors \$100

2nd Early Bird (1st Oct to 31st December 2019)

Rotarians - \$230 - Rotaractors \$100

Registration:

<https://rotaryd9211.org>

Chair 95th DCA:

David Balaka +256 772 436 017

Chair Registration

Christine Namayanja +256 755 412 410



Congratulations!



**CONGRATULATIONS
OUR CHILDREN**

