



# MPAGI NEWSLETTER

*April Edition,*  
**2021**



*We Fellowship Every Thursday*



@ClubNateete



www.nateetekampala.org



Rotary Club of Nateete Kampala

# MPAGI NEWSLETTER

*APRIL 2021*

## TABLE OF CONTENTS

1. Editors Message
2. OP's Message
3. DG'S Message
4. RI's Message
5. Strength of Marriage
6. Encourage in Love
7. Food for the Soul
11. Sound Proof Kitchen
12. La'rch Easter Out Reach
13. Spiritual
14. Polio Corner and Food for Thought
15. DCA Pictorial
17. DGND Home Coming

## EDITORS NOTE

### BENEFITS OF READING

- .Brain Connectivity
- .Vocabulary
- .Memory and Mental Stimulation
- .Focus and Concentration
- .Analytical Skills
- .Empathy and Emotional Intelligence
- .Tolerance
- .Reduces Stress



People who read alot, have more words in their vocabulary than those who don't.

Reading teaches empathy. When books are focused on the psychology of characters and relationships, readers can learn from those interactions.



Reading causes brain connectivity. You recall past events and details to guess the ending. This teaches your brain to make the connestions in real life.

**\*Miriam Serunkuma Nsubuga (PHF)\***

**\*Bulletin Officer\***

**\*Matovu Abdulrazak\***

**\*Ass. Bulletin Officer\***

**Dear Friends,**

We glorify the Lord for having taken us well through this month of April 2021. This has been a historical month in which District 9211 has been split into two Districts, D9213 and D9214, This happened in the 96th DCA, which took place at Munyonyo from April 21st to 24th, 2021. Fellow Rotarians, congratulations, for this achievement of Rotary growth.

During this Maternal and Child Care month of April 2021, Rotarians and Rotaractors have worked diligently to ensure healthy lives and promote well being for all at all ages addressing all major health priorities, maternal and child health, inclusive. Thank you for fulfilling our mission of "Service above Self".

In line with this mission of service above self, members of Rotaract club of Nateete have given their time, talents and resources for humanitarian efforts – as revealed in their Kakuba Project, Jinja District. This is the reason why Rotary International nominated this Project to be among the six outstanding Rotaract Projects in African Region for the year 2020/2021. Congratulations members of Rotaract club of Nateete. You have made us shine, please keep it up.

Members of RC Nateete, thank you for your contributions towards the well being of the disabled children at Larche Home. On April 3rd, 2021, when they were visited with Easter package, these children appreciated with smiles on their faces.

Members, in the Youth Services month of May 2021, let us have youth programs that will secure the future of rotary membership growth by shaping and creating young adults who are professionally developed and with the spirit of community service.

Stay blessed in the Youth Service month of May 2021.

**PRESIDENT'S MESSAGE**



**MARGARET MAGUMBA**  
Opportunity President RC Nateete



# APRIL MESSAGE FROM THE DISTRICT GOVERNOR D9211

DG ROSETTE NABUMBA 2020/21

We are in the month of April, so only three months are left to the end of this Rotary Year 2020/21. This time might seem short, but there is so much we can do, and I urge you to keep your foot on the accelerator. As Rotarians, we have two choices to make from this point forward. We can choose to cross to the 30th June finish line; or we can decide not to reach that line. We should turn our sights to finishing the year on a high note. If your club has not yet completed its fundraiser for our Rotary Foundation, or made your contribution to PolioPlus, now is the time to do so. The Foundation is an excellent steward of our money and your generous contributions keep enabling Rotarians worldwide to “Do Good” in the world. It’s also not too late to invite a future Rotarian to one of your club meetings or social events! Remember, your spouse, children or “significant other” may be just the Rotarian that your club is looking for! Remember our mission of “Service Above Self” and give your time, talents and resources for humanitarian efforts.



## ENHANCING ROTARY'S PUBLIC IMAGE

Strengthen Rotary's image by delivering a clear and compelling message that conveys what we do and how people can engage with us. By speaking, writing, and designing in a unified voice and look, we ensure that our communications are unmistakably Rotary.



## **HOLGER KNAACK**

### **RI President 2020/21**

### **April Message**

As someone who knows firsthand the great leadership potential of Rotaractors, I always look forward to World Rotaract Week, which we are celebrating from 8 to 14 March. Rotaractors are the focus of all three of my presidential conferences this year, and I was proud when, two years ago, the Council on Legislation voted to elevate Rotaract by including Rotaract clubs as members of Rotary International. Before that, the Council had already made dual membership possible, and shortly after, the Board of Directors decided to do away with Rotaract's age limits.

But we are only just embarking on our journey together. Partnering effectively doesn't happen by itself. It requires both sides to be open and to understand the value of cross-generational alliances. Louie De Real, a dual member of Rotaract and Rotary, explains.

Joint virtual meetings have helped Rotaractors introduce Rotarians to new ideas and tools, pioneering unique ways for clubs to collaborate. In the case of pandemic and disaster response, Rotaract clubs used social media to coordinate efforts, drive information, and fundraise, while Rotary clubs used their networks and resources to amplify support, provide logistics, and bring the goods and services to communities.

Rotaractors' innovative virtual engagement and professional development activities inspired Rotarians to support and follow suit. The pandemic made Rotaract clubs realize that we can immediately connect and partner with Rotary clubs through virtual platforms. With constant collaboration, we realize that Rotary and Rotaract indeed complement each other — that we are part of a single organization with shared goals.

Both sides add value. Rotarians can be mentors and service partners to Rotaractors, while Rotaractors can demonstrate to Rotarians that difficult jobs can be simplified and limitations can be surpassed through digital approaches. This synergy motivates Rotaractors to become future Rotarians: I joined Rotary because Rotarians gave me memorable membership experiences through inspirational moments of collaboration. I needed to be a Rotarian to inspire Rotaractors the same way, now and in the future.

That same synergy leads Rotarians to realize that while Rotaractors may have a different culture, we all share a common vision of uniting people to take action. Rotaract's unique ways of doing things serve as inspiration for innovation, helping Rotary increase its ability to adapt to future challenges. Rotarians and Rotaractors will build the future together, so let's start today.

I see no difference between a Rotary club and a Rotaract club, except perhaps for the average age!

Many Rotarians still view Rotaract as our youth organization, but I see it differently. For me, they are part of us, and they are like us. To be successful together, we need to have mutual respect — to see each other as equals. Let's see Rotaractors for who they really are: students and young leaders, but also successful managers and entrepreneurs who are capable of planning, organizing, and managing a Rotary institute — including breakout sessions in five languages — as they did in Berlin in 2014.

As we take this journey together, let's remember the strengths of Rotary and Rotaract. And, as Louie says, let's get started right away in building the future together. In doing so, we open endless opportunities for our organization.



# Strength of Marriage

1. A husband and wife working together on family goals can buy land within 6 months.
2. A husband and wife working together on family goals can build and furnish their dream house in 2-4 years.
3. A husband and wife working together on family goals can establish an investment within 3-5 years.
4. A husband and wife working together on family goals will easily educate their children and ensure they've options and opportunities in their adult lives.

So the poverty you see around is just because we have a faulty value system.

We have the energy and the resources to become rich. Just get the right mindset.

**\*Eldrina Sempebwa\***



## ***Congratulations!***

Rotarian Florence Bulya  
on the Birth of your Baby Boy  
We congratulate Mr. and Mrs. Birungu  
for such a precious gift from God



# \*Charles Chaplin died at the age of 88.\*

He left USA senate with \*4 Statements\* :

\*(1)\* Nothing is eternal in this world, not even our problems.

\*(2)\* I like to walk in the rain, because no one can see my tears.

\*(3)\* The most wasted day in life is the day we do not laugh.

\*(4)\* The six best doctors in the world ....

1. Sun,
2. Rest,
3. Exercise,
4. Diet,
5. Self-esteem
6. Friends.

Keep them at all stages of your life and enjoy a healthy life ...

If you see the moon You will see the beauty of God .....

If you see the sun You will see the power of God ...

If you see the mirror, you will see the best creation of God.

So, believe it.

We are all tourists, God is our travel agent who has already fixed our itineraries, reservations and destinations ... Trust Him and enjoy LIFE

Life is just a trip!

Start living and stop existing!!!!

To understand it, you have to visit these 3 places:

- the Hospital
- The Prison
- The Cemetery

At the hospital, you will understand that nothing is more beautiful than health.

In Prison, you will see that liberty is the most precious thing.

- In the cemetery you will realize that life is worthless, the ground on which we walk today will be our roof tomorrow. Let us make the efforts to remain humble by having the fear of God and the respect of our neighbors. Please give to people in need no matter how small.

## You are God's Treasurer

While waiting for my first appointment in the reception room of a new dentist, I noticed his certificate hanging on the wall; it gave his full name. Thinking hard, I remembered that a tall, handsome boy with the same name had been in my high school class some 36 years ago. Upon seeing him, however, I quickly discarded any such thought. This balding, grey-haired man with the deeply lined face was way too old to have been my classmate. After he had examined my teeth, I asked him if he had attended the local high school. 'Yes,' he replied. 'When did you graduate?' I asked. He answered, 'In 1971. Why?' 'You were in my class!' I exclaimed. He looked at me closely, and then the thoughtless idiot asked, 'What did you teach?'

Funny Old Goat



**From Rtn. Sserunkuma Miriam**





**\*He called his friend;\***

\*And told him: "I'm in need of money, my Mom is sick and I have no money for her treatment."\*

\*His friend said: " Alright my dear friend, just call me later after Devotion."\*

\*He called him but his phone was switched off.\*

\*He kept calling over and over again, until he got tired.\*

\*And went to search for another friend who can help him with the treatment fee.\*

\*But he couldn't find anyone who can help.\*

\*He returned home and found a bag of medications near his mother's pillow and she was sleeping.\*

\*He asked his brother, the brother told him: "your friend came and collected the prescriptions and brought these medicines, he just went out not long ago".\*

\*He smiled and with tears in his eyes he went out to look for his friend, and when he found him; he asked him : "where have you been, I have been calling you since but your phone was switched off..?"\*

\*The friend replied: "I sold my phone and bought the medications for your mom"\*

\*If you were you how could you feel, having yr fon, bcoz you couldn't sell it to save your mom. We all have something to give...our time, money, possessions, generosity, kindness, friendship, even a smile can go a long way in helping someone. God in His wisdom blessed us all with different gifts, no one is too poor to give. Glory be to Him.\*

from **Margaret Sebalu**



**Let this day be full of joy and celebration, wishing you an outstanding and fabulous Birthday. Rtn Dickens Nsubuga. Celebrate and enjoy 12th April.**

**Ugandan Uncles going for dowry negotiations. The one in the middle appears like he will complicate things 🤪**





The TRUTH is, that all of the "STUFF" here on earth we work SO hard to buy and accumulate..does NOT mean a thing. At the end of the day...people will be cleaning out our "STUFF", going thru our "STUFF", figuring out what to do with all of our "STUFF" ....this "STUFF" we've accumulated in our life. The only thing of VALUE that remains are the MEMORIES and what we deposit into others. May we all learn to spend less time accumulating "STUFF" and spend way more time making MEMORIES.



**My mom did not sleep.** She felt exhausted. She was irritable, grumpy, and bitter. She was always sick until one day, suddenly, she changed.

One day my dad said to her:

- I've been looking for a job for three months and I haven't found anything, I'm going to have a few beers with friends.

My mom replied:

- It's okay.

My brother said to her:

- Mom, I'm doing poorly in all subjects at the University.

My mom replied:

- Okay, you will recover, and if you don't, well, you repeat the semester, but you pay the tuition.

My sister said to her:

- Mom, I smashed the car.

My mom replied:

- Okay daughter, take it to the car shop & find how to pay and while they fix it, get around by bus or subway.

Her daughter-in-law said to her:

- Mother-in-law, I came to spend a few months with you.

My mom replied:

- Okay, settle in the living room couch and look for some blankets in the closet.

All of us gathered worried to see these reactions coming from Mom.

We suspected that she had gone to the doctor and that she was prescribed some pills called "I don't give a damn"... Perhaps she was overdosing on these!

We then proposed to do an "intervention" w/my mother to remove her from any possible addiction she had towards some anti-tantrum medication.

But then ... she gathered us around her and my mom explained:

"It took me a long time to realize that each person is responsible for their life. It took me years to discover that my anguish, anxiety, my depression, my courage, my insomnia & my stress, does not solve your problems but aggravates mine.

I am not responsible for the actions of anyone & it's not my job to provide happiness but I am responsible for the reactions I express to that.

Therefore, I came to the conclusion that my duty to myself is to remain calm and let each one of you solve what corresponds to you.

I have taken courses in yoga, meditation, miracles, human development, mental hygiene, vibration and neurolinguistic programming and in all of them, I found a common denominator in them all...

I can only control myself, you have all the necessary resources to solve your own problems despite how hard they may be. My job is to pray for you, love on you, encourage you but it's up to YOU to solve them & find your happiness.

I can only give you my advice if you ask me & it depends on you to follow it or not. There are consequences, good or bad, to your decisions and YOU have to live them.

So from now on, I cease to be the receptacle of your responsibilities, the sack of your guilt, the laundress of your remorse, the advocate of your faults, the wall of your lamentations, the depository of your duties, who should solve your problems or spare a tire every time to fulfill your responsibilities.

From now on, I declare all independent and self-sufficient adults.

Everyone at my mom's house was speechless.

From that day on, the family began to function better because everyone in the house knew exactly what it is that they needed to do.

For some of us this is hard because we've grown up being the caregivers feeling responsible for others. As moms & wives we are fixers off all things. We never want our loved ones to go through difficult things or to struggle. We want everyone to be happy.

But, the sooner we take that responsibility off of our shoulders & on to each loved one, the better we are preparing them to be MEsponsible.

We are not here on earth to be everything to everyone. Stop putting that pressure on yourself. Love you.

\*I personally did not write this. I came upon it, found it to be powerful and in this crazy time thought it would be a good "read" to share\*

**By: Maggie Sebalu**

**Lord,**  
Hold my family together.  
Bless us with the gifts only  
You give — salvation,  
health, true joy and peace!



Not everyone is given the  
chance to grow old,  
**so thank God**  
in the morning for another  
day to live,

The  
meaning  
of life



and thank  
Him in the  
evening for  
*getting  
you through  
the day.*  
**Amen**



**Kitagata Healing  
Hot Springs**



### **\*Sound Proof Kitchen\***

Olu is a house boy who drinks his boss' wine and then adds water for cover up. His boss became suspicious and decided to buy pasties ( A french wine that change colour if water added).

As usual, olu drank the pasties and topped it up with water. Unfortunately for him, the pasties changed colour. When the boss came back home and notice the colour change, he told his wife about it.

Olu knew he was in trouble and decided to stay in the kitchen.

The boss shouted, "olu!!!"

olu answered.. "Yes, Sir!"

Boss.. "Who drank the pasties?"  
olu didn't respond.

The boss ask again, still no answer. Then the boss went to the kitchen to confront him. "Are you insane or what? When I called you, you said 'Yes Sir', but when I asked you a question, you didn't answer me!

Hmmm Oga, when you are in the kitchen you don't hear anything except your name," olu answered.

"Let's try it. Okay go to the bar and stand beside madam, while I will stay in the kitchen. Then call me and then ask me any question," The Boss suggested.

Olu shouted, "Boss!"

Boss answered, "Yes!"

olu asked, "Who goes into the maid's bedroom when madam isn't around?"

Boss didn't answer.

Olu asked again, the Boss kept quiet.

The boss came out from the kitchen shouting, "Wonders shall never end!!!

Olu it's true. When one's in the kitchen, one doesn't hear anything except ones name".

The wife interrupted, "That's not true. It's a lie".

Without argument olu ask if she'd like to enter the kitchen to be tested and she agreed.

olu called, "Madam!

Madam answered, "Yes!"

Olu asked, "Who is Junior's biological father? Me or boss?"

Madam rushed out of the kitchen saying, "This kitchen needs to be checked, I can't hear anything!"

\*Sin is a very shameful thing, it makes you loose all your senses\*



**\*PP Ivan Balondemu**  
- RC Bweyogerere Namboole\*

Rotary  

# FITNESS PACK

UGX 60,000

**ORDER NOW**

Through your club FAN champions.

FOR DETAILS CONTACT PAG Mebra Lwabaayi 0772 447 078



**ROTARY NATEETE PUT A SMILE ON THE FACES OF THE DISABLED CHILDREN OF LARCHE ON EASTER EVE**



**LARCHE**



**EASTER OUT REACH**







# "EBENEZER...THIS FAR THE LORD HAS BROUGHT US"

THANKSGIVING SERVICE

22ND APRIL, 3 PM

CHIEF GUEST: RT. HON. AMAMA MBABAZI

UBC LIVE BROADCAST

[WWW.YOUTUBE.COM/CHURCHOFUGANDA](http://WWW.YOUTUBE.COM/CHURCHOFUGANDA)  
UGANDACOMMUNICATIONS



**Namirembe Sunday Service Sermon touched many and they accepted Jesus Christ.**





**POLIO TEAM**



**I was invited to a wedding,when i reached the hotel i found two doors written**

- 1 . bride relatives
2. Groom relatives

I entered the one written groom relatives and found two more doors

- 1 . ladies
2. men

I went through the one for women only to find two more doors

- 1 . people with gifts
2. people without gift

I went through the one one written people without gifts and found myself outside the hotel through the back door at the door it was written

\_"So in this time of hard economy you want to just come, eat and drink without any gift, no way"\_

I didn't want to laugh alone!! **\*Sanyu\***











an era, Beginning of a new dawn



Mother's Union of Namirembe diocese at Sanyu babies home. Thank you mothers for the generosity.

Omumyuka wa Katikkiro Asooka era Minisita W'Obuyiisa n'Enzirukanya y'emirimu mu Bwaka-baka, Assoc. Prof. Owek Twaha Kigongo Kaawaase, alambudde ekisulo ky'Abawala ekya Grace House, ekyakutte omuliro ku King's College Buddo.

**Prof. Kaawaase atuusizza obubaka obubasaasira kulwa Katikkiro.**









*Congratulations*  
DGND Francisco Ssemwanga for the Year 2023/2024







*Fitness &  
Nutrition*

I urge you all to join in executing  
"Fitness & Nutrition (FAN). Our Programme for  
2020-2021 is carrying out fitness exercise and practising  
healthy options in your club communities

NEW ROTARY AREA OF FOCUS

# Supporting the Environment

Rotary

