



# MPAGI NEWS LETTER

*AUGUST EDITION*



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## VISIONARY PRESIDENT HERBERT'S NOTE

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**Here is a fun fact** “August was named to honor the first Roman emperor (and grandnephew of Julius Caesar), Augustus Caesar (63 B.C.–A.D. 14)”

Well, to many this means nothing, but to Rotarians world over August is the month of membership. This is the month we reflect on membership as a basis of growth and doing good in our communities. We all need extra pair of hands to be able to tackle the challenges we face.

As rotary club of Natete, the month of August was an awesome month which was led by the Buddy group of Lugunjja Elephants. We had very exciting fellowships with full of surprises, fun and entertainment. Great guest speakers were carefully sourced who were able to enrich us with knowledge. “This is the Nateete vibe” as one visiting Rotarian commented.

The last fellowship of the month which was a tea fest was remarkable and one of a kind. The Membership committee led by PAG Florence organised a potential members fellowship and invited people in the neighbour hood. We were blessed to have PDG Steven Mwanje who gave a wonderful moving presentation about rotary. It was a success and we hope to induct new members soon.

Dear members as we usher in the month of September, I am really excited because of the many activities the month will come with. The Visiting of the first female RI President, the Cancer run, DGs visit to our club, the fun filled fellowships. **This is a whole package to expect in September**

## THE POWER OF WRITING.

Why you should write even if you think nobody is reading

If you can't write, you'll be exploitable. Writing clarifies your thinking, allows you to articulate and explain yourself to others, and allows us to work together to build things we could not alone.

The Roadblock

In recent years, I have been advocating to anyone I come across, that they should write. Not only should they write, they should publish their writing online for the purpose of sharing it openly with as many people as possible.

The most typical responses/excuses people give for not doing so:

Nobody would read what I write.

First and foremost, the most important audience you should consider is yourself.

It does not matter if nobody reads your writing. The point of writing is self-expression — gathering an audience should be secondary. You cannot connect to other people without connecting first to yourself.

### My Writing is so bad.

Many people are hesitant to write because the moment they start putting pen to paper (or sitting front of a keyboard in this digital age), they get brain freeze. Many are reluctant to write because they think their English language skills aren't good enough. They use the quality of the writing they read in books as their benchmark, and it's hardly surprising that they fall short!

## RC Nateete Kampala

They are so worried about the grammar and selecting the right word, that they forget that they need to focus on the message — not the packaging!

What you have to share is valuable, and you don't have to wait till your sentence structure becomes perfect before publishing it. Go ahead and publish — and the more you write, the better your writing will become!

Don't forget that a book has been re-written and edited many times, and there's no need to try to aim for these standards when you are writing digital content.

I am never inspired to write.

It is a common fallacy that we have to wait for inspiration before we start writing:

That is still missing the point, writing should not be an act of inspiration, but again, an act of self-expression. Wanting to write when you are inspired is almost equivalent to stating that you will only speak when you are inspired.

### I have no time to write.

I think most of us have trouble prioritizing time. Often we do not understand that in life we need to be able to carefully weigh tradeoffs. If writing enables us to be more conscious, thoughtful and creative, why are we not deliberately making time to write? Why is it not a priority?

Making time to write is making time to connect with yourself. With the exception of meditation, try thinking of a better way to connect to yourself.

Director Public Image

Writing in itself is a form of meditation. You start putting some thoughts out there and you become acutely aware of who you really are and what you really think.

There is a certain mysterious quality of writing that encourages your authentic self to show up. I don't have any ideas

### Are you breathing?

Good, you'll never run out of ideas. As long as you're writing for the art of it, and aren't just blogging to make money (near impossible in your first year), life will never stop inspiring you to write new stories.

Many times my articles are born from what I'm going through at that moment in time. Ideas are gifted to me from blog posts, books, when I walk around, and even when I'm at work.

Stop worrying whether you'll ever run out of ideas.

You won't.

You may write about the same things sometimes and re-package previous talking points, but you'll find you're not just re-hashing stuff — you're actually adding another dimension to previous topics that you never thought of before. Keep writing and you'll see what I mean.

## EDITOR'S MESSAGE

### Rtn Yawe Godfrey

## WHY WRITE?

If you have made so far till here and are willing to put aside all those excuses and reasons, you would ask, why should I write for anyone else beyond me?

When you write and share your writing, you are putting a piece of yourself out there; it is an opportunity for an asynchronous connection between you and a virtual stranger. When you write about your fears, you are letting someone know that they are not alone facing those fears. When you write about overcoming difficult obstacles, you are giving some hope to someone out there that it is possible to do the same for themselves. When you write about your victories, you are making an example out of yourself — hey let's aim for the stars, they are possible to reach sometimes.

1. Writing gives clarity to thoughts which often confuse and cloud our thinking.
2. Writing also helps us connect to our own self, something which we don't do often, this is where self-discovery begins.
3. Writing is a creation, we learn to create something out of nothing, and it is the beginning of entrepreneurship.
4. Writing is an expression, which helps us connect to others. Writing connects our hearts to our minds.

5. Last but not the least the pen is mightier than the sword, writing can bring about change in society, it can join hearts and minds together.

## EDITOR'S MESSAGE



Therefore, whoever has got time to read this, get time and write something for others to read. My call remains in line of requesting for articles to this bulletin. **Thank you.**

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## CALL FOR ARTICLES

**Rtn Yawe Godfrey**



# The power of taking uncomfortable chances

**Jennifer E. Jones**  
RI President 2022/23



“

*sometimes you have to take uncomfortable chances to reach important goals. Every day, I am honored to learn from our Rotary family. Every lesson is an opportunity to grow, and each story adds a chapter to our collective Imagine Rotary year.”*

Recently, Nick and I spent time in Guatemala, where we met wonderful fellow Rotary members and families who unofficially adopted me as “Tia Jennifer.”

On the third day, after visiting Patzún in the mountainous western highlands, we set out for Lake Atitlán, which we needed to reach by nightfall. If we took a back road we could get there faster. Locals told us it had just been repaved and assured us, “You’ll have no problem.” At first, it was a breeze. We wound through misty green coffee and corn fields covering the hillside like a patchwork quilt. But at a river crossing, we found a bridge washed away. The only way to continue would be to ford the river in our small bus. There were a few tense moments, but we decided to give it a try and, thankfully, we made it across safely.

This adventure reminds me of two important truths in Rotary. One, we rely on local, on-the-ground expertise to do what we do best. And two, sometimes you have to take uncomfortable chances to reach important goals. Every day, I am honored to learn from our Rotary family. Every lesson is an opportunity to grow, and each story adds a chapter to our collective Imagine Rotary year.

## Message from the District Governor

**Peace Taremwa**  
District Governor 2022/23



As we start the special month of September, please join me in welcoming and celebrating our first Lady Rotary International President Jennifer Jones and her team to Uganda for their Imagine Impact Tour 2022-2023. I invite you to join her by contributing to the Peace Concert, participating in the Cancer Run and witnessing the launch of the districts 9213 and 9214 Flagship projects.

What an opportunity it has been to visit and witness the great work done by Rotary during

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*I believe that education is a right, regardless of where you live or how old you are. Everyone should have the opportunity to learn, and those skills should have a ripple effect in our communities as we IMAGINE Rotary fulfilling big dreams.”*

my official tour as your District Governor. Your commitment to service is commendable and much appreciated! We have started the last month of quarter one for the Rotary year 2022/23 and there is no better time to stop, reflect and give an account of the first 100 days. Monitoring and reporting our performance in the first quarter and subsequent months is crucial as it allows clubs to assess their performance against set goals, visualise the clubs’ future potential, fine-tune and take action for improvement.

September is Basic Education & Literacy Month; according to [rotary.org](http://rotary.org), 17% of the world’s adult population, or approximately 775 million people over the age of 15, are illiterate. Through scholarships, contributions to the foundation, and service projects, Rotary supports education. The global impact of rotary clubs on education includes actions such as teaching adults to read, mentoring students, teacher training, educating refugees, support to menstrual hygiene in schools and providing clean water to public schools so that students can be healthy and receive a better education.

The fourth target of the UN Sustainable Development Goals, a framework for achieving a more equitable society, is ‘excellent education.’ This objective aims to ensure that, by 2030, all children have access to ‘free, equitable, and high-quality primary and secondary education.’ It is a tremendous objective, but even in the best of circumstances, teaching children is significantly more complicated than just enrolling them in school. Are instructors trained regularly? Do the youngsters have access to nutritious foods? Are they physically fit and capable of learning? Does the school provide sufficient sanitation? Is there a secure and dependable method for instructors and students to go to school? Can parents provide homework assistance? Do parents have time amidst the need to look for tuition? Is there peace in their communities? Does the family’s need for income necessitate that the youngster works instead of attending school?

With all these questions in mind, it becomes very important for us to think differently. We should have better plans on how to support education in our communities. I believe that these efforts will start within our homes as we seek to learn and educate our children. I believe that education is a right, regardless of where you live or how old you are. Everyone should have the opportunity to learn, and those skills should have a ripple effect in our communities as we IMAGINE Rotary fulfilling big dreams. Education alleviates poverty from people. I applaud our clubs that have made significant progress in increasing access to learning in communities and look forward to seeing more impactful projects across the district in the upcoming months.

# 98th District Conference MBARARA

Register  
**NOW** and  
**SAVE !!!**

Las Vegas Hotel, Mbarara  
27th - 29th April 2023

**Early bird**  
(Up to 31st Dec 2022)  
Rotarians - \$190  
Rotaractors - \$120

*Celebrating our communities*

To register, login;  
<https://dc98.jjengo.com>

Registration contact information:  
Chair Registration: Ivan Atwiine  
Tel: 0758254956, 0775540708  
Vice Chair: Annie Ninyesiga  
Tel: 0782393902  
Email: dca98@googlegroups.com

#9 8THDIS CON



SUNDAY  
**04**  
SEPTEMBER  
2022



Registration Fees  
**25,000/=**  
comes with a vest

#### REGISTRATION CENTERS

Rotary Office 9th Floor NIC Building, Rotary Cancer Program Offices  
Uganda, Zzimwe rd- Muyenga, Centenary Bank Kampala Branches,  
All Capital Shoppers Outlets, Akamwesi Mall, Bread House Lweza,  
Freedom City Najjanankumbi





# GUESTS TRAINING



On the 18th day of August, 2022, we had a training of our potential club guests. This was organized to answer some of the questions frequently asked by the guests. The emphasis this time was put on Core Values of Rotary. It was well **handled by our very own DGE Francisco Ssemwanga.**





## MENTORSHIP TRAINING

During the month, we had a training of the mentors of the potential club guests. This was organized by the Membership committee headed by the super PAG Florence Tamale. The training was conducted by a seasoned Rotarian PP Douglas Mukiibi from the Rotary Club of Rubaga Lake View.



**Retention and Recruitment  
of members in Rotary  
By: Rtn Dickens**







**Rotaract**  
Club of Nateete-Kampala



**IMAGINE  
ROTARY**

With deep sorrow  
we announce the  
untimely death of our own

**ROTARACTOR EMMANUEL  
JOAKIM OKUMU**  
CLUB REI CHAIR / ASS. PR  
(CENTRAL ZONE 5: DCA, REI, RYLA CHAIR)

Your Exceptional Service  
to Humanity will never be  
forgotten.

*Rest in Peace*

14TH AUGUST 2022



@rotaractnateete  
Rotaract Club of Nateete-Kampala

## "RETENTION AND RECRUITMENT OF MEMBERS IN ROTARY" by Rtn Dickens Murorwa - the Past President of Kampala City.

He gave the best strategies of retaining members in the club and elaborated on how to attract new people to join.

He said it is not a role of a President or Membership Director to bring in new members or retain members like it is done in other clubs. For a successful club, RECRUITMENT and RETENTION is every one's role to play.

### THE KEY TO RETAIN

1. Satisfaction. Different people are joining with different reasons, make sure that each one is satisfied.
2. Change. It is never possible that same people need same things each year. Foreexample If this time u travelingto Kalangala, next time travel Mountain Rwenzori.
3. Reliability. Be a reliable club, keep time in everything you do and avoid disappointments.
4. Excellence and maintaining the standard of what you always give.
5. Rewarding members who perform well in different departments.
6. We need to listen to our members (feedback) and always avoid excuses and justifying.
7. Make sure our members feel the care. We can bring many new members as we can but the moment we fail to care about them, they will also go.
8. Help members to get opportunities because some of them are struggling to look for personal networks. Help them.

9. How many times have you visited the lost members and find out why they are lost??? Visit them and know why that person is lost.

### RECRUITMENT

1. Ensure Quality at the gate.
2. Make sure all new members come to stay by touching their expectations of joining.
3. It is also better to stay small and quality to attract new members to join the club. If it's quality People will fight to jump in because quality is visible and liked by everyone.



**"THE ROTARY CANCER RUN by PAG Kwesiga Emmy** who represented PDG Steven Mwanje the guest speaker we had on the flier, after getting some difficulties. But Guess what??? PAG Emmy was a super substitute, because he did it in a super way and left all questions well answered.

First and foremost most, he gave us the brief back ground about how the cancer run started.

He said PDG Steven Mwanje was looking for a project to do as Governor in his year, after sitting and compared so many projects, the cancer run project Qualified.

He added that the 1st cancer run wa held in 2012 at Lugogo Cricket oval and they managed to get 300 participants in the first year without pre registrations as we do now days. To them it was a success. (8 physical runs and 2 virtual runs due to Covid-19

Nsambya Hospital accepted to give a plot where to put the cancer center, they got Centenary bank as their first sponsors to date, and so many other sponsors.

The Guest speaker presented the achievement of cancer run and invited all the Rotarians and non-Rotarians to be part to attend on 4th September at Kololo. He also encourage Rotarians to get time and visit Nsambya Hospital to see the work so far well-done.

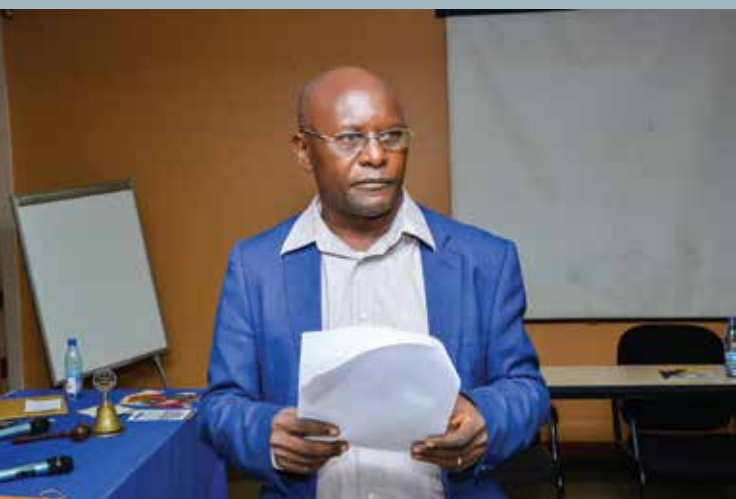
In a special way, he said this time it's a pleasure because the RI President- Jones is going to flag off this run.

He encouraged all the club members to sell vests because 10% will be coming back to our club to support the club projects.

He added that if we raise 7.5m and above, we shall get a free tent to put our things and drinks. We shall not just run and go back home, there will be fellowship, aerobics and others

**He concluded by saying that the cancer center is Open and operational.**





**"EDUCATING CHILDREN  
DURING HOLIDAYS"**

**WHAT DOES IT MEAN  
TO BE A PARENT????**

**Dr Paul Ssemaluulu Mukasa**

**A girl asked a boy if she was pretty**, he said "No". She asked him if he wanted to be with her forever, he said "No". Then she asked him if he would cry if she walked away, he said "No". She had heard enough; she needed to leave.

As she walked away he grabbed her arm and told her to stay. He said "You are not pretty, you are beautiful. I do not want to be with you forever, I need to be with you forever. And I wouldn't cry if you walked away, I would die."



**PE Miriam Nsubuga**

### **CONFLICT MANAGEMENT AMONG SIBLINGS**

Conflicts are prone to happening everywhere and at any time in life. You may never intend to be part of it or an initiator, but they still come and you face them. A conflict is a serious disagreement or argument, typically a protracted one.

Conflict management is any process of ending a conflict among disagreeing parties or individuals.

As we parent our children, chances are that not all of them will get along with each other, even among adults. Age may not matter when a conflict may arise. Some conflicts are part of their development into adulthood.

Many times, siblings are supposed to be at least friends since they share the same blood and enjoyed the same breasts. These are mostly people that have been raised together. They are expected to be a bit closer to one another. But some of them fail to be compatible with each other along the way. It could result from individual temperaments, concerns with fairness, poor parenting skills, failure to understand each child's love language, lack of social skills, contending for parental attention, external issues, peer pressure, and parents' insensitivity in giving favors.

They could compete among themselves, be emotional, yell or fight almost every time, grow when they can't talk to each other, and/or resolve conflicts when they are young or adults. It happens at any stage of development.

Whichever way, you must create an enabling environment in their lives where they can live together and thrive well.

Don't show partiality and favoritism

Show fairness in treating your children. Every child is unique and special in their own way. One may succeed in one area and another child in another way. Don't fix your eyes on one child and treat him/her better than others, especially where there is not much of an age difference between them. Don't overpraise one and deride another. The one that you may loathe today may be better tomorrow than the rest. Promote each child's unique abilities in a special way without sidelining some and favoring others. When they have grown up, each will take his/her route and they will all become successful. Treat them fairly and equally in their respective efficacious opportunities.

### **Recognize the problem and act**

As a parent, you may detect that siblings are not on good terms with each other, whether among your young or adult children, and you need to act immediately to arbitrate their wrangles. It is not uncommon for family members to have misunderstandings, but these should not yield to a point of serious wrangles. This creates stressful moments for the whole family.

A parent should always seek all possible ways to reconcile the conflicting parties and keep his/her family together. You are the epitome of leadership and a symbol of authority. Your involvement can make a big difference in harmonizing the situation. Where there is a need, hold family meetings and let each party express their grievances until a solution is sought that favors everyone. And set clear rules on conflict management in your home and where possible reporting procedures.

### **Give them space to solve their own issues**

Some siblings' rivalries or complaints, especially among young ones, may not need your immediate attention. This is where you need to leave them to argue and settle their issues among themselves. You show them that they need to mature up and handle their issues without any external intervention – a space of independence. But you keep observing the trend of events so that it does not escalate to what you do not desire to happen until your intervention is inevitable.

Give each child individual attention

Your daughter or son may exhibit feelings of rage and resentment. Some children may seek to attract your special attention and recognition, and this may cause jealousy and rivalry from other siblings. If such is a case, you may need to ensure that you protect such a child from others' "bad-eye/feelings". You can also try to provide quality time for each of them to make each feel valued and special. See how you also handle the person trying to be moody and calm him/her down so that s/he may reduce expectations.

### **Open & effective communication**

In each conflict resolution attempt, there is a need for very effective and open communication from all parties. Listen attentively. Let the grieved parties express themselves and minimize direct confrontations especially if in a meeting. But you, as a parent, try to always communicate your position positively without taking sides.



Allow decision-making to be open to everyone. Encourage your children to always speak out when grieved or when a conflict arises. When you get to know, even if it's from other sources or when you are informed by a grieved party, don't keep quiet. Take an action and create peace in your family.

#### **Bring in other stakeholders.**

When you realize you can no longer handle it alone as parents, engage other siblings. When it does not work, allow other members of the family or close friends to get on board to help in negotiations and reconciliation. You can use the friends/siblings to interact with each at a personal level separately, or invite the two parties together and listen to them.

#### **Encourage compromise**

In a life of challenges, we look for a win-win situation, not a lose-win one, but sometimes both may work at some point. You can encourage your children to see how one can set back and control emotions while you all study the situation or stop the conflict. Where one can give in and let the other party be for the sake of peace, encourage that. Let there be a point of compromise as long as it will not leave one person doing it just out of coercion.

#### **Teach them forgiveness**

Jesus taught us to forgive seventy times seven and if we forgive others, our father in heaven forgives us but if we don't forgive, we will not be forgiven (Mat.18:22, 6:14-15). Let them also appreciate to apologize to the ones offended. And once someone apologizes, there should be forgiveness among conflicting parties.

There may be no straightforward format for solving a conflict, but depending on the circumstances, you may use wisdom like King Solomon did with the two women who were fighting over dead and alive children (1 Kings 3:16–28).

#### **Allow justice to take its course**

Where justice/law has to take its course, let it happen, and keep your peace if you have done all your best but nothing arose from your initiatives. When your adults choose to settle their issues in courts of law after all efforts of reconciliation in your means yielded to nothing, give them a chance without any threats. This may bring a lasting solution and comfort to a family.

In all, whatever the situation that may arise from a rivalry or conflict among siblings, parents should be at the centre of putting their houses in order as we raise these children into responsible and caring adults. There may be no time when conflicts will not be there from childhood to adulthood. Even when they are married, couples will always conflict, and as a parent on both sides, you will need to be good at ensuring all parties are happy and life is better in your family, there is peace and harmony all the time. Where things go beyond your means, there may be nothing to do and you can't keep your head buried in the sand.

**The writer is a child advocate, parenting coach, marriage counselor, and founder – Men of Purpose mentorship program**



**Dr Paul  
Ssemaluulu  
Mukasa**

#### **Dr Paul Ssemaluulu Mukasa**

#### **"EDUCATING CHILDREN DURING HOLIDAYS"**

#### **WHAT DOES IT MEAN TO BE A PARENT????**

- Keeping children healthy and safe
- Preparing kids for independent adulthood
- Teaching values that align with parents' culture
- Meeting Basic needs
- Protection
- Love
- Leading and so on

#### **THE BIGGEST CHALLENGES FACED BY PARENTS TODAY**

- \* Balancing family and career
- \* Being afraid to say NO
- \* A culture to blame
- \* Ensuring their children receive quality Education
- \*Overload of information.

#### **ABOVE ALL,**

#### **he concluded by encouraging parents to;**

- Pray with their children
- Mind their dressing code
- Monitor what they watch and how much time they spent on TV.
- Doing holiday packages Together.
- Boys and Girls should have separate bedrooms
- Listen to them in case of any challenges
- Train them on domestic work
- Have meals together
- Train kids to greet as well as respecting People right from size of toddlers
- Be a role model to your children 0773 795193



It was such a joy on 8th August when Rotarian Edward and his Ann tied a knot.

Dear Rotarians, let us congratulate Mr and Mrs Edward Ssekindi on their wedding Anniversary

★ HAPPY  
WEDDING ★  
★ Anniversary ★



It was allover joy on 16th August when Rtn James Katumba and his Anne said I do at the Church alter.

Join me to congratulate Mr and Mrs James Katamba on their wedding Anniversary.

★ HAPPY  
WEDDING ★  
★ Anniversary ★



★ HAPPY  
WEDDING ★  
★ Anniversary ★







**OUR CHILDREN PETER PAUL  
AND JOSEPHINE ON THIE WEDDING  
ON FRIDAY, 26TH AUGUST 2022**

**Wedding Celebrations**





# LUNGUJJA ELEPHANTS BUDDY GROUP OF THE MONTH



**MPAGI**  
NEWS LETTER  
AUGUST EDITION





**BUDDY GROUP LUNGUJJA ELEPHANTS IN CHARGE OF FELLOWSHIP**