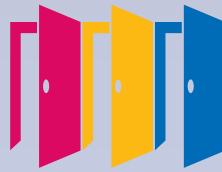
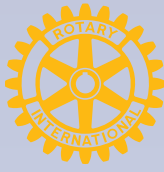


Rotary
Nateete-Kampala



**Rotary Opens
Opportunities**

HAPPY
New Year!

2021

MPAGI NEWSLETTER

DECEMBER
2020

We Fellowship Every Thursday



@ClubNateete



www.nateetekampala.org



Rotary Club of Nateete Kampala

MPAGI NEWSLETTER

2020
December

CONTENTS

1. Editors Message
2. President's Message
3. DG's Message
4. RIP Message
6. The Ultimate Productivity
7. The Living Heart
8. The Rotary Zone 22 Institute
11. Health Corner
12. How to raise a child
13. How are you ending the year
14. Wedding Anniversary Celebrations
15. Satellite deaf christmas celebrations
16. Spiritual & Inspirational Corner
17. L'arche Annual visit 2020

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 a lot, 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 connections in real life.

Miriam Serunkuma Nsubuga (PHF)

Bulletin Officer

Matovu Abdulrazak

Ass. Bulletin Officer



Margaret Magumba
Opportunity President
RC Nateete

DECEMBER 2020 MESSAGE

Dear Friends,

Praise the Lord – for He has successfully taken us through the first six months of this Opportunity year 2020/21.

We feel proud to have successfully hosted the 2nd All African zone Institute 2020 in Munyonyo, and all the awards received. Congratulations D9211.

It is our regular activity to visit the home of disabled, Larche`at Busega. I feel so happy – club members contributed generously towards this noble cause. Baskets of food and necessities were carried to these deserving people, on Saturday 19th, 2020. Your contributions have put a smile on these people`s faces. Thank you.

Out of your contributions, we managed to save shs.200,000/= which we took to Mrs. Hope Beyunga as a Christmas cash token from the club. Your contributions have helped a great cause, – once again thank you – and thanks to our Family Director, who spearheaded the exercise.

Members, below are some of our achievements during these six months:

- Very lively fellowships with inspirational and motivational speakers. Thanks to our Director Administration, Director, Public Relations and team, Zoom officer and Active Buddy groups
- Successful celebration of our charter night.
- Hosted our District Governor, Rosette Nayenga Nabumba, successfully.
- RI Grant qualification for our club.
- Elevation of our 4 club members to service beyond the club – and these are VCC Ssemwanga, AG Harriet Musoke and IPP Tamale Florence, and PP Kalyesubula beginning year 2021/2022.

•The prevailing COVID 19 Pandemic has made us innovative and a number of us have turned digital from analogue; online meetings and virtual events, have made it possible for us to visit and connect with other clubs around the world

Amidst all these achievements, we have had challenges during this period.

•The prevailing Covid 19 Pandemic has affected members' jobs and income and many are failing to pay their dues; memberships retention and growth are also affected negatively and possibilities of physical meetings remain limited.

•Loss of loved ones – including PAG Robinah Lubwama Lutaaya, who was our guest speaker on 6/8/2020. Robina left us in such a short time – we will always miss her greatly; Rtn Male and Rtn Prossy, both of RC Lubaga Lake view lost their spouses and many members of the Rotary fraternity lost their loved ones. May the souls of the deceased rest in peace.

Members, I once again thank you for your support during this 1st half of the year. The team work exhibited should be continued. Thank you for all you have done to create lasting change in your community and around the world.

As we approach the vocational Service Month of January 2021, we are going through the festive season and election campaign period. Please take care of yourselves, wear your masks and adhere to all the SOPs from MOH.

DECEMBER MESSAGE FROM THE DISTRICT GOVERNOR D9211

DG ROSETTE NABUMBA 2020/21



Soon after I became Governor Nominee – I began considering ways in which I could make a difference during my tour of duty. While many ideas came up, none had the novelty I was looking for, however, a few months down the road and after a bad period when we lost a number of Rotarians in quick succession to non-communicable diseases, it occurred to me that Rotarians were in need of help. And that my friends, was the genesis of the Fitness and Nutrition (FAN) Initiative that we launched at the beginning of this Rotary year.

I strongly believe that you cannot give what you don't have; and that it makes no sense to wear ourselves out caring for everybody else's health, except our own! And therefore as we commemorate the Disease Prevention and Treatment month, I applaud all the clubs and Rotarians in D9211 that have actively adopted FAN; and those that have made healthy food, regular hydration, fresh air, adequate sleep, fitness, and exercise a part of their routine.



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



December

Message

As I look back on 2020, I reflect on how our lives have changed. The global COVID-19 pandemic brought pain and loss to many of us. And for almost all of us, our daily lives, family time, and work also changed this year. But we've made it to the end of this difficult year, not on our own but by reaching out to one another, as we always do in Rotary. With each passing year, I become prouder of our organization.

I will choose to remember 2020 as a year of great change and strength for us; Rotary didn't stop, despite the pandemic. We removed obstacles, found new ways to connect, and embraced new approaches to service, such as online projects and virtual fundraising. I have invited two Rotarians to share their stories about how Rotary grew stronger this year.

When the pandemic shut everything down, our emerging e-club was already providing digital service, including internationally. Fourteen U.S. women and I, members of multiple Rotary clubs, were using WhatsApp to mentor women entrepreneurs in rural Costa Rica, helping them to grow their ecotourism business, RETUS Tours [the subject of the magazine's May cover story, "Nature & Nurture"]. The project has grown, with 30 Rotarians now providing consulting and help with the RETUS website and social media. Most importantly, we continue building relationships and empowering these women to transform their own lives, and we are doing it online. I've even helped one of the women, Rosa, prepare a presentation in English for an online international conference. While our engagement with the Costa Rican women still requires some hands-on activity, the most transformative impacts haven't had to be in person.

— Liza Larson, Rotary E-Club Engage and Rotary Club of Plano East, Texas

I was president of my club when COVID-19 hit, and many members didn't yet have Zoom. Only 10 of our 53 members participated in the first Zoom meeting during the pandemic. I thought that reaching out and getting guest speakers from around the world to engage our members would help. Many Rotary leaders, a Rotary Peace Fellow, and even RI President Holger Knaack visited virtually and spoke to our club. Meeting attendance improved, while we reduced running costs by cutting out meals. Some members who worked outside our city and had missed our meetings even rejoined us. Registering our online meetings on My Rotary enhanced contacts with clubs across the world, and the joint meeting addressed by Holger attracted more than 300 visitors. We also raised more funds as members and visitors contributed to our projects. To continue being flexible for all, we are now offering hybrid meetings. For me, 2020 has been the best year in Rotary as I've made many new friends.

— Blessing Michael, Rotary Club of Port Harcourt North, Nigeria

These stories should give us all reasons to be optimistic about Rotary in the year ahead. We are not just surviving; we are gaining strength. We are discovering how resilient our organization truly is. We are seeing for ourselves how Rotary Opens Opportunities — even during pandemics — to grow, connect, and engage our members and the communities we serve.

From our home in Ratzeburg to yours, Susanne and I would like to bid you and your family the warmest of season's greetings. We can't wait to see the good things that 2021 will bring.

**Rtn.
Teddie Nassali**



THE ULTIMATE PRODUCTIVITY HACK IS SAYING NO

Not doing something will always be faster than doing it. The same philosophy applies in other areas of life. For example, there is no meeting that goes faster than not having a meeting at all. We become frustrated by our obligations even though we were the ones who said yes to them in the first place. It's worth asking if things are necessary. Many of them are not, and a simple "no" will be more productive than whatever work the most efficient person can muster. But if the benefits of saying no are so obvious, then why do we say yes so often?

Why We Say Yes: We agree to many requests not because we want to do them, but because we don't want to be seen as rude, arrogant, or unhelpful. Often, you have to consider saying no to someone you will interact with again in the future—your co-worker, your spouse, your family and friends.

Saying no to these people can be particularly difficult because we like them and want to support them. (Not to mention, we often need their help too.) Collaborating with others is an important element of life. The thought of straining the relationship outweighs the commitment of our time and energy.

For this reason, it can be helpful to be gracious in your response. Do whatever favors you can, and be warm-hearted and direct when you have to say no.

But even after we have accounted for these social considerations, many of us still seem to do a poor job of managing the tradeoff between yes and no. We find ourselves over-committed to things that don't meaningfully improve or support those around us, and certainly don't improve our own lives. Perhaps one issue is how we think about the meaning of yes and no.

The Difference Between Yes and No: When you say no, you are only saying no to one option. When you say yes, you are saying no to every other option.

As Tim Harford put it, "Every time we say yes to a request, we are also saying no to anything else we might accomplish with the time." Once you have committed to something, you have already decided how that future block of time will be spent.

In other words, saying no saves you time in the future. Saying yes costs you time in the future. No is a form of time credit. You retain the ability to spend your future time however you want. Yes is a form of time debt. You have to pay back your commitment at some point.

No is a decision. Yes is a responsibility.

As written by James Clear

GIFT EXCHANGE PROGRAM

DAY 1

3:00 pm - Arrival of Members

3:30 pm - Party Begins

4:00 pm - Food

5:00 pm - PHF Pinning of Rct Jude

5:10 pm - Gift Exchange

6:00 pm - Cake

7:00pm - Departure at leisure

9:30 pm - Late Night Snacks

DAY 2

8:30 am Breakfast

**9:30 FF - Going back to our
respective homes**

A LIVING HEART

BY RTN.ZIMBE ZEPHANIAH

Greetings great Rotarians, it is a joyous moment to write about how we can financially contribute to the world and most importantly our own Rotary Foundation. Contributions as we all know are in many various ways for example, through voluntary donations and any other heartfelt options of an individual.

Another important and outstanding way of contributing to Rotary Foundation is through bequeathing and gifting unto our Foundation, the imploration of `A LIVING HEART` amidst demise. This is under succession which brings about my guiding question of HOW DOES ONE CONTRIBUTE TO ROTARY FOUNDATION UPON DEATH?? My dear fellow Rotarians, this is very possible and fulfilling.

A person may pass on testate or intestate for no one knows their day of demise, but regardless we must foresee and prepare incase such A FEAR OR FACT comes by. This is possible by making a will. A will is a written document made while a person is alive in which he or she gives instructions as to how his or her property and other affairs should be taken care of after death. A person who is or has made a will is called a TESTATOR hence testate succession. Persons making a will can choose who will manage their property after death. This person is called an executor.

Whereas intestate succession is where upon demise there is no valid will hence application for letters of administration by the deceased's beneficiaries who then will distribute the property as it deems fit. But my dear Rotarians, would you love this upon your demise??? Think twice to live in people's hearts justifiably by virtue of a sound mind valid will other than passing on without one. As earlier on stated, this rings a bell to all, that we should always be prepared for anything in our lives regardless the hassles and too many things that exhaust our minds.

Today's call is in regards to how one can contribute to the development of our Rotary Foundation even when he or she is dearly missed so as to feel your presence in people's hearts, having in mind that only property owned by the deceased may be given away or distributed to Rotary Foundation. A deceased may give a legacy also known as a bequest. A bequest means a gift of property by will or testament in the event of death. A legacy may include a piece of land and personal property which amount to a specific legacy. Whereas, a general legacy involves for instance a sum of money or a number of objects identified generally e.g 100 shares of common stock or some company shares.

Secondly, we have gifts made during the lifetime of a grantor through deeds of gift. A gift is something of value that is given without something of equal value being exchanged or in return. These gifts include property which are related to an estate but are not subject to probate taxes since they are not part of the donor's estate at death. The beauty with gifts is that the donor sees the import of the gift during his or her lifetime unlike gifts which are bequeathed through a will or trust. Having the flexibility to distribute the property as intended is attractive to many people for it brings a measure of confidentiality. The intent to make a gift should be confirmed in writing and there must be a present and irrevocable transfer of title or rights of ownership hence the grantor of this gift relinquishes any rights to the property and cannot get it back without permission of the party that received the gift.

In conclusion, I am not advocating for any tragedy like death but `A LIVING HEART` that will be felt to the innermost parts of all Rotary activities and everlasting in the hearts of all communities globally. It is good to be a Rotarian but better to be a `LIVING` one in the hearts of many.

Zimbe Zephaniah, Rotarian of RC Sunrise-Kampala, Succession Law Practitioner and an Advocate of the High Court of Uganda.





MOURNING
PAG ROBBINAH LUTAAYA
 (St. Andrews Church Bukoto)



From **Rtn Florence Kibirango**

Remember The Poor: Millions go to bed hungry every day. Millions more are homeless, hopeless, and destitute. Regardless of how poor you think you are, there is someone who has it worse than you. Your attitude towards the poor determines God's response to your need. Therefore, get involved in charitable work and give your time, talent and treasure to those in need. Feed the hungry. Shelter the stranger. Clothes the naked. Comfort the grieving. Speak for the voiceless. Defend the vulnerable. Embrace the rejected. Heal the sick and wipe every tear. "He that hath pity upon the poor lendeth unto the Lord; and that which he hath given will he pay him again." (Proverbs 19:17) Do not let 2020 end without making a difference in someone's

CONVENER'S OPENING BANQUET

Banquet d'ouverture du commissaire

Dresscode: Formal with a touch of Gold and Black



THE WELCOME BANQUET



CULTURAL NIGHT AT
ROTARY ZONE INSTITUTE @MUNYONYO



DISTRICT OFFICERS WITH DG
ROSSETTI AT THE ZONE 22 INSTITUTE

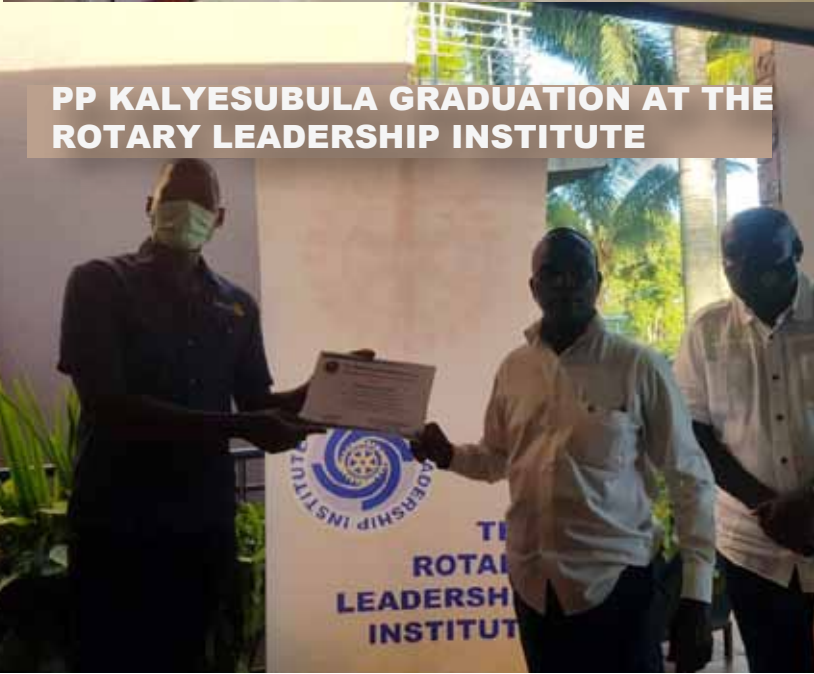




ROTARY LEADERSHIP INSTITUTE



PP KALYESUBULA GRADUATION AT THE ROTARY LEADERSHIP INSTITUTE



VCC SSEMWANGA AT ROTARY VIJANA POA JOB FAIR 2020

USES FOR GINSENG

Different varieties of ginseng root have been used as treatments in Asia and North America for centuries. Ginseng is one of the most popular herbal medicines in the world.

- *Stimulating the immune and nervous system
- *Fertility and sexual performance
- *Mental clarity and alertness
- *Diabetes
- *Menstrual problems
- *Strength and stamina
- *Stress and fatigue
- *Cancer
- *Digestion
- *Athletic endurance
- *Sperm production
- *Hepatitis C
- *Menopause
- *Infections
- *Colds and flu
- *Hair growth
- *Skin
- *Weight loss
- *Fatigue



Beauty Tips

The only way to keep your health
is to eat what you don't want,
drink what you don't like,
and
do what you'd rather not.

Mark Twain



Just for laughs!!!



The drunk men are always very alert..... Before crossing the road they look left and right for cars and bikes, then they look up for aeroplanes and then down for bombs, they look back for kidnapers and after that they hold the bottle tight and walk zigzag to avoid bullets..... 😊

DEATH begins in a clogged COLON.

Our health is closely linked to the state of our intestines. When one is living an criteria. This leads to Obesity and chronic diseases such as colon cancer, hypertension, liver and kidney diseases, diabetes, heart problems and arteriosclerosis.

It is important to cleanse and detoxify our intestines to maintain good health and promote longevity.

Healthy experts have proven that fibre helps a great deal in not only keeping the digestive tract clean, but also in losing weight by giving the feeling of fullness, absorbing fat and facilitating metabolism.

For more information contact

Sarah Lindo @ AHealthMinute.

0758 44 34 83.



DISEASE

is a summary of:

what you eat
what you drink
what you think
what you breathe
and most importantly...

what
you don't
eliminate



RAISING GOD-CONSCIOUS, MORAL, SUCCESSFUL CHILDREN with a sense of civic responsibility in today's world is not easy. It is also not impossible. As a teacher of the young souls, I have realized that the following guidelines can be used by all parents in order to come up with a responsible, respectful and a presentable citizen. As you read remember that these are personal beliefs and thoughts. So, they should not be taken as the gospel truth my friend.

1. Become a happier person yourself.

Emotional problems in parents are linked to emotional problems in their children. Unhappy people are also less effective parents.

2. Celebrate as a family, as often as you can.

Happy families celebrate both the small and big things: the end of a busy week, a good grade, the first day of school, a job promotion, holidays and festivals.

3. Prioritize your marriage over your children.

Family therapist David Code, author of *To Raise Happy Kids, Put Your Marriage First*, says: "Families centered on children create anxious, exhausted parents and demanding, entitled children. You can try the following as a parent:

- Hug them at least twice a day,
- Greet them joyfully,
- Complement them regularly,
- Hold their hands often,
- Spend at least 20 minutes in conversation with them every day
- Say "I love you" to them every day. To mention but a few.

4. When your children talk to you, give them your undivided attention.

Communicating well with your children is vital if you want them to be happy and successful.

5. Have regular meals together as a family.

Children who have regular meals with their families become more successful in school and in almost areas of life.

6. Teach your children to manage their emotions.

John Gottman's research shows that children who can regulate their emotions focus better, which is important for long-term success. These children even enjoy better physical health.

7. Teach your children to build meaningful relationships. Children who lack these relationships do worse in school, are more likely to get in trouble with the law, and are more likely to have psychiatric problems.

8. Set reasonable boundaries for your children.

Parents who set and enforce reasonable boundaries raise confident, successful children.

9. Ensure that your children get enough sleep.

Research shows that children who get insufficient sleep:

- Have poorer brain function
- Can't focus well
- Are more likely to become obese
- Are less creative
- Are less able to manage their emotions

10. Focus on the process, not the end result.

Parents who overemphasize achievement are more likely to bring up children who have psychological problems and engage in risky behavior.

11. Give your children more time to play.

When I say "play," I'm not referring to arcade or iPad games. I'm referring to unstructured play-time, preferably outdoors. Some parents prefer giving their children computer games to outdoor games. Some say "mwana w'ani asiba dole y'ebyayi ku guno omulembe?" forgetting that their success and creativity came from such.

12. Reduce your children's TV time.

The several studies show a strong link between increased happiness and less TV time. In other words, happy people watch less TV than unhappy people.

13. Encourage your children to keep a gratitude journal.

How can you start keeping a gratitude journal?

Step 1: Get a notebook and pen, and put them on your bedside table.

Step 2: Every night before you go to sleep, write down two or three things that you're thankful for. (Don't worry about how "big" or "small" these things are.)

Here are some examples of what you might write:

- Good health
- Loving family
- Beautiful sunset
- Delicious chicken stew for dinner
- Smooth traffic on the way home and many more.

14. Allow your children to make their own choices (including choosing their own punishment).

As a parent you will wonder how you children are going to set their own goals and also guide themselves as ways of awarding punishments to each other.

15. Resolve the conflicts in your marriage.

Children whose parents have serious marital conflicts perform worse academically, are more likely to abuse drugs and alcohol, and are more likely to have emotional problems.

16. Encourage your children to serve others and be generous.

Study by different scholars about children aged 8 to 12 indicates that children who feel as if their lives are meaningful are also happier.

17. Promote a healthy body image.

Here are some ways to promote a healthy body image in your children:

- Focus on the health benefits of exercise, rather than on how it affects your appearance,
- Focus more on your children's character and skills development, and less on their appearance,
- Exercise together as a family,
- Talk to your children about how the media influences the way we view our bodies,
- Don't talk about how guilty you feel after eating certain foods,
- Don't pass judgment on other people's appearance.

18. Don't shout at your children.

Yelling at your children can quickly turn your home into a perpetual battleground. Children who live in such a hostile environment are more likely to feel insecure and anxious.

19. Teach your children to forgive.

Always take forgiveness as a key element that leads to happiness in children. Unforgiveness has even been linked to depression and anxiety. Beera kyakulabirako eri abaana.

20. Teach your children to think positively.

How can you teach your children to think positively?

Encouraging them to keep a gratitude journal is one way. Here are some additional ways:

- Develop a positive attitude yourself
- Don't complain,
- Don't gossip,
- Don't make a huge deal out of spilled drinks, broken plates, etc.
- See the good in others and acknowledge it,
- Teach your children to phrase things positively, e.g. "I like playing with Yawe and Namaweje" instead of "I hate playing with Ntume".

You can also think of the following:

- Create a family mission statement.
- Have regular family meetings.
- Share your family history with you children.
- Create family rituals.
- Help your children to find a mentor.

RTN YAWE GODFREY

Raising God-Conscious,
Moral, Successful Children
ARTICLE



How are you ending the year?

Are you going into the new year holding onto the anger or grudges? Are you choosing to let go of all the negative feelings?

It is not easy letting go and moving forward but is it worth it to get into a new year holding on to all the old pain, anger, hurt, hatred? Holding onto these negative emotions sometimes becomes a safety blanket and once you hold onto them, you may always use these emotions as an excuse for your actions or even always pity yourself. It becomes a barrier to your happiness or hold you back from advancing to the next step or level in life.

Enter the new year on a clean and clear slate. Do not let your past hold you back. It may be difficult but it is very possible.

***Martha
Damalie Ndagire**
*Counseling
psychologist



Once they pulled out this crate from under the bed u just knew Xmas was going to be mwaa!



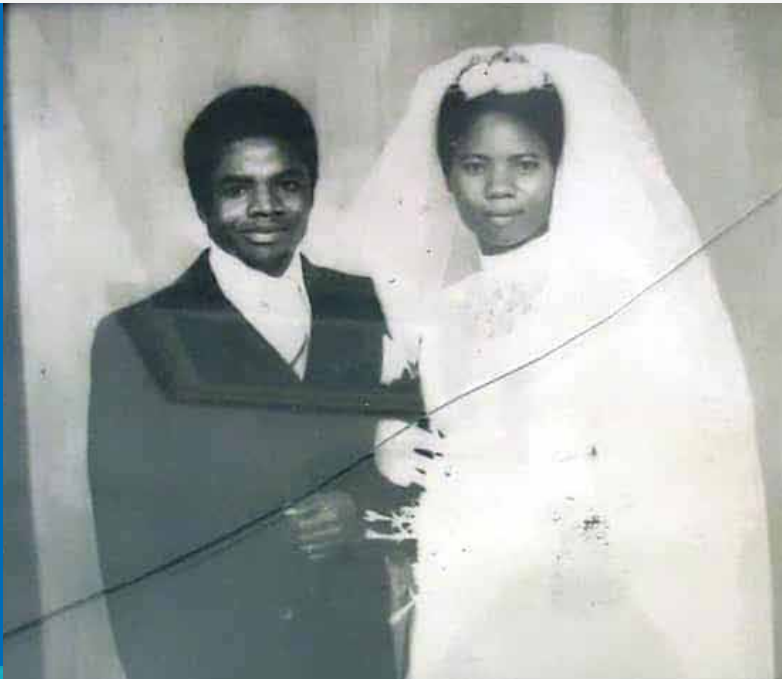
**Taking SOP
of wearing
mask to
another level
Well Done
PP Ssebunya**





Happy Anniversary

CONGRATURATIONS RTN REV SSEKABIRA AND MRS. SSEKABIRA, MAY THE GOOD LORD CONTINUE TO BLESS YOUR MARRIAGE



On 10th December, we celebrated 9 years of love of our very own and his best personal person .VCC Francisco you are an inspiration to us, your selflessness is adorable, HAPPY 9TH WEDDING ANNIVERSARY MR AND MRS SSEMWANGA. Wishing you many more years of love, health and Wealth.



I urge you
in executive
Nutrition (FA
program
carrying out
and practising
options in
com

Rotary



Fitness &
Nutrition

FITNESS PACK

UGX 60,000



ORDER NOW

Through your club FAN champions.

FOR DETAILS CONTACT PAG Mebra Lwabaayi 0772 447 078



Celebrating all the time, Double double for our own PP Christopher Kalyesubula. It was 11th December, the best planner wedded on his birthday. Happy Birthday and Congratulations on your 21st Wedding Anniversary, Prayers, and blessings for more love, good health and wealth.



As we celebrate the gift of family,
We congratulate Mr. & Mrs. Kagimu.

**HAPPY ANNIVERSARY, WE WISH YOU
BEST LUCK & MANY MORE YEARS
OF LOVE**



Rotarian Emmanuel Jjuuko was born on Christmas day and he was named Emmanuel, he has a big heart for humanity, he went out of his way to look after the Deaf, restores hope in them and he surely put a smile on their faces. Best wishes Rotarian Emmanuel, Merry Christmas and a Prosperous New Year.

Comrades, thank you for enabling DDF defy the ravages of COVID-19 and the ensuing political dynamics, to still reach out to our DDF Stars with a ***Satellite Deaf Christmas Celebrations 2020*** despite the uncertainties and hardships that are evident everywhere and to everyone. May God abundantly nourish & expand your coffers . Thank you very much!

We need more support to reach more DDF Stars

MM: 0752-558856

0776-558856



PP. Ssebunya and Rotarian Sylvia Mayambala visited the late Rotarian Beyunga's Family



SATELLITE DEAF CHRISTMAS CELEBRATIONS 2020

Touch lives, A Thousand Thanks Guys.

From **Rotarian Emmanuel Jjuuko**





Rtn. Miriam Sserunkuma

Every successful person has a painful story, so never give up. A school bell that sounds as a disturbance at 8:am also sounds interesting at 2:pm... it just a matter of time, so Don't envy anyone. Not everyone walking fast has an appointment. Some have running stomach!...If a rose smells better than tomatoes, It doesn't mean the rose can make a better stew. Don't try to compare yourself to others. You also have your own strength, look for it and build on it. All animals that exist, were in Noah's ark. A snail is one of those animals. If God could wait long enough for snails to enter Noah's ark; His door of grace won't close till you reach your expected position in life. Never look down on yourself, keep looking up. Remember that Broken crayons still color. Keep on pushing, you never can tell how close you are to your goal. Stay blessed.



Rtn. Margaret Ssebalu

A brother of mine from Lira recently bought a new Toyota Premio car (automatic). He drives the car perfectly well during the day but at night the car just won't move. He tried everything and still no luck. He then called the dealer and they sent out a technician .

Technician: "Mr. Okello , Are you sure you use the right gears?"

Filled with anger, Okello replied: "Of course I always do, how else do you think it moves during the day? I'm not stupid."

The technician asked Okello to tell him how he selects the gears.

Okello : "I use D for "day" and N for night."

The technician is still rolling on the ground laughing!.

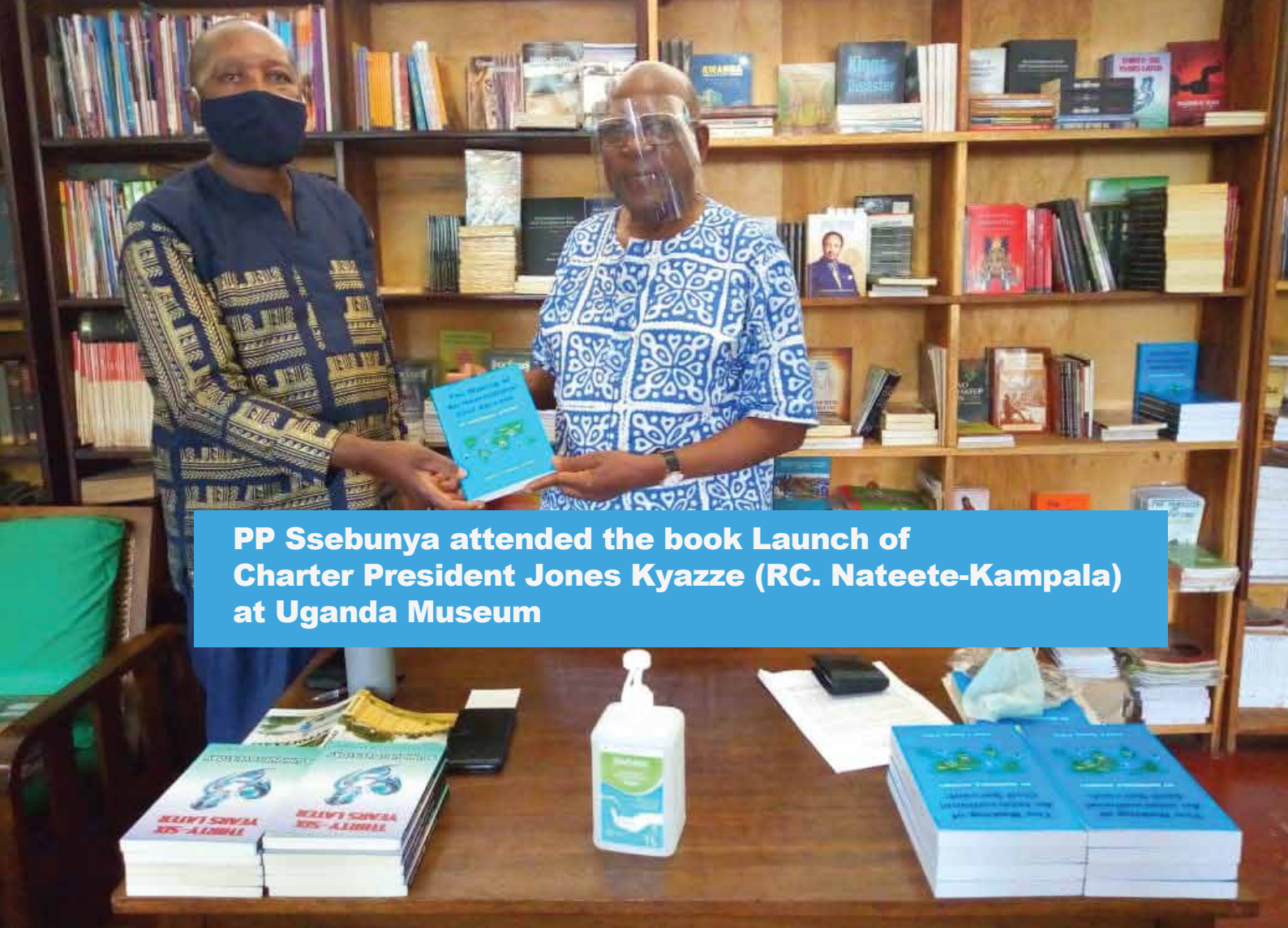


I May not be able to choose the music my life plays to but i can choose how i will dance to it. Merry xmas and Happy New Year.

From **Brenda Sewaya**

On 19, December 2020, The Rotary Club of Nateete visited L'arche, like it is done annually. These are vulnarable children . The club was represented by a team led by PE Angel Kisekka, accompanied by PP Ssebunya and Rotarian Sylvia Mayambala





**PP Ssebunya attended the book Launch of
Charter President Jones Kyazze (RC. Nateete-Kampala)
at Uganda Museum**

Joke of the day

_My friend came home from work, cleaned himself and sat for dinner. After the first bite he scolded his wife that food was tasteless.

His wife got up, called the COVID hotline and told them that her husband doesn't have the sense of taste any more. National ambulance came and took him away and now he is in 14 days quarantine...😄😄😄

This is a warning to all men who find their wife's cooking tasteless😄_

By Rtn. Maggie Ssebalu



**Beauty
of
Wild Flowers**

END POLIO NOW

ANNOUNCEMENTS

Rotary
District 9211

Rotaract
District 9211

**CONFERENCE
& ASSEMBLY**
DISTRICT 9211 KAMPALA UGANDA 21st APRIL 2021

End of an era, Beginning of a new dawn

21ST – 24TH APRIL 2021 SPEKE RESORT MUNYONYO

Very early bird
(Up to 30th June 2020)

Rotarians - **\$150**
Rotaractors - **\$80**

Early bird
(Up to 31st Dec 2020)

Rotarians - **\$200**
Rotaractors - **\$100**

Register NOW and SAVE

Bank Details: (UG) Ac Name: Rotary Conference Collection Ac No: 3718000006, Centenary Corporate Branch
(TZ) Rotary Country Office

Registration: www.rotaryd9211.org
Chair Registration: **Peter Mukuru +256 772 412 830**

Youth On to DCA

(UG): **Rachel Kiwumulo +256 787 363 748**
(TZ): **June Russel Gondwe +255 718 515 490**

#DCA96 @D9211

