



# MPAGI NEWSLETTER



*March, 2021*

*We Fellowship Every Thursday*

**Dear Friends,**

Praise the Lord, for He has taken us successfully, through the month of March 2021. During this WASH month, Rotarians have celebrated their commitment to create healthier communities with sustainable safe water, improved sanitation and hygiene to prevent the spread of infectious diseases. Thank you Rotarians for having worked towards fulfillment of this Rotary goal, amidst COVID19, Challenges.

On a sad note, during this month of March, we have lost our own, Rtn Maama Norah Owor, and we have also joined the world, as Rotarians, to mourn the death of Tanzanian President, John Magufuli. May their souls rest in peace.

Members of RC Nateete, as we begin this Maternal and Child Health month of April, please respond positively to our call to contribute towards the Easter Package for the Larche home for disabled children, at Busega. We intend to visit them on April 3rd, 2021. Your contributions /donations will provide these children with hope of peace, health and opportunity for survival.

Finally Friends, don't miss the opportunity of witnessing District 9211 being split into two districts, District 9213 and District 9214. This will be in the 96th DCA which will take place between 21st and 24th April, 2021, at Common Wealth Resort, Munyonyo. Please register for this DCA, if you haven't done so.

**I wish you a blessed Maternal and Child Health month of April, 2021.**

## **PRESIDENT'S MESSAGE.**



**MARGARET MAGUMBA**

Opportunity President RC Nateete



# MARCH MESSAGE FROM THE DISTRICT GOVERNOR D9211

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DG ROSETTE NABUMBA  
2020/21

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## **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

### March Message

#### **Dear Rotarians, Rotaractors, and friends,**

THIS YEAR, we celebrate Earth Day on 22 April with a new sense of purpose. The environment is now an area of focus for Rotary. Solutions for all great tasks always start with you and me, and there is much we as individuals can do simply by changing our behavior: Cutting down on our use of plastic and using energy wisely are just two examples. But now we have the opportunity to do more together.

Supporting the environment is not new to Rotary; clubs have long worked on environmental issues based on local needs. Now climate change — a problem that affects us all, rich and poor — requires us to work together more closely than ever. Alberto Palombo, a Venezuelan engineer living in Brazil and a member of The Rotary Foundation Cadre of Technical Advisers, shares his view.

Alberto Palombo Rotary Club of Brasilia-International, Brazil

For 30 years, my work has been to connect with communities and policy officials to take care of the environment. Today, I am excited about Rotary's opportunities to help reduce environmental degradation and make communities more environmentally sustainable.

In every community where we have a Rotary, Rotaract, or Interact club or a Rotary Community Corps, there are environmental challenges. As Rotary members, we can become stewards of environmental sustainability and adopt the United Nations 2030 Sustainable Development Goals in our daily lives at home and in our clubs. Then we can incorporate them into our Rotary projects.

My club has been involved with water and environment projects since day one. We seek opportunities to empower Rotarians and foster partnerships in our region and beyond, working with groups such as the Inter-American Water Resources Network and the World Water Council. Local clubs worked with the Water, Sanitation, and Hygiene Rotary Action Group ([wasrag.org](http://wasrag.org)) to help Rotary get a seat at the table during the 2018 World Water Forum in Brasilia, where we discussed how communities can recover from environmental disasters like the one caused by the failure of a mining dam on Brazil's Rio Doce in 2015.

Taking care of the earth is an effort that never stops. To make an impact, we must align our knowledge, abilities, and enthusiasm — and Rotary is already great at doing this. As a volunteer with the Environmental Sustainability Rotary Action Group ([esrag.org](http://esrag.org)), I have seen how our work for the environment dovetails with much of what we are already doing in water and in our other areas of focus. Rotary members are not passive spectators; we take action. Let's work together and make a positive impact.

Support from The Rotary Foundation will define this new chapter in our service. Through district and global grant projects, we will build upon our previous projects that help the environment. We will look for ways to collaborate more closely and make a greater impact on global environmental issues. And we will incorporate environmental concerns into all of our programs, projects, and events.

Rotaractors and participants in our youth programs expect Rotary to take a clear position and provide leadership with vision. We will work with them, seeking intelligent solutions to the problems they will inherit. Our incredible members, networks, and Foundation give us the capacity to make an important and lasting contribution. Now, we will discover together how Rotary Opens Opportunities to help us expand our service to preserve the home we all share.



## **\*Encourage in Love\***

### **ROBINAH**

Barely three weeks after my son's wedding and honeymoon, I noticed his rather unusual "stopping by" at my place on his way home in the evenings. I thought he was just missing his original home. I asked him why but he gave no reasonable answer. He always asked for food when he came around, that was rather odd for a newly married man.

On his fourth visit, he came with one of his friends who was well known to me. I confided in his friend, who simply told me that our new wife "cannot cook". In fact, on the days he doesn't stop by, he eats at that his friend's house or he eats out. This was fire on the mountain, the choice was between me encouraging him to eat outside with another woman and eventually end his marriage or save the day. I opted for the latter.

When he showed up again on Friday evening, I told him to tell his wife to see me on Saturday morning, we needed to go somewhere together, it was a woman's thing. She came as I requested and I told her I was entertaining my Church Society members and needed to cook for them. She was to assist me with the shopping for the cooking. I noticed the fright on her face.

After returning home from the shopping, I told her she wasn't cooking because the people involved had very peculiar tastes, she was however to pay attention to all that I did in the kitchen. We finished (or I finished) all the cooking in about four hours. I made four different soups that I knew my son loved, made stew and laced everything with chicken, fish and beef. I added some steaming joll of rice to it. After finishing,

I told her to divide everything we cooked into two equal portions. She was surprised when I told her to take one portion with her when she was going home. I knew the food would last about six weeks, and as predicted, my son did not show up at my door until week seven. I knew the food had finished. I repeated the same process again, telling him to tell his wife to see me when he got home.

By the third time we did this, I let her do the cooking whilst I supervised her. I never mentioned anything to her. By the fifth time, she had gotten a hang of things, even better than I imagined. On her way home, she hugged me passionately and said "Thank you Mum, you saved my marriage and you never even scolded me." I am told that with my son's encouragement, she is now contemplating on opening a restaurant.

Rather than being the catalyst to scatter my son's marriage, I opted for encouraging them in love for them to attain better understanding.....(Colossians 2:2)

Encourage someone in love today, you just might be saving something very fundamental.

The LORD reigns supreme in the affairs of man and the LORD sustains.....

**\*Robinah\***



**Encourage in Love**  
Robinah



## -----Just For Laughs!-----



"I once asked my friend, "What is the secret behind your happy married life?" He replied, "You should share responsibilities with your love, and respect to each other. Then absolutely there will be no problems. "I asked, "Can you explain?" He said, "In my house, I take decisions on bigger issues whereas my wife decides on smaller issues. We do not interfere in each other's decisions. "Still not convinced, I asked him to give me some examples.

He said, "Smaller issues like how many kids to have, the neighbourhood to live, which car we should buy, how much money to save, who, when and where to visit, which sofa, cooker, refrigerator to buy, monthly expenses, whether to keep a maid or not, where to go for holidays, whose mum we should visit etc, etc, are decided by my wife. I just agree to it."

I then asked, "So then what is your role?" He said, "My decisions are only for very big issues. Like whether America should attack Iran, the uranium enrichment in North Korea, whether Britain should lift sanctions again

### \*\*\*ANOTHER DNA PROBLEM

#### **Breaking News!!!**

A 58-year old retired banker in Masaka secretly did DNA test for his 4 kids, results came out negative. The test was carried out at a popular Masaka hospital near Nyendo suburb.

He became very angry that he beat the children mercilessly, threw them out of the house and told them that he is not their father.

The wife came back from market, reaching home she didn't see all the children. She asked her husband the whereabouts of the children, the next thing she saw was a knife in her husband's hand, before she could run, it was too late.

She saw herself falling to the ground with blood oozing out from her neck.

The husband saw 20 missed calls from the hospital, he called back just for the doctor to tell him that the DNA results were not his own that it was just a mistake and that his own results are all out positive and all his children belong to him!

The man shouted, what?!!! A mistake or what did you say?!! Tears ran from his eyes, his hands began to shake. He saw his dying wife on the ground, tried to hold her but his body was shaking so violently that he fainted.

He opened his eyes and it was a dream!!!

You guys like binaUganda, biNigeria and Comedy movies too much. Let me go to confuse the next group....

**By: PP Maggie Sebalu.**



THE GOOD OLD DAYS





## **An SDA church in Nyeri (Kenya) was leaking and the walls were almost collapsing.**

After the service the Pastor asked the worshipers if they could organise a fundraising next week on Sunday to rebuild the church.

He told them to contribute whatever God has blessed each and everyone of them with.

"If you have some money, you can bring the money. If you earn a living by selling tomatoes in the market, you can bring the tomatoes and they get them auctioned to raise the money. If you operate a hardware it would be even better; you can bring some nails and iron sheets for the roof. Whatever you have."

Eventually, it was the day of fundraising and worshippers came out in large numbers, some with money in their pockets, others with goods depending on their jobs and sources of livelihood.

They were met by a strange sight; a coffin at the entrance of the church!

Gosh! Who had died?

But then in SDA church, funeral services are never brought to the church.

What was going on?

People started talking in whispers asking what was the meaning of it.

They started pointing fingers to Wamùmbe seated at a corner; he was the coffin maker.

Some looked at him in open hostility, but he didn't mind them.

The Pastor had said that people should bring whatever God has blessed you with, right?

And Wamùmbe was a coffin maker...

After sermon, it was time to raise funds; those who had money contributed, hardware people gave iron sheets and other building equipments and materials; tomato traders had brought their tomatoes which were auctioned away.

Finally, Wamùmbe dragged his coffin to the front of the church and stood still... people gasped and fell silent. You could hear a pin drop.

Suddenly Mburu , a friend of Wamùmbe stood up. He offered Ksh 15,000 for the coffin on behalf of the Pastor. He said he was buying it for the Pastor.

The Pastor shot up so fast with eyes wide open, his lips suddenly very dry.

He quickly offered Ksh 20,000 for the coffin on behalf of Women Ministry leader - Mama Karanja.

The Lady nearly stumbled as she sprang to her feet looking so shocked at seeing her coffin, "No! no! no!" She shouted, "it is not mine! I ...I ... I..will buy it for the First Elder!..Ksh 30,000 please!... please!

The First Elder nearly peed on himself.

He turned to look at her angrily as if to ask "do you want to kill me?!"

Clearly nobody wanted the coffin and it kept on being passed around until finally another old rich man stood at the back and said that he is offering Ksh 100,000 for the coffin and he is buying it on behalf of Mr Wamùmbe the coffin maker.

Wamùmbe took his coffin and returned it to his shop ...smiling.

Wamùmbe, someone who was looked down upon, someone whom people jeered that he benefits from the misfortunes of others, raised the greatest amount of money for the church without contributing even a single coin.

## **You can serve God in many different ways.**

Perhaps people belittle you until you see yourself as a nobody.... but God wants you just the way you are.

**Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord. I Corinthians 15:58**

From  
Rtn.  
**Sserunkuma  
Miriam**







Mirembe Maria ojjudde eneema Omukama ali nawe ne Yezu omwaana we ndayo yawebwa omukisa.....  
IPP Flo in His presence.



**RTN Yawe AND RTN MIRIAM AT FASHION SHOW. THE GOOD OLD DAYS**

**ROTARY MOMENTS**



## RC Nateete in Fitness Exercises







**We all have distinct walking styles,** which is a part of our personality. Some are fast walkers, while others like to stroll around absorbing everything present around them. Some drag their feet while walking and then there are people with strong lunging steps. The way you walk depends on you and your daily activity. But if you are among those who often walk slowly and take small strides most of the time, then you are most likely to get sick later in life.



**\*ATTITUDE\*\***

With **Rtn. Teddie Nassali**

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the string we have, and that is our attitude... I am convinced that life is **10% what happens to me and 90% how I react to it.** And so it is with you...we are in charge of our attitudes.

**-Charles Swindoll**

## **PP IVAN BALONDEMU RC BWEYOGGERERE NAMBOLE**

A donkey was tied to a tree. A demon came and untied it. The donkey ran into the fields and was destroying the crop. The farmer's wife saw this and shot the donkey dead.

The donkey's owner was upset so he shot the farmer's wife.

The farmer came back to see his wife dead, he went and shot the donkey's owner. The wife of the owner of the donkey asked her sons to go and burn the house of the farmer.

The boys went late evening and carried out their mother's orders happily, assuming that the farmer too would have been burnt with the house. Sadly for them it wasn't that, so the farmer came back and shot the wife & the two sons of the owner of the donkey.

Remorseful, the farmer asked the demon why did all this have to happen?

The demon said, **"I did nothing, I only released the donkey, but, all of you reacted, overacted and released the inner devil."**

Did you get it?

**\*The devil doesn't do anything but wake you up by triggering the ego in you that turns into evil intent and goes harming others.\***



## THE GOOD OLD DAYS







# He Fills My Cup

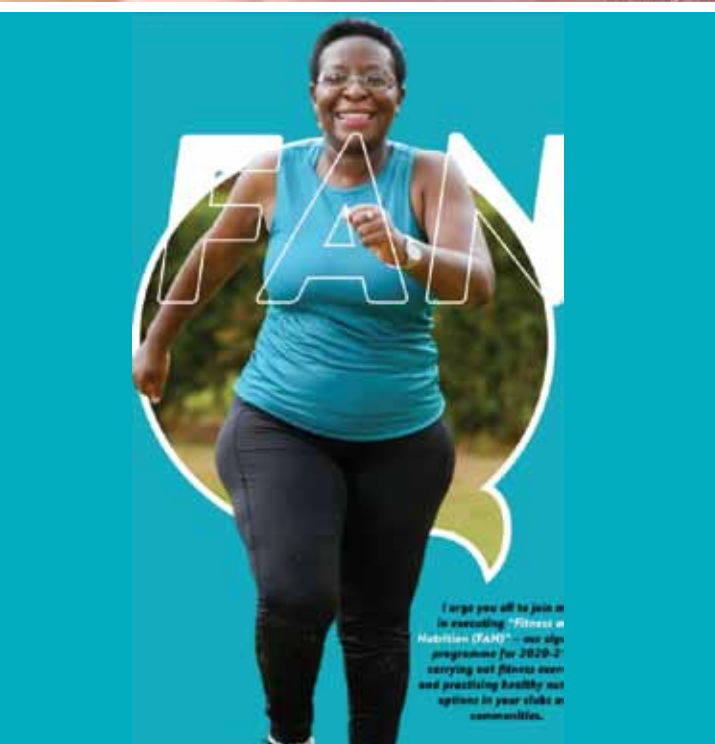
May the God of Hope fill you with all Joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13



**Happiest Birthday to our one and only Rtn Harriet Mawejje, may you live to see the goodness of the lord**

**Another speacial person born in March, a designer with agreat passion for Rotary, Happy Birthday Rtn Dorcas Lubega , Blessing for the New Age**



I urge you all to join in in executing "Fitness in Nutrition (FAN)" — our sign programme for 2020-21 carrying out fitness even and practicing healthy nut options in your clubs or communities.

Rotary



## FITNESS PACK

UGX 60,000



# ORDER NOW

Through your club FAN champions.





**Fellow Rotarians, please join me to welcome our Newest friends, the Rotary Club of Butabika Royals Sponsored by Rc Muyenga, it has been Chartered today 20th March 2021 by District Governor Rossetti.**



**The District Governor with sorrow informs you and the Rotary fraternity of the passing on to Eternity of Maama Norah Owori, a rotarian in the Rotary Club of Gaba and the wife of the Late RIPE Sam Owori. We shall miss both of you. May your souls rest in eternal peace**



**This day full of events at individual member's level but also the Rotary PETS/COTS training took a chunk. Notwithstanding the two PP Ivan Balondemu and PP John Nanyumba still did out FAN walk to Naalya and back about 9kms. Bravo**

Because He lives  
I can face tomorrow,  
Because He lives  
All fear is gone,  
because I know  
He holds the future.  
And life is worth  
the living  
just because

*He lives*





## GOOD OLD RC NATEETE FELLOWSHIP DAYS AT IVYS



### **\*The Year 2020, a night mare for Rotary\***

Normally people work out plans of how they want to accomplish things they intend to do, but God also has his own ways of how he wants things to be done. After 2 months through the year, COVID -19 swung into action worldwide, causing a lot of disruptions to almost all human activities taking place globally. COVID -19 disrupted economies, education systems, travel, tourism and social life. Worse still, very many people around the world got infected with COVID -19, which caused a lot of death, estimated to be in millions.

At the beginning of the year 2020, Rotary clubs in Uganda continued to Fellowship as usual. When COVID -19 pandemic stiffened its grip, ministry of health discouraged gatherings involving many people. Rotary clubs switched to holding virtual Fellowships.

Currently there seems to be light at the end of the tunnel because effective vaccines have been rolled out worldwide to assist in vaccinating people.

**Regards,  
PP. Ssebunya**







## THE ROTARACT EARTH INNITIATIVE PROJECT EXPERIENCE WITH PE ANGEL KISEKKA







**Peace within Sorrow  
Where constitutions are  
respected**



**Scott Edil**  
...Complementing Life

## **Few common sense HEALTH TIPS FOR All**

### **A. Two things to check often:**

- (1) Your blood pressure
- (2) Your blood sugar

### **B. Three things reduced to minimum:**

- (1) salt
- (2) sugar
- (3) starch (Carbohydrates)

### **C. Four things to increase:**

- (1) Greens
- (2) Veggies
- (3) fruits
- (4) Nuts

### **D. Three things to forget:**

- (1) Your age
- (2) your past
- (3) your grudges

### **E. Three things to have:**

- (1) True Friends
- (2) Loving family
- (3) Positive thoughts

### **F. Four acts to stay healthy:**

- (1) Fasting
- (2) Laughing
- (3) Exercise
- (4) Weight loss

### **G. Four things not to wait for:**

- (1) Don't wait till you are sleepy to sleep
- (2) Don't wait till you are tired to rest
- (3) Don't wait till your friend is sick to go to see him.
- (4) Don't wait for problems to pray to God.

**TAKE CARE OF YOURSELF.. & STAY YOUNG!!**



**Thursday, 18th March. RC  
Gulu grooving  
to the beats in prepara-  
tion of the Northern  
Mega Fellowship in Lira  
on Friday, 19th March  
2021**





# POLIO TEAM



**LAST RECORDED CASES  
OF ENDEMIC WILD POLIO  
IN COUNTRIES IN THE  
WHO AFRICAN REGION**

- 1980s
- 1990s
- 2000s
- 2010s



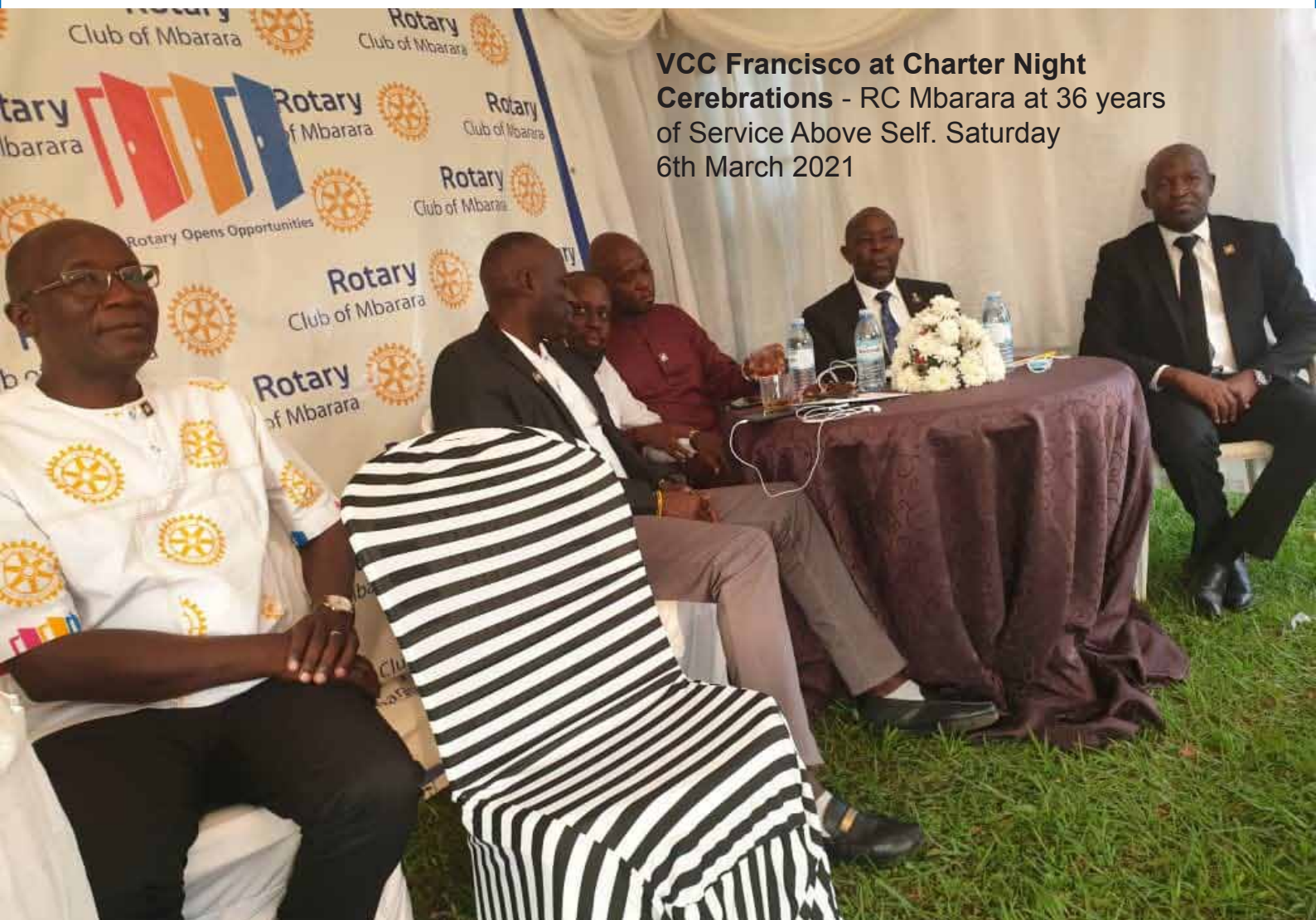
# THE KAKUBA PROJECT EXPERIENCE WITH RTN YAWE







**TOO HOT!!! Even the hens in the village get their rescue under cinnamon trees**



**VCC Francisco at Charter Night Cerebrations - RC Mbarara at 36 years of Service Above Self. Saturday 6th March 2021**





**\*Mtindo\*** is an online beauty shop that deals in skin care products, hair products, bath and body products as well as makeup products. For the products that you have ordered, we deliver to wherever you are. \*Mtindo\* can be accessed via \*Facebook, Instagram (@mtindo\_ug)\* and \*Twitter (@Mtindo\_Ug)\* . Send us a message via any of our social media pages and place your order.

**We can also be reached on \*0784020778/0778537367/0789181150/0703873576\*** . Dial up any of these numbers or send a WhatsApp message and we shall cater to your needs.  
\*Mtindo\*

### Let's talk about different skin types and their solutions:

3solutions for oily skin breakouts:  
Check for dehydrated skin as it can increase oil production and clogging pores hence stay hydrated.

Treat blemishes with a sulphur based spot corrector found @mtindo\_ug.  
Try one of our favorite mtindo\_ug bentonite clay mask

3solutions for dry skin  
Invest in a humidifier commonly known as a face steamer @mtindo\_ug

Use a hydration sheet mask like garnier or vitamin c  
Avoid excessive hot showers

3Solutions for combination skin breakouts  
Try our best balancing skin toners  
Exfoliate with a gentle enzyme mask  
Use tea tree based acne spot treatments

3solutions for calming sensitive skin  
Choose products free of fragrance  
Avoid products that have ingredients like sulphates or parabens



**\_\*Wear your pride\*\_**



SOME FLOWERS GROW BEST IN THE SUN  
AND SOME GROW WELL IN THE SHADE..  
REMEMBER...  
GOD PUTS US WHERE WE CAN GROW BEST..  
SO ALWAYS BE HAPPY IN..  
EVERY SITUATION OF LIFE.

**GOOD MORNING**



**Rotary**  
District 9211



**Rotaract**  
District 9211



**DISTRICT  
CONFERENCE  
& ASSEMBLY**  
DISTRICT 9211 KAMPALA UGANDA 21<sup>ST</sup> APRIL 2021

**End of an era, Beginning of a new dawn**

**21<sup>ST</sup> – 24<sup>TH</sup> APRIL 2021 SPEKE RESORT MUNYONYO**

Rotarians

Rotaractors

**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](http://www.rotaryd9211.org)  
Chair Registration: Peter Mukuru +256 772 412 830

Youth On to DCA  
(UG): Rachel Kiwumulo +256 787 363 748  
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#DCA96 @D9211

