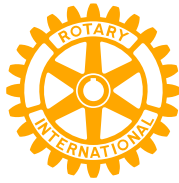


Rotary
Nateete-Kampala



MPAGI

NEWS LETTER

May Edition

We Fellowship Every Thursday, 7pm



@ClubNateete



www.nateetekampala.org



Rotary Club of Nateete Kampala



Jennifer E. Jones
RI President 2022/23



The comfort and care of our members is the single greatest driver of member satisfaction and retention. We need to ensure that it remains a priority — and that we further strengthen these bonds by performing service that helps reduce the stigma of seeking out mental health treatment and expands access to care."

Message from
RI President

I believe it is a time in our world for brave, courageous, intentional leadership.

Last month, in this column, you heard from my dear friend Anniela Carracedo. She is an amazing member of our Rotary family, and as a past Interactor and now Rotarian, she is this kind of leader.

Anni shared a very personal story about coping with a panic attack, something that I have also experienced. The outpouring and response to this story have been tremendous and punctuate how critical it is that we acknowledge not only our strengths but our vulnerabilities too.

When we talk about finding space for one another — creating comfort and care within Rotary — we're describing a club experience where we can all feel comfortable sharing like Anni did, and we can all empathize with and support one another. Whatever we are facing in life, Rotary is a place where we know we're not alone.

We spend so much time helping our world, whether it's working to end polio, cleaning up the environment, or bringing hope to communities that

need it most. Sometimes we can lose track of the need to apply some of our energy and care to our fellow members and partners in service.

The comfort and care of our members is the single greatest driver of member satisfaction and retention. We need to ensure that it remains a priority — and that we further strengthen these bonds by performing service that helps reduce the stigma of seeking out mental health treatment and expands access to care.

That is why I'm so heartened by President-elect Gordon McNally's wonderful vision to help improve the global mental health system, not only for Rotary members, but for the communities we serve.

When Gordon announced our focus on mental health at this year's International Assembly in Orlando, Florida, he reminded us that helping others benefits our mental health by reducing stress and improving our mood. Studies

show that performing acts of kindness is an effective way to improve your own mental and physical health. Rotary service brings hope to the world and joy to our lives.

Our new focus on mental health will take some time to do right, and yet it builds on something that has been part of who we are for 118 years. We are People of Action, and behind that action is care, compassion, empathy, and inclusion.

Becoming champions of mental health is not only the right and kind thing to do, it is a tool that can Create Hope in the World, Gordon's inspiring theme for his upcoming year as president.

If we serve our members, we serve our communities, and if we can meet people where they are and lift them up, they will imagine Rotary in a new light and come to fully understand our value and our infinite potential.



Rtn. Peace Taremwa
District Governor 2022 – 2023

“

I am delighted to welcome you all back from the recently concluded joint district conference in Mbarara. The conference brought together Rotarians from various clubs in the district to celebrate our achievements, learn new skills, and share best practices.”

MESSAGE FROM
**DISTRICT
GOVERNOR**

Celebrating Youth Service and Recognizing Achievements

Dear Rotarians,

As we begin the month of May, I am pleased to celebrate the theme of youth service. This month, we focus on the youth, their needs, and their contributions to our communities. Rotary International recognizes the importance of empowering the next generation, and we have made it a priority to support youth service projects and initiatives worldwide.

I am delighted to welcome you all back from the recently concluded joint district conference in Mbarara. The conference brought together Rotarians from various clubs in the district to celebrate our achievements, learn new skills, and share best practices. It was an excellent opportunity to strengthen our bonds and renew our commitment to service above self.

I want to express my gratitude to the organizing committee for their hard work and dedication to making the conference a success. The committee members

worked tirelessly to ensure that everything ran smoothly, and their attention to detail was exceptional. You truly made our stay in Mbarara one to remember.

I would also like to take this opportunity to congratulate the clubs that won awards at the conference. Your exceptional work in serving your communities is truly inspiring, and we are proud to have you as part of our Rotary family. Your commitment to the Rotary ideals of service and fellowship is an example for us all.

Furthermore, I would like to extend my heartfelt congratulations to Rtn. Kawooya on her nomination as DGND and my dear friend Joseph Ssengooba on his nomination as DRRN. Your passion and commitment to Rotary have been remarkable, and I am confident that you will continue to make a positive impact on our organization and the communities we serve. I urge you to continue inspiring

others through your work and dedication to service above self.

Finally, let us congratulate DGE Francisco Ssemwanga on his successful installation as District Governor. We wish him and his team all the best in their new roles and pledge our support to them as they continue to lead and serve our communities. I am confident that under DGE Francisco's leadership, our district will continue to thrive and make a positive impact on the lives of those we serve.

In conclusion, let us continue to work together to inspire, empower, and serve the next generation. As Rotarians, we have the power to make a difference in the lives of young people, and I encourage you to continue supporting youth service projects and initiatives in your communities. Together, we can build a better future for all.

Leading Volunteers by Past District Executive Secretary Henry Kimera Kyebambe.

What is Rotary?

- Rotary is the Premier (Leading Iconic Outstanding) Service Organisation in the world, with over 1.2m members. What does this mean?
- That is its brand, which has been built over time, because it runs business-like.
- Rotarians become so, by invitation
- There is a process to take through the candidate before induction
- What should one know before accepting to be a Rotarian; Voluntarism, paying dues, service and participation in all club activities.

Who is a leader?

- Should be one that influences the people he/she is leading to have a buy-in in the agenda he has. Should be one people believe in.
- The following quote from the Infantryman's journal (1954), explains
- 'No one is a LEADER until your appointment is ratified in the minds and hearts of the people you lead'

What does being a Rotarian/ Member mean?

- That one appreciates the value of voluntarism (one who offers to work without pay)
- This is one test; a number of Rotarians have failed to pass. Why?
- Maybe, the induction was; poor, the reasons for joining were perhaps limited to; prestige, fun, going for International conventions, looking for a etc., besides voluntary service.
- While fun is good for bonding, service should be Supreme.
- There should be value in the quality of meetings created by the leaders to act as a catalyst for members to pay. Why and how?

How to motivate and Lead volunteers

- One of the tenets of Rotary is to train volunteer leaders since every Rotarian has a chance to be a leader, and/or is one.
- There is need to form relationships. How? Understand each Rotarians Strengths and Weaknesses. Leverage on the strengths and turn weaknesses into opportunities. Work as a TEAM
- Involve everyone, regardless of each one's capacity as 'may be conceived' by the leader

- Get Rotarians to be committed. How? They should be able to believe in the leader. Does the leader believe in all the led?

- Build and/or maintain the CULTURE of the club.

- There must be TRUST by all. Do the leaders, Appreciate, Recognize and Reward (AAR) their contribution regardless of capacity etc. How?
- Is there guidance offered to the led, to make them do better.
- Do the Led know clearly understand the; Vision, Mission & Objectives of Rotary. What about their roles as individuals and thereafter as a TEAM.
- Lead Volunteers by Communicating? What channels do you use, are they accessible by all. Do you seek for feedback on whether the messages were received and that everybody understood the message the same way.
- Is the message clear. Have you cross-checked on the correctness of the info, Do you just forward before you read and internalise.
- Is there defiance, if yes why? Are there conflicts, in the club, if yes why. Sometimes some conflicts are healthy for an organisation. How are the conflicts resolved?
- Give a listening ear to all but not a few
- If one fails to pay dues on time, find out the problem and should termination be the only option, do so on notice.
- Be empathetic
- Use Buddy groups as much as possible to reach out to everyone.
- Invest in your volunteer programme. Conduct, 'Member Satisfaction Survey' every year and give feedback to members. Together find solutions.
- Conduct a training Needs assessment. Conduct training in accordance with 'training needs' established from a survey.
- Members should on their own be, responsible persons.
- Members should learn from each other, buddies and demand for knowledge. How?
- Should be knowledgeable by logging on My Rotary & Rotary Club Runner. So much is available if we cared to and also gave it time to learn.
- Should pay dues on time, because this is an obligation/ requirement for one to be a member.
- There should be mutual respect for all. Leaders should watch their TONGUE and BODY LANGUAGE. 'The tongue has no bones, but it is strong enough to break a heart, so be careful with your words'

- Should there be errand people, the President and Past leaders should handle this internally, unless this goes out of hand. Avoid embarrassing any Rotarian publically, unless he/she does so, on her own.
- You may establish a Reward and Sanction committee to handle both; rewarding good work from Rotarians and discipline cases when the latter arise.
- All club leaders should keep updated on the latest information on Rotary and generally.
- All Leaders should be; knowledgeable generally and particularly in Rotary, accept advice, empathetic organised, have impeccable integrity and trusted. Listen to all but not a few.
- Leaders should WALK the TALK
- All members should be; proud of their club, have a sense of belonging and participate in all club activities. Remember the RC Nateete Kampala is bigger than all of us.
- I wish all of you, a fun filled and impactful remaining few months of RY 2022/23 and upcoming 2023/24.

Leadership Quotes

- **'You can like people you don't lead, but you can never LEAD people you do not like'** John.C Maxwell.
- **'Nearly all men stand adversity, but if you want to test a man's character give him power'** Abraham Lincoln.
- **'Leaders who don't listen will eventually be surrounded by people who have nothing to say'** Andy Stanley.

Some years back, it was the most beautiful house in this community.

The owner was the richest man in whom all looked up to for support.

The vehicle was a cynosure of all eyes. It was like a dream come true when the owner added both house and vehicle to his list of possession. But today, the properties have grown old and in fulfillment of the natural law, must collapse for a new house to develop.

Should anyone be found living inside this building as it stands now, such a person is labelled as "insane" and must be kept at arm's length.

Nothing in life is worth fighting for.

Your best clothes is someone's rag. Your account balance is someone's donation at a function. Your girlfriend/ boyfriend/ fiancé/ fiancée is someone's ex. Every single prostitute you see in a hotel or on the street at night was at some point in time a virgin. So what is the squabble all about? Life is too small to feel bigger or better than anybody.

"We are all naked to death," says Steve Jobs. Nothing can save us from it.

RTN. Kibirango Florence.



Important Lesson!

A young African man who was studying in Japan once wrote on his Facebook page:

I was a guest in a five-star hotel in Japan, and while I was in the pool of the hotel in which I reside, and there was no one in the pool but me, I urinated under the water, suddenly...the water turned pink and the alarm worked, and the workers came and took me out of the pool, then they told me that they would empty the water and clean the pool and I disrupted an important section of the hotel, (it became a crack).

They called me after that, and the receptionist handed me my passport and asked me to leave the hotel. I left the hotel and searched for an alternative, and whenever I entered a hotel, the receptionist looked at my passport and said to me: "Sorry, you are the one who.... ah... and apologizes for not accepting me.. and so on... I was not allowed to stay in any hotel, so I resorted to the embassy.

They advised me of a hotel that does not have a swimming pool...When I left Japan, the passport officer said to me after stamping my passport, "I hope you learned the lesson."

Conclusion: All of Japan knew that I urinated in the swimming pool, and here at home, up till now, our government does not know who stole billions of dollars from our state treasury."

PP Maggie Sebalu

A Kenyan policeman stops at a farm in rural Nyeri and talks with an old farmer.

He tells the farmer, 'I need to inspect your farm for illegally grown drugs.' The old farmer says, 'Okay, but don't go in that field over there.'

The policeman verbally explodes saying, 'Mister, I have the authority of the State with me.' Reaching into his rear pant pocket and removing his ID.

The policeman proudly displays it to the farmer. 'See this ID? This ID means I am allowed to go wherever I wish..on any land. No questions asked or answers given. Have I made myself clear? Do you understand?'

The old farmer nods politely and goes about his chores. Later, the old farmer hears loud screams and sees the police running for his life and close behind is the farmer's bull. With every step the bull is gaining ground on the officer. The police is clearly terrified. The old farmer immediately throws down his tools, runs to the fence and yells at the top of his lungs.....

"Your ID! SHOW HIM YOUR ID!"





RI Convention in Melbourne Australia, Our Nateete Kampala was represented by PP Maggie Sebalu.



Preparing
our first
meeting for
RC Lungujja in
formation
and during the
meeting.



INSTALLATIONS BY DGE



RC BWEBAJJA



RC KAMPALA WANDEGEYA



RC NALUMUNYE





RC NSANGI



**Get together party
for the Membership committee
hosted by PAG Florence**



What it means to be a Governor's Club.

Expectations of the District Governor's Club

- Visibility
- Being Exemplary
- Being Successful
- Leading by example
- Sustaining Vibrancy
- Remaining Consistent
- Exhibiting Reliability
- Celebrating Gains
- Building support systems



What it takes to support a Governor?



Positioning our Club

- Recognize shared responsibility - this role is collective and not individual
- Being intentional – planning for a designated support team (s) from the club with clear roles, responsibilities and timelines
- Reach out for deliberate support networks across the clubs in the District & beyond
- Early planning for extraordinary attainment of our Club Goals
- 80% of the Governor's success will be achieved by members showing up

Simple Quotes

Charity begins at home

Do not settle for average

We rise by lifting others

‘Help others achieve their dreams and you will achieve yours’



99th

**DISTRICT CONFERENCE
MUNYONYO**

25th - 28TH APRIL 2024

Early Bird
Registration

30th Apr - 31 Dec 2023

Rotarians: \$200

Rotaractors: \$120

<https://munyonyo.rotarydiscon.org/>



99ThDISCON

