

Rotary  
Nateete-Kampala



Rotary Opens  
Opportunities



# MPAGI NEWSLETTER

NOVEMBER  
2020

*We Fellowship Every Thursday*

@ClubNateete [www.nateetekampala.org](http://www.nateetekampala.org) Rotary Club of Nateete Kampala

# MPAGI NEWSLETTER



2020  
November

## CONTENTS

1. Editors Message
2. President's Message
3. DG's Message
4. RIP Message
6. Polio Corner
7. Food for Thought
8. DG's Visit
10. L'Arche Uganda
11. Power of Giving Choosing
12. Spiritual & Inspirational Corner
14. Birthday and Anniversary Celebrations

## EDITORS NOTE

### BENEFITS OF READING

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



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

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



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

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

**\*Bulletin Officer\***

**\*Matovu Abdulrazak\***

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



**Dear Friends,**

We thank God for he has been there every step of the way during this month of November 2020 – and we are successfully concluding it.

So proud again – Women In Rotary – a rotarian, PHF, and charter President of Rotary club of Pentevedra, USA, RID6970, Kamala Harris has made history when on 7/11/2020, she became the first woman Vice President Elect of USA. Congratulations to our Rotary family member.

Members, at the beginning of this month, we received information of our club having been listed among the qualifying clubs for the RI Global Grants. This is due to your collective efforts – well done members.

Thank you members for hosting our District Governor, Rosette Nayenga Nabbumba, on November 5th 2020. I am confident that the few issues she raised, regarding membership retention, growth and expansion, will be rectified sooner than later – Yes, you are such a good team and I know that will be done.

I thank you members for the team work exhibited during the month, that has enabled us have lively fellowships. As we approach the Disease Prevention and Treatment month of December 2020, please continue to work as a team, and always remember to observe the SOPs as given by Ministry of Health. STAY SAFE

**Margaret Magumba**  
**Opportunity President**  
**RC Nateete**



# 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.



**POLIO TEAM: IPP Florence Tamale, Rotarian Sarah Nabagereka, Rotarian Regina Kibalama**

---

## **LET'S JOIN HANDS TO END POLIO TODAY**

Poliomyelitis is another name for Polio and is caused by the poliovirus. The virus enters the body through the mouth. It is spread through contact with the stool of an infected person or through exposure droplets from a sneeze or cough of an infected person. It should be noted that Poliovirus only infects people.

Once the virus that causes polio has infected a person, there is no treatment that will cure polio. Early diagnosis and supportive treatments such as bed rest, pain control, good nutrition, and physical therapy to prevent deformities from occurring over time can help reduce the long-term symptoms due to muscle loss. In Uganda the Oral Polio Vaccine (OPV) is administered orally to and the children get four doses follows at birth, 6 weeks, 10 weeks and 14 weeks.

Proper immunization against Polio can save children from permanent damage. Together we can join hands and end polio today through encouraging timely immunization of children against Polio.

**The writer is on the Polio team for RC Natete –Kampala**





## Sometime we need to Step back

in order to move forward...

Forgive

To forget...

Face our fears

To find our courage...

Release

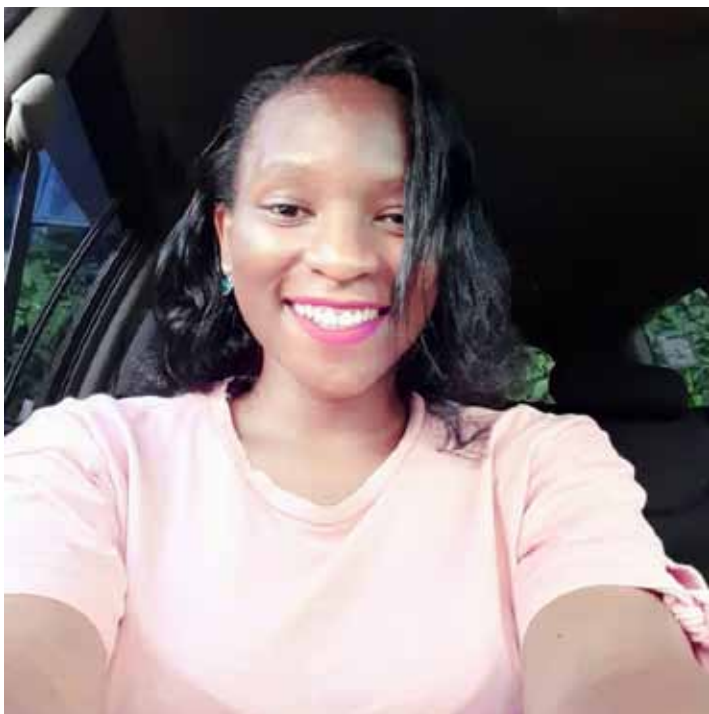
To receive...

Bring happiness to others

... To discover it for ourselves..

Shoutout to all the strong women out there, keep it real and stay classy.

### \*Eldrina Sempebwa\*



## \*APOLOGIZE, FORGIVE AND MOVE ON\*

Awhile back I was asked about the greatest piece of advice I have ever got. My parents always said, "You are never too big, too superior, too old, too young, too popular to say you are sorry. No matter who you are, saying sorry does not reduce you or make you less of what you are."

An apology is not an apology if you add a conjunction to it. **\*But, although, however make a statement with the word sorry seem less of an apologetic word.\***

It seems unorthodox for people in a superior position to apologize to their subordinates but this is a culture that needs to be broken.

Imagine a world where people took more time to acknowledge their wrongs and apologize for them, wouldn't it save a life?

In relation to forgiveness, we have all had scenarios where we have been angered and feel the need to have justice. When someone tells us to forgive, it seems easy and yet a very hard thing to do. Hatred then seems to be an easier path to take.

Think about this: What does it take to forgive? How much effort or energy do you invest in anger or hatred? Do you ever feel like you want the other person or people to feel your pain/anger and yet at the same time you get angrier when the pain/anger seems to be one sided?

Take time to notice what happens around you and within you when you hold onto a grudge.

It is from this that you will learn to let go and move on. There's so much peace when you choose to forgive. Less baggage to carry around. Less of poorly invested energy and time. The moment you decide to move on, you will find a place deep within you to forgive.

**\*Keynote:\*** Never carry or transfer any negative energy, vibe, emotions to people who had nothing to do with what caused you that pain. You will only drive people away from you.

Spread love and kindness. Something as small as this may brighten up someone's day.

**\*Ms. Martha Damalie Ndagire\***

**\*Counseling Psychologist\***





# DG'S OFFICIAL VISIT







# DG'S OFFICIAL VISIT

PICTORIAL



# Just for laughs!!!

Visiting his grandparents, a small boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out. He picked it up and found that it was an old leaf that had been pressed flat between the pages. "Mama, look what I found," he called out. "What have you got there, dear?" his mother asked."

With astonishment in his voice, the boy answered, "I think it's Adam's underwear!"

## L'Arche Uganda

would like to thank the Rotary Club of Nateete for all the support we receive from you. Over the years we have benefitted from your interest and generosity. Your support has made a big difference to how we assist children and adults with intellectual disabilities in our community.

This year has not been easy for us due to the impact of Covid-19. We have not been able to support all our friends due to social distancing and other measures. Knowing that we have friends from the Rotary Club is reassuring. So on behalf of all the people we support a big THANK YOU to all of you. We hope that in 2021 we can meet you all again



**IVAN BALONDEMU**



**L'Arche Uganda**



**BRIAN KELLY**  
L'Arche Uganda

**RTN YAWE GODFREY**  
The Power Of Giving  
ARTICLE





## The Power Of Giving Choosing

---

To use the power of giving is one of the most important things we can do to transform our lives and the lives of others. It's a vital part of our personal development and growth. What if the purpose of giving was simply that you could change someone else's reality? We have more to give than we even realize. We can give our time, knowledge, talents, encouragement, acknowledgment, thoughts, compliments, kindness, smiles, love and money. Our gifts can be so meaningful in someone else's life whether we are aware of their direct effects or not. And those gifts, by the Law of Giving and Receiving, will come back to us tenfold. So, we should give generously, cheerfully and often! We also need to remember that, giving is the key to success, fulfillment, prosperity and a life of prosperity.

The world needs more people who go into the world and give their all to aid in the betterment of society. People need to stand up and start adding value to other people's lives by being of service and living selflessly. Some scholars said the following words: " We make a living by what we get, but we make a life by what we give." Winston Churchill "No one has ever become poor by giving." Anne Frank "Giving is not just about making a donation. It is about making a difference." Kathy Calvin "We rise by lifting others." Robert Ingersoll "Only by giving are you able to receive more than you already have." Jim Rohn "Giving opens the way for receiving." Florence Scovel Shinn We are talking of giving, what we can give but why do we need to give to others? "The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi. We want to go to good schools and we want the latest gadgets to make our lives easier. We want success.

We want good health. We want great relationships. And we want to be happy. Therefore; 1. Giving helps others. If you're blessed with the means to live a reasonably comfortable way of life (meaning, if you're able to read this), you have the ability to give. The world outside can be a dark place, and those who have little or nothing depend on the generosity and loving-kindness of people with a giving spirit. When you give to the less fortunate, you add to their lives - and by adding to theirs, you add to yours too. 2. Giving inspires giving. People who have been on the receiving end of kindness to pay it forward and give to others even when they have hardly anything to give.

Perpetuating the cycle of giving makes the world a better, more humane place to live in. Be a good role-model for people around you, especially the young who are feeling entitled to receive whatever they want. 3. **Giving teaches responsibility.** When you give, you may have to make sacrifices. If you feel the urge to donate to a desperate cause regardless of your own financial standing, you learn how to do without certain things so that you can make the donation. Perhaps you'll watch your spending habits, or you'll be more frugal for the month. And you'll realize you don't need that much in your life to be happy. 4. **Giving cultivates self-worth.**

You may be giving for a selfish reason - you'll feel good about yourself. Even so, the effects of your kindness on others are purely positive and you can both bask in the joy that giving brings to those you've helped There's nothing wrong with feeling proud of your generosity and using that to spur you on to further acts of kindness in the future. It's a good way to start believing in yourself.

5. **Giving makes you happy.** Seeing the smiles, gratitude and expressions of hope on the faces of those you are kind to makes the act of giving worthwhile. Even research suggests that giving leads to greater happiness for the giver. In numerous studies, scientists found that those who spent money on others even though they had the option to spend the money on themselves were happier.

6. **Giving does make a difference.** No matter how much or how little you can give, you have the power to touch the life of another person and you can affect them in ways you may never completely be aware of. It's easy to be cynical today and to think that the help that you can offer is negligible, but it only takes a small gesture of kindness to change someone else's life.

7. **Giving is easy.** There's so much that we can give. We can give our time. We can give our warmth and friendship. We can give a listening ear or a shoulder to lean on. And, of course, we can give materially. Whatever you decide to give, know that a pure spirit and a generous heart can be your own path to real happiness. We live in a world where not everyone is as fortunate as their neighbour. If you're able, give to others.



**\*RTN MIRIAM SERUNKUMA NSUBUGA\***

**\*Have you heard the Good News?\***

2,000 years ago Jesus walked the earth, so He knew what it was like to be us. He also knew what it would cost Him to save us... and yet He chose to do it anyway. Today, we celebrate His power over death. Because He lives, so can we!

Spread the joy of this Good News with those who need to hear it: Jesus is alive!



**By: Rtn. Teddie Nassali**  
A Life of Generosity

**A Life of Generosity** (Our Giving Nature)

Generosity is a quality that's a lot like unselfishness. Someone showing generosity is happy to give time, money, food, or kindness to people in need. Generosity is a quality, like honesty and patience, that we all probably wish we had more of.  
[www.vocabulary.com > dictionary > generosity](http://www.vocabulary.com/dictionary/generosity)

Just as a candle's purpose is to provide light, the human soul was created to give generously. We fulfil our highest purpose in a life of service, in which we offer our time, energy, knowledge, and financial resources. The impulse to give springs forth from the love of God. As this love fills our hearts, generosity comes to characterize the pattern of our conduct; when we serve others for the love of God, we are neither motivated by the hope of recognition and reward nor by fear of punishment. A life of service to humanity implies humility and detachment, not self-interest and ostentation.

As Shoghi Effendi wrote: "We must be like the fountain or spring that is continually emptying itself of all that it has and is continually being refilled from an invisible source. To be continually giving out for the good of our fellows undeterred by fear of poverty and reliant on the unfailing bounty of the Source of all wealth and all good—this is the secret of right living."

Bahá'u'lláh counsels us with the following words: "Be generous in prosperity, and thankful in adversity. Be worthy of the trust of thy neighbor, and look upon him with a bright and friendly face. Be a treasure to the poor, an admonisher to the rich, an answerer to the cry of the needy, a preserver of the sanctity of thy pledge. Be fair in thy judgment, and guarded in thy speech. Be unjust to no man, and show all meekness to all men. Be as a lamp unto them that walk in darkness, a joy to the sorrowful, a sea for the thirsty, a haven for the distressed, an upholder and defender of the victim of oppression."



**I'M  
A  
PROUD  
MEMBER**





## AFL HEALTHY TIPS

### Let's Close the Kitchen by 7pm

It's well known that eating late in the night affects a person's metabolism, but now a study has found that it impacts overnight blood pressure & raises the risk of heart attack, setting the **dinner deadline at 7 pm**. The research, which examined more than 700 people, warns against late-night dining and points out the possible implications.

#### WHY YOU SHOULD EAT EARLY

- Eating late night puts People at danger of heart attacks & strokes warn experts
- Adults should ideally eat nothing after 7pm
- Early dinner gives the body time to wind down & rest
- Dinner within 2 hours of going to bed keeps the body on 'high alert' & blood pressure doesn't fall properly overnight
- In a healthy person, blood pressure drops by at least 10% When they go to sleep
- Eating late can do more damage to the heart than having a diet high

TIME TO PUT YOUR  
**PLATE DOWN**  
**7PM**



I urge you all to join in executing "Fitness & Nutrition (FAN)" – our signature programme for 2020-21, carrying out fitness exercises and practising healthy nutrition options in your clubs & communities.

Rotary   Fitness & Nutrition

# FITNESS PACK

UGX 60,000



# ORDER NOW

Through your club FAN champions.

FOR DETAILS CONTACT PAG Mebra Lwabaayi 0772 447 078

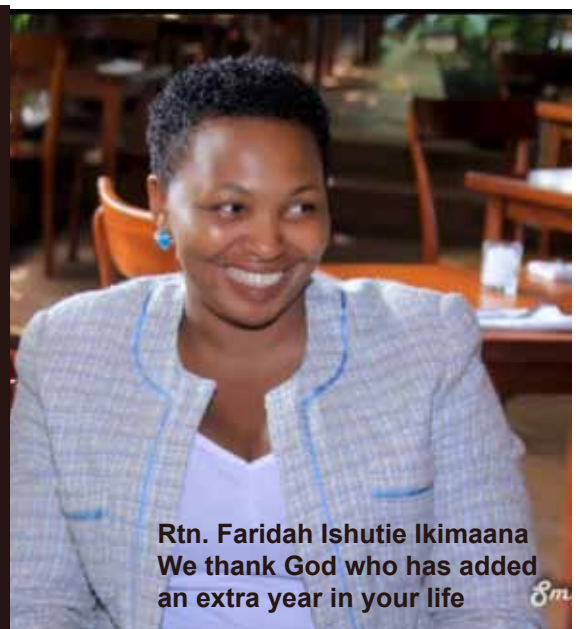


**We thank God for Mr and Mrs Musoke for making 21 years in Marriage. May God's Blessings and favour be upon you.**

**28 Years ago, Salongo and Nalongo Mufumbiro tied a love knot when they both said I DO. I wish you become more blessed as both of you grow old together. Wishing you a lifetime of happiness together, Happy Wedding Anniversary.**



**The Rotary Family of Nateete-Kampala misses you. Let Your New Age come with Blessings**



**Rtn. Faridah Ishutie Ikimaana  
We thank God who has added an extra year in your life**



**WELCOME TO**



**YOU GOT TO REMEMBER  
AVOID TOUCHING  
MEN**

**M** - MOUTH  
**E** - EYES  
**N** - NOSE

**INSTEAD, FOLLOW  
WOMEN**

**W** - WASH YOUR HANDS  
**O** - OBEY SOCIAL DISTANCING  
**M** - MASK UP  
**E** - EXERCISE AND EAT WELL  
**N** - NO UNNECESSARY CROWDING

Nakugana okumpita "mummy" nga waliwo abasajja.... Ononya otusuzza enjala 🌟🌟



**Why did the old lady  
Look back?**



**Fellow Ugandan's**

**Keep pushing**

**We have  
broken  
free  
before**



**We can do it again**

Uganda Whistle Blowers Association



**\*IF YOU ARE ABOVE 60 YRS , \***  
**\*HEALTH HINTS FOR YOU\***

**\*A. Two things to check! as often as you can\***

- \*(1)\* \_Your blood pressure\_
- \*(2)\* \_Your blood sugar\_

**\*B. Three things to reduce to the minimum on your foods:\***

- \*(1)\* \_Salt\_
- \*(2)\* \_Sugar\_
- \*(3)\* \_Starchy products

**\*C. Four things to increase in your foods\*\***

- \*(1)\* \_Greens/Vegetables\_
- \*(2)\* \_Beans\_
- \*(3)\* \_Fruits\_
- \*(4)\* \_Nuts/Protein\_

**\*D. Three things you need to forget:\***

- \*(1)\* \_Your age\_
- \*(2)\* \_Your past\_
- \*(3)\* \_Your grievances\_

**\*E. Four things you must have, no matter how weak or how strong you are:\***

- \*(1)\* \_Friends who truly love you\_
- \*(2)\* \_Caring family\_
- \*(3)\* \_Positive thoughts\_
- \*(4)\* \_A warm home.\_

**\*F. Five things you need to do to stay healthy:\***

- \*(1)\* \_Fasting\_
- \*(2)\* \_Smiling / Laughing\_
- \*(3)\* \_Trek / Exercise\_
- \*(4)\* \_Reduce your weight\_
- \*(5)\* \_Voluntary work\_

**\*G. Six things you don't have to do:\***

- \*(1)\* \_Don't wait till you are hungry to eat\_
- \*(2)\* \_Don't wait till you are thirsty to drink\_
- \*(3)\* \_Don't wait till you are sleepy to sleep\_
- \*(4)\* \_Don't wait till you feel tired to rest\_
- \*(5)\* \_Don't wait till you get sick to go for medical check-ups otherwise you will only regret later in life\_
- \*(6)\* \_Don't wait till you have problem before you pray to your God.\_

**\*I like to share because\***

**\*\*It's good for all . Kindly\***

**\*TAKE CARE OF YOURSELF\***

**\*And please forward to all the people above 60 you know**







**Brian Kelly  
and PP Ssebunya  
at LARCHE**



**PP Christopher Kalyesubula attending  
the Rotary  
Leadership Institute  
at Protea Hotel**



**One of DG Rosette Nabumba's  
Official Visits**



**END  
POLIO  
NOW**



**COUNTDOWN TO  
HISTORY**

**Rotary**





**Rotary**  
ZONE 22



INSTITUTE 2020  
**KAMPALA - UGANDA**

**December 3-6, 2020**

COMMONWEALTH  
RESORT MUNYONYO &  
SPEKE RESORT HOTEL

**REGISTRATION IS ON  
FIRST COME FIRST SERVE BASIS**

**PHYSICAL**

**VIRTUAL**

# Greater Masaka Mega

*Fellowship*

Venue:

**Hotel Brovad &**

• Nabugabo  
sand beach

• Ambiance  
Discotheque

**Reg fees:**

**Rotarians 120,000/=**  
**Rotaractors 80,000/=**

Centenary Bank, Masaka Branch  
A/C Name: Greater Masaka Mega fellowship  
A/C No. 3202415975

Mobile pay (PAG) Harriet Naddumba  
0772669779 / 0701026941

**12<sup>th</sup> & 14<sup>th</sup>**  
**FEB 2021**

# FELLOWSHIPS

## MONDAY

Mengo	12:45pm	Pope Paul Mem. Centre
Kampala North	6:00pm	Nommo Gallery
Kampala South	6:00pm	Hotel Africana
Njeru	6:00pm	Nile Hotel, Ntinda
Kasangati	7:00pm	Kasangati Resort Centre
Kampala Munyonyo	7:00pm	Green Valley Gaba
Kampala Naguru	7:00pm	Hilton Gardens Inn
Mukono Central	7:00pm	Star Gardens Mukono
Namasuba	7:00pm	Sky Beach Freedom City

## TUESDAYS

Sunrise Kampala	7:00am	Shanghai
Rubaga	1:00pm	Pope Paul Memorial
Ibanda	5:30pm	NBK Star Hotel
Iganga	6:00pm	Mwana Highway Hotel
Acacia Sunset	6:00pm	Uganda Museum
Kololo	6:00pm	Hotel Africana
Makindye	6:00pm	Mackinon Suites
Masindi	6:00pm	New Court View
Wóbulenzi	6:00pm	Networth Hotel
Nkumba	6:00pm	Areba Hotel
Kihihi	6:00pm	Suba Motel
Lukaaya	6:00pm	Jovena Hotel
Mbale	6:00pm	Mt Elgon Hotel
Kasese	6:30pm	Margarita Hotel
Bweyogerere Namboole	6:30pm	Mamerito Hotel
Kampala Impala	6:30pm	Kabira Country Club
Kyotera	7:00pm	Colombo Hotel
Bukoto	7:00pm	Kabira Country Club
Lubowa	7:00pm	Graces Restaurant
Kampala Naalya	7:00pm	Ndere Centre
Kisugu Victoria View	7:00pm	Shangri La Hotel-Kisugu
Buloba	7:00pm	Joggies Recreation ctre
Kisaasi Kyanja	7:00pm	Sweetland Gardens
Kampala Nsambya	8:00pm	Moonland Gardens

## WEDNESDAY

Kampala Maisha	7:00am	Shangai Restaurant
Kampala West	1:00pm	Shanghai Restaurant
Kanungu Bwindi	5:30pm	King Lion Hotel
Kabarole	5:30pm	Toro Golf Club
Jinja	6:00pm	Crested Crane Hotel
Kabale	6:00pm	White Horse Regency
Arua	6:00pm	Heritage Inn
Bushenyi	6:00pm	Ankole Resort Hotel
Masaka	6:00pm	Masaka Sports Club
Mubende	6:00pm	The Club Mubende
Nansana	6:00pm	Ivory Hotel
Ntungamo	6:00pm	Sky Blue Hotel
Kampala Central	6:00pm	Hotel Africana
Soroti Central	6:00pm	Land Mark Hotel
Kumi	6:00pm	North Each Villas

Kyambogo	6:30pm	Sports View Hotel-Kireka
Muyenga	6:30pm	Hotel International
Entebbe	7:00pm	Lake Victoria Hotel
Kajjansi	7:00pm	NICAN Resort Kajjansi
Kiwatule	7:00pm	Kabira Country Club
Mukono	7:00pm	Collin Hotel Mukono
Portbell	7:00pm	Silver Springs
Nsangi	7:00pm	Club Quarters Nsangi
Rubaga Lake View	7:00pm	Jevine Hotel
Bugolobi MorningTide	7:00am	City Royale –Bugolobi

## THURSDAY

Kampala Day Break	7:00am	Grand Imperial Hotel
Kampala	12:4pm	Sheraton Hotel
Mbarara	5:30pm	Hotel Kash
Hoima Kitara	6:00pm	Kantik Hotel
Bugiri	6:00pm	Gilga Hotel
Kalisizo	6:00pm	Tropical Gardens
Kampala Rainbow	6:00pm	Kolping Hotel
Kampala Ssese Islands	6:00pm	Nommo Gallery
Kayunga	6:00pm	Katikoomu S.C.
Kitgum	6:00pm	Bomah Hotel
Lira	6:00pm	White House Hotel
Mbarara East	6:00pm	Pelican Hotel
Rukungiri Central	6:00pm	Rukungiri Inn
Source of the Nile	6:00pm	Crested Crane Hotel
Tororo	6:00pm	Meritoria Hotel
Bugolobi	7:00pm	City Royale Bugolobi
Gaba	7:00pm	Green Valley Hotel
Gulu	7:00pm	Acholi Inn Gulu
Kampala East	7:00pm	Hotel Africana
Nateete Kampala	7:00pm	Ivys Hotel
Seeta	7:00pm	Ridar Hotel
Namugongo	7:00pm	Abba Hotel
Bwebajja	7:00pm	Cabana Rest. Kawuku
Makindye West	7:00pm	Makindye Country Club
Najjeera	7:00pm	Turvan Breeze, Najjeera
Ntinda Metropolitan	7:00pm	Nob View, Ntinda
Kitante	7:00pm	Hotel Protea
Kigo	7:00pm	Lake Victoria Serena Kigo

## FRIDAY

Kibuli	6:00pm	Hotel Africana
Kabwohe	6:00pm	Sun Beach Hotel
Muyenga Breeze	6:00pm	Hotel Intern. Muyenga
Kyengeru	7:00pm	Sendi House
Ntinda	7:00pm	Noble View Hotel
Kampala Metropolitan	7:00pm	Mackinon Suites Nakasero
Kampala Kawempe	7:00pm	Tick Hotel, Kampala
Bweyogerere Central	7:00pm	Tarzan Gardens
Mutundwe	7:00pm	Arena
Kampala Seven Hills	6:00pm	Hotel Africana—BMK Hse
Kireka Movers	7:00pm	

## SUNDAY

Muyenga Sunday Sunset	5:00pm	Hotel International
Seguku	5:00pm	Nican Resort Kajjansi
Bulindo	5:00pm	Canbery—Kira
Kiwenda	5:00pm	Hill Air Bar an Bristo



Rotary  
District 9211



Rotaract  
District 9211



**96<sup>TH</sup> 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**

**Very early bird**  
(Up to 30<sup>th</sup> June 2020)

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

**Early bird**  
(Up to 31<sup>st</sup> 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](http://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**



NEW ROTARY AREA OF FOCUS  
**Supporting  
the  
Environment**

Rotary 