

**Rotary**  
Nateete-Kampala



**Rotary Opens  
Opportunities**

# MPAGI NEWSLETTER

OCTOBER  
2020

*We Fellowship Every Thursday*



@ClubNateete



www.nateetekampala.org



Rotary Club of Nateete Kampala

# MPAGI NEWSLETTER

2020  
*September*  
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## EDITORS MESSAGE

### 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\***



# MPAGI NEWSLETTER

Dear Friends,

We glorify the Almighty God for his grace, favour and love that have enabled us to go peacefully through this Economic and Community Development month of October 2020.

We started this month with historical news, when, on October 2nd, 2020, Jennifer Jones from Rotary Club of Windsor, Ontario, Canada, was nominated as RI President for year 2022 / 2023. This was a ground breaking selection that will make her the first woman to hold that office in the 115 years of the organisation's history and this reflects Rotary's diversity, equity and inclusion in its top leadership.

Focusing on economic and Community Development this month, a lot has been achieved including raising funds for Sanyu Babies Home renovation. We have also had interesting fellowships with motivational Speakers. The third fellowship this month was led by the Past Presidents of the club. For this diversity, we thank our Director Administration for being innovative. The health tips and nutrition guides at intervals, in our virtual fellowships have, on top of promoting our health, made our on-line fellowships lively making us retain and attract members. Appreciation to our Zoom Officer.

November 2020, is the Rotary Foundation month. When every Rotarian gives every year, it makes doing good in the world possible and no challenge will be too great for us to make a difference. Members, COVID 19 has posed new and previously unimagined challenges. But within every challenge can be, an opportunity. Let us aim at re-emerging out of this crisis stronger and continue making Rotary more visible and relevant to our society. I wish you a blessed Rotary Foundation month.

**Margaret  
Magumba**  
Opportunity  
President  
RC Nateete

# OCTOBER MESSAGE FROM THE DISTRICT GOVERNOR D9211



## ROSETTI NABBUMBA NAYENGA

DISTRICT GOVERNOR, 2020/2021

### Fellow Rotarians,

We are in the second quarter of our Rotary year. No doubt, the first quarter was hectic and challenging as we all tried to amidst the new normal to implement the brilliant ideas we had planned at District, club and personal level. It has been extremely rewarding as I continue to visit clubs and see all the marvelous work Rotarians do across our District. I hope you are equally as proud and carry a sense of satisfaction that you are giving your best.

I appreciate the fact that each one of us is gifted in various ways to make a difference. To date, I have visited more than half of the clubs - seeing clubs and projects in varying sizes and impact. No matter the size, each project has left an indelible mark on me, and the communities where they are implemented. It is truly amazing to witness, firsthand, our outstanding projects. We should better promote our good work so that more people will know about Rotary and desire to lend their support. The more help we get, the better placed we are to address the needs of our communities.

Rotary has designated the month of October for Economic and Community Development. It highlights one of our seven areas of focus, and may be the one that probably gets the least attention in our District. We are experiencing sluggish economies, high levels of unemployment and rising poverty. These conditions lead to crime and health issues. As Rotarians, we should be concerned about these trends and think about ways we can help. Can we develop projects that will create jobs and promote entrepreneurship?


What if we were to, as Rotarians, engage other community and business leaders as well as stakeholders in the public and private sectors to work together to develop and implement such initiatives?

This is an opportunity for us to check the classification list in our clubs and identify members with skills best suited for economic development and put them to work. I am sure that we would come up with amazing solutions. Creating awareness about the opportunities in our communities, could positively impact the lives of the residents around us. Can you imagine a District where Rotarians helped influence reduction in crime, improvement in job opportunities and the general wellbeing of our neighbours? And just think about the number of future Rotarians that we might be creating! That, my fellow Rotarians, is significant. Let us make October a month to remember.

It is important that all members are given an opportunity to use their talents and vocations to support our communities. Every member should be engaged for the maximum effect of making a difference. Let us engage one another in club talks and trainings, uplifting our classifications for a better enlightened Rotary.

Finally, friends, a kind reminder to contribute to The Rotary Foundation because it is through this foundation that our District is able to implement impactful projects. Let us also give towards Polio Plus, so that we can completely kick Polio out of the world. Let us give as much as we can, until it hurts. I also encourage everyone to pay their dues! Let us be exemplary Rotarians.





# Holger Knaack, Rotary International's 2020-21 president

## October Message 2020

During a recent Zoom meeting with Rotarians and Rotaractors, I looked at the smiling faces on my screen and realized how much our organization has changed in a short period. It is clear that there is no going back to the "old normal" in Rotary — and I see that as an exciting opportunity!

Innovation and change are happening at so many levels as we rethink and remake Rotary. Rotary's new flexibility is blending with digital culture to drive change in ways that many of us have never seen before. We can learn a lot from Rotarians like Rebecca Fry — who, at age 31, already has 15 years of Rotary experience.

I see Rotary as a phenomenal platform to change the world. I believe I can have the greatest influence by empowering others to create the change they wish to see in the world. I've gained leadership insights through my experiences in RYLA and Rotaract, and now, as charter president of the Rotary Social Impact Network, a new e-club.

Engaging Rotary program alumni is key in forming new clubs. Our club is proof that Rotaractors and other alumni want to join Rotary — but sometimes they can't find the Rotary club that's right for them. Our club has 31 members, all between the ages of 23 and 41, and almost all of them are alumni of Rotary programs.

We need to be able to integrate and align Rotary with the other personal and professional goals we're pursuing. In chartering this club, we set out to design a personalized model of Rotary that is focused on added value for our members.

We have also sought to leverage connections — through Rotary Fellowships, Rotary Action Groups, and other international partnerships — in order to elevate our members' experiences beyond the club. Our club meets and manages most of its projects online, using Microsoft Teams to engage 24/7 in topics that interest our members. This also means our club is not geographically bound to any one location: Although many of us are in Australia, we also have members in Germany, Italy, Mexico, Tanzania, and the United States.

Also key for our club is measuring the impact of our projects. For Plastic Free July this year, we created an awareness campaign promoting ways that individuals could reduce their use of plastics, and we reached more than 6,000 people. It's a project with a tangible impact that anyone can take part in wherever they are. I'm proud that, through our club, we are bringing people together for a new type of Rotary experience. I am excited for our future.

All Rotary clubs have the opportunity to be innovative clubs, just like Bec's club. Let's trust those clubs, learn from them, and lend them our support. Change in Rotary happens at the grassroots level, as clubs lead the charge, defining what this new Rotary can be. Change is constant, and we have more work to do in many areas. It is important that we celebrate the contributions of people of all backgrounds and promote people from underrepresented groups so that they have greater opportunities to participate as members and leaders in Rotary.

The tools to make Rotary more inclusive, more relevant, and more fun for everyone are at our fingertips. Let's use them now, and we will see how Rotary Opens Opportunities for ourselves and for those yet to discover us.



### **\*POLIO CORNER\***

\*As we celebrate the World Polio Day, lets learn this;\*

#### **\*Who should Get Polio Vaccine?\***

Infants and Children

Children should get inactivated polio vaccine (IPV) to protect against polio, or poliomyelitis. They should get four doses total, with one dose at each of the following ages:

- 2 months old
- 4 months old
- 6 through 18 months old
- 4 through 6 years old

#### **\*Why is World Polio Day Celebrated?\***

The Day was established by Rotary International to commemorate the birth of Jonas Salk, who led the first team to develop a vaccine against poliomyelitis. 2020 theme for World Polio Day is "A win against polio is a win for global

#### **\*In a special way, we wish to recognise all the October Polio Contributors\***

1. Rtct Raymond
2. Rtn Sarah
3. PP Moses
4. IPP Florence T
5. Rtn Herbert
6. Rtn Miriam Nsubuga
7. Rtn Harriet Kabuuka
8. PP Christopher
9. PE Angel

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**\*Polio Team RC Nateete Kampala\***





## WORLD POLIO DAY



**SAT**  
**24th**  
**OCT**  
**2020**

## Join us for the Polio Walk

**Set off Point:** Hotel International  
**Time:** 8:00 a.m

**Chief Walker:**  
DG Rossetti Nabumba  
Nayenga

**Don't Miss out on FAN - Aerobics**  
**@ 7:15 a.m**

*All MOH guidelines and SOPs shall be observed* |  Rotary Club of Muyenga

PP Balondemu of RC. Bweyogerere  
ready for World Polio Day Walk







**VCC Francisco Ssemwanga  
Immunising a Child against Polio at  
Kikuba Mutwe Kabalagala**



**DGN Peace striking  
a stylish pose with fellow  
rotarians on World Polio Day.**





RC Mikocheni was witnessing the actual vaccination of polio zero to the newborn babies at Mwanyamala Government Referral Hospital in Dar es Salaam.



Rotary  
Club Of Nalumunye



Rotary Opens  
Opportunities

# Blood Donation



**FRIDAY 9<sup>th</sup> OCTOBER 2020 | 8:00am - 4:00pm**

**LEBRON SUPER MARKET PARKING YARD**



## A FELLOWSHIP TO REMEMBER.

Thursday 22nd October 2020 was indeed a very special day when Past Presidents of the club led the fellowship, the first one of its kind in the history of the club.

It was very interesting to see;

PP Francisco presiding as the president

PP Ssebunya leading the Grace

PP Moses giving the Loyal Toast

PP Christopher reciting the Four Way

Test

PP Mary introducing the Guest

Speaker

PP Harriet handling the Q & A session

PP Florence proposing a vote of thanks

PP Maggie proposing the Final Toast

PP Gertrude gave an inspiring presentation on Economic and Community Development,

Adopt-a-Village Model.” As a way of preparing PE Angel to take on the mantle of the club as the president next year, he was assigned to roll call the clubs that attended the fellowship.

The Rotary Club of Nateete Kampala was chartered on 23rd October 2007 during the tenure of Past District Governor Chris Mutalya. PAG Ben Waira was the Assistant Governor while PAG James Galabuzi was the Governor's Special Representative to the club.



Below are the presidents who have led the club since then:

2007/08	-	CP Jones Kyazze
2008/09	-	PP Evans Kityo
2009/10	-	PP Gertrude Ssekabira
2010/11	-	PP Judith Bakabulindi
2011/12	-	PP Damascus Ssali
2012/13	-	PP Maggie Ssebalu
2013/14	-	PP Christopher Kalyesubula
2014/15	-	PP Francisco Ssemwanga
2015/16	-	PP Harriet Musoke Nakkazi
2016/17	-	PP Mary Ssebadduka
2017/18	-	PP Moses Baligeya Mufumbiro
2018/19	-	PP Ssebunya Kizza
2019/20	-	IPP Florence Tamale
2020/21	-	President Margret Magumba

Thank you President Margret for giving Past Presidents of the club an opportunity to lead fellowship on that day.

Bravo all members of the Rotary Club of Nateete Kampala.  
Long Live Rotary.

**PP Christopher Kalyesubula**  
**Chair Organizing Team.**



## MY ROTARY JOURNEY

### Part One

I first heard of Rotary vibrancy in 1997 when Past District Governor (PDG) Nelson Kawalya was being installed as the Governor for Rotary District 9200 for the Rotary Year 1997 – 1998.

At the time, District 9200 as it was known, comprised five countries namely; Eritrea, Ethiopia, Kenya, Tanzania and Uganda.

Increased visibility and vibrancy of Rotary during PDG Nelson Kawalya's reign as Governor motivated me to start taking keen interest in the actions of Rotary. To my surprise however, the person I first asked about what Rotary does gave me a somewhat misleading view of Rotary when he said, "Rotary Clubs are for the big men and women and Rotaract for the young upcoming ones. They debate work on polio immunization campaigns, build schools and medical centres, travel around the country and abroad and dance, dine and wine richly and merrily.

During 2004, I happened to be closer to Owek. Robert Ssebunya (Past District Governor) who was Kabaka's Minister for Health by then. One day I had a meeting with him during which he whispered to me, "Young man, you are a Rotary material and I want you to be a Rotarian."

I reluctantly accepted because by then I did not know any nearby Rotary Club apart from the Rotary Clubs of Mengo and Lubaga which were lunch hour clubs, yet my workplace routine could not favour me for lunch time fellowship so I let the matter rest and I never went back to Owek. Ssebunya to talk about Rotary any more.

1. In April 2008, while in a meeting with PAG Francisco Ssemwanga at Pope Paul Memorial Hotel, he intimated to me that, "My friend, I have known you for some time and I would like you to join Rotary." By the time our discussion ended, he had invited me to at least pay a visit to his club the Rotary Club of Nateete Kampala at Ivy's Hotel and see for myself how Rotary business is conducted.

I first met Francisco in 2001 when he was a second year student of Education at Makerere University where I also was by then. Therefore, when he invited me to Rotary, I did not hesitate to accept the invitation.

It was Thursday 29th May 2008 when I made a maiden visit to the club meeting. I was given fraternal welcome by the members of the club. During the fellowship, Francisco introduced me as a guest, thereafter I started gazing in admiration for whatever was taking place. The way business was conducted during fellowship, members' enthusiasm, the fun and the illuminating presentation on leadership styles by the jovial PAG Joel Ssekabembe from The Rotary Club of Kampala East marked a turning point in my Rotary Journey and personal life. Thank you very much PAG Francisco for introducing me to this noble organization.

In part two of my Rotary journey, wait to see how I became a bona fide member of the club and later on a club president.



\*Long time ago in the Animal Kingdom, a sheep was passing and saw a lion crying inside a cage trap and the lion begged the sheep to save him with a promise not to kill and eat it but the sheep refused\*.

After much persuasion and for the sheep's gullibility it opened the cage for the lion. Now the lion was very hungry having stayed in the cage for days without food. It quickly grabbed the sheep to kill and eat but the sheep reminded him of his promise. They were still there arguing when other animals came passing and they sought to know what happened.

\*Both the lion and the sheep narrated their own side of the story but because of fear and in trying to gain Favour in the sight of the lion, all the animals took side with the lion except the Tortoise who claim not to understand the whole scenario\*.

Now the Tortoise asked the lion to show them where he was before the sheep rescued him, he pointed at the cage.

He asked again, "were you inside or outside when the sheep arrived"? The lion said he was inside.

The tortoise again said "ok, enter lets see how difficult it could be inside".

The lion entered and the tortoise locked him back inside.

\*In amazement the other animals asked tortoise "why" and he replied "if we allow him eat the sheep today, he will still go hungry tomorrow and we don't know the next amongst us to be eaten tomorrow\*.

\*Moral\*:

Don't support evil today because it doesn't affect you directly, tomorrow it could be your turn.

\*Have a wonderful weekend\*

## WARNING AGAINST JUDGING FELLOW CHRISTIANS

Do not criticize one another my brothers and sisters. if you criticise fellow - Christians or Judge them, you criticize the law and judge it. If judge the law, then you are no longer one who obeys the Law, but one who judges it . God is the only Law giver and Judge. He alone can save and destroy. To judge some one else? **James 4:11-12 GNB**



## JUST FOR LAUGHS

For 2 years a man was having an affair with an Italian woman.

One night, she confided in him that she was pregnant.

Not wanting to ruin his reputation or his marriage, He paid her a large sum of money if she would go to Italy to secretly have the child.

If she stayed in Italy to raise the child, he would also provide child support until the child turned 18.

She agreed, but asked how he would know when the baby was born. To keep it discrete, he told her to simply mail him a post card, and write 'Spaghetti' on the back. He would then arrange for the child support payments to begin.

One day, about 9 months later, he came home to his confused wife. 'Honey!,' she said, 'you received a very strange post card today.' 'Oh, just give it to me and I'll explain it later,' he said.

The wife obeyed and watched as her husband read the card, turned white, and fainted.

On the card was written:

"Spaghetti, Spaghetti, Spaghetti."

"One with meatballs, two without."

"Send extra SAUCE.       "!

### \*John and Shirley\*

My wife and I went into town and visited a shop. When we came out, there was a cop writing out a parking ticket.

We went up to him and said, "Come on man, how about giving a senior citizen a break?"

He ignored us and continued writing the ticket. I called him an "asshole." He glared at me and started writing another ticket for having worn-out tires. So, Shirley, my wife, called him a "shit-head."

He finished the second ticket and put it on the windshield with the first. This went on for about 20 minutes. The more we abused him, the more tickets he wrote. He finally finished, sneered at us and walked away.

Just then our bus arrived, and we got on it and went home.

We always look for cars with Trump 2020 stickers. **We try to have a little fun each day**



## 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.





## 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 and 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



## **Information Technology (some Pros and Cons)** **by Ivan Balondemu**

The Computer revolution began about 50 years ago, and for its beginning we can consider the year of 1948, when the first computer was invented. The first computer was as big as the wardrobe, today you can take it with you in a small suitcase. Undoubtedly computer belongs to the biggest inventions of the 20th century. It has revolutionized all human activity and today it is hard to imagine the world without it.

Information technology today involves more than just computer literacy; it also takes into account how computers work and how these computers can further be used not just for information processing but also for communications and problem solving tasks.

The world today has changed a great deal with the aid of information technology. Things that were once done manually or by hand have now become computerized; operating systems, now simply require a single click of a mouse to get a task completed. With the aid of IT we are not only able to stream line our business processes but we are also able to get constant information in 'real time' that is up to the minute up to date. (many examples ATM, Video conferencing e.t.c)

Computer seems to be one of the greatest wonders of the modern world. It has already revolutionized our lives more than anything we have invented so far and today it is hardly possible to imagine the world without this appliance.

Undoubtedly, the major advantage of computers is that they are time-saving devices, they make all kinds of work more effective and easier. All branches of science and industry make use of IT, for example in factories computers control assembly lines and in hospitals-certain difficult and precise operations are carried out using computers.

Let's look at the advantages

The Internet - has become the most important source of a variety of information and it enables students to increase their knowledge and develop their research skills. One can also do shopping, pay bills, find work or contact our friends quickly and easily. Internet has actually created a global village. But it is important to remember that computers are only machines, and cannot ever completely replace human beings.

Data Management - Computers are used for data gathering, testing and accurate analyses, computers however are not intelligent (garbage in garbage out), the out put is as accurate as the input.

Education - In education computers are used in distance learning for both lecture literature, exams and exam results. One can study any time and anywhere like at home, or even in the bedroom. Besides, computers can provide instant feedback to learners when they are doing exercises or practicing. Learners don't have to wait for teachers to mark their answers or give comments.

Versatility - Computers offer versatility, besides sounds, computers can produce colourful graphics, which will greatly enhance the learning outcome as learners will retain the majority of what is taught through sights rather than sounds. A picture is worth more than a thousand words.

Globalization – Through communication IT has not only brought the world closer together, but it has allowed the world's economy to become a single interdependent system. This means that we can not only share information quickly and efficiently, but we can also bring down barriers of linguistic and geographic boundaries. The world has developed into a global village due to the help of information technology, allowing countries like Chile and Japan who are not only separated by distance but also by language to share ideas and information with each other.

Communication - With the help of information technology, communication has also become cheaper, quicker, and more efficient. We can now communicate with anyone around the globe by simply text messaging them, or sending them an email, for an almost instantaneous response. The internet has also opened up face-to-face direct communication from different parts of the world, thanks to the help of video-conferencing.

menu. Any malfunction ordinarily will call for support resource even in cases that may just require a restart (warm boot).



**Cost effectiveness** - Information technology has helped to computerize the business process, thus streamlining businesses to make them extremely cost effective money-making machines. This, in turn, increases productivity, which ultimately gives rise to profits; that means better pay and less strenuous working conditions.

**Bridging the cultural gap** - Information technology has helped to bridge the cultural gap by helping people from different cultures to communicate with one another, and allow for the exchange of views and ideas, thus increasing awareness and reducing prejudice.

**More time to transact** - IT has made it possible for businesses to be open 24 x7 all over the globe. This means that a business can be open anytime, anywhere, making purchases from different countries easier and more convenient. It also means that you can have your goods delivered right to your doorstep without having to move a single muscle.

**Creation of new jobs** - Probably, the best advantage of information technology is the creation of new and interesting jobs. Computer programmers, Systems analyzers, Hardware and Software developers and Web designers are just some of the many new employment opportunities created with the help of IT.

**Information storage** - Large volumes of information can now be stored in electronic media like CDs thus increasing portability and reducing on paper work.

It is easy to simulate dangerous situations on a computer screen, that can be practically done in a laboratory.

However we must be aware that apart from all advantages of using computers there are some disadvantages.

#### Disadvantages

It is very expensive to acquire and maintain, the rate of obsolescence is very high.

Information available via the Internet is not controlled and thus young children have access to websites connected with pornography and violence. Computers are also addictive. It is easy to lose contact with the real life by playing computer games, chatting in the Internet chat rooms or surfing the Internet for long hours. Couples are known to be losing their spouses to the Internet; people get obsessed and lose feelings for real life.

On the other hand, the number of crimes committed by hackers is still increasing. Therefore, there is a danger that somebody will hack into your computer system and steal some important or secret data.

**Unemployment** - While it is true to say that computer technology stimulates technological progress, it cannot be denied that it is one of the main causes of the unemployment problems. While information technology has streamlined business process, it has also created job redundancies, downsizing and outsourcing. This means that a lot of lower and middle level jobs have been done away with, causing more people to become unemployed.

**Privacy** - Though information technology may have made communication quicker, easier and more convenient, it has also brought along privacy issues. From cell phone signal interceptions to e-mail hacking, people are now worried about their once private information becoming public knowledge.

**Lack of job security** - Industry experts believe that the internet has made job security a big issue, since technology keeps on changing with each day. This means that one has to be in a constant learning mode, if he or she wishes for their job to be secure.

**Dominant culture** - While information technology may have made the world a global village, it has also contributed to one culture dominating others. For example, it is now argued that US influences most young teenagers all over the world to act, dress and behave like them. Four letter words and nasal accents are now common, to imitate the Americans. Languages too have become overshadowed, with English becoming the primary mode of communication for business and everything else.

All said and done the computer and the associated information technology are here to stay and the advantages by far outweigh the disadvantages. Like all other aspects that affect communities, with the acquisition of the vital knowledge and skills, the necessary laws are being put in place to set some level of civilization.

What is the way forward for IT?

#### Fluency with Information Technology

Fluency with information technology is now the way forward, seeking to understand what is necessary for people to use information technology effectively and to adapt to the changes on a continuous basis. Information technology has hitherto been limited to the context of ability to use some applications like a spreadsheet programs or word processing.



The new approach however is to understand information technology from the standpoint of fluency. Fluency requires a deeper understanding of how computers work and mastery of technology for information processing, communication, and problem solving, and this is a life-long learning process that requires people to continually build on their knowledge to apply it more effectively in their lives. Fluency is also characterized by different levels of sophistication in a person's understanding and use of it to solve problems, and achieve competitive advantage in business.

One of the intellectual frameworks advanced uses three essential and interrelated components.

### 1. Intellectual capability

The ability to define and clarify a problem and know when it is solved; the advantages and disadvantages of a given solution to a given problems; to cope with unexpected consequences, like when a computer system does not work as intended; and to detect and correct faults. The ability to choose and source the correct solution for a given task (very basic example why choose MTN or Airtel, or UTL), now translate this into different technologies that solve different tasks.


### 2. Concepts

These are the fundamental ideas and processes that support information technology, and how information is represented digitally; and the limitations of a given technology. Understanding basic concepts is important, because technology changes rather too rapidly and can render skills obsolete. A basic understanding also helps in quickly upgrading skills and exploiting new opportunities offered by technology.

### 3. Skills

Abilities that are associated with particular hardware and software systems. Skills requirements will change as technology advances, but currently they include using word processors, database applications, e-mail, the Internet, and other appropriate information technology tools effectively. An individual fluent with information technology will always be acquiring new skills and adapting other skills to the changing environment, in order to remain relevant.

But have said all this; this is to be a little more meticulous but the basic users who are the majority, just need is to have customized front desk screens to key is data on the one menu, and print results statements by pressing another option on the on the menu. Any malfunction ordinarily will call for support resource even in cases that may just require a restart (warm boot).



### The natural body and the "perfect" body

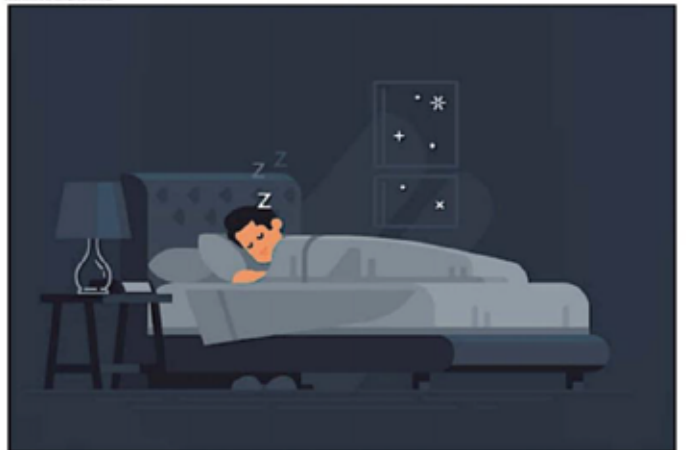
Have you had a negative attitude towards your body? Do you feel like your physical appearance does not meet the "ideal" body standard? Often, our dissatisfaction with our bodies is a result of internalized ideals of what our natural bodies should or should not be.

I am inviting you to share your story of body dissatisfactions and how you coped with/overcame it. The stories will be compiled into an e-book to be shared with the public and remind next generations of young womxn that they are not alone.

Send your story to [rkabejjamweru@gmail.com](mailto:rkabejjamweru@gmail.com) by 5th November, 2020. You are welcome to use an alias for your story if you are not comfortable sharing it with your name.

Thank you all.  
With deep respect,  
Kabejja

An old man wrote a will to his two sons, after my death demolish this house you will find a metal case down the foundation where you will find my savings to support the rest of your life. They started praying to God! Oh lord father our Dad is too old, please take him to your kingdom. Two years later he died and buried immediately. The following day the house was demolished, they found a case with piece of paper written! if you are real men construct your own House! 😊😄



## Good Sleep

Good sleep is important. Striving to have a peaceful night, and getting quality sleep and rest is one of the best things you can do for your health and well-being.

### Benefits

- Helps in hormonal balance.
- Reduces inflammation.
- Decreases lifestyle disease risk in both adults and children.
- It boosts your immunity.

### How to do ?

- Try to minimise exposure to any gadgets an hour before you are about sleep. This will help to ensure deep sleep.

# Club Membership Best Practices

## A. Pre-Induction and Induction of New Members

1. Interview prospective members to gauge their interest in Rotary and in particular why they want to join Rotary, what they expect from membership, etc., to determine if they will become productive, long term members. Learn why each potential member wants to join Rotary and what he/she wants out of Rotary membership. If the club cannot or will not provide it, that person should not be brought into the club but should be encouraged to join another club that can/will.

2. Information about Rotary and especially the expectations of members and membership should be communicated to potential members before they are proposed for membership. Utilize an information sheet and/or brochure that talks about attendance, involvement, service, club dues, support of Foundation, and other expectations of members.

3. Conduct a meaningful induction ceremony for each new member (or new member class). At that ceremony the importance of Rotary and involvement by each member should be communicated to the entire club as well as the new member.

## B. New Member Training and Engagement

4. Recognize that the key to retaining active members is early and meaningful involvement in the club.

5. Implement a thorough and effective new member training and orientation process (Red Badge program) for each new member. The emphasis should not be on getting the member through quickly and easily but to ensure the member fully understands Rotary, the Club and the duties and expectations of Rotary membership. See "New Member Training Best Practices."

6. Establish a club new member mentor system and assign a mentor to each new member. The mentor should assist in orienting the new member to the club, monitoring his/her involvement and encouraging his/her increased involvement (including serving as his/her advocate to club officers to ensure the member's involvement). Utilize Past Presidents and other experienced club members.

7. Get to know new members, their "hot buttons," why they want to join Rotary and what they hope to get out of membership.

8. New members must be immediately involved in significant club projects or functions, consistent with their interests and capabilities. New members (or classes of new members) should be encouraged to come up with their own class service project of their own interest, and engage club resources to assist them in executing that project.

## C. Club Structure/Activities

9. Recognize there are two equally important components of membership growth: new member attraction and member retention.

10. Clubs should have an active and engaged Membership committee with separate Co-Chairs for Attraction and Retention. The committee should deal with membership development and member retention and engagement as a unified whole, recognizing that retention is a whole club effort.

11. The Membership Committee should be tasked by Club leadership to assess the Club and all its activities to determine what is helping to attract and retain members and what is hurting the effort.

12. The Membership Chair and President should communicate regularly to discuss club activities and changes necessary to facilitate membership growth. The officers and board must support the Membership Committee and be willing to consider and implement its suggestions.

13. Club leadership should schedule periodic club assemblies for purposes of surveying members, conducting focus groups, or having round table discussions about changes and improvements necessary to grow the club.

14. Regularly survey all members to assess their satisfaction with the club and its activities, as well as their desired interests for membership and whether the club is meeting them. This can also be done by focus groups, club assemblies, etc.

15. If activities, projects or fundraisers are not enthusiastically supported by a sizeable enough part of the membership, they must be dropped (no matter how much money they make!). Member satisfaction is more important than money!

16. Add, delete, or change club projects, activities, and processes so that members' interests are addressed to their satisfaction. Then repeat 14 and 15.

17. Survey exiting members to find out why they are leaving (Note – if 14-16 are done properly, club leadership should be attuned to each member's satisfaction level before it results in termination of membership).

18. Since meeting attendance is a high indicator of member satisfaction, monitor attendance records on a monthly basis. The President should personally call members who have been absent 2 weeks in a row to get the person re-engaged.

19. Focus on participation and engagement in all club activities, not just weekly meetings. A "Touchpoints" Program can revitalize your club, increase participation in club activities, and improve meeting attendance.



20. All club officers and board members, and the membership and public image chairs, should attend the District Membership Seminar every year.

21. Consider putting variety in meeting locations, activities, and times.

22. Include social events ("Club Service") in the club's calendar. Don't be afraid to exchange a "regular" meeting with a monthly social event (happy hour, party, etc), or an onsite service project.

23. Will one of the Rotary pilot programs help your club? Contact the District Membership Chair to discuss implementing a satellite club, associate membership, corporate membership, or "flexible and innovative" program for your club.

24. Have fun programs. Don't be afraid to laugh! Make sure all members are greeted warmly and made to feel welcome.

25. Keep a roster of former members and keep in touch with them. Send them your newsletter and invite them back periodically.

#### **D. New Member Attraction**

26. Clubs that have more diverse activities, strong in all Five Avenues of Service, are able to attract and retain members better than other clubs.

27. Assess your club's diversity. If (like most Clubs) Club membership is predominately older males, special focus and effort must be made to attract women, young professionals, and minorities.

28. Most young people join Rotary for service with peers and professional advancement. Clubs should have good Vocational Service and Community and International Service programs to attract younger professionals.

29. Invite younger people (Rotaractors are excellent for this) to participate in service days so they get a flavor of Rotary service.

30. Invite young professionals to meetings as well as service events but do not pressure them to join the Club. Instead let them be attracted by the Club's service and fellowship.

31. Understand tomorrow's Rotarians are not like you and Rotary has to change to accommodate them or it will die with us! Understand what makes millennials tick.

**BY: MARION  
NATUKUNDA**



**DG ROSSETTI AND VCC FRANCISCO READY TO BOARD THE BUKAKATA FERRY TO HEAD FOR THE RC. SSESE ISLANDS OFFICIAL VISIT.**



**RTN. FLORENCE KIBIRANGO'S CELEBRATED  
BIRTHDAY ON 20TH OCTOBER 2020**





# Rotary MOMENTS



AG HARRIET  
MUSOKE'S  
OFFICIAL VISIT  
TO RC. NALUMUNYE



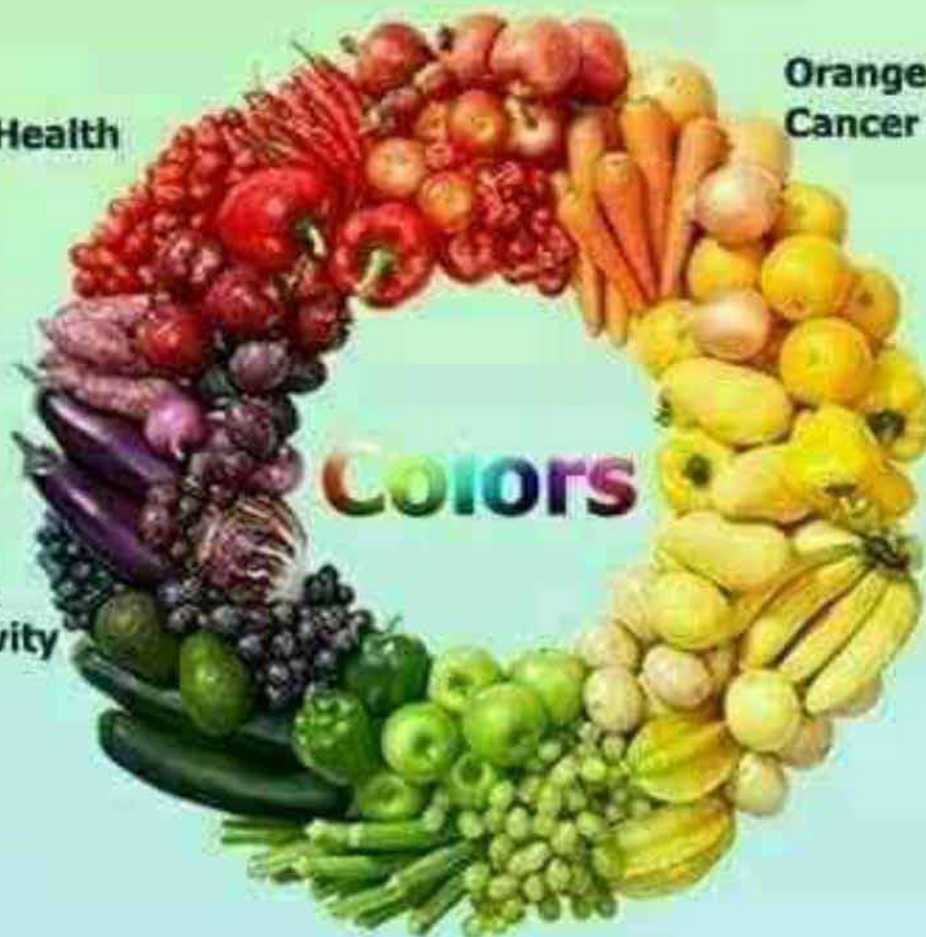
# Eat Colors for Your Health

**Red**  
**Heart Health**

**Orange**  
**Cancer Prevention**

**Purple**  
**Longevity**

**Yellow**  
**Beauty**



“  
Our Food  
SHOULD BE  
Our Medicine  
&  
Our Medicine  
SHOULD BE  
Our Food  
-HIPPOCRATES  
”

## NOURISH YOUR BODY

### MAGNESIUM

Supports healthy digestion  
and strong muscles

SPINACH  
AVOCADOS  
YELLOW CORN

### ANTIOXIDANTS

Help reduce inflammation  
and damaging free radicals

BROCCOLI  
CARROTS  
BERRIES  
MANGOS

### ALKALINE FORMERS

Balance acidic foods like  
refined carbs, dairy and meats  
to support healthy digestion  
and immune system

KALE  
LEMONS  
LIMES  
CHARD



**CAMPING ROTARIAN**

SAT & SUN  
28 TO 29TH  
NOVEMBER  
2020

**2 DAYS  
OF CAMPING**  
DON'T MISS OUT ACTIVITIES LIKE

Location  
**SSEZIBWA  
FALLS**  
Jinja Rd

FEE  
150,000/= Single  
270,000/= Couple

**FAN ACTIVITIES**  
CAMPING FIRE  
FOREST HIKING  
NYAMA CHOMA  
INTERESTING GAMES

**PACKAGE COVERS**  
Camping Tent  
2 Lunch  
Dinner / BBQ  
Soft Drinks  
2 Breakfast  
Music  
Entrance Fee  
Fund Contribution

**ALL PROCEEDS GO TO CARDIOVASCULAR SURGERIES**

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**Let's connect with nature while enjoying the night breeze fire.**

Greetings to all fellow Rtns and Rotaractors am glad to inform u about the upcoming initiative of camping Rtn fellowship ready to fundraise and support children with cardiovascular conditions which need surgery.

This was an initiative brought up to bring all Rotarians, rotaractor, and all guests to objectively make us bond, connect, network ,open opportunities, serve and have all kind of FAN and fun to enjoy and increase membership through camping at the same time connecting with nature.

You can build the course of one's life by what you initiate and contribute to it through influencing others around you, in writing, speaking etc contributing much in the lives of people in the world.

When you give the little you have to those in need it will make a difference and put a smile on the faces of people.

So that's why I came up with this initiative of a camping Rtn fellowship to see that we can do a project to help children with cardiovascular conditions which need surgery and we can do this through camping to raise funds to support these little angles who are unprivileged.

We shall be rotating in different regions of the country to engage all club members into organising this event since its to be held every year.

Our first camping is on the 28th and 29th November 2020 at Sezibwa falls on jinja road to be launched by our own DGN Peace Taremwa (PATRON) and closed still by our own PDG Ken Mugisha through fundraising for this cause.

Many activities are to be done to enjoy like FAN,camp fire, dancing, treasure hunt, story telling, nyma choma etc.

Contribute to the needy and GOD will see u through more than u give.

I will be grateful to see u there.

**PE Irene Nakanwagi luweesi Rc Nsangi.**



END  
POLIO  
NOW



COUNTDOWN TO  
HISTORY







**My name is Rtn Annet Namusaazi Kagimu.**

Am a muganda. Am also s banker by profession. My parents are Dr. Vincent Kimuli and Mrs. Margaret Kimuli. By God's grace they are all still alive and they live at Bunamwya \_ Lubowa.

Am married to Mr.Kagimu Eric and together we have 2 children so far. le Joy and Jesse. I joined rotary in 2015 and was Inducted by PDG Harrish Bhatt. VCC ssemwanga was the president then. I was invited to rotary by Rtn.Herbert Nankola who was my Manager by then.

I work with centenary bank as a branch manager. I have been in this position for 2years now. My Hobbies are making and maintaining friends, travelling ,dancing and adventure .

In 5 years ,I believe I will have grown In My career to regional manager level, also I hope to be an employer as an alternative to my employment. I would like to Instill in my community a saving culture and also open up a SACCO God willing.



**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
Rotarians	\$250	\$20
Spouses	\$250	\$20
Rotaractors	\$100	\$10

Accommodation - **Single:** \$65 **Double:** PP-Sharing \$50

**Visa to be guaranteed on arrival**

+256772498081 - Rtn. AnnieMunywevu (Registration Chair) | support@rotaryinstitute2020ug.org

**REGISTER THROUGH:**  
[www.rotaryinstitute2020ug.org](http://www.rotaryinstitute2020ug.org)

**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	Margharita 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 ctr
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
Kyengera	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



Applauses! to the entire Membership, alumni, family and friends of the Rotary Club of Nateete – Kampala for this another year of service to humanity. Many years ago, it was a good dream which turned into reality. And there is no doubt that the Club is getting more into the mission of Rotary International of providing service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional and community leaders.

Over the years, RC Nateete has offered learning opportunities in Rotary by enabling members serve on Committees and also encourage each to share about their respective businesses and vocations, as any impactful Club should do.

There are a good number of Rotarians, even from other Clubs, who have experienced the difference RC Nateete has had in the Communities they serve. The development of acquaintance has also been well executed. Kudos to the charter members, and to everyone who has “steadied-the-ship” to this day.

Some of your Rotarians have been a reference for inspiration, going through the basics of Membership development to serving above self for the Club, Country and District. What a reminder that even the one they sing *tengerere, tengerere* to can actually become a pillar in the communities, and more so for Rotary.

RC Nateete used to have Home-hospitalities as their characteristic. These are good avenues for bonding and enhancing our program of reaching out to many people while encouraging participation. It was always fun. Thank you, members.

We look forward to this continuity, the hallmark of Rotary. May you have more action plans which will improve on inter-personal and communication skills, find effective solutions for the communities and be the examples to inspire others for the growth of Rotary.

Happy Charter Anniversary Rotary Club of Nateete – Kampala!

PAG Ben Waira





Each time that my former Rotary Club of Nateete-Kampala invites me to write an article for the Club Magazine or Bulletin, I welcome the invitation with real pleasure and gratefulness. But at the same time, I have the nagging feeling that I am expected to write about my far-gone experience as the Charter President. In this article, I would like to combine some reference to my reflections of the Charter President that I was thirteen years ago, and some reference to the theme of the upcoming Month of, The Rotary Foundation. Both subjects warm my heart.

As a Charter President who left the Club six years ago, I rejoice to note that the Club that we joyfully started together a little over a decade ago, has not only kept going, but has grown in strength, diversity and quality of membership. There are many impactful projects that have been undertaken by the Club, several of which are organized under TRF Global Grant scheme. Apart from those achievements, the Rotary Club of Nateete-Kampala has definitely shined by producing leaders beyond the Club, including Assistant Governors and a Vice-Country Chair in the names of Rtn. PAG Francisco Semwanga. For all those achievements, I say “BRAVO FRIENDS & KEEP IT UP!”

As for the upcoming TRF Month of November, I wish to refer to the Rotary International relations with the United Nations where my Classification of “*International Civil Service*” is grounded and where I served with UNESCO for many years. Rotary is very highly regarded within the UN circles on several fronts due to the Movement’s effective cooperation with the United Nations Organization since inception. In the first place, Rotary which was created in **1905** is far senior to the UN which came into existence forty years later in **1945**. No wonder that the UN has in its Annual Calendar a day where Rotary is celebrated during that very month of November.

In fact, Rotary is known to have had the largest observer delegation in the Conference that sat in San Francisco, USA to draw up the UN Charter in 1945. The main objective of the UN which is “Saving the Succeeding Generations from the Horrors of War” is at the very heart of Rotary action and undertakings; striving to build World Understanding, Goodwill and Peace through Education, Health and Community Development Projects, with **Polio Plus** leading the lot.

This is a war against Polio, declared by Rotary International over **FOURTY YEARS AGO** and mobilized worldwide and which is soon coming to a finish as a Present to the Children of the World: “A Polio-Free world”, making all of us proud for being Rotarians. But as the saying goes, the task is not done until it is done; let us keep at it until the final finish!

Merry Celebrations of this 13<sup>th</sup> Anniversary fellow Rotarians of this magnificent Club of Nateete-Kampala!

Rtn. PAG Jones Kyazze,  
CP Nateete-Kampala.





## Intermittent Fasting

Intermittent fasting is not a diet, but rather a eating pattern. It is an eating cycle between periods of fasting and feasting.

### Benefits

- It helps to reduce oxidative stress and inflammation in the body.
- It induces various cellular repair processes.
- Helps to lose weight and belly fat.
- Helps to reduce insulin resistance and lowers the risk of type 2 diabetes.

### How to do ?

- The 16/8 method involves fasting every day for 14–16 hours and restricting your daily eating window to 8–10 hours.

## RIGHT EATING PATTERN



**COOKED FOOD** - Restrict the number of cooked meals to **ONLY TWICE A DAY** (Lunch and Dinner). Eat more raw vegetables and fruits.



**EMPTY STOMACH FRUITS** - Empty stomach fruits works miraculously and is highly recommended for making the system alkaline & building good health.



**CUCUMBER AND CARROT**- One small bowl to be had before lunch and dinner every day for making our body alkaline.



**WATER** - At Least 2 litres of water everyday. Drinking sufficient water will not only help flush out toxins but maintain a healthy fluid balance.



**NO UNHEALTHY FOOD** - Avoid junk foods / dairy / Maida / Non-Veg / Deep fried / Packaged food as much as possible.



## Fruits

Fruits have to be had on an empty stomach. An ideal way to start your day after Jeera water is by having seasonal fruits.

### Benefits

- Adds a lot of fiber to your body
- Increases your energy levels.
- Tons of vitamins, minerals & antioxidants.
- Helps in bowel movement.
- Helps in weight loss.

### Correct way of eating fruits

It means not eating fruits after your meals.

## WHAT TO AVOID



**Avoid Handshakes** - The Indian Namaste works best !!



**Avoid crowded places and quarantine yourself** - We can all do this not only for ourselves but also for the safety of others too.



**Avoid going out** - Use this time constructively at home instead of feeling stressed. Taking risk of going out is not advisable.



**Avoid Public Transport and unnecessary travel** - This reduces your chances of catching an infection and the lesser the interaction the better it is.



**Social Distancing** - Avoid meeting people and practice Social Distancing for your own safety and the safety of others. This is our foremost responsibility and we must act sensibly now.



**Don't Panic** - Refrain from reading and circulating wrong information and causing fear amongst people.

## **\*What kind of friend are you?\***

**\*Martha Damalie Ndagire\***

**\*Counseling Psychologist\***



Are you the type of friend who bails friends out and expecting to be helped in the equivalence of what you offered? Are you the type that would prefer to help without expecting to receive an equivalent offer?

How high are your expectations towards humanity?

The moment you have answers to these questions, you will have less disagreements between self and the external opinions or factors.

We often struggle deep within ourselves but forget we can't give what we don't have. This is why you find certain people frustrated and overwhelmed with life experiences. Sometimes it is because they give too much of themselves and forget to give back to themselves. They are taken advantage of. What people forget is that self care, self love, self adoration, self acceptance, self appreciation, self attention, etc is all a necessity. Youths often crack a joke that the greatest form of self acceptance is accepting the nose God gave you. In simple terms appreciate your appearance because its God given not man-made.

Take care of yourself before taking care of others. It's the only way you can be the best version of you. Therefore, work on yourself so as to give a positive vibe and energy that can impact others positively.

When it comes to being a friend, keep at the back of your mind that it is ok to say no. Being a pleaser will only increase the on your inner struggles.

As a friend, do less of judging, gossiping, or imposing of your values and beliefs. People go through situations that they may find difficult to share due to fear of being judged or made fun of.

If you happened to switch places with other people, would you like to be treated the same way you treated others?

I urge everyone to take time and figure out who they really are. Do you plan to do better and be a better person?

Be the light of the world. Do not blow out other people's candles. Leave a lasting good image of yourself.







# CHARTER NIGHT

## *Celebrations*



**TEDDY WILL YOU MARRY ME!**







## 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

