

Rotary
Nateete-Kampala



**Rotary Opens
Opportunities**

MPAGI NEWSLETTER

SEPTEMBER
2020

We Fellowship Every Thursday

MPAGI NEWSLETTER

September 2020

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EDITORS MESSAGE

Dear readers,

First and foremost i want to congratulate the editorial team for a great Job well done as far. It comes with challenges but you have always Surpassed expectations and made it happen. This being our Third Bulletin edition release, I would also like to thank all those members from the Rotary Faternity that have untiringly continued to contribute articles to the Empagi Newsletter, your contribution is greatly appreciated as we stand together in creating opportunities for our societies in these trying Covid times.

This edition of *EMPAGI* has various Inspiring stories and motivational views from members and from all over the Rotary World to assist us forge a way to better our lives in the coming months during the new normal. Thank You.

"Reading Broadens the Mind"

Miriam Serunkuma Nsubuga (PHF)

Bulletin Officer

Matovu Abdulrazak

Ass. Bulletin Officer



MPAGI NEWSLETTER

Dear Friends,

We praise God for having brought us this far! Yes, we are soon completing the first quarter of the Opportunity Year 2020/2021.

September 2020, whose Rotary theme is Basic Education and Literacy, Rotary Clubs worldwide, amidst Covid 19 Pandemic, have focused on innovative solutions for quality education, reduction in gender disparity, and provision of learning opportunities for all. Thank you Rotarians.

During September 2020, the Rotary club of Nateete Kampala, has had lively weekly fellowships with motivational and inspirational guest speakers. For this, we thank our Director Club administration, Director Publicity and her team together with our zoom officer.

Thank you for working as a team. I also thank all other members of Nateete Rotary Club, for the different roles played that have led to a successful month.

As one of our service projects for the year 2020/21, the Rotary club of Nateete Kampala together with Rotary club of Namasuba, have tirelessly looked for funds during September 2020, for the renovation and reroofing of Sanyu Babies Home dormitory which is currently in a bad state. Due to the positive response of the members, the work will be done as planned in mid October 2020. Thank you members, for Service Above Self.

Members, as we approach the month of October, 2020, whose theme is Economic and Community Development, let us renew our commitment to increase the visibility and portray the image of Rotary. We do this by sharing our resources through giving our valued time, paying our obligatory dues and contributing generously to RI.

I wish you a successful Economic and Community Development month, and please during this prevailing COVID 19 period, always endeavor to observe the Standard Operating Procedures as laid down by Ministry of Health.

Margaret Magumba
Opportunity President
RC Nateete

MESSAGE FROM THE DISTRICT GOVERNOR 9211

ROSETTI NABBUMBA NAYENGA

DISTRICT GOVERNOR, 2020/2021



My family of Rotary, Paul Harris said: “If Rotary is to realise its proper destiny, it must be evolutionary at all times, revolutionary on occasion.” And how so right!! Just a few days ago – we had an incredibly the history of the Rotary Cancer Run. Who would have guessed that at a moment like this, the Cancer Run would evolve into a global event? Congratulations to the Cancer Run 2020 team for a job well done.

Thank you for showing the world that in Rotary service, even a pandemic is not the limit! Talking of evolution, September is the month Rotary has designated for Basic Education and Literacy, precisely because of its transformative nature. As Rotarians we envision a world where all children have access to education, the opportunity to realise their full potential, and to pursue their dreams. And I am so proud of the contributions that Rotarians have made over the years through the construction of classrooms, provision of scholastic materials, scholarships and mentorship programmes i.e. Rotary Youth Leadership Awards (RYLA), and Youth Exchange.

Despite the progress we have registered, the disruption and lock down of schools for the last six months has exposed the inadequacy of our traditional education system. Many of the children in this part of the world remain locked out of both the physical and virtual classrooms; and many are ROSETTI NABBUMBA NAYENGA in danger of dropping out of school completely. And we know that without education, these children will be at great disadvantage for the rest of their lives. Therefore, as part of our “evolutionary approach” – what should we in Rotary do differently? The COVID-19 pandemic has given us an opportunity to rethink how education should look like for Generation Z and Alpha who are growing up in a world where technology rules.

The challenge and the task before us is obvious i.e. to provide an education that prepares our young learners for what the future might hold.

And this may entail supporting our communities and schools to incrementally ‘leap’ into the digital space. However, as we also know, education should not be limited to the classroom or reduced to the ability to read and write.

The world is changing and so are the skill sets required. A World Economic Forum report published recently, argued that 65% of primary-school children today will be working in job types that do not exist yet. What we know though is that the successful youth will be those with the ability to connect effectively, interpret, and discern the complexities of the world in which we live. Our support to basic education and literacy should expand to include those “soft skills” (communication, collaboration, creativity, resilience and adaptability) that employers are looking for; and that our youth will require to navigate the ever changing environment. And in this regard, I would like to commend the team behind the recently launched Rotary Ros-es programme, which will among other things, focus on the mentorship of young women leaders.

So as we go through the month of September, let us challenge ourselves and share best practices that will enhance the relevance and impact of our interventions in basic education and literacy. I continue to appeal you to stay home if possible, wash your hands regularly, wear a face mask in public, practice social distancing as per the COVID-19 guidelines, exercise regularly and eat healthy foods. Stay safe and let's grow Rotary.

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RI PRESIDENTS MESSAGE

Greetings, fellow Rotarians and Rotaractors!

I am so honored to serve as your president this year. We have important work ahead of us at Rotary, and we are going to have a lot of fun as we do it.

Last year, we launched our five-year Action Plan to build a stronger future for Rotary. We are working to increase our impact, expand our reach, enhance participant engagement, and increase our ability to adapt. The last several months have shown that we — as Rotarians and Rotaractors — can realize these goals as we forge a new path for the future.

Without question, COVID-19 has posed new and previously unimaginable challenges for Rotary. But within every challenge is perhaps an even greater opportunity. And while I could not have known what lay ahead when I selected my theme for the year, Rotary Opens Opportunities has even greater relevance as we begin our new Rotary year.

I am incredibly inspired by how our members have adapted and responded to COVID-19. This global pandemic has made it difficult for many of our clubs to operate as usual, but we persevered, and over the past few months, I've enjoyed connecting with my fellow Rotarians and Rotaractors in a new way: by visiting hundreds of clubs from my home. It's been fun to attend so many meetings virtually. If you haven't already, I encourage your club to try an online meeting or add an online component, like hosting a guest speaker from a Rotary or Rotaract club located in a different part of the world.

As we build a stronger future for our organization, it's good that we are reaching out to new people and introducing them to Rotary. It's important that our clubs reflect the communities we serve. More diverse voices in our clubs and in our leadership will help Rotary stay in touch with a changing world.

So let's find every opportunity to show we value each and every member. Let's seize this moment to build on what we've learned, to embrace our new reality, to welcome new faces, and to find additional ways to shine. This is how we will have a continuing impact on the world. And if you need assistance along the way, Rotary offers many resources that can help you reach your goals.

Rotary means different things in different parts of the world, but we are all united by our core values and by The Four-Way Test. Rotary may change, but our values remain constant.



I look forward to hearing about how you're finding new opportunities to engage and make an impact in your club and community. Rotary Opens Opportunities, both for the people we serve and for ourselves.

Thank you.

Holger Knaack

RI President, 2020-21



Coming together is a beginning. Keeping together is progress. Working together is success. —Henry Ford



EFFORT TO SUPPORT SANYU BABIES HOME

On the 8th , September, 2020,
The Rotary Club of Nateete Kampala and Namasuba
handed over a **cheque donation of 8,000,000/=** from
Platinum Credit Uganda in an effort to support Sanyu
Babies Home Dormitory.

The effort was blessed by:

The Right Reverend Bishop Kityo Luwalira.

A big thanks to Opportunity President Margaret
Magumba and the Project Team



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.

Effort to support Sanyu Babies Home





Polio Corner

Previously, we discussed the Polio disease and control in detail here. Today let us talk about:

The Support to Polio Eradication Activities

1. Detect and interrupt all polio transmission
2. Strengthen immunization systems and begin phased withdrawal of oral polio vaccines
3. Contain the polio virus and certify interruption of transmission
4. Plan polio's legacy
5. Financial contribution

Meet the Polio Project Super Star Givers for September 2020



Rtn Daniel Kaggwa
Awarded Gold



Rtn Miriam Nsubuga
Awarded Platinum

By IPP Florence Tamale



A woman walks Into A Butchery Shop Just Before Closing Time and Asks, "Do You Still Have Chicken?"

The Butcher Opens His Deep Freezer, Takes Out His Only Chicken Left and Puts It On The weighing Scale, And It Weighs 1.5 kg.

The Woman Looks At The Chicken and At The Scale And Asked, "Do You Have One That's a Bit Bigger Than This One?"

The Butcher Puts His Only Chicken Back Into The Freezer, and Then Takes It Out Again, But This Time When He Puts It On The Scale; He Then Craftily Keeps His Thumb on The Scale Pan. And The Scale Now Shows 2 kg

"That's Wonderful," Said The Woman. "I'll Take Both Of Them, Please!"

In a Situation Like This, You Realize at Once That Your Integrity and Your Reputation are Firmly on The Line. Your Wisdom Becomes Foolishness and Your Cunning Becomes Stupidity
Until Now The Butcher Has His Head Inside The Big Deep Feezer Looking For The First Chicken

Remember:

Always Tell The Truth and You will Be Free!!!

A Good Name Is Better Than Riches

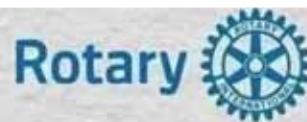
Live To Express Yourself and Not To Impress Others.

Rtn Miriam Serunkuma Nsubuga



**PP
MAGGIE SEBALU**

Two mad men organised to run away from the Mental Hospital, they started planning that they will go to the gate, beat up the watchman, open the gate and run away... When they reached the gate, the watchman wasnt there and the gate was widely opened, they said, "Goodness" our plan has failed, lets go back we will try again tomorrow



Rotary

WHO IS A ROTARIAN

A Rotarian is a person who...

Digs wells from which he/she will never drink ;

Vaccinates Children he/she will never meet;

Restores eyesight for those he/she will never see;

Builds housing he/she will never live in;

Educates Children he/she will never know;

Plants trees he/she will never sit under;

Makes crawlers into walkers halfway around the world;

Knows real happiness that "Can Only Be Found By Helping Others"



You won't believe this!!!

A farmer saw a plane full of people crashed near his farm. When the police arrived, they asked the farmer what happened?

FARMER: They crashed near the farm and I buried all of them. One of the police man asked with shock!! are you sure they were all dead?

***FARMER* :** Some of them were screaming, "we are still alive"
You know, ***"uuuhm"*** people!! They can lie

PAG. Francisco Ssemwanga

Following the footsteps of Jesus - Israel. The family that prays together stays together



The sycamores tree in Israel which Zacchaeus climbed to see Jesus



**By: Rtn Miriam
Serunkuma
Nsubuga**

This is Namirembe Cathedral, looking isolated just before churches were opened for worship.



“Agaali Amakula” Honouring the Teaching Profession.

By Yawe Godfrey aka Mr. Curvy.

In today's competitive world, children's education and their performance in academics is one of most talked about subject. If for some reasons a child does not do well in the academics, the blame is put on teachers and school management. In that regard, when the learner performs well, parents comment that “omwana wange mugezi nnyo”. Then, when they fail to perform to their expectations parents say, “abasomesa basuula omwana wange”. The pressure on teachers and schools has become so much that teachers are losing interest in the profession resulting in teaching profession as one of the least desired professions. In addition to that, when it came to the lockdown in March, 2020, it was seen that teachers are non-essential workers yet the leaders use academic qualifications they got from teachers to those big offices where they sit to decide for teachers wrongly.

Just few years back it was not so. Teaching was thought to be noble profession and teachers used to take pride in what they do. They used to feel they are not only shaping the future of the kids, they are instrumental in building a society which is based on strong foundation and values. Students and Parents used to respect teachers as God or at least next to God.

Why there is so much change? Are schools, school managements, parents and society as a whole responsible for this? Let us try to examine this and think what we can do or at least where we can start. Primary education is the stepping stone in someone's life.

School (Primary and High) teachers understand their contribution to society and nation building and do their best with utmost sincerity. Students, then the Society, We all know and understand their role but are we doing enough to make sure they are able to give their best and they get their dues they deserve?

Most of the teachers love their work; they enjoy spending time with kids. They get immense pride and satisfaction in the fact that they are shaping the future of the kids and the nation. At the same time the respect they command in the society makes them more committed to their work.

Teaching at the same time has become a very high pressure job. There are many things which have made teaching profession less rewarding and less satisfactory. When we talk to teachers and read the books, newspapers, articles on internet as teachers, we are found complaining on many things. These include personal life balance with work, salaries, decisions made by teachers are taken as serious, large numbers of learners, the syllabus design etc.

I therefore request you the reader of this article to think of the way how we can change;

Attitude and Mindset of;
the Education managers,
the Teachers ourselves,
the Parents

YAMBALA MASK YO !





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 me 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 PACK

UGX 60,000



ORDER NOW

Through your club FAN champions.

FOR DETAILS CONTACT PAG Mebra Lwabaayi 0772 447 078

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◀ PAG. Francisco Ssemwanga with PAG Kakembo Nsubuga

PDG Xavier Sentamu with PAG Francisco Semwanga and AG Harriet Nakkazi Musoke. ▶



Rotary 

MOMENTS



PP Gertrude Sekabira together with OP Margaret Magumba handing over Certificate of appreciation to Guest speaker PAG James Galabuzi Mukasa.



Down the Memory lane PP Christopher Kalyesubula, PP Maggie Sebalu, PP Ssebunya and Rtn Miriam Serunkuma Nsubuga.

SSENYONGA Kizito



SSENYONGA Kizito a telecom. Engineer is leveraging his vast field experience to teach university students. After a long and tiring job search, in 2014, he landed a placement at a Com-Tec (U) Ltd a private company that deals in installation and maintenance of computer networks and electrical networks which include computer networking, CCTV cameras, PBX intercoms, fire and intrusion detection alarm security systems etc. At Com-Tec (U) Ltd, Kizito works as a senior technician and has been at the heart of various installations in intimidating working environments which require working under pressure with precision for example installation of a state of the art audio conference system at Entebbe state house, a hybrid IPBX intercom system at Crane chambers and CCTV camera installations at Taibah international schools.

After acquiring a lot experience and client connections in computer networks and electronics, Kizito opted to start up his own company in 2016. His company collapsed barely a month after its inception largely due to the initial capital resource required. The collapse of his company ignited a new idea of education service delivery in lieu of technical works. The urge to supplement on his meagre earnings from Com-Tec (U) Ltd, got the young passionate and skilled engineer a new placement as a part time lecturer in January 2017 at the universities of International University of East Africa – Kansaga, Kampala and St. Lawrence Universities – Ndeeba, Kampala. Thereafter the hardworking young man juggled classroom time with technical site works until COVID -19 crippled the world. No doubt the youthful lecturer and engineer was hit hard and devastated. Education institutions which are his direct employers and form majority of his clientele for electronic systems were closed till to-date.

Like the saying, "New beginnings are often disguised as painful endings" Lao Tzu, to navigate through the COVID dust, the young engineer retreated to Nalubudde Village along the dusty and bumpy Nakawuka road to start farming where he grew more than an acre of sweet potatoes on family land hoping to reap big from the harvests come November 2020. The new found farming hobby, has occupied the engineer as he waits for total lifting of the lock down.

Kizito was installed as the 13th president of the Rotaract club of Nateete Kampala at a scientific installation

event held on 27th June 2020 at the Karibu Restaurant. He grew through ranks to presidency after serving in various directories after his induction into the club on 04th June 2015.

As president, he is very grateful for the support system from the Rotary Club of Nateete – Kampala especially her Excellency president Margret Magumba. I carry our appreciation as the Rotaract Club of Nateete to all Rotarians of the Rotary club of Nateete kampala for giving us the platform to serve humanity and shine. We are bumped up to serve regardless of the challenging times.

President – Rotaract Club of Nateete Kampala
RY020/2021

BIYINZIKA Raymond



Am Rct Biyinzika Raymond, a proud Musoga by tribe but a munyankole by appearance, 2nd born of 4 to, born in July, and a Born Again by religion

I am Data officer by profession, from Mildmay Uganda, completed my studies with a Bachelor's degree in Computer Science from Ndejje University, I have been working in Data management with Ministry of Health LLINs Campaign, Malaria Consortium Uganda & now Mildmay Uganda.

I was introduced to Rotary by IPP Florence Tamale in 2018 & I was sponsored by the Club, Rotary Club of Nateete Kampala to attend RYLA 2019 (Rotary Youth Leadership Awards) , it was a huge experience and an eye opener as I was inspired by alot of Guest Speakers as RYLA training was focusing on equipping the youth with social & business skills to enable their start-ups take off.

After RYLA, I managed to open up a business Start-up Malbom Tech Solutions doing Graphics design, Printing, photocopy, Bulk SMS & Web design.

I have served as Assistant Admin (Social media & Club runner updates) for the club (Rotary club of Nateete) for the year 2019/2020, to present.

I enjoy playing & watching football, and an Arsenal supporter but also love doing anything attached to technology.

Lastly I call upon members to visit our Social Media platforms Facebook- (Rotary Club of Nateete Kampala) , Twitter (@ClubNateete) & Club Runner(nateetekampala.org). **Let's go Digital**



BLOOD DONATION OFFICE OF THE ROTARY CLUB OF NATEETE 2020/2021 -

The Blood Donation office of the Rotary club of Nateete encourages all members of our club to go and donate blood.

There is a currently a short fall in the required amount of blood in Uganda.

You are humbly encouraged to go and donate blood, today, tomorrow and ALWAYS.

All those who have ever done so at one time, and those who intend to do so, are very much appreciated.

**Blood Donation officer,
PP Ssebunya Kizza,
Rotary club of Nateete**



MEMBER PROFILE



RTN MIRIAM SERUNKUMA NSUBUGA

Miriam is a retired IT professional

She was born to the late Joshua and Florence Serunkuma who were both teachers by profession.

The late Florence Serunkuma worked with the Bank of Uganda after retiring as a teacher where she left Miriam when she had just joined.

Miriam was married to Mr. Nsubuga (RIP) and had 6 children. All Children are graduates and four of them are married.

At present, Miriam is a retired Staff of Bank of Uganda.

Miriam was introduced to Rotary by Rt. Pauline Sentongo and joined in 2016.

She joined Rotary When VCC Francisco was the President so that she could serve above self and acquire leadership skills.

Her interests are Church and travelling around the world.

She would like to serve Rotary more by taking Rotary to the community through the Rotary health day activities.

In the Club she is the PR Director



HERBERT NANKOLA

Is a Musoga , a banker by profession.

He is married to Josephine and they have three children, Tania, Jonathan and Haggai.

I was invited to Rotary by PP Gertrude and joined in 2014. By then PP Kalyesubula was the Club President.

I joined Rotary as I had been exposed to it before by virtue of my employment and had heard of the wonders that it undertakes.

At Present, I work with DFCU Bank as a Regional Manager – Eastern. I have been in this position for 2 years and 8 months.

I enjoy watching movies, football, partying and dancing.

In five year's time , I pray that I shall be retired on my farm and actively involved in Rotary at a District level.

The change I would like to see in Rotary is to be able to train the masses in financial literacy.



**I'M
A
PROUD
MEMBER**



What do you say when someone asks, “What is Rotary?”

I am a very proud Rotarian and it shows in the way I talk about Rotary, I don't know about you. But I am intrigued to ask you, what do say when someone asks, “What is Rotary”? How do you convey in your own words what Rotary does? My guess is that you will say it is where leaders meet to exchange ideas and take action. That is the right answer, but what does rotary mean for you?

This is what rotary means for me.

A place that has brought me closer to people who step forward to take on important issues for local communities everywhere.

A group of leaders who take on some of the toughest challenges in their communities.

A club of people who harnesses the strength of professional and community leaders from nearly every country in the world.

A place where we exchange ideas; we discover and celebrate our diverse perspectives during club meetings, conferences, service projects, and social events.

Rotary is made up of people around the world working together to clean the environment, end polio, improve our communities, and accomplish many extraordinary things every single day.

Rotary finds a place for your expertise and passion. Whether you want to lead a project or be part of a team that comes up with an idea for one, Rotary welcomes your thoughts.

Rotary creates positive change in communities around the world through our service projects.

Rotary connects business and community leaders who discover and celebrate diverse perspectives to create positive change in our communities.

Rotary's projects, of whatever magnitude, create lasting impact in our communities, from clean water, to maternal health, to literacy; these projects are impactful and suitable in communities around the world.

Being together in rotary builds lifelong relationships

Rotarians are dependable, reliable and available individuals, who give more than they take and are mindful of the needs of others. Go and spread the word, that Rotary is a place to be, for those who care to know.

Find a way of defining rotary, in the simplest terms such that those we attract get a clear understanding of what actually rotary and does.

From PAG Monica Rullonga

RC Kyengera

**END
POLIO
NOW**



**COUNTDOWN TO
HISTORY**

Rotary



Living a Meaningful Life



An article on jamesclear.com shared research on longevity and revealed that the people who live the longest not only live healthy lifestyles, but also tend to engage and connect with the people around them. In other words, they contribute to the world around them.

To put it bluntly; the easiest way to live a short unimportant life is to consume the world around you rather than contribute to it. Meanwhile, people who keep on contributing tend to be the ones who keep on living. The message was clear. People who contribute to their communities live longer.

You alter the course of other's lives by what you create and contribute. For example, when you speak or write or act, you influence the people around you. When you contribute something to the world, you matter. And thus, the act of creating enhances your feeling of self-worth.

That's why being a true Rotarian matters. Every single contribution you make creates a difference in someone else's life, hence building bridges and restoring hope in many lives of people, whom you might never know. Time spent contributing to a common good is never lost, it always indirectly comes back to you in one way or another.

You cannot control the amount of time you spend on this planet, but, you can control what you contribute while you are here. These contributions don't have to be major endeavors. You don't have to create big contributions, you just need to live out small ones each day.

Be an active participant in life and contribute to the world around you. Make good conversation. Make good art. Make good adventure, etc. Bottom line is, make something. Contributing and creating doesn't just make you feel alive, it keeps you alive.

"When you cease to make a contribution, you begin to die." —Eleanor Roosevelt

By **Teddie Nassali**


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. AnnieMunyonyo (Registration Chair) | support@rotaryinstitute2020ug.org

REGISTER THROUGH:
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

12th & 14th
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
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

2019-2020 ROTARY CITATION PLATINUM



Awarded to the Rotary Club of

Nateete-Kampala

for helping **Rotary connect the world.**

Mark Daniel Maloney
President, Rotary International



Team Rotary Club of Nateete Kampala yogayoga for having *scooped the Platinum AWard* by the Past President of Rotary International Rtn Mark Maloney 2019-2020 for helping Rotary Connect the World.



Club Light Moments



PK FASHION GIST

By Rtn: Pamela Kawaddwa

Rc Naalya



"Girls do not dress for boys. They dress for themselves, of course, each other. If girls dressed for boys, they'd just walk around naked at all times." — Betsey Johnson

Hi happy people, I am sure you have missed me. Uhm well, am back on the streets to snap you into the fashion sense. Its been awhile, but am back home to ordained duties. Let's jazz fashion in African Prints.

Gone are the days when we could only admire fashion from the Channels, D&G, and all the fashion runways from our overseas colleagues. The in thing now days is African prints. Appreciate your African culture by supporting our African designers. Anyone can rock any day with African prints. However we can have it in contemporally fashion designs.



Casual African Wear. This can be on for an easy weekend event, shopping, BBQ or a lazy Friday. Depending on the occasion.



Formal African Wear: Can be put on to office or any formal meetings. A blazer is every woman's must have.



Isn't this lovely. Mix and match african print to have a stunning look.



The use of African print is not only in outfits.. You can have your living room spiced up uniquely with a touch of african print. It could be mostly by using coussions on a plain covered couch.



Please make sure whenever you use African prints in your living room, it should be on a plain colored background, or else your living room will look and feel congested. Let's embrace our culture and use African prints.



ANNOUNCEMENTS



End of an era, Beginning of a new dawn

21ST – 24TH APRIL 2021 SPEKE RESORT MUNYONYO

Very early bird
(Up to 30th June 2020)

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

Early bird
(Up to 31st Dec 2020)

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

Register NOW and SAVE

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

Registration: www.rotaryd9211.org

Chair Registration: **Peter Mukuru +256 772 412 830**

Youth On to DCA

(UG): **Rachel Kiwumulo +256 787 363 748**

(TZ): **June Russel Gondwe +255 718 515 490**

#DCA96 @D9211



NEW ROTARY AREA OF FOCUS Supporting the Environment

