



MPAGI NEWS LETTER

SEPTEMBER EDITION



We Fellowship Every Thursday, 7pm



@ClubNateete



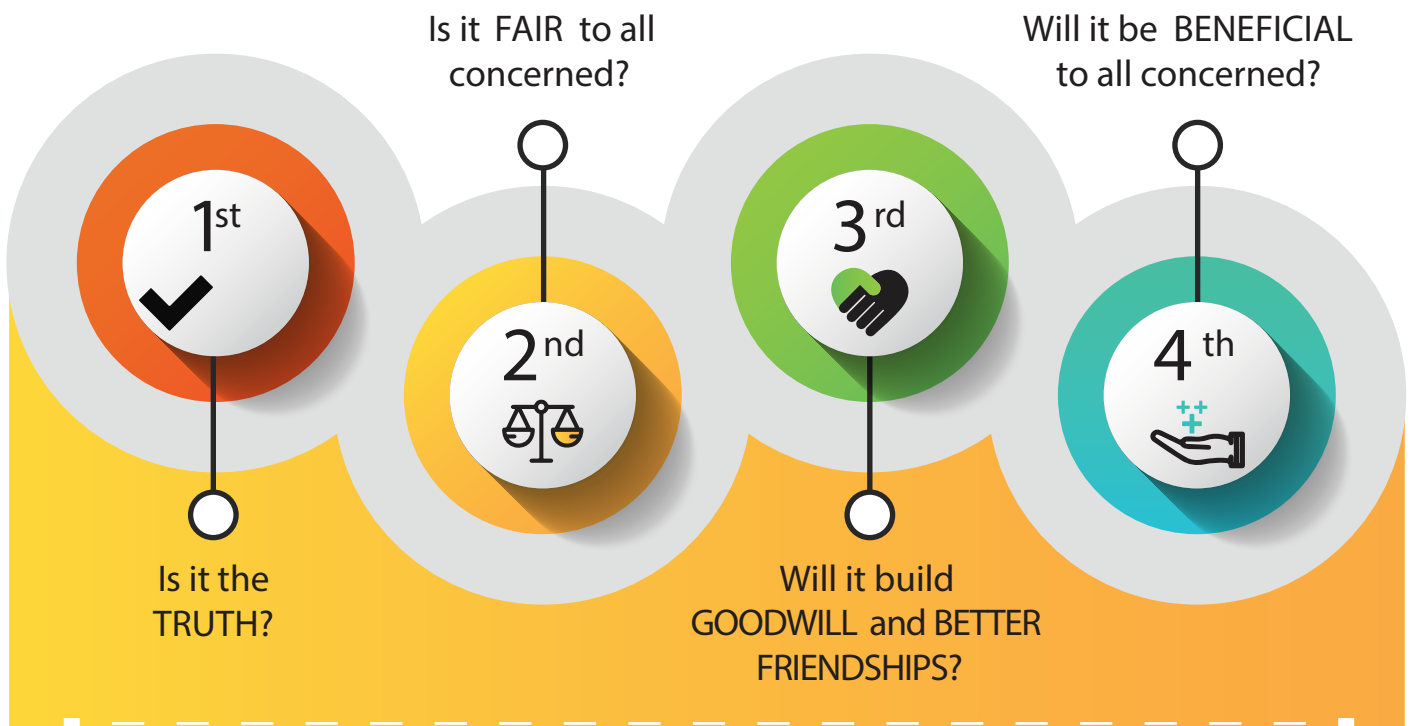
www.nateetekampala.org



Rotary Club of Nateete Kampala

THE 4-WAY TEST

Of the things we think, say or do;

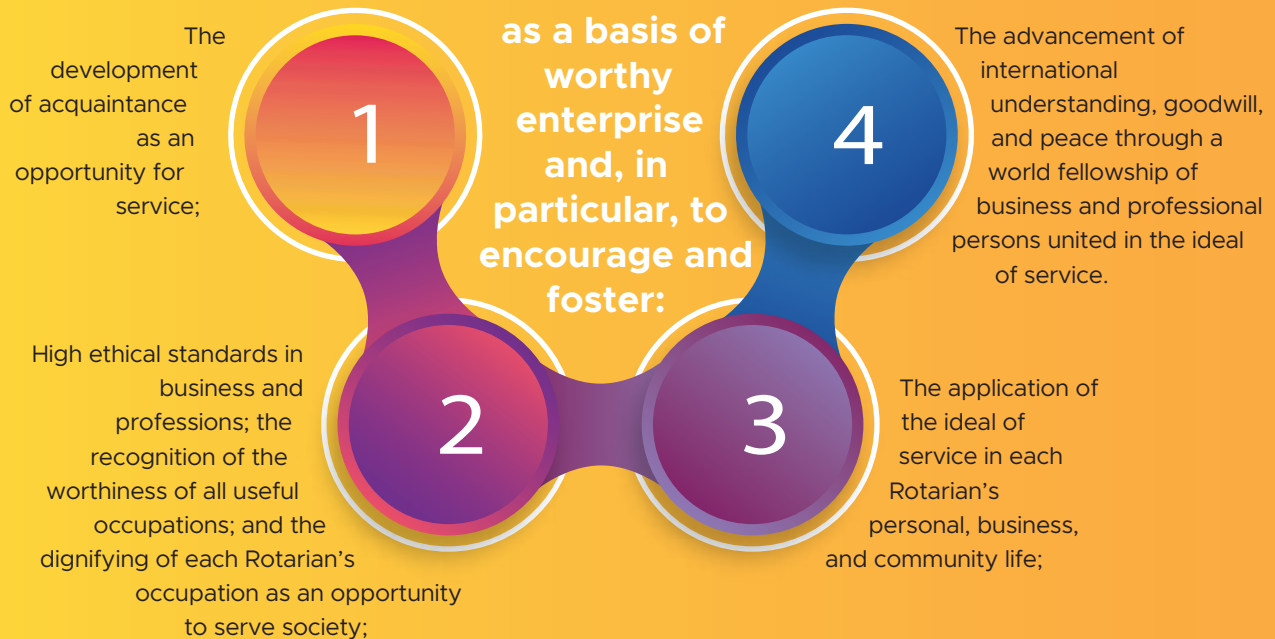


Rotary



THE OBJECT OF
ROTARY

THE OBJECT OF ROTARY is to encourage and foster the ideal of service





CALL FOR ARTICLES

EDITOR'S NOTE

The month of September 2021 has been a unique for Rc Nateete.

Here, we bring you Warm Regards, happenings from a number of engagements that we've been part of. Activities include the official Visit of Rotary International President Shekhar Mehta.

We also Celebrate the Nateete babies born, anniversaries in the month of September and August and we bring you stories from our club members.

As we wind up September, Rotarians, Rotractors, let's emurate the positive things learnt from parenting & Nurturing children as Good parents & Guardians!

As we serve to change lives of others, let's be good exemplary leaders starting from our homes.

Above all, we take the honor to "Thank the President of Republic of Uganda HE YK Museveni on 15th sept who directed for opening up of Public gatherings up to 200 people. Glory be to Almighty God.

Let's use it wisely as we plan to have physical fellowships,

Lastly I Encourage Rotarians to go for Vaccination to those who have not got their Jab.

We need healthy Rotarians.

Covid is Real " Observe SOPs!

We hope you're motivated to serve & share your stories with us.

Email :kyobusyl@yahoo.com

Kyobusyl@gmail.com

To feature in October mpaagi Bulletin.

TABLE OF CONTENTS

- . FELLOWSHIP NORMS
- . RI PRESIDENT'S VISIT
- . CMP SEPTEMBER MESSAGE
- . CELEBRATING MEMBERS
- . COVID 19 VACCINATION
- . POWER OF WORKING TOGETHER

RTN. SYLVIA MAYAMBALA
BULLETIN OFFICER

RTR. MATOVU ABDULRAZAK
ASS. BULLETIN OFFICER

THE VISIT OF THE ROTARY INTERNATIONAL PRESIDENT



ROTARY INTERNATIONAL PRESIDENT SHEKHAR MEHTA TOGETHER WITH ROTARY LEADERS

The Rotary International President 2021-2022, Shekhar Mehta, described Uganda's over 4,000 Rotarians as "category A+" but urged them to dream even bigger. He was on a three-day official visit to Uganda from September 13th to 15th, 2021.

Mehta urged Ugandan and Tanzanian Rotarians to "dream big", grow their numbers because "power is in numbers", and initiate projects that impact not only communities they serve but also the country and the world at large. He advised Club Presidents to share their dreams with each other and with key stakeholders, and to find localized solutions to issues facing the communities.

The highlight of the RI visit to Rotary Club of Sonde was the recognition of CMP Kate Barasa Asekenye as a Major Donor with a contribution of 10,000 USD, recognition of two Paul Harris Fellows club members Rtn. Onzia Ronald and Rtn. Munduru Jane Frances, 21 Club members were also recognized for contributing to The Rotary Foundation for the Rotary year 2020-2021.

During his three-day visit to Uganda, he did break ground for Construction of the Linear Accelerator Bunkers' Structure - Rotary Centenary Bank Cancer Center at Nsambya Hospital, launch of the Maternal and Child

Health Program at Kawempe Hospital, meet with President Yoweri Museveni and the Speaker of Parliament, Jacob Oulanyah, among others.

"Let us dream of big, bold programmes which impact the continent, because we now operate on a global scale," he said.

Mehta, a member of Rotary Club of Calcutta-Mahanagar, India, and whose presidency tenure theme is 'Serve to Change Lives', held meetings with officials of District 9213 (Uganda) and District 9214 (Tanzania and Uganda). He covered a compact programme accompanied by his wife Rashi, outgoing governor of District 9214 Young Kimaro and Rotarians from Tanzania, Kenya and Nigeria. He was hosted by District 9213 Governor John Magezi Ndamira and incoming Governor Mike Kennedy Sebalu.

100 free heart surgeries:

Mehta visited President Museveni at State House Nakasero where they held discussions for 45 minutes, in which he tabled three support offers to Uganda government namely education and literacy, especially distance learning to help mitigate effects of Covid-19, health by opening up eye centres, and more blood banks; and free heart surgery in India for 100 Ugandan children.



RI PRESIDENT'S VISIT TO MENG0 HOSPITAL





DG YOUNG SIGNS ON THE LAUNCH BOARD
AND RECEIVES GIFT FROM IPP BUKOTO

RI PRESIDENT VISIT TO THE CANCER WARD IN NSAMBYA



RI PRESIDENT'S VISIT TO THE STATE HOUSE



Rotary International President Shekhar Mehta pinned Rt Hon. Speaker Jacob Oulanyah, who is an honorary member of the Rotary Club of Kampala, in recognition of his selfless service and contribution to Rotary as Major Donor Level 2.



RI PRESIDENT SIGNS ON THE LAUNCH BOARD



RI PRESIDENT AT DEPARTURE LOUNGE

**Each
one bring one,
the end of the tunnel is clear.**

It has been evident we all heard and internalized the RI President's call to increase our membership. The efforts by each one of us to introduce a guest is very much appreciated. We shall achieve!

Basic education and literacy as theme for the month of September has been a great one as we all had a thing or two to learn from our speakers this month, ranging from home schooling to Parenting. Thank you to our resources.

October is the Economic and Community Development Month, in the same month we celebrate world polio day. Let's continue supporting the polio bag and erase polio entirely. The Empower a Girl Campaign is on, I still call upon members to join and support in all ways possible.

Our Service Projects are on, let's keep supporting through financial support as well as ideas to see that we better our communities.

**I wish you a blessed month and
please keep safe!**



Angel Kisekka
Change Maker President
2021/22



Happy Birthday
Rtn. Miriam Nsubuga
12TH SEPTEMBER



SEPTEMBER BIRTHDAY CELEBRATIONS!



Happy Birthday
Rtn. Florence Bulya
25TH SEPTEMBER



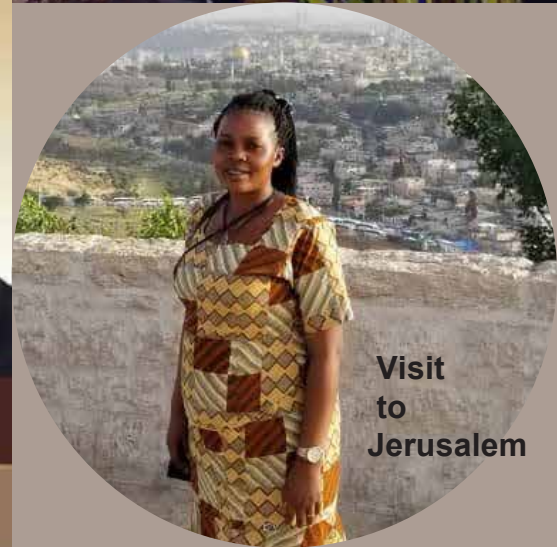
NATEETE'S VOCATION OF THE WEEK



**Baligeya
Moses Mufumbiro**



**LEGAL
SERVICES**



Visit
to
Jerusalem

97TH DISTRICT CONFERENCE ARUSHA 12 - 14TH MAY 2022

EARLY BIRD Before 31st Dec 2021

Rotarians	\$190
Rotaractors	\$100

From 1st Jan 2022 to 28th Feb 2022

Rotarians	\$220
Rotaractors	\$100

From 1st March 2022 Onwards

Rotarians	\$250
Rotaractors	\$120





TRAVEL YOUR STYLE TO NAIVASHA

Stop on, stop off, Travel Coach, change no one way  <ul style="list-style-type: none"> Return ticket All day shuttling while at the District Class 97 meals - only for you Swagat or water bottle and juice Guaranteed ride and drop stations Excluded travel by personal officers Rotary information on the bus 14 meals with supervised safety precautions 	UGX. 270,000 Per Person
Fly Economy, and transfer like a VP  <ul style="list-style-type: none"> Return ticket All day shuttling while at the District Class 97 meals - just for you Excluded travel by personal officers Guaranteed ride and drop stations Rotary information on the bus 14 meals with supervised safety precautions 	USD 476 Per Person On Uganda Airlines and Kenya Airways
 <ul style="list-style-type: none"> Return transfer with professional guide All day shuttling while at the District Class 97 meals - just for you Swagat or water bottle and juice Excluded travel by personal officers Guaranteed ride and drop stations Rotary information on the bus 14 meals with supervised safety precautions 	UGX. 400,000 Per Person
Economix, in family style, no one  <ul style="list-style-type: none"> All day shuttling while at the District All day shuttling while at the District Class 97 meals - just for you Excluded travel by personal officers Rotary information on the bus 14 meals with supervised safety precautions 14 meals with supervised safety precautions 	UGX. 700,000 Per Person
Travel Safari style: You are on Your way  <ul style="list-style-type: none"> Take charge of the land for the entire district You are ready for safari after war 2 years or more pack and drop stations Excluded travel by personal officers 14 meals with supervised safety precautions All travel with professional guide 	UGX. 700,000 Per Person

To reserve your seat: We have made it easy...
 Log onto <https://www.rotaryd9214.org/naivasha> Click on: Reserve your seat to register and make payment. See cancellation policy and terms. Payment is by mobile money or bank transfer.

For mobile money payment (all networks):
 Dial *2524*Select Good & Services / Merchant Payment / Client Initiated
 Enter code 252079

For more information, please contact:
 Email: conferences@rotaryd9214.org Tel: 0700000000 RAC Genie 0770000000 RAC, Peter

Rotary
District 9214

Rotaract
District 9214

**SERVE TO
CHANGE LIVES**

COVID-19 AND VACCINATION

In November 2019 the first cases of a new respiratory illness in the city of Wuhan in China were reported, this illness came to be described or named the COVID-19. By March 2020, it was declared a global pandemic as it had spread to all the continents of earth causing over 2.5million death and leaving many affected; socially, psychologically and economically as countries went into total lockdowns to curb its spread.

Coronavirus disease is a contagious viral illness caused by the SARS-CoV-2 strain of the coronaviruses that is spread by respiratory droplets, residue of droplets on surfaces and items. It is a positive RNA virus; these are enveloped viruses which greatly promotes the virus' assembly and release into the host's body. This physical appearance helps the virus attach to the membrane receptors in the lungs and other tissues. The SARS-CoV-2 has four genera i.e. alpha, beta, delta and Gamma; the first wave was mainly by the alpha variant but as the illness progresses, more variants are emerging and these are due to mutations in the virus.



Vaccines and vaccination

COMPILED BY RTN. GRACE

Vaccination was introduced to the human population many years and over the decades, many diseases have been controlled through vaccination programs and some eliminated from the human population completely like small pox. Currently Rotary International is on the goal to eliminate polio and has a number of initiatives to achieve this.

The vaccine exposes the body to a small amount of inactive/dead particles of disease to promote protection and immunity against subsequent exposure to larger quantity of the same illness by introducing the structure and biological agents of the specific virus to fighter cells of the body which engulf the virus and deliver it to the immune cells that trigger an immune response.

This effect is usually for long periods of time through; producing anti bodies, killing off infected cells and surveillance of the body for any viruses.

Types of vaccines

After the SARS break out in 2003, development of SARS-CoV vaccines commenced, the pandemic of COVID-19 brought the fast tracking of those vaccines for mass production and immunization.

We have vaccines developed using different techniques for example, the classical platforms like inactivated vaccine, live attenuated and protein sub unit vaccines. In this group we have vaccines like SINOVA, Astra-Zeneca, and Novavax among others. We also have the group of Next generation technology that are using advanced methods to produce vaccines like Nucleic acids, viral vectors and recombinant protein pathways. These vaccines include Moderna, Pfizer among others.

What you should know before you get vaccinated

Before taking the vaccine ensure you are well rehydrated i.e. have drank enough water approximately 4 glasses per day; have good meal, you should not have cough or flu symptoms, if possible you should have a negative test for COVID-19.

Common side effects after vaccination include headache, fever, nausea and general body weakness. These can be managed by taking lots of fluids, having proper meals and over the counter pain killers like Paracetamol. It's advisable to have some rest after vaccination ideally take the rest of the day off.

Covid 19 is here with us for some time, let us take precautions and steps to avoid infection and spread of the disease. Wear your mask properly, covering both the nose and mouth, wash your hands frequently and sanitize as much as possible.

Why you should get the jab

Covid 19 has claimed many lives and negatively affected many livelihoods; getting vaccinated helps your body prepare and protect you from severe disease or death as the body has acquired immunity to fight the virus.



The power of working together

You're endowed with great abilities, and if you put your mind to something, you can achieve a whole lot all by yourself. You're creative and thus can come up with brilliant ideas on ways to use your gifts, talents, skills, and abilities to produce something impressive.

However, if you want to achieve remarkable, mind-blowing results, you'll have to collaborate with others. Working together multiplies results exponentially. There's no comparison: what you can achieve in a good team is far greater than what you can achieve on your own.

Life is about connections; it's about relationships. And this still stands in the context of work and producing massive results. You want to experience greater results, stop thinking you can make it on your own. You don't have to work on your own at least not indefinitely. You must seek ways to collaborate with others.

Mind-blowing results are achieved by effective teams. An effective team is a group of people working together in synergy to achieve an ambitious, mind-blowing goal. That is, the team must work together effectively and must be pursuing a great vision.

Each team member plays an essential role in the team's success. In fact, even a single team member can significantly impede the team's progress.

Ideally, for the team to operate optimally each member must show the three primary characteristics: clarity, competence, and commitment.

Clarity

Team members must clearly understand the team's vision, goals, and objectives. They must know where the team is going. A team member shouldn't be rowing in the opposite direction from the rest of the team, for lack of clarity on the team's direction. Each team member, knowing the team's desired outcomes, should push in that direction.

Also, each team member clearly understands their roles and responsibilities. They must know what results they're personally accountable for: the production expected of the team. Furthermore, they should be clear about the team's standards of excellence as well as the team's procedures (how the team does what it does).

Competence

Team members must not only know what they're responsible for (their job), they must also know how to get the job done. Their skills set must match their tasks and duties, and thus, they must have what it takes to produce results. It's one thing to be clear about what to do; it's another to be able to do it.

For a team to achieve the extraordinary, it must be constituted of competent people: people who know what they are doing. The team needs the expertise and experience of its members to reach its ambitious goals. Team members must operate at their best; they must be placed in their strengths zone: the area where they excel. And when they are, not only they shine, but it benefits the team.

Commitment

It's one thing to know what to do. It's one thing to be able to do it. It's yet another thing to do it with all your heart and mind.

Whether individually or in the context of teamwork, commitment is indispensable to achieving great results.

To work synergistically, team members must commit to the team's vision and objectives as well as to one another. They must commit to helping the team reach its target. Driven by their commitment, they bring their best to the task and fulfill their duty with excellence. It is the power of togetherness that drives the different activities done by people like Rotarians in the communities they serve.

Yawe Godfrey (Mr. Curvey)

The Teacher

**"TEACHING KIDS TO
COUNT IS FINE, BUT
TEACHING THEM WHAT
COUNTS IS BEST."**

BOB TALBERT

**"Teachers have 3 loves:
love of learning, love of
learners, and the love
of bringing the first two
loves together."**

SCOTT HAYDEN

**"TELL ME AND I FORGET.
TEACH ME AND I REMEMBER.
INVOLVE ME AND I LEARN."**

BENJAMIN FRANKLIN

**"Education is our
passport to the future,
for tomorrow belongs to
the people who prepare
for it today."**

MALCOLM X

**"NINE-TENTHS OF EDUCATION
IS ENCOURAGEMENT."**

ANATOLE FRANCE

**QUOTES
ABOUT
TEACHING**

I returned a missing purse to the owner in a market. The lady was so grateful but when she looked inside the purse, she got confused and said, * "but I had just a single note of 10,000 but, now there are ten notes of 1,000, how come?" *

I said, * "I am the one who changed it, because the last time I helped a person find her purse, she said she would have given me something but she didn't have any change !!! So I changed it."*

BY: PP MAGIE

**"I AM NOT A TEACHER,
BUT AN AWAKENER."**

ROBERT FROST

**"EDUCATION IS NOT THE
FILLING OF A PAIL, BUT THE
LIGHTING OF A FIRE."**

WILLIAM BUTLER YATES

**"THE ART OF TEACHING
IS THE ART OF ASSISTING
DISCOVERY."**

MARK VAN DOREN

**"THEY MAY FORGET WHAT
YOU SAID BUT THEY WILL
NOT FORGET HOW YOU MADE
THEM FEEL."**

CARL BUECHNER

**"TO TEACH IS TO LEARN
TWICE OVER."**

JOSEPH JOUBERT

**"All students can learn
and succeed, but not in
the same way and not in
the same day."**

WILLIAM G. SPADY

**"A TEACHER AFFECTS ETERNITY;
HE CAN NEVER TELL WHERE HIS
INFLUENCE STOPS."**

HENRY B. ADAMS

**SOURCED BY:
YAWE GODFREY
A TEACHER**

Make a virtual date with Rotary Clubs

MONDAY

Kampala Earlybird	07:00am
Mengo	12:45pm
Jinja City	6:00pm
Kampala North	6:00pm
Kampala South	6:00pm
Njeru	6:00pm
Jinja City	6:00pm
Nakawa	6:30pm
Kasangati	7:00pm
Kampala Naguru	7:00pm
Mukono Central	7:00pm
Kampala Munyonyo	7:00pm
Namasuba	7:00pm

TUESDAY

Sunrise Kampala	7:00am
Rubaga	1:00pm
Kabulasoke Gomba	5:00pm
Ibanda	5:30pm
Acacia-Sunset-Kampala	6:00pm
Iganga	6:00pm
Kihhihi	6:00pm
Kololo-Kampala	6:00pm
Lukaaya	6:00pm
Masindi	6:00pm
Makindye	6:00pm
Mbale	6:00pm
Nkumba	6:00pm
Kampala Wandegaya	6:00pm
Wobulenzi	6:00pm
Bweyogerere-Namboole	6:30pm
Butabika Royals	6:30pm
Kampala-Impala	6:30pm
Kasese	6:30pm
Kyadondo	6:30pm
Arua Eco City	7:00pm
Bukoto	7:00pm
Buloba	7:00pm
Bunga	7:00pm
Kampala Naalya	7:00pm
Kansanga	7:00pm
Kyotera	7:00pm
Kisaasi-Kyanja Kampala	7:00pm
Kisugu Victoria View	7:00pm
Lubowa	7:00pm
Lugazi Central	7:00pm
Kampala Nsambya	8:00pm

WEDNESDAY

Kampala Maisha	7:00am
Bugolobi Morningtide	7:00am
Kampala West	1:00pm
Nakasero Central	5:30pm
Kanungu Bwindi	5:00pm

WEDNESDAY CONT.

Tororo	5:30pm
Arua	6:00pm
Bushenyi	6:00pm
Jinja	6:00pm
Kabarole	6:00pm
Kabale	6:00pm
Masaka	6:00pm
Mubende Metro	6:00pm
Ntungamo	6:00pm
Kampala-Central	6:00pm
Kasana-Luwero	6:00pm
Kumi	6:00pm
Soroti Central	6:00pm
Lugogo Mango Tree	6:30pm
Kyambogo-Kampala	6:30pm
E-Club of Naguru	6:45pm
Kampala Morning Stars	7:00pm
Muyenga	7:00pm
Kampala Entebbe	7:00pm
Kajjansi	7:00pm
Kira	7:00pm
Kiwatule	7:00pm
Mukono	7:00pm
Nansana	7:00pm
Nsangi	7:00pm
Rubaga Lake View	7:00pm
Port-Bell	7:00pm

THURSDAY

Kampala Day-Break	7:00am
Kampala	12:40pm
Mbarara	5:30pm
Fort Portal	6:00pm
Gulu	6:00pm
Mbarara East	6:00pm
Hoima-Kitara	6:00pm
Kampala Rainbow	6:00pm
Bugiri	6:00pm
Rukungiri Central	6:00pm
Kampala-Ssese Islands	6:00pm
Kampala Springs	6:00pm
Kalisizo	6:00pm
Kayunga	6:00pm
Lira	6:00pm
Kigumba	6:00pm
Kitante	6:00pm
Kitgum	6:00pm
Mbale Metropolitan	6:00pm
Source of the Nile	6:00pm
Tororo	6:00pm
Bugolobi	7:00pm
Bwebajja	7:00pm
Gaba	7:00pm

THURSDAY CONT.

Kampala East	7:00pm
Namugongo	7:00pm
Najjeera	7:00pm
Nateete Kampala	7:00pm
Ntinda Metropolitan	7:00pm
Makindye West	7:00pm
Seeta	7:00pm
Kigo	7:00pm
Wakiso	7:00pm

FRIDAY

E-Club of Ntinda	7:00am
Kibuli	7:00am
Kabwohe	1:00pm
Kiboga	1:00pm
Muyenga Breeze	5:30pm
Kireka Movers	6:00pm
Mutundwe	6:00pm
Ntinda	6:00pm
Nkumba	6:00pm
Bweyogerere Central	6:00pm
Kampala 7 Hills	6:00pm
Kampala Kawempe	6:00pm
Kampala Kibuli	6:00pm
Kampala Metropolitan	6:00pm
Kireka Movers	6:00pm
Ntinda	6:00pm
Kampala Palms	7:00pm
Kyengera	7:00pm

SATURDAY

Muyenga Sunday	1:00pm
Sunset	
Kmpala City	1:00pm

SUNDAY

Muyenga Sunday	7:00am
Sunset	1:00pm
Seguku	3:00pm
Sonde	4:00pm
Kiwenda	5:00pm
Bulindo	5:00pm
Kulambiro	5:00pm
Satellite Club of	5:00pm
Kasangati/Kyanja	
Central	
Gayaza in-formation	5:00pm

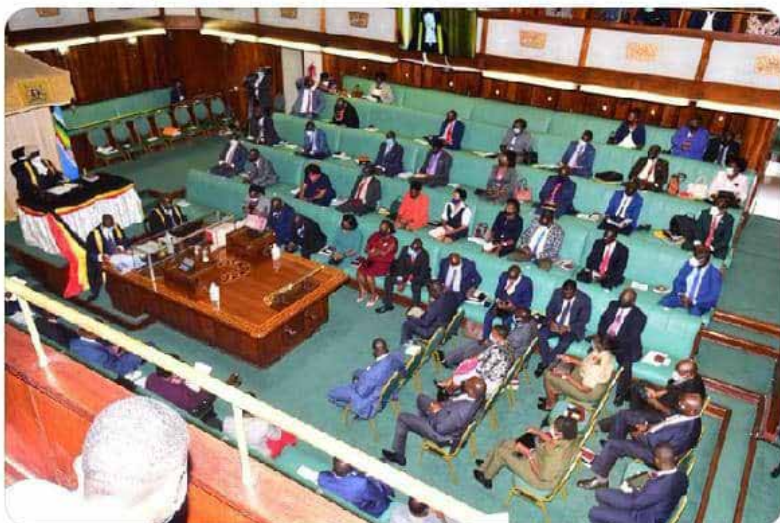


SERVE TO CHANGE LIVES



#Parliament has adopted the motion for resolution of @Parliament_Ug to commend the work of @Rotary in Uganda:~Mover @Thomas_Tayebwa.

#PlenaryUg #VanguardUpdates



Rotary



SERVE TO
CHANGE LIVES



Rotary

VISION STATEMENT

"Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves."

As we stand on the cusp of eliminating polio, we find ourselves poised for our next challenge. The time is right to move toward realizing a new vision that brings more people together, increases our impact, and creates lasting change around the world.

To achieve the vision of Rotary International and The Rotary Foundation, we have set four priorities that will direct our work over the next five years.

