



# MPAGI

## NEWS LETTER

### SEPTEMBER EDITION

**We Fellowship Every Thursday, 7pm**



@ClubNateete



[www.nateetekampala.org](http://www.nateetekampala.org)



Rotary Club of Nateete Kampala

# VISIONARY PRESIDENT HERBERT'S NOTE



Our RI president has time and again reminded us the need to grow membership in our clubs. The month of September is dedicated as a membership month. As Rotary club of nateete we have had a number of activities in engaging our communities to attract members in the past two months. In the month of September, we successfully organised a new members defence fellowship. We had 10 potential guests who successfully presented the reasons why they would like to join rotary. We as Rotary club are happy to have such people from diverse vocations joining us.

In the month of September we successfully hosted Governor Peace to our club.

As a president this is one of the most exciting moments but also nerve racking as well. He visited one of our projects at LARCHE located at Busega. The visit was full of pomp as organised by the buddy group of mutundwe giraffes. The buddy group later hosted us to a dinner at the pool side where a band played for us through out the evening. This is one of the reasons I love rotary (fun and engaging)

October presents us a new and very exciting feeling. we will be having our charter night/home hospitality; however, we will be inducting new members into rotary. There is nothing exciting as having new members in the club. Can't wait to have these exciting fellowships organised by the nateete zebras buddy group.

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I want to shine a light on all our members for displaying great amounts of commitment, resilience, and devotion to your club activities and plans.



District Governor's Message

# Almost 100 days down the Road

Peace Taremwa -District Governor 2022/23

As we edge closer to the end of the first 100 days (which each club is requested to celebrate) of the Visionary Rotary year, I am delighted to continue showcasing the work our Clubs undertake to provide sustainable solutions to improve the quality of our communities through the District Governor's official visits. Save for one club skipped so far, all other clubs visited have visibly "taken Rotary to communities". Thanks for sharing your skills, time, and talents without any compensation, which makes you volunteers and worth platinum recognition. Because of you, our district is strong and vibrant. We are steadily achieving all our intended targets ahead of the stipulated time.

October is the economic and community development month, and here at District 9214, we understand what this means to the communities we live in. Our district has been engaged in activities intended to create measurable and enduring economic improvement. This month reminds us of our role in building the capacity of future entrepreneurs, community leaders,

local organizations, and community networks to support economic development in impoverished communities. Allow me to appreciate the efforts of each and every member of our district, our partners, sponsors, and all stakeholders.

Moving forward, we need to work hard to ensure that we support the reduction of poverty in these underserved areas. The two years of the pandemic didn't leave our communities the same, with poverty and unemployment rates skyrocketing to unprecedented levels due to the virus and the recent lack of peace in the northern part of this world. We should continue to work with our authorities or other regeneration economic development institutions with an interest in economic development approaches that foster inclusive participation and community wealth building.

As I conclude, I wish to remind ourselves that our fight against polio has now cost us more than

USD 150 million this year to hit the USD 4.8m mark. We are closing in to see a world free of polio, save for a few surprise emergencies. I invite all clubs to engage in activities to commemorate October 24th which is World Polio Day. We should come up with a couple of incentives to encourage more activities this month. Secondly, I challenge all clubs in the district to donate, collectively, USD 20,000 to Polio Plus during the month of October by contributing what you can, which is not ZERO!

Our weekly messages continue to give highlights and an account of your DG's travels and I want to shine a light on all our members for displaying great amounts of commitment, resilience, and devotion to your club activities and plans. I am proud of the journey we are undertaking to be a model district for community service and philanthropy. Finally, as we turn on to the second quarter, we can only pray that we have the energy and willingness to carry on with the mantle of service above self.



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Rotary  
International  
President's  
Message

# Shining A Spotlight on Polio

Jennifer E. Jones- RI President 2022/23

In August, I was proud to visit Pakistan and highlight Rotary's top goal, eradicating polio. It was also a tremendous opportunity to spotlight female health workers who are playing a critical role in protecting children from this vaccine-preventable disease.

This month, as we celebrate World Polio Day, we are shining a spotlight on our more than 30-year effort to lead the first global polio eradication campaign and our success in forming partnerships capable of completing this massive goal. We all know that this is one of the most ambitious global health initiatives in history and that we've reduced polio cases by more than 99.9 percent worldwide.

Pakistan is one of only two countries in the world where wild poliovirus remains endemic. (The other is neighboring Afghanistan.) I was able to witness and take part in vaccination campaigns in Pakistan, and soon after I left, a monumental nationwide immunization

campaign took place, focused on 43 million children under the age of 5. I saw the incredible work of Rotary members on the ground. More than 60 percent of vaccinators in Pakistan are women, and they are doing a remarkable job building trust and convincing mothers to vaccinate their children.

Seeing it all firsthand, I know that the will exists across the Rotary world to end polio, and I'm confident that we have the strategy. The Pakistani media has been very supportive of our efforts as well, and this is making a difference. This month, a new global pledging moment at the World Health Summit in Berlin promises to pull together more resources to fund these time-sensitive eradication efforts. Now it is up to us to do our part and raise \$50 million this year to earn the full 2-to-1 match from the Bill & Melinda Gates Foundation.

There's great cause for optimism on the polio front - but also some staggering new events that have further raised the stakes. Over the past few months, new polio outbreaks have occurred in Israel, the United Kingdom and, most recently, in the New York City area. These stories are frightening, but in every case, the response is clear - vaccines work, and if polio is spreading, we need to make sure the most at-risk people have kept their vaccinations up to date.

Most importantly, we need to eradicate this virus now. If polio exists anywhere, it can spread everywhere. What I saw in Pakistan convinced me that we can and must finish the job, but it will only happen if we remain committed to a strategy that's working and back it with all necessary resources.

Through our commitment, generosity, and sheer determination, we will #EndPolio.





Nateete Kampala was also visibly seen at Kololo for the 2022 Cancer Run edition on the 4th day of September.





# CHOOSING A FRIEND

**F**riendships are incredibly important. At certain stages in our lives, friendships are everything to us – the most important thing in our lives. Friendships help define us. Our friends can influence our choices – where we live, what we eat, what we buy. Friendships grow and change as people come and grow. There is old proverb that says, friends are flowers in the garden of life. Friendships need their own kind of water and soil to grow healthy and strong. The following are 25 things to keep in mind to facilitate building stronger friendships.

1. Choose friends wisely. You do not have to be everyone's friend. Choose to be friends with people who build you up, not tear you down. Choose friends who inspire you and welcome you, not alienate and insult you. You can't choose the family you are born into, but you can choose your friends.
2. Listen. Listen closely to what the other person is saying. Let that person know that you hear them. Ask clarifying questions. Summarize what you've heard. Though helpful, it does not always have to be through words. Eye contact and body language are also important ways of showing someone you are listening.
3. Respond carefully. Think before you speak – especially if you are angry. Sometimes, taking a moment to think about what you say before you start blurting things out will spare hurt feelings and bruised pride. Also, when friends feel like it is okay to be themselves around you, they trust you. Choose your words with care.
4. Avoid consistently giving advice or trying to fix all of your friend's problems. By all means, if a friend asks for your advice, give it. They might want you to proofread an important email before it is sent out. Maybe they are struggling with a relationship
5. Play fair. Avoid trying to one-up your friends. Eventually your friends won't want to play with you anymore.
6. Be authentic. Be yourself. Be honest. Avoid putting up a façade. We all test our relationships by throwing something out there about our true nature. We then hide behind a corner, head peeking out, and waiting for the response.

7. Communicate openly and honestly. Developing communication with a person can take time – and trust! Ask your friends what you can do for them. Share what you have to offer. Don't be afraid to let people know what you need.

8. Accept your friends for who they are. On your search for friends who can accept your authentic self, keep in mind – other people are looking for the same thing. We all want people who love us for who we are.

9. Respect their choices. It is okay to disagree. If your friend decides to make a move when you think standing still is the right thing to do, let them do their thing. If you've given your advice and your friend sees things differently, step aside.

10. Be the kind of friend you want others to be for you. You want friends who are honest, kind, compassionate, fair, not judgmental, authentic, and intelligent. Be that person first and you'll be more likely to attract that kind of friend into your life.

11. Be empathetic. Trying to understand things from your friend's point of view can help you communicate and understand each other better.

12. Give compliments. Show love for your friends by complimenting them on their good qualities or things they do well. Has a friend done something you admire them for? Let them know!

13. Express your gratitude. Let your friends know that you value your friendship. Tell them. Write them a note. Did you see the collector's edition of their favorite movie while you were out? Buy a copy. Surprise your friend by taking him or her out for lunch or dinner at one of their favorite places.

14. Admit and apologize. When you do something wrong, admit it. Learn to apologize. Sometimes a friend is upset, and all they want from you is to (genuinely) say "sorry." It shows that you realize your misstep, and that you will hopefully not make the same mistake again.

# CHOOSING A FRIEND

15. Let go. Did a friend do something that hurt you? Have you talked it through? Were apologies made? Let go and move on! If you don't, you'll hang on to the transgression and it will taint the relationship going forward. Don't trudge up a prickly patch of your past. Try your best to make a fresh start.

16. Make time for your friends. Spend time with your friends. It might feel odd to schedule your friends on your calendar, but if you have a busy schedule, getting them in your book, is better than letting them go.

17. Keep your promises. If you know you can't deliver something, don't promise that you will. If you make a promise, do your best to keep it? It is better to say "I don't think I can make it on Saturday night, but let's get lunch next week," than saying you will show up, and then accept a different invitation or cancel at the last minute.

18. Celebrate what you have in common. Most friendships are started because of some common thread – a favorite sport, a love of books, an insufferable boss. Get season tickets to your favorite baseball team or check out the local library book sale together next month.

19. Try new things together. What new experiences can you share with your friend? It could be as simple as checking out the new local coffee shop, or as adventurous as bungee jumping.

20. Have fun together. Friendships, like any other relationship, can fall into a rut sometimes – especially if all you do with your friends is share your latest complaints every time you see each other.

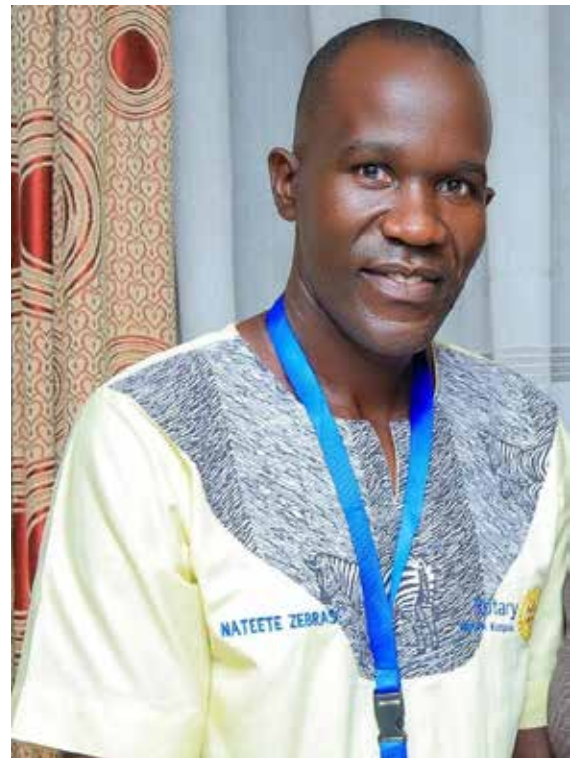
21. Seek balance in your friendship. Entering a relationship with selfish motives and being a person who takes and takes until the well runs dry, is likely to lead a lonely life. Serve and support your friends. What can you do for them? How can you help? What can you add to their life or their day to make it a little bit better?

22. Take equal responsibility for the friendship. Take turns making plans or driving across town to see each other. If there is a problem, acknowledge your part in it and figure out, together, how to make it right. If both people are not tending to the relationship, it will not flourish.

23. Be a cheerleader. Be encouraging. Motivate your friends. Affirmation goes a long way. If your friends aren't in your corner, who is?

24. Keep personal information confidential. As relationships grow, it is common for friends to share confidential information with you. If a friend tells you a secret it is because they trust you and believe that you will keep what they told you in the strictest of confidence.

25. Unclench your fist. Friendships grow and change. Sometimes they end. You can change a lot in a year. Imagine how much you can change in 10 years. The person you were when you met someone is not the person you will always be. You grow up. You change your mind about things.



**BY: RTN. YAWE (MR. CURVY)**  
**MPAGI NEWS LETTER EDITOR**

## EBOLA:

### TEN FACTS ABOUT THIS DEADLY VIRUS

Tuesday, July 24, 2018: people in the Democratic Republic of Congo are relieved when the World Health Organization (WHO) declares the end of its latest Ebola outbreak. Less than a week later, doctors already detect a new infection. It is the start of the tenth – and worst – Ebola outbreak in the history of DR Congo, and the second-largest outbreak worldwide. Within a year, the virus kills more than 1,800 people.

The Ebola virus has taken many lives over the past few years and still continues to keep a large part of Africa in a chokehold. But what exactly is Ebola and what can we do about it? Ten facts you may not know about this deadly virus.

#### 1. Ebola is a virus disease

Ebola, officially called Zaïre Ebola Virus (EBOV), is an infectious disease caused by the Ebola virus. The virus can affect both humans and animals. The disease is rare but very severe and potentially lethal. In Africa, more than half of the infected do not survive.

The largest Ebola epidemic ever, in 2014 and 2015, cost the lives of more than 11,000 people. Image: Arie Kievit.

#### 2. The virus is transmitted from animals to human

It is still not clear which animals carry the Ebola virus. Most likely, bats play an important role in spreading the virus to other animals. The virus can be transmitted to humans by, for example, preparing or eating contaminated meat.

#### 3. It was first discovered in DR Congo

A young Belgian scientist named Peter Piot first discovered the Ebola virus in a remote area in the Congolese rain forest, in 1976. He named the virus after the Ebola river, that flows in the same area. Since the discovery, small outbreaks have regularly taken place in various African countries.

#### 4. Ebola starts with flu-like symptoms

After being infected with the virus, the first symptoms occur within 2 to 21 days. Usually, the first signs occur within a week. Ebola often starts with symptoms of severe flu or malaria: diarrhea, fatigue, vomiting, muscle pain and headache.

#### 5. The Ebola virus attacks the immune system

Once infected, the virus spreads and multiplies at lightning speed. It causes bleeding in various places in the body, resulting in multiple organ failure.

#### 6. It can be transmitted through body fluids

The Ebola virus is transferable through direct contact with (any kind of) body fluids, such as blood, saliva or feces. To prevent further spreading of the virus, it is important to avoid any kind of direct body contact with patients. Rapid patient isolation is therefore necessary and essential. The virus does not spread through the air or mosquitos.







Our DGE Francisco attended the Africa Zone Institute on behalf of D9214 in Ivory Coast.



Mini home hospitality by the Lungujja Elephants Buddy Group hosted by: PP Gertrude Ssekabira.







We had a training of the prospective Rotarians on the 15th of September, 2022. It was conducted by DGE Francisco.







**Our prospective Rotarians gave us their presentations as a bid of telling us more about them so that we can take them on as members.**





**We were fully represented by a delegation at Munyonyo Speke Resort where Rotarians and Rotaractors had a general meeting with the Rotary International President Jennifer Jones.**











## VISITS TO PROSPECTIVE ROTARIANS

**The membership committee headed by the Past Assistant Governor Florence Tamale thought it wise to have courtesy visits to the homes/places of work as a sign strengthening the Rotary family with our personal families.**



In this regard we thank Rtn. Salim Ssemujju, Rtn. Florence Bulya, Rtn. Yawe Godfrey, IPP Angel Kisekka, Rtn. Edward Ssenkindu, PE Miriam Sserunkuuma and Rtn. Florence Kibirango for taking part in the activity.



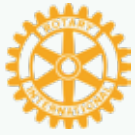


The Rotary Club of Nanteete Kampala was fully represented at the 3rd edition of the Camping Rotarian that took place at Nile Nest Resort Jinja from the 23rd to the 25th of September, 2022.



We hosted the District Governor D9214 Peace Taremwa on the 29th of September, 2022. His visit to us started with an afternoon meeting at the L'ARCHE home in Busega the a board meeting at Ivys hotel at 5:00 PM, an Assembly at around 7:00 PM then a dinner at 8:30 PM still at Ivys hotel.





Register  
**NOW** and  
**SAVE !!!**

Las Vegas Hotel, Mbarara  
27th - 29th April 2023

**Early bird**  
(Up to 31st Dec 2022) | Rotarians - \$190  
Rotaractors - \$120

*Celebrating our communities*

To register, login;  
<https://dc98.jjengo.com>

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Vice Chair: Annie Ninyesiga  
Tel: 0782393902

#98THDISCON



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