

# AMAZING

Rotary  
District 9213



# TIMES

December Issue #06



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# MEET THE PUBLIC IMAGE TEAM



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RC Kitante

DISTRICT IMAGE CHAIR



David Sempala,  
RC Acacia Sunset

DISTRICT MEDIA RELATIONS



Micheal Lubowa,  
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RC Kampala South

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# MEET THE EDITORIAL TEAM



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EDITOR



Jacqueline Mali  
RC Kampala East

EDITOR

# MESSAGE FROM EDITOR IN CHIEF

SAMUEL NGAMBWAKI

*A month worthy to reflect about!*



Whenever you look in the mirror, there is that identical twin you see that looks 100% you. Even when you blink - they blink, you smile - they smile.

The Amazing Times indeed is a reflection of what we as Rotarians and Rotaractors do in our communities. The question is does this mirror reflect the true picture of what's going on in your different clubs?

Its always exciting when we share digital conversations with you. November was such a beautiful month of giving filled with beautiful events. December is about Disease Prevention and treatment.

As you continue to serve humanity we also wish to send you warm Amazing Xmas greetings and a happy festive days and a happy amazing new 2023.

As the Amazing Times, we are humbled that you continue to support on this journey. Thanks

to you all who send in your articles and make this a worthwhile journey.

ENJOY THE READING and remember to share with us your memories as you serve.

# MESSAGE FROM ROTARY INTERNATIONAL PRESIDENT

JENNIFER JONES

*Hope for fighting a global scourge*



While sitting with a group of Rotary leaders outside of Lusaka, Zambia, I ask a question: “How many of you have ever had malaria?” Every hand in the room goes up. They even begin to tell me about the first, second, or third time they experienced the disease, one of the main causes of death and sickness in many developing countries.

They are fortunate. They have access to medical treatment and lifesaving medicines. For the people of rural Zambia, their story is very different.

On a wooden bench in a small village, I sit with Timothy and his young son Nathan. With a camera crew capturing our conversation, he tells me of the time Nathan showed signs of malaria. He brought the boy to the nearby home of a community health worker, where Nathan quickly received medicines that in all likelihood saved his life.

Calmly, Timothy tells me about his other son’s bout with the

disease a few years earlier. He had to race that son to a medical clinic more than 5 miles away. Riding a bike and carrying his child on his back, he tells me, he could feel his son’s legs turn cold and then his little body go limp. As he finally entered the clinic, he screamed for help, but it was too late. The camera stops rolling, and we sit in silence. He begins to weep, and I hold him tightly. “I lost my son, I lost my son,” he says.

This story is all too familiar for the families we meet over the next few days. And yet there is hope. Partners for a Malaria-Free Zambia is Rotary’s first Programs of Scale grant recipient, and it is saving lives. Across two provinces of Zambia, 2,500 volunteer health workers have been selected by their communities. They are trained to bring medical care closer to those who need it, and they are able to diagnose and treat malaria and other ailments. I invite you to turn to page 26 to read about Rotary partnerships that create lasting change.

# MESSAGE FROM DISTRICT GOVERNOR

■ MIKE KENNEDY SEBALU

## *The midterm of the Rotary year*



The end of one era marks the beginning of another. The exit of November ushers in December in earnest. As the Rotary Foundation month November preoccupied us with serious fundraising initiatives across the District that included activities like football matches, movie nights, karaokes and dinners. One such dinners was the cultural TRF dinner organized by District 9213 at Ndere cultural center and presided over by Archklamp Emmanuel Katongole

as Guest of Honor. It was indeed an amazing event organized in an amazing cultural way and gave an experience unprecedented in the history of TRF dinners. The cultural TRF dinner gave us an opportunity to thank all the givers to the Foundation in their respective categories. The organizing committee of the same is highly appreciated and recognized. It built a perfect climax of the month of November that was such a busy month as far as Governor's visits were concerned. This had seen me traversing the Eastern Region followed by Northern Region, West Nile region, then returned and linked up with Wakiso and Kawempe.

December which is disease prevention and treatment month was ushered with a bang characterized by a big debate organized in commemoration of the world's AIDS day that falls on December 1st. The debate was hosted by the Rotary Club of Kampala Day-Break with a panel discussion consisting of Dr. Nelson Musumba for the Uganda AIDS Commission, Jacqueline Makokha for UNAIDS, Dr. Mary Bergman for PEPFAR and hosted by myself as District Governor on behalf of Rotary, with moderation

from CMP Fredrick Kitakule. This debate set the mood and agenda of Rotary clubs in D9213 on matters of AIDS in particular and disease prevention and treatment in general. There are a number of projects in the areas of disease prevention and treatment that have been launched for implementation by various clubs.

The month of December marks the midterm of the Rotary year making it important for clubs to assess their level of performance in relation to the set goals for the Rotary year. I therefore wish to thank and congratulate Amazing Presidents for making it this far in their amazing leadership. The amazing AGs too need a pat on the back for supporting me in supporting clubs. The District Officers are also appreciated for fulfilling their respective mandates through the month ended.

At the end of the day, the month of December marks the end of the year making it a festive season. In that regard I wish you all amazing Rotarians a merry Christmas and a happy new year full of God's blessings for long life and good health.



# MESSAGE FROM DISTRICT ROTARACT REPRESENTATIVE

■ SARAH OWEMBABAZI

*A healthy population is a productive one*



**Dear Amazing Reader,**

“A healthy population is a productive one.” As Rotarians and Rotaractors, it’s our duty as is one of our focus areas to ensure disease-free environment.

What can we do;

1. Include a segment of disease prevention and treatment in your service projects.
2. Invite a Speaker to educate the members about the common diseases Malaria, Ebola, Covid and how to avert them.
3. Run a social media campaign of your choice
4. Do exercises as a member to ensure that you keep healthy at all time.
5. Promote regular screening of members and the community.
6. Support the Rotary Cancer Program and Rotary Blood Bank Initiatives.
7. Donate to the Foundation to

support different service projects against diseases.

Together, let’s keep healthy so as to maximize productivity in our nation.

Allow me to welcome back all Rotaractors that represented our District at the 8 th Rotaract Africa Summit (RAS 2022) in Ghana and ask you all to prepare for the RAS 2023 in Nigeria.

I wish you a Merry Christmas and a Prosperous New Year!

# 7X7 CHALLENGE

## COMMUNITY PROJECTS

**A**t the beginning of this Rotary year, District Governor D 9213 Rtn. Hon. Dr. Mike Kennedy Sebalu Salongo unveiled some innovative strategies that could improve Rotary services to realise expected impact within communities. Notably was his signature program Basic Education and Literacy Enhancement Program; BELEP and a number of prepositions for Clubs to join efforts so as to address community needs?

Picking up from this, the Amazing President for the Rotary Club of Bweyogerere Namboole, George Okol seized the opportunity and initiated collaboration with the 7 Jinja Road Corridor Rotary Clubs. Quickly the foresight was equally seized by the Amazing President of Najjera Rotary Club and the two led to the formation of the 'twin' 7 x 7 Rotary Clubs.

Jinja Road Corridor has the following Rotary Clubs; Bweyogerere Namboole , Seta, Mukono Lugazi , Bweyogerere Central and Kirinya Bukasa and Kireka Movers Rotary Clubs and the other twin 7 x 7 Rotary Clubs are ; RC Najjera, RC Kyambogo, RC Namugongo, RC Kira, RC Sonde, RC Mukono Central and RC Kayunga.

Bweyogerere Namboole Rotary Club already had a Club proposal to fully Adopt a village with the Kiwale project where over the last 3 years had been allocated 20 Acres of land by Mukono Diocese on which to plant trees. Of this land, about 15 acres had already been planted. In the process, another community need had been identified of developing the only sub school in the area an issue that the Club had agreed to progressively develop within a period of 10 years.

This community was recommended by Bweyogerere Namboole Rotary Club and the seven Jinja Road corridor Clubs resolved to join and fully move to progress from adopt a village to adopt a community. With each club handling one of the 7 focus areas to develop and implement in an Adopt a community concept formation, such that all the seven focus areas were to concurrently take place in one community for a bigger impact.

Our dreams as Rotarians become a reality when we engage and build partnerships that can change the world. When we unite with people of action we exchange ideas, share solutions and we celebrate being together as we imagine what's next for Rotary,



By  
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the world, and ourselves. Bigger results and wishes can come true and we learn what happens when every club uses one voice to tell Rotary's story.

Similarly the other 'twin' 7 x 7 Rotary clubs in the same formation have agreed to adopt a twin community village at Kichwa Primary School along Mukono—Kayunga Road. These are; RC Najjera is to implement Environment Protection, RC Kyambogo to implement—Maternal Child Health, RC Namugongo to implement—Disease prevention and treatment, RC Kira to implement—Community

Empowerment, RC Sonde to implement—Peace and Conflict resolution, RC Mukono Central to implement—Basic Education and Literacy and RC Kayunga to implement - Water and Sanitation.

These 'twin' 7 x 7 Rotary clubs bench mark each other for the required impact.

It was an interesting trip that also served as a grand fellowship, entry to implementation for each Club's chosen area of focus, leisure trip and a home reception at the Dioceses gardens for the 7 x 7 Jinja Road corridor Rotary clubs

and their related twin Clubs with their friends.

A convoy of a motorcade descended on to Nkokojeru en route to a rough and slippery road terrain to Kiwale that included a mini bus with 30 seated that was commanded mainly by the entertaining Rotaractors. It had in it a min bar with all types of soft and hard drinks. Rotarians in numbers driving all makes of motor vehicles descended on this rural community visibly that has a combination of poverty and dire need. On arrival at the project site, the group was received by the area Church leaders who were led by officials from Mukono Diocese. The entry project welcome remarks were soon followed by the actual business of the day.

### **The 7 x7 Jinja road corridor Rotary clubs in their meetings had the following allocations;**

<b>Club</b>	<b>Focus Area</b>	<b>Year 1 (2022/2023) - Activity</b>
RC Mukono	Water and Sanitation	Harvest rain water from the church roof. Rehabilitate the existing pit latrine
RC Bweyogerere Namboole	Basic Education and Literacy	Buy at least 10 desks for the children plus 4 teachers tables and chairs Build a Class room block comprising of 4 classes
RC Seeta	Disease prevention and treatment	Conduct medical camp in the school for the benefit of the entire community
RC Bweyogerere Central	Maternal and Child Health	Conduct medical camp in the school for the benefit of the entire community
RC Kireka Movers	Environment	Plant Trees, fruit trees and mosquito
RC Kirinya Bukasa	Economic and Community Development	Entrepreneurship and financial management skills
RC Lugazi	Peace and conflict resolution	Work with church to provide counselling on domestic violence through community engagement





to demonstrate its launch! Nevertheless he appreciated the works. Mukono RC also provided hand washing system adjacent to the latrine and intends to provide a 5000 Litre water tank to harvest the water from the Church building. The District Governor launched the full Implementation.

All these Rotary focus areas were being unveiled by the Club's Amazing presidents backed by their AGs and the Dean AG. There was great excitement all over as each Club was taking charge of their focus area, a great innovation indeed.

Rotarians braved the early morning rain drizzle to welcome the District Governor who was led to the site for over 5 Km by a convoy of motor bikes to the excitement of the locals who grouped in numbers to witness what Rotary had to offer.

Rotarians understand that the whole world is in their backyard. They can see the effects of climate change in communities they care about and they haven't waited to take action. They're tackling the problem the way they always do: coming up with Mission Green projects, using their connections to change

policy and planning for the future. The environment is now the seventh Rotary's areas of focus. This was the very first group launch at Kiwale Community Project.

The second Launch was the ground breaking ceremony for the construction of a two classroom block by the Rotary Club of Bweyorerere Namboole, a scope under Basic Education and literacy. They also donated a variety of Books for pre-primary to primary levels and bought shoes for the school children all under their Scope of implementation as selected by the 7 x 7 Rotary Clubs of the Jinja Road corridor. Will also provide 10 School desks and 2 No teachers' desks /chairs

The Third launch was for Kirinya Bukasa Rotary

Club unveiling economic empowerment; here all sorts of food stuffs, greens, Roasted pork, and sugar cane were all on display. The Community was being encouraged to work hard and network to gain sells of their produce. The District Governor with his usual humour bought some items sparking off main sells of whatever had been displayed, forcing the locals to run to their gardens to harvest more to benefit from the present numbers who were in need.

The Rotary Club of Mukono Unveils Water and Sanitation focus area that they took on. So far they have improved on the existing latrine; this gave the DG hard time

The Rotary Club of Seta unveiling the Disease prevention and treatment. The launch had Mama Kits and Mosquito nets that they donated to whoever was immunising their children. They also supplied condoms and Vaseline. Part of this area was very difficult for the DG's physical launch in the relatively a poor community, He assigned



a Rotarian from Seta to demonstrate to the locals the use of condoms. Seta RC promised to conduct health camps in schools within the community.

The Rotary Club of Lugazi surprised the community and Rotarians with their skit demo about Conflict resolution in families. The Demo was about a well to do village parent who had many cows but could not sale any to support his children in school. All his children were out of school due to school fees and the related upkeep. This had created a family conflict. The wife reported the husband to local authorities who intervened to resolve the conflict. It was finally resolved, a cow was sold and all pending school issues were sorted. A lesson well demonstrated to the community about family conflict resolution.

Through these focus area Club launches, It turned out that people in affected communities have no idea of what Rotary is, Rotary needs to be relevant to our community, 7 X 7 Jinja Road Corridor Rotary Clubs in Kiwale community will change the Kiwale community to 'Mpale' community,

while their twin 7 X 7 Rotary Clubs under the twin Adopt a village at Kichwa Primary School will turn the Kichwa community to a modal village that will always provide a measure for bench marking by other communities.

Going forward, the seniors and the juniors, the mentees and their mentors, Rotaractors and their fun group gurus, the Local Church



members of Kiwale Church of Uganda and their stewards from Mukono Diocese, the community members and Children who descended onto the project vast area to witness the amazing 7 X 7 Project by the Jinja Road corridor Rotary Clubs and in the presence of their other twin 7 X 7 Rotary Clubs went back home full of hope and expectations.

What an excitement it was! Happy faces were the order of the day. Members were overheard with statements 'Era kale' at least I have had an outing very satisfied.

Over 100 Rotarians braved the mid-morning rain drizzle full of energy and enthusiasm going on with the launching of their Rotary focus areas with full enjoyment, hope and determination.

Many thanks to the Rotary Club President of Bweyogerere Namboole George Okol; for leading such a happy contingent. Our Rotaractors as usual for the extra ordinary hype, the new mentees for demonstrating availability, and our guests it was really a day well spent. The Parish Priest, Kokonjeru Parish, what a wonderful man of God.

We continue to learn new ways of enjoying Rotary with impactful innovations. Please always endeavour to participate at any call for service, celebration etc. you will always be happy for ever.

Many thanks to our District Governor, for the humour and charisma. He really demonstrated he is a true Rotary Leader and for leading an amazing impromptu fundraising with energy, love backed by new innovative fundraising skills for the construction of the two roomed classroom block.

Thanks for enabling and officiating the launch of the very first modal of 7 X 7 Rotary Clubs each with one area of focus all concurrently implemented in an adapt a community formation.



# DEI AT IT'S PEAK

## DIVERSITY, EQUITY AND INCLUSION



Rotary has been very explicit in saying that exemplifying and embracing diversity, equity, and inclusion (DEI) should be a part of everything we do at Rotary. As Rotary Club of Jinja City, we take pride in being the most diverse club in D9213. Our Club has held its diverse membership in high regards. It's an innate club value enshrined at the inception of the club..

**M**ost notable is the diverse age groups, nationalities, minority of groups and various professions.

A good percentage of retired civil servants comprises the club; a wide range of age groups namely the elderly, the middle aged, and the young. There are pastors, a priest and Muslims as part of this religious diversity. The co-existence has fostered mutual understanding, love and respect among the diverse membership.

The presence of a visual impaired club member has enhanced sensitivity to the needs of such persons in both club and community. Our visually impaired member has served as club treasurer and performed extraordinarily in her club year. She has been an

inspiration to the local community given her status and service in Rotary. It's so interesting that members in the club did not know much about the use of her white cane for walking. She has taught club member on how to use it whenever they are helping her in her mobility. Club members have often been concerned whenever she's not using it.

One of the persons living with Albinism is the TRF Director of the club. He has represented the club many times as he travels around the globe on advocacy conferences. He has inspired the club into community awareness about inclusivity, dignity and empowerment of such persons in the communities. Members feel the club is an extension of the family.





# LWAMATA EATS BIG

## SERVICE PROJECTS



On Saturday, 19th of this month, RC Nakasero Central in partnership with RC Kiboga woke up to Lwamata to impact on the lives of Lwamata residents.

Since it was chartered, RC Nakasero Central has been implementing the project in Lwamata health central. It started with planting trees which have started putting on fruits, and then in our second year, we as RC Nakasero Central changed the face lift of the health Centre by painting it.

This time round after, we realized that the health facility was in a sorry state especially in the maternity ward, there were no beds for mothers to deliver on. This guided our decision then to collect money

and buy beds and mattresses for the maternity ward. Hence, on Saturday, 19th of this month, RC Nakasero Central in partnership presented 10 delivery beds and 10 mattresses to Lwamata Health Centre in Kiboga. This brought joy and smiles on the faces of the people of Lwamata more especially mothers.

On the same day, in abid to promote the kicking polio out of Africa and the world, the Amazing president Justine Dorothy Ssemakula immunized babies as a symbol of Rotary's commitment to kick polio out of this world.

And finally both clubs proceeded to Makale Bright Future Primary School where they implemented

the BELEP project by handing over scholastic materials to the pupils for both nursery and primary. It was a great joy among the children and theirs teachers.

BELEP is the signature project for D9213 and it was launched by the Amazing District Governor Mike Kennedy Ssebalu.

It was a great experience for the Rotarians with desire to do more in the community. Seeing the joy and smiles on the faces of the pupils and their teachers was so humbling. RC Kiboga hosted us all to sumptuous lunch to close the event.



# KASHANDA YA NYAMABARE

## MEDICAL CAMP



### 1 MEDICAL CAMP.

Over 1,300 people benefitted from the medical camp that embraced women, men, children, the elderly, the disabled and all genders.

### 2 BELEP.

The Rotary Club of Kiwatule mobilized for textbooks that will help students in the primary level most especially those approaching the candidate class and St. Peter's Church of Uganda Primary School in Nyamabaare, Sheema District is one of the beneficiary schools that were selected by the club.

### 3 HOME HOSPITALITY.

After a long day of serving the community during the Medical camp, rotarians, guests and volunteers were hosted by President Marion Natukunda at a home hospitality dinner which also marked 20 years of service.

Each Rotary year, the Rotary Club of Kiwatule holds one of the largest medical camps in the country, this year, 8th October 2022 will linger in the minds of the people in Sheema District more so in the Nyamabaare community and the surrounding areas, since all roads couldn't lead anywhere but rather to nyamabaare, in Sheema District, western Uganda at the Rotary Club of Kiwatule's annual Medical camp that saw hundreds of the needy people receiving the needed medical services at no cost, courtesy of the Rotary Club of Kiwatule and the partners.

This year 2022, the medical camp was hosted by Rtn. President Marion Natukunda, the current sitting President of the Rotary Club of Kiwatule. The organizing chair for the medical camp Past President Denis Wandera, chaired all the meetings right from the start to the last one, working hand in hand with the amazing President Marion, the Service projects Director Rtn. Ruth, The Camp's Treasurer Rtn. Abel and all the department heads, it's no wonder, the camp was tremendously successful. Thanks go to the members of the Rotary Club of Kiwatule who did not only contribute financially towards the camp but also went ahead to physically participate in

the medical camp. We also highly appreciate all the partners who worked hard and contributed significantly to the medical camp. The area host club, the Rotary Club of Kabwohe and the Mother club, the Rotary Club of Kololo.

Over 1,300 people benefitted from the medical camp that embraced women, men, children, the elderly, the disabled and all genders.

BELP is Basic Education and Literacy Program. The Governor of the Rotary District 9213 Governor Mike Ssebalu urged all the Rotary clubs to ensure that they implement BELP as a Rotary program. The Rotary Club of Kiwatule has been one of the strong clubs to implement BELEP.

The Rotary Club of Kiwatule mobilized for textbooks that will help students in the primary level most especially those approaching the candidate class and St. Peter's Church of Uganda Primary School in Nyamabaare, Sheema District is one of the beneficiary schools that were selected by the club.

After a long day of serving the community during the Medical camp, rotarians, guests and volunteers were hosted by President Marion Natukunda at a home hospitality dinner which also marked 20 years of service since the Rotary Club of Kiwatule was chartered.

It was a moment of quenching thirst and of course visiting the chef's table that had a variety of all kinds of well-prepared foods.

It was eating time, Drinking, Dancing, talking, and laughing while celebrating RC Kiwatule @20.





# MEET DOCTOR VIVIAN AKELLO

## PERSONALITY



**RTN. DR. VIVIAN AKELLO**

Gastrointestinal surgeon  
Mulago National Referral Hospital

**I**n one of RC Sonde's club fellowships last year, I sat near a young lady who had come to fellowship with us at Model Gardens Sonde. I had noticed her before the fellowship because she was well dressed, gorgeously dark-skinned with a nice smile. After fellowship, CP Kate Barasa

asked me to introduce her but unfortunately, I did not know her name. While another club member introduced another guest, Rtn. Vivian whispered to me her name and occupation. I was in awe of her vocational title and what it entailed.

Rotary gives one an opportunity to meet people from different walks of life and they are equally or even more honored to meet you as well. It is an international humanitarian organization that connects people from all over the world to work together and address some of the world's most pressing challenges.

Where else would I have met Rtn. Dr. Vivian Akello?

Rtn. Dr. Vivian is a gastrointestinal surgeon at Mulago national referral hospital and has served in different capacities in different health facilities in Uganda. She says there are less than 20 gastrointestinal surgeons in Uganda and more are needed because there are a number of diseases that affect the gastrointestinal area and there has been an increase

in the numbers of people being affected by these diseases. The gastrointestinal surgery involves the digestive system which includes diseases of the esophagus, stomach, intestines, gallbladder, pancreas and liver.

*"A gastrointestinal surgeon conducts surgeries on the food pipe, where the food passes, where it's digested and where it empties. The bulk of emergency surgeries are in the gastrointestinal area including three of the top 10 commonest cancers like cancers of the colon, pancreas and stomach,"* says Rtn. Dr. Vivian.

Rtn. Dr. Vivian was inducted as a member of RC Sonde on March 10th, 2022 by the then District Governor Ndamira. She was one of the 30 new Rotarians who joined RC Sonde at the time. Currently RC Sonde has a total of 175 members.

She says joining Rotary gave her a unique opportunity to meet people from walks of life and to contribute to transforming and supporting the underprivileged communities.

She describes herself as a God-fearing person who is a mother, daughter and a surgeon. *"God has been at the*



A gastrointestinal surgeon conducts surgeries on the food pipe, where the food passes, where it's digested and where it empties. The bulk of emergency surgeries are in the gastrointestinal area including three of the top 10 commonest cancers like cancers of the colon, pancreas and stomach.

*center of my life and has played a great role in the person I am today. A lot of people have also helped me become the principled person I am today and I am greatly indebted to all of them,” she says.*

Rtn. Dr. Vivian was born in Arua, grew up in Oyam, and went to school in Gulu. For her primary school, she went to Mary Immaculate Primary Girls' School in Gulu and sat for her Ordinary level studies at Sacred Heart Secondary School. For her secondary school, Rtn. Dr. Vivian went to Trinity College Nabbingo for her A'level. She joined Makerere University for her Bachelor's degree in Medicine and Surgery and her Masters of Medicine in General Surgery.

Though her father and mother are in the medical field, Rtn. Dr. Vivian initially wanted to be an architect after she read a newspaper that published a profile of a female architect. Fortunately or unfortunately, the subjects' combination that she was given when she joined Trinity College Nabbingo directed her into the field of Medicine and Surgery when she was accepted at Makerere University on government sponsorship for her Bachelor's degree in Medicine and Surgery.

Rtn. Dr. Vivian did her internship at Rubaga hospital and Lira Regional Referral

hospital in Lira and worked at Nagalama hospital in Mukono, before pursuing her Masters of Medicine degree in Surgery. After her Master's degree, she got a scholarship to India where she specialized in gastrointestinal surgery.

*“I was inspired to specialize in gastrointestinal surgery because it is a rapidly evolving field especially in the aspect of technology which offers better surgical experience of clients and shorter hospital stays by employing keyhole or minimally invasive surgeries,”* says Rtn. Dr. Vivian.

After her studies in India, Rtn. Dr. Vivian worked at Hoima hospital as a general surgeon before being transferred to Mulago national referral hospital as a gastrointestinal surgeon.

Her specialty has seen her work in Sierra Leone where she worked in Pujehuan village for four months in a village setting. *“I really enjoyed my work in Sierra Leone. The people were very nice, welcoming and liberal. I attended a meeting where a Muslim who was leading the meeting made an opening prayer in Islam and thereafter recited a Christian prayer as well. It was a cultural shock to me,”* she says.

Away from work, Rtn. Dr. Vivian loves to travel and has been to all the East African

countries, India, the United Kingdom and Sierra Leone. She makes it a point to keep a souvenir to remind her of all the places she has been to. *“I enjoy travelling to new places and seeing new places though it gets expensive. I love hiking too,”* she says

Of all the countries she has visited and worked in, Sierra Leone ranks most memorable. *“I worked as a surgeon in the village. When I entered the country, I went to register with the Medical Council. I found out that I was the fourth surgeon they had and I was the only female in 2017. My workmates were very welcoming and made it so easy. I was working with nurses and whole team was female and we worked well together. I fitted so well with the locals and started learning and speaking Creole,”* says Rtn. Dr. Vivian.

When it comes to staying healthy, Rtn. Dr. Vivian advises people to exercise regularly, eat lots of fruits and vegetables, and stay away from very spicy food, excessive use of alcohol and smoking. She says that the majority of cancer patients they see do not have any family history or any pointers that led to their cancer diagnosis and she says that sometimes, it's down to bad luck. She advises everyone not to take life for granted.

# BUILDING NSAMBYA RADIOTHERAPY CENTRE

CANCER FIGHT



By Nelson Kabwama,  
Executive Director Rotary Cancer Programme Ltd.



In October 2021, Rotary Cancer Programme Uganda Ltd. (URCP) obtained all the necessary regulatory approvals and permits to commence construction of the radiotherapy center at Nsambya Hospital. The contractor, Seyani Brothers Construction Company started construction of the 4-floor facility in May 2022. The radiotherapy center, that will go a long way to augment and improve the treatment and management of cancer in the country, has two bunkers that will house 2 Linear Accelerator machines (LINACs). The need for bunkers is informed by the hazardous nature of radioactive material that requires specialized bunkers. The construction is estimated to cost approximately Ugx13.8bn; and

is projected to be completed by 2025. The current phase, that involves construction of the foundation, and casting the concrete bunker walls and floors valued at Ugx2.56bn will be completed on in December 2022.

Rotary's journey in the fight against cancer in Uganda started in 2011 with the aim of promoting cancer awareness, offering cancer screening and treatment, developing infrastructure for cancer management and building human resource capacity for cancer management. This would supplement the limited cancer care efforts by Uganda Cancer Institute, the only comprehensive public cancer center in the country.

St Francis' Hospital Nsambya donated the

land for the cancer center and the ground breaking took place on 22nd April 2011 presided over by the then Rotary International President Ray Klingnismith. Rotarians gave expertise to build the ward free of professional fees.

The Rotary Cancer Run was launched in August 2012 as the primary awareness and fundraising vehicle. The Rotary Cancer Run has been ongoing annually for eleven (11) years and the public has turned up in big numbers to support the cause. Since its launch in 2012, over Ugx4.8bn has been realized from the event; with the 2022 Rotary Cancer Run raising a record Ugx1.22 billion.

With support from partners, construction of the second cancer ward in

the country, the Rotary Centenary Bank Cancer Center at Nsambya Hospital, the first phase of the cancer center, was completed in 2015 at a cost Ugx1.5bn. With 2 Rotary Foundation grants, the 36-bed facility was operationalized in 2016 after it was equipped with medical equipment and supplies worth US\$150,000. Today, the facility serves more than 2,000 clients annually offering a wide spectrum of cancer services.

On behalf of the Board and Management of Rotary Cancer Program Uganda Ltd., we would like to most sincerely thank Rotary clubs, individual Rotarians, corporate organizations, the general public and Nsambya Hospital for supporting this noble cause.



# TAKE A SCREEN BREAK

## MENTAL HEALTH

**U**ndoubtedly, smart phones have transformed our lives and made life much easier. Nowadays, we rely on smart phones for almost everything in life. Manufacturers of the smart phones have integrated almost everything on the phone. The world is in our hands as they

say. Depending on the apps one has downloaded and what your interests and abilities are, smart phones are not just communications devices but also a multi-functional device which we use for business, entertainment, news, weather forecast, exercise etc. As a result, people spend a big part of their time on the device. On average, a person spends at-least between six to eight hours a day

on their smart phones. Most times, the smart phones are the first thing most people look at when they wake up in the morning and it's the last thing they look at when they go to sleep at night. It is not far-fetched to say that many people are addicted to their smart phones and can't imagine a day without using them. However, for everything in life, there is an advantage and a disadvantage.

“

*One day,  
I think  
it was  
divine*

*interception, I misplaced my phone and I could not find it for two days. Truth be told, these were the most peaceful days I have ever had. I slept well and my headache disappeared.*

Take a  
**SCREEN  
BREAK**



A few months ago, I didn't know it at the time but I was on the verge of a mental breakdown. They say, life is a teacher and it forces you to learn lessons whether you like it or not and I learnt the hard way to prioritize my health no matter what. Due to work commitments at the time, I was on my laptop from 8:30am to sometimes mid-night working on different assignments. At the same time, I was using my phone all day and even during the wee hours of the night. Yes, I was this undisciplined. Sadly, I am sure there are so many people like me who knowingly or unknowingly spend enormous amounts of time on their screens be it laptops, television, smart phones or gaming devices. My addiction was my smart phone.

The consequence for me was the deterioration of my health. I was having constant headaches that would not go away even after taking hedex, a pain killer. I was sleepless. I started feeling dizzy and no, I wasn't pregnant. My eyes hurt. I had brief mental lapses of confusion and forgetfulness also known as "brain-fart." I was tired most of the time. And like most people, I would go to hospital for check-ups and tests that would come back negative. By and large, there was "nothing" wrong with me. So I pushed myself harder, showed up for work and other commitments, smiled and laughed like all was well. To destruct from "all my feelings", I spent more time on my phone and the more time I spent on my phone, the more tired I was, the more headaches I endured, the more dizzy I felt and the more time I wasted.

One day, I woke up feeling like I had a fish bone stuck in my throat. I tried the "home remedies" of eating and swallowing big pieces of dry bread, cassava and sweet potatoes but the "fish bone" was still there. After three days, I went to see a doctor. I told him that I had a fish bone stuck in my throat. He examined me, touched and looked down my throat and he asked me when I last ate fish. For a minute I couldn't remember and it struck me that I



had not eaten fish or meat in a long time. Certainly I had not eaten fish or meat the day "the fish born" got stuck in my throat. So I asked him, so where did the fish bone come from?

He looked at me and said that I did not have a fish bone or any bone stuck in my throat and that it was all in my head. He said that if I had an actual fish bone stuck in my throat, I wouldn't even be talking right now and that I couldn't have survived three days later. At first, I thought he wasn't taking me seriously and I tried to convince him that I had an actual fish bone stuck in my throat and that it hurt. He then went on to ask me if I was feeling anything else and I told him, I was having constant headaches, insomnia, dizziness etc. After talking through so

many things, he told me that I had anxiety disorder and that I needed to take a break and that if I did not make changes in my life, I would break down mentally. He gave me some pain killers and sleeping pills and I went home.

The thought of going mad, forced me to think of things I could change in my life that would bring me some peace of mind. I took leave from work for three weeks and deliberately left my laptop at work. But I remained "busy" on my smart phone just wasting time on social media for hours and hours on end. The headaches did not go away; I still found it hard to sleep because usually I was still on my phone looking at different people's timelines, memes, funny videos, jokes even past mid-night.

On day, I think it was divine interception, I misplaced my phone and I could not find it for two days. Truth be told, these were the most peaceful days I have ever had. I slept well and my headache disappeared. It was then that it clicked. Spending huge amounts of time on my phone was greatly contributing to my ill-health. I made a decision to spend less time on my phone.

I have to note that my experience maybe far different from yours but the moral of the article is to encourage you to take a screen break no matter what. You do not have to wait to reach breaking point.

Please note that taking a screen break means taking a break from all screens namely computer / laptop, television, smart phone, etc



## WHAT DID I DO?

- I acknowledged that I had a problem and that I needed to take action and for me that meant taking a break from all screens i.e. phone, laptop, television etc.
- I set new realistic routines and stuck to them.
- For my laptop, I made it a rule to only use it during the work hours and ensure I finish any work-related assignments within work hours and this worked well. This helped me use my time more efficiently and become more focused.
- I stopped picking work-related calls or doing work-related assignments beyond work hours. I used this time to enhance my personal life.
- Even at work, I never sat on my laptop from 8:30am to 5:00pm. I took screen breaks to walk to the toilet, stretch, go to the kitchen for a glass

of water, cup of tea or walk around the office gardens and even to look away from my laptop screen.

- I scheduled browsing through social media (Facebook, whatsapp etc) for my lunch break and during my commute to and from work. When I reached home, I completely kept my phone away except for rotary zoom meetings.
- I designated my Saturday as a “no social media” day and only picked calls and made calls to friends and family
- For television, I only watched the 9:00pm local news and a few other programs

These few changes made considerable impact on my health. I had enough time to rest and my sleep quality improved, my headaches stopped, the fatigue and dizziness disappeared as well. The fish bone disappeared as well. I didn't even notice its disappearance.

## THE INTERNET PROVIDES SOME OTHER TIPS THAT YOU CAN ADOPT TO TAKE SCREEN BREAKS

- Utilize the 20-20-20 rule that states that for every 20 minutes you look at the screen, you need to look at something approximately 20 feet away for 20 full seconds. Looking at something further away can lessen eye strain and allow you to refocus
- To have a more beneficial screen break while working, try getting up from your seat for at-least 5 – 10 minutes every hour. Stretch your arms and legs or do breathing exercises, meditation or grab a snack
- Institute a no laptop or no-phone day
- Keep your devices out of your bedroom
- Take a tech-free walk
- Create a “buffer space” at the end of the day. This could be an hour or two for a dedicated workout
- Keep designated work and personal apps. Try to keep all your work conversations on email and zoom and keep personal communication on whatsapp. Tell your work colleagues and personal friends and family when you are available for them
- Don't check your phone first thing in the morning
- Designate certain “no screen” nights
- Schedule time away from your phone.

By  
Rtn. Rehema Aanyu  
Rotary Club of Sonde





## What a friendship exchange we had with our brothers and sisters from D6270 Wisconsin USA!

CP Hope

*The closer we are, the further we can go.*

D9213 hosted an inbound from 13th-24th October where 12 clubs were actively involved. The guests were taken on a tour of the Rotary Cancer Ward in Nsambya as well as Mengo Rotary Blood Bank.

All Ugandan Rotarians were commended for the great work done not only to the places they visited, but to the whole country.

Visiting Rotarians went on to tour the source of the Nile and participated in gorilla trekking in Bwindi among others leaving them with no doubt that Uganda was indeed the pearl of Africa.

They were open minded to learn about our culture and attended a cultural show at Ndere Centre where they even dressed in western Ugandan clothes and killed the look!

Most importantly, D6270 is already undertaking a project with RC Kololo and more projects with other clubs are underway.



# WOMEN OF FRAGRANCE

## LEADERSHIP



### AP Fr Berry Apire

Amazing President  
RC Jinja City

Uganda a few months ago hosted Jenifer Jones, the first female Rotary International President in the 117 years of rotary. This is something profound in the amazing rotary year. Jenifer Jones has constantly been on a global impact tour that involves talking with leaders about working together to address the world's most pressing challenges. Consequently, this article serves to celebrate women of fragrance driving the Rotary Club of Jinja City.

A mere mention of fragrance drives our thoughts to a sense of smell; it could be a sweet delicate scent like perfume, fresh flowers, oils or even freshly brewed coffee. Fragrance has great power to enhance our moods, feelings and spirits due to its irresistible scent.

The women of fragrance driving the Rotary Club of Jinja City have spread their perfume that has permeated the club and the community by their life of service above self.

Rtn CP Margaret Kyemba Kulaba, Rtn VP Deborah Mutesi, Rtn Diana Ferrell club treasurer, Rtn Fazira Kauma (visually

impaired and past club treasurer and currently Deputy Mayor Jinja City), Rtn Rose Mary Wakesho who doubles as Family Chair and attendance officer, Rtn Joan Namunina who is the club Membership Chair, Rtn Gloria Kayanga, Rtn Violate Kirabo, and Rtn Jane Namara. These amazing, professional, brilliant, compassionate, courageous, humble, generous, kindhearted, and reliable women have been extremely resourceful in ensuring the growth and running of the club. The spread of their fragrance through their participation in service projects most notably outreach to the teenage mothers in the slums of Masese is edifying and so noble a cause





# PREPARING THE YOUTH FOR THE FUTURE

## WORK PLACE



**AP Francis Musinguzi**  
*Rc Accacia Sunset*

**T**he candidates have completed their final year examinations. What a relief for them. No more high school! No more books, at least for the next 3 - 9 months.

Parents, on the other hand, are now contemplating ways of how to keep these young minds engaged and out of trouble. It would also be great to have them productively engaged with future proof skills. A quick google search will show an increasing need for data science / analytics related jobs in all industries.

Data analytics is a field that helps cultivate critical thinking and problem-solving skills. Data analysts use

programming languages, (e.g., R, SQL & Python) and other data visualization tools, to make sense of the multitude of information (big-data) being processed by many enterprises.

There are many resources available to start one on their journey into the data analytics world. A good place to start would be the Google Data Analytics Professional Certification course by Google, in partnership with Coursera. This is a self-study program that provides a great introduction to the data analytics world. The certificate is accepted globally and would improve their job prospects internationally.

It would be great to have such skills availed in a structured manner for the underprivileged. Get in touch with me ([mufran@gmail.com](mailto:mufran@gmail.com)) if you would like to partner and make this happen.

Let's empower our youth, for a better future!



# THE LORD LOVES A CHEERFUL GIVER

TRF



**Sheila Birungi**

TRF Director  
RC Kampala morning stars

**R**otary encourages people to give voluntarily springing from a cheerful attitude.

November, especially sees Rotarians and all their well wishers celebrate giving to make this world a better place, to put a smile on someone's face.

What you give is given back to the needy, to eradicate polio, to promote peace, to provide clean water, sanitation, to improve the environment among others.

The joy of giving gives meaning to life esp in this festive season, in this brutal incompassionate world. Only by giving are you ready to receive more than you already have.

Let's go out there and give, each shilling, each dollar counts, it compounds to the bigger picture, let's bless someone out there, for as we work to create light for others, we naturally light our own way.

## Donating through Fun



In order to raise more funds towards the Club's annual signature project, the Rotaract Club of Bweyogerere Namboole organized a fundraiser doubled as Destadia fest with a sole aim of collecting funds for their Annual Deserving Hope II at Lwankoni Kyotera.

The fundraiser attracted 8 Rotaract Clubs, 2 Rotary Clubs and over 50 individuals who competed in swimming, football and ziplining.

The fun filled day saw the Rotaract Club of Kampala North winning, Rotaract Club of Nansana (1st runners up) and Rotaract Club of Naguru (2nd runners up) respectively.

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Victoria Nampala Bugembe

## **Happy birthday**

*RCJINJA 58 years now reaching the community ,thanks to all that have made you survive to this point. To the past leaders and departed we are indebted to your contribution and we shall never let you down RIP knowing we are carrying on the mantle to greater heights. Members belts us keep the fire burning that is the only way we can keep our club relevant.Happy birthday.*





# D9213 CELEBRATES THE CULTURE OF GIVING

## TRF DINNER

On Saturday 26<sup>th</sup> November 2022 the sound of drums, Agwara-side blown horn-, and xylophone notes filled the air as women of substance and men of valour converged at Ndere Centre. Clad in varied elegant and bright display of traditional African clothing, they took their place. You could not miss capturing the aura of authority, sophistication, and style, as the guests mingled.

This first ever Cultural Dinner to celebrate The Amazing Rotary Foundation Givers was hosted by Mike Sebalu, District Governor (2022-2023). The Past District Governors that graced the occasion included PDG Rosetti Nabbumba, PDG Xavier Sentamu, PDG John Ndamira Magezi, and The District Governor Elect Edward Kakembo Nsubuga.

Also, in attendance were a number of District officials, Assistant Governors, Presidents, Past Assistant Governors, Past

Presidents, many Rotarians and non-Rotarians. District 9213 was proud to host PDG Emmanuel Katongole of D9214 who is of the Arch Klumph Society, meaning that he has contributed to The Rotary Foundation \$250,000.

The Rotary Foundation, which was founded more than 100 years ago has so far spent \$4 billion on amazing, incredible, life-changing humanitarian projects. With the help of Rotarians and compassionate non-Rotarians we continue to improve people's lives in many different ways. Many Rotarians around the world, have been true to the The Rotary Foundation Mission, of advancing world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

All the Foundation contributions are very well accounted for and it is therefore, no wonder that The Rotary Foundation received highest rating from Charity

Navigator for 14<sup>th</sup> consecutive year: four stars — from Charity Navigator, an independent evaluator of charities in the U.S.

The Foundation earned the recognition for adhering to sector best practices and executing its mission in a financially efficient way, demonstrating both strong financial health and commitment to accountability and transparency. We continue to thank and appreciate all the Rotarians who support The Rotary Foundation and we encourage everyone to support Our Foundation of choice. The dinner was a great success: The amazing food and entertainment were on point!

Congratulations to the following Clubs for the Amazing givers

### The day's celebrated Major Donors for 2022-2023 so far included

Name	Level	Rotary Club
Andrew Bugembe	Major Donor Level 1	Kampala Early Bird
Willy Byandusya	Major Donor Level 1	Kampala-North
James Africa Byekwaso	Major Donor Level 1	Kololo-Kampala
Stephen Kateregga	Major Donor Level 1	Kampala-Central
Barbara Katende	Major Donor Level 1	E-Club of Ntinda
Christine Nalwadda K. Luutu	Major Donor Level 1	Kololo-Kampala
Alex Muhwezi	Major Donor Level 1	Kololo-Kampala
Joe Okunny Nuwamanya	Major Donor Level 1	Kampala Metropolitan
Chetan K. Sangani	Major Donor Level 1	Source of the Nile
Thomas Tayebwa	Major Donor Level 1	E-Club of Uganda Global
Kenneth Kiiza and Elaine Ayebaziibwe	Major Donor Level 1	Kampala Springs and Mbarara Ranchers

### BENEFACTORS

District	Recognition Type	Club	Count of Donors
9213	Benefactor	E-Club of Ntinda (222410)	1
9213	Benefactor	E-Club of Uganda Global (90520)	1
9213	Benefactor	Kampala-Central (29697)	1
9213	Benefactor	Kampala Early Bird (91080)	1
9213	Benefactor	Kampala Metropolitan (87496)	1
9213	Benefactor	Kampala Springs (90686)	3
9213	Benefactor	Sunrise-Kampala (73900)	1

## PAUL HARRIS FELLOWS

District	Recognition Type	Club	Count of Donors
9213	Paul Harris Fellow	Bugiri (86705)	1
9213	Paul Harris Fellow	Butabika Royals (222329)	1
9213	Paul Harris Fellow	Bweyogerere Central (88129)	1
9213	Paul Harris Fellow	Bweyogerere-Namboole (30541)	2
9213	Paul Harris Fellow	E-Club of Naguru (222956)	1
9213	Paul Harris Fellow	E-Club of Uganda Global (90520)	1
9213	Paul Harris Fellow	Hoima-Kitara (84703)	1
9213	Paul Harris Fellow	Iganga (25463)	1
9213	Paul Harris Fellow	Kampala Early Bird (91080)	1
9213	Paul Harris Fellow	Kampala Metropolitan (87496)	1
9213	Paul Harris Fellow	Kampala South (29130)	3
9213	Paul Harris Fellow	Kampala Springs (90686)	2
9213	Paul Harris Fellow	Kasangati (59565)	3
9213	Paul Harris Fellow	Kirinya-Bukasa (223383)	1
9213	Paul Harris Fellow	Kitante (89004)	3
9213	Paul Harris Fellow	Kololo-Kampala (25462)	1
9213	Paul Harris Fellow	Kyadondo (222103)	4
9213	Paul Harris Fellow	Mbale City (223304)	2
9213	Paul Harris Fellow	Najjeera (88851)	2
9213	Paul Harris Fellow	Njeru (88844)	1
9213	Paul Harris Fellow	Sonde (222417)	1
9213	Paul Harris Fellow	Soroti Central (79595)	2
9213	Paul Harris Fellow	Upper Kololo (223603)	1
9213	Paul Harris Fellow	No Rotary Club	1



**MULTIPLE PAUL HARRIS FELLOWS**

District	Recognition Type	Club	Count of Donors
9213	Multiple PHF	Bukoto (61247)	1
9213	Multiple PHF	Bweyogerere-Namboole (30541)	3
9213	Multiple PHF	Kampala Metropolitan (87496)	2
9213	Multiple PHF	Kampala-North (25541)	2
9213	Multiple PHF	Kampala South (29130)	4
9213	Multiple PHF	Kampala-Ssese Islands (28084)	6
9213	Multiple PHF	Kampala-West (17288)	2
9213	Multiple PHF	Kasangati (59565)	2
9213	Multiple PHF	Kira (90857)	6
9213	Multiple PHF	Kitante (89004)	1
9213	Multiple PHF	Kiwatule (59844)	3
9213	Multiple PHF	Kololo-Kampala (25462)	2
9213	Multiple PHF	Lugogo Mango Tree, Kampala (88294)	1
9213	Multiple PHF	Makindye (26466)	1
9213	Multiple PHF	Najjeera (88851)	1
9213	Multiple PHF	Namugongo (84318)	1
9213	Multiple PHF	Sonde (222417)	2
9213	Multiple PHF	Source of the Nile (25224)	1

Our Amazing DG Mike Sebalu and the other Past District Governors were in the category of Major Donors who still continue to support the Rotary Foundation.

I would like to make a call to all the Rotarians to continue supporting the Rotary Foundation. Every shilling counts. Let's be consistent and continue giving to Rotary Foundation.

Thanks to all the Rotarians and Non-Rotarians who turned up, let's continue supporting The Rotary Foundation.











# LIFE OF A ROTARACTOR

ROTARACT



**By: Nansereko Madrine**  
**Secretary/President-Elect**  
**Rotaract club of Mulago School of**  
**Nursing and Midwifery**

**W**e have the power and authority as us being part of the My Rotary family, we meet new people from which some become our long-time friends. When I had just

been introduced to Rotaract, I was a pretty open-minded youth eager to be in the same growing space as the other youths I had Always seen, to tell you the truth service was not part of what I hoped for or thought was the pillar for the foundation of Rotary.

When I heard the Grace for the very first time oh God my heart pitter-pattered it was in line with my core values, the fourway test has made me always reflect on what I am supposed to do as a rotaractor and away from Rotary, the goals of Rotaract made me discover how much potential I had to boom and sparkle the flames of success and greatness that were hidden deep inside me.

Rotaract opened up doors for me to realize my potential and to see myself far from an immediate space but rather a global space. From a true and inner being part of the Rotary family has been a great deal in my life and I will live to always embrace and acknowledge the norms of Rotaract and make them known to my peers.

## Mission Green Project launch at RAC Mbale School of Hygiene

AP Hope Babirye  
 President Rotaract club of  
 Mbale School of Hygiene

The Rotaract club of Mbale School of Hygiene launched the Mission Green Project on 10th October 2022 at the school and we planted 1200 trees in school. The trees were donated by Mount Elgon Tree Growers Enterprise where we signed a memorandum of understanding and AG Aruho Boaz was the chief guest. We were joined by other Rotary clubs of Mbale, including our mother club Rotary club of Mbale and Rotary club of Mbale Metropolitan.



# To Zoom or Not to Zoom?

*To all the Rotarians inducted before March 2020, I ask you to Just for a moment take off the lens of convenience put back the lens*

I want to deal with the Elephant in the room so indulge me a moment.

When the Covid-19 pandemic struck we were all at loss unsure how to deal with the disruption of our way of life. The early images of painful death in Wuhan and Italy sent us looking for shelter in our homes away from work, friends and family. Our fellowships got cancelled and our

Presidents in their last mile of leadership were thrown a challenge so unique even our grey-haired leaders could not think of a time when we were locked down and locked out of our lives.

Then someone told us about Zoom a little-known meeting solution app that a few trend setters had used and Boom!!! we were back into fellowship. The start of Zoom like anything in life was clumsy but our love for fellowship ensured we pursued perfection and artistry to embrace this tool and keep the people of action together and keep our agenda to pay attention to those less fortunate on track.

That was two years ago and while we still hear of cases around the world, scientists

are still baffled how a continent with only a 6% vaccine achievement rate is less affected than the rest of the world. The conspiracy theorist say that Africa has had the worst of everything it is now the turn of the rest of the world.

Over these two years we have missed one DCA, chartered so many clubs and inducted thousands of new Rotarians and Rotaractors. In a way this was the silver lining in the dark Covid-19 clouds made possible by Zoom that enables you visit a club across the world and across time zones.

In our respective countries we have been able to attend fellowships morning noon and night without stepping outside our homes. This newly discovered creature comfort has become the norm for many clubs and many Rotarians. Some clubs have bitten the bullet and gone back into full throttle physical fellowships, other have gone to hybrid while others have gone to once a month physical.

So once again I ask the question...To Zoom or Not To Zoom? What is the sustainability risk for Rotary, does online dilute our impact, does online dilute our fellowship? Is our creature comfort making us RHINO's?

**By Rtn. Henery Rugamba**  
*RC Kampala*

## BELEP project for RAC Mbale School of Hygiene

AP Hope Babirye  
President Rotaract club of Mbale School of Hygiene

The Rotaract club of Mbale School of Hygiene carried out a Basic Education and Literacy project on 4th November 2022 at Namatala primary school in Mbale city. We donated scholastic materials to 160 primary seven candidates which included two pens and pencils to each candidate, masks for each candidate, girls got sanitary towels, counter books were given to the school administration and sets were given to candidates who had passed quiz questions. We also had a menstrual Hygiene session with the ladies and gave them a success card.



# THE APOGEE OF A ROTARACT YEAR

CONNECT, COLLABORATE, CELEBRATE



*The Rotaract Africa summit,*

*just like any other event happens once every Rotary year, this is place where Rotaractors from all over the world meet and meet in a pre-selected host African Country to learn from each other, share knowledge, compare notes, network and bond. The summit is purely organized for Rotaractors under the guidance of the Youth Service directorate.*





If it's not an emergency, don't open some texts.... "Please ensure that all the work is done before you take leave." you don't open the message because if you do and read it, it means you will have to freeze a few things. Remember you have not done the last minute shopping or perhaps said farewell to all the 'stakeholders'. All work is actually done but the supervisor just wants to see if you can work even during official leave. Tells of young professional.

The Rotaract Africa Summit 2022 saw us show up at the 'center of the world'. Catching both flights and feelings, Ghana was just not ready for us, No..! She was not ready at all. Young professionals from over 15 African countries littered her streets from the greater Accra, to the Volta region, way to her cape-coast areas.

First, the currency difference swept many of us off our feet. We thought we would easily change our Uganda, Kenya shilling to the Ghana cedis...jokes on us. Let's pose this here, let me first tell you how keeping right while on the road felt "wrong" like many of us thought it's akin to Francophones. I shall tell you about the paper culture after enjoying the snails I bought as a snack from Akosombo dam area on my way from the Volta region.

The Rotaract Africa summit, just like any other event happens once every Rotary year, this is place where Rotaractors from all over the world meet and meat in a pre-selected host African Country to learn from each other, share knowledge, compare notes, network and bond. The summit is purely organized by Rotaractors and for



Rotaractors under the guidance of the Youth Service directorate. Just like we did in 2019 in Ethiopia, we paid 160\$ for both accommodation and registration.

Many of us voyaged on 20 th November 2022 to get familiar with Ghana before the summit starts. You think Rotarians in Uganda are hospitable, you have not met DRR Fred Asante's team! From picking us from the airport as strangers to sharing their sim cards with us so as to access internet. Then checked us into our homes for the next three days from where we commuted to check out the various sites around town. If I mention names, even the cows will return to the grazing field without

me finishing, those our brothers and sisters are great.

The sun rose on the 23 rd and we were packed, well fed and ready for the four hour road trip to the Volta Region. Ho, Sky plus hotel -Ho was the final destination and so the conference venue which also doubled as home for some days. The place has an exquisite touch, warm staff... the swimming pool area was the favorite hangout for many attendees of the summit. Before we come to the night swims...wait, I am told some people even did skinny dipping. Just a whisper, Ho is hot but Accra is hotter! Well, its service, fun and fellowship.



The Reggae night made our official welcome Night to Ghana. Not so much happened save for catch up, registration and bonding to great music.

Day two was made of many short speeches from various speaker. We had a lineup of events...DRR Fred

Asante together with DG Victor Yaw Asante of D9102, opened the summit as a way to kick start the sessions. The highlight was RI Vice President Olayinka Hakeem Babalola expressing his gratitude to Rotaractors who smoothly transition and more so those who form new clubs. He encouraged us to have the fun as we serve but not to forget to invite other youth. The house of friendship, we called the African Trade Fair had a lot of souvenirs for us to carry home. This ended into the spectacular cultural night. Everyone showcased what they have in terms of clothes.

Yours truly, team Uganda was at the top of the night followed by our neighbors in Kenya. It was an East African affair.

Day three, Saturday 25<sup>th</sup> November, we embarked on the journey for a project site visit to Amedzofe health Center where we gave out hospital beds, pillows, seats and other sundries. We shared memorable time with the village chefs and other leaders. Ugandans met their equal at contextualizing the meaning of service and fun, Nigerians have energy. This was followed by hill climbing which our hosts called mountain climbing at Mt. Gemi, like what mountain can be climbed in 10 minutes?

Anyway..., we hiked Mt. Gemi to its highest peak and slopped back within 20 minutes. The lazy ones who delayed missed the jollof we had by the bus at the foothills of

Mt. Gemi. Tired and hungry to feel the paper this time round. The summit was crowned at a memorable dinner where they unveiled Nigeria as the host for the Rotaract Africa Summit 2023. Uganda Airlines, better launch that West African flight. Lagos, we are not jokers, when we say we are coming, we mean it.

Now about the paper culture, woe! Those people eat paper like they are munching nuts. Knowing Ugandans, we love our food. Many of us opted for adding ketch up to dilute the paper as other were bold to have food as they drink water. What a time to keep hydrated! I mean nothing can get between a Ugandan and their food, not even paper. What would we tell the people back home if we chickened out and missed the fufu, banku and jollof experience? I repeat, if it's not an emergency, don't open that text.



# ROTARY VIJANA POA ON THE MOVE

## SKILLING THE YOUTH



**T**hrough the global grant and contributions from the different clubs, Rotary clubs have started the implementation of their different activities in the different communities.

The different club projects will provide opportunities for young

women and men between (20 to 30) years to be inculcated with an Enterprise development and mindset change training, skills and confidence to generate, start and operate enterprises as a means to address the explosive challenge of unemployment in Uganda and the consequent vicious cycle of the phenomenon-fueled crime and violence.

This means the intended beneficiaries will earn a livelihood through affording basic needs and other things they need to thrive in their daily. 1000s of young women and men are directly targeted whereas more and more youth will benefit indirectly.

Beneficiaries will benefit at

various levels thus; generation of concrete and viable Business ideas, apprenticeships, internships, improvement of businesses, linkages to opportunities and financial literacy. All interventions will be on competitive basis, for example, trainees will have to qualify for each step through a checklist and processes designed by the club and other cooperating entities to be helped to get start-up kits that will enable them grow and scale their businesses, hence creating employment for other fellow youth with in the different communities.

We would like to thank Rotarians for devoting time and resources to engage youth such that our youth are empowered.



# ROTARY ACRONYMS

All the acronyms are hidden vertically, horizontally or diagonally - in both directions

P	C	E	A	H	S	D	C	D	A	L	E	S	P
Y	I	N	R	K	T	P	S	P	R	E	S	K	H
D	P	O	D	E	S	O	G	L	O	A	D	S	F
P	P	C	E	S	Y	F	P	T	E	K	R	E	D
T	R	S	S	A	D	D	S	E	A	D	L	Y	S
I	P	I	S	D	G	E	A	E	A	R	I	R	A
D	G	D	P	P	G	A	T	R	T	C	S	S	A
D	T	R	T	E	H	P	R	R	R	S	E	D	H
I	A	L	A	T	F	G	E	E	T	H	E	C	P
A	C	P	C	P	E	T	W	L	F	P	A	A	R
L	D	L	N	P	R	W	P	O	A	T	G	I	A
Y	D	R	P	D	D	F	S	E	S	D	I	T	C
R	L	F	P	D	T	T	S	R	T	D	P	T	H
S	I	T	T	S	P	F	L	F	D	S	C	A	I

DGE	LOA	PEF	ASK	PDT	PHS	RLI	TRF	DES	SAA	PETS	DTTS
PHF	RYE	PND	TWF	PAG	IPP	ADS	DCA	DDF	RYLA	EREY	DISCON

# QUIZ



**How much do you know about Rotary International, our District and Individual clubs? Test yourself. Please have fun as you learn. **Answers will be published in the Next month's issue.****

**1. Who was the founding father of Rotary?**

- A Yoweri Kaguta museveni    B Sir Hesketh Bell  
C Paul Harris    D Milton Obote

**2. which was the first Rotary club in Uganda?**

- A RC Kampala City    B RC Jinja  
C RC Kampala East    D RC Kampala

**3. This Ugandan nearly became a Rotary International President before their demise.**

- A Sam Owori    B Emmanuel Katongole  
C Xavier Ssentamu    D Kate Barasa

**4. You get this title when you contribute 1000 US dollars to the Rotary Foundation.**

- A PHF    B Major Donor  
C President    D Honorable

**5. Which was the first Rotary club in East Africa and in which year was it formed?**

- A RC Nairobi 1930    B RC Kampala 1957  
C RC Daresalam 1919    D RC Kigali 1960

**6. The 98th DISCON for D9313 and D9214 will be happening at..?**

- A Hotel International Muyenga    B Las Vegas Hotel Mbarara  
C Brovard Hotel Masaka    D Serena hotel

**7. He is the Amazing Governor for D9213?**

- A John Ndamira Magezi    B Sarah Owembabazi  
C Mike Kennedy Ssebalu    D Peace Taremwa

**8. Who is the Amazing District Rotaract Representative for D9213?**

- A Sarah Owembabazi    B Lydia Lukera  
C Matovu Francis    D Emmanuel Lukeera

**9. Which is the fifth Goal of Rotaract?**

- A To solve the world's biggest problems.  
B To make young people financially stable.  
C To motivate young people for eventual membership into Rotary.  
D To develop Professional and leadership skills.

**10. When was the Rotary Cancer run 2022?**

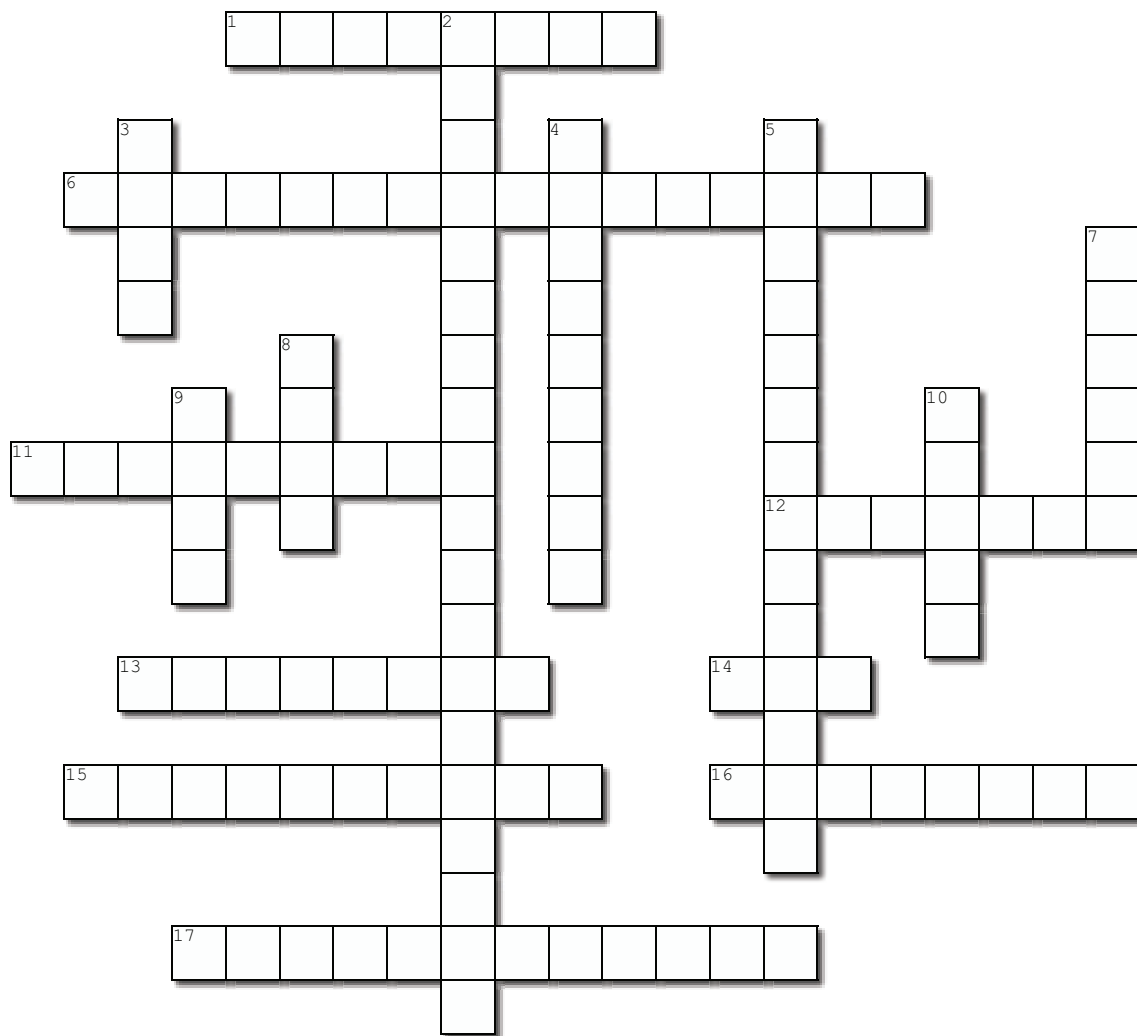
- A 4th September    B 15th October  
C 15th September    D 4th October

**Composed by Idah Nakakande - Rct Nakawa Mubs**



## ROTARY INFORMATION

Complete the crossword puzzle below



### Across

1. A group for young adults
6. The motto of Rotary
11. When does the fiscal Rotary year begin?
12. When is Rotary awareness month?
13. A person in Rotary is called?
14. Another youth program
15. Will it be .....to all concerned
16. Will it build.....and better friendship?
17. Who is the DES for D9213?

### Down

2. What does RI stand for?
3. President Elect Training Seminar
4. An activity of The Rotary Foundation
5. Who conceived the Four Way Test?
7. A word that begins with R and ends with Y
8. Is it .....to all concerned?
9. A service offered to Youth
10. Is it the .....



To register, login: <http://rotarydiscon.org> #98THDISCON

# Have you registered?



To register, login: <https://rotarydiscon.org> #98THDISCON

## ROTARY FAMILY CARNIVAL

FUNDRAISING for a MALARIA FREE UGANDA

**SUNDAY DEC 18TH**

**PERFORMING LIVE**

**AZAWI B2C VINKA**

CHILDREN TICKET **UGX30K** ADULTS TICKET **UGX60K**

**LAS VEGAS GARDEN HOTEL BUNGA**

RSVP: POG KENNETH MUGISHA +256 772 413051  
 AG AUDREY AGABA +256 775 746465  
 BBN MARION NATUKUNDA +256 774 290840  
 BBN RICHARD MUCUNGUZI +256 772 421315

AFRICAN LEADERS MALARIA ALLIANCE ALMA

## ROTARY FAMILY CARNIVAL

in fundraising for a MALARIA FREE UGANDA

**Donate here**

Account Name: Malaria Free Uganda  
 Account Number: **7170008153 UGX**  
 Bank Name: ECOBANK Uganda Limited  
 Branch: Parliament Avenue

**18 DECEMBER**  
 DOORS OPEN 10:00AM

**LAS VEGAS GARDEN HOTEL BUNGA**

KIDS TICKET **UGX30K**  
 ADULTS TICKET **UGX60K**

RSVP: POG KENNETH MUGISHA +256 772 413051  
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AFRICAN LEADERS MALARIA ALLIANCE ALMA

USE THIS MOMO PAY CODE TO BUY A TICKET OR TICKETS: **654454**



# MERRY CHRISTMAS

## BEST WISHES



I send plenty of good wishes to each volunteer in Rotary all over the world. Merry Christmas and a Prosperous 2023 to each of you and all of your kin.

**Jacqueline Mali**  
*RC Kampala East*

Wishing you and your families a blessed Xmas and happy new year. May peace, love and happiness follow you always.

**DGN Anne Nkutu**  
*RC Kampala Naalya*



I wish you a Merry Christmas and an Amazing Year 2023.

**PAG Julie Kamuzze-Musoke**  
*Lieutenant Governor*



# AND A HAPPY 2023



Christmas is the celebration of the love story yet to be perfectly defined, the one who left the 99 souls for the lost one, the love that keeps giving with laughter, joy and sacrifice. Rotary defines the same story, that for every sacrificial selfless giving done by not abundantly gifted individuals without a second thought, lights up a poor soul, a sick child, a needy community and leaves behind beautiful smiles of gratitude. We loved because Christ loved us first. We wish a Rotary like Christmas 2022.

**Blessing Immaculate Owomugisha**  
*District Fellowship Chair*



THello Readers, the festivities are here , so exciting for all of us definitely. But before we get into them ,allow me share my heart felt gratitude for the contribution you have rendered to our Superb Amazing Times. It's been stunning that you have been part of this wonderful journey .As we ring down the curtain on 2022, allow me wish you a prosperous new year full of love and goodwill. Merry Christmas partners in service! May we always apply the four way test.

**Idah Nakakande**  
*Rct Nakawa Mubs*

Thank you for choosing to serve your community through Rotaract. This festive season, do not hesitate to carry on the Rotary Four-way test in all you do. share the little you have with neighbors, both in your reach and out of reach. Enjoy the festive season but with Caution as AIDS, Covid -19 are real and still existing among us. Keep safe and serve above self.

**Victoria Nampala Bugembe**  
*CEO -Rotaract Club of Bweyogerere Namboole.*



Christmas is a celebration of the greatest gift of love to humanity from God the Father. Rotarians through addressing the most pressing needs in community demonstrate love for one another thereby spreading love! Itvis infectious so let's us spread love from one corner of the globe to the other. Merry Christmas and a Blessed New Year

**CMP Paul Nampala**  
*District New Club  
Development Chair / Regional  
Membership Coordinator  
(Kampala Central 1)*

# CAPTURE THE MOMENT IN MBARARA

Las Vegas Hotel  
27th - 29th April 2023

**Early bird**  
(Up to 31st Dec 2022)

Rotarians - \$190  
Rotaractors - \$120