

AMAZING TIMES

Rotary
District 9213



NOVEMBER, ISSUE #05



D9213 TRF CULTURAL Dinner

THEME
Imagine
Celebrating
the Culture
of Giving

Saturday
26th Nov
2022

Ndere Cultural
Centre, Kisaasi
Kampala

5.00pm -
10.00pm

UGX
150,000

(Includes Food, Soft drink,
and entertainment) Cash
Bar and Cash Muchomo
also available

**Dress
code**
Free choice -
Traditional
attire / Smart
Casual

Activities

Taste Regional Cuisines, Regional - cultural presentations
by clubs, Fashion show, Raffle draws, Entertainment by
Ndere Troupe, PHF Recognitions and lots more.

To register your club participation, please contact PAG Sophie Bamwoyeraki -
District TRF Fundraising Chair (0772411969) or IPP Meddie Lutaaya
Chair - TRF Cultural Dinner (0772628574)

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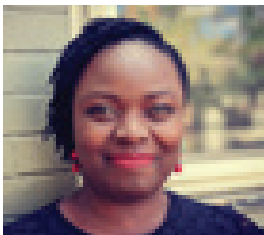
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Editor



Jacqueline Mali
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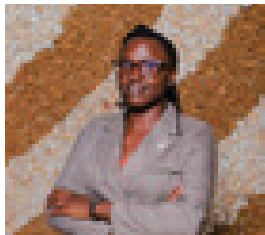
Rehema Aanyu
Editor



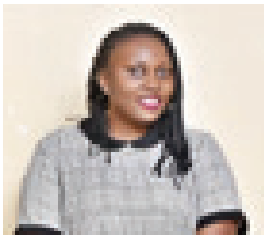
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Editor



Victoria Nampala
Editor

EDITOR'S NOTE

Our beautiful family, its always an exciting moment to know we are going to again have digital conversations with you. Welcome to the month of November - The Rotary Foundation month.

The Amazing Times team would like to appreciate your contribution to making it what it is, thanks for your content and appreciating the need to share your valuable achievements in your Clubs.

We pledge our continued commitment to delivering an educative, informative and entertaining magazine that surely highlights some of the key events you need to know but also keep us up to speed on what happens in our Rotary World.

So grab your November copy and enjoy the reading. Thanks to everyone who makes this happen.

SAMUEL NGAMBWAKI
Editor In Cheif



Sharing our Rotary stories

Being asked to Imagine Rotary can seem like a big, heady exercise, but the most important element of it is something quite small, even personal.

Not too long ago, Rotary members were expected to perform our acts of service quietly. I understood and appreciated the thought behind that — humility is a wonderful trait, and we should continue to nurture it in other ways.

But keeping Rotary to ourselves has a cost. And by sharing our Rotary moments, we are being generous with others and giving them an opportunity to understand the impact of Rotary. It brings to mind that wonderful aphorism that poet Maya Angelou was known for: “People will forget what you said. People will forget what you did. But people will never forget how you made them feel.”

So how do we make people feel Rotary? The best way is to share our Rotary moments. We have all had them — when the ordinary collides with intention to create something extraordinary.

Some people have those Rotary moments the first time they go to a meeting. For others, finding such a moment can take years, perhaps when seeing the joy in the eyes of someone we serve. Or in hearing from another member something that hits close to home.

As Nick and I share this journey, we are amazed November marks the 60th anniversary of Interact! I want to express my fondest wishes to our Interact members and the people who support them. Thank you for everything you do at the work you are performing and the lives that are transforming. Throughout the year, I’m going to share with you the sights and the stories that made those tours meaningful for us.

I hope you can do the same in your corner of Rotary. It can be something you share in meetings or on social media. For the most savvy and ambitious, it could be an event you publicize through local media. Even telling your stories to friends has impact. We need ambassadors for Rotary’s message and our dreams for a better world. The best ambassadors are our members. The more you share stories — and share them from the heart — the more you encourage others to partner with us, to join us, and to stay.

To give you just one small example, in the months ahead, I will be turning over this column to Rotary members who will share their personal stories as they relate to diversity, equity, and inclusion in our organization. It’s important that we hear these stories directly from the people who experienced them as a way of feeling the importance of DEI for the future of Rotary.

In everything we do, what people feel about Rotary will shape our future. I can only imagine what you will inspire through the stories you’ll tell.

JENNIFER JONES
President, Rotary International



Diversity
strengthens
our clubs

New members from different groups in our communities bring fresh perspectives and ideas to our clubs and expand Rotary’s presence. Invite prospective members from all backgrounds to experience Rotary.

REFER A NEW MEMBER
my.rotary.org/member-center



GOVERNOR'S MESSAGE



Fraternat greetings to you all amazing Rotarians of D9213 and beyond. Thank you for successfully completing the economic and community development month of October.

The month which is dedicated to economic activities and initiatives in our communities was kick started with the big debate on the Rotarians SACCO which was hosted by the Rotary Club of Kampala Day break and it ended with an equally interesting concept of a virtual market place hosted by RC Kampala Early Bird and moderated by members of the morning crew.

The same month saw me continue with my tour of duty in the Eastern Region of Uganda where I traversed Jinja , Iganga, Bugiri, Tororo, Soroti and Luuka Districts respectively. Before setting off for the tour of duty in the Eastern Region, I was privileged to be part of the commemoration of the world polio day that was organized by our amazing District Polio Chair PAG Rose Atim and hosted at Kitante pri-

mary school grounds. In the same spirit the Rotary Club of Namboole too organized a polio immunization day which I launched on my way to Jinja.

Rotary clubs are experiencing growth to a level that almost all clubs I visited had new members for induction. Indeed inductions were a common feature on the programs of the clubs visited.

Furthermore clubs were involved in beehive activities with regard to basic education and literacy enhancement program. Many if not all Rotary Clubs in District 9213 are implementing BELEP with several partnering schools. More interesting and exciting was the support given to PLE candidates in form of geometry sets , rulers , pens and BELEP branded success cards for each and every candidate. This was truly amazing and it generated unprecedented state of excitement in the communities. BELEP has had the effect of causing smiles to the learners, teachers, parents and community leaders due to its impact on the learners especially in the rural areas.

In that regard I hope for the best for the month of November whose theme is the Rotary Foundation. It started with a highly successful big debate that I had the privilege of participating in as a panelist together with PDG Xavier and PAG Sophie.

Let's all of us demonstrate amazing levels of giving to the Rotary Foundation as its the engine of Rotary. I am appealing to all the amazing leaders to lead by example in this endeavor. Zero giving clubs are not going to be tolerated as they don't serve a useful purpose in this regard. What is even more disturbing with the zero giving clubs is that it all starts with a zero giving President, followed by a zero giving board and ultimately an entire zero giving club. What a shame!

Going forward let's challenge ourselves to be all giving clubs and all giving individual Rotarians. In that regard you are all invited to participate in the TRF cultural dinner at Ndere Center on the 26th November 2022 where we will " imagine celebrating a culture of giving amazingly. Lets all be there to support our Foundation as it is the right thing to do. Remember every coin counts and will be put to good use in supporting life changing and impactful service projects. Its only then that we will live a useful purpose worthy writing home about.

Wish you an eventful, productive and rewarding month of November. Be amazing by giving amazingly.

Governor Mike
GOVERNOR MIKE KENNEDY SEBALU

DISTRICT ROTARACT REPRESENTATIVE MESSAGE



Sarah Owembabazi
DRR-D9213 2022/23

Dear Amazing Rotaractor and Reader, read about the history and works of our Rotary Foundation here www.rotary.org/en/about-rotary/rotary-foundation. Now that you have a glimpse of the works of our Rotary Foundation, I invite you to be part it.

“Give a minimum of \$5 Dollar per Member for Our Foundation” – D9213 Individual Member Giving Target.

As Rotaractors in D9213, we have been donating generously to our foundation over the years and different this Rotary Year is my request to each of you as an individual to contribute a minimum of \$5. With joint efforts we hope to raise over \$10,000 for our foundation this Rotary Year. I thank you in advance for your usual generosity.

Elevate Rotaract allowed us a Rotaract Clubs to participate in Global Grants for much more impactful projects and I request all clubs in D9213 to take on the challenge.

Once again thank you for supporting the Greater Masaka Edition of the Rotaract Earth Initiative with contributions and project implementation. You are indeed Amazing Leaders!

Here is what we should do:

- Donate a minimum of \$5 or more here www.rotary.org/en/about-rotary/rotary-foundation to support our causes
- Apply for Club Qualification as the first stage of the Global Grant Process
- Partner with a Rotary Club on a Global Grant either as a Key contact or Partner
- Organize a Club TRF Fundraiser
- Participate in the Foundation Recognition Dinner and the Annual TRF Soccer Fundraiser
- Celebrate all Club Members who have given to the Foundation

Key Rotaract Giving and Grant Contacts

- District Rotaract Fundraising Chair (DRFC) – Charles Mugume RAC Mbale Uptown 0750 936679
- District Qualification Chair – Alex Muwan-guzi RAC Njeru 0701 081448
- District Polio Plus- Zenobia – RAC Kololo 0772 811605
- District Fundraising Chair – Naome Kayondo RAC Kampala Ssesse Islands 0782 274951
- DRFC Committee Secretary Aloysie- RAC Nasana 0773 220659

THE ROTARY
FOUNDATION
(TRF)

The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world. Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects. With your help, we can make lives better in your community and around the world.

Mission

The Rotary Foundation helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

LITTLE
DROPS MAKE
AN OCEAN

The growth and recognition of Rotary as a service organization for over a century is closely linked to The Rotary Foundation (TRF). Doing good in the world does pay a dividend; TRF puts contributions from Rotarians and others into service projects that change lives around the world.

Paul Harris said, “Whatever Rotary may mean to us, to the world it will be known by the result it achieves.” Undoubtedly the singular Foundation programme that got the world to sit up and take notice of Rotary was the polio eradication campaign. In 1979, Rotary undertook a project to immunize six million children in the Philippines. This success led to launch of PolioPlus in 1985 on a global scale. There are many stories about TRF’s work in various avenues but the one given below is the stuff legends are made of.

A four-day ceasefire was declared during the insurgency in Northern Sri Lanka so that RI could administer oral polio vaccine to children. I urge all the Rotary stalwarts who seek contributions for TRF to relate such stories, as everyone is moved by stories that make a difference.

To Rotarians who want to contribute but do not because of the mistaken belief that the amount they have in mind will make no difference to the big picture, I say, “Little drops of water, little grains of sand, make the mighty ocean and the pleasant land. So, the little minutes, humble though they may be, make the mighty ages of eternity.”

I am often asked how an apparently meagre individual contribution can be of any use to TRF. Let me say that for as little as 5,000 UGX, a child can be protected from polio; 200 UGX can help provide clean water to prevent water-borne illnesses. Rotarian Arthur Sheldon who joined RC Chicago in 1908 and coined the Rotary motto, said in 1922, “Giving precedes the getting as certainly as seed time precedes the harvest.”

HOW THE FOUNDATION MAKES
HELP HAPPEN

Rebuilding Lives

Rotary clubs worked together to help Puerto Ricans rebuild their homes and hearts after Hurricane Maria.

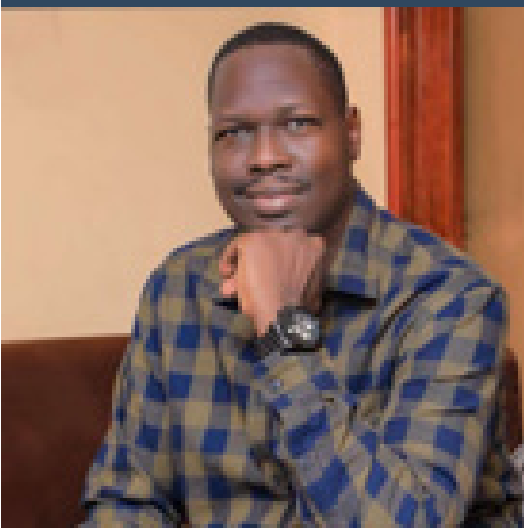
The Power of Light

A grant helped a club in Durango, Colorado, USA, install more than 200 solar lights in remote, off-the-grid Navajo homes.

Healing thousands

Rotarian and physician Pia Skarabis-Querfeld has spent years building a network of volunteer doctors to help refugees in Berlin, Germany.

“Little drops of water, little grains of sand, make the mighty ocean and the pleasant land. So, the little minutes, humble though they may be, make the mighty ages of eternity.”



Friends, think of giving to our Foundation not as a duty but a privilege. I implore you all to give to our Foundation.

Rtn. Emmanuel Mwaka
RC Sonde

WHAT IMPACT
CAN ONE
DONATION
HAVE?

- For as little as 60 cents, a child can be protected from polio.
- \$50 can provide clean water to help fight waterborne illness.
- \$500 can launch an antibullying campaign and create a safe environment for children.

THE GRACE IN TEXAS, THE FINAL TOAST AT THE NILE

The Ultimate goal of life is happiness, as taught by philosophers. Finding fulfilment and meaning in what we do keeps us zealous. This zeal makes us burn with a desire to fulfil our aspirations and goals of life, and thirst for success. This is the attitude that filled the heart and mind of DG Mike Sebalu as he ascended into the skies aboard a plane and landed in Houston Texas for the Rotary International Convention. His pulse and breath was all rotary, being a maiden International Convention in the capacity of DG.

It's no surprise that as he recited the beautiful Prayer of The Rotary Grace, he knew and acknowledged that God had given him a profound Good. He had just inherited a whole D2913 that merited representation. He closed his eyes and lay his hands calmly on his chest, with every heartbeat felt, as he acknowledged God for the gift of his needs. In his constant mentioning of the Grace in

Texas, Mike remembered the rotary fraternity deep in his heart and soul and the Rotary ways of Truth, Fairness to humanity, Good will and better friendship, and being a beneficial leader to everyone.

Texas being a state that loves its own flag, Mike perhaps quickly mastered the basics of cowboy style and adorned himself in cow boy boots, jeans and hut, cutting a look of an accomplished rancher.

Days and nights passed, DG Mike was heavily involved in a bee hive of activities at the International Convention; high profile meetings with the RI president, among a series of other activities. The clock kept ticking at the towering Jinja City Hall tower, as a cloud of uncertainty and fear grew among the Rotarians at RC Jinja City. It was a stormy weather at the river Nile, without certainty of it calming. With hopes lost into oblivion, no one could confirm the physical attendance of DG Mike to install the first President of RC Jinja City. Communication lines were buried and hope for its resurrection was lost. People held their breath given the last communication from Texas about the tight schedules.

THE GRACE IN TEXAS

Cheers, joy and love greeted him as he made his maiden visit to a club to Install the president of Rotary Club of Jinja City. He installed Fr Berry Apire and chartered the Rotaract Club of Jinja City on 11th June 2021.



A new dawn awaited us. At last a voice from the other side of the phone sounded weary. However it was calm and assuring. DG Mike had touched down at Entebbe Airport, after thousands of miles on a Saturday morning. Not even the slightest of rest, not even hugging his wife and kids, his heart was restless until it would find rest at Jinja City, a town that towers and gazes at the Nile.

Fatigued and feeling drained, a weak bodied Mike could still afford his trademark smile and light up the room. His body was extremely weak with a jet lag and luck of sleep for the many hours across the Atlantic. Cheers, joy and loved greeted him as he made his maiden visit to a club to Install the president of Rotary Club of Jinja City. He installed Fr Berry Apire and chartered the Rotaract Club of Jinja City on 11th June 2021. The Grace in Texas was finally concluded with the Final toast at the Nile. The remarkable and extraordinary leadership of a Selfless, down to earth and servant leadership of DG Mike is what motivates me to be a better Rotarian every day.



RC WOBULENZI CHARTS OWN PATHS ON FASHION

On 18th October this year, the Rotary Club of Wobulenzi hosted District Governor Mike Kennedy Sebalu at their usual fellowship venue, Hotel Network.

On the official DG visit, the club unveiled its iconic club uniform for the year amazing year 2022/23 . Every year, Rotary Club of Wobulenzi celebrates major club events and years with a special branded uniforms.

“One of things that Rotary Club of Wobulenzi has mastered is managing Public Image. The uniforms are amazing and am happy for this innovation” DG Sebalu remarked.

Amazing President Ronald Kisakye said that the uniforms define what the club is and partly helps it to keep memories of the years.

We now bring to you the photos of the members of Rotary Club of Women in club uniform on official visit of DG Mike Sebalu and other past year events.

One of things that Rotary Club of Wobulenzi has mastered is managing Public Image. The uniforms are amazing and am happy for this innovation”



WORLD POLIO DAY 2022 AND BEYOND: A HEALTHIER FUTURE FOR MOTHERS AND CHILDREN

Every year on 24th October, Rotary and Partners converge together to commemorate World Polio Day as they assess progress on the road to polio eradication. This year, the days leading to, and after 24th October comprised of a flurry of activities by Rotarians and Partners.

Take deliberate action and reach out with the vaccination message to some religious sects in Busoga and difficult regions such as Karamoja where insecurity impedes vaccination.

Ministry of Health conducted round one of house to house under 5 polio immunization in January 2022 while round two is scheduled for 4th to 10th November 2022.

Saturday 22nd October was a day of awareness raising that included fun and merry making as Rotarians and Partners converged at Kitante Primary School for the World Polio Day Commemoration Games, a pre-24th October 2022 event. The games included short relays, bottle filling, skipping, sack race and tug of war. In attendance were Rotarians from 32 Clubs, Rotaractors from 12 Clubs, Camping Rotarians Fellowship and Janan Schools Interact Club. Partners from Ministry of Health Uganda, the Global Polio Eradication Initiative, Digital Payment Initiative and Research in Africa (DHPI-R), Mengo Rotary Blood Bank and Medipal Hospital equally joined the celebrations.

A press conference was held during the celebrations in which DG Mike Sebalu was joined by Dr. Kyabayinza Daniel, Director Public Health who represented the Hon. Dr Jane Ruth Aceng, the Minister of Health who

appreciated Rotary for the support towards polio eradication. He informed the media and participants that following last year's confirmation of positive laboratory tests from samples taken from Lubigi and Bugolobi sewerage plants, Ministry of Health conducted round one of house to house under 5 polio immunization in January 2022 while round two is scheduled for 4th to 10th November 2022.

District Governor Mike Kennedy Sebalu launched the games which commenced with tug of war that pitted District Officials against Amazing Presidents. The District Officials won the tug of war because according to them, "the APs could not let their Governor lose"! From this was a series of games that gave the participants an opportunity to exhibit teamwork, bond and have fun. As some participants realized, it is not easy to fill a bottle with one's bare hands or run in a sack unless you choose to



hop like a kangaroo. All in all, they remained determined to bring out the best in them in order to clinch the awards. At the end of the day, the winning Rotary Clubs were: Nakawa in first place, Kyadondo in second and Sonde in third place. The Rotaract Clubs in Mulago gave each other a run for the awards. In first place was Rotaract Club of Mulago School of Nursing and Midwifery and Mulago in second place.

24th October 2022: World Polio Day

Rotary D9213 World Polio Day Commemoration was hosted by the Rotary Club of Bweyogerere Namboole. The commemoration began with a motorcade, led by Uganda Police Traffic officers, followed by boda boda riders donned in End Polio Now reflector jackets that snaked its way from Mamerito Hotel to Bweyogerere Health Cen-

tre III (Kireku). In waiting, where over 50 parents with their children for the launch of the polio immunization. DG Mike Sebalu and District Officials were welcomed by IPP George Ochom whose command of Luganda was only 'perfect' in the evenings. DG Mike thanked RC Bweyogerere Namboole for organizing the WPD commemoration and the parents for having their children's best interests at heart seen through bringing of the children for immunization.

26th September 2022: Launch of House-to-House Immunization by The Ministry of Health

On Wednesday 26th September 2022, the Ministry of Health launched the House to House second round of polio immunization targeting 8.7million children under 5 that will take place from 4th-10th November 2022. PAG

Rose Atim, the District PolioPlus Chair representing the DG Mike Sebalu thanked the Ministry of Health and GPEI partners for the support leading to World Polio Day Commemoration Games. She shared Rotary's polio eradication journey and commitment to support eradication efforts until polio is eradicated from the world. Hon Dr Rotarian Jane Ruth Aceng in a special way thanked Rotary for supporting the immunization programme. She called upon Rotarians who are many and stronger in numbers, to take deliberate action and reach out with the vaccination message to some religious sects in Busoga and difficult regions such as Karamoja where insecurity impedes vaccination.

The District PolioPlus Committee wishes to recognize the following Clubs for their support and participation.

RECOGNITIONS

Rotary Clubs

Rotary Club of Bugiri
Rotary Club of Butabika Royals
Rotary Club of Bukoto
Rotary Club of E-Club Ntinda
Rotary Club of Gayaza
Rotary Club of Gulu
Rotary Club of Jinja
Rotary Club of Jinja City
Rotary Club of Kampala City
Rotary Club of Kampala Day Break
Rotary Club of Kampala Early Bird
Rotary Club of Kampala Metropolitan
Rotary Club of Kampala Naalya
Rotary Club of Kampala North
Rotary Club of Kampala Springs
Rotary Club of Kampala Sunshine
Rotary Club of Kasangati
Rotary Club of Kawempe
Rotary Club of Kira
Rotary Club of Kiwatule
Rotary Club of Kiwenda
Rotary Club of Kulambiro
Rotary Club of Kyadondo
Rotary Club of Nakasero Central
Rotary Club of Nakawa
Rotary Club of Njeru
Rotary Club of Ntinda
Rotary Club of Portbell
Rotary Club of Seeta
Rotary Club of Sonde
Rotary Club of Sunrise Kampala



Rotaract Clubs

Rotaract Club of Clarke International University
Rotaract Club of Gulu University
Rotaract Club of Kampala Ssesse Islands
Rotaract Club of Kololo
Rotaract Club of Lira
Rotaract Club of Mulago
Rotaract Club of Makerere University
Rotaract Club of Mulago School of Nursing and Midwifery
Rotaract Club of Ndejje City
Rotaract Club of 7 Hills
Rotaract E-Club Kampala 7 Hills
Rotaract Club of Bukoto
Rotaract Club of Uganda Institute of Allied Health and Management Sciences

Interact Club

Janan Schools

Fellowship

Camping Rotarians Fellowship



THE PROJECTS

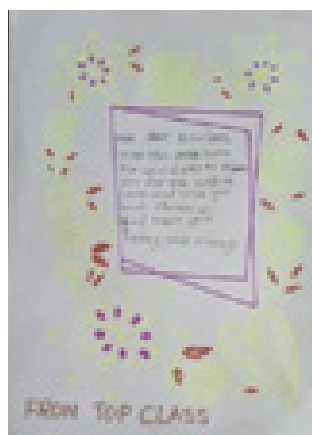
Rotarians at Work

The projects experience has re-ignited my desire to serve above self

Simply put, Ssesse Island and “Ba’Ssesse” are breathtaking. Nothing is more inviting than Lake Victoria waves that hit the shores, the fresh air and the welcoming dwellers.

As a new member of Rotary Club Kampala Ssesse, the projects experience has re-ignited my desire to serve above self.

Our Assessment team of the proposed Ssesse Cultural Library Project met Jjaja Ruth and Ssesse



local leaders who explained the need for the social, economic and cultural lifestyle of the people of Ssesse to be recorded, archived, and stored for future reference.

September 24th 2022, was the highlight of all activities this year for Rotary Club Kampala Ssesse as we successfully launched the Dajje Community School library, visited Dajje Medical Center, empowered the Ssesse girls through the Ssesse Girls’ project at Kibanga Primary School and a medical camp was held at Mwena Landing Site.

Dajje Community School students, teachers and the local community leaders’ faces beamed with gratitude as the District Governor Mike Kennedy Sebalu, accompanied by the Assistant Governor Judy Obitre Gama, and President Justine Ka-

Children, youth and the elderly couldn’t help but wear smiles and sighs of relief as they received free medical advice, supplies and mosquito nets.

zibwe Nantuwa, unveiled a library of books donated by Rotarians. A D.E.A.R moment was held, where a 5 year old eloquent student read out loud, later the DG laid the foundation stone of a new office block.

Dajje Medical Center’s adherence to OSHA (Occupational Safety and Health Administration) Standards was commendable. Patient beds and all equipment were clean and in great shape. They also kept proper med-

ical records, although there is need to slowly transition to Electronic Medical Records to ease Medical Referrals.

Mwena camping site bustled with activity as locals played musical chairs from one medical provider to another as the medical team attended to them. Children, youth and the elderly couldn’t help but wear smiles and sighs of relief as they received free medical advice, supplies and mos-

quito nets.

A unique blend of the day’s adventure and service kept us energized. The spirit of togetherness for a cause was unwavering. Please accept these verbal and written messages from the people of Ssesse Island to Rotary members.

“Thank you Rotary Uganda, thank you Rotary International” residents of Ssesse Island, Uganda.

Rtn: Hildah Love
RC Kampala Ssesse Island



Death; be not proud

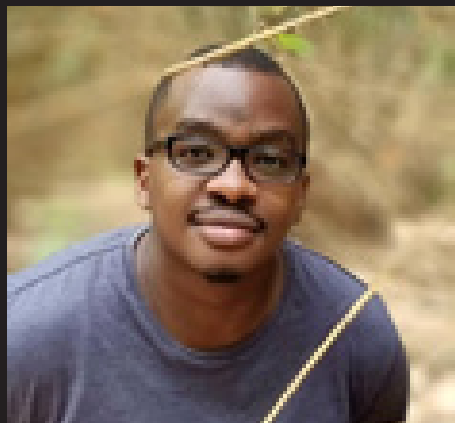
For the Club this will be our guiding light, we will walk a mile in the shoes he had envisioned for the Rotary club of Kisaasi Kyanja and by grace we will succeed at all costs.

Borrowing from preeminent metaphysical poet John Donne's famous poem-, death be not proud. Though death yanked out of our grasp our President Elect Tashobya Ronald and Lisper Rono Roberts we know death is a short sleep then we wake eternally and Tash & Lisper have indeed already woken eternally from whence we shall meet them.

While it's been excruciating for the club (RC Kisaasi Kyanja) to lose two of its most vibrant, fun and witty members, it must be hell for their families. As a club we continue to hold them in prayers and continually will offer moral support where possible for them to grieve and come to terms to this insurmountable

loss.

That dark day in April will forever be etched in our memories when the fateful accident near Nakuru happened as part of our team was headed for the 97th District Conference Assembly at idyllic Eshnapai resort in Nainashua. The outcome of that accident could have been far worse. We thank the creator for sparing the lives of the other four club members, Mr. Roberts who is a husband to our dearly departed Lisper together with their driver. We continually join their families to thank God for his mercies that enabled them to survive the accident albeit with a number of injuries. We commiserate with the Families of Late Tashobya Ronald and Lisper Rono Roberts



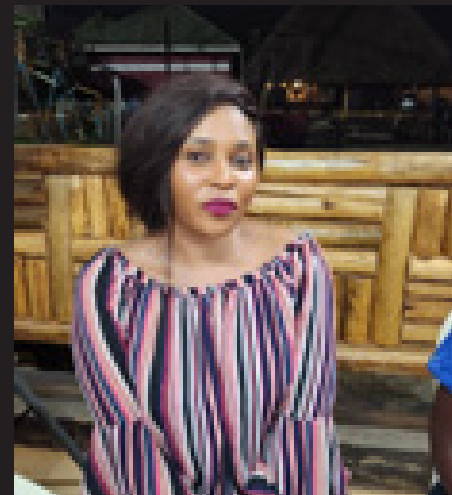
PE RONALD TASHOBYA BECWARIKA
DECEASED



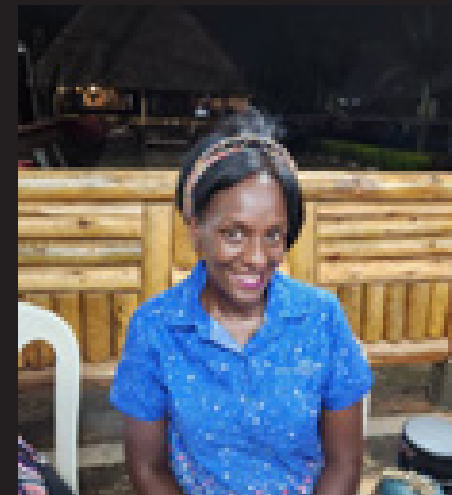
RTN. LISPER RONO ROBERTS
DECEASED



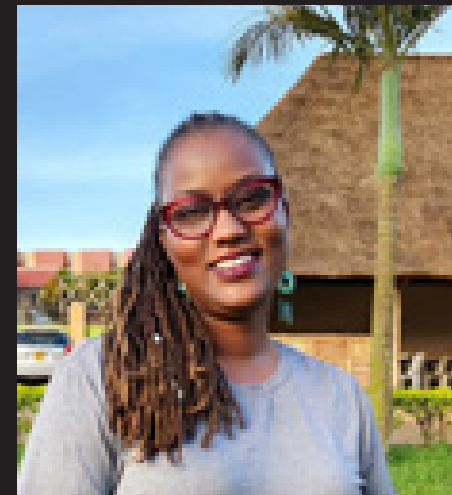
NAMUTSO MARTIN
SURVIVOR



NYCE KYAKUNZIRE
SURVIVOR



NAHUMUZA BIRUNGI OLIVIA
SURVIVOR



PAMELA RUHARO NYAKAIRU
SURVIVOR

and pray for them.

After the accident happened, I witnessed the spirit of Rotary at work. Rotarians of all walks of life both from the conference host Country Kenya and the Ugandan Delegation teams who rushed to be of service however tinny it was to ensure our beloved were evacuated and rushed for emergency care and handling. I cannot fail to single out the Kenyan Community around the accident scene who evacuated the accident victims out of their mangled car, secured their properties and ensured they were transported to Hospital.

Special mention and club gratitude go to Change Maker President Joab of RC Nakuru and David Nyagah Oduol a non Rotarian but with a Rotarian heart, who did what was humanly possible to ensure our people were well cared for. They religiously checked on our

patients literally everyday they were in Hospital in Nakuru, President Joab even paid the initial bill to have everyone x-rayed to assess their injuries and do proper triage. He also arranged for a Medivac transport plane that returned one of our Rotarian who needed a second surgery back here in Uganda and contributed money on that bill. It is indeed true that angels live among us if we care to be observant. There are many who helped but not mentioned in this piece, As RC Kisaasi Kyanja we say unreservedly thank you.

While the physical wounds are healed, the trauma and palpable sense of loss will be with us for such a long time. We continually pray for the grace to grieve, to stand in the gap as the rotary community for our healing friends and their families. Coping with such a huge loss for such young,

energetic and very much loved and cherished friends is a life time job. We shall always be there for their families whenever called upon.

Like a Phoenix rising out of fire we shall grieve, rebuild and come out this tragic loss as a club stronger and ready to continually serve humanity. We shall embody the values of Tash and Lisper by ensuring their values are reflected in the works we do. As a President Elect, Tash had grand visions to take the club higher. For the Club this will be our guiding light, we will walk a mile in the shoes he had envisioned for the Rotary club of Kisaasi Kyanja and by grace we will succeed at all costs.

May our healing friends continue healing both physical wounds and emotional ones, May the souls of Tash and Lisper rest well. We know we shall meet them one day.

PP. Fiona Abaasa
Director Public Relations
RC Kisaasi Kyanja.

The Kashanda ya Nyamabaare

Over 1,300 received medical services on 8th October 2022 at Nyamabaare health center II, Sheema district.

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 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 Ser-

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

vice 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 goes 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 Mother club, the Rotary club of Kololo.

The Rotary Club of Kiwatule mobilized for text books that will help students in 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.

COMMUNITY SERVICE

Bringing a Smile

Rotaract club of Mulago school of nursing and midwifery serves its community "Don't wait for the world to tell you what you can do because we have the power as part of the Rotary family to raise up our world " wow such an amazing statement made by our Rotary International president Jennifer Jones during her Impact tour at the Africa Peace concert on 2nd September 2022 The Rotaract club of

Mulago school of nursing and midwifery rose up for that Impact to see a transformation and give a hand to the wicked mothers at Kawempe National Referral Hospital in a theme of "bring a smile to a mother and a baby" which took place on 14th September, 2022 Due to the fact of our profession it wasn't hard for us to come up with this project as one of our service projects to the community



where we live. We managed to donate items such as sugar, wipes, diapers and soap, we again went on to health educate mothers on Maternal and child health it being on of the areas of focus for Rotary.

Special thanks to Mother club, Rotary club of Kampala Day break for the support rendered towards this success and to all the friends of the multivitamins who were able to attend to that call.

Nansereko Madrine
Club Secretary / President Elect





POLIO FIGHT GOES TO PARLIAMENT

Rotary Kampala South Takes the Polio Fight to Parliament



Dr. Jonas Edward Salk – the American Virologist and Medical researcher developed the first successful polio vaccines.

To honor his contribution to humanity, his birthday 28th October is now celebrated as the World Polio Day.

Polio, or poliomyelitis, is a paralyzing and potentially deadly infectious disease that most commonly affects children under the age of 5. The virus spreads from person to person, typically through contaminated water. It can then attack the nervous system.

Rotary has been working to eradicate polio for more than

35 years now with the goal to rid the world of this disease completely.

As a founding partner of the Global Polio Eradication Initiative, Rotary members have reduced polio cases by 99.9 percent since the first project to vaccinate children in the Philippines in 1979.

Rotary members have contributed more than \$2.1 billion and countless volunteer hours to protect nearly 3 billion children in 122 countries from this paralyzing disease. Rotary's advocacy efforts have played a role in decisions by governments to contribute more than \$10 billion to the effort.

This year's World Polio Day, the Rotary Club of Kampala South marked the day in the halls of Parliament when it hosted the Rotary Chair for Polio PGD Michael McGovern to discuss global strategies being taken to eradicate Polio.

PGD Michael intimated that while the eradication of polio goal is closer than ever – there remains a few challenges to completely rid the world of this killer disease. In 2021, there were 6 new polio cases registered worldwide and this year 21 new cases have been registered.

Pakistan and Yemen are the top two countries contributing to majority of the new cases that has been registered. This has been attributed to primarily the political instabil-



Rotary Members on average raise \$50m towards the eradication of polio and the Bill and Melinda Gates foundation matches it with \$100m



“ROTARY HAS BEEN WORKING TO ERADICATE POLIO FOR MORE THAN 35 YEARS”

ity affecting the two countries that’s hindering immunization efforts against this killer disease. There were new cases registered in Malawi and Nigeria too.

However, on the positive side, the Bill and Melinda Gates Foundation have continued their pledge to match whatever Rotary Members give towards the fight against Polio with a 2:1 Match.

Year on year, Rotary Members on average raise \$50m towards the eradication of polio and the Bill and Melinda Gates foundation has matched that continuously with \$100m to rid the world of Polio.

PGD Michael urged Rotary Members to continue contributing to the eradication of Polio until the world is rid of this killer disease.



Rtn. Wilson Byekwaso
PR Directory,
Rotary Kampala South

PGD Michael intimated that while the eradication of polio goal is closer than ever – there remains a few challenges to completely rid the world of this killer disease.



THE ROTARY FELLOWSHIP OF CAMPING

This fellowship was launched in Nov 28th 2020 at Ssezibwa falls



Rotary Fellowship of Camping started as dream its now a reality with a group of friends, Rotarians and family that share a common passion of Camping and fun. It is built on a premise of making new friends, bonding and new networks through fun around the world but most importantly explore a hobby of Camping to continue serving the communities around the world.

The purpose of this Rotary Fellowship is to provide a Camping platform for any interested individuals to network, collaborate and raise funds through engagement in camping and fun towards support of service projects

and above all the opportunity to enhance health and wellbeing through the participation in the Fellowship.

This fellowship was launched in Nov 28th 2020 at Ssezibwa falls and raised money then donated an ECG machine to Mulago Referral Hospital which is helpful to both adults and children.

The 2nd Edition was in October 9th 2021 still we raised funds and donated 2 ECG machines to Mbarara and Jinja Referral hospital and this has captured a number of Rotarians, Rotaractors and guests to join the Camping.



OBJECTIVES

- To explore Rotary with more experiences through Camping annually.
- Our Main objective is drawn on Cardiovascular conditions as Campers
- To provide opportunity for networking and collaborations through useful Camps and fun events among any interested individual, Rotary clubs and Rotarians / non Rotarians world over
- To enhance and foster fellowship members health and well-being through fun filled activities during the Camp as we raise funds.

OUR VISION STATEMENT

To be the heart
champions of choice



STRATEGIC PLAN

Our strategic Plan is to construct a Rotary Camping Heart Institute in Uganda to help out on the overflow in the one heart institute in Uganda.

WORK PLAN

- Our work plan is to have a Rotary camp officer in every Rotary Club, to help in mobilization, educating, sensitizing and Rotary Fellowship of Camping visibility.
- To continue working hand in hand with the Doctors in mulago Heart Institute for better services.
- Looking out for corporate companies/ organisations locally and internationally to partner with to achieve our goal.

Rtn Irene Nakanwagi
Luweesi
Chair the Rotary
Fellowship of Camping



MEMBERSHIP

Membership is open to any interested individual participant and offered on an annual basis at a annual membership fee of \$30

However, lifetime memberships may be offered at the discretion of the Rotary Fellowship's Board of Directors.



OUR STORIES

Staying Active Away From Home

The digital era has made
the world a village to work
and live in.



**Rtn Joshua
Ashaba**
Rotary Club of
Kampala
Morning Stars

In 2020, Rotarian Mercy Kainobwiso the Past President of Rotary Club of Bukoto made a post on Facebook inviting her followers to join Rotary.

After having gotten much information from my Old Boys and friends, notably, Rtn Herbert Ampeire of Rotary Club of Muyenga Tankhill, Rtn Vicente Hike Shabomwe, Rotary Club of Masindi, AG Ronald Namanya of Rotary Club of Kampala Metropolitan, it was never going to be hard making the decision.

I was inducted as a member of the Rotary Club of Kampala Morning Stars in February 2021 where I served as Director TRF, and ushered in our 1st PHF for the club

whilst working in the Diaspora.

Having left the country in 2019 and Covid-19 ushering in the lock down early 2020, connecting with fellow Ugandans, Rotarians and friends through online fellowships has been something I look forward to every Friday morning at 0700hrs EAT.

The love for Rotary, community service and being passionate about what I land my hands on, have enabled me to keep active despite my location. The digital era has made the world a village to work and live in. I miss the physical engagements and interactions with my fellow Rotarians but I stay active through attending online meetings and contributing towards projects.

By PP Peter Kasango
Pkasango20@gmail.com



Every drop of safe water counts

An extra drop of water changes lives gives birth to robust economic development in Buffujja community

About five years ago, press releases about the persistent flooding in Butalejja District in eastern Uganda caught the attention of Bweyogerere Namboole Rotary Club.

Although water is a basic need, getting safe water when one is in a recurring flood area can be devastating. And yet people who have access to clean water take it for granted. The situation is even worse when women experience their monthly menstrual periods and do not have access to minimum standards of hygiene. We realized a dire call for help.

The flooding destroyed gardens, which affected food production and cash crops. The

only drinking water sources, open pits, overfilled by the flooding along with the toilet facilities. The river's now highly contaminated water spilled into the only open water sources for the village of Buffujja, Naluhonjohe and its surrounding communities.

This flooding dramatically and negatively affected the health of the people living in these villages and communities by spreading several diseases, such as cholera and diarrhea. Over 80% of illnesses were linked to impure water and deplorable sanitation conditions. Over 90% of the area residents lacked access to safe drinking water and over 80% of the residents lacked access to adequate sanitation facilities.

The flooding created other

problems as well; trees were destroyed, resulting in further erosion and worsened flooding and serious scarcity of firewood. Education standards were reduced because of increased illnesses and community time and energy focused on the searching for clean drinking water.

As an emergency intervention, the Rotary Club of Bweyogerere Namboole conducted a comprehensive community needs impact assessment, whose findings led to the development of an Adopt-A-Village project for this area. The project had four components; Water and Sanitation, Health Care, Education, and Alternative Income for the village and community inhabitants.

The Water and Sanitation component, with objectives



cutting across the other three components, received overwhelming support. The Club embarked on intervention with inquiries through which the Uganda Water Rotary Plus, an action group for WAS-RAG, advised that the initial priority be focused on the Water and Sanitation component. This advice coincided with the ranking results of the community needs assessment.

To develop a response, the Rotary Club of Bweyogerere Namboole partnered with the Rotary Club of Bellingham in Washington, USA on a global grant project. The match making of our two clubs was greatly facilitated by the WAS-RAG project inventory website. Through a series of due diligence conversations, both clubs agreed to move forward with seeking the necessary grant funding.

In September 2014, the Rotary Foundation approved the Buffujja Sanitation and Hygiene Project, GG 1417543 valued at \$35,814.00. Deliverables included:

1. Provision of clean drinking water
2. Hygiene and sanitation facilities
3. Education related to health impacts and importance of clean drinking water, hygiene and sanitation
4. Provision of energy-saving stoves to eliminate in-home air pollution
5. Construction of three Eco System toilets
6. Distribution of reusable sanitary pads to community women and school children
7. Education and follow up support to ensure the project's sustainability.

The beneficiaries of these deliverables included the village of Buffujja and six adjacent communities, for a total of about 6,000 people. The success and great impact of this project attracted many other villagers from as far as 10 km to access safe water from the three new clean-water stations in the area.

The project design was made to be self-sustaining, the community was to pay a small user fee of shillings 100 for every jerrycan of water collected from the water service points. The 100 shillings was supposed to cater for sustainability of supply, maintenance, service and a retainer for the water point attendant.

The Birth of a community Development circle

Following the completion of the water installation as designed, a water community committee was nominated to manage and oversee the project operation. Through the committee's efforts the following was realised;

- Youth groups, religious leaders and the entire community all enthusiastically unified to support the project and its sustainability.
- Over time, the project was gradually shifting from the hands of the Rotary club to the community's leadership, elected to be responsible for the proj-

ect’s sustainability and becoming an integral part of their daily life.

- Ownership of all equipment and related documentation was passed over to the community’s trained water committee. This committee that received training had already demonstrated its capacity to manage, maintain, and repair the equipment to ensure the system’s sustainability.

- The project execution overall has resulted in the communities’ strengthened ability to develop and maintain sustainable water and sanitation systems, and to provide supporting programs that enhance community awareness of the benefits of clean water, sanitation and hygiene.

- The community leadership fully embraced the project and they are gainfully managing the minimal user fees to sustain the water supply.

The water committee in its operations drew up a working program. Key item in the program was to conduct community water user monthly meetings where they were to present the monthly water usage, payments due to NWSC, reports from the water service points attendants and to receive feedback from the community.

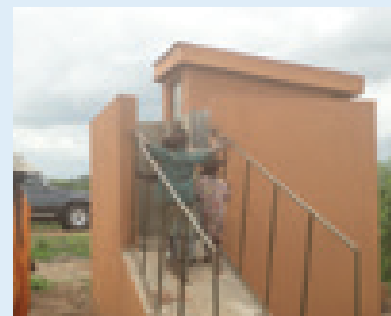
It was at one of these community meeting that it was confirmed that a very fair cost of shillings 100 per water Jerrycan was given by NWSC. In actual sense computations revealed that the actual cost as per water meter was 40 shillings per Jerrycan.

Following the revelation, the water committee upheld the water cost per Jerrycan at 100 shillings breaking it up as follows

No	Cost category for one water jerrycan	Cost in shillings
1	Repayment for NWSC	40
2	Attendant retainer fee	20
3	Savings for the circle	40
	Cost of a water jerrycan	100

Strict accountability tools were instituted and were agreed upon by the community. They agreed to form a community circle initially with the saved 40 shillings out of every water Jerrycan sold from the three water serving points. Strict computations and necessary monitoring were put in place. Community members were urged to join the proposed circle with a monthly contribution of 2000 shillings.

For every jerrycan of water, the circle receives 40 shillings. This amount has overtime



grown to high figures. This is boosted by the monthly contributions from community members currently with a membership of 300 people. The District community-based organization took interest in the group by providing seminars, roles and rules of management. The community is excited with what the circle is enabling them to do.

Management of the circle controls and operates the borrowing mainly for Rice growing by the registered community members, who are planning to take it to another level by the creation of a cooperative society where they pull together the harvested rice, shell it as a unit and marketing it in bulk.

A community savings scheme has further been established within the circle based on the savings made from the water user fees and boosted by members’ savings. Here members also open up their secondary members savings numbers within the circle to act as a village Bank.



Outcomes and what we have learned

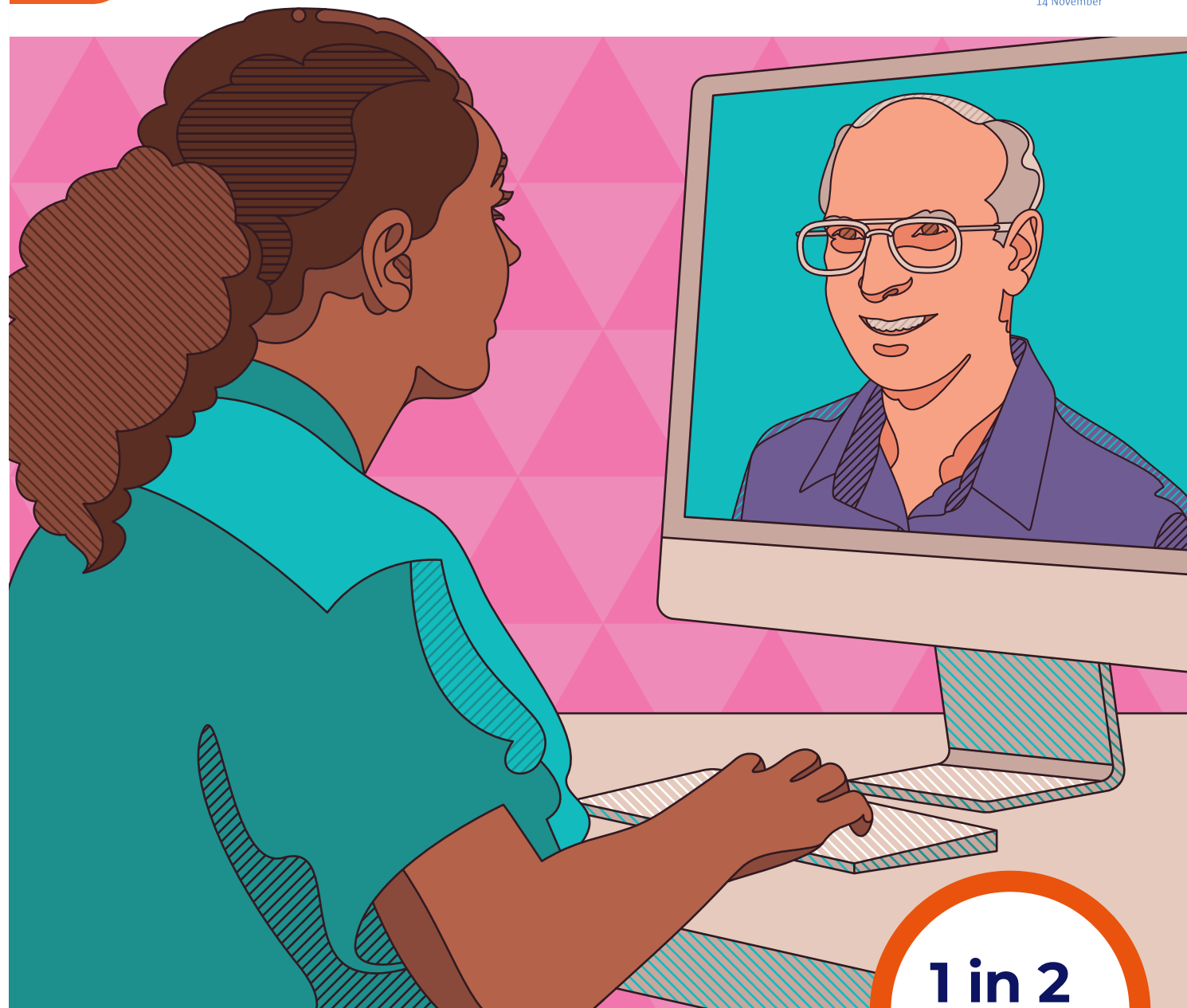
1. The outcomes of every drop of safe water counts, an extra drop of water changes lives gives birth to robust economic development in Buffujja community has been real.
2. Along the way, we Rotarians from the Bweyogerere Namboole Rotary Club and the Rotary Club of Bellingham, Rotaractors, and the people of the Buffujja and Naluhonjohe villages and outlying communities have learned that when inspired to work together in the interest of an engaging cause, there is no problem bigger than we are!
3. The project’s established water stations are now “centers of health” in these communities and they are drivers of economic activities, fewer children suffer from water

- related illnesses and attendance in schools increased by 40% leading to a 50% increase in academic performances on final exams.
4. Women are no longer stressed and exhausted with trekking long distances for clean water
5. Girls are no longer exposed to predators while in search of water
6. The overall health of all community members has greatly improved
7. Just as the Rotary Foundation’s works have helped save millions of lives around the globe, it has also transformed the mindset of the many Rotarians involved in the Buffujja water and sanitation Project. We have all become galvanized and energized by the Rotary Foundation’s support.
8. When, at the 1917 Rotary Convention, Arch Klumph announced his vision of creating an endowment fund “for the purpose of doing good in the world,” never could

he have imagined just how much good in the world his idea would ultimately accomplish. A century later, The Rotary Foundation continues to touch people’s lives every minute of every day of every year. Truly said, the sun never sets on the work of the Rotary Foundation.

Gratitude

We extend our thanks to the unfailing support of the Rotary Foundation and the Uganda government: the latter’s National Water & Sewerage Corporation was instrumental to our projects in the permitting process, contributing its expertise to the project’s construction, and allowing us to connect to an existing municipal clean-water system so that our projects could supply clean water reliably and without further treatment or pumping, an act that has led to great economic transformation of Buffujja community.



1 in 2

people with diabetes
do not have access to
education programmes

People living with diabetes need ongoing education to manage their condition. Many do not have access to diabetes education.

IF NOT NOW, WHEN?

Join our campaign at:

www.worlddiabetesday.org

#IfNotNowWhen

Diabetes for the Wave

By Jackie Namara Rukare

When our son David was diagnosed with type 1 diabetes 13 years ago, we knew as a family, that we had to learn as much as possible, as quickly as possible as he was too young to take care of himself.

We are committed to continuous learning on all matters diabetes and he now has an active role in seeking out information that is discussed with our healthcare team in order to have the most appropriate diabetes care and management. More than 90% of diabetes care is self-care so you need the knowledge to make informed decisions.

The theme for World Diabetes Day 2021-23 is access to diabetes care. In 2022, the campaign focuses on the need for better access to quality diabetes education for healthcare professionals and people living with diabetes.

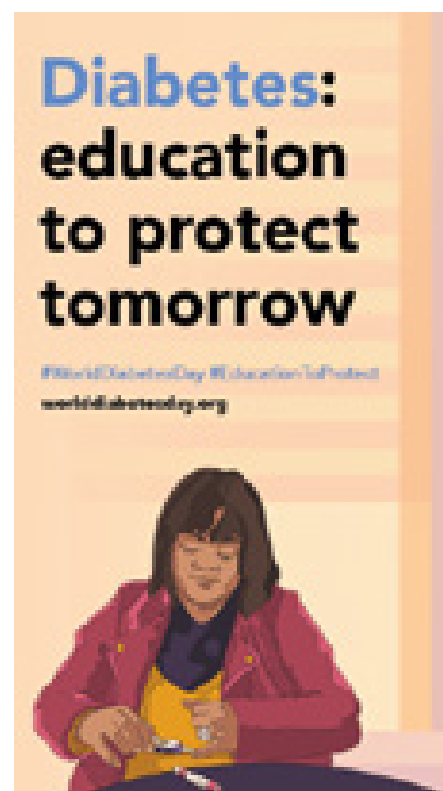
One in 10 adults around the world currently live with diabetes, an estimated 537 million people. Almost half do not know they have it. This

is putting added strain on healthcare systems. When diabetes is undetected or inadequately treated, people with diabetes are at high risk of serious and life-threatening complications. Investment in diabetes education will help reduce the prevalence of diabetes-related complications and the economic impact of the condition.

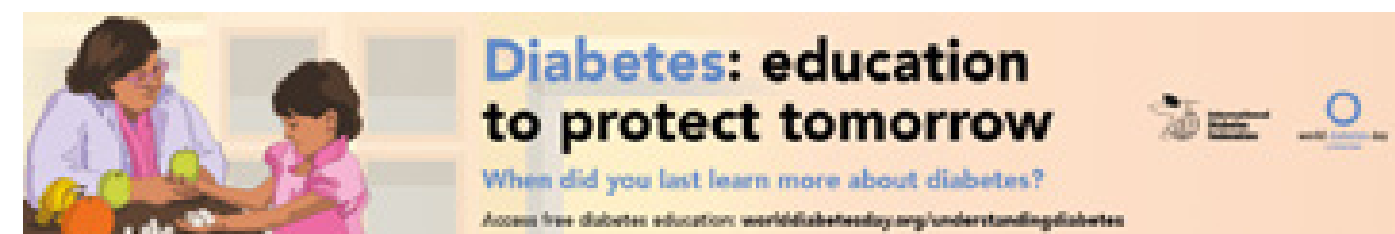
Healthcare professionals must know how to detect and diagnose diabetes early and make the most of the limited time they have to provide the best possible advice and care for people living with diabetes.

For more than 95% of the time, people living with diabetes are looking after themselves. They need access to ongoing education to understand their condition and carry out the daily self-care essential to staying healthy and avoiding complications.

Education can help stop the rise of diabetes and protect tomorrow.



The writer is the District Chair, Public Image 2022/23; a Past President for the Rotary Club of Kitante 2020/21; a proud Diabetes Mom and Co-Founder – SUGARcubes (a diabetes support group)





FAREWELL

CMP Susan, my heart hurts like never before. I feel the pain of a broken heart yet I have to continue. I wish you lived for me Susan. We had great plans!

I had hope that we will share that smile again and talk about the experience of ICU but it wasn't to be. You have left a void in me and the entire Change Maker Family. A huge gap that we will never fill in the CM Presidents' Forum & Support Team respectively. We all loved you so dearly and would do anything humanly possible to claim you back if there was a way.

Forever in my heart you will be dear CMP Susana (as saved on my phone). We have to let you go until we meet again.....You will forever be in our minds. Even then Susan, I feel beaten at my own game... I always thought I would walk with you through this healing journey to victory it wasn't to be. I lost the plot!!

RIP my friend CMP Susan.

CP Kate Barasa (PoP 2021-22)

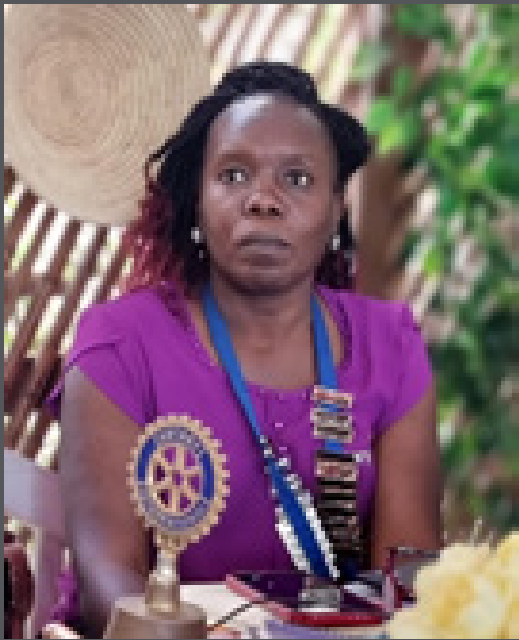
Dear Susan,

At times it's after someone departs that we learn valuable lessons. Even though we hardly interacted socially, the legacy you've left of service with fun, hard work, deep friendships, keeping memories alive with pictures has not left me the same. You run a good race. Rest with the Angels my dear.

Love, Rtn Lynda Ndayindira Were

"Back and forth you went through the article for the project of my club. You understood my struggle and advised me with patience, you helped me edit until it was well presented to appear in the Rolling Wave magazine. You left no stone unturned so that everyone could excel. The Change Maker You were and will be remembered. Thank you so much. Rest with the Angels dear Sue.

Rose Kabunga



In all that love, in all that care, in all that friendship, in all that smile, jolly face, soft voice, loving posts, quality leadership: Susan was simply showing us how to do things irrespective of the circumstances, as well as saying goodbye to us. Joyful, cheerful, loving, caring, unifying: thanks Susan for bringing us much closer as you sadly move further apart from us physically. The joy you brought us through the years: the pain your demise has caused us: the two will combine into a never ending memory of you CMP SUSAN. Fare thee well my dear sister.

PMMC Chair Rtn Gerald Obai RC Gulu

Oh CMP Susan, my superwoman, you have gone too soon! I used to call you superwoman because you took on two stressful roles during the Change Maker year: always brave, always strong! You dared and you succeeded with a lot of grace! I never saw you lose your cool, always calm and collected, what a superwoman! I celebrate you today and always, as we start the journey of saying good bye. I say journey because it cannot be done in one day, it will take a long time, you will always be in your hearts as shall all the memories that we shared. Rest with the angels, my superwon CMP Susan!

CM DES Jane Kabuga

You were not just a friend, you had become a source of inspiration and motivation. Though I cannot see you or meet you but you will always stay alive and smiling in our memories and hearts. I wish you could stay more longer with us, spend more time and spread more happiness around you but too late. To someone we love, I won't say you are gone but rather see you soon one day....Rest in Glory Susan aka My Rebel.

**CP Samuel Ngambwaki
Rt Kampala Morning Stars**

"For the lives you improved through Rtn. Susan, we thank you Lord!

CMP Eva Gakumba RC Kabulasoke Gomba



CMP Susan, we are surely gonna miss you. You epitomized calm composure. You served humanity with precision and never once did I hear you raise your voice. You loved the youth and had great plans for Interact in our 09213. Go on and join the heavenly choir of Angels because you loved singing and praising the Almighty. Eternal Rest Grant Unto Your Soul.

Charles Odaga

A good heart stopped beating, a good soul rose to heaven closer to God. The pain of losing you Susan aka Sue will forever remain in our hearts. We shall miss your positive energy on the Change Maker Support forum. We shall forever hold onto the beautiful moments we shared Sue. Very impactful.

Psalm 73:26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever. RIP CMP Susan

CMP Mary Mpirirwe- RC Bulinda

On behalf of the Rotary fraternity and my family, I wish to extend my heartfelt condolences to the bereaved family of the late Rtn Susan Ajok, the Rotary Club of Kampala West in particular and the entire Ugandan Rotary fraternity upon the demise of our very own District Rotaract officer and a Past president.

I join the entire Rotary fraternity to celebrate the life of Rtn Susan Ajok who was a resourceful Rotarian that dedicated herself in serving humanity with dignity and decorum. She always presented herself for service and leadership of Rotary both at the club and District level. At the time of her death she was serving as the District Chair for Interact for which she had made very good plans that she was due to implement. Death has denied the opportunity to fulfill her amazing plans.

The only way we can pay tribute to Susan is by emulating and carrying forward what she stood in her celebrated life of service. May her soul rest in eternal peace. The lord who gives has taken away and may his name be praised..

**Mike Kennedy Sebalu
District Governor
RI0 9213.**



BELEP SMILES



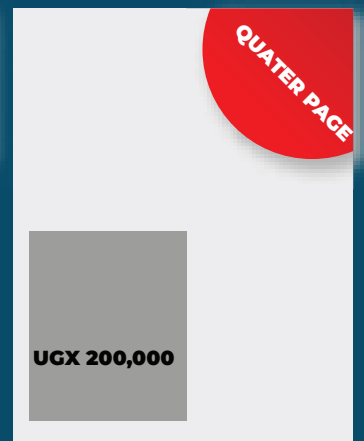
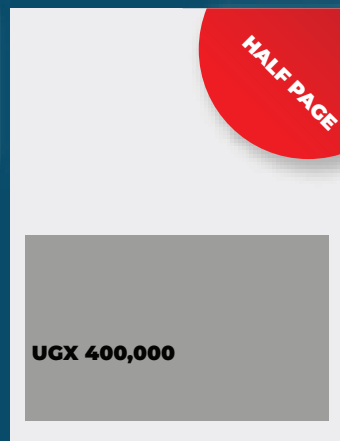
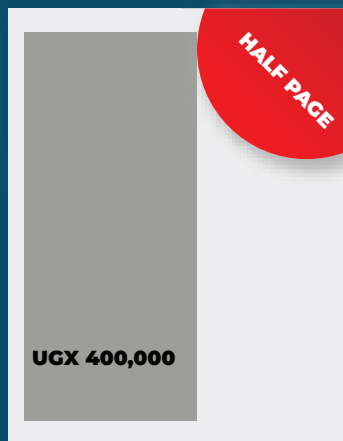
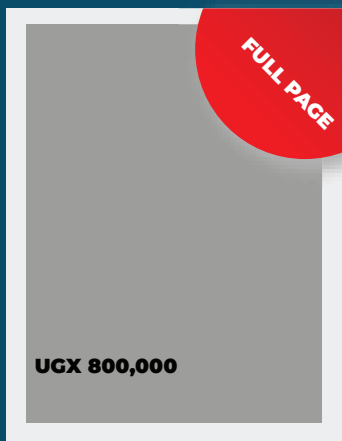




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