

THE PASSION

AUGUST ISSUE 2024





9 BARRELS

Scotch whisky
Millennials Choice



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September Club Calendar

THEME: Basic Education and Literacy

4th Sep

TOPIC: All About the Rotaract Africa Summit 2024

11th Sep

TOPIC: Club Update on Rotary GG2240464 MCH in 7 Districts

18th Sep

TOPIC: EMPOWERING COMMUNITIES THROUGH DIGITAL AND AI LITERACY

24th Sep

TOPIC: Karaoke Joint Fellowship (RC Buloba/RC Kampala Central)

25th Sep

TOPIC: Club Assembly- Membership Survey feedback.

Projects

- **Sat 8th Sep - Tree Planting**
- **Sat 14th Sep - Medical Outreach**
- **Sep 21st - Club Outing Event**
- **Sep - Delivery or remaining 7 MCH District**
- **Equipment to 64/76 Health centers**
- **Sep - Commissioning of Kyengera Womens Hospital GG Equipment**

Peach Buddy Group coordinator
for the Month of September

Meets:
Every Wednesday | 6:00PM
Venue: Hotel Africana

Join us
Online via



Meeting ID

211 485 5714



Rotary Club of
Kampala Central

August 2024

Chief *Editor's* Note

Dorothy Namubiru Mwesigwa
Editor-in-Chief



Dear Friends in Service,

August, according to the Rotary calendar, has been Membership Month, and our Membership Chair guided us in welcoming two new members into the club as we aim at membership growth as a club.

We were also honored to host the District Governor on her official tour of duty. She was proud of the club's progress and strides thus far.

As the Rotary Club of Kampala Central, we take great pride in our members who have chaired the Rotary Cancer Run over the years, including PP Lydia Bujara in 2016, PP Patrick Kunobwa in 2017, PAG Emmy Kwesiga in 2022, and most recently, Rtn Mike Niyitegyeka, who did an exceptional job as Chair of the 2024 Rotary Cancer Run. We are grateful for the club's support, with special recognition to Rtn Ivan Muyima for rallying us to register in great numbers, as well as Rtn Abel Muhwezi, Rtn Aaron Ssemakula, Rtn Robert Ssebugwawo and PAG Emmy Kwesiga for their instrumental efforts on the ground.

The Cherry Buddy Group wrapped up the month with a fun-filled karaoke fellowship. Did you know Rtn Aaron Ssemakula has such an amazing singing voice? Thank you to the buddy group for making this month truly exceptional.

Editorial Team



Rtn Vivian
Bahati



Rctr. Abass
Bwanaheri



PP Sheila
Naturinda

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August 2024

Rotary International *President's* Message

Stephanie A. Urchick
President 2024-25



If we are to truly change the world with The Magic of Rotary, it's up to all of us to foster a sense of belonging in our clubs. But every club should take its own path to get there, and the Action Plan can help you find your way. What does that look like?

Take for instance the Rotary Club of Beveren-Waas in Belgium. It was chartered in 1974 but has evolved with the times, developing both a strategic plan and a membership plan. To find new members, the club analyzes the city's professions to help focus its search, and all new members are quickly assigned tasks and roles.

The club also mixes up meeting times, alternating between evening and afternoon sessions, making them accessible for all members.

Sometimes, circumstances force clubs to make changes. But as people of action, we know that behind every obstacle is an opportunity.

The Rotary Club of Holyoke in Massachusetts was forced from its meeting place because of rising costs after the COVID-19 pandemic, but members took this setback and turned it into a strength. The club started meeting in a library community room that was available for no charge and catering lunch from a nearby deli. Lunch costs \$10 per person but it's optional, so no one has to spend money to attend a meeting. What a great way to work toward being "fair to all concerned."

Since making this change, the Holyoke club has gained 13 members. I suspect part of its membership growth is due to the club's sense of inclusivity – the first step toward belonging.

If you ask members what they expect from the club experience, you might find that your club doesn't meet expectations. Think of this as an opportunity to reshape your club in exciting ways, as alternative club models are making a positive impact.

For example, a Rotary Fellowship called Beers Rotarians Enjoy Worldwide, or BREW, has worked closely with the Water, Sanitation, and Hygiene Rotary Action Group for the past eight years to assist with clean water projects. In that time, BREW has funneled 25 percent of its dues to those initiatives.

BREW is one of many examples of members pursuing belonging to improve the world.

I can't stress enough the importance of belonging. Clubs become simply irresistible when all members feel that they are exactly where they need to be. To me, belonging is the spark that ignites The Magic of Rotary .

As you receive feedback from club members and the community you serve, I urge you to pursue that spark. The Action Plan can help you find the path to success, and if you light your way with the spirit of belonging, that path will lead to a bright future for your club, your community, and the world.

2023-24 ROTARY CITATION



Awarded to the Rotary Club of

Kampala-Central

for helping **Rotary create hope in the world.**

A handwritten signature in black ink, appearing to read "R. Gordon R. McInally".

R. Gordon R. McInally
President, Rotary International



District Governor's Message

Anne Nkutu
District Governor D9213

Staying ahead of the Curve..

A few days ago, I received a call from my TV service provider. My subscription had lapsed by a week, and the representative was checking in to see if everything was alright and whether I was still satisfied with the service. He also took the opportunity to inform me about channels airing the Olympics and some upcoming programs he thought I might find interesting. Although I rarely watch TV these days

due to my busy schedule, I renewed my subscription almost immediately because of the courteous customer service. This interaction, however, got me thinking...

In July, I visited 25 Rotary clubs and even welcomed a new member to the family – the Rotary Club of Adjumani. During this time, I also visited several club projects, focusing on basic education and literacy,

disease prevention and treatment, economic empowerment, WASH, and the environment. My carbon credits have increased significantly, as I've planted a tree at every opportunity. I have a deep love for trees, so the more, the merrier.

But beyond that, a recurring theme in these visits has been member engagement. I've heard from various clubs about challenges like low participation levels, attendance issues, late payment of dues, and eventual terminations. While these are valid concerns, I believe they are symptoms of a larger underlying issue that we must address. In an ever-evolving world, Rotary clubs face the ongoing challenge of staying relevant and appealing to both current and prospective members.

Managing membership in today's Rotary clubs requires a fresh perspective and a proactive approach. Modern Rotary members are diverse, ranging from young professionals seeking networking opportunities to seasoned leaders with a passion for community service. Their expectations and lifestyles differ significantly from those of previous generations, and clubs must not only recognize and respond to these changes but also anticipate and lead them.

In today's fast-paced world, people are more selective about where they invest their time and money, and ensuring that members continuously see value in their involvement is key to retention. I would therefore like to encourage all Rotary clubs in our district to adopt a business-like approach to membership growth and development. Start

by "knowing your members" and offering a variety of engagement opportunities that cater to different interests and schedules. This might include project involvement, committee participation, or leadership roles that align with members' strengths and passions.

Rotary clubs must continually communicate and deliver Rotary's value proposition in terms of community service, networking opportunities, and personal and professional development to attract and retain members. This also includes leading new and existing members to opportunities outside the club, such as Rotary Fellowships and Action Groups.

Effective club management and highlighting the impact of our projects are also critical. Prospective members are often drawn to organizations where they can see tangible results and strong leadership.

Staying ahead of the curve in Rotary membership growth and engagement requires a proactive and innovative approach. By embracing technology, fostering an inclusive culture, and continuously evolving to meet the needs of modern members, Rotary clubs can remain appealing and vibrant. Focusing on flexible participation options, clear value propositions, and impactful projects will attract new members and keep existing ones engaged. Ultimately, the key to success lies in understanding and anticipating the changing landscape, ensuring that Rotary continues to thrive as a dynamic and impactful organization.

August 2024

President's **Message**

Rtn. Marion Muyobo
President 2024-25



August in the Rotary Calendar is Membership Month and Irresistibly, without doubt, a special Month for me and my family.

This is the Month I would consider the Charter Month for my family. It is the Month Myself and Mark celebrate our Anniversary, it is the Month we inducted the first Member and second additional member into our family, Manuel and Malcolm and lo and behold in the Magical Month of August, it is the Month we welcomed two new members into the Family of Rotary Club of Kampala Central with the induction of Rotarian Shirah Nakiboneka and Rotarian Joan Tuhimbise.

13th August 2024 was an amazing day for the Rotary Club of Kampala Central and its Cooperating organization Bulamu Healthcare International. With the PS Ministry of Health Dr Atwine, we flagged off the first batch of medical equipment financed with a Global Grant from The Rotary Foundation to 76 Ministry of Health facilities across 7 districts in Uganda [Mayuge, Amuru, Gulu, Budaka, Kyegegwa, Bunyangabu and Kakumiro].

The Club was honoured to host the District Governor 9213 Anne Nkutu who visited the club on the 14th of August 2024. She met with the club board for a rich one-hour discussion and then she fellowshipped with the club. There were quite a few rich nuggets and take aways from her which included a challenge to grow the club to 100 in the next few years, more giving to Rotary Foundation, application for more grants.

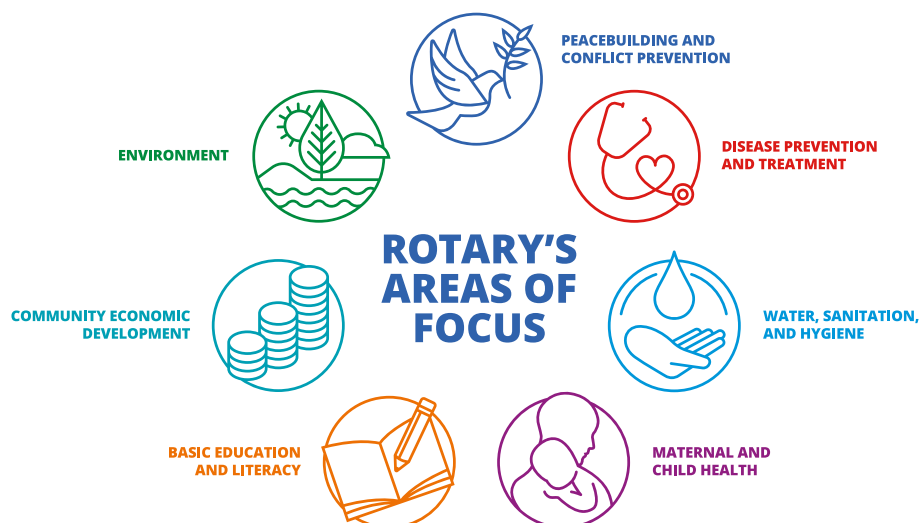
And Giving to Rotary Foundation we did, not just with the 25x25, but Aaron Semakula got pinned his first PHF by the DG herself, and in addition yours truly got a Ruby on her PHF pin. The club has 4 more new members to go to hit the target of 5 members and 4 more existing PHFs to add more stones. The 25x25 needs more energy and more updates will be given. The more we give the more we shall receive.

As a club we have committed to supporting the Cancer Run Program whose target in 2024 is 60,000 registrations and raising 4bn Ugx for 2024 alone, towards the completion of the two radiation bunkers at Nsambya Hospital which are to house the 2 linear accelerator machines. Having

lost a very dear sister to cancer and many other relatives my appeal to all Rotarians and friends out there is not to just stop at buying kits but contribute towards the Rotary Cancer Program through regular contributions even after the Cancer Run.

Our Club administration introduced a new registration book, and we shall now start seeing how this translates into a matrix for club members to see our attendance, giving, attendance of service projects etc.

Rotary Club of Kampala Central needs to create magic and spread it to communities and to other clubs. Let's share what is working for example we have started sharing our experience with Club Runner to encourage other clubs adopt it, we are sharing other templates for example our dashboards and our Organogram of the Club Board Structure applauded by the DG. Let us share more Magic out there. But we cannot do this if we do not step forward. Let each and every one of us put their foot forward and share the Magic, Together we can achieve remarkable milestones.





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Global Grant Project - GG2240464

Maternal & *Child* Health - MCH

The Rotary Club of Kampala Central Implements the MCH Global Grant

By **Abass Bwanaheri**

A ray of hope has emerged for mothers and children in rural Uganda with the launch of a groundbreaking initiative by the Rotary Club of Kampala Central (D9213), in partnership with Bulamu Healthcare International. This project, is funded by a Global Grant from The Rotary Foundation worth \$245,200, and aims at equipping 76 Ministry of Health facilities across seven districts with essential medical equipment, thus improving maternal and child health care.

The flag-off ceremony, was held on Tuesday, August 13th, 2024, at the Joint Medical Store (JMS) in Nsambya, marked the beginning of a life-saving project. The first batch of medical supplies which include; oxygen concentrators, weighing scales, and baby warmers—will be distributed to 12 health centers in Mayuge, Amuru, Gulu, Budaka, Kyegegwa, Bunyangabu, and Kakumiro districts.

Dr. Diana Atwine, Permanent Secretary of the Ministry of Health, hailed the initiative as a significant boost to Uganda's healthcare system. "This generous donation will greatly enhance the quality of services provided at these health centers, particularly for mothers and children," she said.

John Magezi Ndamira, Past District Governor D9213, emphasized Rotary's commitment to maternal and child healthcare as one of its seven areas of focus. "This project is a testament to our dedication to improving the lives of rural communities," he stated.

Rtn. Marion Muyobo, President of the Rotary Club of Kampala Central, outlined the project's scope, highlighting the critical role of the donated equipment in saving lives. She also announced plans for subsequent distributions to include additional life-saving medical supplies.

Maternal & Child Health GG2240464

13th Aug 2024 | 11:30AM

Handover of MCH Equipment



VENUE

Joint Medical Stores (JMS)
Head Office - Nsambya



Oxygen Concentrator

Infant Warmer

Weighing Scale

- ✔ Global Grant from Rotary Foundation
- ✔ 7 Districts 76 Health Centres
- ✔ Implementing Partner - Bulamu Health Centre
- ✔ Key Partners - Ministry of Health, Local Govts, Health Facilities
- ✔ Partners - International Rotary Clubs and Local Rotary Clubs



To maximize the impact of the project, Bulamu Healthcare International will provide training to healthcare workers on the proper use of the equipment. This capacity-building component is crucial in ensuring that the donated resources are utilized effectively.

Past Assistant Governor Emmy Kwesiga, a member of the District Grants Committee, underscored Rotary's ongoing commitment to supporting the government's healthcare agenda. He called on other organizations to join in this noble cause.

As the project progresses, Rotary clubs across Uganda will continue to play a

pivotal role in its success. The collective efforts of these clubs, in partnership with key stakeholders, demonstrate a shared commitment to enhancing healthcare services for mothers and children. The Rotary Club of Kampala Central and its partners are calling upon like-minded organizations and individuals to join in this crucial endeavor.

The distribution of this life-saving equipment is more than just a delivery; it is a promise of better health outcomes for thousands of mothers and children across Uganda. Through initiatives like this, Rotary continues to make a tangible difference in the lives of those who need it most.



The PS Ministry of Health Dr. Diana Twine with the PDG, John Ndamiira, resident Marion Muyobo and a team from Rotary Club of Kampala Central and Bulamu Health Care



President Marion Muyobo



Dr Atwine with the President RCKC Marion Muyobo flagging off the equipment



PS Ministry of Health Dr. Diana Twine



GG#2240464 baby weighing machines



GG2240464 oxygen concentrators



GG# 2240464 baby warmers



Passionate about *Rotary*

As we journey along the road into Rotary we have different experiences and lessons learnt along the way. Passion magazine caught up with Rtn Jovia Nabbaale Kakeeto who shared her passionate journey into Rotary.

My story with Rotary began through a dear friend, Rotarian Olivia. She would talk about Rotary with such enthusiasm that it was impossible not to be curious. Her passion for service and community was contagious, and I found myself drawn in, eager to discover what Rotary was all about.

What truly captivated me was Rotary's spirit of giving and helping others. It aligned perfectly with my own love for gifting and being there for those in need. I have always believed in the power of kindness, and here was a community that lived by this principle. The most rewarding part was experiencing the overwhelming kindness that flows naturally from almost everyone I've met through Rotary.

Rotary hasn't just enriched my heart—it's also helped me grow in ways I hadn't expected. Personally, I've become more confident, learning to voice my thoughts and stand up for what matters to me. Professionally, it has opened doors to new perspectives and opportunities. Of all the projects I've participated in, those focused

on donations and directly helping others hold a special place in my heart. There's something incredibly fulfilling about knowing that even a small gesture can make a big difference in someone's life.

But like any worthwhile journey, it hasn't always been smooth. Staying consistent with Rotary activities has had its challenges. Running a small-scale startup downtown means juggling a lot, and making it to Wednesday meetings isn't always possible. Yet, I stay connected online whenever I can, trying to be present even when life gets hectic. It's all about balance, and though it's tough, I do my best to stay engaged.

Looking ahead, I can't imagine leaving Rotary anytime soon. I feel deeply connected to the organization and its mission. My life outside of Rotary is just as dynamic—I enjoy my work, love to travel now and then, hit the gym regularly, and make time for social and family gatherings. Depending on my mood and the day, I find joy in simply living.

Aside from Rotary, I'm involved with other community organizations and causes. My weekends are usually spent either working or unwinding, getting ready for the week ahead. There's always something in the works for me, whether it's personal projects or professional goals. Right now, I'm pursuing an MBA, taking another step toward furthering my education.

When I need a break, you'll often find me diving into a good fiction novel or catching an action-packed movie. I love the thrill and excitement they bring—it's my little

adrenaline fix. But I also believe in self-care, which for me sometimes means switching off my phone, putting it on airplane mode, and just relaxing. Taking care of myself is something I've learned to prioritize.

Staying connected with my friends outside of my core commitments is equally important. We check in on each other now and then, and despite our busy lives, those bonds remain strong. Life's busy, but it's those connections that keep everything balanced and meaningful.



Rtn Jovia Nabbaale



Travel

**An experience with the healing
Power of Water:
Why It's Perfect for Relaxation**



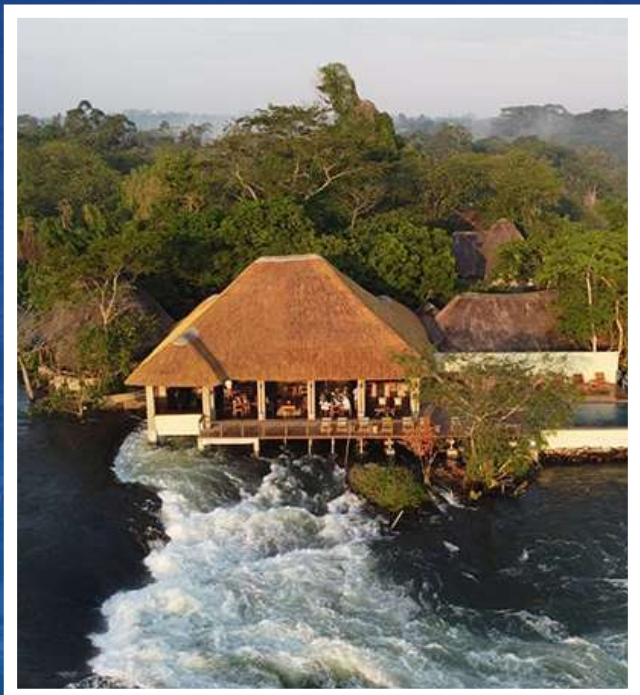
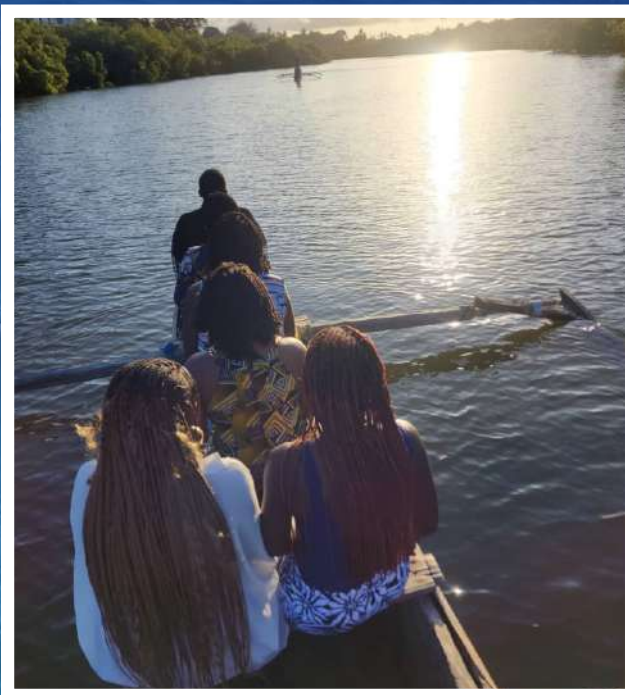
The Healing *Power of water*

When planning a vacation, you need to know the kind of experience you want to have. A well-planned vacation can offer a much-needed escape from everyday stress, and few experiences are as universally soothing as being near water.

Whether it's the rhythmic clapping of waves, the tranquil flow of a river, or even the calming sound of rain, water has long been associated with relaxation and rejuvenation. It offers a peaceful retreat for the mind and body, making it a perfect choice for anyone looking to unwind. Here's why choosing a water-based holiday is an excellent idea.

First, the very sound of water has an almost magical effect on the mind. Scientific studies show that the sounds of water, whether from waves, waterfalls, or rainfall, can activate relaxation responses in the brain. The consistent, rhythmic sounds help to lower stress and anxiety, promoting a sense of calm and well-being. Just listening to water can slow down the heart rate, reduce blood pressure, and increase the production of serotonin—the body's natural mood stabilizer.

But it's not just the sound of water that has this effect; the sight of water can be equally calming. Gazing out at a vast ocean or a



tranquil lake can evoke feelings of peace and serenity. The endless horizon and open spaces encourage a reflective and meditative state of mind. Whether you're sitting by a beach watching the waves roll in or perched beside a river, the simple act of being near water can quiet a racing mind and bring about a profound sense of tranquility.

The experience of physically being in water takes this sense of relaxation to another level. Floating in water, whether in a pool, lake, or ocean, creates a feeling of weightlessness that naturally relieves tension in the body. This is because the buoyancy of water reduces the impact of gravity on muscles and joints, allowing them to relax more fully. Warm water, in particular, can soothe aching muscles, improve circulation, and ease physical discomfort. Many people find relief from chronic pain or stress-related tension through hydrotherapy, which is why spas and wellness centers frequently offer water-based treatments like hot tubs, thermal baths, and float therapy.

Beyond its physical benefits, water also offers a wide range of activities that cater to different preferences and energy levels. For the more adventurous traveler, water sports like surfing, scuba diving, snorkeling, and kayaking provide an exciting way to engage with the environment. These activities allow you to explore beautiful underwater landscapes, such as coral reefs and underwater caves, or experience the thrill of riding waves. If you're more inclined towards relaxation, simply lounging on a beach, swimming in calm waters, or taking a peaceful boat ride can be equally rewarding.

One of the greatest joys of a water vacation is access to remote, stunning landscapes that might otherwise be unreachable by land. Many islands, hidden coves, and secluded beaches can only be explored by boat, giving you a sense of exclusivity and adventure. The ability to reach these untouched spots makes water-based holidays truly special, offering a blend of exploration and solitude. Whether you're cruising along a tropical coastline, island hopping in a serene archipelago, or discovering hidden waterfalls deep within a jungle, water opens up a world of beauty and mystery that is both inspiring and humbling.

In addition to its relaxing effects, water also provides a powerful mental retreat. Just as floating eases the body's physical tension, being surrounded by water can help to clear the mind of clutter. In our fast-paced lives, finding mental stillness can be difficult, but the natural rhythm of water encourages mindfulness and reflection. For many, being near water helps to foster creativity, increase focus, and improve overall mental clarity. It's no wonder that writers, artists, and thinkers have long sought refuge by the sea or lakeside for inspiration and rejuvenation.

For anyone seeking to escape the pressures of daily life, a water-centered vacation offers the perfect remedy. It provides a peaceful retreat that nurtures both body and soul. Whether you are seeking adventure, relaxation, or a bit of both, water has an undeniable healing power that makes it an ideal setting for any vacation.

Cherry Buddy Group

The Great Team Behind the Wonderful August Fellowships



Rtn. Leah Nabukalu



Rtn Margaret Namuli Ssali



Rtn Maria Muzaaki



Rtn. Suzan Katono



Rtn. Lydia Bujara



Rtn. Joan Musiime



IPLG David Nsubuga



Rtn. Pamon Prossy



Rtn. Alex Mwanje



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Want to *Join* Kampala Central?

Do you know how to become a member of Rotary Club of Kampala Central? The Passion Magazine caught up the Membership Chairperson Rtn. Suzan Katono and this what she had to say.

The Rotary Club of Kampala Central (RCKC) Strategic Plan outlines our agenda for the period 2022–2027. In terms of membership, our strategic objective is to increase, retain, and develop active membership by:

(a) Growing the club’s membership by a minimum of five (5) members per year.

(b) Encouraging each member to recommend at least two (2) new members annually.

This aligns with Rotary International’s strategic priorities to grow and diversify our membership and participation.

This month, we are pleased to welcome two new members to RCKC and Rotary International: Joan Mwongyera Tuhimbise and Jamia Shirah Nakiboneka.

According to our club bylaws, each member is required to introduce at least one prospective member every three years. To support this, we encourage members to invite guests to our fellowships and service projects.

What are our membership processes?

The club follows a structured process that begins with the identification of prospective members. This is informed by a classification and member diversity

survey conducted by the Board.

The classification survey helps the club identify gaps in professional fields, such as ICT, healthcare, or business. This allows us to seek potential members who can fill these gaps.

The diversity assessment ensures that our membership reflects the community we serve, as per Rotary International’s guidelines. The Rotary Code of Policies states: “A club that reflects its community with regard to professional and business classifications, gender, age, religion, and ethnicity is a club with the key to the future.” This is why our recruitment process is intentional and thoughtful.

What do we look for in potential members?

We prioritize good character and conduct due diligence to ensure that prospective members embody the Rotary Code of Conduct and align with the objectives of Rotary.

To meet our membership requirements, prospective members must attend at least eight (8) physical or online fellowships and participate in at least one (1) club project (or one within their vicinity for international prospects) before being proposed for membership.



Induction of Joan Tuhimbise



Induction of Shirah Nakiboneka

For Rotaractors, the requirement is a minimum of six (6) regular fellowships and participation in at least one (1) project before qualifying for induction as a club member.

This interaction with the Club helps the membership committee;

- (1) Profile the guests and extent of the seriousness of the prospective members;**
- (2) Introduce the member to the object of Rotary, its values and its benefit to humanity;**
- (3) Introduce guests to our club's culture and activities**

When a prospective member is identified as eligible, the following steps are followed:

1. The member sponsoring the guest presents the prospect to the Membership

Committee.

- 2. The committee conducts a preliminary examination and submits its report to the Board for further review.
- 3. Within 30 days, the Board examines the submission to ensure the prospective member meets all classification and membership requirements.
- 4. If the prospective member does not meet the requirements, the sponsor is notified that the Board has withheld its approval.
- 5. If successful, the prospective member signs a membership proposal form and is announced to the club at two consecutive meetings.
- 6. The announcement includes a brief bio of the prospective member. This allows members to seek clarification directly from the prospective member and conduct their own due diligence.

7. After the second announcement, the Board allows 14 days for any objections from club members.

8. If an objection is raised, the Board will review it and may either overrule or uphold the objection.

9. If no objection is raised, or if the objection is overruled, the prospective member is elected to membership upon payment of dues and the admission fee.

10. The new member is registered with Rotary International as a member of RCKC and assigned an ID number.

11. The member undergoes an orientation program that includes:

(a) The history of our club;

(b) The objectives and purposes of

Rotary;

(c) The privileges and responsibilities of membership.

New members are officially welcomed at a formal induction ceremony, where, accompanied by family and friends, they:

(a) Receive the Rotary pin;

(b) Are presented with a membership certificate;

(c) Receive a membership ID tag; and

(d) Are provided with Rotary literature.

Prior to induction, the financial obligations of membership are communicated to the prospective member.



DG Anne Nkutu presents PDG Stephen Mwanje, a certificate of Honorary Membership of RCKC



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So you think you are a *Rotarian*

By Nathan Kamba

As we come to the end of the membership and new club development month, It is incumbent upon us to note that in our current society today, few things are needed more now than moral integrity. It has become so scarce a resource that dishonesty and injustice have deeply eaten up the moral fabric of our population up to the bone marrow. The damage is so huge that it transcended across generations, boundaries not withstanding gender.

One of the unique things that Rotary has prided itself in over the last 80 years however has been the Four-Way Test - a moral code handed to us as Rotarians by Rtn. Herbert J. Taylor in 1943.

The Four-Way Test

“Of the Things We Think, Say or Do”

- 1. Is it the TRUTH?**
- 2. Is it FAIR to all Concerned?**
- 3. Will it build GOODWILL and BETTER FRIENDSHIPS?**
- 4. Will it be BENEFICIAL to all concerned?**

Herbert had previously created the Four-Way Test in 1932 as a way of helping to build a mindset change amongst workers

of a near-bankrupt aluminium cookware manufacturing company that he had just taken over as company president. At the time, the company needed intense resuscitation having been battered terribly by the effects of the U.S great economic depression. The depression had left the company desperate for survival after it found itself with dropping production and sales of the cookware items. It became highly indebted up to a tune of \$400,000 - a figure that was beyond its total assets combined at the time. The company certainly needed a new lease of life!

Upon launch of the Test amongst company staff, all day-today tasks, relationship with suppliers and competitors were done in line with the new moral code. The company advertising literature was changed to delete all hate statements that had been targeted towards their competitors.

5 years later in 1937, the Aluminum company had been able to clear its indebtedness and even started posting profits. They were able to distribute more that \$1 Million dividends to its shareholders.

Today, more than 9 decades since its creation, has the Test lost its usefulness in modern society, as some critics may want

to maintain?

Is it sophisticated enough to guide business and professional men and women in these fast-paced times?

The answer to the above questions is a NO because, profound in its simplicity, the Four Way Test can still be the basis for decisions that us as Rotarians can take in all aspects of our lives. This is because it has all the ingredients for a successful life in every way.

Its tenets can be broken in its applicability as follows;

Is it the TRUTH? There is a timelessness in truth that is unchangeable. As such, justice will exist as long as there is truth.

Is it FAIR to all concerned? The substitution of fairness for the harsh principles of doing business at arm's length has improved rather than hurt business relationships.

Will it build GOODWILL and BETTER FRIENDSHIPS? Man is by nature a friendly and cooperative creature with a natural instinct to always express love to others. He is always mindful of the impact of his action on others.

Will it be BENEFICIAL to all concerned? This question eliminates the dog-eat-dog principle of ruthless competition and substitutes the idea of constructive and creative competition.

Because of its impact to the aluminium company and the subsequent by all people of the world, the Four-Way Test is arguably one of the most famous and widely quoted statements of our century. It is a strong call to moral excellence where human beings

can co-exist, grow together and believe in one another. It also a call for modern business practices to be carried out with due honesty and trust to realize success in any Rotarian's chosen business or profession.

From the test, we further learn that our membership in Rotary is defined better only if we choose to be;

People of Action – The Test implores each one of us as Rotarians to use our classification or otherwise to be an agent of change in the society that we live in. Fairness and justice are only a dream if we do not champion it right in our lives. This forms the epitome of service to the less privileged whose calling it is for every member. Despite the world turbulences, the Four-Way Test recognizes that each member should develop a mindset that commands action, based on faith and courage with the utmost need to always uphold high moral principles.

Innovative – Rotary offers a diverse platform for each Rotarian to contribute to doing good in the world by motivating change. This is through our in-born talent or acquired skills. It is such talents and skills that we can all use to innovate ideas that lead to effective service to humanity. The innovation of the Four Way Test, a simple four-part ethical guideline or moral code highly helped Herbert to rescue the near-bankrupt aluminium company from closing business.

Teamwork – Each Rotarian should embrace the power of working as a team in execution of club leadership tasks while embracing feedback. It envisages

that even if you have the best of ideas as a buddy group chair, committee chair or club president, allow to execute it as a team for collective success. The ability to listen to constructive criticism is equally key. In developing the test, Herbert heavily consulted with all his multi-denominational departmental heads to confirm if at all the test statement was in line or contradicted with their faith. They all agreed that the Test's principles not only coincided with their religious beliefs, but also provided an exemplary guide for personal and business life. They thus agreed to execute all their supervisory tasks going forward on the basis of the Four Way Test.

While devising strategies to help the company recover, Rtn Herbert only sought at the time for an inspiration to craft a short

code of ethics for the company staff to use to revive sales. However, we now find that the Rotarian's applicability of the 24-letter statement and the principles it embodies is what people in our community are waiting to see from us for them to as well find their own magical ethical compass.

Once applied, the 4-way test has powers so strong to make us better parents to our children, better friends with our acquaintances, better leaders and equally better citizens of our nation. It breeds a strong character of Rotarians that set the bar so high as an example to the future generation especially in our world today that is full of tension, hate, confusion and uncertainty.

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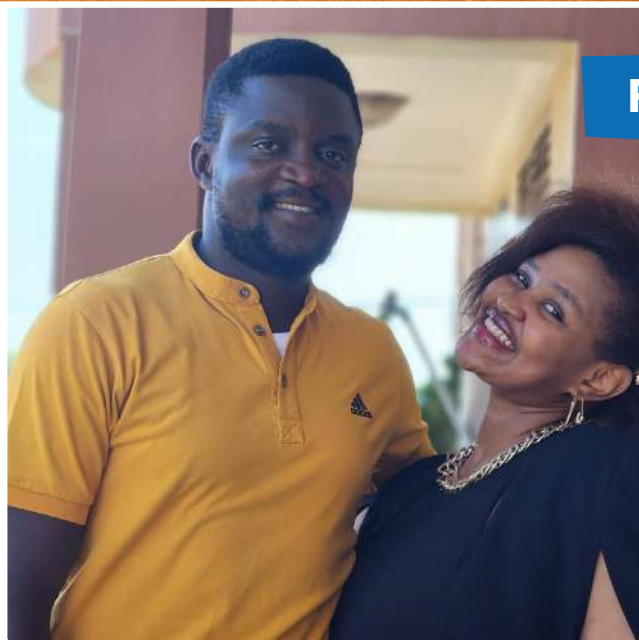
September Birthdays

SEPTEMBER BABIES

Rubarenzya Mark Henry	Rotarian	10th September	We wish you happiness everyday but alittle more just today.
Amanya Asimwe	Child	12th September	You are one God's most beautiful masterpiece
Shane Paul Bawulira	Child	15th September	The day is all yours,have fun
Joash Mwesigwa	Child	15th September	A million magic wishes to you
Caleb Mucyo Gavi	Child	17th September	May your birthday be sprinkled with fun and laughter
Mulungi Precious	Child	17th September	May happiness bloom in your heart all year long
Simon Peter Rukorera	Rotarian	18th September	Wishing you all the glory and prosperity in life
Sharon Twongyeirwe	Spouse	18th September	You are a gift yourself and you deserve the best of everything.
Joab Tumusiime	Child	21st September	You are a gift yourself and you deserve the best of everything.
Suresh Babu	Rotarian	23rd September	We wish you a day that's full of joy and a year that's full of success
Melvin K	Child	25th September	We send you birthday wishes wrapped with all our love
Andrew Munywevu	Child	27th September	Youre amazing, beautiful and incredible
Bethuel Murungi	Child	27th September	May your birthday be as lovely as you are
Julian Kaganzi	Rotarian	28th September	On this special day,We raise a toast to you and your life
Joseph Martin Arembe	Child	2nd September	Today and everyday,wishing only the best for you.
Kimberly Kibukamusoke	Child	2nd September	Have a remarkable year to come
Vickson Kasekende	Spouse	30th September	We wish you a year ahead that will bombard you with plenty of blessings and lots of happiness
Carol Wangi	Spouse	5th September	We wish you a birthday that's just as wonderful as you are



August Anniversaries

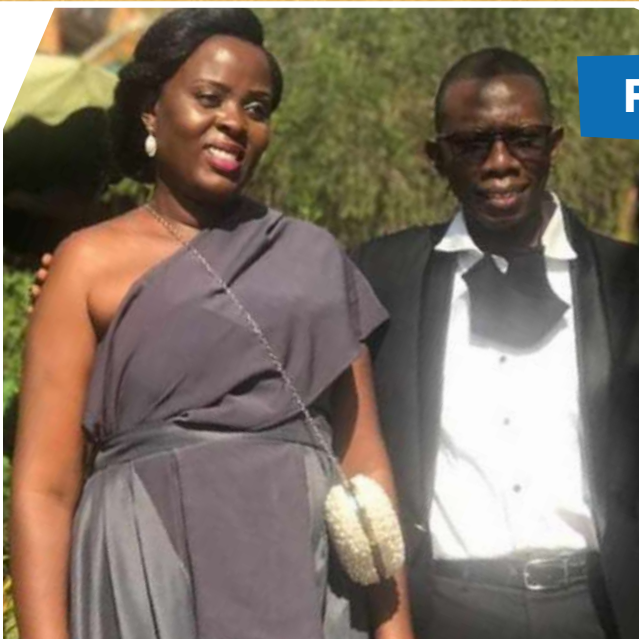


Rotarian

**Rtn Samuel and
Sandra Sempala**

23rd September

May your good fortune in life match your years in marriage



Rotarian

**Rtn Dorothy and Dr
Amos Mwesigwa**

24th September

Dos, Deux. Duo. However you say it. This day is about you two.



LATE REGISTRATION

FROM 1ST AUGUST 2024 - 14TH OCTOBER 2024

DEADLINE
14 OCTOBER
2024

FEE: \$100

NB: Fee doesn't include accommodation



LAS VEGAS GARDEN HOTEL, KAZIBWE ROAD, BUNGA - KAMPALA

ACCOMODATION

\$120

SHARED ACCOMMODATION, 3 NIGHTS

\$150

NON-SHARED ACCOMMODATION, 3 NIGHTS

Deadline: Saturday 31st August 2024

Contact us at: e-mail: rasuganda24@gmail.com

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Rotary Cancer Run 2024





DG Anne Nkutu with Members of the RC Kampala Central



Rc Kampala Central corporate sponsors for cancer run 2024 UAPOM



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RC Kampala Central Coporate sponsors for Cancer run 2024 AAR

District Governor Visit



DG Anne Nkutu with AG Gloria Opwonya, and the DES Phyllis Kwesiga with President Marion and RCKC Board 2024/25



Members of RCKC attending the DGs visit



Members of RCKC attending the DGs visit



AG Gloria Opwonya addressing RCKC



President Marion Muyobo PHF + 1



Rtn Aaron Ssemakula PHF

Luzira Women's Prison Visit



President Marion with members of RCKC during the visit to Luzira women's prison



Team from RCKC pose with a photo after the outreach at Luzira Women's prison



RCKC donated sanitary items the Women in Luzira Prison



RCKC beautified Luzira prison with trees



RCKC teach the women how to be self sustaining by making multi purpose liquid soap



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www.lifelinehealth.org