

Rotary  
Club of Kasangati



# The Tear gas

Rotary Club of Kasangati-Weekly Newsletter

MOTTO SERVICE ABOVE SELF

MONDAY 30th/ SEPT / 2024 | VOL 23 , ISSUE 14



L-R Rtn. Ivan Mbabazi, PDG Mike Kennedy Sebalu, Magical President Maureen, Rtn. Samuel Mukiddi and Rtn. Marion Mlama representing Liberty General Insurance as the New Corporate Member last Monday at RC Kasangati.



RCkasangati



Rotary club of kasangati



Rotary club of kasangati

# EDITOR'S MESSAGE



**Rtn. FRED KAVUMA**  
Bulletin Officer

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Our dear readers, Thank you so much for always dedicating your time to read the Tear gas Bulletin.

It's here yet again issue 14 release, We bring you interesting Topics on Healthy, Environment, Education, Rotary Trivia so that you expand your knowledge about Rotary and many other great expounded, well researched topics you wouldn't miss.

Last Monday we had a wonderful talk from our own PDG Mike Kennedy Sebalu about the importance of Corporate Membership and also unveiled Liberty Insurance as a new Corporate member to RC. Kasangati.

WE MEET EVERY MONDAY  
7:00 - 8:00PM @ KASANGATI  
RESORT CENTRE

For articles and feedback you can reach us on  
Email: [akasangati@gmail.com](mailto:akasangati@gmail.com)

Hope for the best, but prepare for the worst is our theme this Monday 30th September 2024, as we close the month of September, let's join in and learn more from Mr. Raphael Bisaso from Liberty Insurance.

Thank you.

A promotional graphic for a meeting. At the top, it says 'Rotary Club of Kasangati' with the Rotary logo. Below that, the main headline reads '“HOPE FOR THE BEST, BUT PREPARE FOR THE WORST”'. To the right is a photo of Raphael Bisaso, a man in a suit and tie, smiling. Below his name 'RAPHAEL BISASO' is a microphone icon. Further down, it specifies the date and time: '30TH SEPT; 2024 7:00PM - 8:00PM' with a calendar icon. Below that is the location: 'Kasangati Resort Centre' with a location pin icon. At the bottom right is the Liberty Insurance logo with the tagline 'LIBERTY In it with you'.

# RI PRESIDENT

## MESSAGE



**STEPHANIE A. URCHICK**  
President, Rotary International

**The Magic of Rotary is belonging, and it's a feeling that can appear when you least expect it.**

Earlier this year, I was in Slovakia serving as a president's representative during a six-week trip through Europe. When I wrote to Katarina Cechova, governor of District 2240 at the time, I mentioned that my grandmother Veronica Zilka grew up in a small village in the area before settling in the U.S.

It wasn't long before Cechova tracked down my grandmother's village, Jakubova Vol'a. She even organized a visit for me, where I received an unforgettable Slovakian welcome.

When I entered the community center of Jakubova Vol'a, a small crowd of people dressed in traditional Slovakian clothing greeted me. They sang with beautiful and powerful Central European voices that reminded me of my grandmother.

A lot of families play cards or games when they get together. When I was young, my father would pick up his accordion and lead my family in song. My grandmother would sing along with her impressive voice.

When I walked into the community center and heard traditional music from my childhood — when I saw a woman play the accordion the way my dad played — I suddenly felt like a little girl sitting at my grandmother's house in Monessen, Pennsylvania. I burst into tears of joy at the memories.

But the magic didn't stop there. District Governor Cechova really outdid herself. A local genealogist worked with a videographer to make a short film about my grandmother.

We watched the video together in the community center. When the video ended, I turned around and saw a man standing in the back of the room. I quickly learned that this stranger, Frantisek Zilka, was my second cousin. His grandmother and mine had been sisters. I felt like I had been struck by lightning.

I visited my newfound cousin's home, which happens to be the home where my grandmother was born. There, he shared old photographs I had never seen of my dad, my uncle, and my grandmother.

Since then, I can't stop thinking about my family of Rotary. When I refer to you as my family, I'm not just being kind. I really think of everyone in Rotary as my family. But I never would have imagined that my Rotary family would introduce me to long-lost personal family.

Sitting in that community center listening to traditional Slovakian music from my childhood filled me with joy and a profound sense of belonging. I am so grateful to District Governor Cechova and everyone who helped create that magical experience.

As members of Rotary, we have a unique opportunity to share the same magic with each other and with the world. I encourage you to consider how you can help spread that magic and ensure other members of your club — other members of our Rotary family — feel like they truly belong.



# ROTARY VOICES

STORIES OF SERVICE FROM AROUND THE WORLD

## Rotary Scholar on the frontlines of climate change



Jonghyeong Park, right, with other scholars at the Geneva Graduate Institute in 2021. By Jonghyeong Park, 2021-23 Rotary Scholar

In 2021, I was awarded a Rotary Scholarship to pursue a master's in development studies at the Geneva Graduate Institute. This generous assistance allowed me to pursue becoming a global leader in humanitarian work.

I first developed an interest in global peace and humanitarianism while studying international politics at Chung-Ang University, researching and writing papers on how the international community responds to crises like the Rwandan Genocide and conflict in the Middle East. This academic curiosity naturally led me to seek practical experience, which I gained through internships at the United Nations Office for the Coordination of Humanitarian Affairs (UN OCHA) and the Korean Red Cross, where I witnessed firsthand the profound impact of humanitarian crises on individuals and societies.

During my UN OCHA internship in Fiji, I had my first encounter with Rotary. I noticed the Rotary logo on the wall while dining at a restaurant. Curious, I struck up a conversation with the restaurant owner, who turned out to be a Rotarian. He introduced me to Rotary's scholarship program. The values and goals of Rotary resonated deeply with my own

aspirations, and I felt an immediate connection.

### A time of growth in Geneva

I applied for and received a global grant scholarship with the support of the Rotary Club of Cheongju Dream, and later the Rotary Club of Jincheon Bonghwa. The two years I spent at the Geneva Graduate Institute were more than just an academic experience; they were an opportunity to engage with peers from around the world and immerse myself in diverse cultures and ideas.

In Geneva, a hub for international organizations, I had many opportunities to participate in real-time discussions and lectures on humanitarian crises and global issues. These experiences honed my ability to analyze and understand complex international problems from multiple perspectives and provided invaluable networking opportunities with professionals working in the field.

While I was in Geneva, the Ukraine-Russia war broke out, leading to an influx of Ukrainian refugees in the city. The knowledge I was gaining about international relations and humanitarian crises motivated me to engage directly with these refugees and I developed a deep empathy for their suffering.

Additionally, I had the opportunity to attend a meeting on a project supporting vulnerable groups affected by the Ukraine conflict, organized by the Rotary Club of Lausanne. Witnessing Rotary's practical humanitarian efforts in collaboration with local communities deepened my understanding of how impactful and necessary these initiatives are.

### Supporting those forced to migrate

After completing the program, I began serving as a project officer at the International Organization for Migration (IOM) in the Solomon Islands. The IOM, the UN Migration agency, is supporting people forced to migrate due to conflict, climate change, and political oppression.

The Solomon Islands, where I am based, is an archipelago

in the South Pacific, consisting of six large islands and over 900 smaller ones, making it highly vulnerable to the impacts of climate change. Our office focuses on supporting residents who may need to leave their homes due to these environmental changes, working to minimize the negative effects they face.

My role specifically involves managing climate change and disaster resilience projects. This includes developing educational materials to increase community resilience, collaborating with local communities and government agencies, and designing communication strategies with international organizations to ensure the successful execution of our projects.

### Vision and mission strengthened by Rotary

My Rotary scholarship connected me with a global network of mentors and provided opportunities to contribute to peacebuilding. Even after completing the program, I continue to engage with Rotary members, fostering collaboration in my work with IOM.

Looking ahead, I remain dedicated to strengthening disaster resilience and promoting sustainable development in regions affected by climate change through my work with IOM. Listening to the voices of the most impacted communities, I aim to contribute to strategies that help nations and local societies adapt to and mitigate the effects of climate change. Finally, I would like to express my deepest gratitude to the Rotary members and donors who made my scholarship possible. Your support was crucial not only for my academic achievements but also for providing me with the opportunity to contribute to global peace. I will continue to uphold Rotary's values and strive to make a positive impact wherever it is needed in the world.

Source:

<https://blog.rotary.org/2024/09/24/rotary-scholar-on-the-frontlines-of-climate-change/#more-15737>

# WHAT SEEDS ARE WE SOWING?



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GOVERNOR: ANNE NKUTU

**W**hat seeds are we sowing? During my recent visit to the Rotary Club of Mukono, I had the opportunity to hand over scholastic materials and desks to a school supported by the club. Later, while reviewing photos from the event, I noticed a particularly striking image: a young girl gazing at me with what seemed to be deep admiration. This moment triggered a memory of an experience from nearly twenty years ago.

Back then, a colleague and I were assigned to the mid-western region of Uganda to conduct focus group discussions with local community leaders. We were the only women in a room full of older men, and initially, we were worried that that they might dismiss us as just city girls, with little experience of real-world

challenges. However, as the discussion on governance and social accountability progressed, we found ourselves engaged in a lively exchange. When it was time to wrap up, we expected the usual polite remarks. Instead, one of the quieter men stood up and said, "Thank you, young ladies, for coming here today and teaching us so much. After watching and listening to you, I have decided to keep my daughter in school and make sure she finishes her education. I would like her to be like you one day." In that moment, the notes and data we had collected seemed insignificant compared to the impact we had made. Knowing that we had inspired a community where girls are often married off early was incredibly moving.

Reflecting on this, I realize that our influence

in promoting basic education and literacy extends beyond tangible donations. While desks, books, and classrooms are crucial, our ability to inspire and shift mindsets is equally powerful. I am not sure what the little girl in Mukono admired about me, but I hope it was something positive. Perhaps she, too, dreams of becoming a woman of significance, one day.

As we commemorate the month of basic education and literacy, I would like to encourage you to reflect on how else you can use your influence to inspire and make a difference. For example, how are you engaging with school children to motivate and empower them to become better citizens and leaders with the desire to create a better society?

THE GOVERNOR'S MESSAGE

# Monday Club Fellowship.....

# Pictorial



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Rtn. Maureen Birungi

# THE PRESIDENT'S MESSAGE

## Welcome friends

### The First Quarter of our Magical year is here..

We want to appreciate all of you for your contribution thus far. The Buddy Groups that have been able to take us through the last three months well done and those that are yet to carry out we are looking forward to your programs.

We want to congratulate our own Hope Creator President Frederick Kitandwe on his generous contributions to the Rotary Foundation Major Donor Level 1.

We shall our Quiz night Fundraiser is on and we still encourage members to invite people to buy targets towards the fundraiser.

We want to appreciate the RFHD officer for the Medical Health awareness activities at Eden High School. This was an activity with our Rotaract club of Kasangati.

Special Congratulations to our Corporate Members Liberty General Insurance. We are very happy to have you on board and we are looking forward to a more impactful relationship.

We also want to congratulate PDF Emmanuel Katongole on his appointment as Rotary International Director. We are looking forward to having you this Monday 30th September 2024 as we closed the 1st Quarter of the Magician Year.



**Rtn Joakim Matende**

**PROFILE**

**Name:**  
Joakim Matende

**Position:**  
Executive Director

**Vocation:**  
Social worker

**Who invited you to Rotary?**  
CMP Paul Nampala

**Professional Skills.**  
Public speaker, Organizational leadership and management

**Interests:**  
Watching biographies, documentaries and Crime & Intelligence movies

**Why did you join Rotary?**  
Networking and doubling the impact of social service in the community through collaboration with Rotary

**Why is it important to be a member of a Rotary Club?** We are a naturally social species; it is not good for man to be alone, let alone work alone; our being and humanity are better lived in community, and Rotary is a large community that reminds us of our divine core and purpose.

**What do you love about Rotary?**  
Rotary is where the clear definition of the world as one global village comes true because as long as you are a Rotarian, you can belong anywhere in the world with all other Rotarians. With no longer introduction other than; I am a Rotarian, and my club is R.C Kasangati in Uganda.

**What makes the Rotary Club of Kasangati the Club of choice?**  
To be honest, it is closer to where I live and work, but it is a mighty club because of the vivacity in the meetings, and the club spirit is unquestionably community service, which is why I wanted to join Rotary.

**How do you attract new members to Rotary?**  
I say this with all sincerity and humility. I am a living testament to the power of service to change lives through my work as a social worker, where I serve the poorest of the poor, lifting them up to a life of hope and independence. I'm blowing a trumpet for everyone to hear; please get up and do something because the work is too much for one man to do alone.

**In your opinion, what makes a great Rotarian?**  
One who is selfless, not seeking honor or recognition, but whose life, dedication, and pledge are to the very creed of what Rotary stands for (The 4-way test), putting all ego and logos aside to help those in need.

**What makes Rotary unique:**  
Accountability is important to me. Not that I know much about it, but I've come to see and believe that Rotary in general is an accountable organization.

**What is that one thing that keeps you on the road to the Rotary meetings of RC Kasangati and to other Rotary Clubs?**

There is a lot to learn in this life. Even if you are learned or think you know everything about a particular subject, if you humbly choose to be objective, you will discover how much more there is that you didn't know. The lessons are very educational, and every man should remember that in this life, we are students for life.

**Briefly explain your Rotary moment.**  
My Rotary moment was competing in the recently concluded 5 A-Side football competition. Seeing all the different clubs from the various districts come together to play and compete. It felt like the Olympics. We come to win, but even when we lose, we remain Rotarians. There is more that unites us than could break us.

**Of the 7 areas of focus which one best resonates with you and why?**  
Community Economic Development. I believe in independence. That if everyone could be empowered to be intellectually independent through a mindset shift. If everyone thought differently, even in the darkest of times, true happiness and success would be possible because they know how to turn on the light, which is to think positively. This way, communities will improve, making the world a better place in all other aspects of life.

**What is your best Rotary quotation or your statement?**  
"Do all the good you can, By all the means you can. In all the ways you can. In all the places you can. At all times you can. To all the people you can. As long as you can". ~ John Wesley

**UPCLOSE & PERSONAL**



## TRIVIA CONUNDRUM

1. blceiupneiagd
2. rdfspehiin
3. uonmiicemts
4. ifonauntdo
5. yaortr
6. auinrinhtama
7. loop
8. netdiuoca
9. movtnnerine
10. seaside
11. lameanrt
12. ecevsri
13. uoyht
14. eceap
15. ictfnloc
16. tnevorpnei
17. rnilosutoe
18. neaongcrve
19. eltuasnisba
20. tsemseanse

# ROTARY TRIVIA

1. peacebuilding
2. friendship
3. communities
4. foundation
5. rotary
6. humanitarian
7. polio
8. education
9. environment
10. disease
11. maternal
12. service
13. youth
14. peace
15. conflict
16. prevention
17. resolution
18. governance
19. sustainable
20. assessment

## TRIVIA ANSWERS



# “ Quotations **THAT TEACH**”

A teacher affects eternity; he can never tell where his influence stops.

-Henry Adams

## **None of it stops with you.**

Your students will carry your gifts away. Your kind words, your pure passions, and your guiding light will be passed out by them like bread to the hungry.

They will take your humble light and set off diamonds in the sky. There will be fireworks in the future.

People will gasp at their dazzling display, delight in their shimmering brilliance- all ablaze from **your one tiny spark.**

Oh no, dear teacher it doesn't stop here.

Carol Loveless

**CP Flavia Mwendha Nampala**  
**CP Kyanja Metro**





Rtn. Yosamu Barekye

# FINANCE



## INCOME GROWTH THROUGH CLOSING LEAKAGES.

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**T**he growth process in most cases is an addition process. We follow such guidance as to grow income you earn more, to grow big you add on some weight etc. However, there are at times when growth can be achieved in reduction of the things that take away the would-be growth. Such scenarios as to grow healthy one stops eating some foods or eats them in moderation. This is also applicable in growing our incomes. If the pursuit of more income is not yielding growth it may be that you need to look closing the gaps that are causing the loss of the earned income. You will notice some behaviors and actions that act as leakages and even if you got more and more income, the income growth is not achieved because of the leakages!

What are some of the leakages that one can close to ensure income growth even within their current income levels?

### **Avoid unbudgeted expenditures.**

When you spend without a budget then you open the tap to leakage, to spend without breaks. You will only realize leakage when you can not account where the

money went after spending it. A budget will help close the unnecessary expenditure.

### **Prioritize needs against wants, avoid impulse buying.**

What we need are basic necessities. There are basically accepted basic needs; Food, shelter, clothing, security among others. These may come in basic nature. However, there are at times when we are moved by trends and peer pressure to acquire some of the needs in form of wants thus increasing money outflow. Imagine food can be basic (eg. posho and beans at home), but it can as well be a want at an upscale restaurant at a price far higher. Yes, it is all food but the prices differ and thus more spending, more so if it stretches beyond means. The wants are more driven if we buy the things in heat of the moment that we at times don't need, all driven by impulse. Prioritizing and sticking to budget can help to close such gaps.

### **Following some defined discipline and life style.**

Our actions lead to behavior, which build into our discipline. Our discipline affects the way we live our lives. At times one's lifestyle may be a source of income drain that allowing more than unnecessary income outflow.

Imagine a life style when someone eats daily at top tier restaurant. Unless they have a sustainable income above their lifestyle it may not be possible to see any income growth because the lifestyle becomes the hole. To patch up such, it requires one to live a lifestyle within or even below their means so as to grow the means.

### **Avoid unnecessary debts and commitments.**

The other deep hole for income loss is the unnecessary commitments and debts. A person may be attending a wedding meeting and out of excitement makes a pledge outside their income plan. It could be when someone asks for help, you commit to help without thinking of the impact on your income or even when there are loan promotions and one takes out an unplanned loan. All such commitments drain the incomes and constrain growth. To growth without necessarily increasing income, one can close such gaps!

Rtn. Yosamu Barekye ( Debt Management and Finance Advisory) Tel: 0771 866 513, Email: barekyey40@gmail.com



# ROTARACTORS

# Pictorial

RAC Kasangati during Friday fellowship. With our Guest Speaker Mr. Mutebi Alex, the Community Liaison officer Kasangati Police Station. He shared with us deeply on how Education is important to us as Youth and how it helps in Crime reduction



## A GUIDING PRINCIPLE FOR ROTARACTORS.

**I**n a world where ethical dilemmas are commonplace, the Four-Way Test stands as a beacon of integrity and moral clarity. Originally formulated by the Rotary International in the 1930s, this test asks four simple questions:

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?

For Rotaractors, embracing this test is more than just a set of guidelines; it is a foundational principle that can significantly impact personal conduct and community service efforts. Uganda is a nation rich in culture and potential but also faced with challenges such as corruption, inequality, and social unrest. The Four-Way Test offers Rotaractors a framework to navigate these complexities with integrity. By prioritizing truth and fairness, we foster trust within our communities, encouraging open dialogue

and collaboration.

In today's social media era where misinformation can spread rapidly, adhering to the first question—"Is it the truth?"—is paramount. We have the responsibility to act as ambassadors of honesty, ensuring that our actions and communications are transparent. This commitment not only builds credibility but also inspires others to uphold similar standards.

The second question focuses on fairness. In our diverse Ugandan society, where various groups feel marginalized, we play a vital role in advocating for equitable solutions. Whether in fun activities like our recent home hospitality in Kiteezi or community support projects like our purchase of an Acre of land for St Lillian School of the disabled in Kalwe, Zilobwe, considering the needs and perspectives of all stakeholders leads to more inclusive and effective initiatives.

Goodwill is essential for effective collaboration. The third question encourages us as Rotaractors to prioritize relationships and build lasting friendships. Our society has a strong sense of community,

fostering goodwill can lead to partnerships that amplify the impact of our Rotaract projects. Engaging in respectful and empathetic interactions, we create a supportive network that enhances collective efforts.

Finally, the fourth question emphasizes mutual benefit. Projects should not only serve the immediate needs of the community but also empower individuals for long-term success. With our adopted school Gonve Church of Uganda Primary School in Makukuba we leveraged this principle by designing initiatives that provide sustainable solutions, ensuring that the school and community thrives while also fostering personal growth among students, teachers and our parents

As Rotaractors, incorporating the Four-Way Test into our daily lives is essential. It serves as a reminder that integrity, fairness, goodwill, and mutual benefit are not just ideals to strive for but practical principles that can lead to meaningful change.

By PP Kennedy Muhindi



## MONTHLY PROGRAM



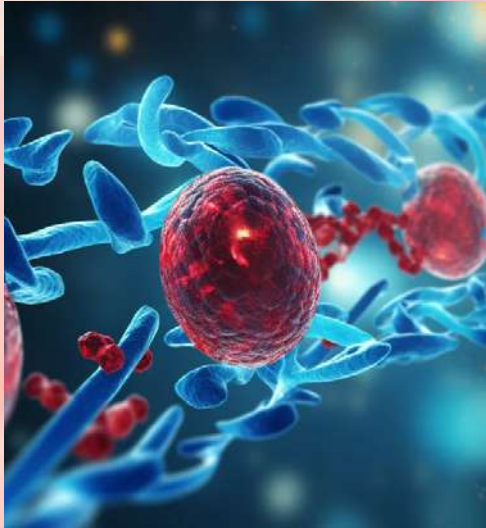
KASANGATI  
RESORT CENTRE



7:00 PM - 8:00 PM

**BUDDY GROUP MANYANGWA**

# Sickle Cell Condition Awareness



Warriors face many life challenges and these include dealing with sexual health but due to the nature of this condition being slid under the bed and not properly addressed crediting stigmatization, it gets worse when it is time to speak about sexual and reproductive health.

the reasoning, which was not surprising was the usual stigma and labeling of warriors being close to scare crows plus fearing the contraction of the disease, not knowing the actual mechanisms of disease spreading and the fact that the person that was seated just next to them was one.”

Important to understand that almost all the health challenges that attack warriors are not that special or different from the ones that affect the genetically normal persons, just that given the medium of sickle cells condition there is need to understand that the body operates on different norms that are venues for either rampant attacks from these challenges or the inability to promptly fight off these challenges as we are going to see.

**PHF Rtn Prince Erimu  
Genotype Awareness Campaign**

Recently at a warrior’s club meet up we had a mental health activist join us and as we were sharing the moments we find weird from the society, a warrior medic (name withheld) shared a recent encounter she faced and smacked off sighting sheer ignorance, In her voice, “I was at a certain waiting area and there were these two guys talking that I didn’t give it the brake of sweat so I plugged up and started playing music but as I was in transition from one song to another, I suddenly over heard one of them say to ‘to sleep with a babe with sickle cell, I sleep with one with HIV/ AIDs’ and I reduced the music to hear



PHF Rtn. Prince Erimu - RC Kasubi



# Health Haven



Rtn. Gloria Kasozi

## MENTAL HEALTH ILLNESS: The silent challenge faced by the men and boys

**I**t is not an uncommon scenario to find a man/boy sitting alone all by himself, often in their bedroom, outside on the balcony, under a tree, just walking alone on the streets or spending long hours at the workplace, on the digital gadgets (computers, phone, PS), social places like bars. This is always misinterpreted to demonstrate 'strategic thinking for the family' by the man/boy. A close discussion with the men/boys often reveals the hidden struggles that the men/boys experience and suppress since society norms dictate that they must never show their vulnerability (emotional, physical, financial etc.) to the community, especially their family as it is a sign of weakness. Mental health challenges among men/boys are often shrouded in silence and stigma resulting in very low care-seeking practices as evidenced by the few numbers of men/boys who seek medical care at any health facility.

In Uganda, over 32% of the population is affected by mental illnesses with men having a much higher incidence compared to their female counterparts. 53% of the men living in the city were found to have mental illness compared to the men living in rural areas. Mental health challenges also affect adolescents with one in seven children aged 10-19 years affected. Boys are more likely to have mental health problems than girls, and young men can experience a challenging time between the ages of 15 and 24 too.

The quality of the home life and relationships with siblings and friends plays a crucial role in influencing the mental health of the men and boys. A home that is filled with violence, harsh parenting, unloving spouse, absent parents, economic challenges and the general neighborhood continue to trigger mental health disorders among the men/boys.

Specifically, adolescents are influenced significantly by exposure to adversity, pressure to conform with peers and

exploration of identity, media influence and gender norms can exacerbate the disparity between an adolescent's lived reality and their perceptions or aspirations for the future

Unaddressed mental health disorders such as depression, anxiety and behavioral disorders can exacerbate substance abuse, domestic violence, and even lead to suicide. When men/boys suffer silently, it creates a ripple effect that impacts their relationships, productivity, and overall well-being. It's therefore important to recognize that even in a home that is perceived to be doing well, men/boys can still experience emotional instability. It is very important to recognize professional help immediately.

Support multisectoral the individual day-to-day such as workplaces, platforms, community others. This

### How to recognize a person experiencing mental health challenges

- ☐ Loss of interest in activities
- ☐ Low energy
- ☐ Difficulty sleeping or eating
- ☐ Spending more time alone
- ☐ Excessive exercise, dieting, or binge eating
- ☐ Self-harm
- ☐ Risky or destructive behavior
- ☐ Thoughts of suicide

### Some common mental health symptoms

- ☐ Substance abuse.
- ☐ Violence and aggressive behavior.
- ☐ Difficulty focusing and expressions of restlessness.
- ☐ Weight fluctuations.
- ☐ Shifts in appetite.
- ☐ Risky behaviors.
- ☐ Tiredness.
- ☐ Neurotic behaviors like obsessive thinking.

emotional therefore important and seek help

should be and target in their environments schools, digital spaces/home and among should focus

on strengthening an individual's capacity to regulate emotions, enhance alternatives to risk-taking behaviors, build resilience for managing difficult situations and adversity, and promote supportive social environments and social networks.

# RLI Tickled, Challenged and Spurred me on



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Rotary Leader Institute from a far looked like those bougie chilled environments, you know the planned kids sororities or something... Until PAG. Sophie encouraged me to take that deliberate step to join, and guess what? It is, because it is the kind of polishing a person should receive to understand what the true call of a rotarian is, all embedded in the experience from the offset of the ambiance, the well planned and articulated curriculum with structures that suit adult learning in understanding the rotary world, the foundation, living up to the ethics, vocational service and being engaged beyond creating service projects.

Learning about the opportunities within the space ranging from effective leadership, targeted service, attraction and team build in a well mannered communication that show one the importance of strategic planning and analysis, international service, public

image & relations strengthening the core values in making a difference as a rotarian.

The exhibition of volunteerism stemming right from the institutions leaders and facilitators revealing the aspect of service above self was the surprising factor for me personally, specifically one Rotaractor Cissy Nakigudde that traveled from Hoima and by 6:00 a.m. She was giving value and serving the now graduated 27th Undergraduate intake, a humbling experience that has revamped my call to service and meekly I will push on and be the difference.

**PHF Rtn. Prince Erimu**  
**C.E.O / Treasurer**  
**Rotary club of Kasubi**



# ROTARY MEMBERSHIP MATTERS

Rotary   
**WE'RE  
LOOKING  
FOR...**

Community Minded People  
Passionate & Fun People  
Practical & Resourceful People  
Helpful People

If you're one of these people, then get in contact to see how you can change the world starting in your very own community!

#ROTARIANVANSURELL

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**CONTACT:**  
**Rtn Philip Wamala**  
**0773094520**

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**MEMBERSHIP**

# Bees, Youth, and Climate Resilience: Exploring the Intersection of Apiculture and Environmental Sustainability in Uganda



**Brian Ssenoga RC Kibuli**  
A Journalist and Public Health Professional

**I**n the face of climate change's relentless march, an unlikely champion is emerging from Uganda's agricultural heartland: the humble bee. Beekeeping, or apiculture, is not just a quaint practice of yesteryear but a transformative force for economic and environmental change, particularly among Uganda's youth.

In rural Uganda, beekeeping is offering a beacon of hope and a path to ecological stewardship. For many young farmers, this age-old practice is proving to be a game-changer, bridging the gap between economic opportunity and environmental sustainability. With its minimal land and investment requirements, beekeeping is emerging as an accessible and impactful solution for those with limited resources.

Consider Sarah Akol, a 23-year-old from Kitgum, whose journey exemplifies this transformation. Starting with just a handful of hives, Sarah now supports her education at Muni University and expands her beekeeping venture through honey and other bee product sales. Her story is more than a testament to economic benefit; it highlights how beekeeping fosters a deep connection to environmental conservation.

Research from Ethiopia and Pakistan underscores the economic potential of beekeeping, with significant 51 percent income boosts for participating households. Uganda mirrors this trend, where young farmers are seeing substantial gains from honey production, turning beekeeping into a source of hope and prosperity.

But the benefits extend far beyond financial gains. Bees are essential pollinators, crucial for crop yield and biodiversity. By nurturing bee populations, farmers boost the production of vital crops like fruits, vegetables, and nuts, which are essential for food security and

nutrition. Additionally, bees contribute to soil health, enhancing fertility and promoting diverse plant growth.

In Rutooke, Mitooma district, youth-led beekeeping cooperatives are making waves. These groups are not only improving their economic conditions but also raising environmental awareness. Collaborations with conservation organizations like Uganda Wildlife Authority and National Forestry Authority are spotlighting the crucial role of bees in both nature conservation and sustainable agriculture.

The Kapeeka Women and Youth Beekeepers Society in Nakaseke stands as a prime example of this synergy. Chairperson John Bwokit, at 29, articulates the profound impact of their work: "Beekeeping is transforming our lives and landscapes. Our collective efforts are driving both economic success and environmental benefit."

As Uganda faces the challenges of climate change, beekeeping emerges as a vital tool for resilience. The growing involvement of youth in this sector signals a promising shift towards sustainable livelihoods and environmental stewardship. Support from NGOs and organizations like the Uganda National Apiculture Development Organisation is crucial in sustaining this momentum.

The intersection of youth, bees, and climate resilience in Uganda paints a hopeful picture. By embracing apiculture, young Ugandans are not only securing their economic futures but also fostering a harmonious relationship with their environment. This story of transformation serves as an inspiring example of how ancient practices can lead the way to a more sustainable and prosperous future. The writer is a journalist, public health professional.



## Improving Education in Our Community



### Vice LG. Sophie N. Bamwoyeraki

- Principal Sycamore International School
- Basic Education and Literacy CADRE COORDINATOR
- BELRAG Executive Board Member

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The quality of education in our community is a critical issue that deserves careful consideration and a comprehensive approach. One key challenge is ensuring that our educational system is inclusive and equitable, catering to the diverse needs of all students, including those experiencing poverty or other disadvantages.

Inclusive education should be a "comprehensive approach" rather than a "piecemeal social engineering". We must address the issue at multiple levels, from governance and finance to curriculum and teacher training. To achieve this, we can draw inspiration from the recommendations outlined in the 2020 Global Education Monitoring Report, which emphasises the importance of unlocking the process to inclusion by focusing on practices that can celebrate learner diversity as a strength.

One key focus area should be ensuring equitable access to quality education. This may involve reviewing our school funding models, exploring decentralisation and autonomy initiatives, and addressing infrastructure gaps to ensure that all schools in our community have the necessary resources to provide a high-quality education. Additionally, we should prioritise developing and implementing inclusive curricula, textbooks, and assessments that cater to the diverse needs of our student population.

Another crucial aspect is the investment in teacher education and professional development. Equipping our teachers with the skills and knowledge to effectively engage with diverse learners, employ inclusive teaching methods, and foster a welcoming and supportive learning environment is essential for the success of our educational system.

Furthermore, we must recognise the importance of community engagement and the role of parents, families, and community organisations in supporting and

shaping the educational experience. The education system has a responsibility beyond just academic outcomes and should focus on empowering students and addressing the broader social and economic determinants that impact their well-being.

By adopting a comprehensive, inclusive, and community-driven approach to education, we can work towards a more equitable and empowering educational landscape that serves the diverse needs of all students in our community.



EDUCATION



**ON COMPLETION OF RLI  
Congratulations Rtns Ivan Mbabazi and Doreen Esaeti**



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# THE OTHER SIDE OF LIFE!

**Meet Nabirye, a 13 year old girl in a rather puzzling situation. Her parents separated recently and she says they disagreed over the mother's commitment to church missionary work and his alcoholism.**

## **Tell me about your life and family?**

Nabirye: My life revolves around church and school and most of my friends are at church. At home, I live with my mother, 2 older sisters, 3 brothers and 3 young children birthed by my 2 step sisters who work in the Middle East.

## **Where is your father?**

Nabirye: My father lives within our village and checks on us often and brings us food.

## **Are you sad about your parents separating?**

Nabirye: Not really, now that they have separated, there's peace. Before, dad didn't want us to go to church saying we were loitering around the village. He would also drink and get violent with mom. When she left, our dad became harsh to us. When we couldn't stand it anymore, we left him one by one until we had all moved in with mom.

## **What do you miss about him?**

Nabirye: Before he started drinking, he used to spoil us; he would even cook for us and

take us out. He was caring, but he changed. He started sending us off to his relatives one by one, especially when he would return and find mom away on missionary work.

## **What missionary work does your mom do?**

Nabirye: She prays and counsels people. Sometimes God sends her to go do this for days and dad was not happy about it. When she leaves, my sister and I manage the home.

## **Are you children okay with this?**

Nabirye: There are days when mom is away, dad has not brought us food and my elder sisters haven't sent money, those days are really challenging. But I understand mom has to serve at church. I also serve; it is my life too, I take the children with me so, we are good.

## **How often are you home alone?**

Nabirye: We are used to mom not being around, she always went to church for all night prayers even when we were much younger. There are times when dad would also go away for work.

## **What makes you sad?**

Nabirye: My dad likes to take us to his sisters' homes but we don't like it there. We want to stay with our mom.

## **What Problem do you wish you would solve?**

Nabirye: My mom has a chronic illness and in times when we can't afford a doctor, I wish I could cure her. I want to be a nurse after school.

#theothersideoflifeug  
+256702553699  
Prossy.nyafono@gmail.com



**Rtn. Nyafono Prossy-Author**  
The other side of Life ug

# CONNECT, PARTNER, AND SERVE THROUGH

## Rotary launches Celebrity Ambassador program

**Champions include Kat Graham, Sibongile Mlambo, Gaby Moreno, and Archie Panjabi**

By Rotary International

Rotary International launched its celebrity ambassador program on 19 September, welcoming Kat Graham, Sibongile Mlambo, Gaby Moreno, and Archie Panjabi.

"We are pleased to announce this initiative, especially with the help of these remarkable individuals who are devoted to using their platforms to make the world a better place," Rotary International President Stephanie Urchick said. "As Rotary's work has touched each of the ambassadors, we're honored for them to amplify our organization's impact and vision."

Through traditional and social media, events, advocacy and more, ambassadors will have the opportunity to immerse themselves in Rotary's work and engage with supporters to amplify the organization's mission and impact.



**The inaugural Rotary ambassadors include:**

**Kat Graham**, actress, singer, producer, humanitarian - "I have been fortunate enough to have a long history with Rotary, from promoting women's health and safety around the world to gathering

with Rotary members in California to promote peace. Rotary empowers regular people to become extraordinary changemakers by launching their unique initiatives using their unique skills and passions. By doing so, they improve the lives of others far beyond their communities. I've seen the profound difference Rotary members make, and I'm honored to serve as a Rotary ambassador."



**Sibongile Mlambo**, actress, producer, philanthropist - "I had the incredible opportunity to travel to Uganda with Rotary and see their work firsthand. Witnessing their dedication to helping refugees and their unwavering commitment to peace left a lasting impact on me. Rotary members show

respect for those displaced, empowering them through education, job training, and more, helping to create the conditions for stable, sustainable, and peaceful communities. As a Rotary ambassador, I will enthusiastically help

to amplify their message of hope and resilience."



**Gaby Moreno**, artist, producer - "Returning to my home country of Guatemala with Rotary exposed me to the life-changing impact its

members have had on early education and literacy in the country. I met children who now are inspired to dream big, and who have been given the tools necessary to make their dreams a reality. As a Rotary ambassador with deep personal connections to its members, I want to help spread the word about this remarkable organization that's giving hope to so many children around the globe."



**Archie Panjabi**, actress, producer - "My first visit to India at the age of 10 opened my eyes to the heartbreaking reality of children suffering from polio. Years later, I returned to administer the polio vaccine and witnessed the dedication of health workers, inspiring my commitment to this cause. For

over a decade, I've proudly served as a Rotary Polio ambassador and continued the fight to eradicate polio while shining a light on the full scope of the vital work Rotary members undertake to create a brighter future for all, from safeguarding our environment and improving maternal health to providing clean water and promoting peace."

— September 2024

Source: <https://www.rotary.org/en/rotary-launches-celebrity-ambassador-program>



# ROTARY LEARNING CENTER REVISION

## Conducting Community Assessments Building a foundation for effective Rotary projects

### COMMUNITY MEETING

A community meeting, sometimes called a town hall or public forum, is a public gathering that is intentionally organized to bring together residents to discuss priorities, consider potential goals, state concerns, and express preferences for possible solutions. In these meetings, a facilitator leads discussions on issues related to the community's strengths and challenges and encourages attendees to participate. The facilitator also directs any questions to experts in the subject. Consider appointing a respected member of the community or a representative from a trusted local organization to facilitate the meeting, particularly if cultural or language differences could be an issue. This approach also honors local decision-making methods and structures. Before organizing a meeting, consult with residents to help define the objectives and think about different strategies that will encourage a representative group of people from the community to take part. Knowing what the community hopes to achieve at the meeting will help you plan and host a successful meeting.

#### Advantages of community meetings:

- They give people of diverse backgrounds a chance to express their ideas.
- They allow participants to build upon one another's responses.
- They involve a large group of people at one time.
- They identify respected community representatives to involve in a project.
- They allow participants to discern the significance of a variety of issues.
- They explore potential solutions.

#### Challenges with community meetings:

- It can be difficult to maintain an honest, comfortable, and relaxed environment.
- It can be difficult to keep the conversation on topic.
- They can be influenced by social constraints such as gender disparities, power dynamics, or cultural norms.
- They may be dominated by one or two active participants to the exclusion of others

#### Tips for hosting a community meeting

- Identify your goals. What insights do you hope to gain from this meeting?
- Are there specific issues in the community that you want to better understand?
- Design questions that will provoke constructive answers.
- Select an accessible location and convenient time. Host the

discussion at a venue that is easy to find and easy to access. Consider the participants' schedules when determining a time and whether several sessions at different times and locations would allow more residents to participate.

- Promote the event throughout the community. Be mindful of cultural values and norms that may affect responses (for example, women may not feel empowered to talk openly and honestly in the presence of men). Factor in the level of literacy in the community and how residents normally receive information (e.g., flyers, radio, announcements at schools or houses of worship). Include details when promoting the meeting, such as whether food will be offered or childcare will be provided, as well as the start and end times.
- Prepare a list of questions. Keep your questions simple and concise and avoid questions designed to encourage a specific answer. If participants mention new concerns or multiple people mention the same issues, follow up with clarifying questions.
- Set and follow a schedule. Decide how much time to spend on each question, factoring in follow-up questions based on issues and ideas identified during the discussion.
- Set and state ground rules. Share rules with participants before the meeting to prevent people from monopolising the forum, to help engage everyone in the discussion, and to keep the conversation focused.
- Take notes. Record the ideas in a way that everyone can examine during the discussion. Ask one or two people (not those present to engage in the conversation) to help you monitor the conversation. Record what is said as closely as possible rather than paraphrasing comments in your own words.
- Be an active listener. Use both verbal and nonverbal communication skills to show that you're engaged with and interested in what all participants have to say. Be considerate of their time. Try to connect different peoples' ideas and stories to demonstrate your understanding and create links between peoples' insights.
- Request that participants elaborate. Ask follow-up questions if you don't understand their feedback.
  - Allow for small-group discussions. Small groups provide more speaking opportunities for attendees. Ask each group to record their notes and have a designated group member briefly summarize the discussion for the larger audience. To help make people feel comfortable participating, consider creating groups composed entirely of community members who might be less likely to speak out (e.g., a group of all women, young people, people with disabilities, people from traditionally marginalized groups, etc.).
  - Get creative. Consider using participatory activities, visual materials, games, or other tools to support the discussion and encourage all participants to share their opinions. For example, you could ask people to mark areas of a map or images that

represent the areas that are their top priority. Think about community members, such as local artists, who have unique skills that could make the experience more engaging.

#### Addressing challenges in community meetings

- If certain participants are dominating the conversation, make a point of asking others for their ideas.
- Monitor people's body language and react as necessary. Maybe the facilitator needs a break, or you need to stop someone from speaking too much. A five-minute break can help refocus the discussion.
- Use encouraging body language and tone of voice. For instance, lean forward when people are talking, keep your body position open and approachable, and be attentive to everyone, not just those who are most articulate. Use words to acknowledge responses but avoid making value statements such as "Good question," "That is a good point," or "I like that idea." Instead say "Thank you for sharing." Community meeting Why community assessments are important Tips for conducting community assessments Consent and data privacy Examples of community assessments in action Types of assessments Asset inventory Community mapping Community meeting Document and policy review Focus group Interview Survey Who to consult with throughout the assessment
- Stay mindful of group dynamics. Be aware of emotional reactions participants may have to others' comments, particularly if they appear upset, hurt, angry, or defensive. A trained facilitator should encourage participants to follow the rules and express themselves without making personal accusations or embarrassing others. If participants seem puzzled or confused, revisit the comments or points that caused the confusion or try to restate them more clearly.
- In general, keep the meeting focused on the original objectives. Sometimes, the conversation may shift to new or unexpected topics. This can uncover new perspectives, ideas, or issues that help you learn about the community's priorities and goals. When you need to refocus the discussion, summarize the points that have been made and ask if anyone has additional thoughts about the original question.

#### Following up after a community meeting

- Thank participants for attending and sharing their opinions and ideas.
  - Summarize the main findings and outline any plans for what will happen next.
  - Consider inviting some participants who were very engaged to help determine what will happen next.
- Source: Conducting Community Assessments Building a foundation for effective Rotary projects

## WHO ARE THE ROTARY FOUNDATION CADRE OF TECHNICAL ADVISERS?

The Rotary Foundation Cadre of Technical Advisers is a network of Rotary members who work to strengthen the impact of Rotary Foundation global grants and projects. They use their professional expertise and technical skills in Rotary's areas of focus and financial auditing to assist members with project planning and grant applications.

They can: Assist and advise Rotarians at the club, district, and regional level, evaluate the technical feasibility of projects, project finances, and grant applications. Rotarians may involve the CADRE early in the process so they can help with: \*Providing project planning advice and implementation guidance; \*Designing community assessments; \*Incorporating elements of sustainability into projects; \*Establishing monitoring and evaluation plans; \*Answering questions about Rotary's areas of focus; \*Providing financial management best practices; \*Navigating the global grant application process, among others.

*Do you know the CADRE in UGANDA?*

### THE ROTARY FOUNDATION CADRE OF TECHNICAL ADVISERS

	<i>First name</i>	<i>Surname</i>	<i>E-mail</i>	<i>CADRE Sector</i>	<i>District</i>
1.	Aubrey	Agaba	aubreyagaba13@gmail.com	Financial Auditing	9213
2. RO	Brenda*	Anena	bdanena@gmail.com	Disease Prevention and Treatment; Maternal and Child Health	9213
3.	Moses	Arorwa	marorwa@gmail.com	Financial Auditing	9213
4.	Edwin	Babimpa	eabimpa@yahoo.com	Basic Education and Literacy	9214
5. TC	Sophie*	Bamwoyeraki	sophiekb3000@gmail.com	Basic Education and Literacy	9213
6.	Jocelyn	Ekochu	banekochu@yahoo.com	Financial Auditing	9213
7.	Peter	Isabirye	drimpinc@gmail.com	Disease Prevention and Treatment; Water and Sanitation; Maternal and Child Health	9213
8.	Kimberly	Kasana	kasank@gmail.com	Community Economic Development	9213
9.	Specioza	Kiwanuka	specioza.kiwanuka@gmail.com	Community Economic Development; Environment	9214
10.	Ben Rogers	Kiwu	benkrota@gmail.com	Water and Sanitation	9213
11.	Nelson	Kyagera	kyagera2000@yahoo.com	Community Economic Development	9213
12.	Joseph	Mubiru	mubjosey@yahoo.co.uk	Disease Prevention and Treatment; Water and Sanitation; Environment	9214
13.	Samuel	Mukasa-Kajubi	samfaroukajubi@gmail.com	Financial Auditing	9213
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15.	Fredrick	Muyodi	fjmuyodi@gmail.com	Water and Sanitation; Environment	9214
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18.	Marion	Natukunda	wwwmarionjster@gmail.com	Disease Prevention and Treatment; Water and Sanitation; Maternal and Child Health	9213
19.	Walter	Nono	nono@accamail.com	Financial Auditing	9214
20.	Kisenyi	Sanasio	kisenyisanasio@gmail.com	Water and Sanitation; Basic Education and Literacy	9214
21.	Francis	Tusubira	fftusu@gmail.com	Basic Education and Literacy; Community Economic Development	9213

TC - Technical Coordinator (Basic Education and Literacy)

RO - Regional Organiser (Sub-Saharan Africa)

August 2024 Version



# CLUB QUALIFICATIONS

## BASIC GUIDELINES FOR QUALIFICATION OF ROTARY & ROTARACT CLUBS FOR THE YEAR 2024/2025. THE MAGICAL YEAR.

1	Registration by Uganda Registration Service Bureau (URSB) as a company limited by guarantee, complete with a certificate.
2	Payment of Rotary International Dues (RI) in TWO installments complete with attached invoices.
3	Payment of District dues (payable in ONE installment complete with attached invoice).
4	Audited accounts for 2022/2023 "Amazing Year" by a reputable firm approved by the ICPAU.
5	A club assembly (NOT board) resolution accepting, approving and adopting audited accounts for 2022/2023. Attendance list should of necessity be attached.
6	Evidence of filed returns (2023) by URSB, (form A10).
7	The club's financial management guidelines (standard template available for clubs that don't have one)
8	Signed Memorandum of Understanding (M.O.U) between the sitting president and president elect (downloadable from My Rotary, standard template also available).
9	Compulsory attendance of the DG's Grant's training seminar, the "Anne Nkuuba seminar" (evidence is as recorded by the administrator, Beatrice during the training).
10	No outstanding global grants reports.
11	No stewardship issues pertaining to the club.

THE PERIOD OF QUALIFICATION IS ONLY ONE YEAR & FOR THE AVOIDANCE OF DOUBT AN ALREADY QUALIFIED CLUB CAN SUBSEQUENTLY BE UNQUALIFIED ESPECIALLY IN BREACH OF 10 and 11 ABOVE.

NB. It is always advantageous to qualify as soon as possible, in any case within the first quarter of the Rotary year on receipt of the 1st semi-annual invoice. During the second half of the Rotary year, following receipt of the 2nd semi-annual invoice, payment of dues for the entire year as well as audited accounts for 2023/2024, "Hope Creator Year" will subsequently be additional requirements for club qualification.

Qualification of clubs is with due respect not exclusively for participation in global grants, it's financially feasible and hygienic, it makes business and common sense and above all it is good manners. JUST DO IT!

Peter Isabirye  
Qualification Chair



Send all scanned copies of documents to: [drimpinc@gmail.com](mailto:drimpinc@gmail.com)



[Rotary9213.org](https://Rotary9213.org)

# MEMBERS REPRESENTING BEYOND THE CLUB

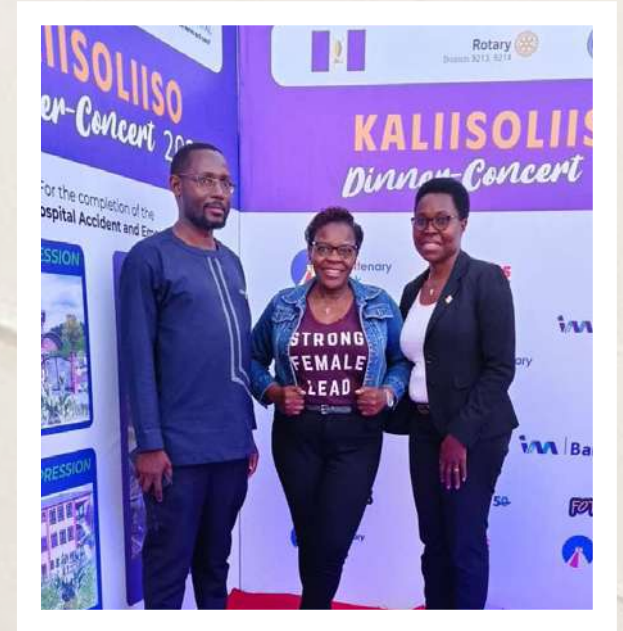
# Pictorial



President Maureen and PAG S. Kawaddwa at RC Kiira



LG. Julie at KALIISOLIISO Dinner

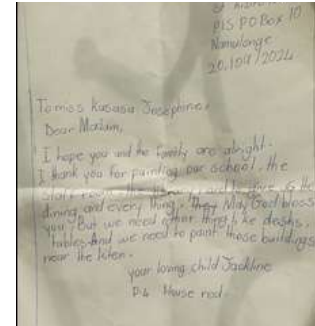


LG. Julie at KALIISOLIISO Dinner

# CLUB SERVICE PROJECT

# Pictorial

**Buddy Group Kyanja repainted and furnished the staffroom at St. Kizito Nabitale Primary School, as part of their Buddy group project of the month.**



The staffroom at St. Kizito Nabitale Primary school, before and After the project

Some of the appreciation letters written by the pupils

Namuyiga Racheal delivering a speech on behalf of the pupils of St. Kizito Nabitale primary school.

St. Kizito Nabitale Primary School, is a government funded school located in Kiwenda Wakiso district. It has approximately 350 pupils served by 13 teachers.

On September 02, 2024, BG chief and a few members visited the school to conduct a needs assessment. After a tour of the school, they conducted interviews with the school teacher, Mr. Kyazze Joseph to ascertain the challenges that they faced at the school.

One of the most glaring issues was the dilapidated state of the staff room. The paint was peeling off the walls, the flooring needed to be redone, there was no shelving or storage for the teaching supplies nor were there enough chairs for the teachers. The team also visited the school library that had been repainted by another BG the year before and noted the lack of books for the learners for both academic and

recreational purposes. Both needs were presented to the BG and the consensus was to repaint and furnish the staffroom. The buddies then collected the necessary funds and the staff room was repainted the following week (September 08-13, 2024). This was to ensure that it would be ready in time and usable by September 15, 2024, the start of the school term.

On September 20, 2024 the buddies visited the school to officially hand the furniture over to the school administration. The entire student body, school board and church representatives gathered in the school compound to express their gratitude.

In a speech read by Namuyiga Racheal of primary seven, the pupils of St. Kizito welcomed the Rotary club of Kasangati stating that, "We welcome all people with good hearts and we thank you very much. May the Almighty God bless you all abundantly." She

added, " St. Kizito is now shining. May the Lord give you support in your work with uncountable blessings so that you can support our school always."

In his speech, Mr. Kyazze thanked the Rotarians for loving the school, and always remembering them in the service project. He stated that the project was so impactful and had improved the working conditions of the teachers. In a light moment he joked that, "The teachers can now afford to take selfies in the staff room and post".

On behalf of BG Kyanja, PP Florence thanked the pupils, the administration and clergy for the colorful reception. "Rotary is an organization that brings together people who are willing to make changes in their communities." She invited that staff to join rotary,

# CLUB SERVICE PROJECT

# Pictorial

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# GUIDELINES FOR ENVIRONMENT GLOBAL GRANT FUNDING

## WHAT ARE THE ROTARY FOUNDATION'S OBJECTIVES FOR THE ENVIRONMENT?

**R**otary supports activities that strengthen the conservation and protection of natural resources, advance environmental sustainability, and foster harmony between people and the environment. The Rotary Foundation seeks interventions that have a positive, measurable, and sustainable influence. We enable members and partners to protect, preserve, and conserve the environment through a variety of project pathways in order to:

- I. Conserve nature and biodiversity, from species to landscape-scale protection
- II. Mitigate climate change by reducing or avoiding greenhouse gas emissions or ensuring that they are absorbed or stored in natural carbon sinks
- III. Facilitate sustainable and adaptable livelihoods with smaller ecological footprints that maintain people's social well-being in compatibility with flourishing natural systems
- IV. Strengthen environmental equity by addressing socio-environmental issues that disproportionately affect marginalized communities For a project to be eligible for an environment global grant, its projected outcome must match one or more of the four global objectives listed here and the other criteria described in these guidelines.

Here is more detail about these four environment area global objectives and what they mean for qualifying projects:

### **I. Nature and Biodiversity Conservation:**

Biodiversity loss affects our planet at every scale, and because we are connected ecologically, nearly every family of organisms. It also affects the socio-ecological systems that human society depends upon. Humanity is closely linked to nature through our food, water, shelter, consumption, and production, and we can protect nature through these links as well. Our priority is action that strengthens conservation and safeguards nature, in terms of species, habitats, water resources, environmental services, biodiverse ecosystems, and whole ecoregions.

### **II. Climate Change Mitigation:**

The growing challenge of global climate change necessitates mitigation measures to confront the ways in which humans cause excess greenhouse gases (GHGs) to be released and accumulated in the atmosphere. Projects can contribute to climate mitigation by controlling the emissions of principal greenhouse gases such as carbon dioxide (CO<sub>2</sub>), methane (CH<sub>4</sub>), and nitrous oxide (N<sub>2</sub>O), as well as industrial gases CFCs, HFCs, and PFCs. Each gas varies in abundance, cycle, global distribution, and potency for trapping heat, which means a variety of mitigation opportunities. We want to reduce greenhouse gas emissions at the source, reduce fossil fuel burning, enhance sinks for the gases' biochemical absorption, or protect and prevent the release of existing carbon and methane supplies. Natural or nature-friendly climate solutions are encouraged as an effective multi-faceted method.

**III. Sustainable Livelihoods:** Sustainable livelihoods include lifestyle practices and skills helping communities overcome external stress and avoid environmental crises, and life options to maintain or improve social well-being without exploiting their supply of natural resources. Environmental problem- Guidelines for Environment Global Grant Funding (August 2022) 3 solving can be tied to socioeconomic, cultural, or behavioral dimensions that lead to sustainable change. Reducing dependence on resource-intensive activities and nonrenewable resources in favor of activities with a smaller ecological footprint supports overall resilience and leads to sustainable livelihoods. Ultimately, this prevents interference with societal necessities like healthy soil and water and helps people with climate adaptation.

**IV. Environmental Equity:** Environmental equity starts with having a clean, healthy, and sustainable environment to live in. Access to environmental benefits, opportunities for sustainable development, and protection from environmental harm should be equally available to all people, especially those populations who are currently marginalized and have been historically disenfranchised.

Source: Guidelines For Environment Global Grant Funding

ENVIRONMENT

# The Role of Corporate Social Responsibility in **WASH**



**By: Rtn Eng Sandra Atukunda  
Senior Engineer (Ministry of Water  
and Environment) RC Kasangati**

**C**orporate Social Responsibility (CSR) is based on the belief that businesses have a greater duty to society than just providing jobs and making profits. It asks business leaders to consider their decisions' environmental and social impacts in order to reduce harm where possible. And a lot of harm emanates from neglected water, sanitation and hygiene related issues in society.

CSR really began when Andrew Carnegie challenged wealthy people to support social causes. In his book *The Gospel of Wealth* he argued that extremely wealthy Americans (like himself) had a responsibility to spend their money in order to benefit the greater good.

In 1953, Howard Bowen wrote a book, *Social Responsibilities of the Businessman*, in which he defined CSR as the obligations of businessmen to pursue those policies which are desirable in terms of the objectives and values of our society. He is therefore cited as the "father of CSR",

CSR is a form of self-regulation that reflects a business's accountability and commitment to using its resources to contribute to the well-being of society. The importance of CSR is premised in these facts:

- o CSR helps to improve various aspects of society as well as promote a positive brand image.
- o WASH initiatives benefit from CSR investments, improving public health and quality of life.
- o The interconnectedness of water, hygiene and sanitation issues necessitates collective responsibility.
- o Poor waste management and sanitation can have far-reaching consequences, affecting entire communities, e.g. decreased property value (like the Kiteezi case), contaminated

water sources, attraction of disease carrying pests and poor air quality.

## **Benefits of CSR in WASH**

1. Enhances waste management practices
2. Fosters partnerships with local governments and NGOs
3. Promotes hygiene education and behavioral change
4. Supports community-led total sanitation (CLTS) approaches
5. Invests in water infrastructure and conservation.

## **Categories of CSR**

1. **Environmental** focusing on sustainability and environmental stewardship, reregulating energy consumption, reducing harmful practices, such as decreasing pollution emissions, increasing reliance on renewable energy sources, implementing energy-saving methods.

2. **Philanthropic.** This category focuses on a company's efforts to make the world, society, and their immediate community a better place. A popular way to demonstrate this is by donating money from company profits to worthy causes, often in the form of a trust or foundation.

3. **Ethical:** as demonstrated by a company committing to operating in a fair and ethical manner. Unlike the two categories before, this one focuses on the practices and operations within a company e.g. by providing equal pay, comprehensive benefits, and a competitive wage.

4. **Economical** -this refers to the practice of making financial decisions that are based upon contributing to the greater good, not just greater profits. This category is often interwoven with the previous three – for example, it may be more expensive to use sustainable materials, but an economically responsible company will choose to pay the higher rate in order to support a healthier planet.







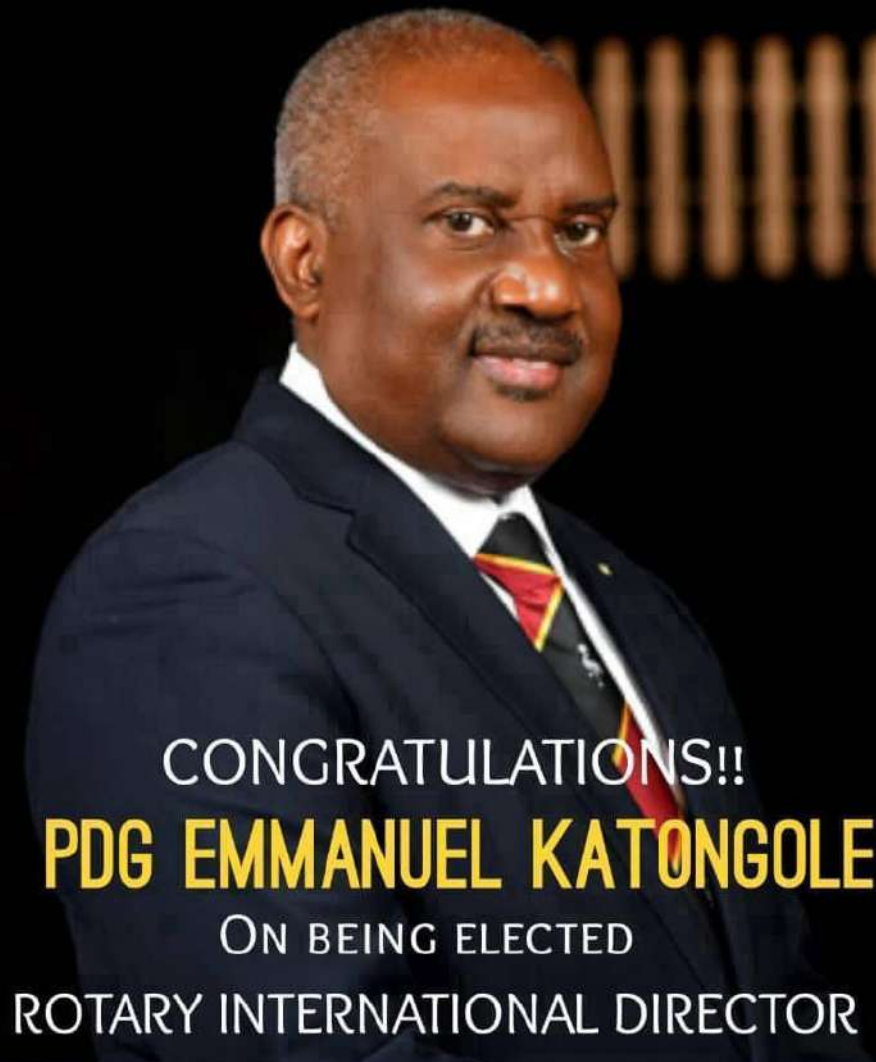
# DID YOU KNOW ?

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*There are more foreign bacterial cells in the human body than actual human cells.*

- *There is no scientific or linguistic reason why the alphabet is in the order it is in.*
  - *The acid in your stomach is strong enough to dissolve razor blades.*
  - *We judge ourselves by our intentions and others by their behavior.*
-

Rotary 



CONGRATULATIONS!!  
**PDG EMMANUEL KATONGOLE**  
ON BEING ELECTED  
ROTARY INTERNATIONAL DIRECTOR

# CONGRATULATIONS



**Hope Creator President-Rtn Fredrick Kitandwe**  
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or [service@labriseresort.com](mailto:service@labriseresort.com)

Rotary District 9213 **RYLA**

**D9213 Rotary Youth Leadership Awards (RYLA) Programme**  
**2024 | 2025**

**Theme:** Passion Action Reaction | **Date:** 10th-12th January 2025

Rotary  
District 9213



Rotaract  
District 9213



**DISTRICT  
CONFERENCE**

ON THE NILE

Over a Century of Rotary service in Africa

**CIVIL SERVICE** | **9 - 13**  
**COLLEGE JINJA** | **APRIL 2025**

**EARLY BIRD  
REGISTRATION**

FOR ROTARIANS

FOR ROTARACTORS

**\$200** | **\$120**

DEADLINE: 31<sup>ST</sup> OCTOBER



**Registration  
is Now Open**



100THDISCON



Rotary



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2025**



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Register today at [convention.rotary.org](http://convention.rotary.org)

**#Rotary25**

# 25X25

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**You can donate multiple times**

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# MONTH OF SEPT. CELEBRATES



# WEDDING - SEPT ANNIVERSARIES



Rtn Godfrey Kaliango  
22nd Sept



Rtn. Susan Arthur Kizito  
1st Sept



Rtn Depio Sheila Ann  
10th Sept.



Rtn Julius Mukiibi  
10th Sept.



Rtn Dr. Gloria Kasozi  
4th Sept



Rtn Joakim Matende  
25th Sept



Rtn Samuel Kiyangi  
22nd Sept



Rtn. Dr. Eddie Mwebesa  
28th Sept



Rtn Justine Kasozi  
20th Sept



Rtn Brigette Akampa  
5th Sept



Rtn Enock Kajjoba  
23rd Sept



Rtn Phillip Wamala  
9th Sept

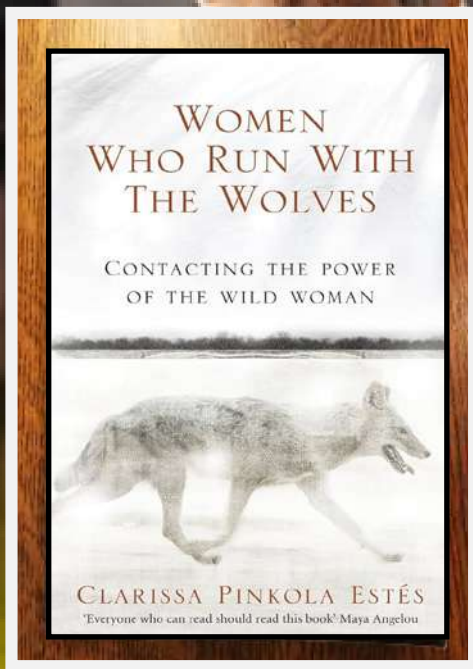


Rtn Prof. Nazarius  
Tumwesigye  
25th Sept.



Rtn Esther Ssenoga  
9th Sept

CELEBRATION



## THE BOOK OF THE WEEK

# "Women Who Run With the Wolves"

By: **CLARISSA PINKOLA ESTÉS DELVES**

40

**"Women Who Run With the Wolves" by Clarissa Pinkola Estés delves into the instinctual nature of women, using myths, fairy tales, and stories from various cultures to explore the Wild Woman archetype.**

Here are lessons from the book:

**1. Embrace Your Wild Nature:** Women have an instinctual, wild nature that is powerful and essential for their well-being. This Wild Woman archetype represents the innate, primal instincts that society often suppresses.

**2. Healing Through Stories:** Myths and fairy tales hold deep psychological truths and can be used as tools for personal growth and healing. These stories resonate with the unconscious mind and provide wisdom for overcoming life's challenges.

**3. The Importance of Intuition:** Trusting one's intuition is crucial. The Wild Woman within each woman is deeply connected to intuition, guiding them to make wise decisions and protect

themselves from harm.

**4. Cycles of Life:** Women's lives are cyclical, mirroring the natural cycles of birth, growth, death, and rebirth. Embracing these cycles, including the dark phases, is essential for personal development and renewal.

**5. Self-Preservation:** Protecting one's creative life force and personal boundaries is vital. This includes recognizing and extricating oneself from toxic relationships and environments that drain one's vitality.

**6. Authentic Self-Expression:** Women should honor and express their true selves, including their creativity, passions, and emotions. Suppressing these aspects can lead to a loss of vitality and disconnection from one's true nature.

**7. Overcoming Fear:** Fear often holds women back from pursuing their true desires and potential. By facing and overcoming fear, women can reclaim their power and freedom.

**8. Nurturing the Inner Child:** The inner child represents innocence, wonder, and creativity. Nurturing this aspect of oneself helps in maintaining joy, curiosity, and a sense of playfulness in life.

**9. Community and Sisterhood:** Connecting with other women in supportive communities is essential. Sharing stories, experiences, and wisdom helps women to strengthen each other and affirm their shared experiences.

**10. Embracing the Shadow:** Acknowledging and integrating the darker, less accepted parts of oneself is crucial for wholeness. The shadow contains repressed aspects of the psyche that, when embraced, can lead to greater self-understanding and empowerment.

These lessons emphasize the importance of embracing one's full, instinctual nature and the power of storytelling and community in personal growth and healing.

BOOK OF THE WEEK



# The ROTARY ACTION PLAN



**TOGETHER** WE SEE A WORLD  
WHERE **PEOPLE** UNITE AND TAKE ACTION  
TO **CREATE** LASTING  
**CHANGE** ACROSS THE GLOBE  
IN OUR COMMUNITIES AND IN OURSELVES

As we stand on the cusp of eliminating polio, we find ourselves poised for our next challenge. **The time is right to move toward realizing a new vision that brings more people together, increases our impact, and creates lasting change around the world.** To achieve the vision of Rotary International and The Rotary Foundation, we have set four priorities that will direct our work over the coming years.

## INCREASE OUR IMPACT

- Eradicate polio and leverage the legacy
- Focus our programs and offerings
- Improve our ability to achieve and measure impact

## EXPAND OUR REACH

- Grow and diversify our membership and participation
- Create new channels into Rotary
- Increase Rotary's openness and appeal
- Build awareness of our impact and brand

## ENHANCE PARTICIPANT ENGAGEMENT

- Support clubs to better engage their members
- Develop a participant-centered approach to deliver value
- Offer new opportunities for personal and professional connection
- Provide leadership development and skills training

## INCREASE OUR ABILITY TO ADAPT

- Build a culture of research, innovation, and willingness to take risks
- Streamline governance, structure, and processes
- Review governance to foster more diverse perspectives in decision-making



The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world.

doing  
**Good**  
in the  
**World**



## THE FOUR-WAY TEST

*Of the things we think, say or do:*

*first*

Is it the **TRUTH**?

*second*

Is it **FAIR** to all concerned?

*third*

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

*fourth*

Will it be **BENEFICIAL** to all concerned?

# Healthy Living



42



## 21 Health Benefits of Raw Honey

1. anti-allergenic
2. anti-bacterial
3. anti-viral
4. anti-fungal
5. anti-cancer
6. 27 minerals
7. 22 amino acids
8. 5,000 live enzymes
9. improve digestion
10. boosts immune system
11. reduces risk of illness and disease
12. helps to heal cuts and wounds
13. aids weight loss
14. promotes healthy, glowing skin
15. may help heal/prevent ulcers
16. raises levels of antioxidants in blood
17. boosts energy
18. supports good bacteria
19. antiaging
20. relieves morning sickness
21. soothes sore throat

FitLifeTV

# Amazing People:

## Meet Maria Conceicao



PP Elizabeth Ssempebwa-RC Kiteezi



Maria Conceicao with some of her Children from the Dhaka slums



Maria Centre, with the girls receiving a scholarship from the Maria Cristina Foundation.

**T**oday, I invite you to meet Maria Conceicao, a truly amazing Portuguese woman who became a ten Guinness World Record Holder, a renown motivational Speaker, a mother of hundreds and an accomplished Philanthropist through her desire to fulfill a promise...the promise of educating 600 children and uplifting them out of abject poverty!

Maria was born into hardship and dire poverty. Abandoned by her mum at 3 years, she was adopted by a refugee black woman Christina, a single parent who raised her six children by cleaning toilets. When Christina suddenly passed on, Maria at 12 years had to stop school. Her best alternative in life was to start working as a Cleaner, which was the most available job. Maria promised herself that if she was going to be a cleaner, then she was going to be "the Ronaldo of the cleaning world." Amazing prophecy! Moving from Portugal to Switzerland to England, she acquired the best cleaning skills and learnt several languages including French and English. While in search of better life opportunities, Maria went to a job Centre where she was told the Emirates was looking for a Crew flight Attendant. Although, she did not fit the job criterion, she was determined to get the job at whatever cost. At the interview, she smartly presented herself in a Cabin suit uniform as if already working with a specific Airline. Amazing! When the panel asked her why she considered herself the best out of the one hundred candidates, she impressed them that they would be recruiting "the Ronaldo of the cleaning world". Through her sheer force of character, charisma and resolve, she, undoubtedly got the job, moved to Dubai and became an elite flight attendant who travelled the world in luxury and opulence.

One day while on a stopover in Bangladesh, Maria witnessed unspeakable, unaparrelled abject poverty in the Dhaka slums and she vowed to do something, anything to lift those children out of the crushing hopeless circumstances. She did this by pushing her body which is over 40 years old, to do things many would say were physically impossible for an untrained sportswoman. Never before an athlete, not a swimmer, not a mountaineer, nor a marathon runner. But Maria shattered ten Guinness World Records not for fame but for a commitment to honour her promise to make a lasting impact on the lives of these 600 children and their families who were totally strangers to her.

Such Amazing people, like Maria and Rotarians, certainly inspire us to move out of our comfort zones and do something for our neighbours and strangers, the less privileged in our communities. If you ever think your dreams are too big or that the world is too harsh, remember Maria. She shows us that we don't truly know our capacity until we strive for something larger than ourselves. Today, I invite you to turn your dreams into reality. Overcome fear of the unknown. Step out in faith and hope. You will magically succeed.

AMAZING PEOPLE

**AFRICA  
PEACE  
CONCERT**  
4<sup>TH</sup> EDITION

The Rotary Foundation  

In Support of the  
Makerere University  
Rotary Peace Centre  
#APeaceConcert24

# RESERVE THIS DAY

 **10TH. JAN. 2025**  **15H (GMT)  
18H (EAT)**  **SPEKE RESORT  
MUNYONYO**

"The curious beauty about African music is that it uplifts even as it tells a sad story."  
**Nelson Mandela**

IN PARTNERSHIP WITH:  



44

Rotary   
Club of Kasangati

# QUIZ NIGHT

ENTRY FEE:  
50,000 UGX

PARTICIPATION FEE	
ROTARY CLUBS	200,000 UGX
ROTARACT CLUBS	150,000 UGX

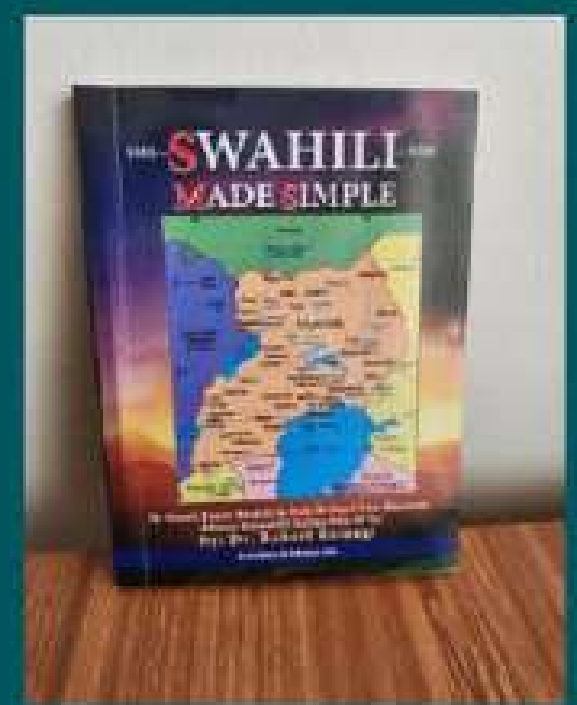
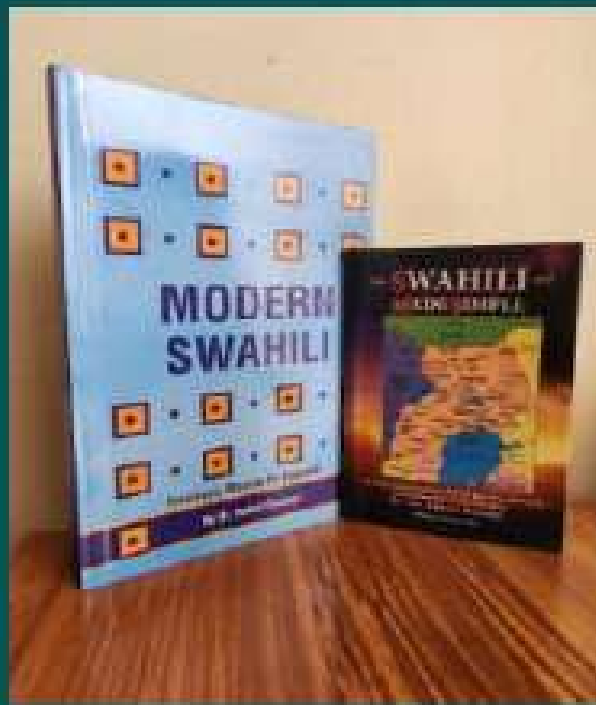
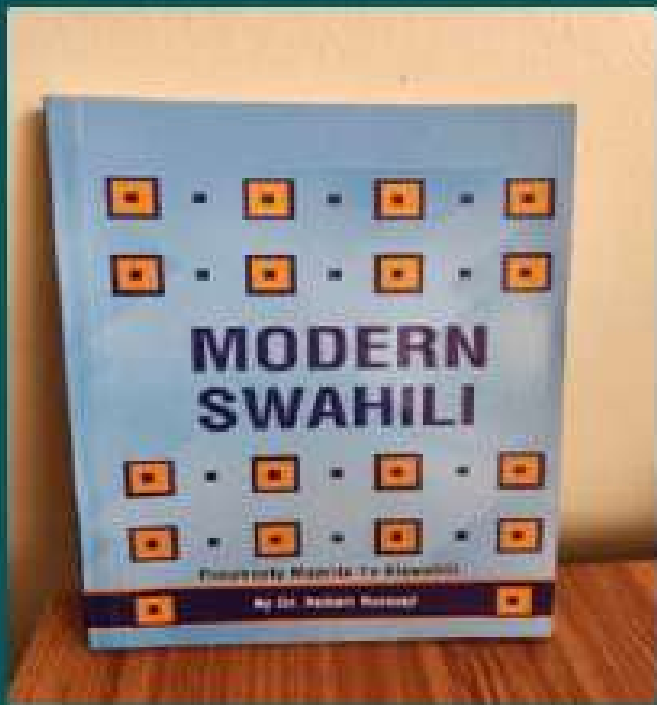
 **5<sup>TH</sup> SAT**  **KASANGATI RESORT CENTRE**  **3:00PM - 7:00PM**  
OCTOBER 2024

<b>WINNER</b> 1,000,000 UGX	<b>1ST RUNNER UP</b> 500,000 UGX	<b>2ND RUNNER UP</b> 300,000 UGX
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**PAYMENT MM:**  
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45

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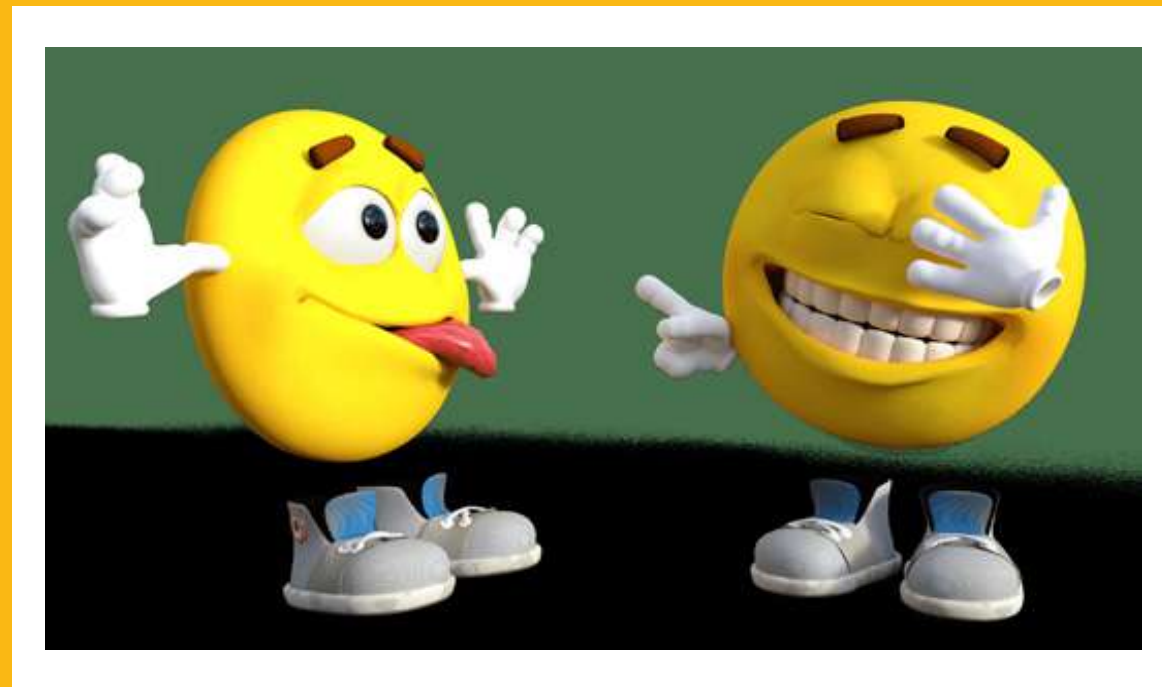
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46



## Taddewo

Lwaki oyagala okuyiga oluzungu?

## Dumba

Nalonze kabebi akazungu naye njagala  
wekanaatandikira okwojera nga ntegeera  
bye koogera

ROTARY CLUB	MEETING VENUE	DAY	TIME
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### MONDAY

RC Njeru	Nile Hotel	Mondays	6:00pm
RC Jinja City	Speke Courts Kakindu	Mondays	6:00pm
RC Kampala-North	Protea Hotel	Mondays	6:00pm
RC Kampala South	Hotel Africana, Wampewo Avenue (After Centenary Park)	Mondays	6:00pm
RC Nakawa	Rivonia Suites	Mondays	6:30pm
RC Kampala Early Bird	Online	Mondays	7:00pm
RC Kampala Naguru	Hotel Africana	Mondays	7:00pm
RC Kasangati	Kasangati Resort Center	Mondays	7:00pm
RC Mbalwa	Aimatt Bar (Road Towards Unbs)	Mondays	7:00pm
RC Mukono Central	Star Gardens Hotel (Near The General Hospital)	Mondays	7:00pm

### TUESDAY

RC Ngora	Galaxy Country Club	Tuesdays	5:00pm
RC Acacia Sunset Kampala	Ibamba Restaurant	Tuesdays	6:00pm
RC Kololo-Kampala	Hotel Africana, Wampewo Avenue (After Centenary Park)	Tuesdays	6:00pm
RC Fort Portal	Night Rose Hotel	Tuesdays	6:00pm
RC Iganga	Ntinda Valley Resort Hotel, Iganga	Tuesdays	6:00pm
RC Kabulasoke Gomba	Makanhill Hotel, Mityana - Wabigalo	Tuesdays	6:00pm
RC Lira	Margarita Palace Hotel, Police Road	Tuesdays	6:00pm
RC Lugazi Central	Stone Castle Hotel, Lugazi	Tuesdays	6:00pm
RC Makindye	Rozaho Restuarant	Tuesdays	6:00pm
RC Masindi	The New Court View Hotel	Tuesdays	6:00pm
RC Mbale	Mt. Elgon Hotel	Tuesdays	6:00pm
RC Soroti Central	Landmark Hotel (Opposite Soroti Main Market)	Tuesdays	6:00pm
RC Sunrise-Kampala	Roots Restaurant Kafu Road Plot 4	Tuesdays	6:00pm
RC Wobulenzi	Hotel Network, Wobulenzi	Tuesdays	6:00pm
RC Butabika Royals	Silver Springs Hotel	Tuesdays	6:30pm
RC Bweyogerere Namboole	Hotel Mamerito -Bweyogerere	Tuesdays	6:30pm
RC Kyadondo	Uganda Golf Club, Kitante (Last Fellowship Of The Month Is Off Site To Support Club Member's Joint	Tuesdays	6:30pm
RC Arua Eco City	Desert Breeze Hotel	Tuesdays	7:00pm

ROTARY CLUB	MEETING VENUE	DAY	TIME
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RC Bukoto	Kabira Country Club	Tuesdays	7:00pm
RC Buloba	Joggies Recreation Center. Mityana Road	Tuesdays	7:00pm
RC Kampala Naalya	Ndere Centre	Tuesdays	7:00pm
RC Kiboga	Kiboga Resort Hotel	Tuesdays	7:00pm
RC Kisaasi-Kyanja-Kampala	Sweetland Gardens	Tuesdays	7:00pm

### WEDNESDAY

RC Kampala-West	Kati Kati Restaurant, Lugogo By Pass	Wednesdays	1:00pm
RC Yumbe		Wednesdays	4:00pm
RC Mubende Metro	Panorama Suites	Wednesdays	5:30pm
RC Katakwi	Petua Gardens	Wednesdays	5:30pm
RC Tororo	Piedmont Hotel (Opp Lions Children Park)	Wednesdays	5:30pm
RC Kira	Zebra Spot Restaurant Kira Namugongo Road-Next To Kira Police Division Offices.	Wednesday	6:00pm
RC Arua		Wednesdays	6:00pm
RC Bugolobi Morningtide	City Royal Hotel	Wednesdays	6:00pm
E Club Of Naguru	Jaca Residence, Kisasi	Wednesdays	6:00pm
RC Jinja	Jinja Golf Club	Wednesdays	6:00pm
RC Kabarole	Toro Golf Club Fort Portal	Wednesdays	6:00pm
RC Kampala-Central	Hotel Africana	Wednesdays	6:00pm
RC Kasana-Luwero	St. Paul Gardens (At The Catholic Church)	Wednesdays	6:00pm
RC Koboko	Blue Dove Hotel, Koboko	Wednesdays	6:00pm
RC Kumi	North East Villa	Wednesdays	6:00pm
RC Mbale City	Courts View Hotel, Mbale	Wednesdays	6:00pm
RC Mubende	Nakayima Hotel	Wednesdays	6:00pm
RC Nakasero Central	Kati Kati Restaurant, Lugogo By Pass	Wednesdays	6:00pm
RC Kyambogo-Kampala	Sports View Hotel	Wednesdays	6:30pm
RC Lugogo Mango Tree	Shell Club Lugogo	Wednesdays	6:30pm
RC Kampala Life Stars	Kati Kati Restaurant Lugogo By Pass	Wednesdays	7:00am
RC Kampala Maisha	Rosa Dymes	Wednesdays	7:00pm
RC Kirinya-Bukasa	Sox Hotel	Wednesdays	7:00pm
RC Kiwatule	Kabira Country Club	Wednesdays	7:00pm
RC Mukono	Colline Hotel, Mukono	Wednesdays	7:00pm
RC Nansana	Hotel Ivory	Wednesdays	7:00pm

ROTARY CLUB	MEETING VENUE	DAY	TIME
RC Port-Bell	Silver Springs Hotel	Wednesdays	7:00pm
RC Nansana	Hotel Ivory	Wednesdays	7:00pm
<b>THURSDAY</b>			
RC Kampala	Sheraton Hotel	Thursdays	12:30pm
RC Bugiri	Gilgal Hotel	Thursdays	6:00pm
RC Busia	Dom Royal Hotel	Thursdays	6:00pm
RC Gulu	Acholi Inn	Thursdays	6:00pm
RC Hoima Kitara	Hoima Bufalo Hotel (Hb Hotel)	Thursdays	6:00pm
RC Kampala-Impala	Kabira Country Club	Thursdays	6:00pm
RC Kampala-Sseese Island	Kati Kati Restuarant	Thursdays	6:00pm
RC Kayunga	Katikomu Hotel	Thursdays	6:00pm
RC Kitante	Hotel Protea	Thursdays	6:00pm
RC Kitgum	Bomah Hotel Apartment	Thursdays	6:00pm
RC Mbale Metropolitan	Mbale Courts View Hotel	Thursdays	6:00pm
RC Source Of The Nile	Crested Crane Hotel	Thursdays	6:00pm
RC Kampala Springs	Silver Springs Hotel	Thursdays	6:30pm
RC Bugolobi	City Royal Hotel	Thursdays	7:00pm
RC Bujuuko-Kireka	City View Gardens Hotel	Thursdays	7:00pm
RC Bukedea		Thursdays	7:00pm
RC Kampala Day Break	Fairway Hotel- Yusuf Lule Rd ( 3 Virtual Fellowship And 1 Physical Fellow End Of Month)	Thursdays	7:00pm
RC Kampala-East	Hotel Africana, Wampewo Avenue (After Centenary Park)	Thursdays	7:00pm
RC Kampala-Mahaba	Meet Online, Physical Is Occassional - Kati Kati Restaurant Lugogo By Pass	Thursdays	7:00pm
RC Najjeera	Moments Lounge, Kiwatule (Behind Shell Petrol Station)	Thursdays	7:00pm
RC Nsasa	Hidden Village Resort	Thursdays	7:00pm
RC Seeta	Ridar Hotel	Thursdays	7:00pm
Namugongo	Abba Hotel, Vienna College Ring Road Opp Lifelink Hospital Kyaliwajjala	Thursdays	7:00pm

ROTARY CLUB	MEETING VENUE	DAY	TIME
<b>FRIDAYS</b>			
RC Upper Kololo	Rozaho Bistro	Fridays	1:00pm
RC Busia Borderline	Gold Star Resort Hotel, Busia	Fridays	6:00pm
RC Tororo Sam-Owori	Rock Classis Hotel	Fridays	6:00pm
RC Nansana Metro	Holy Fam Hotel, Nansana	Friday	7:00pm
RC Ntinda	Nob View Hotel	Fridays	7:00pm
RC Ntinda Metropolitan	Nob View Hotel	Fridays	7:00pm
RC Kitukutwe	Ijuuka Place	Fridays	7:00pm
RC Manyangwa-Nakwero	Victor's Valley Hotel	Fridays	7:00pm
RC Kampala-Kibuli	Hotel Africana	Fridays	7:00pm
<b>SATURDAYS</b>			
RC Kampala City	Circuit Lounge	Saturdays	1:00pm
Saturday E Jazz	On Line Meetings/ Physical Meetings Every Last Saturday Of The Month Currently At Zimbali Bistro & Lounge	Saturdays	6:00pm
<b>SUNDAYS</b>			
RC Sonde	Model Gardens, Sonde	Sundays	3:00pm
RC Kiwenda	Hill Air Hotel, Gayaza	Sundays	4:00pm
RC Naalya States	Emperor Hotel, Naalya	Sundays	4:00pm
RC Gayaza	Spartans Lounge (Behind Total Energies Petrol Station - Nakwero)	Sundays	5:00pm
RC Kulambiro	New Bio-Viands Kulambiro Ring Road	Sundays	5:00pm
RC Kyanja Metro	Lishi Resort Hotel	Sundays	5:00pm
RC Mukono-Namilyango	Hasteh Royale Hotel, Seeta-Kirowooza	Sundays	5:00pm
RC Semuto	Hilltop Hotel	Sundays	5:00pm
RC Bulindo	Conbary Hotel, Bulindo	Sundays	7:00pm
E Club Of Uganda Global	Online	Sundays	7:00pm
RC Kigumba		Sundays	7:00pm
RC Wakiso		Sundays	7:00pm

RC Bugiri  
Municipality  
RC Adjumani

**DON'T MISS RC KASANGATI FELLOWSHIP  
EVERY MONDAY | 7:00 PM - 8:00PM  
@ KASANGATI RESORT CENTER**





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X **RCkasangati**

f **Rotary club of kasangati**

▶ **Rotary club of kasangati**