

Rotary
Club of Kasangati



The Tear gas

Rotary Club of Kasangati-Weekly Newsletter

MOTTO SERVICE ABOVE SELF

MONDAY 12TH/ AUG / 2024 | VOL 23 , ISSUE 7



Left to right (MP Stuart Luyimbazi RC Kisasi Kyanja, MP Marion Eduruma Nakato Kampala Metropolitan, MP Maureen Birungi, MP Millicent Bulafu RC Kiira and CP Ronald Ngobya RC Kanyanya.



RCkasangati



Rotary club of kasangati



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EDITOR'S MESSAGE



Rtn. FRED KAVUMA
Bulletin Officer

Welcome to the New Month of August!

As the Editor of our esteemed RC Kasangati Tear gas Bulletin, it is my pleasure to introduce this fresh edition, packed with inspiring messages, insightful articles, and updates from our RI, District, Rotaractors and Club leaders.

As we embark on this new Month of August, I would like to bring to your attention this Year's Rotary Cancer Run.

Much appreciation to our dear irresistible, Magical President Maureen Birungi for leading us in an exciting Cancer Run activation last Monday. Remember the

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

For articles and feedback you can reach us on
Email: akasangati@gmail.com

Cancer Run is scheduled for 25th August 2024 @Kololo Airstrip – Kampala.

Much appreciation to all the writers, who have diligently contributed to the educative, inspiring and mind blowing articles in Teargas bulletin issue 6.

As we are your go to Source, please enjoy:

Yours in Rotary,
Rtn Fred Kavuma
Editor, RC Kasangati Teargas Bulletin





PRESIDENT

MESSAGE



STEPHANIE A. URCHICK
President, Rotary International

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.

ROTARY VOICES

STORIES OF SERVICE FROM AROUND THE WORLD

Resilience in the face of **POLIO**

Aimé Césaire Mpangaje

By Aimé Césaire Mpangaje, District 2150 deputy polio coordinator, member Rotary Club of Fleurus-Aéroport, Belgium

I have had a long journey with polio. My story is one of resilience in the face of this devastating disease. It is why I share this message with those I meet: Do not forget them, do not forget us.

I contracted polio when I was three-and-a-half years old. I had dreams of what I wanted to be as an adult like anyone else. I had already begun playing football with other children my age. I dreamed of becoming a great football player like Maradona, a renowned athlete like Carl Lewis, or an elegant and romantic man like Richard Gere – my idol during my teen years.

However, polio quickly destroyed these dreams. It not only shattered my hopes, but also the way my loved ones looked at me, the consideration of those around me, and, more seriously, my sense of self-love. Polio can rob you of school, professional life, and sometimes even life itself. It can send you begging on the streets because your family has lost the motivation to support you. Polio doesn't tell you about the physical and emotional pains you will face daily. It can barricade you in the camp of the weak, the useless, the undesirable, and sometimes the repulsive. This virus has an extraordinary ability to ruin someone's life. However, polio is not always a death sentence.

Not a death sentence

Despite all the obstacles before me, I chose to not let polio define who I would be. It was difficult, but employing resilience, I pursued my studies successfully. I eventually fell in love with a wonderful woman who became my wife and the mother of my children, in-



still in me the confidence I had previously lacked. Through being resilient, I was able to raise my children, which I consider my greatest accomplishment.

Resilience enabled me to work in important positions at multinational firms on two continents. I am driven

to get up in the morning and compete with others for even more important roles because I believe my story is only half-written. Today, I have achieved much, and it is all because of my resilience in the face of polio. However, none of this would have been possible without the courage of my mother, who enrolled me in school despite those who questioned that decision, and the unwavering support of my brother, who carried me on his back for five kilometers to and from school. I am also infinitely grateful to my friends, who always believed in me and my potential.

Getting up every morning

Resilience is getting up every morning, taking your cane or crutches, putting on your orthopedic device, and walking slowly but surely. It is counting on the support of friends and family to move forward after each fall. By choosing to get up every day, I contribute to the fight against polio.

I invite you to join us in our drive to eradicate this virus, not only by contributing to immunization campaigns that vaccinate children but also by supporting polio survivors. It will only be a total victory if we continue to support survivors in their daily challenges. In doing so, we will contribute to the happiness of humanity.

Learn more about Rotary's efforts to eradicate polio on endpolio.org

Good Morning Please receive President's Message

Staying ahead of the Curve...



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GOVERNOR: ANNE NKUTU

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.

CLUB SERVICE PROJECTS..

The Kyankima Buddy Group from Rotary Club of Kasangati visited St. Joseph Government Aided Kigando School in Kiboga District as part of their community service project. The school, housing about 200 orphaned children aged 6-18, was established in 1992 by the late Father Kasole to provide a safe environment for orphaned children. After a period of decline, the school is now recovering with support from organizations like MTN Uganda. During the visit, the group interacted with the children and donated essential supplies including bedding, food, and educational materials. They identified needs for improved living conditions, psychosocial support, and recommended establishing a coffee plantation to generate revenue for the school.





Maureen Birungi

THE PRESIDENT'S MESSAGE

Hello Irresistible People

Welcome back to our 7th Week of the Magical Year.

We appreciate all members who have represented the Club in various capacities and Rotary activities. Thank you for keeping the Club's flag high and for fulfilling the 1st Object of Rotary (The Development of Acquaintance as an opportunity for Service).

We joined our Colleagues of the Gayaza Road Corridor for th Cancer Run Activation where PDG Waggwa Nsibirwa was the Chief Guest he officiated and opened the Medical Camp and the Maternal and Pediatric wing of the Newly Constructed People's Medical Center in Gayaza. The activity saw various Rotarians within the Gayaza Road Corridor donate blood, residents having free medical services, it was started with a 5km walk for clubs on the Eastern route from Nakwero Playground to Gayaza and the clubs on the Western Route (Kyanja Metro, Kisasi Kyanja, Kanyanya and Kiteezi) Walked from Kentim University to Gayaza which was the meeting point.

A very Unfortunate incident befell our neighborhood in Kiteezi where there was a Landslide of the Kiteezi landfill and an identified number of people have lost their lives, some have lost their homes. As a Club our Past President T.M Kaddu lost his daughter in Law Brenda wife to his son Dr. Kawuki. We commensurate with the family and

with all affected families. As the Rotary fraternity we are awaiting details of the nature of support the victims of this unfortunate incident will need to be able to lend a helping Hand. We continue to pray for the Souls of the departed friends to Rest in Peace.

Last Monday we had Classification Defense of 5 of our Prospective Rotarians as we continue mentoring and preparing them for Induction during this Membership Engagement and attraction month. We also fellowshipped with the Rotary Club of Kyenjojo in formation at Tropical Gardens Hotel in Kyenjojo. The Club was represented by Myself and Rtn. John Bagamuhunda, wwe also had members from the Rotary Club of Kabarole who joined us in the mentorship program.

We also visited our Project Site at Kidudu Primary School in Kyenjojo and all the Groundwork is complete. We have been able to get the approved plans and the Bills of Quantities, and we shall be getting an update from our Service Projects Director soon.

During our Visit Rtn. John Bagamuhunda blessed an orphaned Pupil Murungi Thomas with School fees till he is able to complete his Primary School Education. We thank Rtn. John for his generosity.

As continue in this Membership engagement month, we encourage our Buddy Chiefs to continue working closely with their members, encouraging them to attend club

activities and also visit other Rotary Clubs to expand their rotary knowledge and also use what they have learned on their visits to improve and enhance our Experience as members of the Rotary Club of Kasangati Last Monday, we recognized our outstanding performers during our Monday fellowship with Rtn. Fred Kavuma being our Rtn of the Month for July, Buddy group Kyankiima for having the highest attendance for the Month of July and Buddy Group Masooli for leading at the fore front and having their service project completed in July.

Finally I would like to invite you all to our Second fellowship in August on Monday 12th August 2024 at Kasangati Resort Center where we shall be Hosting IPP Irene Nabayunga from RC Kampala Ssesse Islands to share with us the importance of Fund and Fellowship as the Glue that binds the Club. Please come with a friend.

We are 2 weeks away from the Rotary Cancer Run, please buy more kits as we come to the 25th of August 2024 and show up at UMA Show ground to participate in the 13th Edition of the Cancer Run.

Wishing you all a Fruitful Week Ahead.

**Irresistible President 2024/25
Maureen Birungi**

MONDAY MEETING FELLOWSHIP...

Pictorial



AWARDS OF THE MONTH...

Pictorial



Buddy Group Kyankima is the Buddy Group of the month having scored the highest % in meeting attendance



Rtn Fred Kavuma-Chief Editor, The Tear gas
Awarded Rotarian of the Month



Buddy Group Masooli ... won a July award for being the only buddy group with a service project during the month of July.

PACIFIC VOICES OF A ROTARIAN.



Hon. Rtn. CP Robert Rutaagi PRFS, RFB, PHF.

In 1979 Amin is overthrown. Obote is in power. I am back in Uganda. I am CEO of Uganda Baati Ltd. One day, during a Board meeting, two members of the Board become restless. The meeting is adjourned.

The Writer is a Public Sector Management Specialist & CEO [Rtd], Currently Governance Advisor of ECASA Group of Consultants Ltd, Author, Poet & Epigramologist. Contact: +256781224156.

As I escorted them out, they were going for their weekly ROTARY LUNCH!" "We, too, have organised lunch," I said. "Robert, this is Rotary Lunch;" Phan volunteered, adding, "Do you know Rotary?"

"Yes, I am a Rotary Foundation Scholar", I said. That day became my fourth encounter with "Rotary". Now the sporadic encounters became a weekly routine.

The first Ugandan black African Rotary Foundation Scholar, the first Paul Harris Fellow, the first Rotary Foundation Benefactor in Uganda - this writer, had met the first Ugandan Black DG [Phan Ntende] and the first and, probably, last Ugandan Rotary International President Elect [Sam Owori].

What followed looked like a choreographic Rotary pattern. One week Phan would invite me, the next, Sam would, for several months until I was inducted as a Rotarian. These sporadic, miracle-like God's-incidences, rather than coincidences or accidents, mesmerized and motivated me so much that, within a short time, I was elected Secretary [twice], Director [twice] and, finally, President [1987/88] of Kampala [Arch] Club.

In 1991, I authored Pacific Voices of a Rotarian Poetry Book to commemorate the Peace Month. All the sales proceeds were contributed to The Rotary Foundation for pioneer PHF and RFB in Uganda. By that time these contributions were not yet popular as they are today.

ROTARY GROWTH.

For many years, there were only three Rotary Clubs: Kampala, Kampala West & Mbale. Growth started when Sam was Club President and I was Secretary. And this continued when I was President and he was District Governor of D920.

Sam was General Manager of UCB while I was General Manager of Foods & Beverages Ltd. Both institutions had branches countrywide. We would call our managers in all Districts and request them to organise meeting District leaders. Two hours were enough for us. Following

that magical pattern, many Clubs were established throughout Uganda.

By mid 80s, Uganda had over 30 Clubs which were enough to become a new Uganda Rotary District [URD]. At that time, there were several Districts in USA and Europe with less than 25 Rotary Clubs.

While Sam and myself overtly shared a strong passion of Rotary expansion, when it came to URD Sam covertly undermined it because he tenaciously espoused higher positions in Rotary International structures viz: District Governorship, Directorship, Trusteeship & International President-ship, all of which needed votes from Kenya and Tanzania. That is how URD became administratively unviable, qualification and other criteria and substantial benefits, notwithstanding, because, once Uganda attained a critical mass of membership and Clubs, it generated a competitive exponential growth of Clubs, which triggered off a new re-districting challenges that we have witnessed up to today.

Thereafter, Uganda created a centre of gravity, in the whole District, and World over, in terms of human and financial resources, making her the fastest Rotary growth country in the world after Nigeria.

As Uganda Rotary continued to grow exponentially, between 1984 - 2024, and URD debate became toxic, aggravated by the premature death of Sam Owori [RIP], on the eve of his being crowned International President of RI, Rotarians in Kenya & Tanzania lamented and warned against imminent adulteration and dilution of Rotary standards, quality and values. Some analysts suggested that, at that time, they sounded like exaggerated fears but later, especially, today, signs are beginning to manifest variously: unfettered politicisation, commercialisation, regionalisation/tribalisation, femininisation, corrupt ionisation [etc] of Rotary. The Rotary four-way test seems to be, surely, under great test. This is debatable. I rest my case.



**Hon. Rtn. CP Robert
Rutaagi PRFS, RFB, PHF.**

EPIGRAMS & SAYINGS OF THE WEEK

- **Management is not like athletics where the whistle blows and activity goes into brisk motions. It is a slow process that requires patient tenacity.**
- **In many respects a good Manager is like a referee. S/He need not be a wonderful footballer.**



**Rtn. Kabuye Matia
Kagimu (PHF)**

PROFILE

Name:
Rotarian Kabuye Matia Kagimu (PHF)

Position:
Member of Rotary Club of Kasangati

Vocation:
Financial Management Services

Who invited you to Rotary?: Former RCK
Rtn. Catherine Kiwanuka Nsodo

Professional Skills:
Economist/Educational Planner

Interests:
Monitoring and Evaluation of Development undertakings and Community Service for improved economic and social well-being.

Why did you join Rotary?:
To better serve humanity with a like-minded network of selfless people in a more organised way.

Why is it important to be a member of a Rotary Club?
The good networking relationship and exchange of knowledge, work/or occupational and life experiences shared whenever we get the opportunity to interact.

What do you love about Rotary?:
The intangible benefits of freely sharing rich knowledge, professionalism, and life experiences in a friendly way.

What makes the Rotary Club of Kasangati the Club of choice?: The receptiveness and friendship exhibited by members.

How do you attract new members to Rotary?:
By beginning talking to our family members, friends, workmates and those in your same profession or area of operation from which you earn a living.

In your opinion, what makes a great Rotarian?:

Selflessness and professionalism with great interpersonal skills who easily relate with all calibre of people from various professions, whether young or old.

What makes Rotary unique:
A voluntary organisation where you pay and devote your valuable time to serve humanity.

What is that one thing that keeps you on the road to the Rotary meetings of RC Kasangati and to other Rotary Clubs? The warmth with which fellow Rotarians always receive you in fellowships and the unending life learning experiences shared not only in the Rotary Club of Kasangati but also in the other Rotary Clubs worldwide.

Briefly explain your Rotary moment.:
The best Rotary moment for me was during my service as a Treasurer for RC Kasangati, which allowed me to come to grips with the realities of what it meant to serve a community in need. It was so gratifying for me to see the change in the community each time I would go to our 'Adopt a Village at Makukuba in Mukono District' to monitor the progress of the projects which the Club was undertaking there in collaboration with 'Shared Love Uganda' an NGO and HARISS INTERNATIONAL our corporate partner.

Of the 7 areas of focus which one best resonates with you and why?:
Basic education and literacy because it is the key foundation of life and the basis for community empowerment both socially and economically.

What is your best Rotary quotation or your statement?

'Service above self' should ideally be every human being's aspiration if we are to have a better society.



Cambridge Assessment
International Education





WE ARE ENROLLING 2024-25 EARLY YEARS - YEAR 9

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DID YOU KNOW?

Your brain is constantly eating itself. This process is called phagocytosis, where cells envelop and consume smaller cells or molecules to remove them from the system. Don't worry! Phagocytosis isn't harmful, but actually helps preserve your grey matter.



“ Quotations THAT TEACH

"When you compare what you want with what you have, you will be unhappy. Instead compare what you deserve with what you have, and you'll discover happiness."

Anonymous

we all get trapped with an ungrateful heart from time to time and yet what we have in our hands is a bigger bargain than what we rightfully deserve. The song count your blessings name them one by one takes us back to the basics of being grateful that you have today and that you can do so much with today.

CP Flavia Mwendha Nampala
CP Kyanja Metro



FINANCE



THE COMPOUND GROWTH VS DRASTIC GROWTH

what creates sustainable wealth

16

When growth happens whether for human beings, animals, plants or business venture of various nature, it may follow natural trend and principles or may be subjected to drastic and unrealistic growth to meet the demands. We are living at a time and generation where many people demand fast or rather instant things. A thing that would naturally take a month or a season to produce, people are demanding that it should be made and supplied in a minute. Yes, we need to appreciate the advance in technology and knowledge but we need to note that there are things that still are subject to natural laws and principles, need more patience to get the firm result or else the results may not stand a test of time. One of such thing is money, it demands to be subjected to ancient principles to get firm results of it.

Let us analyze the two narratives and how the results really differ at the end.

We have many people who wish to have money as quickly as possible, and would want to use any

available short cuts to get the much they want. Yes, many have stolen both physically and through white color crimes, done deals in the hiding and the dark, some into gambling among many short cuts. They get the money but it has no firm foundation, more than often it never stays, causes more suffering than necessary. The struggle to maintain it leads to misery and more dark actions.

The money achieved through forceful and instantaneous ways can be compared to the growth of some plants and animals by overfeeding on unbalanced feeds, and excessive manure and some uncontrolled genetic engineering. The outcomes from such don't easily stand the slight change in weather, they are temporally and easily change, and most likely never fulfill the intended purpose.

Now contrary to the above narrative, Money responds well to natural principles one of which is compound effect. In the book compound effect by Darren Hardy, he comments ;"If you want more money, start

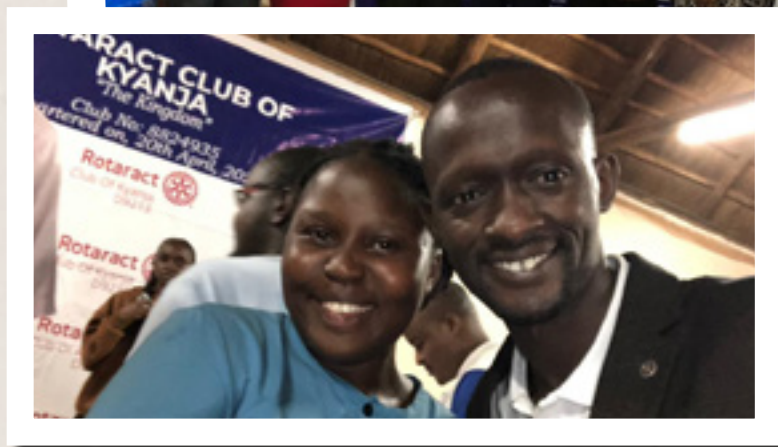
by spending less of it each day; if you want better relationships, start with being nicer to people; if you want a healthier body, eat less junk food. It's all about making little changes and small steps regularly so that they add up over time". The same applies to the pursuit of money, money is accumulated using three facets: Working for it consistently, saving and investing it, and allowing time for it to grow. The consistency which requires discipline, will ensure even if the money is little it grows, and through saving and investing more growth is added, and allowing time then adds dividend of time in form of interest. The compound effect thus is when one creates a discipline of accumulation of savings and dividends thereof subsequently allowing more earnings on the old money saved and earned thus growth.

The above comparison proves that real money growth follows principles some that have been used over ages past and proved effective than that the easily admired and adopted instantaneous approaches.

ROTARACTORS

Pictorial

Rtn.Amos Tumwine our Youth Director at Rct. Club of Kyanja



Sickle Cells Condition Awareness

Sickle Cell Condition Heredity

Coming from the build up of the Mendelian models of heredity let us try to have the simplest and relevant understanding of sickle cells spotlight.

We learnt of the condition being autosomal recessive in simplest terms telling us that each parent must pass on the mutated gene as we saw in the haploid-diploid relation, to start with. This beats the lame excuses of stigmatic statements of neglecting parents quoting “ewaffe tetubulina ela omwana mutwale ewabwa” shut up and do a genotype test because genes do not lie.

Anyway back to the topic at hand, The types of hemoglobin genes inherited from parents influences the types of hemoglobin that that said individual makes in their red blood cells. For example a 50% chance of a child having the sickle-cell disease or the sickle-cell trait, or that said child having a 25% chance of having the sickle-cell disease, depends on the status of both parents.



that the gene sequence leave some children with and others without the condition, you should always note that probability equates to one, this means that chances are that maybe all children will come with the condition or half or not all

This is where I stand to advise all future parents out there to take a moment and do a genotype confirmatory test because the benefits of knowledge are humongous.

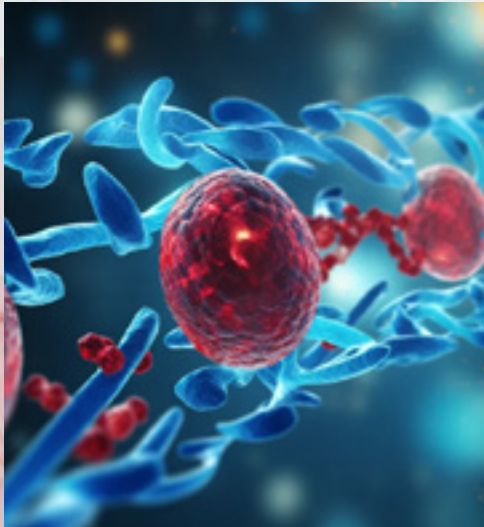
Furthermore, Hemoglobin consists of two subunits called alpha-globin n' beta-globin. A mutation in the HBB gene produces abnormal versions of beta-globin such as hemoglobin C (HbC), E (HbE) and S (HbS). The beta-globin was ultimately made from instructions by the HBB gene. An abnormality known as thalassemia may also result from a HBB mutation resulting in low levels of beta-globin.

Sickle cell anemia is caused by a mutation in the HBB gene. This as mentioned before is a common form of sickle cell disease. With this condition both beta-globin subunits in hemoglobin are replaced by hemoglobin S. In other forms of the disease, only one beta-globin is replaced; a different hemoglobin replaces the other.

Rtn. Prince Erimu



Note that each child is a character in the heredity of their own independent genetic makeup, not the frequent assumption that the families out there have, thinking



PHF Rtn. Prince Erimu - RC Kasubi

Health Haven



What does it mean to engaging **MEN** in **HEALTH CARE**?



Rtn. Gloria Kasozi

Most social and cultural norms in Uganda dictate that the man is the head of the household, which literally means that he will make all the final decision regarding home finances, economic empowerment, education, housing and health care access and utilisation. To a large extent, the man will decide which hospital the family will go to, how much is allocated to health care, which doctor you will see (if in private sector), how the woman will move from home to the hospital and so many other decision points that are at the discretion of the man. Unfortunately, this usually leaves the woman and the children vulnerable to the man and unable to make decision including those that affect their own health.

Several studies have documented that delay at home- mainly waiting for the head of house to make the decision is one of the reasons why individuals will receive lifesaving care too late to save a life. The masculine tendencies have also exacerbated the problem further since masculinity dictates that a man must not seek health care for any 'small illness' hence making the men and boys among the individuals with very poor health seeking behavior. Additionally, masculinity also guides that rarely should men escort their wives to hospital, it's the reason why fewer men are seen in healthcare facilities such as antenatal and postnatal clinics.

On the other hand, engaging men in health care actually improves the outcomes of health. Studies have showed that when a man clearly understands the rationale for health care, and get involved, then decision making is quick, there is better financial support and there are minimal delays in accessing health care. When I was delivering all my children, my husband was always my primary care giver, I remember during my first delivery, he even administered injectable diclofenac (painkiller)

to reduce the pain when he noted a delay in the health care system. So having him by my side did not only guarantee me the quality care but also provided emotional support leading to my speedy recovery and positive pregnancy outcomes.

It is this reason that the health care package promotes the engagement of men in health care as (1) beneficiaries of the health care services themselves for timely diagnosis and



treatment of diseases; (2) partners/spouses to women, this will promote timely decision making and access to health care; (3) fathers/parents to children- with a key focus to promote good health and wellbeing of the children and (4) as actors of change in the community. Men are great champions of change as they have the ability to influence not only their households but also peers and communities. Men usually hold strategic positions of leadership within their communities and workplaces hence

they have high chances of influencing their peers and friends positively for health care access and utilization.

For the men, the change begins with all Rotarians, how are you engaging as a beneficiary, partner, and fathers or as a champion of change in your society? It is time to identify opportunities within your circles to promote health behavior, improve access to health care and promote the good health of your families and communities. Together we can transform the health magic to our homes as men.

Dr. Gloria Kasozi

EAT WELL, DO GOOD: WHY CHOOSING A PLANT-BASED DIET IS HEALTHIER FOR YOU AND THE PLANET



By Dawn Byford and Kris Cameron, Environmental Sustainability Rotary Action Group (ESRAG) Plant-Rich Diet Task Force co-chairs

Plant Rich Diet Task Force: Promoting health and sustainability

If you knew there was one action you could take right now that supported all Rotary areas of focus, met the Four-Way Test, and addressed nearly every major

environmental crisis facing us, would you take it?

, and is a major polluter of both air and water. The Environmental Sustainability Rotary Action Group Plant-Rich Diet Task Force was formed in 2021 to inform, inspire, and encourage Rotary members

and others around the globe to modify their diets to include more low-carbon plant foods and fewer high-carbon animal products. Adopting a whole food plant-rich diet enormously benefits the planet, human health, and animal welfare and aligns with our Rotary values. Reducing our consumption of animal products has the potential to lower our individual carbon footprints by up to 75%.

When discussing climate change, our industrialised food systems, particularly animal agriculture and commercial fishing practices, are often overlooked yet contribute more to global greenhouse gas emissions than all forms of transportation combined. Industrial animal agriculture is widely held to be the biggest contributor to tropical deforestation biodiversity loss, uses the majority of global land area and freshwater resources

Eating more plants also helps restore marine biodiversity and repair the catastrophic damage done to our life-sustaining oceans due to overfishing, abandoned

fishing gear, bycatch, and bottom trawling. Commercial fishing is responsible for more annual greenhouse gas emissions than the aviation industry.

Plant-rich diets have enormous benefits for human health as well. They are credited with preventing and sometimes even reversing many chronic diseases , such as cancer, diabetes, heart disease, and obesity. The majority of antibiotics in the world are administered to animals on factory farms, which contributes to antibiotic resistance. Factory farms have been identified as breeding grounds for contagious diseases and pandemics, such as avian flu.

As Rotary members, we can harness the power of our plates to create a win-win situation for the planet and our own health. Incorporating more whole plant foods into our meals is inexpensive, immediate, impactful, and easier than you think. Here are some suggestions to help get started.

Individually:

- 1. Use plant milk in your coffee or favourite beverage.**
- 2. Reduce the size of your meat portions.**
- 3. Eat one plant-based meal a day or one day a week.**
- 4. Educate yourself about the impacts of diet on climate and health.** Watch eye-opening documentaries such as Forks Over Knives, Eating Our Way to Extinction, Cowspiracy, Seaspiracy, or The Game Changers. Host a watch party with your friends!
- 5. Take the ESRAG 15 Day**

Plant-Rich Diet Challenge!

The Challenge is an online guided journey toward better personal and planetary health, that you can take individually at your own pace, or in a group with others. It is a delicious way to learn about how to help the planet and enjoy tremendous health benefits along the way. Register to start your journey.

In your club:

Here are some actions that clubs around the world have taken to become more climate friendly through food. Your club can too!



A young family loads their plates with plant-based dishes at a “Plant-based Eating for Beginners” class sponsored by the Wenatchee Confluence Rotary Club (United States) at their local museum.

- 1. Work with your meeting venue to offer a plant-based meal option at every weekly meeting. Having this option can be a positive factor in new member recruitment and creating an inclusive atmosphere.
- 2. Make sure all of your event venues offer plant-based entree options. The ESRAG Green Events Handbook is a helpful resource.
- 3. Host a plant-powered club and/or community potluck. Experts and beginners alike appreciate having the opportunity to learn and share with one another about plant-based eating.
- 4. Host documentary screenings with plant-based buffets, food tastings, and sign-ups for the ESRAG 15 Day Plant-Rich Diet Challenge.**



Wenatchee Confluence Rotary Club members and friends prepare a plant-based feast to accompany their “The Smell of Money” screening at their local museum. The film highlights the impacts of industrial animal agriculture on the environment and human health of adjacent communities.

“Each step, no matter how small, makes a difference, and these often lead to more steps. By changing our food, we can change the world.”
Gene Baur, author and activist

Source: <https://rotaryserviceblog.org>



Brian Ssenoga RC Kibuli
A Journalist and Public Health Professional

GIVE YOUR STORMS AN EAGLE: **Harnessing Challenges for** **Socio-Economic Transformation**

In the bustling streets of Kampala and the tranquil villages across Uganda, a profound transformation is quietly taking shape among the nation's youth. With over 50% of Uganda's population classified as young people, the potential for dynamic change lies squarely in their hands. Yet, beneath the surface of this youthful vigor lies a significant challenge — a rising tide of mental health issues, predominantly affecting young males under the age of 45 as according to some studies.

Uganda, renowned for its vibrant culture and resilient spirit, also boasts the distinction of having the second youngest population globally. This demographic reality is both a beacon of promise and a call to action. It presents an unparalleled opportunity for the youth to not only shape their own destinies but also to steer the nation towards socio-economic prosperity.

The concept of "Give Your Storms an Eagle" encapsulates a powerful message of resilience and transformation. It urges young Ugandans to confront the common challenges they face — from unemployment and educational hurdles to societal pressures and mental health issues — and to harness these adversities as catalysts for personal and collective growth.

Mental health statistics paint a distressing picture: a significant proportion of mental health patients in Uganda are young males. So is the same with prison inmates. This demographic group, often grappling with the pressures of societal expectations and economic uncertainties, stands at a crossroads. However, within these challenges lies the potential for profound transformation. By addressing mental health stigma, seeking support, and fostering resilience, young Ugandans can channel their experiences into

a source of strength.

According to Dr. Sarah Maberu, a counsellor and mental health expert, embracing adversity as a stepping stone to success is not just a mindset but a practical strategy for socio-economic empowerment. The resilience ingrained in Uganda's youth, coupled with their creativity and ambition, forms the bedrock of sustainable development. Initiatives that support entrepreneurship, skills development, and innovation are crucial in unlocking this potential and equipping young people with the tools to navigate and thrive in a rapidly evolving world.

Moreover, fostering a supportive environment that encourages open dialogue on mental health issues is paramount. By raising awareness, promoting mental wellness initiatives, and ensuring access to quality healthcare, Uganda can empower its youth to confront challenges head-on and emerge stronger.

As we celebrate Uganda's youthful demographic dividend as per the latest census results of the Uganda Bureau of Statistics, let us embrace the mantra of "Give Your Storms an Eagle." Let us empower young people to transform adversity into opportunity, to unleash their potential as drivers of socio-economic change, and to collectively build a prosperous future for Uganda.

In the words of Nelson Mandela, "The youth of today are the leaders of tomorrow." Together, let us nurture a generation that not only survives but thrives, looking at today's challenges as storms for which they can spread their wings to soar towards a brighter tomorrow.

The Writer is a journalist, Public Health Professional and Director Mihoney Ug



Vice LG. Sophie N. Bamwoyeraki

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

IS IT ESSENTIAL TO NURTURE Soft Skills in Young CHILDREN?

23

Soft skills, often overshadowed by the pursuit of academic excellence, are now widely acknowledged as crucial. As a parent, witnessing your child's development of these skills is an emotional journey.

The early cultivation of soft skills can give children a competitive edge in navigating the complexities of the modern world. Soft skills such as communication, teamwork, problem-solving, adaptability, and leadership can be effectively cultivated through experiential learning and the creation of appropriate environments in the educational setting.

Moreover, developing soft skills is closely tied to promoting self-regulated learning and intrinsic motivation in students. This empowerment is a testament to educators' significant influence and impact on shaping the future generation. Their continued efforts in nurturing soft skills in young children are crucial, as they better equip our schools to prepare them for the demands of the future workforce, thereby enhancing their overall employability and career prospects.

Extracurricular activities have been identified as a powerful avenue for fostering soft skills in young children. These structured activities, such as sports, drama, debate, arts, and community service, cultivate specific skill sets and nurture the child's holistic development, including their emotional, social, and problem-solving capabilities.

Communication skills, including active listening, public speaking, and empathetic expression, lay the foundation for effective interpersonal relationships and successful collaboration. The ability to articulate ideas, listen actively, and tailor one's communication style to the audience is crucial for building relationships, resolving conflicts, and conveying complex information.

Critical thinking and problem-solving abilities enable children to navigate challenges, make informed decisions, and adapt to changing circumstances.

Emotional intelligence, encompassing self-awareness, self-regulation, and social awareness, equips children with the tools to navigate the complexities of personal and professional relationships.

Teamwork and Collaboration: The ability to work effectively with others, share information, and contribute to a common goal is a key soft skill. In today's workplace, where cross-functional teams and collaborative projects are the norm, individuals who can navigate interpersonal dynamics, resolve conflicts, and foster a cooperative environment are highly sought.

Creativity and Adaptability: As the pace of change accelerates, the ability to think outside the box, generate novel ideas, and adapt to new situations is increasingly essential.

Leadership and Emotional Intelligence: The capacity to inspire and motivate others and understand and manage one's own emotions and those of others is a critical soft skill.

All in all, cultivating soft skills in young children should be a paramount concern for educators, parents, and policymakers. By fostering these essential soft skills in our young children, we can nurture a generation of adaptable, resilient, and well-rounded individuals poised to make meaningful contributions to their communities and the world.



THE OTHER SIDE OF LIFE!

In my line of work, I have spent time interacting with several children [one on one] and I love the innocence, the hope for a better tomorrow in some but I am moved to tears when I sense hopelessness in some.

It is disturbing to meet a child as young as 10 saying they don't think life will ever get better than it is or 'a rich kid' who's sad about their parents' absence or the mess in their families.

Recently, I came up with a series named 'The other Side of Life' where I chat with children about their lives [with consent from their parents, or guardians.]

Through these stories, I hope;

i. Parents, like myself, will be helped to be the right help our children need. To truly understand how the life we give our children is shaping or affecting them. I want parents to find an entrance into their children's hearts and minds and also for children to be able to put their feelings out to parents.

ii.I'll capture the innocent time of life for these children. A time when we trust that things will turn out right, when we have the will to make it happen. Some people call it ignorance of reality but I call it a state of possibilities. I hope that even when life tosses them about, they can look back at such chats and remember

who they are.

iii. I also hope we can find support for children and families that need it. May be even make some dreams come true.

I invite you to take this journey with me on this side of life as we meet different children.

Here we go!

Meet 'Alinda'

'Alinda' is 15 years old and lives with her widowed mother and 3 siblings. I met her at her church when she came for choir practice and we had a chat.

What do you love about your life?

Alinda - I am healthy, I am in school with a sponsor who pays some of my fees.

What would make your life better?

Alinda - I am still worried about my other siblings who don't have sponsors. My dad died during the 1st COVID 19 lock down and now my mom struggles alone.

What would make your life happier?

Alinda - I wish my mom's business would grow bigger to educate my other siblings, feed, and care for us all.

What makes you sad?

Alinda - School work is very frustrating. It makes me so sad when I study so hard but still fail and the smart kids in class tease the rest of us. I wish I was as smart as they are because I want my sponsor and mother to be proud about my performance.

What are you good at outside class?

Alinda - I help my mom run her vegetable stall and she says I am good at it. I am also good at making craft pieces and I am surprised many people don't know how to.

What problem in your community do you wish to solve?

Alinda - Two problems. First, if I was old enough and had the money, I would pay fees for children who want to go to school but have no money. Secondly, I hate the conflicts I see between many children and their parents. Many don't know who to talk to. Some children even decide to leave home but end up facing more problems, I wish I could help.

#theothersideoflifeug

Author: Prossy Nyafwon

ROTARY LEARNING CENTER REVISION

GLOBAL GRANTS CORNER SERIES SUSTAINABILITY

Sustainability means different things to different organisations. For Rotary, sustainability means providing long-term solutions to community problems that community members themselves can support after grant funding ends.

How can you make your project sustainable? Be sure to:

- Start with the community. Host sponsors should work with members of the benefiting community to identify a need and develop a solution that builds on community strengths and aligns with local values and culture.

- Encourage local ownership. It's a true sign of a project's success when community members embrace the project as their own. Empowering community members to assess their needs and plan projects that address them leads to the most effective projects and the most sustainable outcomes. Identify key community members who can advocate for lasting improvements.

- Provide training. A project's success depends on people. By providing training, education, and community outreach, you strengthen beneficiaries' ability to meet project objectives. Make sure a plan to transfer knowledge to new beneficiaries is ready. Collaborate with local organizations to provide this training.

- Buy local. Purchase equipment and technology from local sources whenever possible. Make sure that spare parts are available locally, too. Make sure that community members can operate, maintain, and repair equipment on their own. Compensate your project's vendors appropriately so they have an incentive to continue providing supplies.

- Find local funding. Getting funding from local governments, hospitals, companies, and other organizations integrates your project into the local community and supports your project's long-term success.

- Measure your success. First, gather data before you begin the project to determine where you are starting from. Include clear and measurable outcomes in your project plan and decide how you'll collect data throughout your project and afterward. Maintaining a strong relationship with the community can help you collect data and also address any issues that the data reveals.

Global grants require all of these sustainability practices. In your application, you'll explain how your project will include each of them.

Source:
A GUIDE TO GLOBAL GRANTS 1: MAKE A SUSTAINABLE IMPACT 9

Resources you can contact about Global Grants Matters:

Jessica Bueltmann Regional Grants Officer
The Rotary Foundation, Xavier Sentamu, (RC Kiwatule)
District International Chair, Moses Musiitwa, (RC Kyambogo)
Grants Management, Nelson Kabwama, (RC Kampala Sseso)
District Grants Sub-committee, Tusingwire Milton, (RC Kabaloro)
Global Grants Sub-committee, Emmy Kwesiga, (RC Kampala Central)
Grants Qualification Peter Isabirye, (RC Source of the Nile)
Stewardship, Priscilla Nakiboneka, (RC Kampal North)
Annual Fund, Catherine Asekenye, (RC Sonde)
Polio Plus, Evelyn Akello (RC E-Club of Nagulu)
Endowment and Major Gifts Ronald One, (RC Upper Kololo)
Paul Harris Society Lilian Joloba, (RC Kira)
Corporate Partnerships, Peter Kasedde, (RC Kitante)
Rotary Peace Center Host Area Coordinator, Margaret Nyeko, (RC Nagulu)
Vocational Training Teams Coordinator Sophie Bamwoyeraki, (RC Kasangati)
Peace Building and Conflict Prevention, Moses Kafeero, (RC Mukono Central)
TRF Cadres (On a separate page)



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
14.	Moses	Musiitwa	mosmumm@gmail.com	Water and Sanitation	9213
15.	Fredrick	Muyodi	fjmuyodi@gmail.com	Water and Sanitation; Environment	9214
16.	Jane	Nakato	jfnakato@yahoo.com	Basic Education and Literacy	9213
17.	Flavia M	N. Miiro	flatmiiro@gmail.com	Disease Prevention and Treatment; Maternal and Child Health	9213
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



Rotary
D9213



CLUB QUALIFICATIONS

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

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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 Nkuutu 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



CLUB MEMBER'S PRESENCE BEYOND THE CLUB



Vice LG. Sophie N. Bamwoyeraki at the Rotary Club of Naperville



LG. Julie at RC Manyangwa Nakwero



PDG Waggwa Nsibirwa Flagger off the Gayaza Corridor Cancer Run Activation



ARC. Ronald Kawaddwa at RC Kampala Life Stars



WAKIO MWACHIHI

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How to Take Care of a ROSE PLANT

Roses are beloved for their stunning blooms, captivating fragrance, and timeless elegance, making them a cherished addition to many gardens. As a gardener, your role in caring for a rose plant is crucial, requiring a delicate balance of attention, knowledge, and patience to ensure its health and longevity.

Proper pruning is not just a task, but a crucial aspect of rose care. It promotes the plant's overall vigour and encourages the development of new, healthy growth. When pruning, it is important to remove any dead, diseased, or damaged wood and any branches that are crossing or rubbing against each other within the plant's centre.

Watering is another essential component of rose care, along with pruning. Roses thrive when they receive regular, deep watering, especially during hot weather. Proper soil preparation and fertilisation are also important factors in maintaining a rose plant's health.

Environmental conditions, such as light, temperature, and humidity, can also significantly impact roses' growth and productivity. Roses generally prefer full sun, with at least six hours of direct sunlight daily. Extreme hot or cold temperatures can stress the plant and impede its development.

Propagation is another important aspect of rose cultivation, as it allows gardeners

to expand their rose collections or replace ageing plants. In vitro propagation techniques have been explored to efficiently produce new rose plants.

Roses are also susceptible to various pests and diseases, including the devastating grey mould caused by the fungus *Botrytis cinerea*. Proper cultural practices, such as maintaining good air circulation and minimising water on the foliage, can help prevent the spread of these issues.

With careful attention to pruning, watering, soil, and environmental conditions, gardeners can successfully cultivate and enjoy rose plants' beauty and fragrance for many years.



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

HOW MUCH WATER SHOULD YOU DRINK EVERYDAY?

You have heard it said that “water is life and clean water means health”but why is this so? . By this assertion, Audrey Hepburn meant that in order to survive, all living organisms need water. Our bodies are made up of 60% water and we cannot live beyond a few days without water. All our organs need water to function well

Living water is a metaphor used in the Bible to mean spiritual sustenance and salvation that Jesus Christ offers.

It is therefore critical to ask yourself each day how much water each of us should drink. The National Academies of Science, engineering and Medicine recommends the following daily fluid intake: 3.7 litres for men and 2.7 (11cups) liters for women. However, these should be seen as starting point quantities. The individual water requirements are affected by size, age, sex, metabolism, diet, activity level and general lifestyle/health. It should be noted that not all the water required will be drunk through the glass, 20% of your fluid intake comes from the food you eat, especially fruits like watermelon

What are the advantages of drinking water?

- You will be more energized
- You will be less hungry (the body hardly differentiates between hunger and thirst)
- A clearer skin
- Better bowel movement (less constipation)

What are the effects of dehydration?

- Confusion
- Decreased appetite which maintains
- Decreased metabolism

How do you tell if you are hydrated enough?
Level of thirst - you need to drink more

Colour of urine - if it is yellowish pale, it means you are well hydrated but a darker yellow (amber) indicates dehydration. However, certain foods and medications can cause such colour change

Headaches - this is an indicator that you lack water

A healthy adult needs around 35 ml of water each day per kilogram of body weight . At least according to the general guidelines from scientific organisations, a person weighing 50 kilograms requires 1.7 litres, 60 kilograms 2.1 litres, 70 kilograms 2.4 litres and 80 kilograms 2.8 litres. So to get the appropriate amount of water you need daily (in litres), simply get your weight (kg) and multiply by the factor 0.034

The colour of your urine is a good indicator of how much water we need, as illustrated in the wheel below;



THE EXTRAORDINARY HUMANITARIAN SERVICE

Rtn John Bagamuhunda brought his magic into the life of Timothy Murungi P7 of Kidudu Primary School Kyenjojo. In the photo is his Grandmother who had come to negotiate his 65,000 school fees which she didn't have. Johnbags offered to pay his school fees till he completes P7. And take him up till his Secondary. #Magic of Rotary





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Rotary  **RYLA**
District 9213



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

Theme:
**Passion
Action
Reaction**

Date:
**10th-12th
January
2025**

Rotary
District 9213



Rotaract
District 9213



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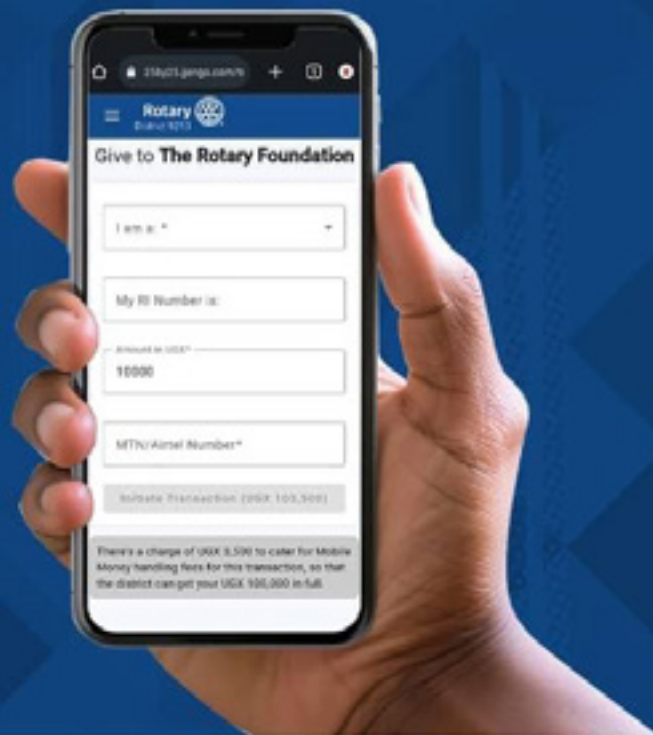
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MONTH OF August CELEBRATES



Rtn Josephine Esaete
1st August



ARC. Ronald Kawaddwa
1st August



PP. Ben Ssekamatte
8th August.



Rtn Sarah Kafeero
16th August.



Rtn Geoffrey Ssekamatte
27th August.



Rtn Julian Nyachwo
5th August



PE. Andrew Kisitu
5th August



HON. Victoria Kisalarwe
19th August.



Rtn. Christopher
Kafeero- 23rd August.



Rtn Lillian Beatrice Ochen
28th August.



PP. Edward Kalule
26th August



Rtn. Prossy Nyafono
21st August



AP. Moses Ssebagala
16th August.



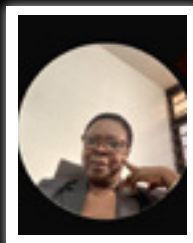
Rtn Lydia Aliwonya
Ssekabira - 10th August.



Rtn Cathy Kibuka
Luyombo- 31st August.



HCP. Fredrick Kitandwe
20th August.



Rtn Grace Kasisira
22th August.

WEDDING - AUGUST ANNIVERSARIES



Rtn Eddie Mwebesa & Anne
20th August



Hon. T.M Kaddu
23rd August



PE. Andrew Kisitu
25th August

IN LOVING MEMORY



Brenda Nakasollya Kawuki

Brenda Nakasollya Kawuki daughter in-Law of Charter Member PP Theophilus Kaddu. She was one of the victims of the Kiteezi Landfill slides that Occurred in the Early morning of Saturday 10th August 2024.

MAY HER SOUL REST IN ETERNAL PEACE

Obituary

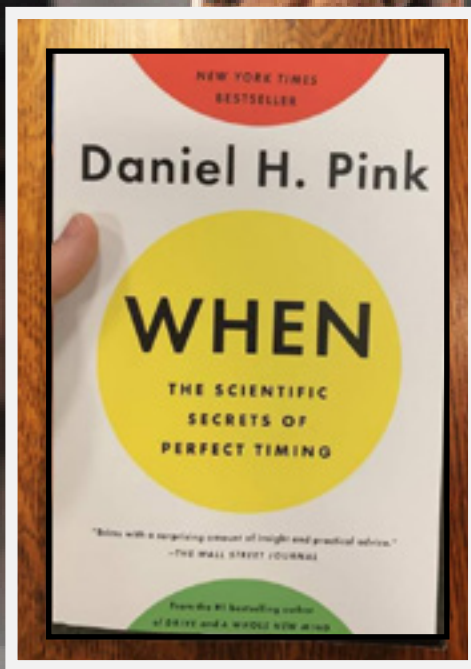
At least 12 people are now known to have died after a landslide at a massive rubbish dump in the Ugandan capital, Kampala.

Rescuers are continuing to dig through the waste in the hope of finding more survivors after the landslide, which followed weeks of torrential rain.

The 36-acre (14-hectare) Kiteezi landfill is the only one serving the whole of Kampala, a city home to an estimated four million people. The Uganda Red Cross, Rotary Uganda are working together with KCCA to support the victims of this incident.



Rtn Magic President Professor Maria Nassali Musoke of RC Kiteezi with other Disaster Respondents at Kiteezi.



THE BOOK OF THE WEEK

5 lessons on the book "When" by Daniel H. Pink

By Daniel H. Pink

BOOK OF THE WEEK

1: Timing is everything.

Timing is a critical factor in success, influencing everything from personal relationships and career advancement to everyday decisions and interactions. Understanding timing patterns and using them to your advantage can significantly impact your life's trajectory.

2: Timing has three distinct phases.

Pink identifies three primary phases of timing:

1. Season timing: This involves being in the right place at the right time, aligning your actions with opportune moments and favorable conditions.

2. Tempo timing: This involves understanding the pace of events and adjusting your approach accordingly, knowing when to accelerate, decelerate, or maintain a steady cadence.

3. Synchronicity timing: This involves creating opportunities by aligning your goals and actions with those of others, fostering synergy and collaboration.

3: Timing patterns can be identified and utilized.

Timing is not random; it follows discernible patterns that can be identified and used to your advantage. By understanding these patterns, you can make informed decisions and increase your chances of success.

4: Timing patterns include the sweet spot, surge, and fade.

Pink identifies three significant timing patterns:

1. The sweet spot: This is the optimal time for action, when conditions are

most favorable for achieving your goals.

2. The surge: This is a period of heightened activity or opportunity, a time to capitalize on favorable momentum.

3. The fade: This is a period of decline or diminishing returns, a time to reassess strategies and adapt to changing circumstances.

You can create your own luck by recognizing timing opportunities.

While luck plays a role in life, you can increase your chances of success by recognizing and acting upon timing opportunities. Be aware of timing patterns, experiment with different timings, and prepare yourself to seize opportunities when they arise.

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?

Amazing People:

ZHANG YIMING



PP Elizabeth Ssempebwa-RC Kitezi



Meet Zhang Yiming

What is the busiest social media handle in Uganda today? If your bet is on Tik Tok, you have won gold. TikTok enjoys unmatched presence especially of Generation Z, other social media users, estimated at 5 million Users monthly, followed by WhatsApp and Telegram as confirmed by the Uganda Communication Commission, on July 12th 2024.

Hence, I invite you to meet Zhang Yiming, a 41 year old Chinese Entrepreneur and Software Engineer best known as the founder of ByteDance, the parent company for TikTok founded in 2016 in China whose video-based social media app has quickly become globally popular. Zhang developed an interest in computers and programming at an early age and went on to study Microelectronics at Nankai University. He has worked in several reputable companies, including Kuxun, a Chinese travel website. Although at the age of 13, Zhang lost both his natural legs in a train accident, he has substituted them with two wooden boxes which facilitate his physical movement to wherever, whenever to meet whoever. Nothing has blocked his social and economic prowess.

Zhang has faced a myriad of challenges but like a true warrior, he keeps matching. He has embraced the power of Artificial Intelligence and that is why under his leadership, ByteDance is one of the largest influential technology companies globally valued over \$ 200 billion. He was named one of Time Magazines most influential people in 2020.

He is a symbol of perseverance, a beacon of innovation, a symbol of success and an accomplished billionaire. His motto is: nothing is impossible. He believes that success is not just about making money, it is about making a positive impact on the world.

As an individual, what is your motto and what drives to do what you do, for your family, your clan, your community and those strangers? May Zhang inspire you to do more.

HEALTHY LIVING

HEALTH BENEFITS

Rosemary



Mental health

Research has shown that consuming rosemary tea regularly has antidepressant effects.

Cognitive health

Rosemary is considered a cognitive stimulant and can improve memory and sleep quality.

Compounds found in rosemary have neuroprotective effects, protecting the brain against free radical damage.

Digestion support

Traditionally, rosemary was used for digestive issues like loss of appetite, gas, bloating and abdominal pains.

Cancer inhibitor

Rosemary is shown to protect DNA from oxidative damage which may reduce cancer development.

Parkinson's disease

Rosemary has shown to be supportive in Parkinson's disease through carnosol acid and carnosol.

Addiction support

Rosemary may reduce symptoms related to opioid withdrawal.



d'connect

Rotary District 9213 & 9214



Facebook: RotaryCancerRun, Twitter: @UgRotaryCancerP

ROTARY CANCER RUN MILESTONES

WHAT HAS BEEN ACHIEVED SO FAR?



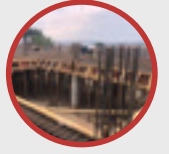
36 Beds UGX 1.5 BILLION

Constructed a 36-bed cancer treatment centre at Nsambya Hospital.



Fitted the center with equipment worth over USD 150,000 including staff training that was acquired through two Global Grants.

Contributed 200M to construction of the Rotary Blood Bank at Mengo Hospital.



Commenced the construction of 2 bunkers that will house the 2 LINAC cancer testing and treatment machines. Phase 1B almost Complete.

TOTAL FUNDS REQUIRED

USD 3.6M or approximately UGX 13.8 billion to go towards the construction of the bunkers and associated spaces.



TWO LINEAR ACCELERATORS



TWO BUNKERS

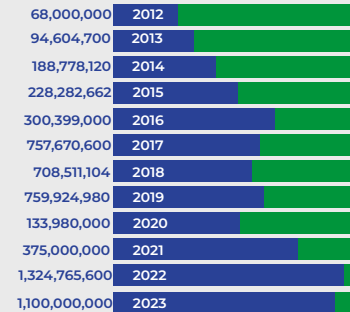
HOW MUCH HAS BEEN RAISED?

UGX 4.36 BILLION

2024 RUN'S TARGET

UGX 4 BILLION

HOW HAS MONEY BEEN RAISED OVER THE YEARS?



- ★ Money from the first three Rotary Cancer Runs (2012, 2013 & 2014) constructed the Rotary Centenary Bank Cancer Centre at Nsambya Hospital.
- ★ UGX 200M from the 2015 Rotary Cancer Run constructed the Rotary Blood Bank at Mengo Hospital.
- ★ Funds raised from the runs between 2016 to 2021 were used for phase 1A of the construction of the radiotherapy centre (bunkers).
- ★ The remaining money from the above runs has rotationally been used to purchase kits for recurrent runs.

ABOUT THE 2024 RUN:

DATE: Sunday 25th August, 2024.
 VENUE: Kololo Ceremonial Grounds and in all major towns across the country and around the globe.
 REGISTRATION FEE: UGX 30,000 and comes with a kit.



REGISTRATION FEE: 30,000/=

To register, click the link or scan the QR Code:
<https://tickets.ugandarotarycancer.org/>



MAYD McCANN



A LEADER HAS

Integrity, Vision, Positive Attitude, A Sense Of Humor, Good Communication Skills.

Improve your Rotary Knowledge and Leadership Skills



19th INTAKE GRADUATE

MODULE 2 Topics - 24th Aug 2024. 8AM

- Membership Issues
- Diversity in Rotary
- Rotary and Ethics

Fee: 115,000/= Per Module for meals, **Protea Hotel, Kololo.**
For registration Queries: - 0752 735 768
For Payments send to (DO Not Call)
 Sylvia Kizito Nakajjugo on 0789 913 242 or 0708 691 213
Deadline: 21st Aug 2024. Email: infoatrluganda@gmail.com



A LEADER IS

A Listener, **Loyal**, Respectful, **Reliable**, **Proactive**, Honest, **Passionate**, Energetic, An **Accomplisher**, Strategic, **Helpful**

Improve your Rotary Knowledge and Leadership Skills



27th INTAKE UNDERGRADUATE

MODULE 2 Topics - 24th Aug 2024. 8AM

- Rotary Opportunities
- Effective Leadership Strategies
- Attracting Members
- Club Communication
- Team Building
- Foundation 2: Targeted Service

Fee: 115,000/= Per Module for meals, **Protea Hotel, Kololo.**
For registration Queries: 0752 735 768
For Payments send to (DO Not Call)
 Sylvia Kizito Nakajjugo on 0789 913 242 or 0708 691 213
Deadline: 21st Aug 2024. Email: infoatrluganda@gmail.com

**AFRICA
PEACE
CONCERT**
4TH EDITON

The Rotary Foundation  

In Support of the
Makerere University
Rotary Peace Centre
MUPeaceConcert24

**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:  

Rotary Club of Kasangati  

05th October 2024
QUIZ?
NIGHT
FUNDRAISER

Construction of a 7 room Staff quarters Block at Kidudu Primary School in Kyenjojo District

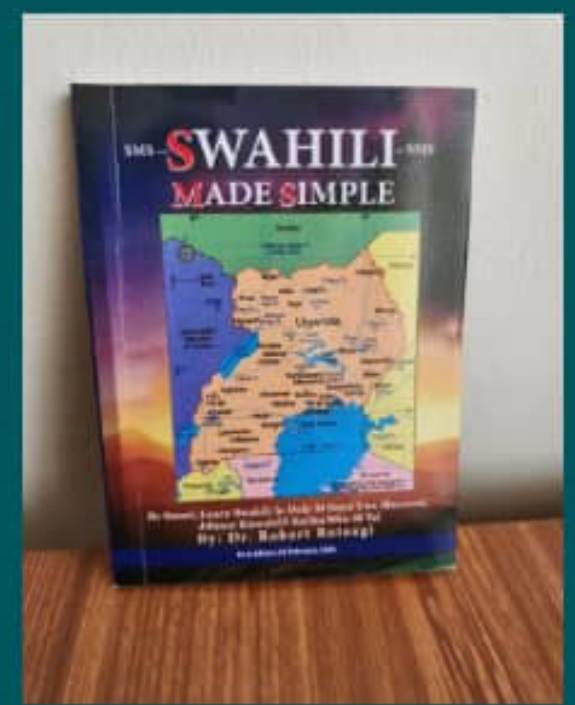
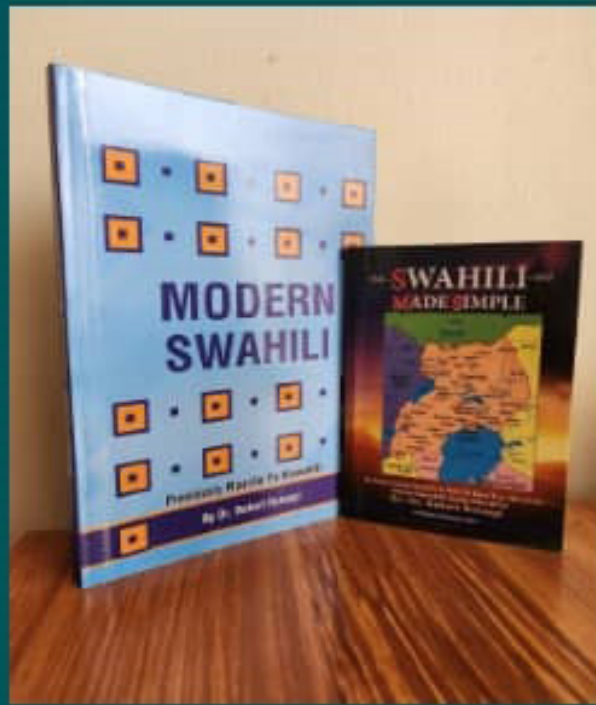
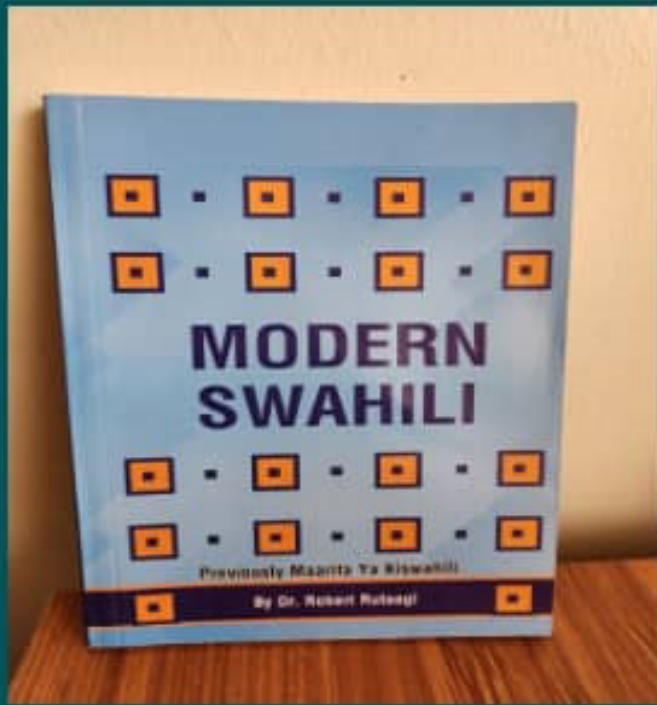
ATTENDANCE FEE:		VENUE
Rotary Clubs:	UGX. 200,000	Kasangati Resort Center
Rotaract Clubs:	UGX. 150,000	TIME
Per Person:	UGX. 50,000	4:00 p.m.

RSVP

PAG Sophie Bamwoyeraki | PAG Julie Kamuze Musoke | PAG Ronald Kawaddwa
0772 411 869 | **0772 138 106** | **0701 483 736**

PAYMENT TO: 0773 094820 | 0703094520 RTN PHILIP WAMALA

X RCkasangati | f Rotary club of kasangati | y Rotary club of kasangati



43

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#Giftaschool Campaign

AKASEKO

Ddereeva

Ddereeva avuma omukazi nti alina omwana omubi. Omukazi atuula mu takisi ng' ayomba.

Omusaabaze

Ddereeva avuma omukazi nti alina omwana omubi. Omukazi atuula mu takisi ng' ayomba.

KIRIZA OBA GAANA.

Empisa zisuwuusenyoo mu bantu baKatonda ab'omulembe guno. Abato tebakyayinza kuwa bakulu kitiibwa.

Kakaati no enamusa etuuse ku nyooge abakulu nabo bwebaweddemu ensa nga kati n'abakazi bafuuse ba nyugunya oba ba kyala kimpadde.

Abantu obukozi babukoowa dda era kati balinda nimore nga binyonyi. Oluukuunya lwebalina kubanaabwe olugerageranya kulwa nkima mu musiri gwa kasooli.

Kale no awo yo Lotale ate wefunidde amaanyi amapya okwagazisa abantu ba Katonda okukolera awamu, okuwanirira banaabwe era n'okulumirirwa abalala.

Kale no gwe atanaba kwegata ku Lotale munange ekiseera kyo bwoba olowooza nti tekinatuuka kyayita ddaaaaaaa.

By Rtn Christopher Kafeero

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
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RC Port-Bell	Silver Springs Hotel	Wednesdays	7:00pm
RC Nansana	Hotel Ivory	Wednesdays	7:00pm

THURSDAY			
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RC Kampala	Sheraton Hotel	Thursdays	12:30
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

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ROTARY CLUB	MEETING VENUE	DAY	TIME
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FRIDAYS			
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RC Upper Kololo	Rozaho Bistro	Fridays	1:00pm
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 Busia Borderline	Gold Star Resort Hotel, Busia	Fridays	6:00pm
RC Tororo Sam-Owori	Rock Classis Hotel	Fridays	6:00pm

SATURDAYS			
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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

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SUNDAYS			
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RC Bulindo	Conbary Hotel, Bulindo	Sundays	7:00pm
E Club Of Uganda Global	Online	Sundays	7:00pm
RC Gayaza	Spartans Lounge (Behind Total Energies Petrol Station - Nakwero)	Sundays	5:00pm
RC Kigumba		Sundays	7:00pm
RC Kiwenda	Hill Air Hotel, Gayaza	Sundays	4:00pm
RC Kulambiro	New Bio-Viands Kulambiro Ring Road	Sundays	5:00pm
RC Kyanja Metro	Lishi Resort Hotel	Sundays	5:00pm
RC Naalya States	Emperor Hotel, Naalya	Sundays	4:00pm
RC Mukono-Namilyango	Hasteh Royale Hotel, Seeta-Kirowoza	Sundays	5:00pm
RC Semuto	Hilltop Hotel	Sundays	5:00pm
RC Sonde	Model Gardens, Sonde	Sundays	3:00pm
RC Wakiso		Sundays	7:00pm

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RC Bugiri Municipality			
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RC Adjumani			
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**DON'T MISS RC KASANGATI FELLOWSHIP
EVERY MONDAY | 07:00 PM-08:00PM
@ KASANGATI RESORT CENTER**



✕ RCkasangati

f Rotary club of kasangati

▶ Rotary club of kasangati