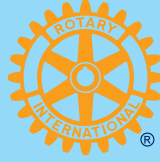


Rotary
Club of Kasangati



The Tear gas

Rotary Club of Kasangati-Weekly Newsletter

MOTTO SERVICE ABOVE SELF

MONDAY 19TH/ AUG / 2024 | VOL 23 , ISSUE 8



L-R: President Moses Ssebugwawo (RC Kampala Ssesse Islands), President Ronald Tusiime (RC Kitante) Katikiro CP Mayiga and Nulu Naluyombya (RC Kila Impala)



RCkasangati



Rotary club of kasangati



Rotary club of kasangati

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

Rotary Club in Mpika continues work of Malaria - Free Zambia

When we launched Partners for a Malaria-Free Zambia (PMFZ) in March of 2021, one of our objectives was to establish a Rotary club in at least one of the districts we would be serving. On 15 June, that objective became a reality with the chartering of the Rotary Club of Mpika.

This milestone is particularly significant as it coincides with the 30 June closing of the Programs of Scale project and its hand over to the Rotary Healthy Communities Challenge. The timing couldn't be more perfect as the establishment of the Rotary Club of Mpika gives us hope that our initiatives in Mpika and surrounding districts will be sustained under its stewardship.

The journey to this moment has been anchored on the collective effort and dedication of the residents of Mpika, members of the Rotary Club of Kasama, Past Assistant Governor Martha Lungu, and myself. Special mention is due to our selfless District 9210 Governor Gabriel Chipara who has been a constant source of guidance and support to the steering team from the very beginning. In fact, DG Gabs, as we fondly call him, traveled all the way from Harare, Zimbabwe to Mpika in the northern region of Zambia early this year to encourage the then-prospective members of the club. His support and encouragement have been a driving force behind this achievement.

DG Gabs also made the long trek up north to officiate

at the charter night. The PMFZ project through Malaria Partners Zambia supported the orientation training of all prospective members, ensuring they are well-prepared to uphold the values and mission of Rotary. Throughout the life of the project, Rotary volunteers have been at the heart of our advocacy, mentorship, and technical support efforts. Their contributions



A community health worker tests a woman for malaria in Zambia.
Eric Liswaniso, Programs Manager, Malaria-Free Zambia

have been invaluable in driving forward our mission to combat malaria and improve health outcomes in the region.

Throughout its life, the project has strengthened existing Rotary clubs in Zambia and contributed

to their growth and sustainability. The project has engaged more than 130 Rotary and Rotaract members from across the country. PMFZ played a key role in integrating members of the newly chartered Rotary clubs of Solwezi and Samfya, enhancing members' Rotary experience.

In addition, PMFZ has inspired and contributed to successful small grant applications from Malaria Partners International for the Rotaract Club of Lusaka and the Rotary clubs of Samfya and Kasama. Their efforts are crucial in sustaining the gains achieved by the project.

To us, the charter of the Rotary Club of Mpika is timely and significant for the sustainability of our work in Muchinga province. Having laid the foundation for a healthier, malaria-free future, we will continue to support and nurture the new club, ensuring that the seeds we have planted grow into a robust and vibrant force for good in Mpika and beyond.

About the author: Eric Liswaniso spent 10 years in public service before joining Malaria Partners Zambia, which is part of Malaria Partners International founded by Rotary members to eliminate malaria. He's using his passion for Rotary and his experience in socioeconomic development, project management, and community engagement to raise awareness and inspire people to become advocates for a malaria-free Zambia.

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.





Sangkoo Yun

Of the Rotary Club of Sae Hanyang, Seoul, Korea, is the selection of the nominating committee to become Rotary International's president for 2026-27.



Maureen Birungi

THE PRESIDENT'S MESSAGE

Hello Irresistible People

Welcome back to our 8th Week of the Magical Year.

Thank you for the great work of representing the Club in the various Rotary activities we really appreciate your time and for spreading the Rotary Gospel all over.

As we journey through August may we be able to remember Our Value Proposition as a Club, What is the Rotary Club of Kasangati Brand? With this in mind it will enable us enhance our individual Rotary Experience and with this we shall be able to attract new Members into Rotary as well as retaining existing Rotarians.

This last week Our Governor Anne Nkuutu and her Vice Governor PDG Mike Kennedy Sebalu visited the Tragic site of the Kiteezi Landslide, they were in the Company of Magical President

Maria Musoke. They visited the temporary site where the Victims and had various engagements with the Red Cross team on Ground. Various Rotary Clubs have extended a helping hand by delivering assorted items for basic needs of the victims. We as a Club have our Harambe on going through LG Julie Kamuze and we are requesting for items in kind (Used items still in good condition like Clothes, Shoes, Baby pampers, Liquid Soap, Washing Soap, Cooking Oil, mattresses, Blankets) Our Collection point is Kasangati Resort Center. We shall be able to deliver these by end of this week.

The Service Projects Committee also Visited our Adopt a Community in Makukuba to engage our partners Shared Love Uganda on our Global grant WASH project we are to implement. We shall be communicating the details soon.

The Cancer Run is still on and we are very grateful for every one who is buying the Kits or making referrals to buy these kits. Let us save the 25th of August 2024 at UMA Grounds Lugogo and be part of this noble cause.

Finally I would like to invite you all to our fellowship on Monday 19th August 2024 at Kasangati Resort Center where we shall be Hosting PAG Charles Odaga for RC Kampala South who will be sharing with us the Magic Bullet for enhancing our Club Experience. Please endeavor to come and invite a friend to join us please.

Wishing you all a Fruitful Week Ahead.

Irresistible President 2024/25
Maureen Birungi

Katikiro of Buganda Kingdom, Charles Peter Mayiga spends quality time with Rotarians.

Pictorial



Magical Presidents this evening have visited the Victims of the Kiteezi Landslide Victims and gave some items to the affected team.



The handover of assorted items for the Kiteezi Landslide victims (with Magical Presidents Prof Maria Musoke- RC Kiteezi, Irene Seryazi -RC Kampala Life Stars, PE Kampala Life Stars)

PACIFIC VOICES OF A ROTARIAN.

AWESOME NIGHT AND DAY!



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

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

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I
In her sublime majesty,
God created and ordained,
The radiant sun,
Much like a ripe orange,
Exuding splendour and mystery,
Gently traverses the cosmos,
As if pulled by a gigantic magnet,
From East to West,
And from sunrise to sunset.

II
Between sunrise and sunset,
Lies illusive distant horizons-
Horizons that, with heaven and earth, romance,
Always fondly embracing both,
With passionate love,
Kissing them dearly,
From sun dawn to sundown.

III
Illusive horizons,
That, with ease, continually
Tantalise German M-Benzes
And American Concords,
Never to be touched,
By precision of science –
And smart technology.

IV
Will no one lure you for a while,
To stop that insane marathon,
That you will never win alone?
Oh! distant Horizons –
Who, in oriental blanket, hides,
Radiant sun and moon,
And, daily, pulls them with - Western magnet and -
Occidental bedcover, hiding you?

V
Easterly horizons,
Westerly horizons,

Northerly horizons,
Southerly horizons,
Celestial horizons,
Terrestrial horizons,
Subterranean horizons,
Mental horizons,
Quantum horizons...
And ignoble others!

VI
Traversing parabolic sky,
I watched her from a hill:
Was there anything so majestic,
Like radiant sunset and rise,
Shy moon appearing
And, then, disappearing;
That fascinate human eyes,
Except, peradventure,
Poor busy house maids,
Until they graduate-
To house-wives status?

VII
As the radiant sun surrenders
Her majesty to nocturnal prison,
Dusk takes over mantle power:
Cows obey nature's summons;
So do owls, their ilk, chicken and herds boys -
All in obedience to cosmic curfew laws.

VIII
With the fall of dusk,
And advent of nocturnal curfew,
The power of silence rules:
As humankind takes refuge into their shelters;
The bird-kind roosts in their nests;
The Universe, into deep slumber, plunges;
Leaving only Omnipotent God,
To ring the gong for all life -
To wake up another tomorrow.



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

EPIGRAMS & SAYINGS OF THE WEEK

- **Success and failure are never good bed fellows.**
- **A happy heart is the engine of good living.**



**Rtn Lydia Aliwonya
Ssekabira**

PROFILE

Name:
Lydia Aliwonya Ssekabira

Position:
Buddy Chief Nangabo Buddy Group

Vocation
Human Resource Management Services

Who invited you to Rotary?
Previously a Rotaractor, but Rtn Paddy Mugalula invited me to Kasangati RC

Professional Skills.
Leadership, Performance management, HR Analytics, Conflict Resolution, Career Coach

Interests
Mindfulness and Wellness, Community Service, Physical Activities, Travel and Exploration

Why did you join Rotary?
Notwithstanding fellowship and friendship I joined Rotary to give back to community and be part of the global effort to tackle pressing world issues like education, polio eradication, clean water.

Why is it important to be a member of a Rotary Club?
Personal fulfillment, the opportunity to help others and see the tangible results of service is deeply fulfilling. Rotary membership provides a sense of purpose and satisfaction from knowing that one's efforts are making a lifetime impact.

What do you love about Rotary?
The opportunity to connect with like-minded individuals committed to making a visible difference to communities world wide.

What makes the Rotary Club of Kasangati the Club of choice?
Being one of the first Community based Rotary Clubs, it demystified Rotary to the community. And its dedication to Rotary's core values and impactful community service projects, it resonates well with my personal interests.

How do you attract new members to Rotary?

Living the four way test to uphold high ethical standards and make decisions that positively impact on others.

Leveraging on existing members, through encouraging them to, invite friends, family and colleagues.

Organize events where potential members can learn about the club, but most important

In your opinion, what makes a great Rotarian?
One who is Committed to service

What makes Rotary unique?
A big family of volunteers by choice who pay and invest time too serve the same cause

What is that one thing that keeps you on the road to the Rotary meetings of RC Kasangati and to other Rotary Clubs?
I enjoy a sense of belonging, building friendships, participation and engagement in meaningful service initiatives and social events, that broaden my knowledge and skills.

Briefly explain your Rotary moment. Well I have had chance to experience impactful moments highlighting the spirit of Rotary, but let me share a lifetime impact when my Late Father (MHSRIP) had just survived a stroke and they recommended a Mobility Aid for him. We as family then were overwhelmed by the medical costs, and when my fellow Members of Mengo Rotaract Club visited him in hospital they mobilized and sorted us greatly improving on his recovery. To date me and my family are forever grateful for that gesture.

Of the 7 areas of focus which one best resonates with you and why?
Basic Education and Literacy, because it empowers children by giving them the tools to navigate their environment and to the adults tools they need to succeed in life.

What is your best Rotary quotation or your statement?
"Service Above Self"
(emphasizing the importance of putting others needs before one's own in the pursuit of a better world).



Cambridge Assessment
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WE ARE ENROLLING 2024-25 EARLY YEARS - YEAR 9

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ROTARY TRIVIA

Write your responses on a piece of paper and check for the answers on the right

1. Who is the Rotary International President?
2. Who are the District Governors of Districts 9213 and 9214?
3. In what year was Rotary founded?
4. On what date was Rotary founded?
5. In what city was Rotary founded?
6. Who was the Founder of Rotary?
7. When did Rotary first adopt the "Service Above Self" motto?
8. Who can you blame for introducing singing to Rotary Club meetings, and what was his profession?
9. Where were the first five Rotary Clubs?
10. What is the most significant distance from Chicago that a Rotary Club banner has been displayed?
11. What are the Rotary avenues of service?
12. Who holds the following offices in District 9213?
 - A. District Governor Elect
 - B. District Governor Nominee
 - C. District Executive Secretary
 - D. District Treasurer
 - E. Chair, District PIME
 - F. Vice PIME Chair
 - G. Lieutenant Governor
13. What are the 7 Rotary Areas of Focus?
14. What is Rotaract?
15. What is the Rotaract motto?
16. Who is the DRR?
17. Who is the current District Rotaract Representative-Elect?
18. What is Interact?
19. What is the age range for Interact members?
20. What is the Rotary Club of Kasangati newsletter known as?

1. Stephanie Urchick
2. Ann Nkutu and Agnes Batenagas
3. 1905
4. February 23rd
5. Chicago
6. Paul Harris
7. 1911
8. Harry Ruggles, printer.
9. Chicago, San Francisco, Oakland, Seattle and Los Angeles.
10. Astronaut Frank Borman, of the Rotary Club of Space Center Houston, took a club banner on his orbit around the moon in Apollo 8.
11. Club, Community, International and Vocational Service and Service to Youth
12. Who holds the following offices in District 9213?
 - A. GK Kitakule
 - B. Gerald Obai
 - C. Phyllis Kwesiga
 - D. Kyambade Kaziro
 - E. Obitre -Gama
 - F. Fred Masadde Kabuye
 - G. Peter Mukuru
13.
 - A. Peace and Conflict Prevention / Resolution
 - B. Disease Prevention and Treatment
 - C. Water and Sanitation
 - D. Maternal and Child Health
 - E. Basic Education and Literacy
 - F. Economic and Community Development
 - G. Environment
14. A Rotary Program for Young Adults
15. Fellowship through service
16. Simeo Ssekukulu
17. Abisage Nahabwe
18. A Rotary Youth program for post-primary school students
19. 12 to 18 years
20. The Teargas

TRIVIA ANSWERS

ROTARY TRIVIA



“ Quotations **THAT TEACH**”

"None of us is as smart as all of us."

(Ken Blanchard)

Be humble enough to learn from others!

Anonymous

Classifications in Rotary describe the distinct and recognized business or professional service that the Rotarians render to society.

Every club is privileged to host a rich blend of classifications and together we bring so much back to our different communities. None of us is better than all of us. Let us all tap into this rich and resourceful membership.

**CP Flavia Mwendha Nampala
CP Kyanja Metro**



FINANCE



THE ANCIENT AND TESTED LAWS OF WEALTH CREATION: THE 5 LAWS OF GOLD(WEALTH).

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I read a book; The Richest Man in Babylon by George Clason, wherein the writer gives insights on the time-tested ancient wisdom of wealth creation and protection. He opens his narrative with a question of choice; if given a bag of Gold and one for wisdom which one would you choose? Many, as I too, would go for the bag of Gold. In the explanation with examples, he confirms that with this choice, the gold will be depleted soon and one will be back in need. It's recommended that one chooses wisdom that will, guide in the sustainable handling of the gold. So I picked the following lessons from the 5 laws that are shared in the book, which aligns to the time tested testimonies on wealth creation.

1 The first law: Gold comes gladly and in increasing quantities to any man who will put not less than one-tenth of his earning to create an estate for his future and that of his family. This speaks to deliberate saving. I learn that one should save after earning then spend what is left!

2 The second law: Gold labors diligently and contentedly for the wise owner who finds for it profitable employment, multiplying even as the flocks of the field. This teaches that once one earns and saves, there is need to invest wisely so that the money multiples.

3 The third law: Gold clingeth to the protection of the cautious owner who invests it under the advice of men wise in its handling. This calls for seeking advice, mentorship and guidance from qualified people, who have the skills and experience in handling wealth. Many a time people give advice and we follow yet the advice is based on " I heard"! This challenges the investor to seek knowledge and also right guidance some freely available like with their bankers and the seasoned financial advisers.

4 The fourth law: Gold slippeth away from a man who invests in businesses or purposes which he is not familiar or which are not

approved by those skilled in its keep. This is a serious caution that not any and all investment options are profitable. One needs to first have a fair understanding of the investment options before they inject in their money. In the past we have seen Ponzi schemes which are too good to be true and left many in losses.

5 The fifth law: Gold flees away from a man who would force to impossible earnings or who followeth the alluring advice of tricksters and schemers or entrusts it to his own inexperience and romantic desires in investment. Money as said before grows in most times slowly. When a person wants money with greed and willing to take on anything for it, then you are sure it will elude the person. It requires patient and avoiding temptations of get rich quick schemes. These are time tested truth worth following.

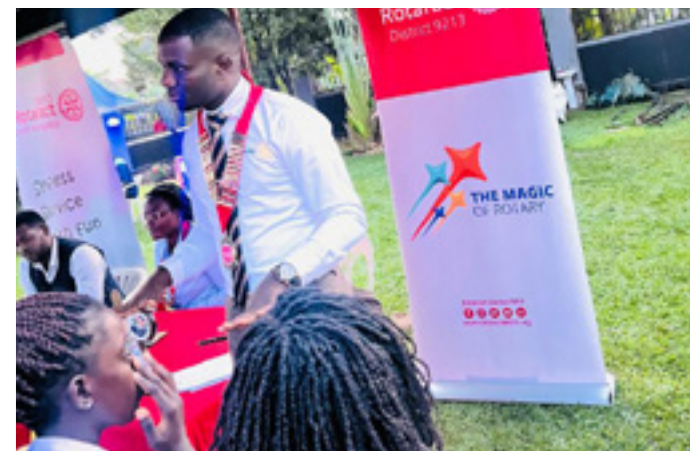
Rtn. Yosamu Barekye (Debt Management and Finance Advisory) Tel: 0771 866 513, Email: barekyey40@gmail.com

ROTARACTORS

Pictorial

Rtn. Jjagwe Adams representing Rc Kasangati at the Rotaract Club of Kasangati

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PLG Julie @Rtn.Julie Kamuze and SAA Christopher @Chris Rtn. joined Rotaract Club Of Nangabo as they were Hosting the DRR!



CHAMPIONING THE FIGHT AGAINST MALARIA

By PAG Aubrey Agaba [Coordinator Malaria Free Uganda]

Malaria continues to be a formidable adversary in our communities, wreaking havoc on households and undermining the socio-economic well-being of individuals. In Uganda and Tanzania, the toll of malaria is especially severe, affecting millions of families and straining both healthcare systems and economies.

Malaria's burden extends beyond health concerns, permeating into the very fabric of our communities. At the household level, the disease results in significant medical expenses, loss of income due to missed work, and educational disruptions for children. The broader socio-economic impact includes decreased productivity and stunted economic growth. Malaria's grip is particularly devastating on young children and pregnant mothers, who are most vulnerable to its effects. Rotary has long been a beacon of hope through its pillar of disease prevention and treatment. Over the years, Rotary has made a tangible impact in communities by spearheading numerous interventions and service projects aimed at combating malaria. One such notable initiative is the \$1.2 million project completed by the Rotary Club of Muyenga and partners in Katakwi, Uganda. This project has significantly improved the lives of local communities, providing much-needed resources and support in the fight against malaria.

Rotarians have demonstrated their commitment through various impactful efforts. Small-scale grants from Malaria Partners International (MPI) and Malaria Partners Uganda (MPU) have facilitated significant grassroots initiatives. These grants, valued at \$10,000, are exclusively available to Rotary clubs to support the implementation of malaria interventions in Uganda. Additionally, Rotary clubs have opportunities to utilize

in-house tools to implement the Child to Family program, which aims to empower children to champion the fight against malaria.

The participation in "The Rotary Family Carnival," a fundraiser for Malaria Free Uganda, showcases Rotary's dedication to raising awareness and mobilizing resources. Additionally, general awareness campaigns conducted by Rotarians and Rotary clubs across the region have played a crucial role in educating communities about malaria prevention and treatment.

However, the battle against malaria is far from over. We need more hands to join this fight, especially as we strive to save the lives of young children and pregnant mothers who are at the greatest risk. Rotarians have a critical role in supporting national programs, partners, and communities in combating Africa's most endemic disease. We urge all Rotarians to remain steadfast in this journey and continue their invaluable support.

To further bolster these efforts, we encourage club presidents to appoint Malaria Officers or Ambassadors in their respective clubs. These dedicated individuals can lead malaria-related initiatives, ensuring that our collective efforts are well-coordinated and impactful.

As we look forward to the 3rd edition of the annual Rotary Family Carnival on December 7, 2024, at Las Vegas Hotel in Bunga, we anticipate a massive, epic event filled with fun and entertainment. This carnival provides an excellent opportunity for us to celebrate with our families and friends while marking the end of the year. It is the perfect occasion to raise awareness and resources for a malaria-free Uganda. We urge everyone to mark their calendars and join us in creating the magic of celebrating families whilst having fun.

Together, we can make a significant difference in the fight against malaria. Let us continue our efforts and ensure that our communities are healthier, more resilient, and better educated.



Sickle Cells Condition Awareness

Phenotype Expression

As we have looked at the basic science informing our inheritance and what brings us to the understanding of SCD as a specific genetic condition, let's delve into a simple gaze of why most warriors tend to have a similar look or stature.

The genes that are present within an organism's DNA are referred to as the organism's genotype while the organism's physical appearance is called the phenotype. There are many different factors that can affect the phenotype of an organism. Let's take a closer look.

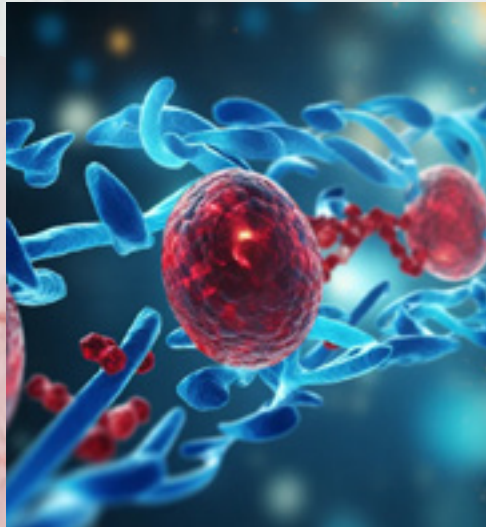
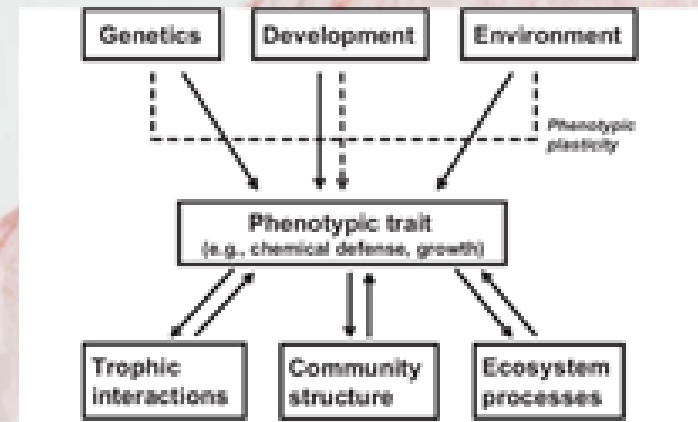
An organism's phenotypic expression refers to the observable characteristics in an organism that results from the expression of genes. Variations in gene expression lead to altered proteins being produced which lead to changes in physical and structural appearance. Mutations within the genome can also influence an organism's phenotypic expression. This can be seen in the case of sickle cell anaemia.

To say; Sickle cell disease results from a mutation in a gene responsible for encoding the haemoglobin molecule found in red blood cells. Glutamate is needed to form a normal haemoglobin molecule. This leads to the formation of a healthy round red blood cell. In the case of sickle cell anaemia,

a mutation causes glutamate to be changed into valine. This change leads to the production of a sickle cell, which has a different shape (that of a sickle), since the haemoglobin molecules become sticky.

Though if we drew back our attention to the very 1st anecdote I painted a picture of most peoples depiction of SCD warriors referring us as the "Bu Sikuse" basically showing that we are malnourished kind of structure morphologically

This should inform our understanding of our appearance in determination that besides environmental factors as known we all take from our parents gene code, and that's why resemblances vary but as we carry on we shall take keen look at the environmental factors that lead to us being seen to look alike.



PHF Rtn. Prince Erimu - RC Kasubi



MPOX IN UGANDA: Basic information that you must know



Rtn. Gloria Kasozi

On 23 July 2022, the World Health Organization (WHO) declared the current Mpox outbreak a Public Health Emergency of International Concern (PHEIC). As of 28 July 2024, there are 2 confirmed cases and 6 suspected cases in Uganda. In reference to the MOH Mpox talking points released in August 2024, we share simple basic information to help us understand Mpox and how to prevent it.

What is Mpox?

Mpox (previously called Monkeypox) is a viral zoonotic disease (a virus transmitted to humans from animals). Mpox is caused by monkeypox virus.

How is Mpox spread?

Once infected with Mpox, it can spread from person to person. Mpox is generally spread through

- Contact with infected persons, such as touching, kissing among others
- Contact with infected materials, such as contaminated sheets, clothes or needles
- Infected pregnant women may pass the virus on to their unborn baby
- Inhaling contaminated particles or viruses.
- Contact with infected animals (squirrels, rats, mice, and monkeys), when touching, hunting, skinning, or cooking them

What are the symptoms of Mpox?

A person may present with Skin rash, Fever, Sore throat, Headache, Body aches, Back pain, Low energy (body weakness), Swollen lymph nodes.

Is Mpox treated?

Mpox is treated and usually goes away on its own after 2-4 weeks. Health workers will treat the rash, manage pain and other complications.

Can Mpox cause death?

It can be severe, causing even death, especially for children, pregnant women, and those with other health conditions.

How can you protect yourself from Mpox?

- Avoid close contact with people who have been confirmed to have Mpox or who have signs and symptoms of Mpox.
- Avoid touching or sharing personal items like beddings, eating utensils, clothes, phones, or other belongings of a person who has the signs and symptoms of Mpox.
- Avoid contact with all wild animals (alive or dead), especially those known to carry the virus, such as rodents or monkeys, and those that appear sick or have been found dead.
- Avoid eating wild animals (squirrels, rats, mice, and monkeys)
- Get Mpox vaccine within four days of contact with someone with Mpox or within 14 days if there are no symptoms.



What should you do if you think you have Mpox?

- Stay at home and inform your VHT or community health worker
- Call the Ministry of Health toll-free line 0800 100 066 or send an SMS to U-Report on 8500
- Tell everyone you have been close to recently
- Avoid physical contact with others

ROTARY MEMBERSHIP MATTERS

CLUB EXPERIENCE MATTERS THE MOST

Recent Rotary research confirms that the single most important factor in member satisfaction is the club experience.

WHAT MAKES UP THE CLUB EXPERIENCE?

- 1 Meeting enjoyment** — When members have fun, and feel that they are included and belong
- 2 Confidence in club leadership** — When members feel that they have input in the club, their club leaders are open to their ideas, and when they trust the leaders to make good decisions for the club
- 3 Personal growth opportunities** — When members feel that their club and Rotary offer ways for them to develop skills and to grow
- 4 Connections** — When members feel that they've formed valuable relationships through Rotary
- 5 Meaningful service** — When members feel that the service their club does makes a difference in the world and in their community

Using our [Membership Assessment Tools](#) guide, which includes the [Member Satisfaction Survey](#), can help you craft an experience that reflects your members' interests and needs.

Rotary 

What makes up the club experience?

When clubs offer their members a club experience based on their members' ideas, interests, and input, they will be happier, stay longer, and get more involved. Learn more about it with this one-page flyer.

You are one **MEDICAL BILL** away from bankruptcy.

In Uganda today, the specter of financial ruin looms large over every household, lurking behind the seemingly routine act of seeking medical care. A simple consultation with a doctor now costs between 30,000 to 80,000 shillings, an expense that can escalate to 100,000 shillings depending on the health facility. For many Ugandans, this is not just an inconvenience but a barrier that threatens their very livelihoods and mental well-being.

Healthcare, a fundamental human right, remains agonizingly out of reach for the majority. Reports indicate a staggering 30% increase in healthcare costs over the past year alone, exacerbating an already dire situation. With Uganda holding the unfortunate distinction of the highest out-of-pocket health expenditure in the region, compared to Kenya, Tanzania, and Rwanda, the burden on individuals is crushing. Nearly 38% of health spending is borne directly by Ugandans, a statistic that underscores the precariousness of their financial health.

Governments across the region face significant challenges in healthcare provision, from inadequate funding and poor infrastructure to the emigration of skilled healthcare professionals seeking better opportunities abroad. The consequences are stark: public healthcare struggles to meet demand, forcing many to turn to the more costly private sector or forego contemporary healthcare altogether. This is very unfortunate but steadily becoming the norm for many. The healthcare providers will blame this on the tax regime levied on the health and medical sector.

The passage of Uganda's national health insurance scheme in 2021 was a promising step forward. Yet, its implementation has stalled amidst bureaucratic hurdles and

disagreements over funding mechanisms. President Yoweri Museveni's concerns about the framework highlight broader issues of governance and accountability in healthcare financing.

Community health insurance schemes cover a mere fraction of the population, leaving millions exposed to financial catastrophe if illness strikes. The proposed solution of shifting the burden to employers in the formal sector risks exacerbating economic inequalities and stifling growth.

Meanwhile, the safety net for the most vulnerable remains porous. The informal sector, where many Ugandans work and earn their livelihoods, lacks a reliable mechanism to contribute to national health insurance. This oversight perpetuates disparities in access to care and deepens the cycle of poverty.

As we navigate these challenges, urgent reforms are needed. We must prioritize the swift and equitable implementation of the national health insurance scheme, ensuring robust oversight and accountability in fund management. Investments in public healthcare infrastructure and workforce development are equally critical to bridge the gap in service delivery.

Ultimately, the cost of inaction is measured not just in shillings and dollars, but in human suffering, lost opportunities and death in most cases. Every Ugandan deserves the dignity of affordable healthcare, free from the specter of financial ruin. It is time for our leaders to act decisively, placing the health and well-being of our nation at the forefront of policy and action.

The writer is a journalist and a Public Health Professional



Brian Ssenoga RC Kibuli
A Journalist and Public Health Professional

BASIC EDUCATION AND LITERACY CORNER



Vice LG. Sophie N. Bamwoyeraki

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

WHAT ARE THE ROTARY FOUNDATION'S GOALS FOR BASIC EDUCATION AND LITERACY?

Rotary supports activities and training that improve education for all children and literacy for children and adults. We enable members to help people obtain sustainable access to basic education and literacy by:

- Supporting programs that strengthen a community's ability to provide basic education and literacy to allm Increasing adult literacy
- Working to reduce gender disparity in education
- Funding graduate scholarships for career-minded professionals related to basic education and literacy

HOW DO I CONDUCT A COMMUNITY ASSESSMENT FOR BASIC EDUCATION AND LITERACY?

Community assessments identify where our support is needed most and the role Rotary members can have in making a difference. An assessment will illustrate a community's strengths and weaknesses and help you work with local residents on solutions. Project sponsors (often in conjunction with a cooperating organization) need to conduct a community assessment before applying for a grant. If an assessment has already been done, use the relevant data to design your project.

The Foundation will not consider projects without a community assessment.

Use the community assessment to:

- Gather perspectives from a broad cross-section of the community, including women, young people, and professionals
- Allow community members to identify the needs that

Today, I am sharing some extracts from the Basic Education and Literacy Goals for the benefit of those who would like to apply for a Global Grant in this area.

they perceive as the most critical

- Ask community participants how they can be involved in the proposed project
- Work with community members to identify long-term goals and expected project outcomes
- Gather baseline data before the project so you can measure your results

The community assessment results need to be incorporated into your project plan. The results should describe:

- How the project will meet the needs identified by the community
- The long-term goals or outcomes and how they'll be met (for example, through training and public awareness campaigns)
- How the community's resources will be used to implement project activities
- How the community will sustain the project after the grant project is complete

When you conduct a basic education and literacy community assessment, it's important to:

- Invite teachers, students, school staff, administrators, parents, and community members to be part of the discussion. Some community leaders may be reluctant to include diverse stakeholders in the conversation, but as a project sponsor you have a unique opportunity to bring these important voices together.
- Help school staff and community members identify and articulate their educational needs and goals.
- Understand the goals of local schools and explain to the community how Rotary members can help them achieve those goals.
- Find out if other nearby schools or education programs are addressing similar educational needs.

Are they working with the proposed technology or new teaching methods? Can the project sponsors use their expertise and experience?

- Explain to the community that Foundation grants cannot be used just to donate materials or equipment.
- Look for ways to build educators' skills and knowledge or create a program designed to improve educational outcomes.
- Involve national or local education officials whenever possible.

Assess teachers' needs, using questions such as:

- o What do you like most about your job?
- o What are your goals for your students? How does your work help them achieve these goals?
- o What are some of the challenges you face as a teacher? What prevents you from helping your students achieve the goals you mentioned?
- o If you were in charge of education for your whole county, what's the first thing you would do to improve it?
- o What skills would make you a better educator?
- o Are there training or certification requirements for you to continue as an educator?
- o What training or certifications have you recently been offered or participated in? What do you think about the relevance or delivery of that training, or how you'll use it with your students?
- o What qualities make a great teacher? What makes a great teaching staff?
(I would like to encourage you to look for the full document and read it well.)

Source: Basic Education and Literacy Guidelines for Global Grant Funding (August 2022)





THE OTHER SIDE OF LIFE!

By Prossy Nyafono

The Other side of Life - Story 2 By Prossy Nyafono

24

BWIRE'S STORY

Meet 13 year old Bwire who lives with his mother and 2 older siblings. He helps his mother bring water home, clean and sweep around the house.

What do you like about your life?

Bwire: I really love playing football with my friends.

What does your mom do?

She sells food at a stall near our house.

[I notice tears welling up in Bwire's tears and I ask why?]

Bwire: I miss my dad. I have not seen him since I was 11 and for some time before he left, he'd come home only on Sunday.

Where did he go and have you talked to him since?

Bwire: He and my mom tell me he went to work. He was a truck driver for a construction company before he left and when I talk to him on the phone, he tells me he will come back one day.

Bwire's tears drop as I ask what he misses most about his dad.

Bwire: Before he left, we used to play football together and he would always advise me to work hard at school and listen to my mom.

Now I am lonely and although mom tells me he sends money for my school fees, I am always being sent back home for unpaid fees.

Do you talk to your older siblings about this?

Bwire: No, they are older than me and we don't talk much. [After our chat, I learn that he and his siblings have different fathers]

What would make your life better?

Bwire: I want my dad to come back. I also wish

I wouldn't miss school because of school fees.

What problem around you bothers you the most?

Bwire: Many children don't go to school in my neighbourhood; I wish I could pay fees for them.

#theothersideoflifeug



ROTARY LEARNING CENTER REVISION

WHY ARE COMMUNITY ASSESSMENTS IMPORTANT?

GLOBAL GRANTS SERIES

Effective service projects need a solid foundation. Although clubs and districts invest a lot of time and money into various projects, some still don't make a lasting impact. A well-planned project that fits the community's culture and context is more likely to succeed, and conducting a thorough community assessment significantly increases your chances for success. An assessment can help you:

• Understand the community.

Working with the community to understand its history, culture, strengths, assets, weaknesses, and needs through a broad assessment is an essential first step in planning an effective project. By scheduling enough time to gather input from and information about the community, you can discover the best opportunities for service and maximize your club's ability to bring about positive and lasting change. Even if you're actively involved in the community, an assessment can reveal a new way to address a known issue or give residents a chance to note overlooked challenges.

• Make informed decisions.

Assessments provide data to guide your club and the community as you decide what project to do; how to allocate time, funding, and other resources; and what's the best way to collaborate with relevant local groups.

• Build trust and community involvement.

Developing trust in communities can require time — in some cases, months or even years. Conducting an assessment is critical to building valuable relationships and engaging residents in the project, fostering a sense of commitment that will sustain the change.

A community assessment is much broader than needs or solutions. It should have the complete context about a community's culture, unity, divisions, and how decisions are made. Strive to include these topics, using the tools in this guide:

1. Daily life. Ask each group or person you interview what daily life is like. What are everyday tasks? How do they do them? What are the benefits of doing them that way? How do they wish things were different? (Include educational opportunities, jobs or income, health, nutrition, their physical environment and surroundings, cleanliness, personal safety, and more.)

2. What are the biggest issues in the community? What things cause anger, frustration, arguments, or an inability to achieve goals? What things prevent growth or achievement? How might they be addressed? What things bring joy, collaboration, cohesion, wellness, and productivity? Why do they work well?

3. What is the history of these issues? • What has the community (or groups in it) tried to do? What was the outcome? • What have nongovernmental organizations, universities, or other outside groups done? What was the outcome? • What have the local, regional, and central governments done or not done? What was the outcome? • Why do the issues persist? • Do colonialism, paternalism, old customs, traditions, and other long-lasting practices prevent change? Why does that still happen? • What can be done to remove these barriers, encourage reconciliation, or facilitate community harmony? What can be done to improve people's lifestyles or livelihoods, or make things better in other ways?

4. Who is in control of these issues or the underlying causes? Which people are not involved in leadership or discussions? Why?

5. Who are the most trusted leaders in the community (men, women, boys, and girls)?

6. How would advocacy with leaders or the government improve the issues?

7. What other changes would make the community and its members happier, healthier, and better off financially?



President Johnson Akankwasa, Rotarian Sarah Ntale, and Rotarian Sophie Bangi after conducting a community assessment at Mellisa Primary School, Nakwero.

Source:

Conducting Community Assessments, Building a Foundation for Effective Rotary Projects pp. 2-3

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>
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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
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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 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



Send all scanned copies of documents to: drimpinc@gmail.com



Rotary9213.org

CLUB MEMBER'S PRESENCE BEYOND THE CLUB



PP Moses celebrated his birthday at RC Kyanja Metro after giving them a good talk on Membership



Greetings from RC Buloba



The panel tonite at RC Buloba, IPP's Maggie and Paddy @ IPP Paddy , Rtn Michael @ AP Michael-Nansana RC Nansana, our lovely moderator Rtn Julie @ Jules and MP Sylvia @ Sylvie



President represented you at the DG's visit to RC Kampala West this afternoon.



WAKIO MWACHIHI

People gather as volunteers search to retrieve the bodies of residents killed by a landslide due to heavy rainfall in a landfill known as Kiteezi that serves as garbage dumping site, in the Lusanja village, outside Kampala, Uganda, Aug. 10, 2024. Photo by Abubaker Lubowa/Reuters

The Challenges of Solid Waste Disposal in Large Cities

The issue of solid waste disposal in large cities is a pressing concern that has garnered significant attention in recent years. As urban centers continue to grow at a rapid pace, the per capita generation of waste has also increased proportionately, making the collection and proper disposal of all waste a formidable challenge for local authorities. One of the primary issues is the limited resources and capacity of municipal governments to effectively manage the vast amounts of waste generated within their jurisdictions.

Moreover, the lack of adequate land for waste treatment and disposal facilities further exacerbates the problem. In certain regions, existing disposal facilities have reached their maximum capacity, forcing local governments to make difficult decisions regarding waste management. Other challenges include collection and disposal infrastructure, financial constraints, lack of support from localities, ineffective recycling or composting, ever-changing

climate, lack of technological advances, changing consumer preferences and unclear regulations.

Technological advancements, however, offer promising solutions to address the challenges of solid waste disposal in large cities. Innovative waste-to-energy and waste-to-materials technologies have the potential to transform the way in which urban solid waste is managed, reducing the reliance on landfills and promoting more sustainable practices. By efficiently utilizing carbon-containing waste and other waste materials, the need for virgin raw materials acquisition can be reduced, thereby mitigating the impact on the environment and contributing to the fight against climate change.

The importance of effective solid waste management cannot be overstated, as it is a fundamental and essential service provided by municipal authorities to maintain the cleanliness and overall well-being of urban centers as well as people's safety. Governments



IMPACTS OF **CLIMATE CHANGE** ON

'WASH' INFRASTRUCTURE AND SERVICES.

WASH simply means **Water, Sanitation and Hygiene** and plays a pivotal role in ensuring that human life is sustained.

The main impacts on WASH services from climate change are:

Prolonged droughts and lowering water table: Significant impacts on handpumps and boreholes.

Prolonged rains and flooding: Impact shallow wells and springs that are typically located in low lying areas and sanitation facilities. Prolonged excessive rains lead to flooding and submerging water point sources that are normally located in low lying areas, mainly shallow wells and protected springs. Flooding of water sources not only cuts water points off from users, but also leaves them contaminated long after the flooding ends.

Declining lake levels: Impacts piped systems. Water supply systems drawing from surface water are threatened by prolonged dry seasons that lower the water levels. This affects the quality of service and leads to intermittent water supply and related rationing by piped water supply authorities and entities to overcome reduced quantities.

Increasing costs per capita: Due to required adaptation activities. To overcome challenges posed to the water and sanitation infrastructure; there is always need or practice of adoption high-cost technologies that have proven to be more resilient to such impacts as flooding. This results in high capital investment cost of service delivery which, in turn increases the WASH cost per capita in areas prone to extreme weather conditions

posed by climate change. In response, there has been a policy shift by the government banning construction of shallow wells and protected springs and encouraging deep boreholes and piped water systems.

Constrained operation and maintenance (O&M): Due to impacts on water quality and infrastructure condition. Advanced WASH technologies not only attract high capital investment but also high capital and routine O&M costs. Following flooding events, components of water systems (point and piped systems) are often washed away and lost.

As a result, O&M costs increase due to repeated repairs or one-time major repairs. Also, the variations in O&M costs cascade to variations in tariff and subsidies.



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



RATS BEHAVIOR AND PSYCHOLOGY: THEIR BEHAVIOUR AND HABITAT



RTN. TONY KIMANI MUKAMI-ROTARY CLUB OF
NTINDA

PESTS CONTROL CONSULTANT AND DIRECTOR OF
AMATA HYGIENE SERVICES LTD

(Offering Cleaning and Fumigation Services)

**By Rtn. Tony Mukami
0759163839/0783761233**

THE EMBARRASSING TENANT WHO NEVER PAYS RENT: Rattus Rattus

FUNNY FACTS ABOUT THIS TENANT

- i) They are good problem solvers, they always find their way to food no matter what.
- ii) They can survive falls up to 15 metres
- iii) Rats can hold breath up to 2 minutes that's how they survive in sewers and drainage
- iv) A rat mother can give birth to 8-10 children per month Approximately 100-120 per year
- v) There are 55 different species of rats
- vi) Rats can dream and have memory like human beings

Around the world, rats and mice are known to spread over 35 diseases.

Diseases can also be transferred indirectly by ticks, fleas and mites that live on infected rats.

Rats can be discouraged and controlled simply by denying them food and shelter.

WHY ARE RATS AND MICE SUCH A HEALTH RISK TO YOU?

Rats and mice are associated with a number of health risks. Needless to mention Rodents spread over 35 diseases that can infect both people and pets, including:

- Plague
- Salmonellosis
- Leptospirosis
- Tularemia

These diseases can be passed on by:

- Direct contact such as rat bites
- Unsafe handling and disposal of infected dead rats
- Eating food or drinking water contaminated with:
 - rat urine
 - faeces
 - saliva
 - hair

Breathing dust contaminated with the urine and faeces of infected rats.

Diseases can also be transferred indirectly by ticks, fleas, and mites that live on infected rats.

Through their natural behaviors, rats can weaken building structures by:

- Gnawing through lead and aluminum sheeting
- Chewing through electrical wiring, which can start fires by shorting-out appliances or lighting fixtures.

HOW DO I DISCOURAGE THE EMBARRASSING TENANT FROM MY PROPERTY?

Rats normally come out at night.

Signs you may have an infestation of rats or mice include:

- Droppings (12mm to 18mm long)
- Added debris such as shells or fruits with the sides eaten out.
- Bones left in the corners of sheds, under homes and other secluded spots
- Greasy trails or rub marks along paths they travel, especially supports or beams
- Burrow holes around buildings
- Signs of gnawing damage
- Pet dogs, cats and birds being more excitable than usual
- Squeaking, gnawing or scratching noises in walls, cupboards, ceilings and under floors

Rats can be destroyed and controlled simply by denying them food and shelter:

- Store firewood away from the sides of sheds and fences and keep it well clear (40cm) off the ground.
- Regularly remove or limit garden waste or other disused material in sheds or around your yard.
- Remove fruit and nuts from trees or vines at the end of the season.
- Block holes and other potential access points around all buildings.
- Store bird seed and chicken feed in an airtight container.
- Keep pet food dishes clean and store bulk pet food supplies in containers and locations where rats cannot enter or chew through.
- Maintain rubbish and compost bins free from holes.
- Do not include meat scraps in compost.

WHAT SHOULD I DO IF I HAVE RATS ON MY PROPERTY?

It's a fundamental duty of property owners to prevent rats from invading the properties.

Talk to your neighbor about the rats on your property as they may have the same problem. Rats may also be breeding on their property and may be the source of the rat problem.

Rats found on your property should be destroyed by one of

the methods indicated below.

Report any signs or sightings of rats to your local government environmental health officer (external site). If you cannot control them yourself, seek their advice on control measures.

HOW CAN I DESTROY RATS ON MY PROPERTY?

1. Poison baits are the most successful way to destroy rats. Many brands are available in retail shop.

Always read the instructions carefully and make sure children and pets cannot reach them.

Check baits regularly and replace them if they have been eaten. If you are dealing with a large rat problem you may initially need to check and replace baits daily. A rat can eat a whole box of rat bait in one night.

2. Traps are another way to control rats. The old-fashioned spring back-break trap is still the best trap for home use but a plastic capture may also be used. Try different types of bait including:

- Bacon
- Fish
- Nuts
- Peanut butter
- Apple
- Pumpkin seed
- Sausage

3. Consult your local pest controller or simply visit www.amatahygiene.com and book a survey.

DISCLAIMER

This publication is provided for education and information purposes only. It is not suitable for professional use or research. Information about pest control, service, product or treatment does not imply endorsement and is not intended to replace advice from your professional pest controller. Readers should note that over time currency and completeness of the information may change. All users should seek advice from a qualified professional pest controller for a diagnosis and answers to their pest control questions. Otherwise Amata Fumigators Limited may not be liable for any hermeneutical mistakes emerging from the said article.

**By Rtn. Tony Mukami
0759163839/0783761233**



DID YOU KNOW ?

The last letter added to the English alphabet was 'J'. The letter dates back to 1524, and before that the letter 'i' was used for both the 'i' and 'j' sounds.



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Rotary District 9213 **RYLA**



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

Theme:
**Passion
Action
Reaction**

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

Rotary
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APRIL 2025

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2025



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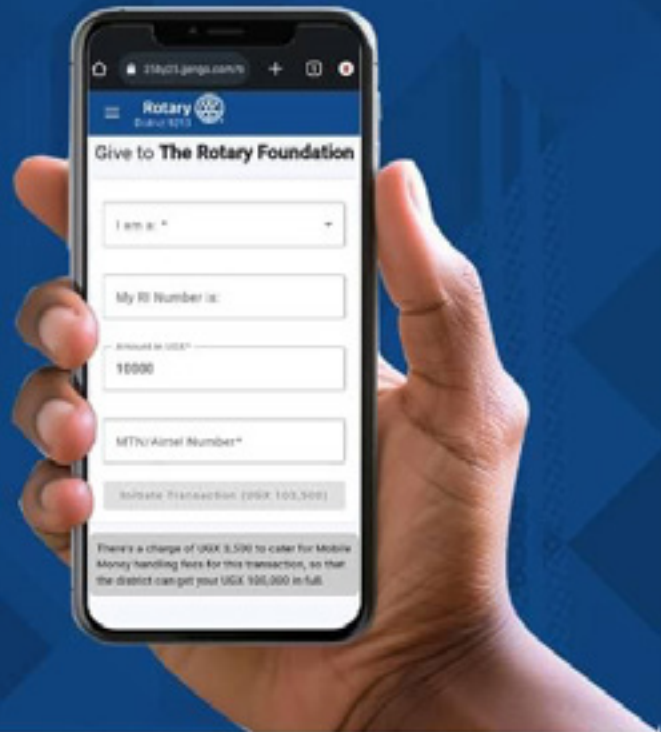
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MONTH OF August CELEBRATES



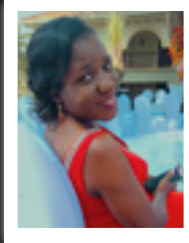
Rtn Josephine Esaete
1st August



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



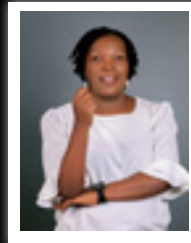
Rtn. Prossy Nyafono
21st August



AP. Moses Ssebagala
16th August.



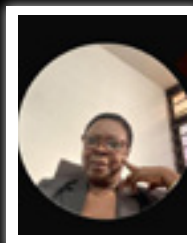
Rtn Lydia Aliwonya
Ssekabira - 10th August.



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

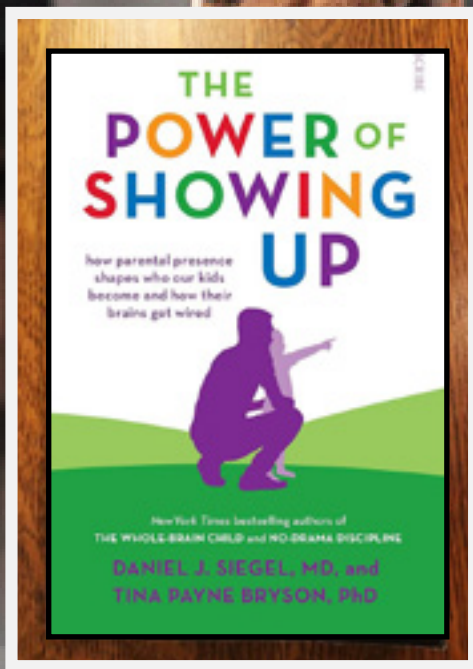


Hon. T.M Kaddu
23rd August



PE. Andrew Kisitu
25th August

CELEBRATION



THE BOOK OF THE WEEK

"The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired"

By Daniel J. Siegel and Tina Payne Bryson

38

"The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired" by Daniel J. Siegel and Tina Payne Bryson explores the profound impact of consistent parental presence on children's development. The book emphasizes the importance of being physically and emotionally present for children and how this presence shapes their brain development, emotional regulation, and overall well-being. Here are ten key lessons from the book:

1. The Four S's: Safe, Seen, Soothed, and Secure: The authors introduce the concept of the Four S's, which are crucial for a child's development. Ensuring that children feel safe, seen, soothed, and secure helps them develop a strong foundation for emotional and psychological well-being.

2. Attachment Shapes the Brain: A secure attachment between parent and child positively influences brain development, particularly in areas related to emotional regulation, decision-making, and social relationships.

3. Consistency Matters: Consistent presence and responsiveness from parents help children develop trust and a

sense of security. Consistency in caregiving leads to better emotional and psychological outcomes for children.

4. Emotional Availability: Being emotionally available and responsive to a child's needs helps them feel understood and valued. This emotional availability fosters healthy emotional development and resilience.

5. Repairing Ruptures: Misunderstandings and conflicts are inevitable in any relationship. The authors emphasize the importance of repairing these ruptures by acknowledging mistakes, apologizing, and restoring the connection with the child.

6. The Role of Empathy: Empathy is a key component of effective parenting. Understanding and validating a child's feelings helps them develop empathy and emotional intelligence.

7. The Importance of Play: Play is a crucial aspect of children's development. It fosters creativity, social skills, and emotional regulation. Parents are encouraged to engage in playful interactions with their children.

8. The Impact of Presence: Simply being present with a child, both physically and emotionally, has a significant impact on their development. This presence helps children feel valued and supported.

9. Modeling Behavior: Parents are role models for their children. Modeling healthy emotional regulation, empathy, and positive behaviors can teach children how to navigate their own emotions and relationships.

10. The Long-Term Benefits of Secure Attachment: A secure attachment provides a strong foundation for lifelong mental health, resilience, and healthy relationships. It helps children develop a positive self-image and the ability to form meaningful connections with others.

These lessons highlight the importance of parental presence, emotional availability, and consistent caregiving in shaping a child's development. The book provides practical advice and insights for parents to foster secure attachments and support their children's growth and well-being.

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?

Amazing People:

Meet Martin Safari



PP Elizabeth Ssempebwa-RC Kitezi



When was the last time you went to a Barber for a haircut and what tools did he use? Most probably, he used razor blades, scissors or electric clippers.

Today, I invite you for a memorable haircut with Martin Safari, a 24 year old Rwandese barber now based in Nairobi who employs unconventional tools like knives, hammers and shovels for shaving his clients' hair at an average cost of \$60. At the end, you will look so impeccably groomed and smart that you will turn Safari into your weekly barber. I bet.

Passersby are captivated by his unique technique, often pausing to watch as Safari skillfully wields his tools. Despite the unconventional approach, Safari's clients remain composed, displaying unwavering trust as he maneuvers potentially hazardous objects like shovels and hammers around them. With each shaving session, his clients emerge with very well designed haircuts. What a feat of magical creativity and innovation!

Growing up, Safari had always imagined himself as an Artist holding a pallet, brushes and paint though his parents wanted him to become a medical Doctor. He followed his Parents' guidance and majored in sciences. While in a Boarding school in Uganda, his friend requested for his help in trimming his hair since he could not afford a haircut outside school. Since then, shaving people's hair became a new hobby and soon the demand for his barber services began growing to unprecedented levels that the school officially hired him as the students' barber. Little did he know that his future was destined to make a living not from Art or Medicine but from Haircuts. Safari made a bold decision to abandon his studies in Business Administration at Kigali University to pursue his true passion for hair grooming which has paid off enormously. Amazing isn't it?

Safari's talent and his theatrical craft has not only earned him livelihood, recognition but fame beyond East Africa. He was named the Best Content Creator in the 2023 Grammy Barber Awards becoming the first winner from Africa to get the award. He was privileged to be a Celebrity Judge at a Barber's Competition in 2023 in Cameroon.

Safari owes his successful journey to technology and social media platforms which provide his biggest portion of clients. His most popular video amassed an impressive 95 million views on his Instagram page (@safro fades) which boasts over 230,000 followers. His major challenge is people's skepticism to deliver safety when he uses crude weapons. What is your talent or profession? How can you spice it up like Safari to become a reputable business person or a resolute Rotarian to leave a great legacy? Think about it.

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 camphor.

Addiction support

Rosemary may reduce symptoms related to opioid withdrawal.



d'connect

ROTARY CANCER RUN MILESTONES

WHAT HAS BEEN ACHIEVED SO FAR?



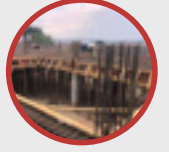
36 Beds UGX 1.5 BILLION

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

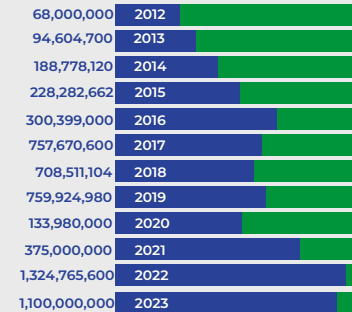
HOW MUCH HAS BEEN RAISED?

UGX 4.36 BILLION

2024 RUN'S TARGET

UGX 4 BILLION

HOW HAS MONEY BEEN RAISED OVER THE YEARS?



- Money from the 11th 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 EDITION

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

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

 RCkasangati  Rotary club of kasangati  Rotary club of kasangati

**REGISTRATION
IN PROGRESS**



CREAMHILL

**NURSERY & PRIMARY SCHOOL
(DAY AND BOARDING) MULAGO**

**WHAT
WE OFFER**

EXCELLENCY

GODLY VALUES

NURTURE TALENTS

SELF-ESTEEM

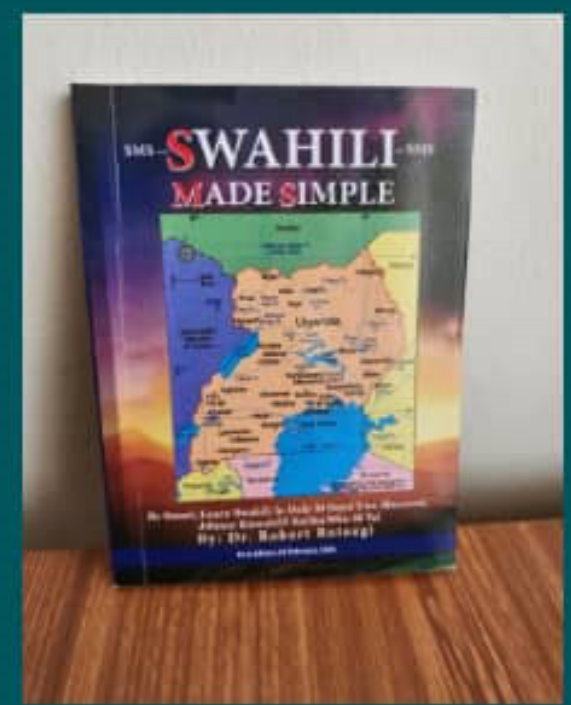
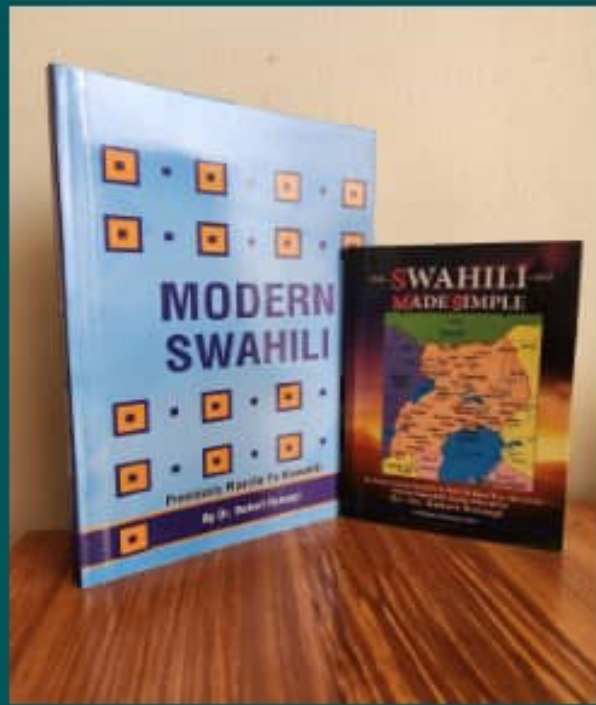
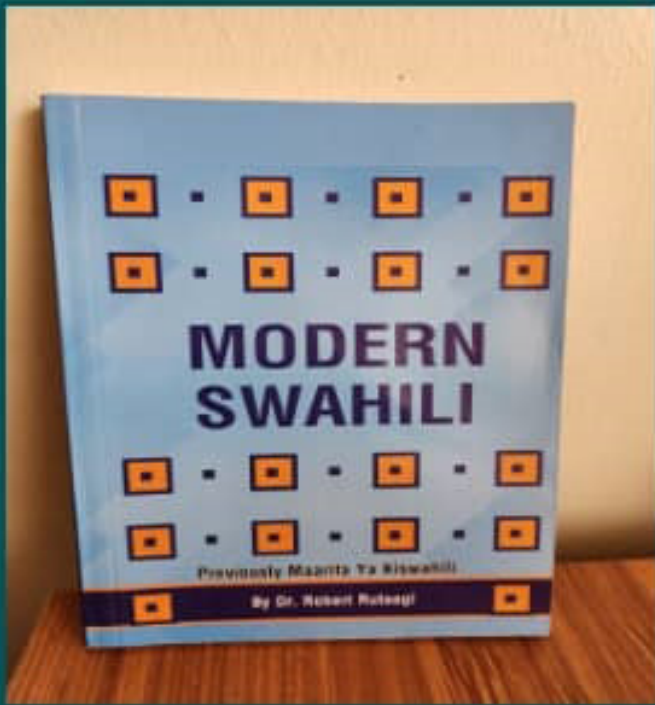
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Tel: 0782 556 884 / 0705 230 415





45

SWAHILI MADE SIMPLE

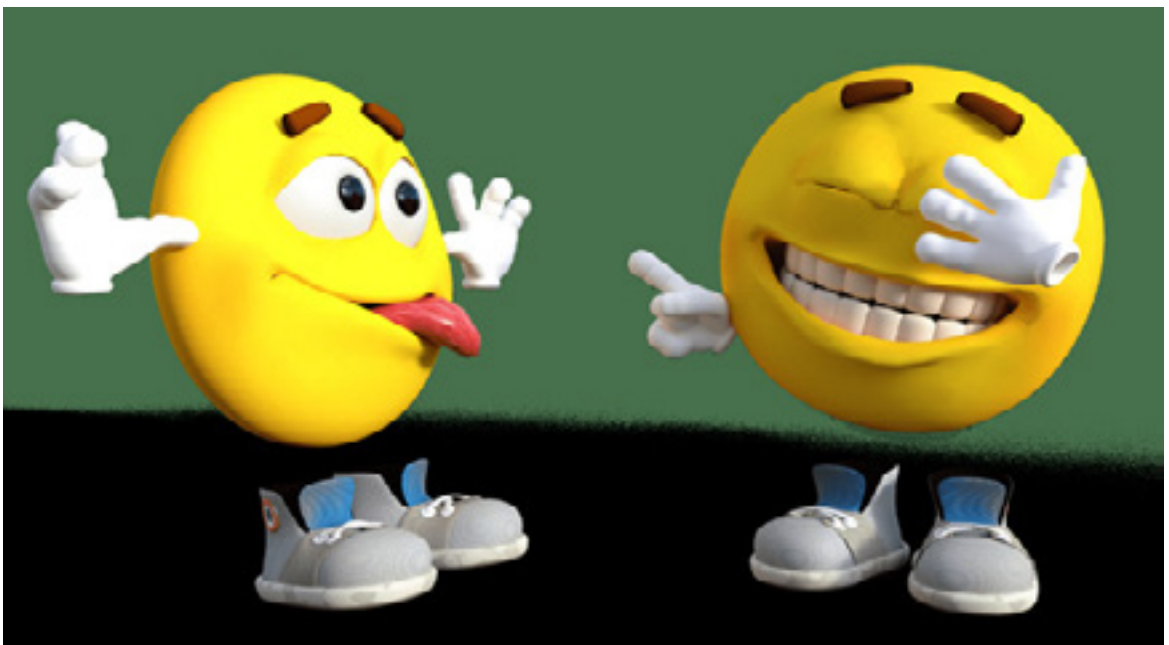
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Ddereeva

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 zisuwuusenyo 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. Olukuunya 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
-------------	---------------	-----	------

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

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

ROTARY CLUB	MEETING VENUE	DAY	TIME
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FRIDAYS

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

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

SUNDAYS

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

RC Bugiri
Municipality
RC Adjumani

**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