



# The Tear gas

Rotary Club of Kasangati-Weekly Newsletter

**MOTTO** SERVICE ABOVE SELF

MONDAY 5TH/ AUG / 2024 | VOL 23 , ISSUE 6



**PDG Stephen Mwanje and President Maureen with Some Hope Creator Presidents at the Cancer Run Activation Launch in Nsambya Hospital**



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](mailto: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



## 6 TIPS TO ELEVATE YOUR ELEVATOR PITCH



Elizabeth Kotz

**T**he world moves quickly and you may have less than 60 seconds to make an impression that lasts. Enter the elevator pitch, so named to reflect the short period of time it takes to travel between floors. It's a short and impactful summary that you can use to communicate the most important details about your Rotary club or project and capture the attention of a potential member, supporter, or partner. To ensure you're making the most of every opportunity, check out these six tips from Toastmasters to create and deliver a perfect powerful pitch.

### 1. Present your club as an opportunity.

An elevator pitch is not intended as an advertisement, nor is it a call for help. Instead, hook your target by framing your pitch as an opportunity. If you'd like someone to engage with you and your club, treat them as a potential partner and offer a compelling case that working together can be mutually beneficial.

### 2. Keep it simple.

Perhaps more than anything else, the key to a great elevator pitch is ruthless efficiency. Don't get bogged down with extraneous details and technical jargon. Carefully consider every word that you add to your pitch and ensure that it serves a direct purpose. Remember that the end goal is to quickly communicate your vision in less than one minute and inspire a desire to find out more. If they seem interested in your pitch, ask if they would like a "What's Rotary" wallet card to learn more about Rotary and connect with you later.

### 3. Remember your enthusiasm.

Your words are essential, but they only represent a small portion of your pitch. A beautifully worded pitch delivered without joy is bound to land with a thud, but kindling enthusiasm and anticipation is a surefire way to keep your message lodged in the front of a potential supporter's mind. Use your pitch as a chance to share your passion. Practice delivering it in a way that conveys your excitement and conviction.

### 4. Cut the keywords.

The business world is rife with banal buzzwords and overused "execuspeak." Scrap these canned clichés and set yourself apart by crafting a wholly original speech that highlights what makes you and your club unique. To ensure that your speech flows naturally and doesn't sound like a soulless infomercial, have someone read it aloud to you and keep an ear out for any words or phrases that sound overly trite or formal.

### 5. Build the hype.

Assuming you've managed to hook your listeners effectively, the next step is to demonstrate legitimacy and build some real excitement. Work details about other outstanding accomplishments that speak to your club's bona fides into your brief message. If you're pitching a project, inform your listeners that you've identified a monetary target and you're working to secure the funding you need. If it's relevant, you may also wish to work in a mention of your follower count on social media.

### 6. Find common ground.

After you've done the dirty work of making your pitch, be sure to close with some conversation. Remember that the goal of an effective pitch is to create a connection, and the quickest way to do that is to find common ground with your audience upon which to begin building a relationship. Let others talk and take a genuine interest in what they have to say, paying particular attention to shared interests and aspirations. Follow up by asking insightful questions, and remember — you can never go amiss with a few kind words!

Summarizing your Rotary experience and capturing the interest of your audience in the span of 30 to 60 seconds is no small task, but it doesn't have to be a complicated affair. Armed with the tips above, and some confidence, you can craft a perfect pitch that's sure to drum up interest and leave an impression on your listeners.

This article is adapted from an article in the August 2021 issue of Toastmaster magazine and reappeared in the August 2024 issue of Rotary magazine. Rotary and Toastmasters International are working together to provide members of both organizations opportunities for personal and professional growth.

Follow the link below  
<https://rotaryserviceblog.org/2024/07/18/ethical-dilemma-when-internationalpartners-raise-ethical-concerns/>

# THE GOVERNOR'S MESSAGE



## Welcome to the New Rotary Year!

It is both an honor and a privilege for me and the dedicated Magic Team to lead our district through the Rotary year 2024-25. Like all of you, I am incredibly excited about the opportunities that lie ahead and the achievements we aim to realize during this special year of the Magic of Rotary.

Building upon the successes of "Creating Hope," our focus remains steadfast: to ensure the sustained delivery of the Magic of Rotary, not just for the coming year, but for generations to follow. However, it is important to recognize that while it may appear effortless, creating true 'magic' in our clubs and in communities requires dedication and concerted effort from all of us.

At the start of each year, our clubs set ambitious goals with the best of intentions to achieve them. But along the way, life happens and often times we do not achieve as much as we had hoped for. In

his popular book "Atomic Habits" James Clear notes that: "new goals do not deliver new results. Rather, it is new practices and lifestyles." For instance, aspiring to achieve a fit physique requires not just setting the goal but embracing the regular exercise, balanced nutrition, and disciplined lifestyle that accompany it. This includes mundane tasks like monitoring calorie intake and preparing nutritious meals.

Success is not solely determined by our goals, but by the systems and habits we develop. As James Clear aptly puts it, "Goals are good for setting a direction, but systems are best for making progress." Goals provide direction, but systems create the consistent progress needed for sustained success.

Therefore, I urge every Rotary leader at the club and district levels to prioritize the purpose and processes underlying our endeavors. Regardless of the goals your club has set, clarity on the "how and why" is essential. It demands diligence

and meticulous attention to detail in how and why we attract new members; how and why we contribute to the Rotary Foundation; how and why we must enhance our public image; and how and why we undertake service projects.

Musonius Rufus wisely stated, "If you accomplish something good with hard work, the labor passes quickly, but the good endures." To build resilient clubs capable of delivering the enduring Magic of Rotary, we must be prepared to put in the hard work and develop strong systems.

With your dedication, passion, and commitment, I am confident that we will achieve remarkable accomplishments. So here's to a year filled with irresistible club experiences, transformative projects, and the vibrant spirit of Rotary in action.

**GOVERNOR: ANNE NKUTU**

## Delegation From RC. Kasangati Representing the Club at the Benjamin House Unveiling





**Maureen Birungi**

# THE PRESIDENT'S MESSAGE

7

## Hello Irresistible People

Welcome to August Membership Growth and Extension month.

Congratulations for successfully completing our first 31 days into the Magical year.

Thank you all for the various engagements in various Rotary fellowships and activities within our Club and beyond. This speaks into our Rotary Monthly theme.

July has been bustling with activities we had the District Governors Nominee's (Gerald Obai) Concourse in Gulu and we want to thank the entire Northern Corridor team for the wonderful hospitality.

**As we begin August let us keep in mind our membership targets this Magical Year, we need to create an irresistible experience for our Club members; engage them to retain them and this in turn will help us attract new members.**

Our mentorship program for new members is ongoing with our Chair Membership and his Team at the help

of this and we hope to have an induction during this membership month as we continue to Mentor our Clubs in formation Mpoma and Kyenjojo.

Last Monday we had our Club Activation for the Cancer Run which was successful and the Rotary Clubs of Kyanja Metro, Manyangwa Nakwero, Gayaza and our Rotaract Club of Nangabo graced us with their Presence. We also had the Chair Mobilization for the 13th Edition of the Cancer Run AG Meddie Lutaaya in attendance. The activity was very successful.

We also engaged in the HCP Cancer Run activity at the Rotary Cancer ward which was graced by the Vision bearer of the Cancer Run PDG Stephen Mwanje, IPDG Edward Kakembo Nsubuga, the Staff of the Ward led by Dr. Sekitoleko and various Hope Creator Presidents from both D9213 and 9214. We were given indepth insight of the Program's journey which is a Journey of resilience and unwavering hope. It was really a bittersweet experience understanding the entire journey to what has so far been achieved. This gave us perspective of how much work we need to do; to ensure that the Rotary Cancer Ward in Nsambya is fruitful. Therefore, our Call to Action is to increase our

Vigilance in selling Cancer Run kits to raise as much Money as we can to make our contribution to this very good Cause.

We also need to continue our contribution to the Rotary Foundation since the Cancer Run Program also benefits from Grants through the Rotary Foundation. Friends, testimony from Rtn. Winnie Kaliia was really touching as she shared her Cancer journey and how she emerged a Victor and the huge support she got from the Rotary Cancer Program.

**Finally I would like to invite you all to our First fellowship this August where we shall have Classification Defense from our Prospective members and our own PP Robert Kakumba sharing his Rotary Journey and the magic he has brought to Rotary through his Classification. We are looking forward to having you all this Monday 6th August 2024.**

Wishing you all a Fruitful Week Ahead.

Irresistible President 2024/25

# Cancer Run Activation at RC Kasangati

# *Pictorial*





# Cancer Run Activation

by Hope Crestor Presidents at  
Nsambya Hospital

# Pictorial



# PACIFIC VOICES OF A ROTARIAN.



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

This and subsequent voices or tidbits, will not live you the same. You will, surely, be transformed or inspired. I will spare my readers from the burden of the usual Rotary stuff, already available in public domains. I will only share original stuff and testimonies, many of them for the first time.

It all started in late sixties. Kilembe Mines was both a famous Industrial Mineral Complex and a bustling mini City. Myself and Eric, a friend, both of us Ntare students, travelled to the mountain of the moon area to visit our relatives.

One evening, we sauntered into Kilembe Senior Members' Club for jukebox music and drink. Suddenly, a Whiteman, clad in a smart site, with a visibly sparkling lapel budge, entered. He found a seat. With alacrity, a waiter served him. All of us were served with two rounds of beers, one after another. After that, the man left.

We learnt that he was the Managing Director, called Pugsel, from Canada. We were also told that he was a Rotarian. That would be the first time, in my life, to hear the word 'Rotary'. I will return to that later.

In 1971, I joined Makerere University, resident of Livingstone Hall. Boom came and fizzled away by insatiable demands of those years but I had saved over 80% of mine, as I planned how to spend it on priorities.

One day, Chris, one of my friends, visited my room. "Robert, please, help with some quids. I will make good from my next boom," he meekly pleaded. Pulling out my bundle of boom cash, Chris exclaimed, " Robert, are you a Rotarian?" That would be my second encounter with the word "Rotary".

Later, in 1977, I was working for a Ugandan company, with a branch in Nairobi, Kenya. That was when Idi Amin ruled Uganda. One day, an advert appeared in Kenyan Media, about "Rotary Foundation, in Collaboration with Cyprus Government, Scholarships, tenable at Mediterranean Institute of Management [MIM], Nicosia, Cyprus". I applied, did the interviews which I passed. Soon information leaked that a Ugandan (me) had stolen a Kenyan Scholarship. After a brisk investigation, Felix Grammonopolas, Cypriot High Commissioner, in Kenya, called me to his office. After some cross examination, he turned to me saying: "I am a Rotarian and Cyprus High Commissioner to Kenya and Uganda. Rotary and Cyprus are your Sponsors. Congratulations!". That would be my third time encounter with "Rotary".

Kenya was awarded another scholarship which went to Hon. Stephen Kalonzo Musyoka, tenable the following year. He is my friend, up to today. He became a prominent lawyer and politician, Minister and Vice President. If I may prophesy, he is

imminently likely to replace William Ruto once the 2024 Genz Revolution has become victorious. Watch this space.

At MIM, in Cyprus, I studied Management, ate, drank, slept, walked, talked, dreamt, breathed and sang nothing else but Rotary. By going to Cyprus, I narrowly escaped death, together with my Boss, Hezron Mukwaya [RIP], who was later killed by Amin's cruel soldiers who falsely accused us for assisting exiles and British Asians expelled from Uganda and operating from Kenya to overthrow his regime.

After my studies, I returned to Kenya. Rotary found a suitable job for me, with Rotarian Michael Hook, MD of Pevu Ltd who appointed me his PA & Marketing Manager. That would be my fourth encounter with Rotary for which I eternally thank Almighty God and Rotarian Paul Harris [RIP].

These sporadic incidences shaped my academic and professional experiences and conspired to teach me the definitions of Rotary realm. I will return to that later, in part two. But for now, many victims, like me and, probably, you, too, tend to think that Rotary is a sort of "Grandiose Commonwealth Stuff" from the rich Western World, endowed with "Manna" from heaven designed to transform Rotarians!

**To be Continued, in Part Two.**

## **EPIGRAMS AND SAYINGS OF THE WEEK**

By Hon. Rtn. Dr. Robert Rutaagi

- All epigrams are sayings but not all sayings are epigrams.
- A good idea, like a sweet kiss, depends on demand and supply. In both cases, equilibrium obtains in form of an action.
- The end of experience is the very beginning of doubt.

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

## Rtn. Emily Nyanzi Kabuye (PHF+1)



### PROFILE

**Name:** Rtn. Emily Nyanzi Kabuye (PHF+1)  
**Position:** Out-going Treasurer and Member Rotary Club of Kasangati  
**Vocation:** Project management Services

**Who invited you to Rotary?**  
Rtn. Catherine Kiwanuka Nsodo

**Professional Skills:** Policy and Development Economics; and Management, computing and Analytical skills

**Interests :** Networking for problem-solving drama and dancing; reading inspirational literature and comedy

**Q. Why did you join Rotary?**

**A.** I want to join other like-minded people with a big heart in solving problems in the communities where we live. As one person, helping a person would be a drop in the ocean. When we come together as Rotarians, we can make a great impact in our society and the world over. Take the example of polio. Just my payment of an equivalent of 1 USD at every meeting from every member and every club, we give this wholesome amount to Rotary International as Uganda gets us to another level in Polio eradication. Can you imagine!

**Q. Why is it essential to be a member of a Rotary Club?**

**A.** I want to meet and network with people who matter in my life and at this age.

**Q. What do you love about Rotary?**

**A.** Rotary is more than just an organization, it's a family. We are all equal! The fairness! Oh my God! I visited the Rotary Club of Kampala Ssese Islands one evening, and I was warmly welcomed by Major General Katumba Wamala because it was his buddy group in charge. He held me by the hand and got me where to sit! Outside Rotary, he would be guarded, you know! This sense of belonging and equality is what I love about Rotary.

**Q. What makes the Rotary Club of Kasangati the Club of choice?**

**A.** It is a winning club, and this resonates with me. It is a club with serious people who have seen it all. I am naturally serious and glued to achieving and trying out challenging tasks. So, this is where I belong.

**Q. How do you attract new members to Rotary?**

I simplify rotary by talking about projects like Polio eradication by a contribution of 2k at every

meeting and the impact it has created. I asked them whether they had been immunised while young, including immunisation for polio, and asked them to think about where the vaccine came from. I also talked about the Rotary blood bank in Mengo, which everyone uses, the Rotary cancer ward in Nsambya, which gives services to everyone in the country, and our Makukuba adopt a community project. These projects are not just about the money we contribute, but the lives we save and the communities we uplift. It's truly inspiring.

**Q. In your opinion, what makes a great Rotarian?**

**A.** Participation in club activities and project work and pay all mandatory requirements.

**Q. What makes Rotary unique?**

**A.** Rotarians are like-minded people, lovely, ready to serve, and willing to help. In Rotary, we are surrounded by inspiration because that is what we do. We find problems, and we overcome them. We smile as we do it, we are humble, and we are happy to give of our time, talent, and treasure.

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

**A.** I want to laugh and shed the day's stress by meeting my jolly brothers and sisters.

**Q. Briefly explain your Rotary moment.**

**A.** My best Rotary moment was just a recent one on the 29th of June when I was pinned as PHF +1. I was unprepared, and I didn't know I was going to be awarded! I came for installation late after the visitation of our daughter, and when we came in, everyone was happy to see us. I was immediately informed that I was supposed to be pinned when I talked to Rtn Ron, the MC of the day, who arranged for me to be pinned by

**Q. District Governor Anne Nkutu.**

**A.** Of the 7 areas of focus, which one best resonates with you, and why? Community Service. Helping to solve problems in communities (e.g., bringing clean water and health services, and educational materials near people) is a win for a day in my life and gives me a lot of joy!

**Q. What is your best Rotary quotation or your statement?**

**A.** We are committed to making a difference, we are people of action, we change lives!



Cambridge Assessment  
International Education





# WE ARE ENROLLING 2024-25 EARLY YEARS - YEAR 9

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- ✓ **Kansanga**

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# DID YOU KNOW?

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"When we answer the phone, we typically say 'Hello.' But what is Hello?"

It may surprise many to learn that 'Hello' is not just a greeting, it's rather the name of a specific person. 'Hello' was in fact the name of Alexander Graham Bell's fiancée, Margaret Hello.

Bell, the inventor of the telephone, used 'Hello' as the first word during the initial test of his invention. This simple utterance quickly became the standard opening for phone calls worldwide, enduring as the greeting we use to this day when picking up the phone."

Compiled by President Maureen Birungi



# “ Quotations THAT TEACH

"I have come to realize that sometimes for things to change, one has to change."  
Anonymous

Message.

I like this quote, especially now that we are all strategically positioning ourselves together to support new members' growth and outreach... We sometimes need to change the way we fish.

**Are you changing?**

**CP Flavia Mwendha Nampala**



# FINANCE



## MONEY, TIME AND ENERGY:

### A DELICATE BALANCE THROUGH THE THREE STAGES OF LIFE.

15

**T**he bible in Ecclesiastes 3:2 says there is a time to be born and a time to die. From when we are born to when we die, we grow through stages. We are Young, then Youth and adults, and into old age before we exit this planet. There are three variables that are key in life and would make ideal sense if they were to be present at the same time through life: The money which is a collection of useful and beneficial resources, The energy comprising the physical and mental drive and The time comprising of hours and days available to each one of us. There is always an attempt to have all the three at once causing a balancing challenge to most people through their lifetime!

It's possible if one becomes deliberate and intentional to transit the stages with a fair balance of the three variables of life hence a successful life.

In the Young and youthful stage: most people have time & energy but no or less money.

This is the stage from birth through education system and when the person is young and growing. The person

is mostly still under other people's care with limited access to money /resources. They grow into their prime energy levels both physical and emotional and the family and school system allow them to have more free time on them. This is the time if one is deliberate, they would keenly focus on learning and skills acquisition, setting their vision for the future, planning, testing, exploring many things. If opportunities avail or they are sought, the person needs to use their energy productively to set a stage for money acquisition.

In the Adult stage: most people have Money & energy but limited or no time. This is the stage where most people have completed education or have matured to the age of employment. This is the working-class stage where people are earning and have money, they still have the energy drive but have many competing priorities for their available time, making it scarce. The money acquisition needs to be planned well which calls for prudent savings and investing to create more channels for the future cashflows. It is during this stage when impactful life decisions are made. Decisions like who to marry, where to reside and other business

investments. Key is to use the energy and money efficiently to create reserve for benefit in future.

In the Old age stage: most people have Money & time but limited or no energy.

When a person has spent his youthful stage working, the energies are drained. They may have created money in cash and resources and now are off or have reduced workloads. This creates more time available to them, some in retirement. They have reduced or no workloads hence more time, though their energy levels are now low and their health prone to ailments. They are also prone to more spending from what they saved or invested in the youthful stage.

Learning and realizing such realities about life one needs to utilize and take advantage of the resource (s) that are more available at the successive stages so that they maximize benefits. The time and energy of the youthful times can work for the needed money resources for the old age when more time will be available to enjoy.

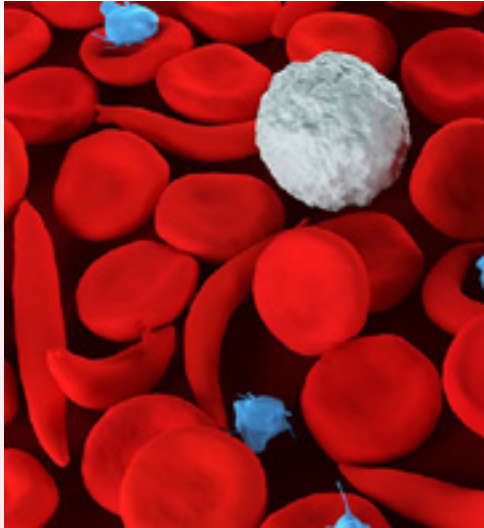
# ROTARACTORS

# *Pictorial*





# Sickle Cells Conditions Awareness



## Today let's go back to our form five biology and relate inheritances

### What is inheritance?

As humans, we have two sets of 23 chromosomes in most of our cells. We inherit one set from each of our biological parents.

The combination of inherited genetic information contributes to an individual's characteristics. It's why members of a biological family often share similar appearance – such as height, hair color, and even nose and ear shape. (Phenotypically)

Variations in the genetic information can also cause genetic conditions, which can increase the risk of passing a condition between generations.

For example, arthritis, Huntington's disease and some types of cancer are all conditions that can run in families.

Genetics is the study of heredity. Johann Gregor Mendel (1822–1884) set the framework for genetics long before chromosomes or genes

had been identified, at a time when meiosis was not well understood Johann Gregor Mendel came up with this study on peas that informed what we now know as the Mendelian model of heredity

### Genotypes and phenotypes

The genotype is the unique genetic makeup of an organism, from their entire genome down to individual variants – or alleles – of specific genes.

The phenotype is an organism's physical characteristics. Most phenotypes are influenced by the genotype, but environmental factors can also play a role.

For example, height: the genotype is a combination of more than 700 different genes. The phenotype is a person's height, which is influenced by these genes and environmental factors – like nutrition during childhood.

### How is genetic material inherited?

Most of our cells contain two sets of 23 chromosomes. This is known as being diploid.

The exceptions are the egg and the sperm. They only have one set of chromosomes each, known as being haploid.

During sexual reproduction, the sperm cell combines with the egg cell to form a fertilized egg – the first cell of the new organism.

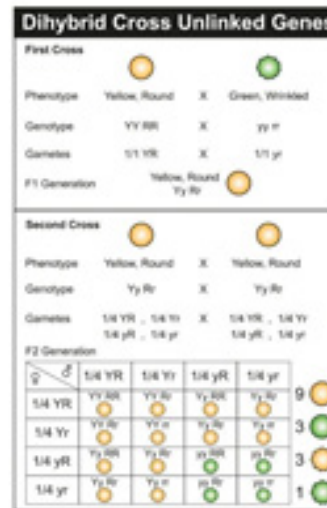
The fertilized egg now has two sets of 23 chromosomes, with one set inherited from each biological parent. It has the complete set of instructions needed to make more cells and eventually develop into a person.

From a viewpoint, this is the standard unit of understanding our origins and being informed of the whys and whats of our manifestings

Rtn. Prince Erimu



PHF Rtn. Prince Erimu - RC Kasubi





## Maternal mortality in Uganda: What is the role of Rotarians?



Rtn. Gloria Kasozi

**N**akawooya's unborn baby died inside her as she struggled to reach the nearest health facility which was one and half kilometers away, she later also died to complications resulting from the delay to get help. Nakawooya left behind four helpless children who continue to grieve at the sight of their mother's grave and infant mounded in a small heap of red soil just next to her grave. Sadly, this is the story of many women who die due to preventable conditions in Uganda.

In every two minutes, a mother dies due to a pregnancy related complication globally. In Uganda, 189 women die per 100,000 live births which literally translates to about 16 women daily. Each death is not just a statistic, it is someone's wife, sister, mother, friend, relative that has died leaving behind a grieving family of a spouse and often very young children.

Unfortunately, women die as a result of preventable and treatable complications that occur during and after pregnancy and childbirth. The common causes of death include; severe bleeding, infections, high blood pressure, malaria, anemia, complications of delivery and unsafe abortions especially among adolescents. These deaths occur at the community and facility level due to the three common delays; (1) at home (e.g. due to social determinants – low income, myths, decision making especially by the men), (2) on the road (e.g. due to distances, lack of transport, poor road network, nonfunctional referral system) and (3) at the health facility (e.g. delay to get timely and quality care, inadequate supplies, equipment)

Key game changers for the prevention of maternal deaths include prevention of unintended pregnancies, and timely access to quality maternal health care. Encourage women to seek antenatal care as soon as they discover that they

are pregnant (even if the pregnancy is one week old, this will ensure timely diagnosis and management of illnesses); postnatal care within the first six hours, six days and 6 weeks of child birth; all births should be attended by a skilled health professional; promote good hygiene and sanitation to prevent infections. The Rotary fraternity can contribute to the reduction of maternal death by

- Raising awareness of the best practices to prevent maternal deaths especially among adolescent girls and young mothers.
- Supporting men and boys as they are key influencers and decision makers in homes and communities.
- Supporting safe water and hygiene to prevent hygiene related illnesses
- Promoting proper nutrition practices
- Improving health care access and utilization through mobile health clinics/camps and outreach programs
- Blood donation
- Provision of supplies and equipment e.g. scans, mama kits, gloves and other utilities
- Infrastructure developments to improve quality of care e.g. expansion of maternity units, ambulances.
- Building capacity of health workers and VHTs in obstetric care

By expanding our efforts in some of these areas, Rotarians can continue to make a significant difference in the lives of mothers, children and families around the world. I urge each Rotarian, rotary club, buddy group and friends to prioritize a service project that focuses on the prevention of maternal deaths in our communities. Together we can make a difference and save life.

# A NEW TOOL TO END CERVICAL CANCER

## Rotarian brings promising screening technology to Kenya



**Dr. Richard Godfrey, a member of the Rotary Club of Niles (Fremont), California, visited Kenya to help establish a new cervical cancer screening method and train local medical staff on it. Courtesy of Richard Godfrey**

I'm parked on the side of the road in western Kenya in pitch-black darkness, completely lost. Kevin, my local friend, lent me his car, but in remote Siaya County, there are no road signs, lights, or any sure way to locate his house, and taking a dirt-road detour can deliver one into a ditch deep enough to swallow a car. So I wait for him to find me.

As a retired surgical oncologist, I'm in the region to deliver a new screening program that detects cervical cancer in its early stages and to perform surgery at Matibabu Hospital in the Lake Victoria region. My visit is part of a Rotary project to prevent cervical cancer, the most common cause of mortality for women throughout

Sub-Saharan Africa.

### How Rotary is helping

Rotary clubs in District 5170 (California) and the nonprofit PINCC (Prevention International: No Cervical Cancer) have introduced a new genetic screening technology for HPV and are providing training to local medical providers. At the 2023 Rotary International Convention in Melbourne, Australia, Rotary announced United to End Cervical Cancer in Egypt as the recipient of Rotary's third annual Programs of Scale award, which comes with a \$2 million grant from The Rotary Foundation.

While I have removed some 10,000 cancers in 35 years as a surgeon in busy California hospitals, I know that early detection is crucial in controlling cancer of all types. And cervical cancer is the one cancer we can eliminate globally. Why? Like polio, it's caused by a virus, the human papillomavirus (HPV). An active immune system can clear the virus, but a weak one fails to prevent HPV from causing cancer. Women with HIV face a sixfold risk of cervical cancer, and in Kenya both HIV and HPV are widespread.

When I was in Kenya two years ago, I learned of a 32-year-old widow, the mother of five children, who

was diagnosed with cancer. Her chances of survival were slim, and I fear her children are now orphaned. Women are often their families' primary support system, and the consequences for children are terrible when they lose their mother.

On another visit, I was approached by a 29-year-old woman with Stage 4 cancer who had four children. She had walked miles to get to our rural hospital and was bent over in pain, but we could only offer morphine and hospice care. Why, I wondered, should a preventable disease cause such suffering?

Without testing, a woman usually doesn't realize she has cervical cancer until she develops bleeding, loses weight, or has more advanced signs of disease. Once cervical cancer spreads, it is rarely controlled even with surgery, radiation, and chemotherapy — treatments rarely available in low-income countries.

With Ampfire, the new genetic testing system I'm delivering, patients can test themselves at home using a brush to swab fluid and cells from the cervical surface. They then place the tip of the brush in a tube that gets transported our laboratory at Matibabu Hospital, which has a machine that can test up to a thousand samples per day.

It takes only two days to set up the equipment, and the lab technician can manage testing independently.

The clinic staff communicates the results to patients through WhatsApp, and makes appointments for those who test positive, around 20%, to undergo further screening. Those who test negative are asked to return in three to five years, a major advantage of this method over the less accurate pap smears. Grants from the Rotary clubs of Merced and Oakland, California, made it possible to purchase the equipment. As many

as a million women ages 30 to 60 need testing in the region, so we are just getting started.

When I first came to Matibabu Hospital in 2012, it was a very simple rural clinic. Rotary has contributed to the hospital since its inception, and with every visit, I've seen modern additions and updates. The hospital is now a welcoming, bright yellow state-of-the-art clinic with three primary doctors, including an obstetrician-gynecologist, and 10 nurses.



The Boda girls are women motorcycle taxi owners and health advocates who provide safe and free transportation for women in rural areas of Kenya to critical services. Supported by Tiba Foundation, the Boda girls have tripled the number of women being screened for cancer and increased hospital births by 67%. Tiba Foundation believes empowering women to support women's access is a key to rural health outcomes.

Courtesy of Richard Godfrey

In the past, we used cryotherapy (cold therapy) to destroy abnormal tissue as an early-stage cancer treatment. Since 2020, we've used thermocoagulation, delivered through a small battery-powered instrument. This handheld



device costs about \$1,500, but it has a powerful impact, delivering 100-degree Celsius heat to the cervix to eliminate abnormal cells in just 20 seconds, while causing minimal pain. If the hospital staff discovers advanced disease, they biopsy the cells and send the patient to a large regional hospital for surgical treatment. It's easy to train doctors and nurses to use thermocoagulation, which is less complex than cryotherapy equipment that costs more and breaks down often. Our aim is to "train the trainers," so we can move to the next site, enabling us to rapidly expand these programs in Kenya, Guatemala, Bolivia, Nepal, India, and soon Baja California.

We also work on cervical cancer prevention. Ideally, girls get vaccinated against HPV between age 9 and 13. In the U.S. where vaccines and screenings are widely available, only four out of 100,000 women get cervical cancer, whereas in Kenya, the rate is six times higher. By offering more vaccines along with the new screening methods, Kenya can become a leading example for East Africa.

Fifteen minutes go by, then half an hour, and I'm still waiting in the dark. I watch as cars, motorcycles, bicycles, and pedestrians pass by. How the bicyclists, with no reflectors or lights, dare to travel on this dark and dangerous highway amazes me. I still hope Kevin will find me and take me to his house.

And finally, he does. He leads me to the hidden dirt passage between the car-swallowing ditches and guides me to a wonderful meal of rice, chicken, and Sukuma wiki (mustard greens). Next year, I will return to Kenya to see how many women have benefited from our new screening program, hoping we have made a difference.

**Richard Godfrey**  
A retired surgical oncologist, aspiring apiarist, and published novelist.  
A Rotary Club of Niles (Fremont), California member.

Source: [www.rotary.org](http://www.rotary.org)



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

## LIFE

### Be Careful Not to Poop on That Statue: A Call for Humility and Compassion

**I**n the heart of our bustling city, amidst the towering skyscrapers and bustling streets, stands a monument that embodies both our achievements and our aspirations: the Independence Monument. It's a symbol of pride, a testament to our progress, and a reminder of the perseverance that defines us. Yet, as we admire this statue that marks our success, let us heed a timeless lesson: no situation is permanent.

The phrase "Be careful not to poop on that statue" may evoke a chuckle, but its message is profound. It speaks to the importance of humility and empathy in our interactions. As some among us revel in prosperity and success, they tend to look at those struggling as though they are statues, and for them, they are doves born to fly and poop on the statues. It is crucial to remember that circumstances can change in an instant. The fortunes we enjoy today may falter tomorrow, and the pedestal on which we stand can quickly crumble. Quite often, we have seen this happen, but do we learn? Three things are certain. And four things must never be forgotten. Change is the only constant. As long as the sun rises, it certainly must set. Prayer works no matter how long it takes. The tables will always turn.

Amidst the glittering facade of affluence, a stark reality exists that many in our midst are struggling. Ours seems to be a country of forty-five billionaires and forty-five million beggars. Economic hardships, social inequalities, and personal crises afflict a significant portion of our population. These are the 'Have-nots,'

the 'Statues' whose daily battles often go unnoticed amidst the clamour of success stories.

To the 'Haves,' we implore a spirit of humility. Let us not look down upon those who are less fortunate but instead extend a hand of compassion and understanding. Let us recognise that our privileges are not solely a result of our efforts but are often influenced by circumstances beyond our control.

Conversely, to those enduring difficult times, we offer a message of hope. Your current situation does not define your future. Just as the sun rises after the darkest night, so too can your fortunes change. Hold on to hope, for it is a powerful force that can propel you towards better days. To borrow the words of Andy Dufresne of *Shawshank Redemption*, "Hope is a good thing, maybe the best of things, and no good thing ever dies."

Fostering a culture of humility and compassion strengthens the bonds that unite us as a community. Let us celebrate our successes with gratitude, mindful of the challenges that others may face. Let us support one another through acts of kindness and generosity, recognising that true wealth lies not in material possessions but in the richness of our shared humanity.

As we gaze upon that statue that symbolises our achievements, let us do so with a renewed commitment to humility and compassion. Let us strive to build a society where everyone, regardless of their circumstances, can find dignity, support, and hope for a brighter future.

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



**Vice LG. Sophie N. Bamwoyeraki**

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

# THE IMPACT OF ARTIFICIAL INTELLIGENCE

## on the Creativity of Learners in Schools

**A**rtificial intelligence has become a transformative force in various domains, including education. As the accessibility of AI technologies continues to expand, it has significantly influenced the education sector, necessitating a paradigm shift in how we approach teaching and learning. The implications of AI on education are multifaceted, prompting educators and policymakers to evaluate its potential benefits and risks.

One of the primary concerns surrounding integrating AI in education is its impact on schoolchildren's creativity. Creativity has long been considered a hallmark of human intelligence, and the fear is that the increasing reliance on AI-powered tools and algorithms may diminish the development of creative thinking.

However, the relationship between AI and creativity is complex and multifaceted. While AI systems excel at tasks that require conformity and pattern recognition, they may struggle to truly capture the essence of human creativity, which often involves thinking "outside the box" and exploring uncharted territories. Creatives have a lifetime of experience, enabling them to generate original ideas that may not align with the constraints of AI-based learning systems.

Furthermore, the creative sector demands significantly different skill sets and levels of innovation compared to

more routine behaviours. As such, AI's potential impact on learners' creativity in schools requires a nuanced and thoughtful approach.

Acknowledging that AI can also offer significant benefits in enhancing the educational experience and fostering creativity is crucial. AI-based tools have the potential to analyse student data and personalise learning experiences, thereby improving learning outcomes and student engagement. This optimistic view of AI's role in education can inspire educators, policymakers, and researchers to explore its potential further.

However, overreliance on AI in education could also lead to concerns about privacy, bias, and the dehumanisation of the learning experience. Remembering that the educator-learner relationship is at the heart of education is crucial. There are fears that excessive dependence on AI-driven assessments and lesson planning could diminish this critical relationship, which is essential for nurturing creativity and fostering a love for learning. This emphasis on the educator-learner relationship can make the audience feel the significance of their role in the education system.

In conclusion, artificial intelligence's impact on learners' creativity in schools is complex and multifaceted. While AI offers potential benefits in enhancing the educational

experience, it also raises concerns about its effects on developing creative thinking. Educators, policymakers, and researchers must adopt a balanced and thoughtful approach to integrating AI into education, ensuring that the human element of teaching and learning remains at the forefront.

Therefore, integrating AI into education must be carefully considered and implemented. Balancing AI's potential benefits with preserving learners' creative capacities is essential. Educators and policymakers must work collaboratively to develop strategies that leverage AI's strengths while safeguarding the human elements of education that foster creativity and innovation. This balanced approach can reassure the audience about the preservation of creative capacities in the face of technological advancements.



# ROTARY LEARNING CENTER REVISION

## Club Rotary Foundation Job Description



- Promoting Foundation grants and activities and helping members take part
- Conducting at least four motivational Foundation-focused club programs a year
- Participating in the grant management seminar to ensure that your club qualifies for Rotary Foundation grants
- Overseeing the grants qualification process
- Motivating club members to give to The Rotary Foundation
- Working with the club treasurer to manage any Foundation grant funds the club receives
- Helping the club treasurer submit donations to the Foundation promptly and accurately
- Collaborating with your district's international service chair and service projects committee to develop and fund projects
- Enhancing members' experience by offering them

an opportunity to participate in meaningful service

### **CLUB ADMINISTRATION COMMITTEE**

#### **Job Description**

The club administration committee helps the club function smoothly and plays an important part in creating positive experiences for members. This can include different responsibilities, depending on the needs of our club. In this role, you usually will:

### **RESPONSIBILITIES**

- Plan interesting club meetings and fun social events (working with the club secretary)
- Produce club communications, such as the newsletter (working with the public image chair)
- Help the club treasurer collect membership dues if necessary

#### **To learn more:**

**Visit the Rotary Learning Centre on [www.rotary.org](http://www.rotary.org)**

# CLUB MEMBER'S PRESENCE BEYOND THE CLUB



AG Mildred at RC Kulambiro.



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



Rtn Sandra, Rtn Sophie and DG of District 6450- Rachel Osyra





WAKIO MWACHIHI

## How to Select **Plants** to **GROW**

25

**S**everal factors must be considered when selecting plants to grow to ensure successful cultivation and a thriving garden or landscape. Firstly, assessing the available land and soil conditions is crucial, as this will significantly influence the types of plants that can be successfully grown.

Secondly, the local climate and weather patterns must be considered, as certain plants are better suited to specific environmental conditions. One of the pivotal roles of plant selection is in promoting sustainable practices. By carefully choosing plants that are well-adapted to the local climate, gardeners and landscapers can significantly reduce the need for intensive irrigation or other resource-intensive maintenance. This is particularly beneficial in arid regions with varying precipitation patterns, where sustainable practices are crucial.

Another critical factor in plant selection is considering a plant's growth characteristics. The leaf area, root system, and overall size of a plant can significantly impact the cooling potential, energy performance, and overall aesthetics of a landscape. This makes it an important consideration for gardeners, as it can enhance the functionality and beauty of the outdoor space.

The selection of plants should also consider their potential for multiple uses, such as providing food, medicine, or other benefits to humans and wildlife. But it's not just about what the plants can do for us. Incorporating a diverse array of native plant species can help to support local ecosystems and promote biodiversity. This is our chance to give back to the environment that sustains us, contributing to the overall sustainability of the landscape.

In conclusion, successful plant selection for gardening or landscaping requires carefully considering various factors, including soil conditions, climate, growth characteristics, and potential for multiple uses. Gardeners and landscapers can create thriving, sustainable outdoor spaces by considering these factors. This is not just about planting a garden; it's about creating a living, breathing, aesthetically pleasing, and environmentally responsible ecosystem.

### Wakio Mwachihi

As an Arboriculturists, I am passionate about:

- tree climbing and maintenance
- tree preservation and conservation
- parks and gardens
- planning
- tree survey and inspection.



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

# WHAT IS CLIMATE RESILIENCE AND WHY DOES IT MATTER?

The climate is changing, and human activity is the primary factor in the acceleration of climate change over the past century. Notable climate changes include; a warming planet, more frequent and severe weather, ocean warming and acidification, extended periods of drought and extreme temperatures, and other deleterious effects of climate change. The ability to prepare for, recover from, and adapt to these impacts is called “climate resilience.”

Climate Resilience is the ability to prepare for, recover from, and adapt to these impacts (C2ES.ORG, 2019). Climate change has triggered an increase in extreme weather events such as floods and droughts. It's also causing long-term changes to weather patterns that are destroying livelihoods so people of action cannot just look on! To take appropriate action, it is important to understand this subject matter.

**Climate resilience involves;**

i. Adaptation – this is the process of adjusting to the effects of climate change. It aims at moderating or avoiding harm to the people and also exploiting opportunities embedded therein. In here the adaptation actions may be infrastructural, institutional, behavioral or nature-based options.

ii. Mitigation – these are the actions aimed at limiting greenhouse gases in the atmosphere that cause climate change or reducing the flow of heat-trapping greenhouse gases into the atmosphere. Sources of such gases include power plants, factories, cars and farms. Bea Johnson suggests 5R's of climate change;

- Refuse what you do not need
- Reduce what you do need

- Reuse what you consume
- Recycle what you cannot refuse
- Reduce and reuse or transform the rest

Some of the mitigation actions we can involve ourselves in are: use of renewable energy, floodplain protection, property acquisition and relocation, conducting emergency response trainings, installing disaster warning systems, use of new technologies e.g electric cars, behavioral practices such as driving less, eating healthy diets, etc.

iii. Transformation – this is a new concept in climate change and refers to a change in the fundamental attributes of a socioecological system in anticipation of climate change and its impacts e.g relocation of human activities in flood plains as opposed to building channels and dikes., a shift from using fossil fuels towards clean energy production. The causes of climate change and the broad impacts affect everyone on the planet therefore understanding and building climate resilience is essential for a sustainable future. The good news is that addressing these risks can not only protect people and property, but also generate economic activity that will create domestic jobs and drive prosperity.

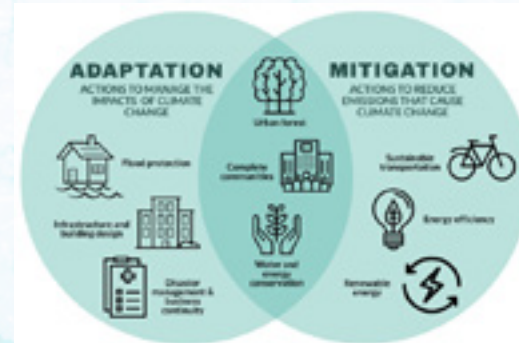


Figure 1: Climate Change, Adaptation and Mitigation.

# THE EXTRAORDINARY HUMANITARIAN SERVICE



ARC. RONALD KAWADDWA

**M**any at times our leadership journey in Rotary starts with meeting people, creating a connection and later on the connections start yielding ripe fruits. All of us as Rotarians go through the same journey till, we grow into amazing leaders.

We flee from a life as normal ordinary people and we start a life of extraordinary humanitarian service.

As Rotarians you have fled the life of just watching as evil eats our society down, as systems fail to serve even those who put these systems in place and ALAS you join the life of unending provision of service to humanity-THE

## **EXTRAORDINARY HUMANITARIAN SERVICE.**

You have probably read about a young man called John who was a beggar on the streets of Nairobi with a heart of Gold. John had fled from his family because of abuse by his father. One day while he begged on the streets of Nairobi he peeped into a car that was stuck in traffic and saw something unusual, the woman driver was hooked on tubes and was breathing with difficulty from an oxygen tank. The woman explained to John that she could not breathe properly and had to carry an oxygen tank with her at all times. All this affliction was caused by her abusive husband. John was shocked to realise that there were people in the world who are even worse off than he was, he was moved to tears.

In our everyday lives as Rotarians, we meet situations that move us to tears. Situations that we see in our privileged lives as simple with simple solutions but difficult to comprehend. This is such the journey of our extraordinary leadership and Humanitarian service..

Fellow Rotarians, what do we do on this journey? We connect with other people to do something about these rather simple solutions, we do something, we post online, call for help from the Rotary Foundation and other partners to trigger a chain of events of support, sympathy and action. We are indeed a People of Action.

John was able to trigger off support to a tune of USD 80,000 that enabled Gladys to travel to India to undergo an operation that changed her life. Did John stay the same???????

That Extraordinary act of humanitarian service provided him with the opportunity to go to school, a dream he could not have had in a billion years. His gesture of kind selflessness helped him not only Gladys.

What we put out into the World is what we receive in return. As a leader if you act with diligence, compassion and dedication-Then that's the EXTRAORDINARY HUMANITARIAN SERVICE am writing about...Till next time!!



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 or [service@labriseresort.com](mailto:service@labriseresort.com)

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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**  
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#Rotary25

# 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



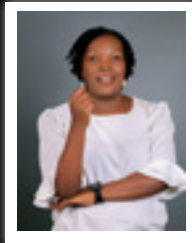
Rtn. Prossy Nyafono  
21st August



AP. Moses Ssebagala  
16th August.



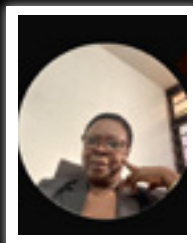
Rtn Lydia Aliwonya  
Ssekabira - 10th August.



Rtn Cathy Kibuka  
Luyombo- 31st August.



HCP. Fredrick Kitandwe  
20th August.



Rtn Grace Kasisira  
22th August.

# WEDDING - AUGUST ANNIVERSARIES



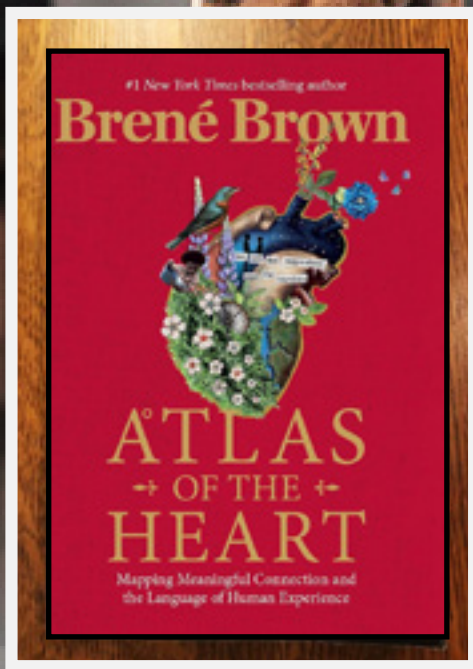
Rtn Eddie Mwebesa & Anne  
20th August



Hon. T.M Kaddu  
23rd August



PE. Andrew Kisitu  
25th August



## THE BOOK OF THE WEEK

### 8 Insightful Lessons from "Atlas of the Heart"

By Brené Brown

31

#### 1. The Spectrum of Emotions:

Brown emphasizes the importance of acknowledging and embracing the full spectrum of human emotions, including both positive and negative feelings. By recognizing the complexity of emotions, individuals can develop greater emotional intelligence and resilience.

#### 2. The Power of Vulnerability:

Vulnerability is portrayed as a courageous act that allows individuals to cultivate authentic connections with others. Brown explores how vulnerability fosters intimacy, empathy, and trust in relationships, empowering individuals to show up as their true selves.

#### 3. Courageous Conversations:

Brown encourages readers to engage in courageous conversations, where they can speak honestly and listen with empathy. These conversations foster deeper connections and understanding, helping individuals navigate conflicts and build stronger relationships.

#### 4. Navigating Shame and Resilience:

Shame is a universal human experience that can undermine self-worth and connection. Brown offers insights into recognizing and addressing shame, while also exploring strategies for building resilience and self-compassion in the face of adversity.

#### 5. Setting Boundaries:

Boundaries are essential for maintaining healthy relationships and protecting one's emotional well-being. Brown provides guidance on setting and honoring boundaries, allowing individuals to communicate their needs and values while fostering respect and understanding in their relationships.

#### 6. Cultivating Empathy:

Empathy is the ability to understand and share the feelings of others, and it plays a crucial role in fostering meaningful connections and supporting others in times of need. Brown explores the importance of empathy in relationships and offers

insights into cultivating empathy through active listening and compassion.

#### 7. Embracing Joy and Gratitude:

Joy and gratitude are essential components of a fulfilling life. Brown encourages readers to cultivate joy by savoring moments of beauty and connection, while also practicing gratitude for the blessings in their lives. By focusing on the positive aspects of life, individuals can enhance their overall well-being and resilience.

#### 8. Living Wholeheartedly:

Living wholeheartedly means embracing vulnerability, courage, and connection as the keys to a meaningful and fulfilling life. Brown invites readers to step into their authenticity and live with courage, compassion, and resilience, fostering deeper connections and greater fulfillment.

# 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?





PP Elizabeth Ssempebwa-RC Kitezi

# Amazing People: Meet Nick Vujicic

Imagine being born without arms nor legs, hence no ability to eat, drink, bathe, clean oneself, dance, write, walk, run or hug! What would you do in your everyday life?? That is one of the reasons why we need to continuously thank the Almighty for the gift of life, the gift of arms and the gift of legs, among other things.

Today, meet with me Nick Vujicic, an Australian – American, born in December 1982, with a tetra – amelia syndrome, a rare medical phenomenon symbolized by the absence of both arms and legs. Nick has two toes that he uses to grab things and complete daily tasks. Throughout his childhood, Nick dealt not only with the typical challenges of school which involved bullying and self-esteem issues; he also struggled with depression and loneliness as he questioned why he was different from all the other kids.

He wondered what the purpose behind his limbless life was, if he had any.

As Nick grew up, he learnt to accept his disability, adapt it, deal with it, embrace it and accomplish tasks that most people do by using their limbs, such as cleaning teeth, brushing hair, typing on a computer, swimming, playing golf and lots more. Nick owes his victory over his struggles throughout his journey, to the fact that he found both the purpose of his existence and the purpose for his circumstance. He acclaims his strength and passion for life to his faith, family, friends and the many people he has met on this sojourn.

Currently, Nick is a very happy, fully accomplished person, a proud father of four including a set of twins, an Evangelist, a motivational speaker whose company "Attitude Is Altitude" has delivered many to Christ and enthused many. He has traversed the world, including Uganda, in his quest to inspire all walks of life, from children to over 25 Presidents, telling his moving story. Nick wholeheartedly believes that there is a purpose in each of our life's struggles and that our attitude towards them is the single most effective solution.

Nick's perseverance, hope, determination, encourages each one of us to see obstacles as opportunities and that our attitude will determine our altitude. As an individual, what is your purpose in life? What is your biggest obstacle in achieving it? Can you look to Nick and say to yourself: If the limbless man has done it, why should I fail? Enjoy August.



Nick & Kanae Vujicic, their two sons and their twin daughters at the beach.

# HEALTHY LIVING

## 7 POWERFUL HEALTH BENEFITS OF RAW DARK HONEY



## 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

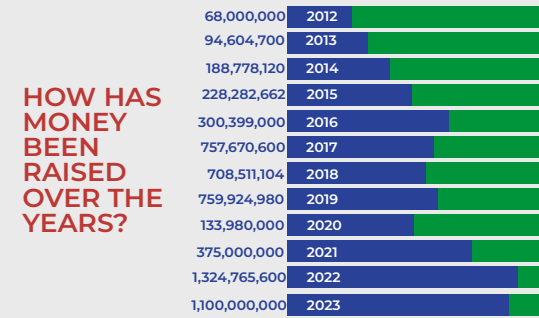
**TWO**  
BUNKERS

HOW MUCH HAS BEEN RAISED?

**UGX 4.36 BILLION**

2024 RUN'S TARGET

**UGX 4 BILLION**



- Money from the 1<sup>st</sup> 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 25<sup>th</sup> 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.

**SPREAD MAGIC IN EVERY STEP**

**REGISTRATION FEE: 30,000/=**

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

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

**05<sup>th</sup>** 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:	<b>UGX. 200,000</b>	Kasangati Resort Center
Rotaract Clubs:	<b>UGX. 150,000</b>	<b>TIME</b>
Per Person:	<b>UGX. 50,000</b>	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

# HAPPY CORONATION ANNIVERSARY



Nearly 17 years ago, the Kabaka endorsed EYECON Magazine in the UK.

It was one of the happiest days of my life.  
HAPPY CORONATION, AYI SSABASAJJA!  
Robert Walakira

Charter President of RC Kasubi, Editor of The Ama-  
siro Post



# 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 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. 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**



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✕ RCkasangati

f Rotary club of kasangati

▶ Rotary club of kasangati