

AMAZING

TIMES

Rotary
District 9213



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ROTARY

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EDITOR IN CHIEF'S MESSAGE

SAMUEL NGAMBWAKI

The long awaited April is here and certainly our minds are cemented into the excitement and celebration of the 98th Joint District conference that is going to be at Las Vegas in Mbarara from 27th to 29th. The Amazing Times shall surely be there to capture the Amazing Moments.

April is also a month that we celebrate the Protection and conservation of the Environment. In this edition, we bring to you the highlights of service men and women who passionately love conserving the environment.

From the Source of the Nile Run, to planting trees all over the different regions, we indeed celebrate nature lovers.

On behalf of the Editorial team, we thank the clubs and individuals who have continued to share with us Amazing stories taking place in our respective thanks.



I take the pleasure to thank the Editorial team that I serve with for your commitment to have this magazine out monthly. May and June are the climax, let's share in a climax way and capture every single moment.

Let's all be in Mbarara to celebrate Service to communities.

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ROTARY INTERNATIONAL PRESIDENT'S MESSAGE

Introducing the Rotary Youth Network

How do you take the best
from the worst?

None of us will forget how
the pandemic altered our
world and our lives. Each of us
had to traverse this period of
uncertainty, and no one had a
free pass from the effects.

I personally believe this has
created space for a different
kind of global leadership — one
that is courageous, empathetic,
and vulnerable. I met my good
friend Anniela Carracedo online
in early 2020. She is one such
leader, and I'm thrilled to turn
this month's column over to her.

— jennifer jones

In March 2020, I had a panic attack. I
couldn't breathe, and I felt a terrible
pain in my chest.

It had been a few days since the World
Health Organization declared COVID-19
a global pandemic, and I was in the mid-
dle of my year as a Rotary Youth Exchange
student in the United States. Think about
it: an 18-year-old girl stuck in a different
country, with a foreign language, with



ANNIELA CARRACEDO
Rotary Club of Bay St. Louis,
Mississippi
District 6840 Rotaract chair-elect

people she had only met six months be-
fore. It was scary.

But I am familiar with uncertainty. I was
born and raised in Venezuela, which is
going through one of the worst human-
itarian and political crises in the Western
Hemisphere. But my mom always said,
“Challenges are nothing more than needs
that require a solution.”

I called up my Interact and Youth Exchange
friends. Together, we organized an online
meeting to share projects and get inspired
by what everyone else was doing during

the quarantine. In that first meeting, we had 70 people, mainly students, from 17 countries.

From that beginning, we built an online platform for Rotary youths worldwide to share their experiences and inspire others with project ideas during isolation. We looked for mentors and supporters who would help our group connect young people, share cultures, and open new collaborative opportunities for international service projects. We called it Rotary Interactive Quarantine, or RIQ.

After only a year, we engaged with more than 5,000 students from 80 countries. Several of our team members became district Interact representatives and district committee members, and some of us even serve on Rotary International councils. Eventually, quarantine restrictions were being lifted, and the needs of our participants were changing. At our last official meeting as RIQ, Past RI President Barry Rassin inspired us to create even bigger change, so we transformed RIQ into the Rotary Youth Network, or RYN.

A few of our members, including me, were selected to serve on the inaugural Interact Advisory Council, where we presented our vision for youth in Rotary to the RI Board of Directors.

Our presentation to the Board inspired President Jennifer and her team to create a Youth Advisory Council in Rotary International, which I am honored to serve on as a co-chair.

The Rotary Youth Network officially launched during a breakout session at the 2022 Rotary International Convention in Houston. Five of us, who had participated in Interact, Youth Exchange, and Rotary Youth Leadership Awards, traveled across continents to launch an organization we had kicked off online two years before. The convention was the first time we had met in person.

When my friends and I finished our talk, we realized more than 500 people were giving us a standing ovation. Tears filled our eyes, and the feeling of excitement and accomplishment took over.

Who would have thought that a panic at-

DISTRICT GOVERNOR'S MESSAGE

Handover fellowship for the Luzira prison health center 4 theatre refurbished by RC Kampala Springs.



**DG Mike Kennedy
Sebalu,
Governor**

Fraternal greetings to you all amazing Rotary leaders and Rotarians the world over, Uganda in general and District 9213 in particular. I wish to thank you for the amazing journey so far undertaken in serving humanity during the Imagine Rotary year. The amazing Rotary journey would have been inconsequential without the Amazing Times that has covered and told the stories of our Rotary activities, projects and programs in such amazing ways. Thanks to the entire Amazing Times team for being

amazingly steadfast in executing their mandate.

As we welcome the month of April which is the environmental protection and conservation month, we need to thank God for the Rotary achievements registered in the month of March. Of high significance are the major achievements like the celebrations of women in Rotary event that was very successfully hosted by the Rotary Club of Kampala Naalya, the Northern Mega Fellowship hosted by the Rotary Club of Hoima Kitara, the Amazing Presidential retreat in Jinja, the 7 by 7 project launch at Makukuba led by the Rotary Club of Kasangati and the hand over the health center 4 theater at Luzira prison refurbished by the Rotary Club of Kampala Springs are worth mentioning. The Rotaractors too were visible with the Rotaract leadership initiative that saw them give significant support to the cancer Institute children's ward. They also host

ed a very successful Governor's visit by the central region Rotaract clubs at Africana Hotel. The aforementioned among others made the month of March indeed very interesting and exciting.

The month of April is going to be even more interesting and exciting given the fact that we are going to have a mother of all DISCONs in Mbarara City. For the first time we are going to have a DISCON out of Kampala, Entebbe area and more so a joint one between two Districts. That is unprecedented and will give a new and different Rotary experience. The build up to the month of celebrating our communities is characterized by big club events like the golf fundraiser by RC Kyadondo, the mega charter celebrations of RCs Kampala West, Upper Kololo and Sonde respectively.

The mood of celebration is already on during this DISCON month of April with many clubs planting trees in com

memoration and celebration of the impact of our service to humanity.

As part of the amazing celebration of our communities, our District 9213 was privileged to be recognized with an award of Rotary People of Action extended to PE Rosemary Nambooze of RC Wakiso. She is one of the six Rotarians honored in Capetown by Rotary International President Jennifer Jones at the People of Action award Gala. I was invited for the same as a Governor of RID9213, the only District from Africa with an awardee. I do congratulate PE Rosemary Nambooze who returned on the 5th April from Capetown South Africa for having made our District proud. She was awarded for championing inclusive education of children with Autism through her specialized school - Angels Center in Wakiso. This too highlights the success story of BELEP one of whose pillars is inclusive education. A BELEP program to train trainers of teachers of children with special needs as part of inclusive education is under way and going to be implemented this month as we celebrate our communities. The celebration of our communities begun with an international perspec-

tive of recognizing our local impact of BELEP through inclusive education.

This was followed by the launch of the Road Safety Campaign where Rotary Clubs should engage in awareness campaigns and support to the Nkozi accident and trauma center being constructed by Rotary.

The celebration of our communities is going to reflect the projects implemented in all the 7 areas of focus of Rotary during this Imagine Rotary year. The DISCON team under the able leadership of the co chairs Geoffrey Kitakule and Dan Damulira have done a great job putting together an amazing and memorable experience unprecedented in the history of Rotary in our part of the world. For the first time a DISCON was sold out two months ahead of time. For the first time too the DISCON is being hosted in a brand new facility making it to be the first event to be hosted by the ultra modern Las Vegas Garden Hotel Mbarara. Governor Peace and I are available, ready and willing to host in Mbarara as we demonstrate unity of purpose, good will and solidarity between our two brotherly and sisterly Districts 9213 and 9214.

See you in Mbarara as we jointly celebrate our communities and the amazing things we have done for them in amazing ways during this amazing Rotary year of imagining Rotary.





Green resolutions for this year

Here is a bunch of planet-friendly resolutions to make you feel good this Year.



Straws



Utensils



Toothbrushes



Water Bottle



Reusable Bags

They say it is best to take one step at a time to reach a goal. And if your goal is to make the planet a better place, it is best to start the first half of 2023 with green resolutions and commitments. Promises to keep rather than make and forget.

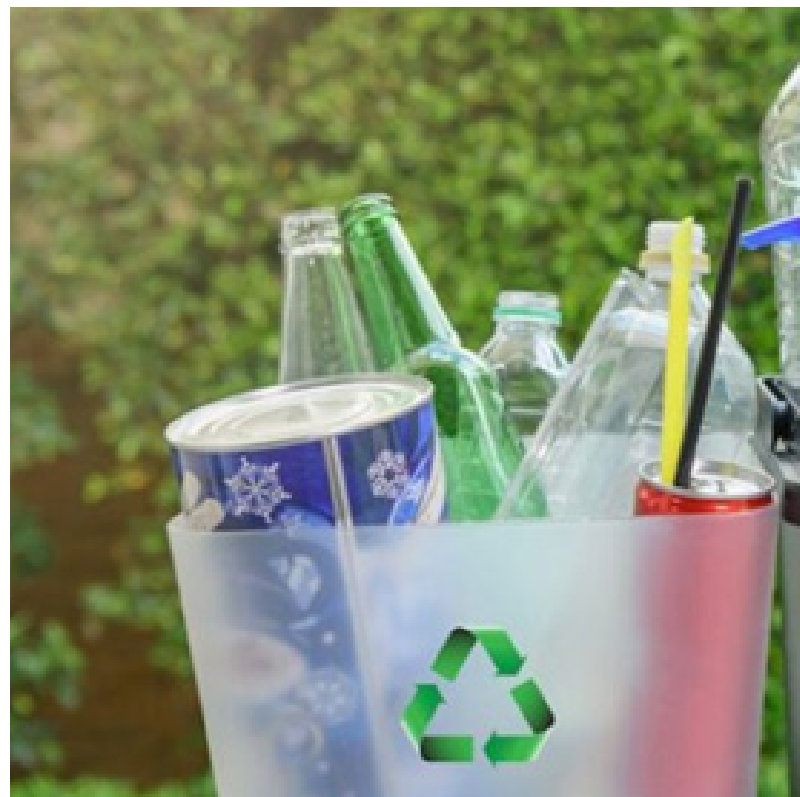
Resolutions can be personal as well as social — both good for you and for your family. These small actions you initiate will translate into being beneficial for the community, the country, and the world at large.

It is best if your resolutions are simple and effective. Here is an easy-to-do list that will assist you in sustainable living.

Resolve never to use plastic bags that litter our cities and forests, clog our storm drains, and pollute our rivers and oceans. This is not an easy task. It is natural to forget to carry a reusable bag each time you go out shopping. To help you remember, it is best to stitch or invest in

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several cloth bags — one hung near the main door so that you can grab it when venturing out. Another one can be kept in your vehicle or in your office drawer. These days you get reusable bags that are small enough to fit into your pocket.



Resolve to use public transport as much as possible rather than wasting precious fossil fuel on your private vehicle. Again, this is difficult when it is so convenient to get into your own vehicle. But by making this choice you will not only be saving fuel but contributing to improving air quality. Human beings inhale around 14,000 litres of air every day and if it is polluted, it badly impacts their health and leads to respiratory diseases. Air quality also affects the country's economy as it results in high medical costs, loss of productivity due to illness and high infant mortality.

Bad air impacts the environment adversely as pollutants settle on the land and water bodies. Some pollutants are responsible for climate extremes as they have a warming or a cooling effect.

Resolve to buy less clothes, especially fast fashion garments that are inexpensive but are discarded in no time. According to estimates, 57 per cent of discarded clothing end up in landfills. And when these get full, they are inciner

ated as waste. Synthetic clothing creates the worst impact as 35 per cent of all microplastics that pollute the oceans come from these clothes. The fashion industry consumes one-tenth of the water used by all other industries. This is because production and dyeing of clothes use massive amount of water and toxic chemicals. Experts estimate that producing one kg of cotton requires 10,000 litres of water and 20 per cent of wastewater in the world is attributed to the dyeing process.



Resolve to use less energy in everything you do. Put off lights, fans, air-conditioners when you leave a room. If you are using a washing machine, make sure you collect the entire household's clothes for its optimum use. Install solar lights and a solar system for heating. It would be great if you could switch to cooking at least one dish in a solar cooker and plan your meals such that you cook at one go for two or three meals, saving precious natural reserves.

Resolve to buy local and eat organic. Your local vendor will fetch vegetables and fruits from the closest source, which means less energy spent. Besides, you are contributing to the livelihood of a micro-entrepreneur. Organic food ensures that the environment is subjected to less soil pollution, soil



Resolve to travel less and only when it is required. Travelling involves consuming a massive amount of energy. Flying is especially bad for the environment and leaves a massive carbon footprint. It also contributes to global warming and pollution as airplanes use fuel that releases carbon dioxide and pollutants into the atmosphere.

Be a consumer who advocates for climate-friendly products that promote a circular economy. When companies come to know that consumers will not buy products that pollute the earth and are unhealthy for humans, animals and plants, they will shift to providing better products. And when they know that you are watching if their product closes the environment loop, they will design and sell more

ethically.

Resolve to recycle and upcycle all that you use. For instance, if you get your gadgets fixed instead of discarding them, mend your garments instead of throwing them away, and put your old things to new productive use, you would be saving water, energy and your hard-earned money.

Last but not the least — resolve to track your carbon footprint. When you see it reducing before your eyes, it is a true feel-good moment. There are lots of apps just a Google away that can help you do that.

Now that you have a whole lot of resolutions to choose from, enjoy a happy and eco-friendly 2023!

Compiled by Rtn. Emmanuel Mwaka

HOW TO RESCUE STRUGGLING ROTARY CLUBS

STRATEGIES FOR BUILDING STRONGER ROTARY CLUBS



Mercy K. Kainobwisho,
Advocate/Assistant
Governor Kampala Area
1, Rotary District 9213

1.0 Background

Rotary is a global network of people who see a world where people unite and take collective action to create lasting change in local communities and across the globe. For the last 118 years of its existence, Rotary through the fellowship of business, professional, and community leaders has been promoting integrity; advancing world understanding, goodwill, and peace; sanitation, and hygiene; fighting

disease; providing clean water; saving mothers and children; supporting education; growing local economies, and protecting the environment among other things.

To achieve that mission, Rotary operates through a number of established structures including the Rotary clubs which are usually registered as non-profit making legal entities. These clubs have a governance structure, policies, and procedures in terms of their legal existence, constitution, assembly, transparency, accountability, and the different layers of management. Rotary clubs have a board of directors, members, advisors, and club officers that support its functionality and operations.

However, like many other entities, a number of Rotary Clubs in Uganda are currently struggling to operate

due to a number of factors attributed to the effects of the COVID-19 pandemic, the Ebola epidemic, membership, leadership, finances, business failure, transition, the mindset, burnout of members, and the digital effect among other reasons. The big question then is how can these Rotary clubs survive in the current Volatile, Uncertain, Complex, and Ambiguous (VUCA) world. Whereas, some clubs have minor challenges, others have major challenges that risk their existence, survival, and sustainability thus making them struggling Rotary clubs.

Struggling Rotary clubs are characterized by the following attributes such as; failure to meet frequently, absenteeism of members and club leaders, lack of signature community projects, failure by members to transition from online to physi-

cal meetings and vice versa poor leadership by the president and club leaders, failure to prepare and submit reports to the District and Rotary online platforms, failure by members to attend District Rotary District event and activities, failure by members to visit other clubs or other club projects to learn, network and benchmark, a negative club culture, lack of positive energy and enthusiasm by members, lack of self-drive, failure to pay Rotary dues, recruiting unprepared and unoriented new members, lack of accountability and transparency, failure to attract new members among many others. When such symptoms are identified and or diagnosed, it is important for such clubs to go on a rescue mission so as to survive the above turbulence.

2.0 Strategies for building stronger Rotary Clubs

For clubs to survive, a number of interventions have to be put in place. These interventions may be influenced by internal and external factors and they include; con-

ducting a club health check, conducting a SOAR Analysis, PESTEL Analysis, NOISE Analysis, Risk assessment, financial performance evaluation, predictive analysis, future proofing, enhancing membership engagement and development plans, checking the style of recruitment and new members orientation, monitoring membership attendance, the leadership style, the location of the meeting venue, cultivating trust, the meeting times, embracing ICT as an enabler, the nature of club projects, consulting of mother club, engaging the Assistant Governor, consulting the sponsors of new members, building the SOAR Analysis to assess the Strengths, Weaknesses, Aspirations, and Results of the club. The PESTEL Analysis to assess the external forces that are likely to affect the club that relates to the Political, Economic, Social, Technological, Environmental, and Legal environment. The NOISE Analysis to assess the Needs, Opportunities, Improvements, Strengths, and Exceptions in the club.

A positive club culture, en-

hancing cooperation and coordination among members, implementation of club coaches program, engaging the club advisors, enhancing partnerships with key actors, consulting District leaders and past presidents of the club, undertaking leadership courses through Rotary learning center and Rotary Leadership Institute, identifying good speakers and good topics and speakers, enhancing team cohesion, better succession planning, mentorship programs, exploring creativity and innovation, among others.

The SOAR Analysis to assess the Strengths, Weaknesses, Aspirations, and Results of the club. The PESTEL Analysis to assess the external forces that are likely to affect the club that relates to the Political, Economic, Social, Technological, Environmental, and Legal environment and the NOISE Analysis to assess the Needs, Opportunities, Improvements, Strengths, and Exceptions in the club.

3.0 How to rescue struggling Rotary clubs.

One of the best leadership gurus John Maxwell stated, "everything rises and falls on leadership." Indeed, Club leadership has a huge impact on its survival. Leadership is about commitment, patience, service above self, and being optimistic. It is very difficult to lead volunteer groups if you are not committed. We also appreciate the fact that leading volunteers had never been easy. You have to have the commitment, the patience and the ability to inspire and influence. When leading volunteers, you have to be inspirational, respectful, and persuasive. As a leader, you must be able to create and lead the way as you embrace shared leadership and build inclusiveness because you can never walk alone in volunteer leadership.

Members are always watching, and by the way, they even know leaders that will take the club to another level. They also know leaders that are likely to bring the club down. As a leader, you need to have a clear strate-

gy and plan and not over-promise what you will not deliver. You have to do more collectively with other leaders and members on board. It is important to note that leading Rotary clubs is an opportunity for club members to grow their leadership skills through mentorship, experimentation, planning, time management, and creating networks.

Membership engagement and inclusiveness is very critical for the survival of Rotary clubs. The membership register is one of the pillars of any Rotary club. A good club is seen in the way it treats its members and guests. This calls for respect for members, capacity building, creating connecting/bonding and networking opportunities, acknowledging, recognizing, and awarding members. Struggling clubs need to invest in membership satisfaction, recruitment and development. Members are happier in clubs where they are involved, respected, equitably treated. Like children, members get bored and they need things to keep them interested and happy in cl-

ubs e.g social moments like home hospitalities, sports events, buddy group tasks and fun assignments. Such innovations will create members together and committed for a cause.

According to Jim Collins, in his book, Good to Great, it is stated that success in businesses is found in three main areas, disciplined people, disciplined thought, and disciplined action, and that, these are the most significant factors in determining a company's ability to achieve greatness. Therefore, clubs need disciplined members, discipline thought and disciplined actions.

There is a need to recognize the fact that struggling Rotary clubs fail and disappear after a period of time and this calls for members to build Rotary clubs that last and prosper far beyond the presence of any leader and through multiple life cycles. This principle was emphasized in the book Built to Last by Jim Collins and Jerry Porras.

Clubs need to utilize the low-hanging fruits like hosting interesting meetings, identifying good speakers

being consistent with good practices like keeping time, utilizing the skills of past presidents, improving team cohesion, ensuring role clarity for members, improving communication within the club, and leveraging on communication platforms available for example, WhatsApp groups, zoom calls, etc.

Communication may be physical or electronic or both. When members do not hear from their leaders, they will lose interest in the club. Where possible, the president must endeavor to make personal calls to each and every member. Every member of the club needs special/personal care and attention and as leaders, there is no choice but to communicate to members individually or collectively, accordingly.

Relatedly, Rotary clubs must be visible in virtual spaces. They must have an active website and social media pages. These virtual spaces enable the club to communicate its past, current, and future activities.

Rotary clubs are not social clubs, they are community service clubs and communi-

ty service clubs have to have a project- a signature project. Projects that provide solutions in our communities and also become unique identifiers that improve the brand of the club as well as its visibility. A number of Rotary clubs are known for the big impactful projects such as schools, community health centers, planting of trees etc. A functional club must have at least a signature project where all members are actively participating in terms of contributions and related actions.

Participation in District, Zonal and international activities is important for members. These activities include training and events like District Conferences, Zonal Institute, and Rotary International Conventions. Such activities also enable club members to interact and share experiences with members from other clubs, Districts, and Zones. The trainings provide avenues for learning from all Rotary members, Club and District leaders.

Struggling clubs need to ask for help from experts, past leaders, club advisors,

and club coaches. A coach in this case may be an experienced Rotarian and preferably a past president identified by the club to revive it, train the president, club officers, and members, and build enthusiasm in the club. The coach will provide technical support, motivate, act as a role model, offer encouragement, and assist the president and club officers. Struggling clubs further need to address the burn-out effect/fatigue by members. Some Rotary clubs leave the activities of the club to just a few people who later burn out and lose interest, Rotary leadership is a shared responsibility and all members must always make time to attend club meetings and participate in project activities.

In order, to leverage, these practical interventions clubs need to conduct the SOAR Analysis, the PESTEL Analysis and the NOISE Analysis as explained herein above.

4.0 Conclusion

In conclusion, when the above interventions are implemented, the leadership in struggling clubs will improve. The clubs will attract more members and retain them, they will identify and implement new projects or partner with other clubs to implement projects and embrace good governance principles of transparency, adaptability, and accountability. I am convinced that if the above interventions are made, they will turn around the struggling clubs to active and lasting clubs.





DISCON MAGAZINE RATE CARD

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Greening Teso!



On the 24th of March, 2023, 8 members of the Rotary Club of SATURDAY E Jazz converged at the Lugogo Mall in Kampala as a meeting point to embark on what would become a profoundly astonishing weekend. This day was a Friday and it was about 4pm. Okay, let's put it this way, the plan was to leave the city by 4pm. We left at 9:00pm.

The Rotary club of Saturday E Jazz elected focus area No. 7, the Environment. So yes, trees and the goal is to grow 1million of them. We chose to grow these trees in Uganda's Eastern Region starting with Soroti district.

Saturday, 25th March, 2023 was the day we launched this project and we plastered Teso GREEN! Just to remind you all, Saturday E Jazzers aren't just young, we are vibrancy

(read VIBE) itself and our verve for life is unmatched. Actually, we are life itself. True to our nature and "Ugandaness", in regard to time, we hit all our targets that day. For a group that arrived Soroti at 2:00am, slept at 4:00am, planting thousands of trees in 6schools and a university in one day, with hundreds of students, I know you're clapping for us. Thank you!

With us that day were CLIMATE HUB UGANDA, a whole village of Rotarians from lots of clubs and of course, all the locals and communities we met on ground. Climate Hub donated to us 10,000 trees!! Essentially, they made this first year of our adventure happen. A very special thank you to Clinton, Patrick and Climate Hub team in Soroti.

To the Charter President of RC Soroti City,





CP Simon, for hosting us and coordinating all the ground work (I will not mention the Pamba pork party he threw us), President Jimmy Ekinu of the Roteract club of Soroti University who ensured we were allocated space in the University, Rotary Club of Sonde who even sent a physical representative, Rtn Robert Otim, all the rotary and roteract clubs within Soroti that attended and President Elect (PE) Rotarian George Steven Okotha of RC Bwoyogerere Namboole who gave us 50 soursop seedlings.

We, the Jazzers, are grateful to everyone that made the launch of our Greening Teso Initiative possible from the very first fundraising we did online through monetary donations (the Kronas), connections, land offers, and all round support. We were only successful because of each of your support. And to the entire Soroti team, you people really did match our energy. We shall be back!



The Rotary Club of Kampala Central

The Rotary Club of Kampala Central, Promote Uganda Limited and Ministry of Water and Environment have come up with the Nile Run to create awareness about the need to protect Lake Victoria from plastic, polythene, industrial waste, sewage and other toxins which is negatively affecting the quality of water for Lake Victoria and River Nile.



The Rotary Club of Kampala Central commonly known as the Green Club has over the last three decades promoted the environment protection agenda through the planting of trees at Greehill Academy in Kibuli, along Gaba Road, Nyenga Seminary, Golf Course at Jinja and Wanyange Girls Secondary Schools. In addition, Rotary Club of Kampala Central has been spearheading the promotion of the Ekibira Kya Kabaka in Buganda Kingdom through the mobilization of Rotary Clubs to plant trees in the various counties of this region. Currently, the Rotary Club of Kampala Central is working

on the designs for the Ekibira Kya Kabaka in Lubiri palace which will be promoting the growing and preservation of indigenous trees particularly medicinal trees facing extinction.

The Run for the Nile initiative follows the decision by Rotary International Board to introduce the seventh focus area of protecting the environment to address climate change. This is aimed at supporting education to promote behaviours that protect the environment and protecting freshwater resources. It's, therefore, against the above background that an Annual Run for the

Nile has been started to accomplish the above goals.

The inaugural Run for the Nile was held on 11th March 2023 starting at 7am and it was presided over Deputy Mayor of Jinja City in the company of President Julian Kaganzi, President of Rotary Club of Kampala Central and Mr David S. Nsubuga, Past Assistant Governor and Director of Promote Uganda Limited. The Run which was 5km, 10km and 21km attracted Rotarians from Rotary Clubs of Kampala and



Jinja, Corporate teams from Nile Breweries, Mardivani Group, Premier Credit Limited, Promote Uganda Limited, Ministry of Water and Environment, Bay Port, Platinum Credit Limited, Hashers and schools like Wanyange Girls S.S, Mwiri College among others. The Run was followed by the planting of over 2000 trees along River Nile near the Golf Course at Jinja and Wanyange Girls Secondary School.

ENVIRONMENTAL MONTH

ROTARY CLUB OF KIWATULE

Ever since Supporting the environment became a Rotary's seventh area of focus, the Rotary club of Kiwatule has been so instrumental to engage in environmental sustainability activities. It is every one's responsibility to preserve, protect and support the environment that we all live in.

The Rotary club of Kiwatule has engaged their baby clubs, Rotary, Rotaract and Interact clubs to work as a team in preserving, protecting and advocating for the environment. The advocacy has been done through club fellowships and joint club fellowships.

Rotary club of Kiwatule together with their baby clubs launched a tree planting campaign at Nakyesanja primary school in Matugga in Wakiso District. The campaign also involved local leaders right from LC1 up to the District level, teachers and students. The campaign focuses to teach children, the youth and the elderly that each one of us is a custodian in supporting, preserving and protecting the environment we leave in.

The meeting was conducted under trees to get a feel of how much beautiful the environment would be if there was more trees in the surrounding environment. The campaign further emphasized that with environment knowledge can help others understand the importance and value of supporting, protecting and preserving of our natural resources.



Buddy Groups team up to promote clean water and proper sanitation in Kulambiro



Eng Timothy Senfuma together with the Muluka Chief Mr Semakula with SAA, Rtn Mbona planting a fruit tree at Vine

When people have access to clean water and sanitation, water-borne diseases decrease, children stay healthier and attend school more regularly, and mothers can spend less time carrying water and more time helping their families. Through water, sanitation, and hygiene (WASH) programs, Rotary's people of action mobilize resources, form partnerships, and invest in infrastructure and training that yield long-term change.

March in rotary is a water, sanitation, and hygiene month. As part of commemorative activities, the Rotary Club of Kulambiro carried out a cleanup exercise which coincided with the Annual National level celebrations

code named the Uganda Water and Environment week (UWEWK 2023).

March 13, 2023 will always be remembered by residents in Kulambiro and the vendors of Kisaasi Central Market. It is the day when Rotarians welcomed their friends in the humanitarian world and joined the vendors and the community to spearhead a cleaning activity in the area they live and operate from.

Armed with brooms, hoes, spades and sacks, Rotarians joined hands with the Lions and Forever Young Buddy Groups to clean Kulambiro Ring Road, Kisaasi Central Vendors Market and the Water stream along Nambi Road in Tuuba Zone.



The Chief Cleaner Eng. Ssenfuma Timothy and Club Secretary, Rtn Orina Richard

Like other Rotarians in the country, the Rotary Club of Kulambiro was marking the Water, Hygiene and Sanitation (WASH) week.

The cleaning, supported by Buganda Kingdom and Kampala Capital City Authority (KCCA), was blessed with the presence of Omwami wa Kabaka owe Gombolola Iya Nakawa Division, Eng. Timothy Ssenfuma and Mr. Lawrence Zaake Lawrence, the Muluka Chief of Kyanja Parish. The Deputy Mayor, Nakawa Division, Madam Saluha Umutoni was also in attendance.

Rotarians thought it wise to clean the environment where majority of the members live, work and shop. KCCA Cleaners were in action to boost the exercise and ensure that the market and the surroundings are clean.

In commemorating the WASH week, Rotarians worldwide participate in cleaning activities as a springboard for promoting good hygiene and a disease free environment for good health in the community.

The vendors were happy to receive the team from Rotary, which moved around the market cleaning and ensuring that all rubbish around the market is safely disposed off. Community members cheered on in praise as the Rotarians cleaned a water stream on Nambi Road in Tuuba Zone.

The Rotary Club WASH activities for the year were crowned with the Chief Cleaner, Omwami wa Kabaka owe Gombolola Iya Nakawa Division, Eng. Timothy Ssenfuma, planting a treat at Divine Boarding Primary School.

As the members joined the community and other stakeholders to clean the market and the water stream in Kulambiro, it was another celebration and manifestation of the excellent teamwork and love for helping people, that Rotary has over the years come to be known for. Ladies and Gentlemen of all status and age, tirelessly swept rubbish, picked liter especially polythene bags and used mineral water bottles and disposed it in a right manner.

The Amazing President, Evans Tusiime called for continuous sensitization on the

need for proper sanitation and right disposal of wastes to prevent diseases in the community.

The President also underscored the need to have toilets that are gender sensitive i.e. Male and Female, and the continuous operation and use of hand washing facilities even though the incidence of COVID had reduced, noting that it was critical to keep other water borne diseases at bay.

The Chief Cleaner, Omwami wa Kabaka owe Gombolola Iya Nakawa Division, Eng. Timothy Ssenfuma emphasized the importance of using a toilet and beckoned the vendors to always use water and soap in washing their hands after visiting the toilet.

Rotarians were challenged to always publicize such activities in time using relevant media so that other Rotary Clubs and communities, can partner with them and do a more commendable job.

The need to continue partnering with relevant stakeholders to raise resources and tap into synergies was emphasized. In the same vein, the contribution of Buganda Kingdom, KCCA, NWSC, Hardware World in the cleaning up of the water source on Nambi road was commended.

And for being accorded the opportunity to belong, the Lions/ Forever Young Buddy Groups thanked the Amazing President Evans Tusiime and his Vice Grace Katuramu and other ROCK members for welcoming them to participate in this amazing activity of fostering sanitation and hygiene in the community of Kulambiro.

Special thanks go to the Chief Cleaner Eng Timothy Senfuna and his team of leaders in Buganda Kingdom. Many thanks to all Rotarians both present and absent at the activity for their generous contributions and motivations. The day ended with no deficit. And for the untiring, tolerant and hard-working teams at KCCA, we shall always salute and celebrate you.

Chairman, Kisaasi Central Market Vendors, SAA Rtn Mbona, Chief Cleaner Owekitibwa, Eng Ssenfuma Timothy and RC Kulambiro team addressing the People



WHEN THE COMMUNITY CALLS, THE ROTARY CLUB OF KYANJA METRO ANSWERS



When the community calls, we at the Amazing Rotary Club of Kyanja Metro (RCKM) answer. Ms. Joan Generous Isa Asaba, the Chair of Rotaract Ladies Initiative (ROLI) D9213 reached out to us about their Signature Project to support efforts in contributing towards the needs of the children with cancers at the Uganda Child Cancer Institute (UCCI). We contributed funds and books to this noble cause.

The event took place on Women's day, Wednesday 8th March 2023 at UCCI offices and the Uganda Cancer Institute, both at Mulago hospital. The District Governor 9213, Mike Kennedy Sebalu, and his wife graced the occasion. The Club was represented by Rtn. Michael Agaba.

Two days later, on Saturday 11th March 2023, the Rotary Club of Kyanja Metro (RCKM) teamed up with the Rotary Club of Kisaasi-Kyanja and gave away over 200 brand-new

medical books to the community library at Komamboga. The Rotary Club of Kyanja Metro was represented by its AP Flavia Nampala while the Rotary Club of Kisaasi-Kyanja was represented by its AP Jude Asimwe.



Rotary
District 9213, 9214

Rotaract
District 9213, 9214

IMAGINE
ROTARY

98th
MBARARA

SPEAKER

Mrs. Allen Catherine Kagina

Executive Director
Uganda National Roads
Authority

28th, April 2023,
Las Vegas Garden Hotel



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District 9213, 9214

Rotaract
District 9213, 9214

IMAGINE
ROTARY

98th
MBARARA

SPEAKER

Prof. Kasaija Phillip Apuuli

Associate Professor
Department of Political Science
and Public Administration,
Makerere University.

28th, April 2023,
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IMAGINE
ROTARY

98th
MBARARA

SPEAKER

Christopher Salem

Business and Leadership
Keynote speaker, award winning
author, business executive coach
and business leadership Adviser

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IMAGINE
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98th
MBARARA

SPEAKER

Derek Bbanga

Entrepreneur and Managing
Director of Public Image

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IMAGINE
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SPEAKER

Paul Kavuma

Member, Toastmasters International
Winner The East African
Speaking Contest

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District 9213, 9214

IMAGINE
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SPEAKER

Winnie Byanyima

UNAIDS Executive Director/
United Nations Under-Secretary
General

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IMAGINE
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Rotaractor's
Luncheon

With
Kenneth Mugabi

28th, April 2023,
Las Vegas Garden Hotel

Time: 1pm



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IMAGINE
ROTARY



DGNDs' and DRRNs' Luncheon

With

Atuhairwe Shilloh Mukwana
(pianist)

Felix Felisax
(saxophonist)



*Light entertainment during the luncheon as the
DGNDs and DRRNs are announced*

29th, April 2023,
Las Vegas Garden Hotel



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Rotary
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IMAGINE
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Opening Ceremony With Busoga Children's Orchestra



27th, April 2023,
Las Vegas Garden Hotel | Time: 5pm



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District 9213, 9214



IMAGINE
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DGs' banquet

29th, April 2023,
Las Vegas Garden Hotel

**Azawi
& Double Black Band**



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District 9213, 9214



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DGs' banquet



**Rotaract Kampala
North Musical**

29th, April 2023,
Las Vegas Garden Hotel
Time: 7pm

**Azawi
& Double Black Band**

Irene Ntale



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DGs' banquet

29th, April 2023,
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Irene Ntale



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Emergency Contacts

1. Hilder Koriang - **0783 309 609**
2. Dr. Dennis Okwir - **0771 874 918**
3. Purple Nabirye - **0777 194 001**
4. Dr. Crescent Tumuhaise - **0703 890 586**
5. Brian Kamulegeya, Nkozi hospital - **0780 230 977**
6. Eddy Musinguzi, Divine mercy hospital - **0782 131 741**
7. Lillian.K. ,IMC,Mbarara - **0781 676 341/0700 898 842**
8. Adrian Mutyaba - **0772 447 689**



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District 9213, 9214

IMAGINE
ROTARY



SPEAKER

Paul Kavuma

Member, Toastmasters International
Winner The East African
Speaking Contest

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District 9213, 9214

IMAGINE
ROTARY



SPEAKER

Winnie Byanyima

UNAIDS Executive Director/
United Nations Under-Secretary
General

28th, April 2023,
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Rotaract
District 9213, 9214

IMAGINE
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Rotaractor's
Luncheon

With
Kenneth Mugabi

28th, April 2023,
Las Vegas Garden Hotel

Time: 1pm



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District 9213, 9214

IMAGINE
ROTARY



DGNDs' and DRRNs' Luncheon

With

Atuhairwe Shilloh Mukwana
(pianist)

Felix Felisax
(saxophonist)



*Light entertainment during the luncheon as the
DGNDs and DRRNs are announced*

29th, April 2023,
Las Vegas Garden Hotel



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Official DISCON Transport

Departure Date

April 27, 2023 at 6:00 a.m.
Lugogo Mall (game)

Drop off in Mbarara at Hotel
Triangle, Las Vegas Hotel and
Hotel Kash



Return Date

April 30, 2023 at 9:00a.m.

Fee: **UGX 60,000**
(per person)

Contact information:

1. Rtn. Sophie Mbabazi
Tel: +256772443096
2. Rtr. Isaac Muhumuza
Tel: +256775058975

Merchant codes for Mobile payment

Airtel
2023 Discon Safaris
Merchant ID: 6122213

MTN
Isaac Muhumuza
Merchant ID: 145822



Centenary
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Medical information

1. Get a health check before coming to the conference. Routine checks include Blood pressure, glucose levels, allergies, cholesterol etc.
2. Be up to date with routine vaccinations i.e., COVID and Hepatitis B
3. Undertake appropriate hand and respiratory hygiene
4. Carry your medication, if any, to the conference e.g. Antihypertensives, Antidiabetics, asthma medication.
5. Have enough rest before traveling and while at the conference.
6. Contact the emergency team in case of unwellness (attached are the emergency contacts)
7. Emergency medical services shall be offered at the conference free of charge i.e., to include standby ambulances to hospitals.
8. The delegate will however incur charges in case of referral or advanced management. Divine mercy hospital and IMC, Mbarara are our top referral centers.
9. Cancer screening services are to be offered at the conference venue for the entire 3 days of the conference.
10. Avoid excessive consumption of alcohol and don't drink and drive.
11. Carry your delegates tag at all times during the conference for easy identification.
12. While at the conference, maintain a routine healthy diet i.e., to include water/fluid uptake.
13. Strictly observe road safety guidelines i.e., always wear a seatbelt, observe road signs, do not overspeed, respect other road users, amongst others.

