

AMAZING TIMES

Rotary
D9213



CELEBRATING TRANSITION



Rotary



RotaryCancerRun



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ROTARY CANCER RUN 20 23



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27
AUG

RUN FOR HOPE

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Registration Fee
30,000/=
comes with a vest



MAYO McCANN

Charter President Samuel Ngambwaki

Editor In Chief
Amazing Times



Reflecting Compassion: A Journey of Volunteerism and Fulfillment

You make a living by what you get. You make a life by what you give. Volunteers are the only human beings on the face of the earth who reflect this World's compassion, caring, patience, and just plain loving one another. Serving through the Amazing Times has been a bed of a cocktail of beauty. From leadership experience ,to working together as Teams, to being sober when the "kitchen is on fire" ,to learning great amazing people and works. To traversing communities through the Editorial, it has indeed been a mental climax of satisfaction and fulfillment.

Thank you to the District Team,the Editorial team, the Rotary and Rotaract fam-

ily and everyone one in their individual capacity that made the Amazing Times amazing. We look back and smile to how far a beautiful journey we have trekked.

In the words of Paul Harris, "This is a changing world, we must be prepared to change with it. The story of Rotary will have to be written again and again."

Let's keep telling the story.

Samuel Ngambwaki

Editor In Chief Amazig Times

INSIDE THE AMAZING TIMES

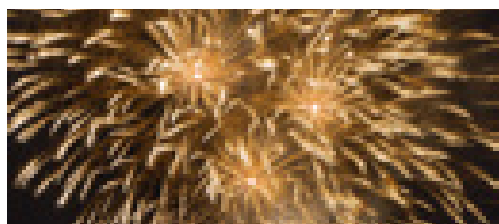
- 3 Message from the Editor In Chief
- 6 Message from the Rotary International President
- 7 Message from the District Governor
- 8 Message from the District Rotaract Representative

Our Clubs

- 10 Joint Rotary Family Health Days
- 12 The Early Bird Amazing Race
- 14 The States of Service
- 16 RC-Sunrise-Kampala Vijjana Poa Broiler Project



Editorial



- 18 The DSTV Rotary 5-Aside
- 20 PHF – A Certificate of Gratitude
- 21 Focusing on the New
- 23 Contribute Generously to our Foundation
- 24 Child Cancers In Uganda

The Year at a glance

- 29 Tales Of A Charter President
- 31 Assistant Governors Crown the year
- 33 Rotary Highlights



The
**AMAZING
TIMES**

Rotary
D9213



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Editors
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Purple Kisakye NEM
Rehema Aanyu
Victoria Nampala Bugembe
Idah Nakakande
Audryne Kwagala N.
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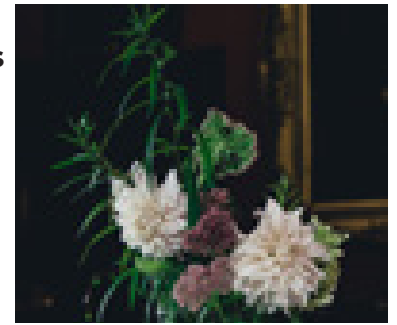
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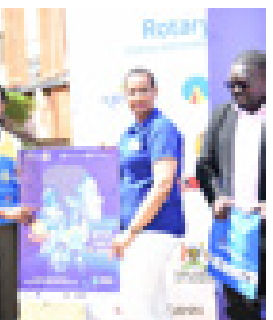
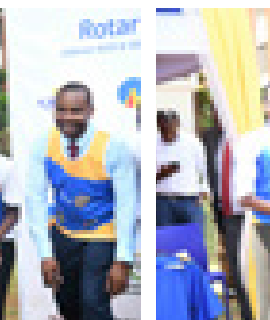
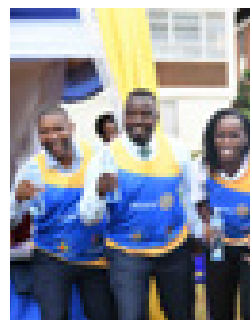
Major Events 2022-23

44 Every child deserves
to live with dignity

46 Cancer Run 2023



Pictorials





Rotary International President's Message

Jeniffer Jones

Rotary International President

**Not goodbye,
but good work**

Speaking to you through the pages of Rotary magazine this past year has brought me so much joy. I have especially enjoyed sharing the incredible stories of the wonderful people Nick and I have met on the Imagine Impact Tour.

From Patzún in the mountainous western highlands of Guatemala to a small village outside of Lusaka, Zambia, we have been greeted by countless people who imagine and work toward a better world.

We were inspired by teachers who imagine a better education for girls and boys facing gender-based violence, by Rotaractors in a refugee settlement who created a flour mill to provide for their families in a critical food shortage, and by brave polio workers who

push tirelessly to reach every last child.

All of us have imagined Rotary this year. This means looking past what we are today and reaching for what we could be tomorrow. We imagine a Rotary that will continue to tell our stories in impactful ways, work to reduce our carbon footprint, and focus on diversity, equity, and inclusion efforts that lift every voice in our organization and beyond.

Nick and I want to thank all of you for the moments we've shared and for your efforts to Imagine Rotary. And now, we look forward to continuing these efforts as we Create Hope in the World. It has been an honor and a privilege to serve with each of you.

messages



District Governor's Message

Mike Kennedy Sebalu

District Governor 2022-23

Dear Amazing President
Fraternal greetings from the office of the District Governor RID 9213. I guess all is well with you as you manage the transition from the amazing Imagine Rotary year to the hope creation year. The end of one era marks the beginning of another. I am glad to join in celebrating your era that has seen and defined you as an amazing President of an amazing club who has done amazing things in amazing ways to generate amazing results for the amazing community under your jurisdiction.

Bravo and congratulations upon your successful tour of duty as an amazing President of your club. It's been a great honor and privilege to be your team leader and I can state without fear of contradiction that you have been an efficient and effective team leader who has demonstrated team work, team spirit and team cohesion leading to impactful

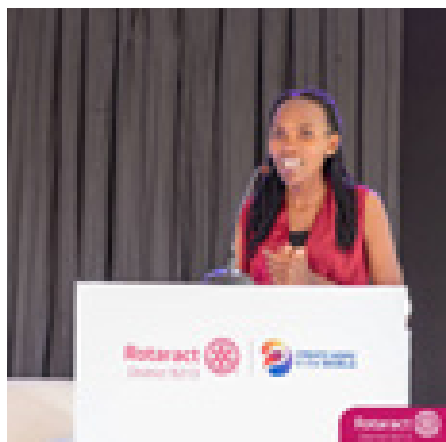
team performance. My experience working with you is indeed memorable as you allowed me opportunity for interactive engagement, involvement and participation in your major club activities, projects and programs. Your work methods characterized by cooperation, collaboration, coordination, communication, consultation, connection and celebrating achievements has given me the best experience as your team leader qualifying our year to be truly amazing.

That therefore accounts for the amazing success that made it possible for your club in particular and the District in general to be felt, heard and seen doing good in the world. For sure you are handing over a stronger, more viable and visible club. Am glad that I have been associated with your success story by fulfilling my role as Governor of supporting your club effectively. My support is an

outcome of inspiration, motivation, encouragement, empowerment and cheerleading. However your success story can only be sustained, maintained and consolidated by the success of your successor. As the adage goes you can't consider yourself successful without a successful successor. In that regard you are duty bound to support your successor to success to guarantee your own success. Just like I am available, ready and willing to support my successor Governor Edward Kakembo Nsubuga in all ways and every way, the same should apply to you at your club level.

The amazing year can only remain amazing when we amazingly support the hope creation to take effect. Let's all amazing as we identify, associate and support the hopeful team in creating hope in the world. Cheers

messages



DRR's Message

Sarah Owembabazi

District Rotaract Representative

Dear Incoming President and Leaders,

Congratulations upon being trusted by your club members to offer direction to your clubs as we create hope in the world and continue to serve humanity.

Allow me to appreciate the amazing presidents and leaders for the awesome work done as we imagined rotary. Thank you for making our rotary/rotaract Uganda proud but most importantly the communities you served proudly.

Without a doubt being a leader of a club is one of the best opportunities rotary/rotaract provides. It's a big platform for you as an individual to imagine greatness, demonstrate your abilities, share vision with your colleagues, and together achieve great milestones all for the good of our communities.

Rotary is a very evolving

organization and today we have even better platforms to equip you as a leader like the rotary learning center and surely with such platforms you should be better leaders than the ones of yesterday.

Equally rotary has a pool of experience from previous leaders; those from your club and those from other clubs. I encourage you to consult and keep consulting as you pick what is more realistic and applicable to your club. As you serve, remember to celebrate every small achievement as simple as recruiting a new member, members paying dues and have fun in every activity you do. This will keep you and your club members going until the end of the rotary year which appears short but is actually long.

Rotary in the recent times is encouraging innovation therefore as a leader be in-

novative while still upholding our values, the four way test and goals/objective like participating in events of other districts to see what good practices you can adopt to make your club membership experience unique, empowering, and interesting.

I wish you a very successful year as we create hope in the world.

Make our rotary international president Gordon McNally, District Governor Edward Kakembo Nsubuga District Rotaract Representative Emmanuel Lukeera, yourself, and your club members proud!

See you at the 99th District Conference in Munyonyo as we celebrate your achievements

Sarah Owembabazi
DRR 2022-23

Our Clubs





Joint Rotary Family Health Days

Taking Health Services Closer to the Community through **RFHD Medical Camp**

The Rotary club of Bugolobi has over the past 10 years been known for organizing medical camps to serve the vulnerable population of in slums and areas surrounding Nakawa Division, but this was put on halt by the COVID 19 pandemic. However, on the 20th May 2023, the Rotary Club of Bugolobi partnered with six rotary clubs, six Rotaract clubs, thirteen health institutions and six pharmaceutical companies to conduct a joint Rotary Family Health Day medical camp at Eylon Kindergarten and Primary School in Mutungo. Mutungo Parish was chosen due its large population of 64,663 people which constitute 20% of population of Nakawa Division (UBOS 2014 Census data).

The medical camp was intended to bring health services closer to the community with over 1, 500 reached with the much-needed health services. In total 24 units of blood was donated, 838 people between 1-90 years old received consultation, diagnosis, and treatment of different ailments, 176 received eye care, 142 dental



Child receives eye examination

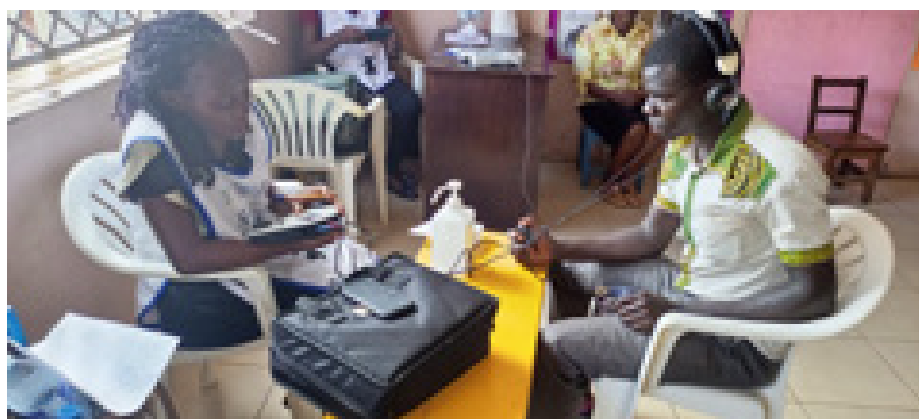
care, 53 children immunized, 391 got dewormed, and 133 children received Vitamin A. 204 screened for HIV, TB, and Hepatitis B and cervical cancer, 73 women received Family Planning and 84 young people received youth friendly services and other services such as hearing impairment, mental health assessment and legal aid consultations.

Partnering Rotary/Rotract clubs; RC Bugolobi, RC Nakawa; RC Port Bell; RC Bugolobi Morning Tide; RC Butabika Royals; RC Lugogo Mango Tree and RCT Bugolobi, RCT Nakawa MUBs, RCT Butabika Royals, RCT Makerere University.

The 19 Health Institutions; Kiswa Health Centre; Butabika Hospital; Agarwal Eye Hospital; Naguru Teenage Health Center; Aids Information Centre; Infectious Diseases Institute; Marie Stopes Uganda; Ian Hutcheon Clinic for Children Uganda National Health Laboratory Services; Uganda Police Medical Team; Uganda Prisons Murchison Bay Medical Centre; Uganda Blood Bank; Mental & Reproductive Health Uganda, Philips Pharmaceuticals; Abacus Pharmaceuticals; Kampala Pharmaceutical Industries; CIPLA (U) Ltd; Star Pharmaceuticals; Ajanta Pharmacy and FIDA Uganda.



Rotarians of RC Bugolobi donating blood



Hearing impairment assessment



President RC Portbell pausing for photo with members of RC bugolobi, and RC Portbell



The Early Bird Amazing Race:

An Extraordinary Journey of Unity and Lasting Impact

Rotarians, Rotaractors, and Friends of Rotary Unite in a Thrilling Adventure

In a remarkable display of unity, purpose, and excitement, the Rotary Club of Kampala Early Bird hosted its inaugural race, "The Early Bird Amazing Race." Participants from diverse backgrounds, including Rotarians, Rotaractors, and friends of Rotary, gathered at Bulange, the historic first modern parliament in East Africa, ready to embark on a thrilling journey that combined fitness, exploration, and community impact. Let's delve into the exhilarating highlights of this extraordinary event.

A Day of Adventure and Fitness: With the sun casting its warm rays, participants eagerly assembled at the Starting Point in Bulange, brimming with anticipation and excitement. The event commenced promptly at 7:00 am with an invigorating fitness session, designed to energize both body and spirit. The teams embraced the

spirit of healthy competition and camaraderie, ready to conquer the challenges that lay ahead.

Discovering the Path to Lasting Impact: The race unfolded with a series of captivating activities, each checkpoint along the route representing one of Rotary's seven areas of focus. The Rotary Club of Kampala Early Bird's unwavering commitment to making a lasting impact was vividly showcased at every turn.

As the Early Bird Amazing Race neared its conclusion, it was time to celebrate the remarkable achievements of the participants. The race had tested their teamwork, problem-solving skills, and knowledge of Rotary's core values. Amid fierce competition and unwavering determination, two teams emerged as the victors—Team Ki-

watule and The Morning Crew.

The Rotary Club of Kampala Early Bird acknowledged these triumphant participants, commending their dedication, strategy, and unwavering tenacity with well-deserved awards. These winning teams embodied the true spirit of the race, demonstrating the power of collaboration and an unwavering commitment to excellence.

Their victory went beyond personal triumph; it stood as a testament to the collective efforts of all participants. Each team had contributed their enthusiasm and energy toward the goals of peace building, conflict prevention, community economic development, heritage preservation, and environmental conservation.

As the sun set on the Early Bird Amazing Race, the Rotary Club of Kampala Early Bird reflected upon the resounding success of the event. It had been a day filled with adventure, impact, and a genuine sense of Rotary fellowship. Participants from diverse backgrounds and walks of life came together, united by a shared passion for making a positive difference.

The race embodied the very essence of Rotary, showcasing the club's unwavering commitment to service and the transformative power of community engagement. Through exhilarating challenges, impactful blood donations, and a grand celebration of triumph, the event left an indelible mark on all who took part.

The Rotary Club of Kampala Early Bird extends heartfelt appreciation to all participants, volunteers, sponsors, and community partners whose collective efforts made the event an overwhelming success. It is through such collaborative endeavors that lasting change is initiated, inspiring others to join the Rotary movement and contribute to creating a better world.

As the Early Bird Amazing Race concludes, the Rotary Club of Kampala Early Bird eagerly looks forward to future endeavors, continuing their mission to unite communities, inspire change, and make an enduring impact.

1. **Building Peace and Preventing Conflict at Bulange Site:**

The Starting Point served as a catalyst for the teams to explore and comprehend the significance of peace building and conflict prevention. Participants immersed themselves in the formation of Uganda, discovering the profound commitment to community demonstrated by the forefathers of Buganda. The stories unraveled as clues, igniting a competitive spirit and merging brains and souls to solve the puzzles.

2. **Fostering Community Economic Development and Environmental Conservation on Kabaka Anjagala Road:**

The teams ventured to Kabaka Anjagala Road, where the transformative power of community economic development came to life. Through interactive challenges and immersive experiences, participants gained insights into the crucial role of tourism in our country while simultaneously embracing the rich culture that promotes environmental conservation. An extraordinary connection was made between animals conserved and their current habitats in our beautiful country.

3. **Promoting Peace, Conflict Prevention, and Environmental Conservation at Basiima House, a World Heritage Site:**

A poignant chapter on the race route confronted participants with a painful past, shedding light on the dark history of torture and its lasting impact on society. Through activities and discussions aimed at raising awareness, the teams delved into the significance of peace building, conflict prevention, and fostering healing within communities affected by past atrocities. Amidst the emotional journey, the teams marveled at the architectural marvel of a storied house built with mud and wattle, truly exemplifying the incredible nature of the Early Bird Amazing Race.

4. **Reflecting on Peace Building and Conflict Prevention at Idi Amin Torture Chamber, Kabaka's Palace:**

The race continued to Kabaka's Palace, where participants delved deeper into the legacy of the Idi Amin Torture Chamber. This checkpoint served as a powerful reminder of the Rotary Club of Kampala Early Bird's commitment to peace building and conflict prevention. Through education, support, and advocacy, the club strives to reconcile the past and pave the way for a more peaceful future.

5. **Environmental Conservation at Kabaka's Lake:**

The teams were treated to the sight of a stunning natural wonder, Kabaka's Lake. Here, participants explored the importance of environmental preservation through engaging activities such as tree planting, water conservation initiatives, and environmental education. They witnessed firsthand how protecting the environment contributes to the well-being of communities and future generations, with a striking sculpture of the illustrious Kabaka Mwanga as a backdrop.

6. **Disease Prevention and Treatment:**

The Power of Blood Donation at Mengo Hospital Rotary Blood Bank: The Early Bird Amazing Race led participants through the Mengo Hospital Rotary Blood Bank, where they witnessed firsthand the life-saving impact of blood donations made possible by Rotary funds. Notable Rotarians supporting this cause were honored, and a tearful moment arose as the shortage of blood at that time served as a reminder of the urgency to do more for society. The spirit of giving and the Rotary's dedication to addressing critical healthcare needs were abundantly evident.

7. **The Makerere University Rotary Peace Center:**

A Beacon of Hope: The remarkable Peace Center, having hosted individuals from 22 nationalities and fostering transformative work, including the formation of a Rotaract club in Nakivale, captivated the race participants. They were immersed in the countless amazing projects carried out by Rotary, underscoring the organization's commitment to peace, conflict resolution, and building bridges between communities.

8. **Showcasing the Impact of the Rotary Club of Kampala Early Bird:**

Service projects focusing on basic education and literacy enhancement, such as the Lukumbi Signature Project, and maternal and child health, exemplified by the Kyanja Tripartite agreement with Ntinda and Morning Stars, were showcased. The proceeds from the race were dedicated to the KEB Signature Project in Lukumbi, which aims to build classrooms, enhance water and sanitation, and uplift a community in need.

The States of Service

By **Maureen Kawombe Tumwebaze**
Charter President

**It's a year!
One full year! An Amazing
year it has been.**

On the 30th of May 2022, The Rotary Club of Naalya States received her charter. "After having been duly organised and having agreed through it's officers and members, to be bound by the Constitution and By-laws of Rotary International-



al....." the much awaited certificate read. It's hard to believe that a year has already passed since we joined this family of 1.4 million amazing people.

Over the past year, this club has provided its members with countless oppor-



Rotary Club of Naalya States partnered with Riham in a campaign dubbed 'I WASH, YOU WASH'

On the 30th of May 2022, The Rotary Club of Naalya States received her charter

"After having been duly organised and having agreed through it's officers and members, to be bound by the Constitution and Bylaws of Rotary International....."

tunities to connect, learn, and grow. Whether it's been through service projects, guest speakers, fellowships, or social events, the members of this club have formed strong bonds and gained valuable skills, knowledge and experiences.

One of the most impressive aspects of this club is the connection of the club to the community around us. Despite the challenges of being a new club, the group has continued to be actively present and engaged in the Naalya community, the area in which we were founded. The responsibility and commitment of each member has truly been inspiring.

As we celebrate this one-year milestone, it's important to recognize the hard work and dedication that has brought

us to this point. The future of this club is bright, and I have no doubt that the members will continue to make a positive impact in their community and beyond.

From the Service projects desk, led by the vibrant Rtn Allen Ingrid Agaba, the Rotary Club of Naalya States planted most of their service activities in the community in which the club is founded. These include:

1. Street cleaning of the Naalya Estates every end of month, that has seen us visit and clean over 12 streets,
2. Road Signage Installation on 10 streets that was done in partnership with our corporate member, TMR International Hospital.
3. Tree planting, in line with the 7th area of focus, in the road reserves and a few green areas in Naalya Estates.

The district signature programme Basic Education Literacy Enhancement Project (BELEP) was implemented in Dream Africa Primary School, Naalya. The committed BELEP Officer Rtn Florence Kata saw this program to fruition. With her experience and passion for children, this was one of the amazing programs we took on. Meeting, reading and bonding with these children became a mentoring session for us and we loved every step of doing this.

The Rotary Club of Naalya States also partnered with the government through the Ministry of Water & Environment and other

private partners, that included Quality Super Market, Riham and Dream Line products in a campaign dubbed 'I WASH, YOU WASH'. This campaign aimed at boosting the spirit of hand washing with soap in Karamoja sub region through donation of soap to the school going children in the region. Rotary International, through the combined actions of individual Rotarians and Rotary Clubs, seeks to assure that all people have adequate access to clean and safe water. And through our community we decided to reach out to these children by donating soap from members, other Rotarians and our community that is more



advantaged and can easily afford such basic necessities.

Guided by the Object of Rotary, The Rotary club of Naalya States recognized and appreciated a breed of servicemen that not only sacrifice their time, but their life too to serve their country through their vocation; the traffic policemen. The communities of Naalya and the surrounding areas through their various platforms have appreciated these men in service for their tireless efforts to keep the traffic along the roads in order. Led by the Rose Buddy chair, Rtn Bright Asimwe, the officers accompanied by the OC Traffic, Kira Division received their recognition from the club on behalf of the community.

As we move into the Hope Creator year under the able leadership of Rtn Norman Isingoma, it is an exhilarating experience, a learning experience, a growing experience, a serving experience, an Amazing experience!



RC-SUNRISE-KAMPALA VIJANA POA BROILER PROJECT FOR KABIRA YOUTH GROUP



Rotary Club of Kampala Sunrise supported youth in Kalasa Village , Makulubita Sub-count with 500 chicks, the youth are part of the evry youth global grant for Vijana Poa in partnership with clubs. The club is moving the journey with the youth to ensure they go through the process to harvest time which should be around.

They youth that underwent through the Enterprise Development and Mindset Change training and they are excited about the project and are very excited about it. The club has injected 1.5 as starting capital injection and they believe it will see this process continue smoothly with a margin of not less than Ugx. 1.5 every other month.

The club has also moved on to support youth lease land “kirombe” to enable them make clay bricks as a business to target the

construction industry that is steadily growing within the community, this project too is of high interest to the Kalasa youth group and together with the club project chair participated in negotiations and achieved a bigger piece of clay land of 50 X50 and a formal agreement drafted so that youth can smoothly run the brick laying business.

This youth group has now been registered as a Community Based Organisation (CBO) and are being supported by the club in the process of opening up a bank account to facilitate the savings undertaking

Special thanks to the implementing team of Kampala Sunrise for supporting the youth earn a living.





Editorial



The DSTV Rotary 5 Aside

Pulling off a Post Pandemic Sports Event

BACKGROUND

The 2022 Rotary 5 Aside was held on the backdrop of the COVID 19 pandemic. There were mixed reviews leading up to this event. The pessimists imagining the public were not ready for a sports event while the ever-optimistic members of Rotary Club of Kiwatule, who were clearly the majority, saw it as a huge opportunity to bring together the rotary fraternity after 2 years of "social distancing".

With no Horn in hand and remember we don't even know how to blow one, the event was dubbed by many as one of the most exciting Rotary 5 aside events. There are quite many a thing that made the sixth edition of the Rotary 5 Aside event a success. Essentially the optimists got it bang on. We had an overwhelming number of Rotary and Rotaract Clubs expressing interest for the tournament. Considering that the total number of participating clubs Rotary (32 teams) and Rotaract (16 teams) were met with four weeks leading to the event, we faced a unenviable task of declining new club registrations for the event.

CORPORATE PARTNERS

Our corporate partners responded to our call, raising over Uganda shillings 75 million towards the event. With the leadership of DSTV our Title sponsor we had additional support from FINCA Uganda Limited (MDI), UGAFODE Microfinance Limited, Centenary Bank Uganda Limited, Britam Asset Managers (Uganda) Limited, NCBA, Pride Microfinance Limited, CIC Insurance, New Vision, Bukedde, UAP Old Mutual and Health Heart Foundation. We were proud to have DSTV as title sponsors of the 6th edition, the event dovetailed with DSTV's corporate social responsibility goal of supporting needy communities. With their support we had a total of Uganda shillings thirty million distributed to the event winners, these funds were paid out to the winning teams and utilized towards service projects in the course the year. The awards went to:

Rotaract Category:

01 Rotaract Club of Lake Victoria

Winner - Uganda Shillings two million five hundred thousand only

02 Rotaract Club of Kololo

first place runner up - Uganda Shillings one million five hundred thousand only

03 Rotaract eClub of Uganda Global

second place runner up - Uganda Shillings one million only

Rotary Category:

- Rotary Club of Bukoto – Winner - Uganda Shillings five million only
- Rotary Club of Lugogo Mango Tree – first place runner up - Uganda Shillings four million only
- Rotary Club of Kampala North - second place runner up - Uganda Shillings three million only
- Rotary Club of Nansana - third place runner up - Uganda Shillings two million only
- Rotary Club of Nakasero Central, Rotary Club of Acacia Sunset, Rotary Club of Kampala Ssesse and Rotary Club of Kira were all quarter finalists receiving Uganda Shillings one million five hundred thousand only.



CORPORATE CATEGORY

Centenary Bank Uganda Limited – Winner - Uganda Shillings three million only

-Letshego - first place runner Up - Uganda Shillings two million only

No event is complete without fans. The Phillip Omondi Stadium hosted over 1,500 guests on the day and over 300 cars were safely parked with no loss incidence reported at Patidar Samaj Lugogo grounds. While the games went on in the pitch one couldn't help but notice that there was a clear show of brand prowess from the Rotary fraternity. Most clubs came dressed in well branded uniforms not only for the players but their fans too, some clubs were armed with Drums and vuvuzelas, but most notably there was a group that had popular dance hall music blaring from a portable boom box bring a party atmosphere to the event, perhaps Rotary Club of Kiwatule should consider recognizing the best dressed and organized supporting team. The Nyama Choma and drinks corner were highlights of the years event not only were the food and drinks in plenty but choice as well. If it weren't for the stadium closing hours we could have witnessed an after event day party.

No event however goes without glitches, while these were few the capable support network at the event ensured the event went on without notice. We cannot thank our Chief Guest, the District Governor, Mike Kennedy Sebalu, enough for being patient when the event couldn't start as planned due to our back up power failure, our VIP stand on the other hand was only open to the spectators at 12 noon nevertheless when it was up it hosted some of the most exciting spectator experiences.

We partnered with Health Heart Foundation who provided on field medical first aid and health advisory with a dedicated team of doctors, nurses and an ambulance. HHF's support was truly appreciated. The 5 aside event day is a result of four months articulate planning by the Rotary Club of Kiwatule. The 2022 event was truly delivered by some dedicated members of the club under the leadership of its president Ms. Marion Natukunda who not only supported the preparations but was boots on ground during the event from start to finish.

We thank all the partners who made this event a success and the activities for the 2023 event are already underway with a promise to deliver the best every 5 aside tournament impacting even more communities.

By James Onyutta

PHF – A Certificate of Gratitude: A Comparative Look at Uganda and Sweden



By CP Asimwe Mark; Rc Saturday E Jazz

“OKUTAMBULA KULABA OKUDA KUNYUMYA” Loosely Translated as Exposure Provides us with experiences and Lessons to learn and on return we Share Perspectives. The Paul Harris Fellow (PHF) award holds a special place in the Rotary community, serving as a heartfelt expression of gratitude for individuals who have made significant contributions to The Rotary Foundation (TRF). Established in 1957, the PHF recognition has since grown to reach one million recipients worldwide in 2006. However, the process of awarding this prestigious honor differs in various regions. Let us delve into the contrasting practices of Uganda and Sweden, shedding light on the uniqueness of each approach.

In Uganda, the PHF award is bestowed upon individuals as an acknowledgment of their personal contributions. To qualify, an individual must have donated at least \$1,000 to TRF. Alternatively, another person or organization can make a contribution in the nominee's name, recognizing their exceptional dedication in the spirit of Rotary. This approach emphasizes the individual's impact and encourages personal involvement in philanthropy. It underscores the belief that each person can make a difference, and their contributions should be celebrated and honored.

Conversely, in Sweden, the decision-making process for the PHF award rests with the Rotary club. The club members deliberate and select individuals who have made remarkable contributions in line with Rotary's principles and values. These contributions extend beyond financial donations and encompass significant efforts that positively impact the club and society at large. This approach emphasizes the collective decision-making process within the club, fostering a sense of unity and collaboration among members. It highlights the club's shared responsibility in identifying and appreciating exemplary service.



Within the Jönköping Öster Rotary Club in Sweden, the process of nominating individuals for the PHF award follows a specific set of procedures. Members who have demonstrated outstanding contributions to the club or society in line with Rotary's spirit can be proposed for the recognition. The nomination committee reviews and prepares proposals for the board's consideration. To ensure impartiality, any member involved in the decision-making process regarding a specific candidate is excluded from the proceedings. The board then deliberates and makes the final decision., usually during the Q1/Q2 shift. The commemorative certificates and pins are distributed during or towards the end of the Rotary Year in June. This Year's Award winner was Greek Born and Member of Riksdag (Parliament) 2014-2018 and Past President Sortiris Delis for his Inovation and Extra Ordinary Leadership during the Pandemic , Growth and Retention during the turbulent pandemic when the world as a standstill . He was Decorated by IPP Eva Gune and President Carolin Blomberg

If one desires to order a PHF, Rotary's office in Zurich stands ready to assist. Their Swedish-speaking staff is available to provide guidance and support throughout the process. This centralized resource exemplifies Rotary's commitment to international collaboration and ensures a smooth experience for members seeking to recognize their fellow Rotarians' exceptional service.

In conclusion, the PHF award symbolizes Rotary's appreciation for outstanding contributions to The Rotary Foundation. While Uganda celebrates individual achievements, Sweden emphasizes collective decision-making within the club. Both approaches foster a culture of gratitude and recognition, ultimately strengthening Rotary's global impact. Whether awarded as an individual honor or as a result of collective deliberation, the PHF certificate serves as a reminder of Rotary's core values and the transformative power of service above self.

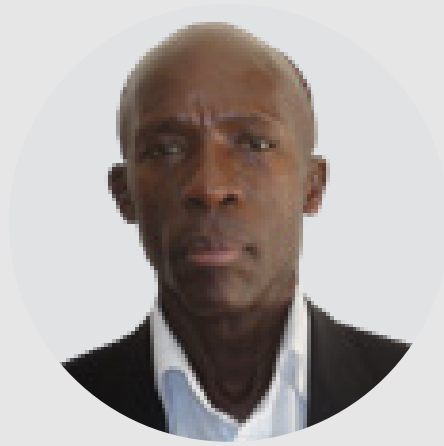


Focusing on the New Year Rotary Calendar

By PP Peter Kasango
RC Bweyogerere
Namboole

How is it already June? Where did the last five months go? We are already at the start of the new Rotary year. There is already a series of excitement of the annual change in leadership, the adoption of a new theme and heightened levels of enthusiasm it bring with... we can almost feel it all over! It's time to show personal relevance at a cost by attending at least 10 other Club Installations this season. The wheel is fast turning with newly elected Club officers assuming new roles. Soon we will start receiving our new district governors' photos and a multitude of club presidents' photos, as well the introduction to the new RI President.

One thing in the unknown; How can we reignite members of Rotary who appear to have 'lost their spark'? I think the way to reignite the lost spark in certain members of Rotary is to make sure that the Rotary club experience is as good as it can be and suits everybody. It's not a case of one-



PP Peter Kasango

size-fits-all. Some members get attracted through social extended activities, while some clubs will want to meet in a country social club and spend about 2 hours over lunch. While other innovative clubs will want to meet for 45 minutes on a Saturday morning over coffee and then get out and do service.

It all comes down to the service to the needy. We are a membership organisation and a service organisation. It's not an either/or. We need to be out there doing service, because not only will we enjoy that more, but we will also see more people want to come and join us because they can see us.

One sure way of attracting more people in Rotary is to

reduce the overdue existing gap between Rotaractors and Rotarians. How can we motivate more Rotaractors to join Rotary clubs? We need to periodically invite them into Rotary clubs as Rotaractors and allow them to help shape the club going forward. We talk about mentoring, but there's reverse mentoring, as well. We can learn so much from Rotaractors.

One of the most successful ways of integrating Rotaractors into Rotary is to allow them freedom in our Rotary fellowships so that they move seamlessly from Rotaract into Rotary. As a result, there will be hardly a division. It's a wonderful way of integrating Rotaract and Rotary together. Both sides gain so much from that. People say that Rotaract is the future of Rotary, but it's actually the present.

This now calls for smooth continuity than ever before; Rotary keeps creating new partnerships and launching new projects and yet Club presidents the main club stewards keep changing year in year out, how can we ensure continuity as one president takes over

from another? When we talk about continuity, we don't just mean doing the same old things year after year after year.

What we mean is a process of continually moving forward, continually improving. To do that, we need to be looking at different projects and at different initiatives, because at any given time, there are different needs and different demands being placed on us. So, we don't think the two are mutually exclusive. We can be part of new projects

and we can look at doing new things. But we can still be practising continuity, in that we're taking it forward in the long term and not rushing to conclude things in the space of any one presidential term.

In Rotary we have a big potential as an organisation that we have not fully realised? We saw a great increase in volunteerism during the Covid 19 pandemic. I think we have a great opportunity to connect with those people and encourage them to carry

on volunteering through Rotary. It's in everybody's nature to care for other people. If we can bring that out of people and if we can build on the spirit of care that we saw during the Covid 19 pandemic, what a wonderful legacy. If we can connect with the people who reignited their spirit of volunteering during that period, then we will have achieved great strides. Building numbers in Rotary grows service delivery by extension, this Rotary year; it's expected to achieve greater Rotary service.



Contribute Generously to our Foundation

By Rtn. Emmanuel
Mwaka
RC Sode

As we enter the final lap of the Rotary year, it is time to rededicate and redouble our efforts for TRF. We all want to keep doing good in our world. That is possible in large measure through the Foundation's district and global grants. To do more of these we need more DDF. Hence, support to Annual Fund becomes very important. It is our Annual Fund contributions today which help us do grants tomorrow. I request every Rotarian to invest in the Annual Fund today. It empowers Rotarians to help where it is needed most. These life-changing service efforts have improved the lives of countless people.

We are very close to a polio-free world. As we move forward positively and work to end polio, supporting the Polio Fund is more critical than ever. Without Rotarians' contributions we cannot achieve our dream of a polio-free world. So do contribute to the Polio Fund. Endowment Fund is the future of our Foundation. Our investment in this Fund will ensure that future generations of Rotarians carry on

the good work of Rotary.

There are three kinds of givers -those like the flint that gives only when hammered and then it yields only a small spark; those like a sponge that gives when squeezed but soon runs dry; and those like a honeycomb that gives to others freely and keeps giving. Rotarians are like the honeycomb. They give freely, again and again.

Celebrated poet RW Emerson has said: To know that even one life has breathed easier because you have lived, this is to have succeeded. The Rotary Foundation is that Power of One- one Rotarian, one club and one district -multiplied many times. We Rotarians can help rebuild, reshape and restore our communities. And a good way to do that is through TRF. As we connect with one another and as new opportunities open up before us, let's continue to support the Foundation. Together we can and we will change the world.

Your generosity and dedication to helping others is truly inspiring. Thank you for your commitment to doing good in the world.

Rtn. Emmanuel Mwaka

BETWEEN THE LINES

**The Rotary
Foundation
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of One- one
Rotarian,
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many times**

CHILD CANCERS IN UGANDA:

What Can Parents Do To Protect Their Children?

By Michael Agaba
(RC Kyanja-Metro)

Moses Echodu was eight old in 1998 when they discovered he had cancer. He was living in the village with his grandmother. He had been playing football and walking back home when he felt pain in his left leg. He limped the rest of the distance and told his grandmother.

After two weeks of malaria treatment, his mother sent for him from Nsambya Hospital where she worked. On diagnosis, it was discovered that he had a rotting vertebra so he was operated. It took him two to three months to heal from the surgery. Later, his jaw started to swell. He was then taken back to Nsambya Hospital and after further examinations, he was recommended to go to Uganda Cancer Institute where it was confirmed that he had cancer.

He began cancer treatment and after two years, he was declared cancer-free. He has been free of cancer



Rt. Michael Agaba

BETWEEN THE LINES

Dr. Joyce Balagadde Kambugu, a Pediatric Oncologist says, "Symptoms in children mimic those of common childhood illnesses like malaria and sickle cell disease.

since 2000 and now volunteers at the Uganda Child Cancer Foundation (UCCF), a non-profit governmental organization based at Uganda Cancer Institute.

I met Moses during the Rotary Ladies Initiative (or ROLI) visit to Mulago Hospital's Cancer Institute on International Women's Day where my Rotary Club of Kyanja Metro had partnered with ROLI to provide groceries to patients at the Uganda Child Cancer Foundation.

What is cancer? According to the Uganda Cancer Institute website, "Cancer is a disease which develops when normal body cells change and begin to grow in an abnormal and uncontrolled way. In some types of cancer, uncontrolled growth causes a lump/swelling. In other types of cancer, a large number of abnormal cells results, for example, in blood cancer called Leukemia".

Types of cancers in children:

There are six commonest cancers in children in Uganda and they represent between 50-60% of all childhood cases. These are:

1. Cancer of the blood (or acute lymphoblastic leukemia). This is the commonest among them.
2. Cancer of the eye (or Retinoblastoma)
3. Cancer of the kidney (or Wilms tumor)
4. Burkitt's lymphoma cancer (a lymph gland cancer characterized by swollen jaws in a patient)
5. Cancer of the muscles (or malignant bone tumors)
6. Cancer of the brain (or low-grade glioma)

What causes cancers in children?

There is no known cause of cancers in children but some cancers can be explained by reason of Down syndrome, specific chromosomal and genetic abnormalities, and high levels of ionizing radiation like radiotherapy.

The other possible causes are:

Children who have been treated with chemotherapy are at risk of developing a second primary cancer.

Children with HIV have also been potentially to be at risk of cancer such as Kaposi

si sarcoma.

Dr. Joyce Balagadde Kambugu, a Pediatric Oncologist says, "Symptoms in children mimic those of common childhood illnesses like malaria and sickle cell disease. They could be swellings of a body part, unexplained bone pain, unexplained recurrent blood transfusion, bruising, unexplained fever, weight loss, etc. However, if symptoms do not resolve after appropriate treatment, parents should take the child to a higher health facility where they should be reviewed."

Treatment of cancer in children:

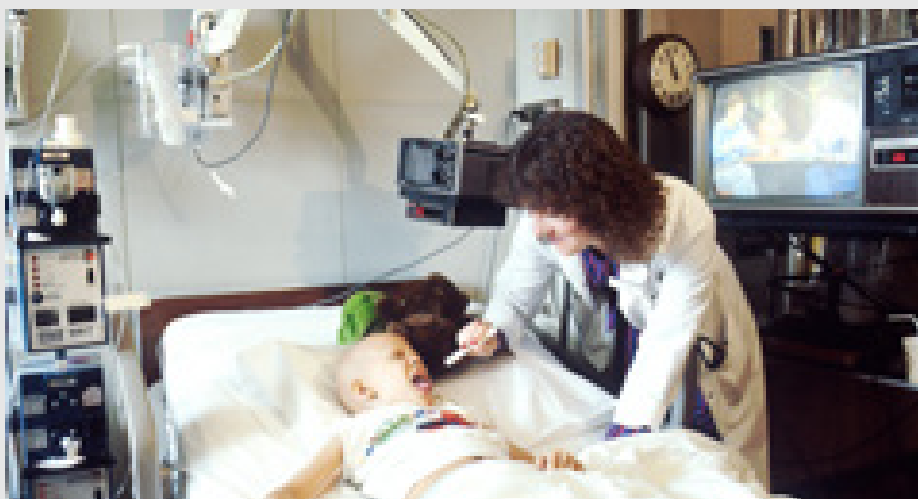
After a diagnosis is carried out to determine the type of cancer then treatment will be recommended.

1. Chemotherapy:
2. Surgery
3. Radiation therapy
4. Immunotherapy

What can parents do to protect their children?

Many childhood cancers (especially Burkitt's lymphoma and cancer of the kidney) though life threatening are highly curable because they have a 90% cure rate if detected and diagnosed early and if all necessities for wholesome cancer care management are available that are: medicines, food, psychosocial support, and transport for patients to access health care, etc. In Uganda, there are about 3,000 cases of children with cancers every year but only 1/3 of them get detected and treated because of different reasons such as ignorance of the population about the disease.

Cancer in children cannot be prevented. However, early diagnosis is the key, as soon as possible after detection.



A doctor examines a pediatric patient who is receiving chemotherapy



WOMEN AS BROKERS OF PEACE IN AFRICA

For many little girls that grow up in Northern Uganda during the 20 years of civil war, many nights were spent in the bush hiding from the Lord's Resistance Army (LRA) rebel, conquered by the fear of never having the luck of returning a live as one or two of your sisters, brothers or relatives had after being abducted by the rebels.

Rising from the ashes to becoming leaders in their society is the dream of every little girl from homes experiencing violence or from society plagued by civil war.

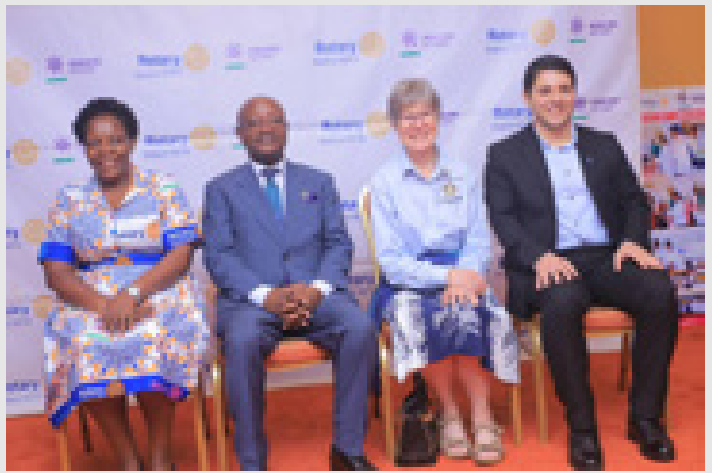
As year go by to such little girls from backgrounds such as that of AP Mary the sounds of gunshots would soon become normal, the fever would soon go away being replaced by the courage to serve in insecure regions such as Karamoja often being caught in the fire exchange between the UPDF army and the cattle rustlers while inline of duty as a health professional. Determined to a rise from the ashes and transform their society.

Its every Rotarian's duty to support brings the dreams of such little girls alive and help raise many women as brokers of peace in Africa. The Rotary Peace Concert was instrumental in bring this hope alive and the Jennifer Jones leading the fundraiser as the first ever female RI President demonstrated this is possible. Jennifer Jones setting foot in Uganda and leading this process demonstrated that indeed many women shall arise out of Africa as brokers of peace.

Let's together join hands, continue to raise funds to support the peace centre and make this dream possible, create hope in the world and be the change that we wish to see in the world. In the photos is AP Mary receiving a hug from RI president Jenifer Jones upon sharing briefly why the Peace Center is so important to girls with a background as such hers, in second photo sharing a light moment as amazing presidents of the rotary year 2022-23.

LG FINAL MESSAGE

Our Four Way Test has always had special meaning to me. It clearly articulates the things we think, say, or do. Thank you Rotarians for giving me a very special, enjoyable, and engaging year. I have met wonderful people, witnessed amazing projects and club events. My memories as LG will remain positive and colorful. I will never forget that Rotary is all about Service Above Self. Thank you District Governor Mike Kennedy Sebalu for giving me the opportunity to work with you!



The Year at a glance



TALES OF A CHARTER PRESIDENT

Maureen Kawombe Tumwebaze, Charter President, Rotary Club of Naalya States.

The charter president of a Rotary club has the unique honor of being one of the founding members of the club. This means that they have the opportunity to shape the club's culture, establish its traditions, set goals and set the tone for its future.

One of the first tasks as a charter president is to recruit members. This involves reaching out to friends, colleagues, and community leaders who share the same passion for service. They will need to be creative in their approach, as they will likely be starting from scratch and may not have an established membership base to draw from. The Amazing DG has always given us the model of the 5 (Old schoolmates, People from places of worship, from work places, Family and your community in which we live). The charter president will need to be a visionary leader who can inspire others to join them in their mission.

Once there is a core group of members, the charter president will need to establish the club's goals and objectives, following the rules and regulations of Rotary. This involves defining the club's mission, identifying the community needs that the club will address, and establishing a plan of action to achieve these goals.

Another important task as a charter president is to establish the club's structure and governance. This includes developing bylaws, setting up committees, and electing officers. They will need to work closely with the other members of the club to ensure that everyone has a say in the club's operations and that everyone is committed to working together towards the club's goals.

As the club begins to grow and establish itself in the community, the charter president must

Being a charter president of a Rotary club is a challenging and rewarding experience. It requires dedication, hard work, and a commitment to service. However, it also provides a unique opportunity to make a lasting impact on your community and to create a legacy that will inspire others for years to come.

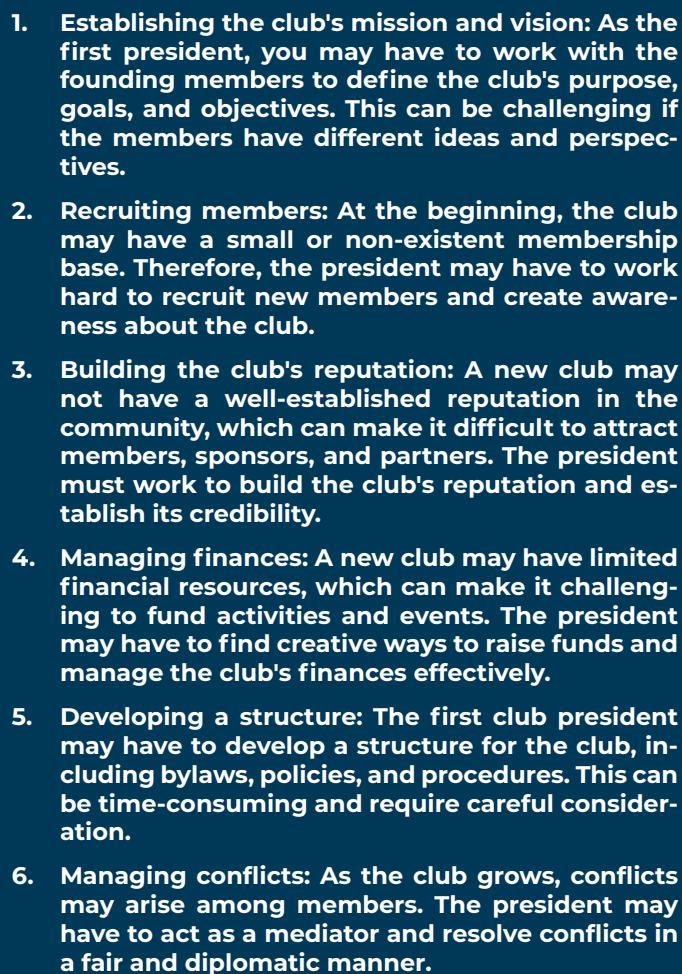
be visible and an active member of the club. This means attending meetings, participating in service projects, and engaging with members and the community. They also must be a strong advocate for the club, promoting its activities and achievements to attract new members and friends.

As the charter president of a Rotary club, it is important to identify the diverse needs and challenges of members to be able to have an all-inclusive club.

Diversity, Equity and Inclusion (DEI) is an important aspect of membership. Members need to feel accepted regardless of their status in the community, their levels of income, their gender, their age et al. This diversity calls for various needs and expectations that must be met if the club membership is to be retained and grown. Despite the challenges that come with this diversity, the charter president must adopt innovative approaches to communication like online meetings, video conferencing and online messaging to stay connected with members, and make sure that all club events are accessible to all members. The charter president must inspire members by his/her passion and dedication, and cause them to work with him/her to make a difference in their community.

The journey of a charter president is not without its challenges, but with determination and creativity, anything is possible. His/her legacy should live on in the club that has been established, and be an example for others in the Rotary community. These challenges can vary depending on the specific circumstances of the club and its founding. However, some common challenges that a first club president may face

include:

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1. **Establishing the club's mission and vision:** As the first president, you may have to work with the founding members to define the club's purpose, goals, and objectives. This can be challenging if the members have different ideas and perspectives.
 2. **Recruiting members:** At the beginning, the club may have a small or non-existent membership base. Therefore, the president may have to work hard to recruit new members and create awareness about the club.
 3. **Building the club's reputation:** A new club may not have a well-established reputation in the community, which can make it difficult to attract members, sponsors, and partners. The president must work to build the club's reputation and establish its credibility.
 4. **Managing finances:** A new club may have limited financial resources, which can make it challenging to fund activities and events. The president may have to find creative ways to raise funds and manage the club's finances effectively.
 5. **Developing a structure:** The first club president may have to develop a structure for the club, including bylaws, policies, and procedures. This can be time-consuming and require careful consideration.
 6. **Managing conflicts:** As the club grows, conflicts may arise among members. The president may have to act as a mediator and resolve conflicts in a fair and diplomatic manner.

Overall, being the first club president can be a challenging but rewarding experience. It requires strong leadership, communication, and organizational skills to build a successful club from scratch.

As a charter president, there are several strategies you can use to mitigate the above challenges and ensure a successful start to the club. Here are some suggestions:

1. **Develop a clear and inclusive mission and vision:** Work with the founding members to establish a clear mission and vision for the club. This will help guide all activities and decisions, and ensure that everyone is working towards the same goals.
2. **Recruit a strong team:** Surround yourself with a group of dedicated, motivated, and diverse individuals who share your passion for the club's mission and vision. This will help to spread the workload and ensure that everyone

is contributing to the club's success.

3. **Establish clear roles and responsibilities:** Develop a clear structure for the club, including bylaws, policies, and procedures. This will help clarify everyone's roles and responsibilities, and ensure that everyone is on the same page.
4. **Build relationships with the community:** Reach out to other organizations and community leaders to build relationships and establish the club's reputation. This will help to recruit new members, find sponsors, and create partnerships.
5. **Manage finances carefully:** Develop a budget and financial plan for the club, and ensure that all expenses are carefully tracked. This will

help you manage finances effectively and ensure that the club is sustainable.

6. **Communicate effectively:** Keep all members informed about the club's progress, events, and activities. This will help build a sense of community and ensure that everyone is engaged and committed to the club's success.
7. **Manage conflicts proactively:** Address any conflicts or issues that arise quickly and fairly. This will help maintain a positive and productive environment and ensure that everyone feels valued and heard.

By following these strategies, you can mitigate challenges and ensure that the club gets off to a successful start.



Assistant Governors Crown the year with Colour Outing and a boost to BELEP

The Amazing Assistant Governors (AGs) of District 9213, at a colourful and fun-filled outing on Saturday 11th May 2023 shared experiences of their time in office, and resolved to maintain the harmonious relationship they have built, and use it to work towards taking Rotary a notch higher in their various jurisdictions, the district and country.

The gathering, dubbed the “Assistant Governors Outing with DG Mike”, as held at Rotarian Mercy Kainebwisho’s beautiful home in Bwebajja on a bright warm afternoon which was spiced up with music, food and drinks. The function attracted over 15 Assistant Governors and district officials including the Lieutenant Governor (LG) Julie Kamuzze Musoke, DES Flavia Serugo, District Membership Chair Rebecca Mutawe, Dr. Peter Isabirye (District Qualification Chair), the Past DG John Ndamira and

President Marion Natukunda, the Chair of the Presidents Forum.

Welcoming the guests to the function, Helen Kawesa, the Dean of AGs said the function had been organised to celebrate the good work put into the Amazing year, and to meet in a relaxed setting and relive and share the experiences of the AGs in the Imagine Rotary Amazing year. “Our offices as Assistant Governors are sensitive because we are the link between the DG, the Presidents and the clubs. Our performance depends on the relationship we have cultivated with the presidents and the boards of the clubs; it can either work or fail,” she said.

“Indications are that we have all done a good job in supporting the clubs, as evidenced from the awards won at the Mbarara DISCON,” she added. “I commend you

all for the good working relationship we have shared, and for also taking our work seriously and delivering as per our mandate, it has been an interesting and fruitful journey.”

DG Mike in his remarks commended the AGs for accepting to serve and for ably representing the clubs in their jurisdiction. “You have not disappointed us as the leadership of the District”, he said. “I thank you very much for making the district perform in an Amazing way,” he said. “I was very particular in selecting the Assistant Governors because I needed to forge a strong dependable team. I am happy that at the end of the year we are celebrating success, because each of you set out to work and to deliver excellent results, and this has happened.”

He, in particular, singled out the two AGs, Chetan Sangani (Eastern Area 1) and Jalia Kayondo (Central Area 1) who worked particularly hard with clubs in difficult to reach areas (especially during the lockdown in the Ebola Outbreak) and went the extra mile in ensuring the clubs kept active and met the financial obligations to be able to keep afloat.

The AGs shared experiences in a light-hearted manner and cracked each other up with tales of the highs and lows they faced in the course of duty. In all the AGs agreed that it was a good learning experience, which has prepared them for even bigger leadership opportunities. “At the end of the day, you are all better off than when you started and are now potential District Governors,” DG Mike said.

To crown the day, the AGs presented a

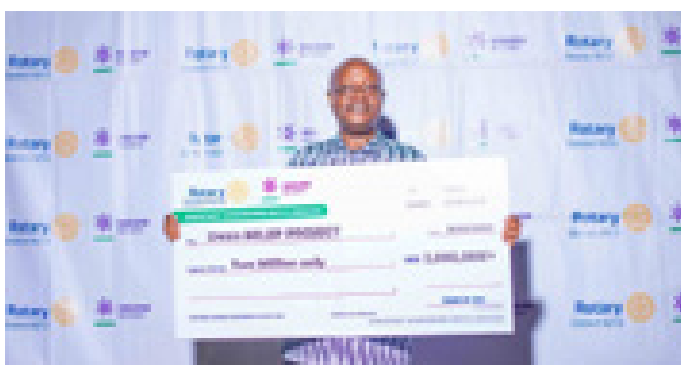


cheque of Ushs 2 million as their joint personal contribution towards the BELEP project. “We have noted the passion with which you, as District Governor have rallied Rotarians to support the development and improvement of basic education and literacy in Uganda, and we also want to be part of the building blocks towards delivering quality education to the young generation in Uganda,” Helen Kawesa said.

AGs were also presented with appreciation plaques and later dined and danced into the night. “We appreciate the vote of confidence that DG Mike placed in us. It has not been a cup of tea, especially given our busy competing schedules, but we stuck to our promise to deliver and to support our Governor, and we have gone down in history as having been a part of the Amazing team that has delivered amazing results in amazing ways,” AG Mercy Kainobwiso the host said in her vote of thanks.

“Thank you for selecting us among the many, and giving us the opportunity to serve; we go out proudly with smiles, and energised to do even more for Rotary”, she concluded.

District 9213 had a total of 22 Assistant Governors supporting over 100 clubs. The main role of Assistant Governors is to act as the liaison between the Clubs and the District Governor by interfacing with the DG to keep him or her apprised of Club activities and issues needing District attention. AGs bring back to the clubs the plans, projects, expectations and updates from the District.





ROTARY HIGHLIGHT

The first 5 aside football tournament event that opened up the fun bit of Rotarians, Rotaractors , corporates that they had missed for two years COVID19. This event brought together 1,500 people together from 7am - 7pm. DSTV being our platinum sponsors and All the funds going to community service projects of the winning Rotary and Rotaract clubs.

PoP Marion Natukunda
RC Kiwatule



My most memorable events of the amazing year in Bugolobi Morning Tide were the youth empowerment events. There is a lot to learn from the enthusiastic and visionary young lads.

”

AP Joan Nyanzi
RC Bugolobi Morning Tide



ROTARY

HIGHLIGHT

My highlight moment as a president has been The growth in membership for RC Kiboga from 9 (nine) members by 1st July 2022 to 25 members as of 10th June 2023 and most importantly attracting quality members like the Chief Magistrate, among others

”

AP Ronald Ssekiziyivu
RC Kiboga



ROTARY

HIGHLIGHT

Donating sewing machines and materials for making reusable sanitary pads for girls.

Impact: No girl would ever miss school because of lack of sanitary pads!

”

**AP Mable Abigaba
RC Makindye**



ROTARY

HIGHLIGHT

On the 22nd of October 2022, Rc Ntinda Metro, together with Staff of KCCA, NWSC, Members of Inner Wheel Mengo ,DPC Kira , OC Ntinda, Local Leaders and the Ntinda Community participated in the Keep Clean Exercise which started at 7am up to 10.30 am within the Market Area up to the end of the Stretcher .We donated Cleaning Materials and Water, We shared our Rotary Story and agreed to do the Cleaning an Annual Event.

AP Jaset
RC Ntinda Metro



ROTARY HIGHLIGHT

Joint effort, unity of purpose and persistence are key ingredients for achieving set activity and project goals.

The photos are of our club officially handing over the mini library we rehabilitated and resourced for Bugema C/U primary school

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**AP Dr. Gakenia Wamuyu
Maina
RC Najjera**



ROTARY

HIGHLIGHT

My amazing moments were the efforts DG put in to visit and support every Club in the District. Even more heart warming when fellow Presidents from different clubs from within and outside the region turned up to host our Amazing DG. We never remained the same after DG's words of Wisdom. Left to right; AP Ouchi Lira Metropolitan, AP Keke RC Gulu, DG, AP Miriam Kitgum and AP Alfred Gulu City.

**AP Alfred
RC Gulu City**



ROTARY HIGHLIGHT

This was our annual RC Lugogo Mango Tree Medical Camp at Kachumbala, Mbale, Bukedea District. This was coupled with BELEP activities at Kiswa Primary School, Lohana Academy Kololo and Nakayonza CU Primary School. It was indeed an Amazing Rotary Year!

”

AP Goloba Edward Kayiso
RC Lugogo Mangoe tree



ROTARY HIGHLIGHT

In my Amazing Year of service, one of the most memorable moments was Hosting the Northern Mega Fellowship under the theme: “Empako Fest” in March 2023. A number of clubs in the district joined us in Hoima to enjoy fellowship, tour the Oil City, listen to amazing Speakers across the Rotary, Business, Political and cultural spectrums. Proceeds of this fellowship were channeled towards supporting Children born with Down Syndrome supported by the Rowans Down Syndrome Awareness Centre

Rtn. Peter Katuramu
RC Hoima Kitara

GOVERNOR'S AMAZING REFLECTIONS

Am a Governor who set out to be available, ready and willing to be there for every club, every where, every time and all the time

Your personal brand should inform your Rotary brand in a mutually reinforcing matter.

Have you ever asked yourself what Rotary would have missed without you and what it stood to gain with your membership ?

We should be talking about Rotary Membership attraction rather than Rotary Membership recruitment.

During this amazing Imagine Rotary year, I have had less time for my family, not that I love them less but just because that i love Rotary more.

Maximum respect and gratitude ought to be accorded to the Rotary leaders that came before us for we are because they were in a responsible and progressive manner.

Major Events 2022-23



“Every child deserves to live with dignity”



By Rosemary Nambooze, President-elect of the Rotary Club of Wakiso, Uganda, and one of six People of Action: Champions of Inclusion

Raising a child with special needs requires effort, dedication, time, and resources. This often takes a toll on the well-being of the parents. It's even more difficult in a country like Uganda, where the health care system is broken and the cultural norms and values ascribe the causes of disability to among others, witchcraft.

Everyone has an opinion on the care of your child. We are judged. In many cases, we are isolated and stigmatised. However, I found an inner strength that has helped me discover my abilities and my capacity to fight to change broken systems. Each day, the survival of my child has depended on the choices and decisions I make.

When I realised that the struggle was for survival, I set my lamentation aside and faced reality. Nothing could change our son Abryl's fate of having Down syndrome. I needed to identify how to get the best-quality care for my child in the absence of government support.

Armed with the skills and knowledge I had developed during my 10 years as a social worker, I mobilised other parents of special needs children. We would meet every evening to discuss the well-being and education of our children. From those discussions arose the Angel's Center for Children with Special Needs, which provides early learning interventions, integrated therapy, outpatient services and nutrition-focused sensory gardens.

I was indirectly the first beneficiary, as I learned a lot from the experiences and information shared by the other parents. Today, we care for more than 120 children at the center,



Adding inclusion to our literacy project

This year, District 9213's signature project was in basic education and literacy. I studied the concept but found that it didn't include education for children with disabilities. I introduced an inclusive education aspect. On the day of launching that project, members of the Rotary Club of Wakiso invited Angel's Center to participate in the reading activity.

I drafted a training curriculum for teachers in inclusive education that was adopted by the entire district and by the Ministry of Education and Sports in Uganda. It has been pre-tested in three regions of Uganda, and there are now plans to scale it up to cover the entire country, working with the government and Rotary for additional resources.

I was honored to be named one of the six People of Action: Champions of Inclusion by RI President Jennifer Jones. The ceremony in Cape Town, South Africa, was unique and made me feel special. It brought me deep healing. I had tears of joy as I considered my journey to get to this place. As I was standing shoulder to shoulder with Rotary International President Jennifer Jones, some of my friends on social media remarked that someday, I would be the next Rotary International President.

It has given me a strong desire to serve more. I will continue to be a voice for these children and break the silence on disability so that they're recognised as equal members of society. Every child deserves to live with dignity and to be given the best chance at a bright future. Behind every disability is a human with the potential to flourish.

My Rotary Journey

I was invited to join the Rotary Club of Wakiso by a good friend, Sylvia Nanono, a Past President of the club. She knew my struggles and the difficulties I was going through. I kept making excuses about the burden I faced and my lack of time. But it was an opening to serve and share what I was doing at Angel's Center on a bigger platform. Our club has held meetings at Angel's Center more than once, and every member attests that those visits were life-changing.

Rotary has been a safe space for me to improve my social skills and to serve my communities. I found that inside me was a leader. My first year, I served as a membership director. Today, I am president-elect, preparing for my 2023-24 year as president. My three-year journey in Rotary has empowered me to serve communities with the limited resources that we have. It has also brought me the joy of giving.

Rotary Uganda

Unveils the Rotary Cancer Run 2023

June 1, 2023 / Vol 12

About Rotary Cancer Program

Under the leadership of District Governor Stephen Mwanje, Rotarians in Uganda embarked on an ambitious project in 2011—to build a cancer ward that would provide specialized treatment, early detection, and care for cancer patients. This vision gave rise to the Uganda Rotary Cancer Program, aiming to establish a Center of Excellence dedicated to saving lives and combating cancer. The generous contribution of St. Francis' Hospital Nsambya, who donated the land, marked the groundbreaking ceremony on April 22nd, 2011. Significant support was received from various corporate entities, notably Centenary Bank, Crown Beverages Limited, and AISPO from Italy, providing the program with much-needed initial resources. To raise awareness and funds, the Rotary Cancer Run was launched in August 2012 and has been held annually for eleven years, with overwhelming public support.

While progress has been made, the dream of establishing a specialized cancer center of excellence remains unfulfilled. The ultimate goal is to construct two bunkers to house two Linear Accelerators (LINAC) and associated equipment at Nsambya Hospital. Foundational work has commenced, and now we aim to secure the necessary funds—amounting to 11.8 billion Uganda Shillings—to complete the construction and acquire the essential equipment.

The Uganda Rotary Cancer Program is a dedicated initiative led by Rotarians in Uganda to combat cancer by providing specialized treatment, early detection, and care for cancer patients. Through fundraising efforts, including the annual Rotary Cancer Run, the program aims to establish a Center of Excellence to address the growing need for comprehensive cancer care in the region.

Rotary Uganda is thrilled to announce the launch of the Rotary Cancer Run 2023, an annual charity event dedicated to raising funds and awareness for cancer prevention and treatment. Celebrating its twelfth edition, this year's run will unite 40 districts across Uganda in a powerful endeavor to fight cancer and positively impact the lives of those affected by the disease.

Scheduled to take place on August 27, 2023, the Rotary Cancer Run 2023 will witness the main event held at Kololo Independence Grounds, alongside regional runs spanning 40 districts, towns, and cities nationwide. With an anticipated participation of 50,000 individuals from every corner of Uganda, this event is set to mobilize the nation in support of the cause. Registration is currently open at UGX 30,000/- per participant, including a kit.

Building on the achievements of previous editions, the Rotary Cancer Run 2023 aims to surpass prior milestones where participants, sponsors, and donors have made a significant difference in the lives of cancer patients and their families. This inclusive event calls upon individuals, families, corporations, and communities to unite in the fight against cancer, highlighting the power of collective action.

The Rotary Cancer Run is organized in collaboration with Platinum Partners, including Centenary Bank, Harris International (Krystal water), Parliament of Uganda, and Vision Group. In addition to Rotary's dedicated network of Rotary clubs and volunteers, both within Uganda and beyond that contribute their unwavering support to make this event possible.

Throughout its history, the Rotary Cancer Run has played a pivotal role in funding cancer treatment centers, providing financial assistance to cancer patients, and raising awareness about early detection

and prevention. Notable achievements include:

- Contributions from 2012-2014 supported the construction of the 36-bed Rotary Centenary Bank Cancer Treatment Center at Nsambya Hospital.
- In 2015, collections were directed towards the establishment of the Rotary Blood Bank at Mengo Hospital.

Annually, the ward serves hundreds of patients, while the blood bank dispatches 18000 units of blood to Ugandans.

The Rotary Cancer Run 2023 primary focus is to collect UGX 2 billion, part of the required UGX 11.8 billion, for the construction of the Radiotherapy Center at Nsambya Hospital, where we stand today.

The Rotary Cancer Program remains committed to collaborating with the Ministry of Health, healthcare institutions, cancer support organizations, and government agencies to maximize the impact of our collective efforts.

The run will offer various categories, ensuring participation opportunities for individuals of all ages and fitness levels. Participants can choose from a 5km run, a 10km run, or a 25km run. Additionally, a virtual run will be available for participants across the globe, enabling contributions from any location and expanding the event's reach beyond physical boundaries.

We extend an invitation to all Ugandans to register for the Rotary Cancer Run 2023 and become part of this transformative movement. Together, we can bring hope, support, and healing to those affected by cancer and work towards a cancer-free society.

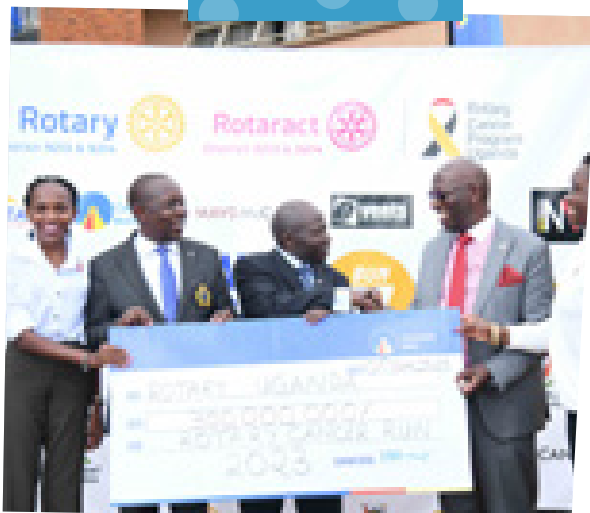
KEEP RUNNING!..

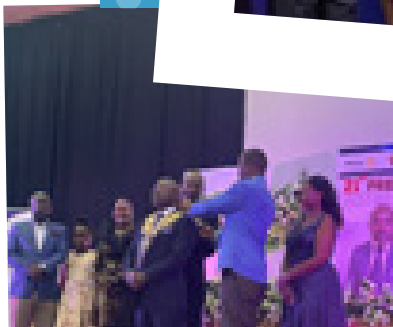
This year's run will concentrate on three core areas:

1. Awareness
2. Fundraising
3. Collaboration



Pictorials

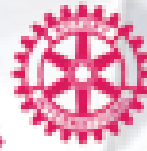




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**DISTRICT CONFERENCE
MUNYONYO
25th - 28TH APRIL 2024**

**Early Bird
Registration**

30th Apr - 31 Dec 2023

Rotarians: \$200

Rotaractors: \$120

<https://munyonyo.rotarydiscon.org/>



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