

AMAZING TIMES

Rotary
District 9213



IMAGINE
ROTARY

MAY ISSUE #11

RYLA
Rotary Youth Leadership Awards
D9213

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TABLE OF CONTENTS

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>4 Editor's Note
<i>Samuel Ngambwaki</i></p> <p>5 District Public Image Team & Editorial Team</p> <p>6 District Governor's Message
<i>DG Mike Kennedy Sebalu</i></p> <p>8 Rotary International President's Message
<i>Jennifer Jones</i></p> <p>10 ADOPT A COMMUNITY MAKUKUBA 7 BY 7 PROJECT
<i>AP Flavia Nampala (RC Kyanja-Metro)</i></p> <p>12 Investing In Our Youth Is Our Future
<i>Emmanuel Mwaka</i></p> <p>14 RYLA EXPERIENCES</p> <p>16 My First DISCON Experience
<i>Maureen Kawombe Tumwebaze</i></p> | <p>18 The Rotary Peace Fellowships
<i>Margaret Okello Nyeko</i></p> <p>20 What a pride & privilege of being a Rotarian
<i>Samuel (Past Assist. Governor)</i></p> <p>22 My Top 10 Favourite Quotes about the environment
<i>Michael Agaba</i></p> <p>23 MD Jane Kabugo Makes History</p> <p>25 A Homecoming Like No Other
<i>Charles Odaga</i></p> <p>29 Rtn. Rachel Nabbumba aspires to be DG Someday
<i>Margaret Okello Nyeko</i></p> <p>31 Our Journey to Charter Rotary Club of Elgon Maisha, Mbale
<i>PP PHF Bonny Mark Alingo</i></p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

98th DISCON PICTORIAL

EDITOR'S NOTE



When running the Riley, that 2nd last lap before handing over for the final lap, you certainly need great energies and pace to make it absolutely competitive so the final lap is thrilling.

May is the month that will usher us into the final Riley stage and we are excited to end the race in style.

Being a Youth service month, we are sharing with you the RYLA experiences and a cocktail of 98th Discon memories , celebration, merry making just to give you more energising “sugars” to end the race stronger . **The Big Question, Has your club showcased what it’s done in this Rotary year or you have smiled in darkness?**

Let June be the climax and not leave you behind. June will capture all the highlights of the year. So please be part of it and share your experiences.

Viva la Rotary

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DISTRICT GOVERNOR'S MESSAGE



DG Mike Kennedy Sebalu

Fraternal greetings to you all from Governor Mike RID9213. I guess you are all well and amazing as you continue serving humanity in an amazing way. I wish to welcome you back from Mbarara City where we had a blast as Rotarians while celebrating our communities during the just concluded 98th DISCON. It was indeed an amazing event of unequalled proportions in all ways and every way. It was the first ever joint DISCON, out of Kampala Entebbe corridor, first upcountry and first in a new ultra modern Las Vegas Garden Hotel Mbarara City. Special thanks go to the amazing organizing committee led by DGND Geoffrey Kitakule his co-chair Dan Damulira together with their entire team. They were able to put together an amazing program with wonderful speak-

ers, great entertainment, beautiful ambience of the venues and a totally different DISCON experience. Our RIPPR Marty Helman fitted in so well and participated in all activities and initiatives associated with the DISCON. She presided over community project launches during the entire DISCON week of celebrating our communities. All in all the DISCON was a smashing success, well organized and well attended event, memorable experience and unprecedented location in terms of the venue for the same. The feedback from our foreign delegations from USA, UK, India, Canada, Nigeria, Zambia and Kenya is synonymous with good memories of the event. Although there were some hiccups here and there along the way, the good side of the overall event highly outweighed and overshadowed the same.

The success of the DISCON is a true reflection of the success of the Imagine Rotary year where the Amazing Presidents have been able to do amazing things that have seen the District grow amazingly. The District continues to do well in membership growth and extension, TRF giving, public image, youth service and engagement. The District is doing extremely well in the areas of service projects where clubs have implemented impactful and life changing projects in all the 7 areas of focus. The idea club collaboration through the 7 by 7 model of project implementation has been most amazing. The District flagship project of Basic education and literacy enhancement program (BELEP) is most outstanding as it has attracted 100% participation from all clubs in D9213. The Amazing Presidents are hereby acknowledged, appreciated and recognized for their outstanding

performance in their respective clubs in support of BELEP. As we manage the transition from the Imagine Rotary year to the year of creating hope, we need to use the month of May to deeply engage the youth with a view of harnessing their maximum potential. Let's consolidate the gains made so far where a very good number of Roteract and Interact clubs have been mothered by Rotary Clubs in our District. Let's continue to build rapport between and among young people whether associated with Rotary or not. Relevant youth programs like Vijana Poa need to be emphasized and enhanced as a tool of transformation for our young people.

As an amazing team of the Imagine Rotary year, we have run a successful race of leadership that has been eventful and productive and we move to the finishing line on June 30th, we need to do it with renewed

energy, morale and vigor. We need to finish strong and great with glory and honor. I therefore implore all members of the amazing leadership team to go for Gold as you cross the finishing line come 30th June when you officially and formally hand over the mantle of leadership to the Hopeful team. The success story of our 10 months of amazing service to humanity is attributed to teamwork by the leadership at all levels of our District. These include the District Officers, Assistant Governors, Presidents and their respective boards as well as all of you amazing Rotarians. Thank you all for being part of the journey and the success associated with it. You are indeed amazing and have made the year equally amazing. May the good lord bless and reward you abundantly for doing good in the world in an amazing way.



ROTARY INTERNATIONAL PRESIDENT'S MESSAGE

People of Action — and empathy



RI President Jennifer Jones (center) with 2023-24 President Gordon R. McNally and his wife, Heather, at the International Assembly in January

Jennifer Jones President, Rotary International

I believe it is a time in our world for brave, courageous, intentional leadership.

Last month, in this column, you heard from my dear friend Anniela Carracedo. She is an amazing member of our Rotary family, and as a past Interactor and now Rotarian, she is this kind of leader.

Anni shared a very personal story about coping with a panic attack, something that I have also experienced. The outpouring and response to this story have been tremendous and punctuate how critical it is that we acknowledge not only our strengths but our vulnerabilities too.

When we talk about finding space for one another — creating comfort and care within Rotary — we're describing a club experience where we can all feel comfortable sharing like Anni did, and we can all empathize with and support one another. Whatever we are facing in life, Rotary is a place where we know we're not alone.

We spend so much time helping our world, whether it's working to end polio, cleaning up the environment, or bringing hope to communities that need it most. Sometimes we can lose track of the need to apply some of our energy and care to our fellow members and partners in service.

The comfort and care of our members is

the single greatest driver of member satisfaction and retention. We need to ensure that it remains a priority — and that we further strengthen these bonds by performing service that helps reduce the stigma of seeking out mental health treatment and expands access to care.

That is why I'm so heartened by President-elect Gordon McNally's wonderful vision to help improve the global mental health system, not only for Rotary members, but for the communities we serve.

When Gordon announced our focus on mental health at this year's International Assembly in Orlando, Florida, he reminded us that helping others benefits our mental health by reducing stress and improving our mood. Studies show that performing acts of kindness is an effective way to improve your own mental and physical

health. Rotary service brings hope to the world and joy to our lives.

Our new focus on mental health will take some time to do right, and yet it builds on something that has been part of who we are for 118 years. We are People of Action, and behind that action is care, compassion, empathy, and inclusion.

Becoming champions of mental health is not only the right and kind thing to do, it is a tool that can Create Hope in the World, Gordon's inspiring theme for his upcoming year as president.

If we serve our members, we serve our communities, and if we can meet people where they are and lift them up, they will imagine Rotary in a new light and come to fully understand our value and our infinite potential.





ADOPT A COMMUNITY MAKUKUBA 7 BY 7 PROJECT

AP Flavia Nampala
(RC Kyanja-Metro)

On Saturday 18 March 2023, nine rotary clubs and one rotaract club met at Shared Love Vocational Junior School, to carry out the **Adopt a Community Makukuba 7 by 7 Project**. The DG 9213, Mike Kennedy Sebalu, was the Chief Guest.

The idea of “7 by 7” was that seven rotary clubs (which ended up being 9 rotary clubs and 1 rotaract club) come together on the same day in Makukuba with each club taking on one of the seven rotary focus areas. It was a big success.

The clubs that participated were:

1. RC Kyanja-Metro/RC Kiwenda: Took on Basic Education and Literacy. RC Kyanja-Metro trained several teachers from Makukuba Parish in the use of phonics to teach early reading and writing because this skill is taught at the foundation level to ensure great independent readers and writers at higher levels of learning while RC Kiwenda donated books for primary children to help them master reading.

2. RC Kasangati: Took on Peace Building and Conflict Resolution. They built a police custody cell for women where previously men and women shared a single cell and sexual abuse was rampant. They also empowered Makukuba leaders on conflict management, and how to write a will, among others.



3. RC Manyangwa-Nakwero: Took on Maternal and Child Health. They gave away several mama kits to expectant mothers.

4. RC Gayaza/RC Kisaasi-Kyanja: Took on Supporting the Environment. Together with pupils and staff of Shared Love Vocational Junior School, they planted the first batch of 400 of 1,250 trees (including mosquito repellent trees) donated by the National Forestry Resources Research Institute (NaFORRI) and the National Forestry Authority (NFA).

5. RC Wakiso/Rotaract Club of Nangabo: Took on Water, Sanitation, and Hygiene and taught boys and girls how to make reusable pads so that they are able to make an income as well as support girls

to stay in school.

6. RC Butabika Royals: Took on Disease Prevention and Treatment. They addressed the huge challenge of mental health knowing that youth are frustrated with life so they have resorted to the use of hard substances. A helpline (0782-673755) was shared with them where those who are in distress or suicidal can call and get help.

7. RC Nansana: Took on Community Economic Development. They worked with farmers to plant coffee which is a boost to their economy.

The DG commended these clubs for “an amazing job done in transforming this amazing community in amazing ways”.



Investing In Our Youth Is Our Future

May is the Youth Service Month in Rotary. Youth service was officially added by Rotary International as the fifth avenue of service in 2010 to recognise the positive change implemented by youth and young adults through leadership development activities, involvement in the community, international service projects, and exchange programmes that enrich and foster world peace and cultural understanding. Rotary clubs should be committed to involving youth and young adults in their vocational, community and international service projects, provide programmes and resources that support them.

Youth service projects take many forms around the world. In every instance, Rotarians have an opportunity to be role models and mentors for the young people of their community. In Rotary, we are committed to encouraging young people to join our organisation and now Rotaract has also become a part of Rotary. As our youth grow to become adult leaders, it is hoped each will achieve that same desire and spirit to serve future generations. It is the responsibility of each Rotarian to prepare the next generation by improving their life skills to ensure a better future, while recognising the diversity of their needs.

Interact clubs give students opportunities to take initiatives, develop leadership and teamwork skills, community service ethics and international understanding. Through Rotary Youth Exchange, we hope to create a more interconnected and understanding world. Rotary Youth Leadership Awards (RYLA) helps young people learn new skills, build their confidence and have fun. New Generations Service Exchange is a short-term programme for university students and professionals below 30. Participants can design exchanges that combine their professional goals with a humanitarian project.

The outbreak of Covid-19 altered the way we observed Youth Service during the youth service month. But it did not dampen our enthusiasm and spirit. Young people are looking for ways to make a difference. Show them how Rotary equips them to do so, especially after the pandemic crisis. Brainstorm sustainable service projects, ways to increase giving to The Rotary Foundation, encourage them to protect the environment by encouraging planting of trees and build awareness of Rotary in your community. And watch your membership grow.

Take care and be safe.

Rtn. Emmanuel Mwaka



RYLA EXPERIENCES

Hello everyone, RYLA for me was a mind blowing experience that I will live on to narrate with smiles over my face, It was my very first time to make friends so easily everyone was friendly and we all had that one common goal of learning into good leadership which helped us relate and easily get to a mutual point almost everytime.

It was amazing how friendly the facilitators were, which certainly made the camp more like a family gather.

For Day 1;

Focus on communication skills, team building and collaboration through games and interaction about lessons learnt by Rtn. Hellen Kirunda. Some of the take home lessons included,

She emphasised to avoid short cuts, as a leader be a good listener, be a fast thinker, be alert and always be strategic.

For Day 2;

Focus on Leadership and Communication skills

An interactive session with Ms. Stella this themed to,Self



Awareness to Self Leadership and ultimately to Leading Others, There she educated us on how a leader gets to know themselves first through identifying their personality types, knowing your strengths and weakness. Since it was an interactive session, she taught us how to be creative and fast critical thinkers. Learning through her hardship to becoming a Pharmist and later the accomplished lady she now is, we walk the path to Self Leadership & Leading others.

Second session was on giving a speech over seen by Rtn Charles (K'la South & ToastMaster)

Lesson learnt;

Avoid filler words (ums, hmms)
Time Management

Use of hand gestures

Captivating the audience with facts, stories and real life experiences

For Day 3;

On this day, we were honoured to see DG Hon. Mike K Sebalu and be pleased to hear from him. He emphasizing qualities of a leader from each letter in word **LEADERSHIP**

He considered the letter C though not in the word LEADERSHIP a game changer, these some included; Communication, cooperation, Critical thinker Consistency, Co-operative, connection, Co-ordination, Character and never forget

Celebrations because at the end of the day, one has to live their life.

Generally, I must say that for the Fun experience, went above and beyond my expectations, me being satisfied to the brim and I don't thing anything should have been better, it was all perfect hence my 2022-2023 RYLA was a prefect one. I thank Ms. S and her team, for the care and love they shown to us for those three pro-

ductive days. Those that haven't attended, make it a point to attend the next one because you certainly don't come back the same.

Mirembe Joan Florence
Participant RYLA 2022-2023
RAC Clake International University



completed multiple tasks while having fun and making new long lasting relationships. We were guided and facilitated by people who shared about their life time experiences and how we can improve ourselves to be good leaders. We were grouped and I belonged to team Achievers and after learning, we brainstormed ideas of different projects in which one was chosen to be implemented by Ryla 2023.

Through the knowledge and skills I attained in this training, am able to lead Rotaract Club of UIAHMS - Mulago to serve the community.

I had an opportunity to attend Rotary Youth leadership Awards 2023. It was a three day training in which I

NDOZIREHO RICHARD
PE Rotaract Club of UIAHMS Mulago



had sessions such as team building, leading self and others a leader has to have a self awareness chat of who they are before leading others.

Public speaking, I learnt that it's an art where you engage people, making good use of time being loud and clear.

RYLA instills a lifelong commitment to service in young people through Rotary, it unveils potential, a chance to make great friends & have fun. My take home was challenges require new sets of skills.

Phiona Nakabugo
Vice president, Rotaract Club of Bulindo.

It was a wonderful time that opened our minds to a new thinking perspective, we

My First DISCON Experience

Maureen Kawombe Tumwebaze
Charter President,
Rotary Club of Naalya States

No doubt, my almost one year in rotary has been exciting, but nothing prepared me for the climax the DISCON would bring.

I took time off my work schedules for a week because road trips are rather stressful for me and the last thing I needed was to appear worn out at the conference. Mindful that the only conferences I have attended are academic conferences, my mental preparation needed a bit of tuning.

I was excited because the line of speakers was of a high profile, and that alone was captivating enough. The theme nights had seen me order stylish things I had never owned like a cowboy hat, a short checkered skirt, but I like to follow rules and guidelines so this too wasn't a problem.

We kicked off with the Ride



Against malaria organized day conference, I met so many people, attended several sessions on a variety of subjects, from Avoiding Job Burnout, by Christopher Salem to Prepared speeches by Paul Kavuma of Toast Masters International to Strategies for Peace Building in the Great Lakes Region by Prof Philip Kasaija, Personal branding and strategic communication by the electrifying Derek Bbanga and to crown it all, The Inaugural Sam Otori Memorial Lecture delivered by the ever graceful Winnie Byanyima. All these speakers were well prepared, had commanding presence and we were struck by their knowledge and expertise on the different topics they tackled. As this session came to a close

The energy, right from registration was electric as I walked into the conference venue, filled with eager delegates and bustling committee members taking us through the process. I was excited to be there, surrounded by Rotarians, Rotaractors and guests from different places all passionate about the same.

Over the course of the three-

day conference, I met so many people, attended several sessions on a variety of subjects, from Avoiding Job Burnout, by Christopher Salem to Prepared speeches by Paul Kavuma of Toast Masters International to Strategies for Peace Building in the Great Lakes Region by Prof Philip Kasaija, Personal branding and strategic communication by the electrifying Derek Bbanga and to crown it all, The Inaugural Sam Otori Memorial Lecture delivered by the ever graceful Winnie Byanyima. All these speakers were well prepared, had commanding presence and we were struck by their knowledge and expertise on the different topics they tackled. As this session came to a close

we were all inspired and energized. We were challenged to think differently and strive for excellence. This for me, was enough.... but there was more. It was just Day 2.

The last and final day came with a lot of excitement too. Seeing the Amazing Presidents smartly adorned in their uniforms, as they escorted the Amazing District Governor Hon Dr Mike Kennedy Sebalu! Indeed it's not been regular as the Amazing sounds of Spice Diana's 'Sili Regular' hit the room that rainy morning. The Amazing Governor gave an exhilarating speech highlighting the achievements of the year as has been over the last 10 months. And like he promised at the beginning of the rotary year, it's been Amazing Rotarians doing Amaz-

ing things in Amazing ways to generate Amazing results. He did not disappoint! The awards ceremony too was exciting. Seeing different clubs celebrate different wins was very encouraging and inspiring.

And finally the Governor's banquet. "Elegant with a touch of purple" they warned. And Rotarians again did not disappoint. Beautiful, handsome and smart people everywhere! Breath-taking scenes. Now, the best part of this conference was the opportunity to network with other attendees. And so the co-host of the event Dr Mitch Egwang opened the floor for us who were waiting for a cue to call. After his powerful, grand introduction, Dr Mitch asked each of us to stand up and introduce our-

selves to 5 new people, and I kid you not, it worked like magic. I introduced myself to 5 Rotarians and 2 rotaractors from different clubs in just that short time.

It is at this banquet that we had a grand entrance of the District Governor Elect. The production about his life journey and watching his club members talk about his rotary journey was emotional. A leader was unveiled to us and we are expectant!

Welcome back from Mbarara. A lot of experiences attained, lessons learnt, memories made. It was awesome. Now I have my uniform, as Ugandans would say and

I am looking forward to my second DISCON in Munyonyo next year!



THE ROTARY PEACE FELLOWSHIPS

Rtn Margaret Okello Nyeko
Rc Kampala Naguru
District Rotary Peace Scholarships
Chair.

Rotary holds a very special place in creating peace in the world since 1945 when it participated in drafting the UN peace charter. The Rotary Peace Fellowship Programme started in 2002. It has been since then trained over 1500 fellows who work to promote peace in different areas like Government Leaders, NGOs, educationists, Researchers, Health sector workers, Law enforcement agencies, and in international organizations.

The peace fellowship program has a vision of sustainable peace with a network of peacebuilders and community leaders dedicated to preventing and resolving conflicts all around the world.

There are currently seven peace fellowship centers across the globe five centers offer Master's Degrees and two offer Professional Development Certificate Programme.

PEACE CENTERS WITH MASTER'S DEGREE COURSES.

1. Duke University - North Carolina USA.
2. University of Bradford – UK.
3. Uppsala University – Sweden.
4. Queensland University – Australia.
5. International Christian University – Japan.

PROFESSIONAL DEVELOPMENT CERTIFICATE PROGRAMME.

1. Chulalongkorn University – Thailand
2. Makerere University – Uganda.

The 8th center which will be located in the Middle East or North Africa will open in 2024 and the first students are expected to start in 2026. It will offer professional development certificates and development focus on peacebuilding and development issues in the region. It will take up to 40 students per year.

Every year, The Rotary Foundation awards up to 50 fellowships for Master's degrees and 80 fellowships for the certificate studies at the various universities.

FELLOWSHIP FUNDING

On the average, the Master's degree costs about 75,000 Usd and the certificate cost Usd 11,000. This is mainly towards Tuition, accommodation, Travel, Field studies, Course and Research materials, upkeep, and Insurance.

CRITERIA FOR ADMISSION.

Master Degree

1. Be proficient in English.
2. Have a bachelor's degree.
3. Have a strong proven commitment to cross-cultural understanding and peace.
4. Demonstrate leadership skills.
5. Have at least 3 years of full-time experience in peace or development work.

CERTIFICATE.

No. 1-4 above but

- a) Have a 5 years of experience in peace or development work.
- b) Be able to explain their plans to promote peace.

The Makerere Rotary Peace Center.

This center located and Makerere University and was opened in 2021. It offers an Advance Certificate in peace building and conflict Transformation and Development. It's the first and so far the only Rotary peace center on the African continent. The three pillars of the study at this center involve:

- 1. Academic work.
- 2. Research
- 3. Community outreach.

It takes on 2 cohorts each year with about 20 fellows each. The first class started in February 2021 and three cohorts have now graduated. The first graduation was in April 2022, the 2nd in September 2022 and the third in February 2023.

The Makerere Rotary Peace Center has since its inception hosted 72 fellowships originating from 28 countries across the globe. The fifth cohort of about 20 fellows are currently also being hosted in the University.

The center is hosted by both D9213 and D9214 Rotary Districts.

HOW TO APPLY FOR THE PEACE SCHOLARSHIP.

- 1. Visit [rotary.org/peace – fellowship](https://rotary.org/peace-fellowship). Applications are available since February and will close at the end of May 2023 for the next intake.
- 2. Visit the Rotary district office to get clearance and endorsement.
- 3. Submit the online application by 31st May.
- 4. Contact any Rotary club near you for more information.
- 5. Once selected for master studies, you must apply separately for University admission.

You are all advised to pass this information on to your clubs and potential candidates.

'Rotarians are not eligible'

Visit us at The Makerere Rotary Peace Center.

Thank you.

WHAT A PRIDE AND PRIVILEGE OF BEING A ROTARIAN.

PAG Sam Nsiyona **Past Assistant Governor**

I am and I have been a Rotarian for the last 28 years (since 1995) being one of the charter members of the Rotary club of Bweyogerere Namboole.

In this period of time, I have made so many friends, associated with many rotary clubs and different sections of the communities through service/projects we undertake,

In 2021 I developed serious health complications which kept me in and out of hospital. Eventually I got admitted at Mulago hospital with persistent high blood pressure (Hypertension). After some days this got managed but it was found that the pressure had hit my kidneys which were slowly failing. So at Mulago hospital I was discharged and referred to Nakasero Hospital to see a Kidney specialist for management. This kept me in and out of Nakasero hospital for tests and treatment. As time went on, I continued to get worse and reached alarming levels. My kidneys got to functioning levels of 4% (a normal person's kidneys operate between 90% - 100%).

I was challenged to quickly get a kidney donor and raise about Shs120 million to go to India for transplant. As a family, this was very challenging. First, I didn't want to subject my son to donate his kidney and I couldn't imagine who and where I could look for a donor. This question kept coming to me and I did not have an answer. With this in mind, I prayed to God to either heal me or decide otherwise I declined to go for dialysis as was advised, while to prepare for the transplant.

While I was going through all this, and family



was at crossroads, I got a surprise of my life when one Rotarian (Professor Elizabeth Mary Namakula – Rotary club of Kampala earlybird), who had never met me but had been following me during my online presentations, had heard of my plight made herself available to donate one of her kidneys so I could be saved. She asked which hospital she could come to have this process done. She followed with several calls to execute her offer. This was very humbling, and to be honest I shed some tears.

We made several consultations with doctor friends in India and all advised that I had to go for transplant. However, before we could explore professor's offer, one of my nephews goggled while doing research on kidney treatments and came across some doctor in India who advised it was possible to try and manage using natural medicine but it still required us admission at hospital in India. He later contacted a Nairobi based doctor who referred us to some doctor who had been working with them at that hospital in India and now had

settled in Uganda. We got in touch with this doctor and I was admitted for management. We put the option of transplant on hold. I spent two months in hospital and another two months at home while on rest and treatment.

While in hospital I got yet another shock when CP. Kate Barassa decided to come and visit me and celebrate her birthday with me at my hospital bed. This was very humbling.

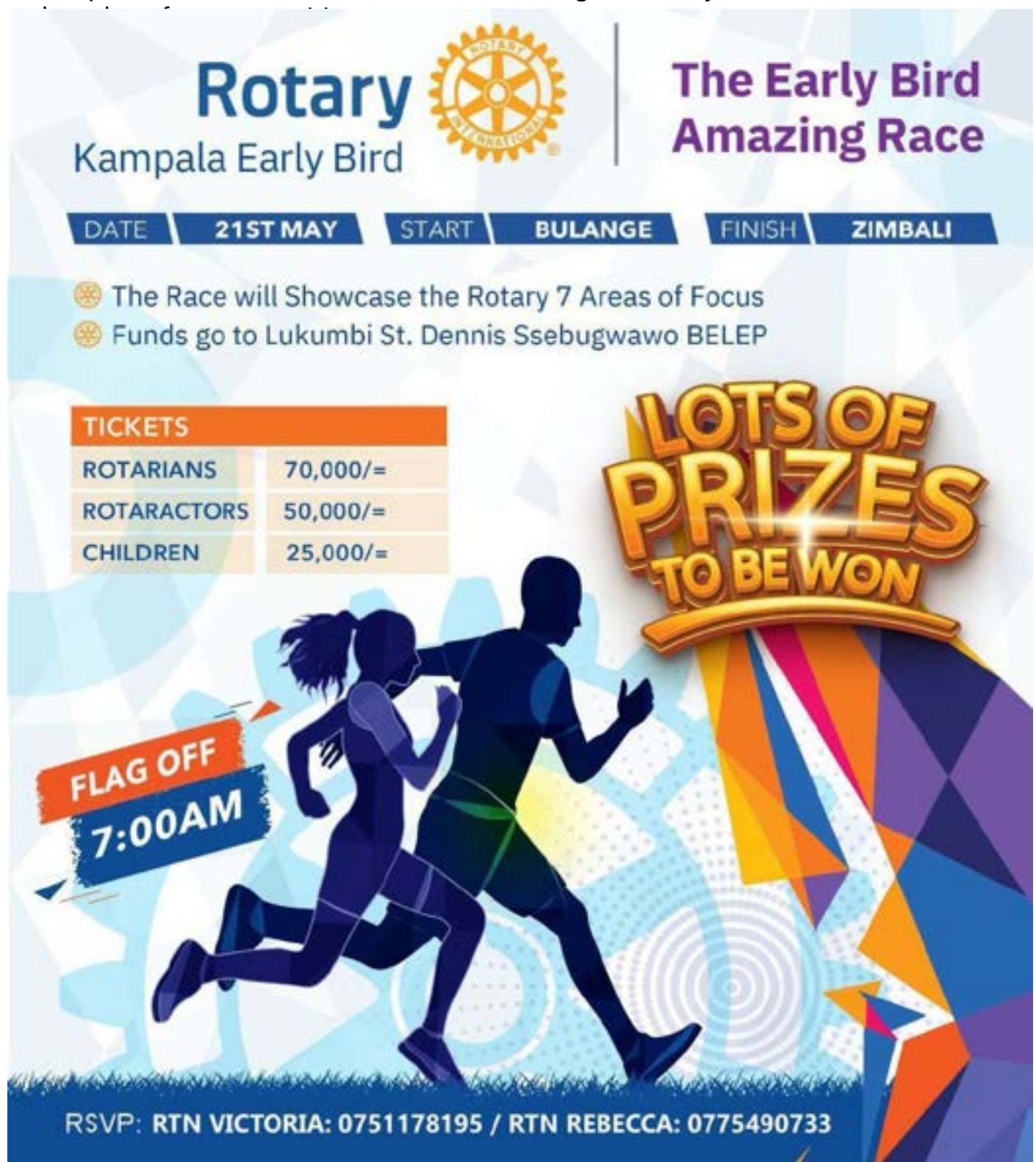
Mind you these were still covid 19 times so movements were generally restricted. Even at the hospital there were restrictions with mini-

In a nutshell I am up and kicking because I belong to this great family which stood with me at a very difficult time. Rotarians at all levels right from the District Governor then, John Ndamira Magezi and other Rotary leaders championed by PDG. Stephen Mwanje.

What a great experience with the financial support that enabled us meet the medical bills and other expenses

My immediate family is greatly applicative to this great Rotary family.

Long Live Rotary



The poster features a blue and orange color scheme. At the top left, the Rotary logo is displayed next to the text 'Rotary Kampala Early Bird'. To the right, the title 'The Early Bird Amazing Race' is written in a stylized font. Below this, a banner indicates the date '21ST MAY', start location 'BULANGE', and finish location 'ZIMBALI'. Two bullet points state: 'The Race will Showcase the Rotary 7 Areas of Focus' and 'Funds go to Lukumbi St. Dennis Ssebugwawo BELEP'. A table lists ticket prices: Rotarians (70,000/=), Rotaractors (50,000/=), and Children (25,000/=). A large graphic on the right says 'LOTS OF PRIZES TO BE WON' with a rainbow trail. At the bottom left, a banner reads 'FLAG OFF 7:00AM'. The bottom of the poster features silhouettes of two runners and contact information for RSVP.

Rotary
Kampala Early Bird

**The Early Bird
Amazing Race**

DATE 21ST MAY **START** BULANGE **FINISH** ZIMBALI

- The Race will Showcase the Rotary 7 Areas of Focus
- Funds go to Lukumbi St. Dennis Ssebugwawo BELEP

TICKETS	
ROTARIANS	70,000/=
ROTARACTORS	50,000/=
CHILDREN	25,000/=

LOTS OF PRIZES TO BE WON

FLAG OFF 7:00AM

RSVP: RTN VICTORIA: 0751178195 / RTN REBECCA: 0775490733

MY TOP 10 FAVOURITE QUOTES ABOUT THE ENVIRONMENT



**By Rtn. Michael Agaba
(Rotary Club of Kyanja-Metro)**

The Environment is the 7th and newest area of focus for Rotary hence April was designated as the month for it. Many Rotary clubs have had activities focused on the conservation of the environment, even us at the Rotary Club of Kyanja-Metro.

I have been reading about the environment lately and these below have been some of my favorite quotes about the environment, taken from different sources.

1. "The most environmentally friendly product is the one you didn't buy". (Joshua Becker)
2. "We are the first generation to feel the impact of climate change and the last gen-

eration that can do something about it". (Barack Obama).

3. "The greatest threat to our planet is the belief that someone else will save it." (Robert Swan)

4. "If you want to sit under a shade in your old age, plant a tree now." (African proverb)

5. "You cannot, for instance, sustainably protect the environment if the majority of the people are still in primitive agriculture leading to the encroachment of forest reserves." (Yoweri Kaguta Museveni)

6. "Most of the things that are happening in the world right now are because we have chosen to put profits above the people and our planet." (Elizabeth Wathui)

7. "Until you dig a hole, you plant a tree, you water it and make it survive, you haven't done a thing. You are just talking." (Wangari Maathai)

8. "For land that has drunk the rain that often falls on it, and produces a crop useful to those for whose sake it is cultivated, receives a blessing from God." (Hebrews 6:7; ESV)

9. "We owe it to ourselves and to the next generation to conserve the environment so that we can bequeath our children a sustainable world that benefits all." (Wangari Maathai)

10. "The climate crisis is both the easiest and the hardest issue we have ever faced. The easiest because we know what we must do. We must stop the emissions of greenhouse gases. The hardest because our current economics are still totally dependent on burning fossil fuels, and thereby destroying ecosystems in order to create everlasting economic growth." (Greta Thunburg)

MD Jane Kabugo Makes History, Appointed ARRFC



1 Who is MD Jane Kabugo

Jane is a Charter member of the Rotary Club of Sunrise Kampala the first morning Club in District 9200 that was made up of 5 countries. An independent IT Consultant and business woman having retired from active employment where I worked as a lead IT Manager. A mother of 3 adult children that are also pursuing their own dreams

2 Share with us briefly your Rotary Journey

My Rotary Journey starts with CP Jane Kabbale when

she invited me to join a new Club that she was starting. I have never looked back since that initial decision to become a Rotarian.

I have had the privilege to serve in various capacities both at Club, Country and District level, notable Roles include the following;

- Paul Harris Society Coordinator 2013 – 2014 (was the first Rotarian to be in this Role)
- Assistant Governor, Kampala Zone 9, 2014 – 2015
- District TRF Fundraising Chair, District Annual Fund Committee Chair, Endowment/Major Gifts Committee Chair, 2015 – 2016, we exceeded all our targets for the year
- Membership Chair New Club Development 2019 – 2020 (18 New Clubs were chartered during the year despite the Covid 19 lockdown) This record is yet to be broken
- 96th DCA Chair, 2020 – 2021, (Every one remembers the bubbles DCA that also had the first Peace Concert, the Projects Fair and

the Malaria Run all in one in the middle of a pandemic, not a single case of covid was recorded during or after the conference)

- District Executive Secretary – the first one in District 9213

I have also served on the Rotary International Convention Toronto Promotion Committee as a Regional Coordinator for Zone 20, we registered a record number of attendees from Africa for that Convention. I also served as the PIME and District Public Image Chair for District 9211.

I was also the pioneer New Club Advisor for the first online Club, in the District and in the country, the Rotary E Club of Uganda Global.

3 So the main cake, this new Appointment, what exactly is it all about and what does it mean for D9213?

I have recently been appointed as incoming ARRFC (Assistant Regional Rotary Foundation Coordinator) zone 28, I am honoured and privileged to serve at this

level. This is a role I thought was reserved for only Past District Governors, I am practically the only one on the committee who has not served as a Governor but I am ready for the challenge

4 Any inspiration to Rotary Family as to why giving is important

Our giving is what fuels the Projects that we do in our communities, if we can increase our giving to the Annual Fund specifically we can exponentially grow our utilisation of the Global Grants and think about the lasting change that we would create across the District and the Country

5 On a lighter note, what is it about MD Jane as a person that many might not know that we now can know?

I am a Fitness and Wellness junkie but you already know about that CP Sam



Rotary 
Club of Kiwatule

 **CREATE HOPE**
in the WORLD

ROTARY 5-A-SIDE

RAISING FUNDS FOR DISEASE PREVENTION & TREATMENT, MATERNAL, CHILD AND MENTAL HEALTH

Save The Date
22ND Saturday
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MTN OMONDI STADIUM, LUGOGO

FEE;
ROTARY CLUBS - 250K
ROTARACT CLUBS - 100K

CONTACT: JIMMY: +256 772 644 364
BARBARA: +256 703 300 829



A HOMECOMING LIKE NO OTHER



Charles Odaga
IPP RC Kla South

The Rotary Club of Kampala South is not one to do things in half measures. They attended the recently concluded 98th District Conference in droves and emerged the winners of the DisCon Attendance award. That isn't the big story, the club also scooped a mind boggling 12 awards which included;

1. The Rotary Foundation Award Worthy of Mention
2. Community Service Award 2nd Runner up
3. Membership Diversity Award 2nd Runner Up
4. Elevating Rotaract Award 2nd Runner Up
5. Vocational Service Award 2nd Runner Up

6. Empowerment of Basic Education Teachers Award 2nd Runner Up
7. Rotary Rotaract Award 1st Runner Up
8. Public Image Award 1st Runner Up
9. Polio Plus Giving Award 1st Runner Up
10. Access to Basic Education with Special Needs Award 1st Runner Up
11. Discon Attendance Award Winner
12. Rotary Club of the Year Winner

While the members were still raveling in the joy of the back to back victory of the Rotary Club of the year award, they were jolted into further ululations when our very own club member Geoffrey Matthew Kitakule was selected as the District Governor Nominee Designate (DGND) for D9213.

Take a bow, take a bow for that. The ultimate feeling was that each member felt ecstatic and proud to be associated. All our desires, wishes and dreams were being unveiled in a matter of hours.

Fast forward to Monday 8th May, the Rotary Club alongside the Rotaract Club agreed to officially receive the awards and welcome Geoffrey, the DGND, to the club. In attendance to celebrate the moment were the District Governor Hon Mike Sebalu, DGE Edward Kakembo-Nsubuga, DGE Francisco Semwanga, DGN Anne Nkuutu, PDG Bob Waggwa Nsibirwa, PDG Xavier Sentamu, PDG Stephen Mwanje, the DRR Sarah Owembabazi, DRRE Emmanuel Lukeera PDRR Jakob Sendawula and a bevy of district leaders and club Presidents from across the Rotary/Rotaract and D9213/D9214 divide.

The procession to lead the team in was led by a brass band from Uganda Boy Scouts Association. The shrills, screams and ululations pervaded the air and was accompanied by loads of glitz and glamour.

The Rotaract President Eng Pius Emuli pre-

sented the awards and gave a brief status of the club. President Paul Muhame replicated and also thanked all in attendance for standing by the club. Remarks were also made by the DRR Sarah, PDGs Stephen and Bob all in support and admiration for the way DGND Geoffrey has seamlessly executed his tour of duty as a Rotarian.

Geoffrey made his marks in a calm and collected tone. He appreciated the support from the club for nominating him for the position. He pledged to represent all the Rotary fraternity in the years till he becomes DG and beyond. He occasionally bordered on getting emotional as he delivered his speech.



The DG was all praise for the good work that Geoffrey has done for the Rotary family and in other spheres of his life. He thanked all in attendance for their attendance of the 98th DisCon and re-echoed thanks to the organizing team.

The final toast was led by DRR Sarah after

a 2-hour celebration.

Most revelers were seen exiting the hotel venue late after midnight.

Surely, it was a homecoming worthy of applause.





Rotary
Kampala South



**IMAGINE
ROTARY**

ROTARY CLUB *of the Year*

- DISCON Attendance Award - Winner
- Community Service Award - 2nd Runner up
- Elevating Rotaract - 1st Runner up
- Public Image Award - 1st Runner up
- TRF Award Worthy of mention.
- Club Service Award - Winner
- Membership Diversity - 2nd Runner up
- Elevating Rotaract Award - 2nd Runner up
- Polio Plus Giving Award - 1st Runner up
- Vocational Service Award - 2nd Runner up
- Access to Basic Education with Special Needs Award - 1st Runner up
- Empowerment of Basic Education Teachers Award - 2nd Runner up

**We are delighted to have been recognized as
the Rotary Club of the Year 2022- 2023**

#DISCON98
#KampalaSouth@30
#ServiceAboveSelf



Rtn. Rachel Nabbumba aspires to be District Governor someday

By Rtn. Rehema Aanyu

Rtn. Rachel Nabbumba is fondly called “DG” in RC Sonde circles not only because she is Past District Governor Rosetti Nabbumba Nayenga’s namesake but also because she inspires to be District Governor some day. What a dream! Is it achievable? Dreams come true and in Rotary everything is possible. Leadership is one of Rotary’s most important tenets and every Rotarian in their Rotary lifetime finds themselves serving in a leadership position within the club or at district and Rotary International level. Rotary grooms leaders and if you apply yourself, you can serve in any leadership position.

Rtn. Rachel Nabbumba sees the “DG” nickname as a prophecy and she embraces it with joy and application. She is a charter member of RC Sonde, a Paul Harris Fellow (PHF) and is one of the most active Rotarians within the club. She has served and continues to serve in different leadership positions within RC Sonde and avails herself to participate in club activities and represent the club in different Rotary engagements.

She has previously served as Di-



“Being a Rotarian means a lot to me. It is a blessing that I am someone’s prayer, someone’s hope, someone’s smile and good example. I was inspired to join Rotary because I am a giver at heart and I don’t expect anything in return. Rotarians have a heart of gold,” says Rtn. Rachel.

rector Family, Willows buddy group mayor, Maples buddy group mayor and has worked on different club projects like the Pink Basket campaign that aimed at keeping the girl child in school through provision of sanitary products to facilitate better menstrual hygiene management.

Rtn. Rachel continues to use her experience to inspire other Rotarians to take up and succeed in different roles at club level. She has mentored a number of members including Rtn. Flavia Nantenza and Rtn. Jilda Driciru are currently serving as buddy group mayors.

One of her major Rotary highlights was meeting Rotary International President Jennifer Jones last year when she visited Uganda. *"It was hard getting past her security but when she saw me wearing my PHF pin, she came to me and we took a picture. She thanked me for donating to The Rotary Foundation (TRF),"* she says. Rtn. Rachel has also met her namesake PDG Rosetti Nabbumba Nayenga several times and draws inspiration from her.

"I feel blessed and proud to know all these wonderful people in Rotary. They inspire me to aim and go higher in Rotary and in life. Within my club, I hope to

become Club President one day and go on to serve at the District as District Governor some day. Everything is possible," she says.

Rtn. Rachel is a loving mother of three children. She is an IT specialist, a farmer and loves listening to music, making new friends, learning new things and making handcrafts.

She was inspired to join Rotary to put a smile on peoples' faces through voluntary work, improve on her public speaking skills, make new friends and learn more about development and community service. *"Being a Rotarian means a lot to me. It is a blessing that I am someone's prayer, someone's hope, someone's smile and good example. I was inspired to join Rotary because I am a giver at heart and I don't expect anything in return. Rotarians have a heart of gold,"* says Rtn. Rachel.





Our Journey to Charter | Rotary Club of Elgon Maisha, Mbale

**PP PHF Bonny Mark Alinga |
TRF Director - RC Elgon Maisha**

It all started with a coffee meet and greet fellowship in Endiro Coffee on Republic Street, Mbale City on Friday, June 3, 2022 at 5:00pm. We had a few other friends join us for the coffee fellowship. Specioza Nasirumbi, Rachel Nambuya, Eva Abong and Jasper Tom Mola became the first pillar for the formation of the Rotary Club of Elgon Maisha to lean on. Like Harriet Tubman once said "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

The Rotary Club of Elgon Maisha then



sought motherhood from the Rotary Club of Kampala Maisha due to its transparent nurture of accountability and desire to support the formation of this new club. It's clear and proven that all organisations



that are wholly selfish cannot last long and if we, as Rotary Clubs, expect to survive and grow, we must do something to justify our existence. These motivated both parties to justify the club's existence.

Governor Hon. Dr. Mike Kennedy Sebalu as Chief Guest inducting more three members bringing the club membership to 28.

With great mentorship by NCA Robert Odedo, AP Milton and the entire Rotary Club of Kampala Maisha, the club was then admitted to Rotary International on April 5, 2023 with 25 charter members and it became the first club in D9213 to have a 100% giving to the Rotary Foundation in its first day of charter. On May 12, 2023, the club hosted its charter celebration with

It's a journey started on a powerful note with great foundation "just as Rotary itself can never keep its place unless it is constantly growing, so each individual Rotary Club cannot afford to stand still while the stream of life moves onward." Armando de Arruda Pereira 1940-41 RI President, In the Rotarian, February 1941.

We are visible, We are felt and We are now here to bring new energy and synergies in Mbale and its surrounding.



98TH DISCON PICTORIAL



Day 1





Day 2







Day 3





DISTRICT CALENDAR FOR THE REMAINING 46 DAYS AS OF MAY 15

2ND HALF - DISTRICT 9213 CALENDAR JANUARY 1, 2023 TO JUNE 30, 2023

May 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 2023-2024 Youth Seminar DEI Club Administration VIRTUAL TRAININGS 5:00 p.m. 1 st Charter Celebration – RC Saturday E-Jazz charter celebrations – Installation and Induction -Eliana Hotel Ntinda
7	8 6:00 p.m. DGND Godfrey Kitakule - Home-coming fellowship -RC Kampala South -Hotel Africana	9 6:00 p.m. DRRE Emmanuel Lukeera Home-coming fellowship RC Kampala City MOTIV-next to Ashland Motors – Along Old Portbell Road	10	11	12 4:00 p.m. Charter of RC Elgon-Maisha Rtn. Robert Odedo	13 2023-2024 Membership and Public Image Training - VIRTUAL 2:00 p.m. AG's Meeting with DG Mike hosted by AG Mercy Kainobwiso
14	15	16	17	18	19 9:00am 7x7 Activity hosted by Saturday E-Jazz in Kamuli 6:00pm Charter celebration and 2 nd Presidential Installation – SKYZ Hotel-Naguru – Nairobi Hall. RC Kampala Sunshine	20 2023-2024 Eastern Region 1-3 Training – COTS – PHYSICAL
21 7:00 a.m. Early Bird Amazing Race 2023 RC Kampala Early Bird Bulange	22 BUSY	23 BUSY	24 BUSY	25 BUSY	26 BUSY	27 2023-2024 Mini PETS for newly Chartered Clubs – Presidents from new clubs and those who missed earlier Training - PHYSICAL
28 RI Convention Melbourne Australia	29 RI Convention Melbourne Australia	30 RI Convention Melbourne Australia	31 RI Convention Melbourne Australia			

2ND HALF - DISTRICT 9213 CALENDAR JANUARY 1, 2023 TO JUNE 30, 2023

June 2023 – TRANSITIONAL MONTH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 RI Convention Melbourne Australia	2	3 2023-2024 Northern Area 1-3 Training - PHYSICAL 3:00 p.m. Charter of RC Katakwi
4	5	6 6:00 p.m. RC Kololo Charter Celebrations And Installation	7	8 5:00 p.m. Charter of RC Nsasa PoC: Ronald Kawaddwa	9 4:00p.m. Charter of RC Matugga PoC: AP Michael	10 2:00 p.m. Charter RC Naggalama PoC: AP Moses Ssebagala
11	12	13	14	15	16	17 2023-2024 Grants Seminar - VIRTUAL 4:00pm Charter of RC Kitukutwe PoC: AP Stephen/ AP Moses
18	19	20	21	22	23 Charter of RC Kiteezi PoC: Francis Buwule	24 Closeout Meeting – Presidents, Assistant Governors, and District Officers hosted by DG Mike at his Residence in Kyengera PHYSICAL
25 Charter of RC Semuto	26	27	28	29	30 7:00a.m. Installation E-Club Ntinda Kabira Country Club	



99th

DISTRICT CONFERENCE
MUNYONYO
25th - 28TH APRIL 2024

Early Bird
Registration

30th Apr - 31 Dec 2023

Rotarians: \$200

Rotaractors: \$120

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



99ThDISCON

