



THE ROLLING WAVE

ISSUE 03 | SEPTEMBER 2023 *Beacon of Hope*



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Breaking Membership numbers



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Editor's Note

As you flip through the pages of this issue, you'll find the very essence of celebration interwoven with every word and image. It's a time of heartfelt reflection and deep appreciation as we come together to honour the remarkable dedication and support of our fellow Rotarians. This magazine stands as a tribute to the unwavering commitment of all Rotarians who, month after month, engage with our editorial work and make this publication a true source of inspiration.

With each passing edition, and now in our third, this magazine exudes an infectious energy, filled with exceptional content, captivating reads, and vivid glimpses into the impactful work of our diverse clubs. As you delve into the pages, you'll notice a strong emphasis on the growth and retention of our membership, particularly resonant in this September issue, which coincides with our focus on membership extension. Ngora set the precedent – and we stand united, demonstrating that if they could achieve it, so can we. With a resounding 78 members at charter, it's safe to say that they have been born with a resounding bang. The photographs radiate the confidence of individuals embracing their purpose, and that's precisely what we're celebrating.

Month after month, we have promised to provide you with thought leadership guidance. Our commitment remains steadfast, as we delve into the intricate details of global grants, share strategies for membership expansion, offer insights from the

seasoned members at RC Kampala, and showcase how the youthful enthusiasm at Kyanja Metro fuels their impactful service initiatives.

As we look towards the forthcoming issue, our dedication to the monthly theme – "Education and Literacy" – remains unswerving. This topic holds a wealth of possibilities, stemming from last year's endeavors of BELEP into BCUP, and all the incredible initiatives that have blossomed in between. These avenues continue to harness the collective brilliance found within our clubs, channelling the power of our members to enact positive and lasting change within our communities.

We extend an earnest invitation to you, to immerse yourself in the current pages and future editions – absorb the insights shared by our clubs, relive the unforgettable moments from our activities, and never forget that membership isn't merely a badge; it's a commitment to a greater purpose.

To our wonderful readers, we express our gratitude for your continuous support. We value your feedback and encourage you to share your articles and business advertisements with us via sheilaturinda@gmail.com and rollingwaved9213@gmail.com.

Stay tuned for our next edition, where we'll lead with the remarkable happenings within the clubs in the Central region

Sheila Naturinda



Peace in Practice

The International Day of Peace takes place 21 September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace through observing 24 hours of nonviolence and cease-fire.

It is not enough, as people of action, to simply avoid making war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration.

In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted

Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programs and make them more accessible.

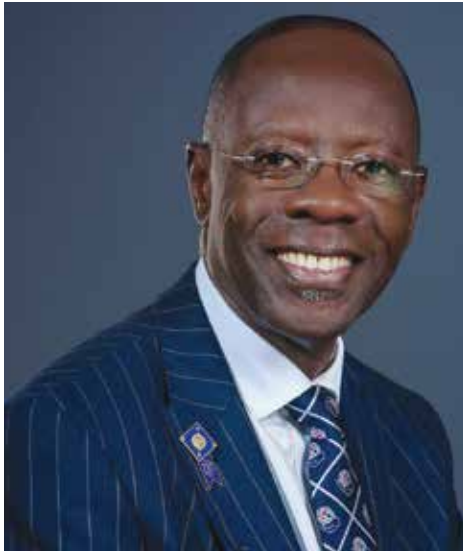
A virtual exchange uses online platforms to connect people from different parts of the world so they can share their traditions, priorities, values, and more. Virtual exchanges can serve as a window to another part of the world through activities such as teaching a digital cooking class, learning a new language, or even designing service projects with a global impact.

These online chats have the potential to inspire new connections and more respect between societies. Taking that knowledge and using it to better the lives of our fellow human beings is the next step.

Let's see where it takes us.

R. GORDON R. MCINALLY

President, Rotary International



Reflections on August: A Journey of Rotary Spirit, Growth, and Hope

Dear Fellow Rotarians,

Time flies, and here we are again, in the embrace of another month. The first two weeks of this month took me on an exhilarating journey to the Eastern part of our country. To my friends in Jinja, Mbale, Bukedea, Kumi, Soroti, Ngora, and Katakwi, thank you. Your warmth, your cuisine, your hospitality – they all spoke volumes about your unwavering commitment to Rotary. Your spirits are a testament that the flame of Rotary will forever burn bright.

Among the highlights was the chartering of the Rotary Club of Ngora. It fills my heart with pride that our district boasts a Club of 78 members, a beacon of Rotary's growth outside Kampala. The wildfire of the Rotary spirit has spread across our nation, uniting us all in service. This single action was evidence that our celebration of membership and extension did not go to waste. You know our strength is in numbers for each new member adds to our collective ability to make a tangible difference in our communities. Ngora stands as a testament to this truth, a result of your dedication.

Membership is the cornerstone of Rotary, the bedrock from which our impact blossoms. It is through our shared passion that we extend our reach, amplifying our influence and community service globally.

With such great numbers, which definitely talk of great projects, I urge you all to embrace the art of storytelling. The North, the East, the Central – our regions are brimming with untold stories of Rotary's

transformative work. Let us share these stories to preserve our legacy, inspire others, raise awareness, and celebrate our achievements.

As we crowned the month, I was honoured to join you all at the Uganda Cancer Annual Run on the 27th. Our participation kindles hope, not only for ourselves but for those battling cancer. As a united front, I can prophesy that we shall conquer this adversary called cancer. Twelve years since the inception of the run, our progress shines brighter than ever.

Now, mark your calendars guys for the 21st day of October, when we gather for the district TRF Dinner/World Polio Day. Hosted by the Rotary Clubs of Kiwatule and Kyadondo, the Kabira Country Resort will witness a great evening of a sumptuous dinner and an award winning episode. This day will however commence with polio activities from Kitante Primary school grounds. Let us unite to champion our cause and share our cheers.

As September dawns, I call upon you all to embrace the theme of Basic Education and Literacy. Let the BCUP foundation guide us to empower individuals through education, nurture literacy, and arm them with skills for a brighter future. See you at the finish line.

Yours in Rotary

Edward Kakembo Nsubuga

District Governor 9213



Ours is the Right Path

My dear friends in service,

I have spent the month of August continuing to interact with members from our Clubs on occasions of my visit. I continue to thank all the Clubs that we have visited this last month, for the warm reception and for the great work they're doing in ensuring the growth their development. The Clubs in Tooro are doing a great job and I applaud them.

I also welcome you back and thank you for participating, in a big way, in the 12th edition of the Rotary Cancer Run across all the worldwide venues.

We are focusing in a special way on membership and I thank all of us for waking up to the realization that our Rotaract experience is less enjoyable when our Clubs have few people. Each of us must continue to work harder to ensure that we double our numbers. We have super PLD programs that help us turn members into quality and the Family of Rotaract that ensures member engagement.

I congratulate all the Clubs that already embarked on community service interventions, a few of which I have been happy to participate in.

Let us always ensure that the stories of our projects' success are told well.

As you read this message, our combined giving to the Rotary Foundation has surpassed the USD 3,000 mark, that is 10% of our target. I encourage you to step us your individual giving by utilizing the 30K for 30K as well as other avenues.

Please be reminded that the officials of the District Team are fully ready and available to assist you towards the holistic development of our clubs and their members.

I look forward to our continued interaction at your Clubs, at community interventions and other occasions that bring us together. I wish you a fruitful September.

Emmanuel Lukeera

District Rotaract Representative

DG Edward wants Mbale to amplify Impact by growing Membership

Membership growth continues to be one of the key areas of focus for Rotary across the world. With more members, it is believed that clubs can raise more resources and conduct more impactful projects among their communities, within the seven areas of focus for Rotary.

While addressing members during his official visit, the District Governor (DG) for District 9211, Edward Kakembo Nsubuga challenged the Rotary Club of Mbale to grow their membership, which he observed had not changed for the past couple of years.

"I am privileged to visit the Rotary Club of Mbale for the first time in my capacity as DG and I am very grateful for the warm welcome – the Eastern way! I wish to thank President Rosette for the steering the club well during the past few months of the Rotary year. I have had a chance to visit some of the project sites for the Rotary Club of Mbale and it is evident that members are indeed using their

time and resources to impact the community in this area – which is exactly what Rotary represents”, the DG said.

"I visited the Namabasa Water Project which the club implemented last year and during my interactions with the community members, I learnt that there was no clean source of water in this area until RC Mbale mobilized the over USD 100,000 to set up water kiosks and taps that provide safe and clean water. I am aware that you are working with partners and this is commendable, considering that you have a wide area and big community to cover; and as Rotarians, leveraging your networks for service is exactly what drives change in communities."

The DG reminded the club that while growing membership is fundamental, it should be guided by the principle of diversity and inclusion, especially regarding gender. Currently, the club ratio of female to male members stands at 1:9.



The DG also visited Musoto community, where the Club plans to implement the Boy Child Uplifting Project (BCUP). Led by the Club President, Rtn. Palma Rosette Keuber, the team was received by the Musoto community and religious leaders, students, and a group of boys from the community.

According to President Rosette, this project will provide opportunities to meaningfully transform boys into responsible adults in their communities.

"This area hosts over 500 boys between the age of 8 to 17, who are victims of the earlier wars and unrest in northern Uganda. Many of these boys work as casual laborers and are involved in several illegal activities including illegal brewing, drug abuse, sexual activities, among others, said President Rosette.

"As a result, the boys have formed several gangs which are involved in criminal actions, thereby posing a great danger to the community. Infact, data from Bukasakya Health Centre 3 now shows that Musoto has a growing HIV infection rate. The club, through this project, has designed interventions and we hope to use the BCUP platform to support the leadership of this area in addressing these challenges"

DG Edward welcomed the project proposal and the ideas shared by the Club as a major boost to the district's focus to uplift the boy child and advised the club to embrace the concept of partnering with other clubs so that in the execution of their BCUP project, each club can take lead in one of the seven areas of focus, in order to create meaningful impact.



GRAND INAUGURATION: THE SPECTACULAR RISE OF THE ROTARY CLUB OF NGORA

The day is 30th June 2022. The event is at Sheraton Hotel Kampala, and Prof Francis Omaswa is taking office as the 65th President of the Rotary Club of Kampala. The event is colourful with many dignitaries including Dr Yonas Tegegn Woldemariam, the WHO representative in Uganda, who is the key note speaker. Present too is then District Governor, Hon Dr Mike Kennedy Ssebalu.

In his remarks, PDG Ssebalu insisted on growth of rotary across the country and in his own words "such is the kind of growth that will make the redistricting conversations and agenda inevitable". The redistricting conversation has been around since PDG Rosetti handed over two districts, one to PDG John Ndamira-Magezi.

The ceremony at Sheraton, as we witnessed a Ngora boy become President ended well with a strong emphasis on Rotary growth and rotary expansion and extension. A few minutes later, Prof Omaswa mentioned the idea of forming a Rotary Club in Ngora, his home area- and everyone there nodded in affirmation. He suggested a club advisor- the



current Dean of AGs Asekenye Catherine Barasa. In order to achieve this dream, he went on to suggest that the first meeting be held at his country home in Ngora.

Months later, spearheaded by the Rotary Club of Kampala in partnership with Rotary Club of sonde, and with the support of Rtn Jane Kabugo to support the clubs in formation, the Rotary Club of Ngora is born. The weekly meeting venue set at Galaxy

country hotel every Tuesday 5.30 to 6.30pm, the new club in formation got off to a vibrant start with the interim leadership headed by AP Otimong Timothy of RC Kumi who played a significant role in steering the club to provisional status. Other Rotarians who supported include Rtn El'charles Odongo of RC sonde, Rtn David Etyang of RC Kumi and a team of Rotarians from RC Kampala and RC sonde led by Rtn Shem Lwanga who paid the new club in formation a physical visit to offer moral support.

To Keep up the vibrancy, the Baby Club was invited by the parent club RC Sonde to support in monitoring the activities of the construction of the Early childhood center in Agigirio, a project RC Sonde was under taking. They did a physical visit to the site and this was a very motivational project for many of the member of the new club. Eventually the club went on to get provisional status on 23rd March 2023 having witnessed a period of significant growth in membership to 70. After undergoing numerous trainings and fulfilling the requirements of RI, RC Ngora was finally chartered on 27th April 2023 with 78 members during the visit of District Governor Edward Kakembo Nsubuga.



Membership growth challenges can be solved by us Rotarians - Chair Membership committee

The Rotary theme for the month of August is Membership and New Club Development. Most clubs are facing challenges with attracting and retaining those already attracted. Rotary international has been stagnated at 1.2M Rotarians over the years, and there must be a reason why.

Rtn. Michael Agaba of RC Kyanja-Metro had a cup of coffee with the current district membership chair, Rtn Dr. Paul Nampala in a 5+1 Q&A session; below are the excerpts;

What should we know about D9213 in terms of current membership?

Paul: District D9213 is fairly new following the redistricting in Rotary Year 2021/22 that created us and our neighbours- D9214. This means we are a District at two years of service, in which period, we have already experienced phenomenal growth in terms of membership and we are among the leading Districts with high retention rates as well as attraction of new members into Rotary. In the spirit of the principle of self-improvement we strive to do better in all aspects of membership (Retention, Attraction, Engagement and Expansion) every other year. We are already making very steady progress and again featuring among the best as per the Membership Statistics released in July 2023.

While it could sound impressive, Rotary worldwide seems to be reporting the 1.2M population of Rotarians for quite a long time. What accounts for this?

Paul: This is true, and the reality is that for any membership organisation there will always be

attrition for one reason or another. This attrition has been estimated at 5 – 15% for clubs over a period of three years. It could be due to natural causes when members respond to the changing scenes of life. While this may seem minimum at individual club levels, the aggregate at global levels turns out to be significant. The other causes are the non-natural causes and key among these is when a club fails to become attractive to both the existing and prospective members, they will end up leaving the club and unfortunately drop out of Rotary.

Your role as district membership chair is to help clubs attract, retain, engage, and expand membership. Does this role come with any challenges?

Paul: Yes, our role as the District Membership Committee (DMC) is to support clubs on all aspects of members, which I indicated to include Retention, Attraction, Engagement and Expansion. Like any functional and growing entity, we cannot claim to be without challenges. I have learnt that some clubs have potential for growth except they are very shy to cross to the more than 100 and they have given justification for this decision. I would take some of the justification to boarder excuses except as a District Support Team, we cannot coerce a club to have higher projections beyond what they envisage to engage. Ours is to provide support and highlight the evidence-base with reference to sustainable growth. This is a big challenge because when a ceiling is capped by a club, then there is no inspiration from other clubs that in a sense look up to them. Other challenges include but are not

limited to improper leadership transitions from one Rotary Year to another; delayed and / failure to pay dues; conflicts that remain unresolved between and among members. Most of these challenges are surmountable especially if clubs can engage their members to deeply reflect on the Rotary Norms, Core Values, and Code of Conduct. Surely, it is not in Rotary that we should have unresolved conflicts yet we are every week reminded of our resolve to secure camaraderie-ship with Good Will and Better Friendships!

What is your plan for tackling these challenges to spur membership growth?

Paul: We need to go back to the basics of why Rotary, and this will definitely lessen and minimize the challenges that we face at club level, among Rotarians and at other levels. Permit me cite one example here. During the Change Makers Year, we had several Area Support Officers assigned and I thought this was a very good practice. My club greatly benefitted and as president I did welcome these additional pairs of hands to support us. Subsequently, I learnt that elsewhere the Support Offices did not work well with Assistant District Governors (AGs) and that the AGs felt undermined. Surely, this should never have been the case in a volunteer organisation that should welcome at all levels all persons that are ready and willing to serve. I am still amused at this observation and my approach is to work with everybody that is available to engage with or without titles.

There is a particular group of Rotarians, call them RINOs (Rotarians in Name Only). They pay their dues and probably attend some fellowships but are largely uninvolved in the life of Rotary. They play observers. How can such be motivated to be actively involved in Rotary?

Paul: The RINOs are very interesting! And by the way, they are one of the reasons why growth in Rotary has remained a challenge. We have an obligation to pay dues and yes this is prime because it makes us a Rotarian in good standing. In addition to paying dues we need to attend club meetings (what we have come to refer to as Fellowships). Please

note that when we do not attend then we create for ourselves a recipe for dropping off because after 2 – 3 years we shall not see the value why we are paying dues and this question will linger in the mind of a RINO. When we pay, attend then we shall also find ourselves cascading into participation because attending club events entails designing club activities across the five avenues of service that are juxtaposed onto the seven focus areas. Once we do not attend we shall find participation and engagement very challenging because we did not engage in shaping the club agenda and we feel that our views were left out. These are some of the complaints that arise from members questioning why the club is over engaged in one focus area and not the other. So this is very critical we need to make time and a true Rotarian will Pay – Attend and Participate (PAP) another of those acronyms.

You were a Change Maker President (CMP) of RC Kasangati, a club with a great number of Rotarians, and extremely active. Isn't this a great stepping ladder for the role you now have?

Paul: As Change Maker, I bring change as we together cooperate to serve to Create Hope in the World! How? Firstly, I have been a Rotarian for now eight years and serving as District Chair New Club Development made me realize that the Chair, District Membership Committee is a Chair of Chairs! This is a very interesting and important committee that has otherwise been masked by the terminology DMC to stand for District Membership Chair. Instead we should be looking at DMC as District Membership Committee, and this committee has a Chairperson; and hence Chair, DMC Rotary is full of acronyms and probably here we go with another one – CDMC (please call me Chair, District Membership Committee).

Secondly, I invite all Rotarians to please join me to give profile and prominence to the entire committee to serve and support the ever expanding Rotary fraternity in D9213 with maximum confidence as leaders in their own right.



At Kampala South, we wrote 500 love letters- we have never stopped growing since.

President Mwandha of the Rotary Year (2009 – 2010) was ushered in amidst despondency in the club population and but in a heightened spirit of service.

The Presidency could have gone to either Noah Kanzira or Geoffrey Ndugwa but as fate would have it, both answered urgent calls in pursuit of their classifications a result that saw them leaving for lengthy periods.

I had joined the Club when the membership averaged 23 - 25 for 10 years. The meetings were largely predictable, we knew who would attend, the Past Presidents sat on one side of the room and

Rotary business was done by the same people; there was fatigue in Rotary service and Fundraising. Most importantly, there was an urgent need in creativity to change the face and feeling of the Rotary meetings.

My focus was to enliven the fellowship with specific focus on attracting new members, among them, Rotaractors. As President Elect, I prepared a target list of potential club members and started to work on recruiting them, if not before I assumed the Presidency, then during my year as President. I wrote 500 love letters and extolled the values of my Rotary club and why each new member would be a special addition. No two letters were identical.



My target included former Rotaract leaders (DRR's and ADRR's), professionals, people from the disciplined (armed) forces and young Rotarians. In doing this, I was targeting to lower the average club age and to diversify the classifications. I was privileged to attend the 2007 District Conference in Dar-es-salaam which turned out to be a great move in achieving my plans. I met many Rotaractors who were unsure of which club to join. I made it my objective to sell our dear club to them as an option among the many others they had.

When we started the Rotary Year, many recipients of the love letters came to the meetings. I had childish excitement each time a target walked into fellowship. I remember especially the "Dancing Fellowship" when we had a dance troupe performing in our midst during normal fellowship, when all of us were sober! The graceful pairs were quite a sight and they truly awed those in attendance. That fellowship led to Kampala South members joining the dance class. We went on to win the Annual Rotary dance competitions.

We recruited 25 members that year. In an unprecedented move, our club broke the 35 numerical mark barrier, hopefully forever. The hall mark of my year as president was the massive recruitment that we enjoyed.

We had very interesting and topical fellowships. We had heated debates during the business fora and the club assemblies. I enjoyed especially, the harsh assessments from Rotarian Aggrey Kankunda (RIP), my president at my induction. It was pleasing to hear him call me Mr. President.

With hindsight it has now become clearer that there are three (3) key parameters to follow when addressing membership growth:

1. Interesting fellowship meetings
2. Meaningful service projects
3. Active and fun Fundraising events

I had a structured fundraising plan which I had hoped would rake in Ugx 20 million that year. Much later, I held the position of fundraising chair for two terms since my presidency with a view to perhaps, achieving what I never did as President. I was the resource behind the Boat Cruise and the Meat fest both of which were very successful.

It is noteworthy that the 4 decades of Kampala South have been characterized by strong leadership at the turn of each decade, and our growth has just started- watch us!

Anthony Mwandha- Rotary Club of Kampala South

1992 - 1999 23 members average	Formative years, Indian oriented and available fund
2000 - 2010 55 members average	Growth years
2010 - 2020 151 members	Maturity



Lessons from the 66 Years of The Rotary Club of Kampala.

A HISTORICAL OUTLOOK & A HEADSUP TO GROW NUMBERS



President Kasede Mukasa with donations to Mwana Mugimu

Rotary started in Uganda when The Rotary Club of Nairobi sponsored the Charter of the Rotary Club of Kampala (the Club in this article) on 27th May 1957. Rotary was then, and through the 1960s, composed of the white and Asian communities who dominated the civil service, commerce and all other spheres of life in Kampala.

During the first 12 years of the Club's existence, the Club had only one indigenous Ugandan president, S.W. Kulubya (1962/63) who was the Mayor of Kampala and a prominent businessman. It wasn't until 1969 that Elizephan (Phan) K.K. Ntende became president that he encouraged indigenous Ugandans to join Rotary.

Past President Phan Ntende went on to become the first ever black person to become a District Governor in the world when he became Governor of District 920 in 1972/73. District 920 comprised of 6 countries from South Africa to Ethiopia. Before him, the first District Governor from the Club was Vanu Radia (1970/71) for District 220, which was even bigger as it included Madagascar and other island states.



Phan Ntende at a Rotary function

The Growth of Rotary and indeed the Rotary Club of Kampala was disrupted in the 1970s with the advent of the Idi Amin military regime. The Club suffered attrition as many members of the Club either 'disappeared' which was a common term for being killed or they went into exile for safety. For example, Club president John Sekagya (1976/77) could not complete his year as president, he had to leave the country for his life. Rtn Charles Olweny stepped in to complete John Sekagya's presidential year and ended up being president for nearly three terms: 1976/77; 1977/78; 1978/79. During this period, Rotary leaders could not even be called president as that title was reserved for the country president only. So Club leaders were called "chairman."

Despite the difficult times, the Club, and Rotary in general, persevered and survived. In fact, the circumstances, for unexplainable reasons, spurred Rotary leaders to promote Rotary extension by opening up Clubs in other areas. Between 1983 and 85, the Club chartered the Rotary Clubs of Kabaloro, Kabale, Masaka and Mbarara. Then between 1987 and 89 another wave of extension saw the

Club Charter the Rotary Clubs of Rubaga, Mengo, Muyenga, Entebbe, Kampala East, Kampala North, Kampala Ssesse Islands, Kyambogo, Source of the Nile, Tororo, Lugazi, Mpigi, and Rukungiri.

The Club also formed the first Rotaract Clubs, starting with Rotaract Kyambogo in May 1984 followed by Rotaract clubs of Mulago, and Makerere University in the same year. In 1988 the Club also re-introduced Interact by starting with the one at Gayaza High School, then, Mt. St. Mary's Namagunga and Kings' College Budo.

When Club member Sam F. Owori became District Governor (1987/88), the Club went in high gear for growth of Rotary not only in Uganda but the District region.

All along the Club had been very active in implementing life changing impactful projects such as Mwana Mugimu at Mulago which became a National Nutritional and childcare program. This was championed by PP John Kakitahi. The Gift of Life which is now a worldwide program catering for children with heart defects. The Uganda Heart Institute which is a national cardiology care facility and recently the Rotary Hospital at Mukono. The Club has been involved in many other service projects, over the years, all over the country.

The Club has active members who joined Rotary in the 1970s and 80s and yet it has grown younger from an average of 60 years 10 years ago to about



RIPN Sam Owori with Team Uganda and RIP John Germ at Zone Institute Accra Ghana

40 years now. The strategy is to grow even younger, with a better gender balance from the current 7:3 male to female ratio.

The lessons to learn from the nearly 70 years of the Rotary Club of Kampala, and Rotary in general in Uganda, are that:

1. The Club must improve on the diversity of its membership to reflect its community.
2. The Club remained focused during the difficult days of political mayhem demonstrating that with perseverance adversity can be overcome.
3. The club demonstrated commitment to Rotary during the formative years with growth
4. The Club produced trailblazers: S.W. Kulubya (first indigenous Ugandan club president), Phan Ntende (first black Rotary District Governor) and Sam F. Owori (Rotary International President Elect) encouraging members to serve beyond the Club.
5. Service projects are the cornerstone of Rotary. The Club's projects are:
 - Impactful and have attracted new members to join Club.
 - Fulfilling encouraging members to stay in the Club.
 - Highly beneficial to communities.

Let us regard our Club as our heritage and be proud to contribute to its character and history.

Jimmy Serugo- Rotary Club of Kampala



RIPN Sam Owori performing duties at his Club



One Year Later; We keep Tabs On Rc Kyanja-Metro

Located in Nakawa- Kampala city, with an estimated population of 65,387 people, Kyanja, with its nine zones of; Katumba, Kisaasi Central, Tuba, Kulambiro Central, Kyanja Central, Nazareth, Walufumbe, Kasaana, and Gondokoro is bustling with activity through out the day and night.

The Rotary Club of Kyanja-Metro is situated in this busy community, with weekly meetings at Lishi Resort every Sunday 5-6pm. The locus determined our tagline of “an “optimistic” club. Using this adjective of optimism was intentional, because as a club, we always look on the brighter side of things we “create hope in the world”.

A year ago, we were chartered- 31st May 2022, and so far, our name is already inscribed in the records of District 9213. At the recently concluded DISCON 98 in Mbarara, we were among the winners of the Seven-by-Seven Group of Clubs Awards where we participated in the BELEP project at Makukuba village- what a welcome.

Under our current Hope Creator President, Charles Egimu, we are 27 members and continue to grow with more people going to be inducted when current DG Edward Kakembo Nsubuga visits us on Sunday 17th September 2023. We can't wait! We meet every Sunday at Lishi Resort Hotel, Kisaasi, 05 pm-06 pm.

As an optimistic club, RC Kyanja-Metro identifies with the four Rotary International goals namely: creating impact, reaching out, enhancing membership participation, and adapting to the ever-changing social environment around us. This is how we shall implement these:



a) Partnerships: Africans have a proverb: “If you want to go fast, go alone. If you want to go far, go together.” We certainly want to go far in bringing hope to people and we cannot do it alone so we previously partnered with Mengo Hospital and distributed 200 reading glasses to the community in Kyanja and other districts as far as Mbarara. We brought sight to the blind! We are also in the process of partnering with the Rotary Club of Hillsdale in the US (courtesy of our Amazing President Flavia Nampala) to bring education through Basic Education and Literacy in Buluba in Busoga. We have started by paying school fees for a whole year for 20 children at Joy Learning Center, in Buluba. We believe we are creating hope in these impoverished children.

b) Join the Cancer Run: This run will be the 12th edition this year under the theme, “Run for Hope.” We hope to be part of the expected 50,000 runners raising the Shs2bn needed for the construction of two cancer treatment bunkers at St. Francis Nsambya Hospital. Previously, the run has contributed to the

construction of the cancer ward at Nsambya Hospital which currently serves 800 patients annually, and a Blood Bank at Mengo Hospital. Almost all our members have bought the kits, according to our Cancer Run Officer, Rtn. Robinah Nyapendi, because we know and appreciate the devastation that cancer causes to human beings. 22,000 deaths due to cancer are reported in Uganda each year. We cannot allow this to continue. Cancer should no longer be a death sentence. We shall create hope and optimism. So come 27th August 2023, we shall join and run with fellow Rotarians and the rest of the public in raising awareness, promoting increased access to cancer treatment, and encouraging early cancer detection.

- c) Raise our Rotary Foundation giving: We all know that the Rotary Foundation helps Rotarians advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty. We do this through our TRF giving. We have impressed it upon every member of our club to be a giver to TRF. We want to be an 100% giving club.
- d) Boy-Child Uplifting Program (BCUP): This is District 9213's signature project initiated by the DG Edward Kakembo Nsubuga to address critical issues faced by the boy child in Uganda which include neglect which has led to increased crime rate, low self-esteem, violence, alcoholism, drug abuse, and increased school dropout rates. It is now time to empower the boy-child so he can be the father and responsible person to steer family growth and development.

In this direction, RC Kyanja-Metro must create hope in the boy child so we chose Rtn. Joab Tugume (Ph.D.) aka Taata Boyi, as its Boy-Child ambassador. So far, the club, while it was still a satellite club in 2021, partnered with Kentim School of Health Sciences and skilled about 30 youths in making yoghurt, tomato sauce, and baking bread. Currently, we are in advanced plans of carrying out a needs assessment tour of Kyanja to identify the category of the boy-child that needs the most urgent help.

- e) Mental health: Mental health is Rotary International's signature project for 2023/2024 under RI President Gordon R. McNally.

According to WHO statistics, more than 264 million people worldwide are affected by depression. In Uganda, 35% of Ugandans suffer from mental illness (Molodynski, Cusack, & Nixon, 2017). Uganda is ranked in the top six counties in Africa in rates of depressive disorders (4.6%; Miller et al., 2020).

At RC Kyanja-Metro, we are optimistic that this trend can be reversed so we assigned, Rtn. Judith Mutesi, an Accident and Emergency (A & E) care nurse, (indeed mental health is an emergency!) oversees our efforts in addressing this issue in our community of Kyanja. As we carry out the needs assessment tour soon, we shall also look out for these cases so we can offer some help.

There is still so much to do but few hands to do it. The need is greater than the supply but with coming and working together as different Rotary clubs in an area, we can make a difference in the lives of our people and that is what Rotary is all about.

Michael Agaba- Rotary Club of Kyanja-Metro



ROUND *the East*



DG's Light Moments





Rotary Africa Peace Concert; For the Love of Peace and Music

We all dream of a peaceful Uganda, a peaceful East Africa and very much more a peaceful Africa. Despite the Many years of prayers, dreams and wishes, Africa still faces conflict, insecurity and war, making peace a farfetched description.

What if we could one step at a time, one dollar at a time make our dreams and wishes come true? What if we could as a generation skill and educate individuals to push for peace in Africa.

We have been blessed to have a Rotary Peace Center based here at home at Makerere University. The first one of its kind whose purpose is to train young leaders and professionals in peace and conflict resolution before sending them back to their communities to implement what they have learnt.

So far 110 fellows from across Africa fully funded by the Rotary Foundation have undertaken this specialised training going away with certificates and others Masters degrees.

We hope that many more can become specialised in peace and Conflict resolution and that's why we are putting all our efforts as well as calling you all to join us raise money to fund the Makerere University Rotary peace Center through music.

On 3rd November 2023, a Rotary Africa Peace concert like none seen before has been organised to take place at the scenic Speke Resoet Munyonyo.

The journey toward a more peaceful world is one that demands our collective efforts, and this concert stands as a testament to our commitment to fostering unity, understanding, and positive change.



In a world that often grapples with division and discord, the universal language of music emerges as a beacon of hope. It transcends boundaries, cultures, and languages, carrying messages that touch the very core of our humanity. The Rotary Africa Peace Concert is more than just an evening of musical performances; it is a platform through which we aim to amplify the voices of peace, harmony, and unity.

The question arises: Why a peace concert? The answer lies in our unwavering belief that music possesses the remarkable ability to heal, inspire, and bridge gaps. Our goal is to create an atmosphere where people from all walks of life can

come together, irrespective of their differences, and celebrate the values that bind us as a global community.

With each note that resonates during the concert, we are contributing to a brighter future, one marked by cooperation, compassion, and shared understanding.

We have done it before during the first and second edition of the Africa Peace Concert and I am sure we can do it again in a more grand and more giving am way.

We are always thank full to those who supported the cause last year from Rotarians, rotaractors, friends of rotary and our corporate sponsors.

Our call is that in the same spirit we all join hands and support the quest for a Peaceful Africa. Those who can pay to attend, please pay. Those who can contribute \$100 or more to The Rotary Foundation and attend virtually please do and those like corporate entities that support with a portion of the budget, don't hesitate. A peaceful Africa is all we need for business and self Growth.

I can't wait to see all of you as we contribute to a peaceful tomorrow.

PDG Robert Waggwa Nsibirwa

Chairperson, Organising Committee Africa Peace Concert 2023





Creating Hope in the World; A case of Habitat for Humanity and Rotary

On December 15th 2021 at Hoima Regional Referral hospital, one Hellen Kugonza, 23years old gave birth to twins, Brenda and Gloria. However, the parents joy was cut short when they realized that the twins were conjoined at the abdomen and needed immediate surgery to separate them. The twins were referred to Mulago National Specialized Referral hospital in Kampala. Initial investigation carried out at Mulago showed that the twins shared a liver, their hearts were connected; in short, one baby had her heart on the right side of the chest.

On February 15th 2022, a team led by Dr. John Sekabira, a Consultant Pediatric Surgeon and the then acting Deputy Executive Director of Mulago Hospital successfully separated the twins after eight hours of operation. The twins have grown into beautiful girls with normal child weight at one and a half years.

After a few months of operation, the twins were ready for discharge from hospital but a challenge

emerged. The hospital had sent a social worker to their home in Bulinda Cell Hoima City to assess the environment where the children were going to stay given their delicate state. The house found was not safe to raise such children, so Mulago hospital decided to retain them until a solution was found.

When Mulago Hospital contacted Habitat for Humanity an NGO that has been operating in Uganda for over 40 years, they gladly accepted to build a house for the twins and their parents as part of the affordable housing charity's activities to mark its 40th anniversary in Uganda. "After consultations with the parents, grandparents and the doctors in Mulago, we decided to build for them a decent house," said Robert Otim, National Director of Habitat for Humanity Uganda.

PDG. Bob Nsibirwa, having served on the Habitat for Humanity board mobilized Rotarians from Hoima to fundraise for the home construction. At a breakfast graced by the Rotarians and Habitat members, UGX

17 million was instantly raised to support the home construction. The twins home was cost shared between Habitat for Humanity and Rotarian from Hoima on a 50-50 basis.

On 18th March 2023, it was all merry! The twins' home was handed over to the parents at a joyous function which was graced by the Bunyoro Kitara Kingdom prime minister, Habitat for Humanity national Director, the Hoima City Lord Mayor, a delegation of doctors from Hoima and Mulago hospitals, Rotarians from Hoima and the local community. After spending a year and six months at Mulago hospital, the twins' parents Hellen Kugonza and Moses Talemwa, who was 21years old at the time of the twin's birth returned home. They were grateful to all who supported them during the challenging times and having a decent home was a gift unimaginable. The parents were tasked to work hard and ensure the family had enough income to take care of the twins. The Lord



Mayor Hoima City and Rtn. Brian Kaboyo pledged to support the couple with seeds to grow enough food and generate income as well.

**The writer Rtn Nyakaisiki Monica-
Rotary Club of Hoima**



60 Days of BCUP; Upper-Kololo Tells Their Story

In Africa, we trace back on the thoughts and efforts on uplifting the boys. In an article published on 17th August 2015; Ms.K a Communication Practitioner,Associate Therapist said;

“The impact of the neglect cannot go unnoticed. In his bid to find his footing,the boy child is now associated with vices such as drug and substance abuse,sexual abuse and dropping out of school. We are sitting on a time bomb if empowering programs continue neglecting the boy child. Frustration may push him to join dangerous underground criminal activities. Conversations of how we can support boys should start from the family level. If we allow the boy to continue struggling with porverty,unemployment and dependency, not only will our country suffer economically,but we will also lose the productivity contributions of a majority of the population. And we will pay the price...”

Rotary’s initiative of the Boy Child Uplifting Program in Uganda, under D9213 in the Rotary year 2023/24 is therefore a critical intervention to address the global need to identify, assess, intervene and monitor the journey of uplifting the boys and young men through service projects of Rotary and Rotaract Clubs in Uganda. At the steering wheel of birthing and implementing this program; the District Governor – Edward Kakembo Nsubuga remains focused on encouraging Rotarians and Rotaractors to work with partners and sponsors to enable a great impact of sustainable behavioral change, increased number of formally and informally educated boys and economically empowered young men. A combination of these achievements will give our country a next generation of stable families and sustainable household incomes; which is where every success begins.



The BCUP journey started and as we look at the last 60days of implementation; we have evidence of a start to end cycle of an accomplished phase of uplifting the Boy Child. RC Upper Kololo delivered the first project of a BCUP intervention in the Naguru Remand Home. They have shared their story here;

“The Naguru Remand Home was established in 1954 to provide custody to children in conflict with the law aged between 12 – 17 years. The home is located at 3A Naguru Drive – Nakawa Division. The majority of children on remand are boys contributing to 94% of total detainees. Currently, there are 156 children offenders i.e. 153 boys and 3 girls on various crimes ranging from robbery, homicide, rape, assault, arson, theft, burglary, vandalism, drug abuse, drug possession, aggravated defilement, murder, criminal trespass among others.

Under the laws of Uganda, children in conflict with law are detained for a period not more than 45 days for petty offences and up to 3 months for those with capital offences. However, with acute slow resolution of their cases, these children stay on remand much longer that the law stipulates. This has necessitated the remand home to find ways of helping the adolescent boys to reform and begin to nurture a more productive mindset. It is such voluntary efforts that attracted Rotary Club of Upper

Kololo to join Naguru Remand Home Management to prioritize skilling initiatives focused at behavior and mindset change. This effort was motivated by a recent call by the Rotary District 9213 Governor- DG Edward Kakembo Nsubuga who chose “Uplifting the Boy Child” as his Signature Project for 2023-2024. The project at Naguru has been designed to deliberately support the boy child in detention at the remand home to acquire livelihood skills that will help them to live life with a purpose and better meaning. The package integrates session for psychosocial support, work and play as key strategies for grooming adolescents. A few projects have been activated, namely Poultry farming, green house and backyard gardening while the other pipeline projects yet to be activated include Horticulture, Rabbit rearing, Tailoring, Saloon and hair-dressing and mushroom growing. These projects directly align to the RI-Community and economic development drive targeting vulnerable sub populations. Besides, the immediate impact speaks to the DG’s calling to uplift the Boy child.

The Naguru BCUP by RC – Upper Kololo promotes participation by the beneficiaries in all activities including choice and scheduling for all project activities. Progress posted include renovations to the poultry house, full board stocking with 500

broiler chicks and providing day-to-day care. At week 3, there is no mortality reported and the chicks are growing as anticipated. On the other hand, the green house nursery has more than 300 seedlings for Cucumber, Cojet, and Sukuma and are ready for transplanting. These are practical skills that the boy detainees will put to use outside the remand home directly aligning with the project objective - To impart employable skills to 150 boy children in detention and prepare them for industrial Training Certification (DIT) by June 2024.

The Rotary Club of Upper Kololo appreciates all Club members for embracing the project, the district BCUP Team and the District Governor for the guidance and support that saw the progress posted. Special acknowledgements go to the Ministry of Gender, Labour and Social Development and the Naguru Remand Home Team that accepted to collaborate with us on this Project. Our corporate partnerships are unmatched. We remain forever grateful and indebted to Nutrinova Ltd for the expert guidance, and technical supervision rendered, Hotel La Vena and COWA Vocational and Training Centre for their invaluable support and assurances.”

Rotarians Filbert Kinyanda & Elizabeth Mushabe – Rotary Club of Upper Kololo





Results Galore in the BCUP CORNER



The BCUP launches continue in Clubs and during the month of August.

- First this time was RC Kampala Mahaba partnering with the Church, local leaders, parents and guardians in a 2days holiday makers' seminar under the theme; "The role of the Church in grooming and preparing the 21st Century Men". This Seminar was held at St. Mbaaga Tuzindde Catholic Parish Kiwatule and it attracted 80 Boys from Kyanja, Kungu, Kiwatule and the neighboring communities. The Boys were engaged in 9 topics; Men etiquette, self-empowerment, financial literacy, relationships, spirituality, leadership skills, self-awareness, social media, reflection and meditation. The objective of this seminar was to experiment the role of the Church in supporting our boys in meaningful and sustainable activities and also to prepare wholesome Boys that can favorably compete in the evolving world.
- RC Kampala South visited Ntare School and engaged 200 boys in a capacity building mentorship talk to complement their already enriched curriculum. They also adopted a community of youngstars in Mbale town that



has developed into an entertainment group called Mukie Dance Troupe. They have already bought drums for the Troupe and officially launched their BCUP journey through this Dance Troupe in August 2023. RC Kampala South has identified 4 major areas of implementing BCUP; A) Support this Dance Troupe to enable the Boys earn from their talent. B) Setup a scholarship fund to encourage and return the Boys to school. C) Identify and support the Boys with a brick laying machine as another identified skill where the Boys can earn a living. D) Identify resourced teams to drive community awareness and sensitization campaigns on sexual and reproductive health. A combination of these activities will prepare our boys to become independent, respectively, reliable and economically empowered members of the society.

- RC Kampala Sunshine launched their BCUP journey and followed it up with a dance to the boy fundraiser
- RC E-Club of Naguru launched their BCUP at Kubo Primary School in Busia.

All BCUP activities of both Rotary and Rotaract Clubs will be gradually shared to inspire especially the few Clubs that have not started on this journey

to be encouraged to join this noble cause in the our communities.

As we now prepare for September with the theme; Basic Education and literacy, we encourage Clubs to focus on engaging parents/guardians, school administrators, teachers, local community leaders, culture and religious organs to emphasis the need for teamwork through different activities in giving our boys and young men the formal and informal education and literacy competencies we can access. Clubs can take it a step higher to identify learners, teachers and parents to be guest speakers in their weekly Club meetings or home hospitalities to share their diverse experiences in learning and supporting learners respectively. Short video recordings of learning house chores including cooking, cleaning, washing cars at home, family educative meetings with the holiday makers taking lead and posting these stories through our Clubs will spice up September 2023; our theme month of basic education and literacy.

Rtn. Jennifer Mirembe Ssensuwa

Rotary Club of Kampala Early Bird

Chair – District Governor's Flagship Program – BCUP

The 2023 Rotary Cancer Run



Rotary Cancer Run **beyond Kampala**



Echoes of Connection: A Book’s Tale of BELEP’s Friendship

If books were to talk, they would recite the following poem in appreciation to BELEP;

Lonely on the dusty shelf!

I prayed each day to get a friend who would pick me from the dusty shelf.

Open my beautiful covers and find out the beautiful stories, information and ideas.

Sometimes it was hard to tell how lonely I sat and waited for that friend! Day after day I sat on the shelves. It was hard for me each day that passed by.

Ohh! I felt a hand touch me and move on the other, woo!

Should I be silent or give advice. Should I answer yes or no. should I set rules or simply let go.

Alas! I got a friend who picked me and kept with me;

smiling all the way!

BELEP made it possible to have a friend. Many friends I actually got; children, parents, teachers, and elders all crowded the book stores, libraries and home shelves.

All I needed was that friend. One we could hold hands and connect to different worlds, interesting places, visit mighty zoos, travel under world, reach God’s sky, learn plenty of new words, fly in big planes, move under water, dance Ferris and fight dragons.

Indeed, I got that friend. We laughed and enjoyed ourselves on the world book day- From this empowerment we would create hope in the whole world.

Elizabeth Rwamwenge
Rotary Club of Kabarole

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The Global Grant Review Checklist at a glance



You cannot control everything that happens to you, you can only control the way you respond to what happens. Power therefore is in your response

A review of the global grant application by the District Rotary Foundation Team (DRFC) marks the beginning of the process of reviewing of all global grant applications.

- District Grant Support Officers (DGSO's). Every club in the district has been allocated one. These are key in grant preparation at the source.
- Vice Country Grant's Chairs (DVCGC's). They come in next in the queue in support of TRF terms and conditions of grant applications.
- District Grant's Sub-Committee Chair (DGC) is the last person to review the various global grant applications.

- District Rotary Foundation Committee Chair (DRFC). Reviews and authorizes the grant applications.
- District Governor (DG) gives the final authorization of the various global grants after which the projects are forwarded to The Rotary Foundation (TRF) for further review pending final approval. It is AFTER final approval by TRF that initial payments can be made by the various Rotary clubs strictly according to the stipulated instructions indicating the allocated global grant numbers.

The Application Review:

- All possible risks are identified and mitigation measures are put in place. Various roles of the host Rotarians are well defined and the project is of necessity host club driven following TRF allowable budget ceilings.
- Budget and funding plans must balance and a 5% processing fees on cash contributions are included. A global grant financial plan (for Water, Sanitation and Hygiene (WASH) and Disease Prevention and Treatment (DPT) grants) is duly completed and attached. A hydrogeological survey report (grants involving boreholes (wells) is attached.
- Every club MUST be qualified for the current Rotary year. Host club minimum contributions is per District Designated Fund (DDF).

Tips for long term sustainability of global grant projects:

Always start with the community and encourage local ownership. Provide training, buy local, find local funding and ultimately measure your success (impact assessment with due diligence).

Terms and Conditions for Rotary Foundation Global Grants:

TRF may modify these terms and conditions at any time to clarify them or to reflect any necessary policy changes.

ELIGIBLE ACTIVITIES FOR GLOBAL GRANT FUNDING:

- Alignment with the Rotary Foundation Mission is a must. Most especially aligning with one or more of Rotary's areas of focus and can include humanitarian projects, international scholarships to fund graduate level study or vocational training teams (VTT's) addressing community needs.
- Responding to findings of a community assessment and are sustainable. That is to say the community continues with it after grant funding has ceased. They must be measurable. Standard measures from the Global Grant Monitoring and Evaluation plan supplement are selected forthwith.
- There must be active participation of Rotary members, sponsorship should ideally be by one club or District in the country where it is proposed that the project will take place and one outside that country (primary international partner).
- There should at all times be compliance with the laws of the host country, with demonstration of sensitivity to traditions and cultures of the area. The conflict-of-interest policy should always be complied with. Always include signage on or near the project site.
- May include building of structures like toilet blocks and sanitation systems, access roads, dams, bridges, storage units, fences, security systems, water irrigation systems and greenhouses. International travel for up to 2 people to provide mainly training is also permissible. Each club is usually limited to 10 global grant applications at a time.

INELIGIBLE ACTIVITIES AND SPENDING:

- Discrimination against any group or promotion of a particular political or religious viewpoint and performing of purely religious functions are prohibited.
- Providing continuous, excessive support of any one person, entity or community.
- Establishing a foundation, permanent trust or long-term interest-bearing account is not acceptable as is creating financial liability for TRF or RI as well as fund raising activities.
- Transporting vaccines over national borders without prior government approval is also deemed unacceptable. Requiring anyone to work without pay is also not acceptable. Strive to uphold labour rights always. Using underage "workers" is also highly discouraged.
- It is prohibited to contribute to TRF, purchase of land, buildings, incur expenses related to Rotary like District Conferences, RI Conventions and non-essential PR initiatives.
- Project signage must not exceed US\$ 1000. Operating, administrative or indirect programme of another organization are similarly not allowed. As are abortions, travel for National Immunisation Days (NIDS), immunization that only administers polio vaccines.
- Rotary Youth exchange, Rotary Youth Leadership Awards, Rotary friendship exchanges. New construction of or additions to any structure in which people live, work or engage in any gainful activity (schools, homes, low-cost shelters or hospitals) as well as completion of partially constructed buildings are all not permissible activities.

"In life there is always someone out there, who won't like you, for whatever reason. Don't let the insecurities in their lives affect yours" ----Rashida Rowe

Peter Isabirye.

He is a member of the DRFC and a member of the TRF cadre of technical advisors in three areas of focus



A Reflection Of The Four Way Test - Do We Live By It?

As Rotarians, what we Think is what we Say and is what we Do. We recite the Four-Way Test every fellowship, most of us know it by heart. It's every Rotarian's nonpartisan and nonsectarian ethical guide or moral code that we live by in our personal and professional relationships. Or is it? Living by the Four-Way Test together develops material ingredients of Trust, empathy and accountability.

The story of the 4-way test is that it was created in 1932 by Rotarian Herbert J. Taylor (who later served as RI president in 1954); when he was asked to take charge of a company, Club Aluminum Company that was nearing bankruptcy. This 24-word test for his employees to follow in their business and professional lives became the guide for sales, production, advertising, and all relations with dealers and customers, and the survival of the company is credited to this simple philosophy. These 24 words of the 4 Way Test was adopted by Rotary in 1943.

It asks the following four questions: "Of the things we think, say or do:

- **Is it the TRUTH?**
- **Is it FAIR to all concerned?**
- **Will it build GOODWILL and BETTER FRIENDSHIPS?**
- **Will it be BENEFICIAL to all concerned?"**

In line with Rotary's current strategic intent, the Four-Way Test is an adaptive process. It takes into account everyone's point-of-view and concerns, as well as their needs and wants. The process is designed to build goodwill and earn trust so

a particular end result is mutually beneficial, sustainable and has scalable outcomes. For example, the 4-Way Test is displayed on billboards in court premises in Ghana to guide the judicial officers, and all that have come before court to seek justice. Let's delve into the Questions.

Of the things we think, say or do Is it the TRUTH?

People often confuse truth and facts. A fact is a reality that cannot be logically disputed or rejected. Facts are objective; truth is partly subjective, though a truth that conflicts with facts isn't sustainable.

Rotarians act with integrity and high ethical standards to earn Trust. They acknowledge and define the problems in the community including their causes. They collect information and apply critical thinking by asking questions to identify the difference between facts, beliefs, assumptions, and opinions. Rotarians build truths on facts. They do not cherry-pick data to support a position.

Championing a truth should not violate other parts of the Four- Way Test. If that happens, we should look at our style of championing and the substance of our truth. It may look like the truth from the perspective of the championing it. But it's egotistical to assume one's individual truth is a singular or universal truth.

Imagine the power of the four questions and twenty-four words that can, for example, help resolve conflicts without violence and fulfill our Rotary peace mission - reaching mutually beneficial, sustainable, and scalable solutions.

The Four-Way Test is our guide, as Rotarians, when in difficult situations. Overcoming such difficult times strengthens us. Conflicts maybe transformed into constructive change, what some call conflict transformation. The current Rotary International strategic thrust is to adapt to new situations as we serve society post pandemic.

Maybe we have cognitive dissonance; we can even disagree with our own truths and change our actions. We sometimes attempt to justify our actions by performing some offsetting act. Or we ignore, deny, and discredit any information that conflicts with our truths. Let us use conflict transformation to resolve issues related to holding joint district conferences. Let the 4 Way Test work for us even in our entrenched differences.

To quote from AI (artificial intelligence), the Four-Way Test Is Not A Tool To Judge Others

In our contentious society, there may be those members of Rotary who use the Four-Way Test to support opposing political and social arguments and to criticize the thoughts, statements, and actions of others. There may be members with completely opposing viewpoints who use the same Four-Way Test to both support their argument and demean others. Rotarians and others are using all forms of social media to share their opinions about perceived violations of the Four-Way Test, causing others to pile on additional comments and insults, all with little thought to how this affects our public image. I am imperfect and guilty as charged!!

Always keep in mind the Four-Way Test is a mirror, not a window

Rotary members should not use the Four-Way Test to look at others, but rather, to look at themselves in considering the consequences of a thought, statement, or action. It should not be a window through which we look to judge others. It is a mirror at which we look to judge ourselves. It is more about how we treat each other than how we measure ideas, opinions or people.

Of the things we think, say or do Is it FAIR to all concerned?

There are several synonyms for Fair – just; equitable; impartial; unbiased; straightforward; objective. Fair means showing no evidence of favoritism, self-

interest, or indulging our own likes and dislikes, which can be difficult to achieve. Fairness and equality isn't the same thing. While equality of opportunity is a cornerstone of fairness, it rarely exists. Being fair to all concerned won't eliminate all hardships, but it should distribute hardships according to the Golden Rule: Do unto others, as you would have them do unto you.

In our Rotary lives, let's identify and include all interested and affected parties. Try to understand the other points-of-view in the context of conflict and reach shared goals. This approach and activity of interaction ensures accountability especially for those in leadership. This protects us from developing cliques, or networks, that stand in the way of that culture. This creates an environment of trust and mutual respect for each other. This is Fair To All Concerned.

Of the things we think, say, or do Will it build GOODWILL and BETTER FRIENDSHIPS?

The Four-Way Test refers to better friendships, not more friendships. Better friendships are built on five attributes: respect, trust, reciprocity, shared experience, and mutual enjoyment of each other's company. This is Fellowship; a feeling of respect and openness to ask questions that can lead to creative and innovative solutions.

Our 'house' is a big one. People of many vocations, denominations, races, ethnicities and beliefs. As a club we are known to be strong in fellowship. It is imperative that as club members, our place continues to be one where we strive to be seen as a group of likeminded citizens who are supportive, respectful, engaging and self-aware of each other's space and needs. Through the good work of our past and current Rotarians this culture is something we should and need to continue. It is important that we all commit to being 'that person' at the club who lives by and personifies these values. Each Rotarian may have his/her own key judgment on what builds goodwill and better relationships – for some it may be the shedding of the daily rigors of work to 'take a break' and just enjoy the fellowship that Rotary offers. This Builds Goodwill and Better Friendships. When most people think of goodwill, they think of a kindly feeling of approval and support.

Integrity breeds goodwill. A businessperson also

defines goodwill as the value a business attains through its brands and its good reputation. Goodwill is measured as the market value of a company over and above the value of its tangible assets.

It's taken close to seventy years to build the Rotary Club of Kampala and the country's Rotary reputation and only five minutes may ruin it. Unlike ordinary assets, goodwill cannot be insured. It's an intangible asset. The only way to retain it is to keep building it according to the Rotary motto: Service above Self. Goodwill is by far our most asset, it's the reason everyone joins Rotary including corporate partners. Goodwill is the reason communities trust us.

Of the things we think, say, or do Will it be BENEFICIAL to all concerned?

How do you win today and tomorrow? Achieving this - benefitting everyone concerned in the short

and long term creates respect and loyalty that pays huge dividends. Members and partners know and stay with us for life enjoying mutually beneficial solutions that are sustainable and scalable. The things we think, say, or do will be beneficial to all concerned if they convey empathy, done with an open mind and open to new ideas and different points of views.

Rotarians are admired throughout the world because they try to live up to the Four-Way Test. I hope the next time you recite it, you will find deeper meaning and greater inspiration in its words.

(This article is based on writings in the Rotarian magazine and Rotary articles online.)

Shem Nnaggenda Nsubuga- Rotary Club of Kampala







21ST

OCT 2023

SAVE THE DATE

VENUE

KITANTE PRIMARY SCHOOL

TIME

9AM

FOR MORE INFO

PAG MARGARET OKELLO

+256 772 406273

+256 702 406273

Powered by RC Kiwatule & RC Kyadondo

Opportunity



ADVERTISE WITH

The Wave

Dear Rotarians, the **DG's Wave Magazine 2023/2024** shall be offering us a chance to show case our hustles'- **"Support a Fellow Rotarian/Rotaractor."** Please advertise what you do, it could be a business, a skill or a consultancy. Let us support each other first.

Space	Monthly	Quarter (4 months)	Half year (6 months)	Annual
Full page	1,000,000	2,000,000	3,000,000	4,000,000
Half page	500,000	1,000,000	1,500,000	2,000,000
Quarter page	250,000	500,000	700,000	800,000
A strip	150,000	300,000	500,000	600,000

For more information and bookings call:

Rtn Sheila Naturinda +256 782/701 316546 (Editor – Wave Magazine 2023/2024)






TRF

RECOGNITION

Dinner

5PM

SATURDAY 21ST, OCTOBER 2023

VENUE: KABIRA COUNTRY CLUB

ROTARIANS / ROTARACTOR FEE: UGX 200,000/=

RSVP

JOE NUWAMANYA

Chair organising Committee

0776720280

FABIAN KASI

Chair Fundraising / Treasurer

0772791541

RONALD OINE

Chair Paul Hairs Society

0772730201

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Rotary
District 9213



Rotaract
District 9213



99th **DISCON**

**18th – 21st
APRIL 2024**

**@Speke Resort
Munyonyo**



**EARLY BIRD
REGISTRATION**

Rotarians – USD 200

Rotaractors – USD 120

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