



# THE ROLLING WAVE

ISSUE 02 | AUGUST 2023

*Beacon of Hope*



## *Serving Both Flocks:*

Archbishop Odama Embraces Rotary, Uniting Faith and Service in Action





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## Editor's Note



The editorial team would like to extend our gratitude to every Rotarian, both past and present leaders, for your unyielding commitment to making the rolling wave an entertaining piece every month. Please, use it also to show-case your businesses through advertising and we shall come support your hustle.

Dear Friends,

Welcome to the latest edition of the Rolling Wave! As we flip through these pages, we embark on a journey to explore the incredible impact Rotary has had within our communities. It is with great pleasure that together with the editorial team, I present to you the stories, initiatives, and inspiring projects that reflect the true spirit of Rotary.

In every corner of the globe, Rotary clubs have been working tirelessly to make a positive difference in the lives of people, leaving a lasting mark on their communities. Each day, Rotarians embody the values of service, leadership, and fellowship, coming together with unwavering dedication to create a brighter future for those in need.

Throughout these pages, you'll encounter tales of compassion, resilience, tenacity, and the power of collective action. From Rotary's undying spirit in Gulu even when the war was rife, to advisories on how we can engage in Global grants successfully, and to more advice on how presidents can manage—all this comes in one package.

This edition takes you on a journey through the success so far registered in the uplifting of the boy-child initiative program, the call to mental health that needs all our support and how buddy grouping

is entirely the untold magic in our relationships as clubs. All these and more exemplify Rotary's dedication to building a better world.

As the chief editor of this magazine, I have been humbled by the passionate call from many of you, asking for space to showcase your clubs work, and also thought leadership articles that are a great read. Every time I read all the submissions, I thank DG Edward for giving me an opportunity to be in this space, the space i so much love.

The editorial team would like to extend our heartfelt gratitude to every Rotarian, both past and present leaders, for their unyielding commitment to making the rolling wave an entertaining piece every month. Please, use it also to show-case your businesses through advertising and we shall come support your hustles.

Thank you for joining us on this extraordinary journey, as we celebrate Rotary's tireless efforts and its boundless potential to create a world of peace, understanding, and prosperity for all- Look out for the SEPTEMBER issue where we shall visit the EASTERN region, and document for us the great milestones registered in that beautiful part of Uganda.

**Sheila Naturinda**



At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A

recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years, and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.

**R. GORDON R. MCINALLY**  
**President, Rotary International**

## From July's Excitement to August's Expansion

August is here, I cannot believe that July has gone so fast but we thank God for enabling us cross over from July.



July has been very exciting. Allow me to thank all the Rotarians of D9213 and our sister D9214 for overwhelmingly attending the launch of our signature project, and showing up in big numbers. The occasion was very successful kudos to the organizing committee headed by Rtn Jenifer Mirembe and her great team.

Three days later in the office, I conducted my very first Governors visit to RC Kampala South where I was received with pomp and colour, and in that one-hour ceremony I came out with \$3000 as a gift to Polio. It is from then that a lot more has happened, many of you have blessed our district through me, with cheques. With this, I see us hitting our target earlier. Thank you all who have given so far, for that pat on the back.

I later proceeded to Northern Uganda starting with Gulu where I discovered that Rotarians in that side of our beautiful country are doing great and impactful projects. This super excited me because Rotary is about impactful life changing projects that we extend to the less privileged of our communities. The blessings my team and I carried from Archbishop Odama and other priests, we remain indebted to my team in Northern region for organizing such a great, meaningful and picturesque events bringing the men of God on board.

I later Proceeded to Arua and I am still amazed at the great inspiring projects. I thank all Rotarians from the greater Northern region for the amazing work they are putting their hands on.

Now, as we step into the month of August, Rotary International celebrates Membership and New Club Development month, a time dedicated to embracing and expanding the global family of Rotarians. This

is a special opportunity for all of us to reflect on the impact Rotary has made in our communities and to invite others to join us in creating positive change worldwide.

Rotary's strength lies in its diverse and passionate membership, united by the common goal of service above self. As we focus on membership this month, let us reach out to friends, family, and community leaders to share the inspiring work Rotary does and encourage them to become part of our extraordinary network of dedicated individuals.

New club development is the foundation for Rotary's growth and sustainability. I invite you to explore the possibility of starting a new Rotary club in your area, bringing together like-minded individuals who are committed to making a difference. Together, we can extend the reach of Rotary's impact and continue to serve humanity with compassion and purpose.

Let us embrace the spirit of Rotary in August and welcome new members into our family. By growing our membership and establishing new clubs, we ensure a bright and promising future for Rotary as we continue to create lasting change in the world.

My dear Rotarians, while our year is 12 months, the most productive period is from 1st July to 31st December so we have to pull our socks higher and higher to ensure that by 31st December we have achieved our goals by 80%.

I look forward to meeting all of you on the 27th day of August as we run to beat Cancer- One way of Creating Hope in the World.

**Edward Kakembo Nsubuga**

**District Governor 2023/24**

## At Rotaract, we have got ourselves a Special Start and a Vision for August!



We have had a special start to our time of Creating Hope in the World. I thank all the Rotaractors across our District that have hit the ground running to ensure that we register progress every day. I have been delighted to visit and interact with 19 of our Clubs in the Central and Busoga regions. What I have experienced most is the renewed optimism, zeal and clear understanding by each President and their members on what they have to do for the development of their Clubs that shall surely happen this year.

Rotaractors have also totally understood the need to give to our Rotary Foundation under the excellent 30K for 30K campaign. The campaign has already raised over USD 1,500 implying that Rotaractors in our District have given at least USD 50 to the Rotary Foundation daily. With the proper understanding of the system and the cause, I trust that our giving this month shall raise to at least USD 200 daily and USD 6,000 at month end. Our USD 30,000 goal is surely in sight.

The month of August presents us with an opportunity to reflect on the various

aspects of membership as a key tenet for our organization. Our Rotaract Clubs ought to rethink our long mentorship sessions and make entry into our Clubs easier. We should focus on the basics for all our guests, induct them and ensure that our Club systems and programs convert them into the quality that we desire. Our organization needs more hands on the job and we must all work towards doubling our numbers.

I encourage all of us to ready to participate, in a big way, in the Rotary Cancer Run that is happening on Sunday 27th August. Please always ensure that you are part of your Club's and our District's daily achievements and success.

I thank all the Clubs that have welcomed us wherever we have visited and I look forward to interacting with more of our Clubs in the Central, the West and the North in the month of August.

In brief; Tujja Tujja...

**Emmanuel Lukeera**

**District Rotaract Representative**



# 38 years of Rotary in Gulu: Even in War, we remained Tenacious

“My name is Charles Odora Oryem, and I am a charter member and Past President of the Rotary Club of Gulu. I had the honor of serving as President in two consecutive terms, from 1989-90 and 1990-91. Our Provisional Rotary Club was chartered on May 28, 1985, with the sponsorship of the Rotary Club of Jinja. I vividly remember the moment when our charter certificate was delivered by the President Rotary of Jinja Rtn Dr. Enock. E. Tumwine and PP Jackson Oyugi to our charter president, the late Jude Tadeo Omal. Reflecting on the journey of RC Gulu and the achievements we’ve made over time brings about a mix of emotions.



Our club faced significant challenges during the Lords Resistance Army Insurgency, and at one point, Rotary considered revoking our membership due to nonpayment of dues. The turmoil that started in 1986 took a toll on our city, making it inaccessible and unsafe. Many of our charter members, who were civil servants, had to flee Gulu for their safety. Despite these difficulties, a few committed members, including myself, Rtn Pen Olum Chope, our treasurer Rtn Simon Gunya Purudi, and charter president Rtn Jude Tadeo Omal, tried to keep the club alive. Our meeting venue, the Gulu Golf Club (now TAKS Centre), was vandalized, leading us to relocate to the neighboring Acholi Inn, which

remains our meeting venue to this day.

In those challenging times, communication was limited to landline telephones, telegrams, and letter writing, making it difficult to stay connected and mobilize members. Many of our charter members did not return to Gulu, further complicating the club’s efforts to function effectively. However, attending the 63<sup>rd</sup> DCA in Kampala in June 1988 gave us the motivation and drive to reorganize and continue our Rotary journey. PDG and RIPE, the late Sam Owori, welcomed us warmly and generously covered all dues and conference requirements, providing the much-needed recognition and encouragement.

Throughout our struggles, we have maintained a close partnership with Lacor Hospital and its dedicated doctors, i.e the late PP Dr. Matthew Lukwiya and the late Rtn Dr. Isaac Ezati, back then and now, PP Dr Cypriano Opira, Rtn Dr Denis Okwir, Rtn Dr, PP Sr Josephine Oyella, and Rtn Dr Jacinta among others. Together, we have worked hard to support malnourished children and those injured in the conflict. The support from fellow Rotarians, including the Rotary Club of Rubaga, was instrumental in facilitating reconstructive surgeries in Gulu during the LRA insurgency. Rotary’s impact on our community has been immense, from rebuilding schools and hospitals to empowering vulnerable populations and extending clean water access.

Today, Rotary in Gulu has undergone a paradigm shift, benefiting from technological advancements like computers, smartphones, and the Internet, which have facilitated networking, communication and virtual meetings. Rotary’s membership has diversified, attracting professionals from various fields. We are proud to have produced the first female president in Rotary District 920, PP Rtn Rose Aida Aol Okot, after women were admitted to Rotary in 1998 following an appeal to the International Court of Segregation in 1997.

The growth of Rotary in our region, with the establishment of clubs in Kitgum, Gulu, Arua, and others, brings me immense joy as it signifies more people joining in the mission of doing good and serving the community. Seeing young people getting involved fills me with hope, as Rotary’s future depends on nurturing future leaders through mentorship and networking. As seasoned Rotarians, we must make way for the youth to develop their leadership potential and actively involve local communities in our projects for long-term sustainability.

Rotary has been transformational in Gulu, making a significant positive impact on the lives of people in our region. As we celebrate our achievements, we must continue to attract and support new members and engage local communities to ensure that our efforts have lasting benefits for generations to come”

## We continue to spread hope

As Rotarians, we celebrate the profound impact our organization has created in the world. Embracing this year’s theme, “CREATING HOPE IN THE WORLD,” we find inspiration in serving humanity and putting others before ourselves. Our ultimate goal is to leave the world in a better space than we found it, which is the essence of being a Rotarian.

38yrs later, our year began with the visit of the District Governor Edward Kakembo-Nsubuga, which coincided with the joint installation ceremony of the Rotary Fraternity for all four Clubs in Gulu. During the visit, we were honored to launch the Boy Child project, which holds a special place in the heart of the DG. The project aims to address the challenges faced by young boys in the Northern region, where some have resorted to a life of crime, earning them the code name “AGUU.” In this Hope Creator year, the Rotary Club of Gulu is committed to providing support and guidance to these boys.

We were delighted to have the presence of two Bishops from Northern Uganda, who were bestowed with the honorary title of Rotarians by the District Governor. Continuing our efforts to make a positive impact, the District Governor symbolically planted trees at the remand home, signifying our support for the boys in the remand home and our dedication to the environment.

In July, the Rotary Club of Gulu organized a Rotary in community event centered around the month’s theme of Maternal Child and Health. We collaborated with the Rotaract Club of Gulu University and distributed 50 Mothers kits to pregnant mothers at Bardege Layibi Health Centre III. The highlight of the day was cleaning the health centre and providing the mothers with essential items from the Mothers Kit, including reusable pads, cotton wool, plastic sheets, soap, and surgical blades.

**Anthony Paklaki Ojok - Rotary Club of Gulu**



Charter members RC Gulu, PP Charles Odora Oryem and PP Grace Amono together with DES Gerald Obai and the charter president RC Gulu City at the charter celebrations.



# Utilizing the Power of Family to Strengthen Rotary



The strategy of “tell a friend to tell a friend” has proven to be a highly effective means of mobilization and popularizing various products and services. As Rotarians, we can leverage this approach to further expand Rotary’s presence in our hometown and district, given that Rotary membership is by invitation only. However, we can take it a step further by harnessing the power of family connections to introduce more people to the benefits of Rotary.

## Personal Experience: My Rotary Journey Influenced by Family

In 2017, while I was away on duty with an international organization, my wife, Sandra, expressed her interest in finding a community to fellowship with. She was invited to a Rotary Fellowship at Acholi Inn, and that was my first direct encounter with Rotary beyond seeing its symbol on ambulances and hospital signages or during scholarship searches. Intrigued, I delved into learning more about Rotary online and discovered its profound impact, far greater than I had initially perceived. Whenever I returned home during work breaks, I would join the Rotary Club of Gulu as a guest and became affectionately known as the “husband of a Rotarian” among the members.

## The Power of Family Bonds: A Catalyst for Engagement

Having a family member involved in Rotary had a profound influence on me, and I began to recognize the strength that comes from uniting to serve humanity. Although I was already dedicated to the Uganda Red Cross Society, where I held a prominent



position, I observed that Rotary was different in the sense of fostering a close-knit community. In contrast, the Red Cross had a more transient volunteer structure centered around specific events. As part of the Rotary family, I found camaraderie and a sense of belonging, especially as more of my relatives, including my sister Alice, were inducted into Rotary.

## Chartering the Rotary Club of Gulu City: A New Chapter

In early 2021, the prospect of establishing the Rotary Club of Gulu City emerged, and I knew this was a turning point. Today, I am incredibly proud to be a charter member of this club, where I have discovered true friendship and a sense of purpose. The bond I share with my fellow Rotarians fuels my commitment to serve our community and drive Rotary’s growth further. I am determined to utilize the power of family connections and friendships to create a positive impact on the lives of others and strengthen our Rotary community.

**David Otto Labeja - Rotary Club of Gulu City**

# A MEMORABLE WALKING SAFARI: Gulu’s Unique Installation and Breakfast Experience



The wilderness barbecue



Governor Edward’s admiration of nature’s gifts.

In July 2023, the Rotary Club of Gulu marked a new change in their calendar year with a special installation ceremony. This time, it held even more significance for one particular member - the President-Elect, my dear wife, Jolly. Her anticipation for this moment had been building for an entire year.

The installation event was a colorful affair, and one of my favorite moments was when our PP Dan Oling introduced the President-Elect. I want to extend a heartfelt THANK YOU to Rtn Dan for gracing HCP Jolly’s day, even amidst his wedding preparations. His confident and captivating speech captured everyone’s attention, setting the tone for an extraordinary day.

The day’s events began at the Gulu Juvenile Remand Home, which I couldn’t attend as I was busy organizing the famous Rotary tradition of the military breakfast. Along with a team of dedicated Rotarians, we prepared to host the breakfast at our home, Camp Akonyibedo, a picturesque forest setting away from the bustling city.

The decision to host the breakfast in a rural forest rather than the usual hotel setup was intentional. We wanted to offer Rotarians and guests a unique experience, immersing them in nature and providing a serene escape from the urban environment. The setting proved to be enchanting, with indigenous trees, wildlife sounds, and a sense of tranquility as we trekked through the forest to the breakfast spot.

Upon arriving at the breakfast area, we were met with awe and admiration for the raw beauty of the

setup. We kept the setting as natural as possible, wanting the grass to grow back after the event. The breakfast menu consisted of goat offals soup with boiled cassava and local brew called Malwa, served in the open amidst the serene surroundings.

During the breakfast, everyone enjoyed the provided food and drinks, and lively conversations filled the air. DG Edward Kakembo Nsubuga joined in the festivities, engaging with everyone and even taking part in harvesting maize from the garden for roasting. The atmosphere was joyful, with a big choir led by Rtn. Stanley, Rtn. Lilian, Rotaractors Claire, and other members, adding to the celebration.

As the day unfolded, we all felt a sense of reconnection with nature and ourselves, something that cannot be captured in photos or described fully to others. This walking safari experience was unique, leaving a lasting impression on our hearts and minds.

As a club, our successful event fostering a deeper connection among members and guests remains a ritual. The blending of art and nature offered a transformative experience that will be cherished by all who attended.

a testament to Rotary’s commitment to making a positive impact in the community while embracing the joy of fellowship in unique and memorable ways.

**Andruvile Emmy Ojok- RC Gulu**



# The Boy Child Uplifting Program: 30 DAYS AND COUNTING

BCUP as it starts to perceptibly disseminate within the Rotary Fraternity; is defined as the Boy Child Uplifting Program, an initiative and brain child of the District Governor - Edward Kakembo Nsubuga as the flagship program adopted and implemented by both Rotarians and Rotaractors of D9213 and pioneered in the Rotary year 2023/24.

The Program seeks to address the imbalance in our society statistically recognized between the girls and boys, men and women as they live and share the evolving environment that God has created for every human being. The imbalance remains evident right from homes, schools, religious activities as well as in the formal and informal employment sectors.

The real problem at hand is the number of our boys and young men living within our society but increasingly isolated in remand homes, prisons and rehabilitation centres because they find themselves in conflict with the law.

- **Crime:** 74,444 prisoners, including pre-trial detainees, remand prisoners and convicts: 95.4% are male, 4.6% female - Uganda Prisons Service [prisons.go.ug](https://prisons.go.ug)
- **Addiction:** 60-71% of school-going children (12 to 24 years) use addictive substances, especially alcohol (19.3%) and drugs (4.4%), as at 26th May 2022. Boys are two times more prone than girls. <https://journals.org>artical>
- **School drop-outs:** 1 in 10 school-age children did not report back to school in January 2022, after covid-19 lockdown, due to lack of school fees and requirements, loss of parents and guardians, peer pressure for sustaining small income initiatives during the lockdown. <https://www.unicef.org>uganda>

BCUP is here to uplift the Boys and young Men with a pilot age group of 10 to 35years for the less privileged, middle class and also the high end economically stable male society. A combination of all these categories of boys and young men appropriate education,life skills empowerment



Archbishop Stephen Samuel Kaziimba Mugalu pledges to champion the boy child cause

and income to have and sustain a decent living. In Rotary, our seven areas of focus are all relevant to this program but during this pioneer year, both Rotary and Rotaract Clubs are guided to focus on 2 areas; Basic Education and literacy as well as Economic and Community Development.

This is to purposefully sustain the critical tool of education to equip our Boys with a culture of seeking knowledge to enable them favorably compete in the ever evolving society with increasing income demands across all levels of life styles. We can not then leave out the income generating skills which must be trained as hands on projects in the different sectors of hospitality, manufacturing,engineering, construction; to mention but a few. These are all pointers to Clubs for implementation as is or additional creative concepts on how to uplift our boys and young men in the already existing service projects or identifying new areas that have

## SONDE MODELS EMPOWERING THE BOY CHILD STUDENTS OF FAITH HIGH SCHOOL



HCP Paul Sigombe and DG. Edward Kakembo having a light moment with the boy child students of Faith High School, Sonde.



HCP Paul Sigombe, The Boy Child patron Faith High School and Rtn. Joseph Epilu the BCUP team leader having a parade with students of Faith High School during the BCUP launch

Sonde Models is currently in the initial stages of imparting life skills to the male students of Faith High School, with the aim of promoting personal success in both their academic journey and future endeavors. As part of our training scheme, we have taken up the task of equipping the boys with essential financial literacy and saving culture skills, areas that have been overlooked in the school's teaching and training curriculum.

To further enhance the scope of our program, we are actively engaging in negotiations with the staff of the leisure and hospitality department at Makerere University Business School. Our goal is to involve them in empowering the boys with valuable knowledge in leisure management, which will broaden their horizons and prepare them for a successful future.

Working closely with the school's Boy Child Coordinator, our club facilitates peer talks with the boys, addressing the significance of living a successful family life. We firmly believe that by instilling these crucial skills in the boys, we can contribute to the establishment of strong and thriving family setups in the future, especially given the current state of affairs.

Furthermore, our team of Sonde Models boy advocates, in collaboration with BCUP team leader Rtn. Joseph Epilu, is actively exploring ways to support and guide the boys in developing their personal branding. We see this as an opportunity to inspire them not only in their current educational journey but also in their future business endeavors as they progress through life.

concentrated boys or young men that can benefit from this program.

The first 30 days of BCUP were kicked off with the launch of the Boy Child Uplifting Program; with 42 Rotary Clubs and 14 Rotaract Clubs that physically attended and participated in this launch as well as 51 Rotary Clubs and 24 Rotaract Clubs that followed this launch virtually on the 1<sup>st</sup> July 2023. The highlight of the launch was RC Sonde who attended with their Boy Child Students from Faith High School.

The Sonde Models are recognized as the 1<sup>st</sup> Rotary Club to display their BCUP implementation program through this school and we now take a look at their opening activity at the District BCUP launch.

The BCUP implementation road map will still

be re-echoed until all Clubs are comfortable to independently or supportively swing into action. But to start us off, the journey has begun with strategic awareness and sensitization campaigns through Clubs' presentations to announce the need to support and uplift the boy child. Clubs are encouraged to continue with this awareness campaign through their weekly meetings with these basic actions as proposed; Boys and Men participating in leading and managing at-least one weekly Club meeting a month; including inviting a Guest Speaker to talk about the boy child at home,at school,at work,in church,in a mosque,in a play ground, in a marriage etc.

The BCUP District Committee has 23 Members and they are available to do the BCUP 360 degrees





**Back to my roots:** DG Edward lays a foundation stone for the Boys washrooms at Kisowera Primary School Mukono, where he had his primary education

presentations in Clubs. In the first 25days; we have done presentations in 10 Clubs of ; RC Sonde,RC Jinja,RC Najeera,RC Kampala City, RC Butabika Royals, RAC Kampala North, RAC Mityana,RAC Soroti, RAC Mbale, RAC Kampala-Maisha.

The Clubs have also started unveiling their BCUP activities through launching and community activities. RC Upper Kololo led by their HCP Joyce Sadoori, launched their BCUP project at Naguru Remand Home where 152 of the remanded 155 were boys between the age of 12 to 17.

Rc Upper Kololo donated 500 chics to the Boys to be skilled in raring of chicken and also partnered with Hotel Lavena who are ready to buy the chicken

and therefore a ready market to support these Boys' for a sustained income generating chicken project.

The District Governor during his tour of duty in Northern Uganda also continued with the visits to the Remand Homes like Juvenile Remand Home in Gulu; and again, 98% of the Remandees are Boys and therefore the innovations for skilling projects to support these Boys are very much needed.

RC Tororo launched their BCUP project with a match to create awareness of the Program in Eastern Uganda,

RC Arua Eco City also launched their BCUP Project and distributed text books to Springs Nursery School.

RC Mukono Central visited Kame Ghetto in Mukono to identify BCUP beneficiaries and they carried out a community sensitization talk.

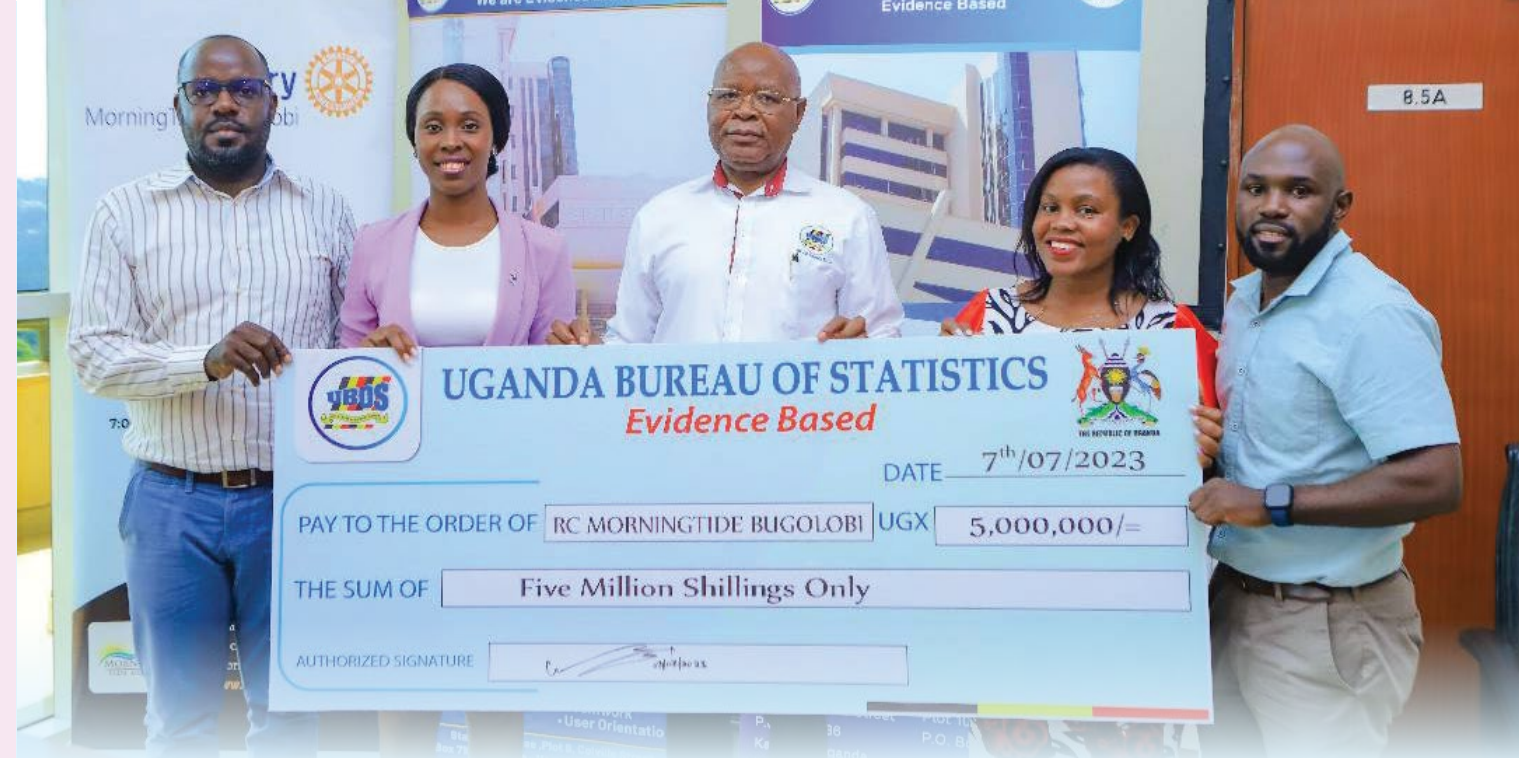
RC Kampala Ssesse; the Governor's Club hosting the first fundraising drive at Guvnor Uganda to support the Boy Child Uplifting Program.

In the next 6 days to close July, or Partners will also be visible in supporting BCUP. On Friday 28<sup>th</sup> July, Ndejje Senior Secondary School will be launching the "Men of Valour Club" whose objectives will be to uplift the Boy child. The District Governor,PS of Ministry of Education and Sports, PS Ministry of Gender, Labour and Social Welfare are expected to attend.

We shall also witness the BCUP launch for RC Kiboga, RC Kibuli and we are excited to close the 1<sup>st</sup> month of the BCUP implementation journey at the National Theatre to witness the joint BCUP launch of RAC Makindye, RAC Kololo,and RAC Kampala South on 31<sup>st</sup> July 2023.

The August list of Clubs to visit during their different confirmed BCUP activities is even more exciting. The BCUP plane has left the runway; it can only keep stabilizing in the space as the journey continues and together we can nurture, handhold, mentor, and celebrate the step by step boy child achievements through this program.

**Jennifer Mirembe Ssensuwa- Flagship Program Chair**



## UBOS supports The Boy Child Uplifting Project

On the 7th of July 2023, the Rotary Club of Morningtide Bugolobi received a heartfelt and generous donation of 5 million Uganda Shillings from the Uganda Bureau of Statistics (UBOS). This remarkable contribution is intended to support our signature project at Bunyonyi Primary School, where we are dedicated to transforming the lives of young boys through education, health, and empowerment.

Our commitment to uplifting the boy child has been central to our endeavors this year, and we couldn't be more grateful for the invaluable support from the Uganda Bureau of Statistics. These funds will play a pivotal role in driving significant positive change for the boys at Bunyonyi Primary School.

The donation is specifically earmarked for three key initiatives:

**Literacy Initiatives:** We firmly believe that education is the cornerstone of personal growth and success. The funds will be allocated to enhance literacy initiatives, providing students with the tools they need to excel in their studies and unlock their full potential.

**Sanitation Facilities:** Access to clean and safe sanitation facilities is not only a matter of dignity but also crucial for the health and well-being of students. A portion of the donation will be used to construct modern and hygienic sanitation facilities at Bunyonyi Primary School, ensuring a healthier environment for learning.

**Renovation of a Classroom Block:** To create an inspiring and conducive learning environment, we plan to renovate a classroom block. This will help foster a sense of pride among the students, teachers, and the entire school community.

Furthermore, as part of our commitment to the "Boy Child Uplifting Project," we will dedicate a portion of the funds to boy child mental health advocacy and empowerment. Mental health is an integral aspect of a child's development, and we aim to raise awareness, provide necessary support, and empower young boys to overcome challenges and flourish.

We cannot emphasize enough the importance of collaboration and support from our Rotary family and the wider community. Your dedication to service and making a lasting impact has been instrumental in our journey to improve lives and bring about positive change.

As we embark on this transformative project, we invite all members and supporters to join hands with us in this noble cause. Together, we can make a significant difference in the lives of these young boys, empowering them to become tomorrow's leaders.

Let us continue to uphold the spirit of Rotary and make a profound difference in the lives of those we touch.

**Molly Tushemereirwe- RC Morning Tide Bugolobi**



# Breaking Barriers, Building Hope: Fighting mental health together

Five years ago, Jane was happy and upbeat that her career and life was looking very promising. She was a bright student who had secured a scholarship for her university education and subsequently got a well-paying job immediately after graduation with the marketing company where she did her internship attachment.



While at the University, she had met her course mate John who became the love of her life and they both worked in the same company. All was blissful in their relationship and they eventually got married and were blessed with two children. Being go-getters, they quickly rose through the ranks at their workplace however there was consistent competition amongst them to surpass each other's performance targets and attain promotion. They were largely absent from actively parenting their two children who ended up having behavioral issues being distracted from their studies. Their home gradually turned into a "war zone" which caused immense strain on their marriage. For the sake of peace, John secured employment out of town and moved out of home.

The conflict situation as well as single parenting however weighed heavily on Jane who slipped into depression, became inefficient and unmotivated to work. She was constantly unhappy and angry with her work colleagues and children whom she blamed for her husband leaving her. She preferred to be alone in isolation and not interact with family or friends. This was an indication that her mental well-being was rapidly deteriorating.

Mental well-being is a state that enables people to cope with the stresses of life, to realize their abilities,

to learn well and work well, and contribute to their communities. Mental illness occurs when mental health is compromised for so long that it affects our mental ability to function. Anyone of any age, gender, background or ethnicity can get a mental illness. Current statistics reveal that approximately 35% of Ugandans suffer from a mental illness of whom 15% require treatment. More females (5.1%) than males (3.6%) are affected by mental illness. Regrettably, access to mental health care in Uganda is limited due to the presence of few specialized facilities providing mental health care. Many Ugandans believe spirits and witchcraft to be the cause of mental illness, so they will commonly seek health care from traditional healers.

Against this background, Rotary D9213 will implement a Mental Health Campaign in response to the call by the Rotary International President 2023-24 Rtn Gordon McNally to Create Hope in The World by Working for Peace and Mental Wellbeing. The objectives of the Rotary D9213 Mental Health Campaign will be to

- 1. Raise awareness about mental health needs
- 2. Enhance access to mental health services
- 3. Fight stigma and discrimination of persons with mental health disorders for their improved emotional well-being

35%

of Ugandans suffer from a mental illness of whom 15% require treatment.

These will objectives will be achieved by

- Integrating and implementing mental health awareness and service activities at district, club and community levels
- Encouraging members to embrace mental wellness at individual level and
- Rallying support from the district leadership, Rotary fraternity, partner and stake holders so as to institute a culture of mental wellbeing among our families, workplaces, clubs, committees' general population and our country at large.

Everyone inside and outside Rotary and has a role to play in the mental health campaign to achieve the envisioned impact. Time has come to have open conversations about mental health symptoms and consequences as well as forging stronger support strategies and accessing treatment for those affected.

**Mebra Lwabaayi**  
**Chair Mental Health Programme**

## Highlights of the Orientation to Mental Health Campaign.

On July 16, 2023, Rotary District 9213 organized a transformative event that brought together over 100 Mental Health Champions and Hope Creator Presidents from various Rotary clubs across Uganda. The Orientation to mental health campaign was a resounding success, demonstrating the unwavering support and commitment to addressing the silent epidemic of mental health disorders affecting millions of people worldwide, including Uganda.

Mental health and well-being are crucial factors in an individual's ability to cope with life's challenges, unleash their potential, and actively contribute to their communities. Understanding the significance of mental health, District D9213 has taken on the responsibility of reshaping the mental health landscape in Uganda and ensuring that everyone has access to the necessary support and care.

At the event, Rtn. Mebra Lwabaayi, the chairperson of the project, shed light on the broad spectrum of mental health conditions, encompassing mental illnesses, psychosocial disabilities, and distressing mental states that impair functioning and quality of life. The World Health Organization recognizes over 200 types of mental health disorders globally, with anxiety disorders, depression, bipolar disorder, eating disorders, and substance use disorders being some of the most prevalent conditions.

The global burden of mental disorders is staggering, with approximately 970 million people worldwide living with a mental disorder in 2019, with anxiety and depressive disorders being the most common. The COVID-19 pandemic further exacerbated these numbers, leading to a significant rise in anxiety

and depressive disorders in 2020. Urgent action is required to address this pressing issue and provide essential mental health support.

In Uganda, the burden of mental disorders is also significant, with an estimated 35% of the population affected, and 15% requiring treatment. However, access to mental healthcare is limited, with only

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Recognizing the significance of mental well-being, Rotary International President, Rtn Gordon McNally, has launched a program for 2023-24 under the theme **“Create Hope in The World by Working for Peace and Mental Wellbeing.”**



one mental hospital and 28 inpatient psychiatric units primarily concentrated around Kampala. This lack of accessibility leaves those in rural areas with minimal opportunities for care.

To combat the challenges faced by Uganda's mental health system, District 9213 has adopted a comprehensive approach. The organization plans to collaborate with the Ministry of Health, Butabika National Mental Hospital, regional referral hospitals, non-governmental organizations, and community organizations like Uganda Harm Reduction, Strong Minds, and Free Mind Therapy to provide preventive interventions and treatment.

Preventive interventions play a vital role in effectively addressing mental health concerns. Primary prevention focuses on helping individuals avoid stressors and develop adaptive coping strategies to reduce the incidence of mental disorders. Secondary prevention involves early case finding, screening, and prompt treatment to reduce the prevalence of existing cases. Lastly, tertiary prevention aims to minimize the severity of mental disorders and associated disabilities through rehabilitative activities and appropriate treatment.

Governor Edward Kakembo Nsubuga of Rotary D9213 extends an invitation to all Mental Health ambassadors and volunteers to coordinate and integrate mental health matters within Rotary activities. Creating partnerships with corporate companies and fostering a culture of well-being are among the primary objectives. Together, Rotary

International aims to make a meaningful impact on mental health worldwide.

Through collaboration with government agencies, healthcare facilities, NGOs, and media, Rotary D9213 aims to eradicate the stigma surrounding emotional well-being, raise awareness, and improve access to mental health services. Together, they aim to support one another, their loved ones, and their communities on the journey to mental well-being.

In conclusion, the Orientation to mental health campaign organized by Rotary District 9213 on July 16, 2023, was a tremendous success, demonstrating the dedication and passion of Mental Health Champions and Hope Creator Presidents in addressing the global mental health crisis. By collaborating with various stakeholders and implementing preventive interventions, D9213 aims to transform Uganda's mental health landscape and ensure that mental well-being receives the attention it deserves. The journey to mental well-being requires collective efforts and a commitment to breaking down barriers, raising awareness, and providing accessible mental health services to all those in need. Together, we can create a brighter and more mentally healthy future for Uganda and beyond.

**Carol Kyazze Kakooza**  
District PR & Media coordinator

## Guiding the Stars: The commencement of the Youth Mentorship Series

Are you between the ages 18 to 30? Would you love to develop and improve your leadership skills, have fun and network? The district has organized the 2023 Rotary Youth Mentorship Series, an intense mentorship experience under the theme 'Listen-Learn-Share' where young men and women shall be engaged and be nurtured by a team of experts, to grow in self, business, professional minds so that they can be empowered with communication skills, people management skills, time management skills and leadership skills among other soft skills. The culmination of the series will be the usual exciting RYLA.



The series of workshops are also aimed at providing business establishment etiquette from seasoned and experienced business professionals, growing professional minds for productivity in the numerous corporations and organisations the youths are based in.

Launching today the 5<sup>th</sup> day of August 2023, the series shall be holding every first Sunday of the month 2nd September 2023, 7th October 2023, 4th November 2023 and the climax on the 2nd December 2023. Certificates will be awarded to those who attend all 5 sessions fully. Registration for the series can be done through <http://bit.ly/3D2F7gA>

According to the Regional Analysis of Youth Demographics by the African Institute for Development Policy, Uganda's population is projected to grow exponentially, from 40 million in 2015 to 141.2 million by 2065 driven by the evident high fertility rate. Furthermore, young people in the age group 15-34 years will increase from 22.7 million in 2015 to 48 million by 2065. Uganda is one of the 10 countries projected to collectively account for more than half the world's projected population increase over the period 2017-2050. The United Nations Population prospectus (2019) ranked Uganda as the 5th youngest country in the world. This presents a great opportunity for our country to invest in her young people and build a better future.

The Rotary Youth Mentorship Series therefore now presents a great opportunity for us as a nation to do just that – to groom future leaders, professionals and entrepreneurs through an intense mentorship experience organised by the Rotary District Youth Services Committee targeting Rotaractors and

other interested youth where young people's skills are developed as leaders while having fun and making connections. The Mentors shall be carefully selected to share their practical experiences and motivate the young ones to become better at what they do.

The Rotary Youth Mentorship Series shall be a demonstration that Rotary respects, and is concerned about the young people, and it shall provide an effective training experience for selected and interested young people and potential leaders.

The objectives shall be;

- To Empower the young people with communication skills, people management, time management skills and Leadership skills.
- To Provide business establishment and management skills from seasoned and experienced business minds.
- To Grow the professional minds of our participants so they can be more productive personnel in corporations and the country.

The series expected outcomes:

- 500 young people from all over the country are empowered with more confidence, better communication and other soft skills to thrive in life.
- Young people empowered to bring their business ideas to life and thrive.
- Better human resource with good work ethics and productivity.

**Charles Lwanga Kiiza**  
District Youth Chair

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# DG Celebrates Rotary in Northern Uganda





## Kindness in Action: Embracing Rotary's Call for Service Above Self



I have always told people not to worry about how people act. That's on them not you. Always choose kindness, that's under your control. Spread it far and wide, whichever way you can, even if it means giving a smile or a word of encouragement. Never underestimate how contagious being kind can be.

Doing community work takes someone's passion of seeing others doing better even at a smallest magnitude. In Philippians 2:3-4 the bible says; "Do nothing out of selfish ambition or vain conceit rather in humility value others above yourselves not looking on your own interest but each of you to the interest of others" – this is exactly what Rotary is about. -Service above self

Over the years, I have been so passionate when it comes to community services. I have participated in many programs both in my classification and while growing up. I have seen tears of joy, smiles on the faces of the most marginalized communities, I have seen in their eyes a sense of hope and confidence ignited in their lives even when they thought life was meant to be permanently dark.

Community work doesn't really need you to be financially stable but it needs you to have a sense of humility, enthusiasm, love for others as well as a selfless heart in you. Over the years many people have had a wrong perception that for someone to be a member of Rotary, you should be so rich financially, you should be prominent or someone who is so influential in the society but to me, being a Rotarian is much bigger than that. We have seen



people who are financially stable but they don't give out or share anything of their riches.

On the other hand, we have seen people who are not financially stable sharing their riches, sharing their love and their positive energy by making others feel better and secure. Just as it is written in the bible that man looks on the outward appearance, but the Lord looks inside the heart. I believe that doing community work without expecting any favor in return is a blessing from God.

I have always told people not to worry about how people act. That's on them not you. Always choose kindness, that's under your control. Spread it far and wide, whichever way you can, even if it means giving a smile or a word of encouragement. Never underestimate how contagious being kind can be.

We have Eyes, not to judge others but to look beyond situations, Mouth not to criticize but to speak the truth, Hands, not to push but to give a helping hand, Ears, not to be insensitive but to listen and aid those in pain, Powers and position, not to oppress the weak but to serve equitably.

**Sam Franklin - RC Kabarole**

## Building Bonds Beyond Boundaries: Bulindo's Buddy Group Catch-Up Sunday Ignites the Flame of Unity and Impactful Service.

We started the Hope Creating Year with a Buddy group catch-up Sunday. That is who we are. We put a lot of effort in fostering meaningful connections and creating a supportive environment and we ensure our club members are well-equipped to tackle the challenges ahead.

With this shared vision and strengthened bonds, at RC Bulindo, we are poised to create lasting change and inspire others to join as we grow rotary.

Four years now, at Bulindo we are as dynamic as we started, we are dedicated. We are based in the heart of the Bulindo community in Kira Municipality and with such a year commencement event, we boldly introduced camaraderie, bonding, and collaboration, in our membership making the event a perfect beginning to what promises to be a fruitful and impactful year so far.

Rotary International places great emphasis on building strong connections among its members, fostering relationships that extend beyond mere acquaintanceship. These connections, often referred to as "buddy groups," consist of smaller groups of Rotary club members who regularly meet

to collaborate on service projects, share ideas, and offer support to one another. By hosting a Buddy Group Catch-Up Sunday, RC Bulindo demonstrated its commitment to cultivating these relationships and building a strong sense of unity within the club.

The Buddy Group Catch-Up Sunday took place in serene and picturesque locations, carefully chosen by buddies to provide an atmosphere conducive to open conversations and relaxed interactions. Members were encouraged to mingle, exchange stories, and learn from one another's experiences.

One of the highlights of the day was the sharing of success stories among the buddy groups. Members enthusiastically discussed their achievements from the previous Rotary year, inspiring others with their dedication and commitment. The event also provided a platform for members to learn from each other, exchange ideas, and collaborate on new initiatives. The sharing of experiences served as a reminder of the incredible potential that lies within the RC Bulindo community, and we just started.

**Vanessa Namayanja- RC Bulindo**

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## You Are Now The Club President: What Next?

### A Past Assistant Governor's Bird's View On Leading Rotary Clubs



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The 360 degrees leadership model is derived from the John C Maxwell book of 2021, “The 360 degrees Leader- Developing your influence from anywhere in the organization” and it contains facts about leadership from any positions, dealing with myths of middle leadership, the challenges faced by leaders, the principles that should be deployed among others.

Almost every Rotary Club ushers in their Club Presidents with lovely Installation parties which are good for celebrating the achievements made in the past year, enhancing visibility, recognizing good performers

and sponsors, as well as strengthening networks beyond their clubs. Like the Government's financial year, the Rotary year is July to June.

I congratulate all Rotary District leaders upon successfully completing the Rotary Year. It is because of the past successes by past leaders that we still find strong Rotary clubs and a growing register of members globally because like us who joined before, every new member finds Rotary an attractive and fulfilling space to be.

Leading voluntary organizations has never been easy. It stretches you, but also gives you an opportunity to serve and learn more about leadership and personal discovery. There are things that they will not tell you as you become President for example, no one ever tells you that you will have to invest your time, resources to keep the club in good standing and members active, or that leadership is hard and you will need to deploy all manner of skills to win and keep people in clubs, or that without a strong governance structure in your club, the burden will rest on you as the President.

No one ever tells you that you will have to remind members to pay their dues even when they know that Rotary is by membership and membership is by subscription(payment of annual dues), you will not be told of the moments when members will not be available for club projects because they are busy with their families and other stuff, that in some situations, members will disagree and as a leader, you need to balance your interests and take decisions that are fair to all concerned, without any prejudice. No one will tell you all these, absolutely none. In whatever situation you find yourself, never give up your leadership position because we know you are capable of making it. Therefore, to be an effective Rotary President, you need to embrace the 360 degrees style of leadership.

The 360 degrees leadership model is derived from the John C Maxwell book of 2021, “The 360 degrees Leader- Developing your influence from anywhere in the organization” and it contains facts about leadership from any positions, dealing with myths of middle leadership, the challenges faced by leaders, the principles that should be deployed among others. In it you learn to lead up, to lead across, and to lead down, starting by self-leadership, before leading others.

Whereas leading up involves guiding and taking decisions that influence the people above you for example the board, and District officers, leading across in rotary means that you should be able to engage and influence fellow Presidents to visit your club, attend your projects as you reciprocate. Leading down requires that as President, you be able to win, guide and influence your own club members,

all club officials, make followers, outcome of which is evident from their participation in all events, including paying their dues on time and contribution to the Rotary Foundation.

But as you lead, remember to prepare for any anticipated risks and challenges. These challenges present themselves in the form of; the frustration challenge, the multi-hat challenge, the ego challenge, the fulfillment challenge, the vision challenge and the influence challenge.

In the frustration challenge, you will face frustrations from members and external partners but do not quit. Even you as a leader you are likely to frustrate your members and strategic partners with your unpopular leadership style, character and unethical behavior. No one wants to follow an insecure, vision less, incompetent, selfish and controlling leader. The multi-hat challenge is that one that requires you as a leader to put on many hats. You must be emotionally Intelligent, have capacity to determine what to do or say and when because an effective Club President must have many hats and know when and where to use the hats.

The ego challenge means that you have to do away with your ego because you know that ego is the enemy of progress. You don't have to be noticed or recognized to be a good leader. Even if you are un noticed, unrecognized or unappreciated by some members, you have to serve- do not open wars with people. Do your best and it is just a matter of time, people will appreciate your efforts (if any). The fulfillment challenge involves fulfilling your promises as a leader. The reason you must never over promise and fail to achieve. Whatever goals you plan, ensure they are realistic and achievable within the 12 months you have at the helm.

The vision challenge requires that you have a vision as the Club president, sell it to the club, champion it, invest in it and add value to it. Lead by example. For

example, if you want more PHFs or Major Donors in the club, then start by ensuring that you have complied yourself.

The Influence challenge requires that you influence your club members and followers for they say that leadership is a game of influencing and winning others. Avoid scattering and diving/splitting the club members. Avoid situations that would chase away club sponsors and potential members. Create rapport with your members and identify potential sponsors, engage mother clubs and new clubs chartered by your clubs, do not abandon them- keep them close so that as you conclude your tour of duty, you will pride in having grown the numbers.

In all this and above all, remember to train, consult the past and present leaders, remain active, work on strategies to attract new members, review your plans for the year and assess your performance, prepare monthly reports and submit to your AGs in a timely manner. Reports are important for tracking progress, accountability and transparency. Remember to update the club data and progress reports on the Rotary e-platforms.

The role of your Assistant Governor is not to run the day-to-day affairs of your club but to be a guide, educate, inspire, coach, motivate, assess performance and report accordingly. The Assistant Governor assists the District Governor with the administration of their assigned clubs, and they will always remind you to be accountable, active and transparent.

While I wish you the best as our new Hope Creator Presidents, you need to appreciate that behind the scenes, there will be a lot that we will not see, but that which will eventually put you on the list of the successful leaders of your time.

**Mercy K. Kainobwiso**  
Past Assistant Governor

**In the frustration challenge, you will face frustrations from members and external partners but do not quit. Even you as a leader you are likely to frustrate your members and strategic partners with your unpopular leadership style, character and unethical behavior. No one wants to follow an insecure, visionless, incompetent, selfish and controlling leader.**





## Roaring Cheers and Spirited Goals: The Rotary 5-Aside Tournament Lights up Mtn Omondi Stadium

The sun rose over the Mtn Omondi Stadium, painting the sky with hues of excitement as the Governors of District 9213 and 9214 launched the highly anticipated Rotary 5-Aside event. As the gates opened, the air buzzed with the electric energy of camaraderie and community engagement, embracing Rotarians from near and far for a day of sports and philanthropy. The stage was set, the teams ready; it was time to let the games begin!

68 teams of 40 Rotary clubs, 8 Rotaract clubs, and 12 dedicated corporate partners, all united under the dynamic leadership of the event Chair Rotarian Edward Nkangi showcased the power of unity in service. The stakes soared high, with mouthwatering prizes of 3million and 2million tantalizing the competitors, generously sponsored by the esteemed Corporate Partners led by KCB Bank.

The tournament, organized by the Rotary Club of Kiwatule, drew heart-pounding excitement as last year's champions, the Rotary Club of Bukoto, handed the torch to this year's victorious Rotary Club of Kampala Sunshine, with Rotary Club of Kampala Ssesse Islands and Rotary Club of Nakasero securing well-deserved positions on the stage. In the Rotaract category, the Rotaract club of Kololo outshone all, while Centenary Bank took home the corporate crown, with New Vision securing an impressive second position.

Beyond the thrill of the game, the Rotary 5-AsideTournament holds a profound purpose—it is the flagship fundraising product of the Rotary Club of Kiwatule, now celebrating its 7th Edition. The tournament unites Rotarians, Rotaractors, and corporate companies in a powerful alliance, with proceeds dedicated to community projects championed by the Rotary Club of Kiwatule. The cash awards bestowed upon the victors, are channeled towards projects that elevate lives and nurture sustainable communities.

The game itself, a whirlwind of adrenaline, boasts a unique format, with 5 players forming a team, and each full match lasting a thrilling 10 minutes. The spirit of inclusivity is celebrated, as every team must include at least one female player, fostering a harmonious balance of 4 men and 1 woman the fixture formula hinges on numbers of 8, resulting in 8 groups of 4 to kickstart the action-packed tournament from 32 players. A standout aspect of the Rotary 5-Aside that all players must be

Rotarians, infusing the event with the true essence of fellowship and service.

The journey to this exhilarating morning was not without its challenges, as the 2020 and 2021 editions faced postponement due to the pandemic's grip. However, the unwavering spirit of Rotarians soared above adversity, with clubs registering in a heartbeat once the announcement for this year's event was made. Enthusiasm overflowed, and some clubs were even overwhelmed by the numbers, attesting to the magnetic allure of the **Rotary 5-Aside**.

As the games unfolded, cheers echoed from every corner of the stadium, reverberating with the joy of camaraderie. Rotarians from diverse regions, including Gulu, Mukono, and Masaka, traveled great distances to participate, reflecting the true essence of Rotary's boundless reach and impact. Corporate partners joined hands, with over 20 companies contributing to the noble cause, each giving according to their capacity.

With the main Sponsor, KCB, and other sponsors like Centenary Bank, NCBA Bank, and New Vision

the prize money of 3 million for the winner, 2 million for the runner-up, and 1million for the next positions showcased the tournament's meaningful purpose. Amidst the fervor of competition, the true winners were the community service projects that will benefit from the funds raised, demonstrating the immense power of sport and solidarity.

For Rotary Clubs across the nation, registering for this epic tournament is a ticket to a day of extraordinary experiences and heartfelt connections. As the 7th Edition marks a triumphant return, Rotarians eagerly anticipate future editions, yearning to be part of this signature Rotary program. The Rotary 5-Aside Tournament exemplifies the heart of Rotary's spirit, uniting Rotarians, Rotaractors, guests, and corporate companies in a jubilant celebration of service, fun, and fellowship. When Rotarians unite, no goal is too ambitious, and no impact is beyond reach. This exhilarating journey of service through sport lights up the path towards a brighter, more sustainable future for all!

**Carol Kyazze Kakooza**  
District PR & Media Coordinator

**Rotary**  
District 9213



**CREATE HOPE**  
in the WORLD

### Opportunity

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)



# Global Grants, “Getting Started”



Integrity is doing the right thing  
even when no one is watching



## Community Assessments, looked at in perspective:

Addressing your community's strength, weaknesses, needs and assets is an essential first step in planning for an effective project. It is therefore of necessity the very first “port of call” if you will in any global grant endeavor.

By taking off time to learn about our communities, we can discover the most relevant opportunities for projects and maximizing our respective club abilities to make meaningful impacts. Community assessments in essence make us get a better understanding of the dynamics of our communities and further help both these communities and ourselves make very important decisions about our service priorities. A unanimity of purpose of sorts.

Even for those individuals already actively involved in different community assessments can reveal additional strength and opportunities for growth.

An effective assessment always invariably reveals a few things we did not know about before.

Additionally, assessments also help build valuable relationships and encourage community members to actively participate in making lasting improvements. In a nutshell, community assessments are a very critical first step in creating trust, camaraderie, community ownership and sustainability, the tapestry that makes us who we are.

Assessments should be systematic, not between one or two people. A wide variety of community stake holders and beneficiaries should of necessity be engaged in a meaningful way.

## Tips for conducting any assessment:

- Remain open minded. Don't presume to know what the communities need.
- Choose the participants carefully. Consider the makeup of the communities.
- Include overlooked and marginalized groups; women, the elderly, young people, the disabled, religious and ethnic minorities. Always keep the community's social dynamics in mind.
- Always consider “yourself” an outsider. Find a well-connected organization or groups that can introduce you.
- Don't promise a project before making a decision, the right decision.

## Six Community Assessment Tools:

They are not exclusive. They can be combined or adapted to best suit your respective club resources and aspirations as well as the preferences of the people you wish to engage in.

### Community Meetings:

These are sometimes dubbed, “Town hall” or “public fora”. Very informal public gatherings that bring together members of the communities to discuss issues, choice, concerns and express preferences for community priorities. A facilitator leads a discussion on issues related to community strengths and potential challenges and encourages attendees to vocally participate.

### Survey:

A popular method of collecting information and opinions. They can be general or targeting specific segments of the community. They can be delivered by e-mail, phone or in person.

### Interview (Key Informant):

One on one conversations between a facilitator (Interviewer) and a community stake holder (respondent). They allow for a greater understanding of the respondent's ideas and feelings. Unlike surveys, ‘follow up’ are deemed feasible.

### Focus groups:

A carefully guided discussion used to determine a target group's preferences and opinions on a particular issue or idea. Most focus groups comprise of 6 to 12 diverse stakeholders usually asked a series of carefully worded, usually ‘open ended’ questions on different issues within the communities. Dialogue tends to evolve and participants tend to build on each other's responses.

### Asset Inventory:

Identifies various types of resources in a community including the people, physical environment, institutions, services and events. Identification of people, places and anything of value. These are documented and the findings subsequently analysed.

### Community Mapping:

These are used to reveal different perspectives about a community. A few resources and a little time are required. In this facilitated activity, individuals or groups draw a map of their community, marking certain points of importance and noting how often they visit the places.

## CONFLICTS OF INTEREST IN GLOBAL GRANTS (A TRF PERSPECTIVE):

Consider an individual in a position to make or influence a decision about a grant or award that benefits:

- That individual (In this case a Rotarian/ Rotaractor).
- An immediate family member.
- A business partner OR
- An entity in which the individual, an immediate family member, or a business partner has a significant financial interest or in which the individual, an immediate family member, or a business partner is a trustee, director or an officer.

## Conflict of Interest in relation to TRF programmes:

### Award individual eligibility:

Individuals who can't be candidates or recipients or beneficiaries of any TRF programme:

- Rotarians, Rotaractors, employees of clubs and Districts or RI, spouses, lineal descendants, and their spouses and employees of agencies, organisations or institutions partnering with The Rotary Foundation (TRF) or Rotary International (RI).
- Former Rotarians/Rotaractors remain ineligible for 36 months after termination of membership.

### Conflict of Interest-selection committees:

- These must show impartiality.
- Exercise complete transparency. Anyone with perceived conflict of interest must recuse him/ herself.
- There must be a fair, open and thorough bidding process.

### Disclosure:

To the General Secretary of Rotary International.

- Rotarians/Rotaractors shall not serve on the grants committee for any global grant in which they have a conflict of interest.
- Global grants may not be financed with contributions (Directed Gifts, CSR funds etc) where a donor has a conflict of interest in relation to the grant.
- In **ANY** Global grant application, any perceived conflict of interest **MUST** be declared.

**NB Not all declared “conflicts of interest” are necessarily a bad thing, keyword is that they must be declared in writing though.**

### REMEDIES IN CASES OF FAILURE TO DISCLOSE:

- Cancellation of a current grant.
- Suspension of future TRF program grants or awards involving:
- A particular Rotarian/ Rotaractors.
- A Rotary Club.
- A Rotary District.

**“We live in a revolutionary world and the young people must take the lead”–Robert Fitzgerald Kennedy**

**Peter Isabirye- A member of the TRF cadre of technical advisors in THREE areas of focus.**





## Rotary's Historic Mission: "Uniting to Eradicate Polio and Securing a Polio-Free World."

Rotary has been working to eradicate polio for over 30 years and our hope of ridding the earth of this very devastating disease is now in sight. Today, Afghanistan and Pakistan are the only countries where polio remains an endemic. As a Rotarian, your donation to the Polio Plus Fund helps Rotary reach every child with the Polio vaccine. We appreciate the Bill and Melinda Gates Foundation who took the deliberate initiative to triple all contributions made by Rotarians to this cause. For every \$1 donated by Rotarians, the Bill and Melinda Gates Foundation commits \$2 which triples our giving. A child can be protected from polio with as little as \$0.6.

Dear Rotarians, my appeal to you this Rotary year is to commit to the eradication of polio by donating to the Polio Plus Fund. Every club's contribution counts. I therefore encourage each club to give whatever little they can to the fund so that we do not record non-giving clubs in our Rotary district. This is the season when our District Governor is

visiting our clubs and he has asked us to take pride in contributing to the Polio Plus Fund. It is my plea that we honor his request and mobilize resources towards the elimination of Polio world over.

My special appreciation goes to the following clubs who have already made contributions:

1. RC Kampala South - USD 2000;
2. RC Kampala Metropolitan - USD 2500;
3. RC Bugolobi - USD 1200;
4. RC Upper Kololo - USD 1500;
5. RC Kampala Early Bird - USD 300;
6. RC Kampala Naguru - USD 1000.
7. RC Kampala Central- USD 1500

Let all clubs embrace the spirit of giving and make our contribution. Every penny you give counts in the fight to eradicate Polio.

**Margaret Okello Nyeko**  
District Polio Plus chair.



## Now is the Time to make your donation count.

### Did you know??

You have the opportunity to contribute to the Rotary Cancer Run by making a donation? Whether you are an individual, family, part of a group, or represent a corporate entity, you can support the cause of the Rotary Cancer Run through your generous donations.



This year's run targets to raise UGX 2bn shillings through sale of kits and donations. Although the primary aim of the run is to gather 50,000 runners who register at a fee of UGX 30,000, the program strongly encourages donations from individuals starting from as low as UGX 1,000/- to meet this target. Your contribution, no matter the amount, can make a significant impact in the fight against cancer.

The Rotary Cancer Run takes place annually, and donations are welcomed not only during the run itself but also in the period following the 2023 run as the team prepares for the 2024 run. This means that you have the flexibility to donate at any time throughout the year to support this noble cause.

Making a donation is easy and convenient. You can contribute online by using the same registration link



Micheal Niyitegeka, the Vice Chair of the 2023 Cancer run (in Jacket) together with a team from Unilever Uganda addressed the media announcing the partnership between the two. Unilever shall be one of the mega supporters of this years cancer run.



used for the run: **<http://tickets.ugandarotarycancer.org>**. This ensures a seamless process, and your funds will be directly deposited into the Cancer Run Centenary Bank Account. Alternatively, you may choose to contact the Cancer Run program through their office located at Zzimwe Road, Muyenga, or

get in touch with the Rotary clubs in your vicinity.

The program offers various registration packages for clubs, each providing different benefits based on the number of participants registered. The details of these packages are as follows:

### Club with 600 Participants/kits sold:

- Entitled to a 100-seater tent with 50 chairs and 3 tables.
- Located in the 2nd tier zone at the venue.

### Club with 500 Participants/kits sold:

- Receives a 50-seater tent with 20 chairs and 2 tables.
- Located in the 3rd tier zone at the venue.

**Club with 400 Participants/kits sold:**

- Receives a 50-seater tent with 10 chairs and 1 table.
- Located in the 3rd tier zone at the venue.

In addition to these benefits, all categories of clubs will also enjoy the following:

- 10% of the total sales/collection made towards the club projects.
- A recognition certificate from the Cancer Run committee.

Whether you make it for the run or not, by making a donation to the Rotary Cancer Run, you join the fight against cancer and play a crucial role in supporting the ongoing efforts to increase access to treatment facilities in Uganda. Your contribution, no matter how small, can make a significant difference in the lives of those affected by cancer.





# Rotary

District 9213 & 9214

 RotaryCancerRun
  @UgRotaryCancerP

## #RotaryCancerRun23



Registration Fees  
**30,000/=**  
comes with a vest





# ROTARY CANCER RUN

2023

**SUN  
27  
AUG**

**RUN FOR HOPE**

To register, click the link  
or scan the QR Code below:

<https://tickets.ugandarotarycancer.org/>



### Pick Up Points for Kits

- Mega standard super markets
- Capital shoppers Ntinda
- Capital shoppers Nakawa
- Capital shoppers Nakasero
- Capital shoppers Garden City
- Bread House Lweza
- Centenary Bank Mapeera House
- Centenary Bank Entebbe Road
- Centenary Bank Kireka
- Centenary Bank Najanankumbi
- Centenary Bank Lubaga
- Centenary Bank Kawempe



PARLIAMENT  
OF UGANDA



Centenary  
Bank



KRYSTAL  
Natural Mineral WATER



NBS



2vents  
WAREHOUSE



nbs  
SPORT



Unilever



MAVD McCANN



bbs  
Terefayina



cbs  
88.8, 89.2 CBS FM  
CENTRAL BROADCASTING SERVICE LIMITED





# 99<sup>th</sup> DISCON

**18<sup>th</sup> – 21<sup>st</sup>  
APRIL 2024**

**@Speke Resort  
Munyonyo**



**EARLY BIRD  
REGISTRATION**

**Rotarians – USD 200**

**Rotaractors – USD 120**



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