

Rotary
Club of Mukono



THE SATELLITE

EDITION

6

7TH AUG 2024



**AUGUST IS A
MEMBERSHIP & EXTENSION MONTH**

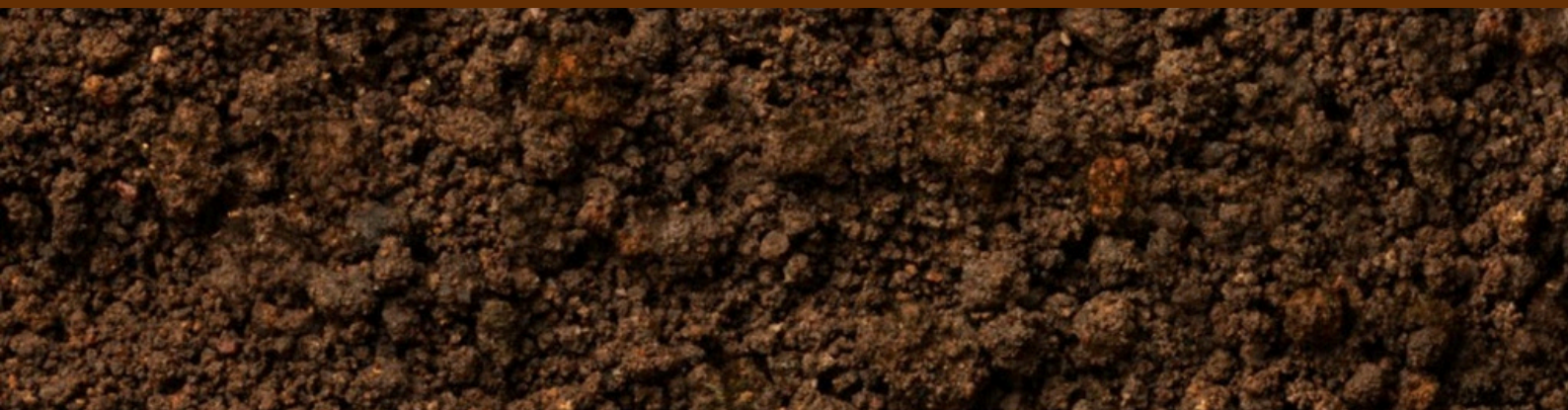


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**EDITOR - RC MUKONO
RTN. LUCKY**

DEAR GENTLE READER!!

Rotary International has long been focused on membership growth to enhance its impact globally. What to most of us started as an organization for retirees only has evolved into a lot of youth engagement through Rotaract, Interact, and programs like Rotary Youth Leadership Awards (RYLA) to form strategies to address challenges in the fast-growing very youthful globe.

- But first, new membership and retention are key through; **Diverse Membership** to better reflect on the youthful community we serve, men and women of different ethnicities, **Club flexibility** with the creation of E-clubs that cater to varying schedules and interests, **Engagement and Retention** through meaningful service projects and leadership opportunities creating a welcoming environment and providing valuable networking and professional development opportunities, **Public Image** to improve awareness and positive perceptions of our impact on the society we serve and lastly, **Global Initiatives** to support causes like Polio eradication and needs of our communities in the seven areas of focus.

While August is the membership and club extension month, it is also our Cancer Run month. The Cancer Run Program was initiated by our very own RC Mukono member and Past District Governor, Stephen Mwanje when he was a Governor. He is also our count of the week. See page 15.

Our RI stories have an incredible feature from Dr. Richard Godfrey a surgical oncologist making a difference in the fight against Cervical Cancer in Kenya

In the spirit of “Addition & Multiplications,” we also get a special appearance from D9231 DRR Simeo Ssebukulu

HAPPY READING AND



My dear friends,

I'd like to thank you for the work you are doing to keep Rotary ticking. I'd like to thank all those that have cleared their Rotary dues. I'd like to in a special way thank those that have already contributed towards the Rotary Foundation. You are very magical. A big thank you to all those who dedicated time to Rotary activities, you too are magical. Let all of us endeavor to rise and be counted.

Let us celebrate our own Rotarians Lucky, Dr. Kubiriza & Wananda, who added another year of life. We can all agree that they are jolly good fellows. May the good Lord bless them and keep them in Rotary.

We celebrate with Bishop Kakooza, who thanked the Lord for the far that He has brought the Winners' family. We thank him for inviting the Family of Rotary, and we thank all Rotarians who made it to the event.

The week was not all rosy, we commiserate with our Rotarian Margaret Nanyonga who lost a dear sister. May our dear departed sister Rest in eternal peace.

As we start a new week, I again call on all of us to remember our core obligations to Rotary, and to our fellow Rotarians. I encourage us to always look out for our colleagues. If we all did this, then no one will feel uncared for.

It is time to yet again celebrate the magic of Rotary. The Governor is visiting us in 2 weeks' time. Let's all pay our dues and also give to The Rotary Foundation.

Let's also be present on the 17th of August as we activate the Cancer Run in Nama sub-county. Let's be ready to receive our babies of Mukono-Namilyango in an explosive takeover on 28th August.

**SSESSAAZI GERALD AQUINO
PRESIDENT RC MUKONO.**





Stephanie A. Urchick
President 2024-25

If we are to truly change the world with The Magic of Rotary, it's up to all of us to foster a sense of belonging in our clubs. But every club should take its own path to get there, and the Action Plan can help you find your way. What does that look like?

Take for instance the Rotary Club of Beveren-Waas in Belgium. It was chartered in 1974 but has evolved with the times, developing both a strategic plan and a membership plan. To find new members, the club analyzes the city's professions to help focus its search, and all new members are quickly assigned tasks and roles.

The club also mixes up meeting times, alternating between evening and afternoon sessions, making them accessible for all members.

Sometimes, circumstances force clubs to make changes. But as people of action, we know that behind every obstacle is an opportunity.

The Rotary Club of Holyoke in Massachusetts was forced from its meeting place because of rising costs after the COVID-19 pandemic, but members took this setback and turned it into a strength. The club started meeting in a library community room that was available for no charge and catering lunch from a nearby deli. Lunch costs \$10 per person but it's optional, so no one has to spend money to attend a meeting. What a great way to work toward being "fair to all concerned."

Since making this change, the Holyoke club has gained 13 members. I suspect part of its membership growth is due to the club's sense of inclusivity — the first step toward belonging.

If you ask members what they expect from the club experience, you might find that your club doesn't meet expectations. Think of this as an opportunity to reshape your club in exciting ways, as alternative club models are making a positive impact.

For example, a Rotary Fellowship called Beers Rotarians Enjoy Worldwide, or BREW, has worked closely with the Water, Sanitation, and Hygiene Rotary Action Group for the past eight years to assist with clean water projects. In that time, BREW has funneled 25 percent of its dues to those initiatives.

BREW is one of many examples of members pursuing belonging to improve the world.

I can't stress enough the importance of belonging. Clubs become simply irresistible when all members feel that they are exactly where they need to be. To me, belonging is the spark that ignites The Magic of Rotary.

As you receive feedback from club members and the community you serve, I urge you to pursue that spark. The Action Plan can help you find the path to success, and if you light your way with the spirit of belonging, that path will lead to a bright future for your club, your community, and the world.

ADDITIONS AND MULTIPLICATIONS

Dear Magicians, it has been 31 days since we embarked on a commitment to advance the Magic of Rotary in our Communities. I congratulate you all on the Achievements made so far and implore you to focus on the task ahead of us.

What an exciting journey of leadership July has offered! It has been possibilities and lessons all the way. Cheers to the few obstacles we have overcome. They manifested right in the format we had anticipated in our Plan.



Dear Rotaractors, you have made it so easy and simple for the District to offer leadership so far. You are undoubtedly a Magical Army.

In the previous Month, I have been privileged to visit 17 Clubs and witnessed the Magic they are creating already. I am happy about the systems we have created in our Clubs, the Plans, and the commitment to creating impact in every endeavor.

Remember! Our focus is not just on completing tasks with mere words, but on creating meaningful impact in all our endeavors. The previous Month has been used as a test of the depth of the Magical Sea of opportunities surrounding us. Having engaged with some of the Clubs during my official visits, I am convinced that our District Goals are to be achieved by the end of the Second Quarter. From raising 30,000 USD as TRF giving to inducting 1,000 Guests into Rotary, when we let each of you lead like we have exhibited in the previous month, things are possible.

In my remarks during the visits, I have cautioned you against giving more Public Relations to our fun “Nightlife” at the expense of the Impact created during “the day” as we execute our Projects. Whereas we have encouraged you to have as much fun as possible while serving, may we limit the Public Relations to the fun and instead publicize more of the impact created by our Projects.

[continued to next page](#)

Remember, a Brand for Rotaract is the reputation for every Rotaractor. You earn the reputation by trying to do the hard things well. Note that the time is now, to change our Brand because you cannot build a reputation on what you are going to do, but rather what you have done.

I therefore urge that where possible, hide your private nightlife and shout about your day endeavors in which you are dedicating your whole to serving humanity. Forget not to represent Rotaract at your places of work, worship, Education Centers and in the community you reside. You are our ambassador wherever you go and thus contribute to our image as an organization.

August is here. The Month in which we focus on our Membership. We have emphasized Membership Growth, Experience and Retention because our District's survival heavily depends on it. If Rotaract in our District is to grow, we must subscribe to Additions and Multiplications rather than Divisions and Subtractions.

As we focus on attracting more hands to join us, we are alive to the strength in growing and developing our membership in Rotaract. The District through its Membership Committee has therefore launched the "Know your Rotary ID Number" Campaign for August 2024. We are urging all Rotaractors in the District to learn, understand and grasp their Rotary ID Numbers.

Moving forward, Clubs have been guided on including Rotary ID Numbers on the Membership Certificates of Guests to be inducted. The District has equally added all Rotaractors and their respective Clubs on the District Website. Have you noticed an enrichment of our rotaractd9213.org Website as a One-stop Service Center for Rotaractors, Rotarians and Guests? Go ahead and check it out because the District Public Image Committee is doing wonders there. Again, Additions and Multiplications.

The Addition of all Rotaractors on our District Website has already created impact. We have made it so easy for both Rotarians and Rotaractors to quickly verify which Rotaractor is in which Club. Masqueraders who have for some time now, tarnished the image of Rotaract are to be avoided. Club Leaders who suspend the 4-Way test by under-reporting their Club Membership size to lighten the District Dues invoice, have also been frustrated by this innovation. Yes! Magic frustrates problems and challenges when you opt for Additions and Multiplications.

I congratulate those who maximized the prestigious Rotaract Africa Summit 2024 Early Bird period which closed at Midnight on 31st July 2024 to complete their registration. It is not too late for those of you with hopes to make payment for your attendance. Note that your additional 20USD to the earlier 80 USD will equally create a Magical impact on the Organization of this Summit.

The Rotaract Earth Initiative in Kasese District on the 3rd to 6th October 2024 equally awaits you. Please make rotaractd9213.org a common search phrase on your Phone and Laptop to access the necessary services. Have you booked accommodation for the 100th DISCON from 9th to 13th April 2025 oba you plan on publicizing your Nightlife?

Well, I have at least written to you, so I await to hear you say "Me-too" on the Rotaract District 9213 Website. Looking Forward to a Magical August.

Simeo Ssebukulu, District Rotaract Representative | 2024-2025





- Attendance - 45% DUE TO BAD WEATHER
- Buddy group in charge - Board
- Visting Clubs - RC Seeta, Mukono Central, Muyenga Sunday Sunset & Mukono Namilyango
- Visiting Rotaract Clubs - Rtc Mukono UCU, Rtc Mukono Community
- Guests - 6
- SAA - 70,000/=
- Contribution to Zoom from RC Mukono Namilyango - 200,000/=



DAILY DEVOTIONALS BY PP JAMES MWEBESA

BIBLE VERSE FOR THE DAY. JOHN 15:10-12.

🕊️ If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be complete. My command is this: "

Love each other as I have loved you."

👤🗺️ Verse 10 teaches us that, we need to learn to live less for self and more for God. We need to commit ourselves to doing things God's way.

👉 Verse 12 tells us to love each other as I loved you. Greater love he has, to lay down one's life for one's friends. You're my friends if you do what I command.

🙏 PRAYER 🙏

Heavenly Father, I know that I cannot love others in the same way that Christ loved me unless I surrender my life completely into Your hands. I pray that Your spirit of love may flow through me to others so that I can love them as You have loved me. This I pray in Jesus' name, Amen.

BELOVED GREETINGS TO YOU.

😊 There is only one happiness in life, to love and to be loved. I believe that love is the only component that makes life complete and worth living. A good relationship is based on a good friendship. And a good friendship is based on love. Love is central to our lives. It is the purpose, passion, and meaning of life. To love and to be loved is the point of it all. Yet love, so important and central to our lives, is a complex experience and confusing word. We get different things and misunderstand each other when we say "I love you." Let's follow God's love. The Agape love. Bless you.



August Calendar

Rotary Club Of Mukono 

AUGUST SCHEDULE



Colline Hotel Mukono



7:00PM

**BUDDY GROUP:
THE LILLIES**

- 07TH** **SPEAKER: SPECY ATIM**
THE POWER OF COMING TOGETHER
- 14TH** **RTN PP. ANGELLA NANSAMBA**
SOIL SAMPLING & MODERN FARMING TECHNIQUES
- 17TH** **VENUE: NAMA SUBCOUNTY**
CANCER RUN ACTIVATION
- 21ST** **DISTRICT GOVERNOR'S VISIT**
- 28TH** **RC NAMILYANGO TAKEOVER**



    @rcmukono



ADMISSIONS OPEN

Admissions Ongoing for
Day care, Nursery
Primary (P.1-P.7)



EDEN WONDERS
NURSERY & PRIMARY SCHOOL
KABEMBE - MIGGO



OUR MOTTO: Nurture and Reap

Contact Us:

P.O. Box, 173 Mukono (U)

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VISION

To produce future self-reliant citizens

MISSION

To diligently impact good morals and
productive knowledge and co-curricular
activities to our future leaders.

CORE VALUES:

God Fearing
Integrity
Respect
Innovation
Self reliance

ROTARY LEARNING CENTER

Source: RI

Welcome to Rotary!

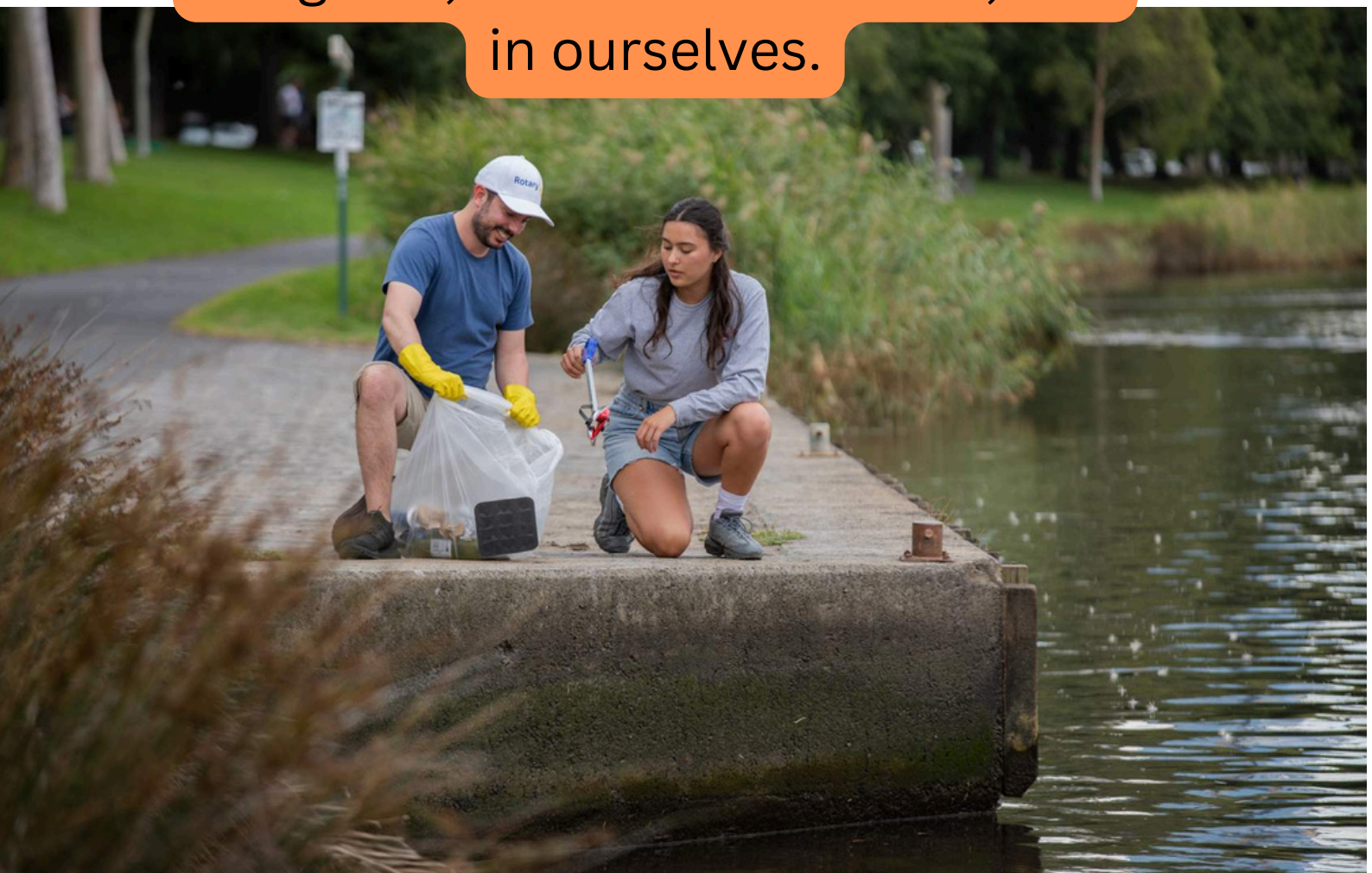
You are part of a network of 1.4 million Rotary and Rotaract members who share your passion for making a difference. You'll have opportunities to create lasting change in communities around the world, grow personally and professionally, and make lifelong friends.

Our approach

When we combine our resources, talents, and passion, we can do so much more together than we can do alone. Joining with other Rotary members and community members means we amplify our effect.

Rotary International's vision statement:

Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.



Every member has unique experience, abilities, and expertise. All of these shape how we solve problems.

RI FEATURE STORY

A NEW TOOL TO END CERVICAL CANCER

Rotarian brings promising screening technology to Kenya

By Dr. Richard Godfrey

I'm parked on the side of the road in western Kenya in pitch-black-darkness, completely lost. Kevin, my local friend, lent me his car, but in remote Siaya County, there are no road signs, lights, or any sure way to locate his house, and taking a dirt-road detour can deliver one into a ditch deep enough to swallow a car. So I wait for him to find me.

As a retired surgical oncologist, I'm in the region to deliver a new screening program that detects cervical cancer in its early stages and to perform surgery at Matibabu Hospital in the Lake Victoria region. My visit is part of a Rotary project to prevent cervical cancer, the most common cause of mortality for women throughout Sub-Saharan Africa.

While I have removed some 10,000 cancers in 35 years as a surgeon in busy California hospitals, I know that early detection is crucial in controlling cancer of all types. And cervical cancer is the one cancer we can eliminate globally. Why? Like polio, it's caused by a virus, the human papillomavirus (HPV). An active immune system can clear the virus, but a weak one fails to prevent HPV from causing cancer. Women with HIV face a sixfold risk of cervical cancer, and in Kenya both HIV and HPV are widespread.

How Rotary is helping

Rotary clubs in District 5170 (California) and the nonprofit [PINCC](#) (Prevention International: No Cervical Cancer) have introduced a new genetic screening technology for HPV and are providing training to local medical providers. At the 2023 Rotary International Convention in Melbourne, Australia, Rotary announced United to End Cervical Cancer in Egypt as the [recipient of Rotary's third annual Programs of Scale award](#), which comes with a \$2 million grant from [The Rotary Foundation](#).



Dr. Richard Godfrey, a member of the Rotary Club of Niles (Fremont), California, visited Kenya to help establish a new screening method for cervical cancer and train local medical staff on the process.

Courtesy of Richard Godfrey

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When I was in Kenya two years ago, I learned of a 32-year-old widow, the mother of five children, who was diagnosed with cancer. Her chances of survival were slim, and I fear her children are now orphaned. Women are often their families' primary support system, and the consequences for children are terrible when they lose their mother.

On another visit, I was approached by a 29-year-old woman with Stage 4 cancer who had four children. She had walked miles to get to our rural hospital and was bent over in pain, but we could only offer morphine and hospice care. Why, I wondered, should a preventable disease cause such suffering?

Without testing, a woman usually doesn't realize she has cervical cancer until she develops bleeding, loses weight, or has more advanced signs of disease. Once cervical cancer spreads, it is rarely controlled even with surgery, radiation, and chemotherapy — treatments rarely available in low-income countries.

With Ampfire, the new genetic testing system I'm delivering, patients can test themselves at home using a brush to swab fluid and cells from the cervical surface. They then place the tip of the brush in a tube that gets transported our laboratory at Matibabu Hospital, which has a machine that can test up to a thousand samples per day. It takes only two days to set up the equipment, and the lab technician can manage testing independently.

The clinic staff communicates the results to patients through WhatsApp, and makes appointments for those who test positive, around 20%, to undergo further screening. Those who test negative are asked to return in three to five years, a major advantage of this method over the less accurate pap smears. Grants from the Rotary clubs of Merced and Oakland, California, made it possible to purchase the equipment. As many as a million women ages 30 to 60 need testing in the region, so we are just getting started.

When I first came to Matibabu Hospital in 2012, it was a very simple rural clinic. Rotary has contributed to the hospital since its inception, and with every visit, I've seen modern additions and updates. The hospital is now a welcoming, bright yellow state-of-the-art clinic with three primary doctors, including an obstetrician-gynecologist, and 10 nurses.



The Boda girls are women motorcycle taxi owners and health advocates who provide safe and free transportation for women in rural areas of Kenya to critical services. Supported by Tiba Foundation, the Boda girls have tripled the number of women being screened for cancer and increased hospital births by 67%. Tiba Foundation believes empowering women to support women's access is a key to rural health outcomes.

Courtesy of Richard Godfrey

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In the past, we used cryotherapy (cold therapy) to destroy abnormal tissue as an early-stage cancer treatment. Since 2020, we've used thermocoagulation, delivered through a small battery-powered instrument. This handheld device costs about \$1,500, but it has a powerful impact, delivering 100-degree Celsius heat to the cervix to eliminate abnormal cells in just 20 seconds while causing minimal pain. If the hospital staff discovers advanced disease, they biopsy the cells and send the patient to a large regional hospital for surgical treatment. It's easy to train doctors and nurses to use thermocoagulation, which is less complex than cryotherapy equipment that costs more, and breaks down often. Our aim is to "train the trainers," so we can move to the next site, enabling us to rapidly expand these programs in Kenya, Guatemala, Bolivia, Nepal, India, and soon Baja California.



ROTARY CANCER RUN 2024

We also work on cervical cancer prevention. Ideally, girls get vaccinated against HPV between age 9 and 13. In the U.S. where vaccines and screenings are widely available, only four out of 100,000 women get cervical cancer, whereas in Kenya, the rate is six times higher. By offering more vaccines along with the new screening methods, Kenya can become a leading example for East Africa.

Fifteen minutes go by, then half an hour, and I'm still waiting in the dark. I watch as cars, motorcycles, bicycles, and pedestrians pass by. How the bicyclists, with no reflectors or lights, dare to travel on this dark and dangerous highway amazes me. I still hope Kevin will find me and take me to his house.

And finally, he does. He leads me to the hidden dirt passage between the car-swallowing ditches and guides me to a wonderful meal of rice, chicken, and Sukuma wiki (mustard greens). Next year, I will return to Kenya to see how many women have benefited from our new screening program, hoping we have made a difference.

Richard Godfrey is a retired surgical oncologist, aspiring apiarist, and published novelist. He is a member of the Rotary Club of Niles (Fremont), California.



COUNT & COUNTESS



Our Count for the Cancer Run Month is none other than PDG Stephen Mwanje, a retired Banker, a Certified Trainer, Corporate Governance expert and a businessman with diverse interests in Finance and Automobile business.

He also has a unique passion in training and has trained over 100 CEOs and 600 top managers, in the area of Business Strategy and Corporate Governance, in both the Private and Public Sectors in the EA region. He has also trained more than 500 women leaders under the Female Future Program (FFP), a program designed by himself and colleagues, aimed at building a pool of competent women leaders, equipped with the knowledge and skills to serve as directors on boards.

Stephen is the Managing Director/CEO Bridge Credit Finance Ltd and Executive Chairman Ashland Motors Africa Ltd. He sits on several boards that include Health Heart Foundation, Uganda Biodiversity Fund, Local works ltd and Munyonyo Commonwealth Resort hotel ltd. He is also a member of the board of Trustees of the Sam Owori Rotary Vijana Poa Village Project. He also chairs the Boards of the Diocesan Advisory Committee for Centenary Bank, Lugazi Diocese, and the Buganda Investment and Commercial Undertakings Ltd (BICUL), the investment arm of the Buganda Kingdom.

He started his career teaching at Makerere University, Institute of Statistics and Applied Economics, before moving to banking. He then opted for early retirement to go into business, starting with a forex bureau on Uganda house, BM Forex. He founded the Uganda Forex Bureau Association in 2000 and served as the chairman for 12 years (2000 – 2012). He has also previously served as a board member, and later chairman, PostBank Uganda.

In Rotary, Stephen is a Member of the RC Mukono and Honorary Member of RCs Kampala North, Kampala, Kampala Central and Kisugu Victoria View and the Rotaract club of Kampala South. He serves as Major Gifts Advisor – (Health Area of Focus) at Rotary International. Stephen is the Board Chairman of the Uganda Rotary Cancer Program and the Patron for the Uganda Family Health Days Program. He has previously served as a Training Leader at the International Assembly, and has also served on the Council of Legislation and on the nominating committee for the RI Director for our Zone in 2006.

Stephen served as District Governor for D 9200 which covered Ethiopia, Eritrea, Kenya, Tanzania and Uganda in 2010-11, and he is most remembered for his courage to start the fight against Cancer. He is the visionary behind the Uganda Rotary Cancer Program and the Rotary Cancer Run, the main fundraising arm of the Program. He is also the founder of the Family Health Days Program, which he started at the same time here in Uganda, but this program has since been replicated in 9 different countries in Africa and India.

Stephen is a recipient of several Awards but most notably, the Service Above Self Award, which is the highest Rotary International Award given to an individual Rotarian. Just last year, he was the recipient of the Unique Humanitarian Service Award by the ICPAU, for his extraordinary impact on the lives of many through his philanthropic efforts.

Stephen is married to Dorothy, a Rotarian from Kisugu Victoria View, and they are blessed with 4 daughters, 2 sons, and 1 granddaughter. Together with Dorothy, they are Major Donors level 2 and all their children are Paul Harris Fellows.

Stephen loves creativity and innovations and is inspired by Big Dreams. *“Nothing in life is impossible if you have the Belief, the Right Team, and Positive Energy”* is his motto.

We got an opportunity to chat with PDG Stephen about the 2024 Cancer Run Program for our newsletter

- **Looking back from the time the idea came to you, how do you feel about the Rotary Cancer Program and the Rotary Cancer Run growing Bigger, Better and Bolder every year?**

Naturally, I feel very proud, but equally humbled by the level of support from all corners of the world for this noble cause. I could never imagine that we would go this far in our efforts to fight cancer. We planned to build the cancer ward in 5 years, but because of the extraordinary level of support, we completed the job in only 3 years. We were even able to support the completion of the blood bank in Mengo in 2016. The Rotary Cancer Run is the main fundraising vehicle for the Rotary Cancer Program, and the run has been growing bigger every year, from a few runners when we started in 2012, to now a target of over 60,000 runners all over Uganda and the entire globe. God is truly behind this project and behind us, otherwise you cannot explain it.



Courtesy by: <https://portal.clubrunner.ca/50109/PhotoAlbums/district-governor-nominee-concourse-gulu-27th-july-2024>

- **In my experience, the ideas that stand the test of time come from a very passionate and emotional experience. Would you please share why this project was important to you then and still is now?**

True, the beginning was very emotional. I lost my best friend in Jan 2010, when I was just starting my journey as Rotary District Governor. His name was Martin Kiyaga, who was a Rotarian from RC Mengo. He died of prostate cancer. Instead of just lamenting and moaning, I decided to mobilise my friends and we embarked on this fight. We shall continue this fight until cancer is brought under control. Right now, the situation is alarming. Every year, 34,000 people are diagnosed with cancer and 23,000 die within 1 year after the diagnosis. So we can't rest until this scourge is tamed. I know that everyone in this country has been hit by this scourge, through the loss of a friend, relative, classmate, name it. Therefore, if we don't rise up and fight, cancer will finish us, period.

- **To the new Rotarians, what exactly is this Rotary Cancer Run? Why doesn't Rotary just give us the money to complete the Cancer Center?**

The Rotary Cancer Run is the main fundraising vehicle for the Rotary Cancer Program. The program covers a wide range of areas, which include cancer awareness, free screening, infrastructure and capacity building. Whereas Rotary, through the Rotary Foundation can support the other interventions, it cannot put up infrastructure. So the cancer run is what we are relying upon to build the infrastructure.



PDG addressing the delegation at DGN Obai's homecoming

Courtesy by: <https://portal.clubrunner.ca/50109/PhotoAlbums/district-governor-nominee-concourse-gulu-27th-july-2024>

RC MUKONO - NAMILYANGO CANCER RUN ACTIVATION

After a wonderful fellowship with PDG Rosetti as the guest speaker, members of RC Mukono Namilango along with our President Gerald took to the beautiful gardens of Hasteh Royale Hotel for a quick sprint as the Cancer Run program was being launched





BY RTN, ANGELLA MERICE N. KAKOOZA

Finding light in the SHADOWS - SHADOWS, a journey of self-love by

Self-love serves as the cornerstone of personal growth and empowerment within any relationship, encompassing a deep appreciation and acceptance of oneself that transcends societal expectations and external validation. It revolves around recognizing one's intrinsic worth, embracing personal strengths and vulnerabilities, and fostering a sense of inner peace and authenticity.

Self-care, on the other hand, encompasses the practical actions and choices individuals make to prioritize their physical, emotional, and mental well-being. It involves setting boundaries, engaging in activities that replenish one's energy, seeking support when needed, and fostering a sense of balance between personal needs and partnership dynamics.

Misconceptions about Self-Love:

Eating ice cream or favorite foods: Often seen as a way to indulge, which might provide temporary comfort but doesn't address deeper emotional needs.

Massage: While physically relaxing, it may not necessarily contribute to emotional or psychological well-being in the long run.

Retail therapy (Shopping): Buying new things can be pleasurable but doesn't equate to long-term happiness or fulfillment.

Vague concepts: Such as "something we should already know how to do," which could lead to more confusion or pressure rather than genuine self-love.

True Aspects of Self-Love:

Setting healthy boundaries: Recognizing and respecting your limits to maintain balanced relationships and well-being.

Self-forgiveness: Letting go of guilt or regret and understanding that making mistakes is part of being human.

Connecting to Spiritual Self: Engaging in practices that nurture your inner peace and align with your deeper values.

Being authentic: Living true to your values, desires, and feelings without succumbing to societal pressures.

Healing inner child: Addressing and healing past traumas, unmet needs, or emotional wounds.

Investing in growth: Committing to personal development and continuously seeking self-improvement.

Healthy choices: Making decisions that foster long-term wellness, such as maintaining a balanced diet, exercising, and engaging in self-care.

Stopping self-criticism: Practicing self-compassion and silencing the internal critic that diminishes self-worth.

Look out for more in-depth analysis of this topic in the **7th Edition of THE SATELLITE** on 14th August 2024



Image of a court room



By Rtn. Counsel Namutamba Agnes Kawombe

Understanding Legal literature

A Courtroom: is a place where there is a Judicial Officer usually referred to as a Judge, a Magistrate or a Court Registrar holding powers to make decisions in a given dispute brought by a Plaintiff/ Complainant and a Defendant/Accused person.

Who is the plaintiff? A Plaintiff is a person who brings her or his, dispute against another person to Court in order for Court to decide and give Orders.

Who is the defendant? A person brought to Court to answer to a dispute reported by a Plaintiff.

Who is a prosecutor? A Government Lawyer who represents people that report their cases at Police Stations or Police Posts.

who is a Defense Attorney? A Lawyer hired and paid for by someone answering any forms of dispute to defend such a person in Court.

What does a clerk do? A person who assists a Judicial Officer to pronounce case files while in Court and run any other supporting errands to a Judicial Officer and other Court users.

What is the difference between a Criminal case and a Civil Case? Civil cases are reported by affected persons directly in Court and in such the affected persons want to be paid damages. Criminal cases are cases reported at Police and the persons reporting want the ones they have reported to be punished according to the Laws.



Rotary EVENTS

@RotaryCancerRunUg
 @UgRotaryCancerP
 #RotaryCancerRun24

Rotary D9213
 D9214

Rotary Cancer Program Uganda

SCAN ME TO REGISTER

<https://register.rotaryugandacancer.org/>

SPREAD MAGIC IN EVERY STEP

ROTARY CANCER RUN 2024

SUN 25 AUGUST
 KOLOLO AIR STRIP
TIME: 6AM

Registration Fees **30,000/=** comes with a vest
 ALL PROCEEDS GO TO COMPLETING THE BUNKER AT NSAMBYA HOSPITAL



Have you registered for the Rotary Cancer Run 2024? Don't wait for the last-minute rush. Click <https://register.rotaryugandacancer.org/> follow prompts and pay Ugx 30k to register. Registration comes with a kit

Rotary District 9213

Rotaract District 9213

DISTRICT CONFERENCE ON THE NILE
 Over a Century of Rotary service in Africa

CIVIL SERVICE COLLEGE JINJA | **9 - 13 APRIL 2025**

EARLY BIRD REGISTRATION
 \$30 \$20
 DEADLINE: 31ST OCTOBER

Registration is Now Open

A Conference is not a just a conference, it is about experience.

Unleash your adventurous spirit in Jinja, the iconic source of the River Nile! From thrilling adrenaline activities to serene relaxation options, Jinja has the perfect mix of pre- and post conference experiences for every energy level.

Venue: Civil Service College Uganda 📍
 Tap here to Register, Pay & Secure your spot
<https://9213-100th.jjengo.com/auth>

Rotary District 9213 | **RYLA**

WHAT IS RYLA? The Rotary Youth Leadership Awards (RYLA) Programme is an initiative aimed at empowering and nurturing the leadership potential of young individuals within our communities.

D9213 Rotary Youth Leadership Awards (RYLA) Programme 2024 | 2025

Theme: **Passion Action Reaction** | Date: **10th-12th January 2025**

OBJECTIVES
 Leadership Development
 Personal Growth
 Community Engagement
 Networking

PROGRAM COMPONENTS
 Workshops and Seminars
 Team-building Activities
 Community Service Projects
 Mentorship
 Panel Discussions and Networking Sessions

01/02

Target Participants: Rotaractors and Community youth between the ages of 18 and 30 who demonstrate leadership potential, a commitment to community service, and a desire to make a positive impact.

Fees: Ugx 380,000 per participant paid to the District account (Name: D9213 Rotary District Dues, A/C No. 3100083833, Centenary Bank, Mapeera Branch).

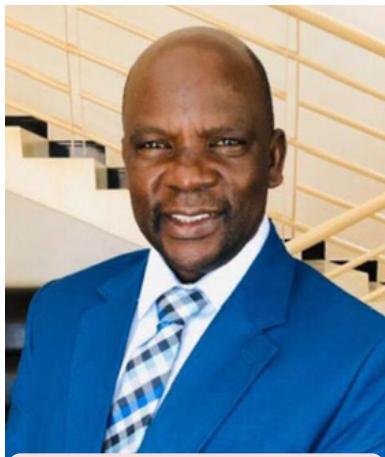
Expected Outcomes:
 Enhanced Leadership Skills
 Increased Community Engagement
 Networking and Collaboration
 Personal Growth

Contacts:
 +256782530943 (Rotary Office),
 +256782963777 (District Chair),
 +256759133540 (Vice-Chair)

Uganda Rotary Office, Plot 2 Colville Street, NIC Building, 9th Floor
www.rotaryd9213.org
ryla92132025@gmail.com

Rotary District 9213 | **RYLA**

Family Corner



Rtn. Bishop Kakooza's

Rtn. Bishop Kakooza hosted Rotarians, friends and guests at WINNERS HOME - UGANDA for a thanksgiving ceremony and opening of the Girl's dormitory for Winners Senior Secondary School in Katoosi. It was a joyous occasion with God's mercy, favor, grace and blessings



“Kojja Health Centre IV is very grateful for the 30 boxes of disposable gloves received from Rotarians in Katosi on Friday 2nd August 2024. We are indebted indeed.”

Dr. Kayondo Simon, In-Charge Kojja H/C IV”

A big thank you to all the Rotarians who represented

August **BIRTHDAYS**

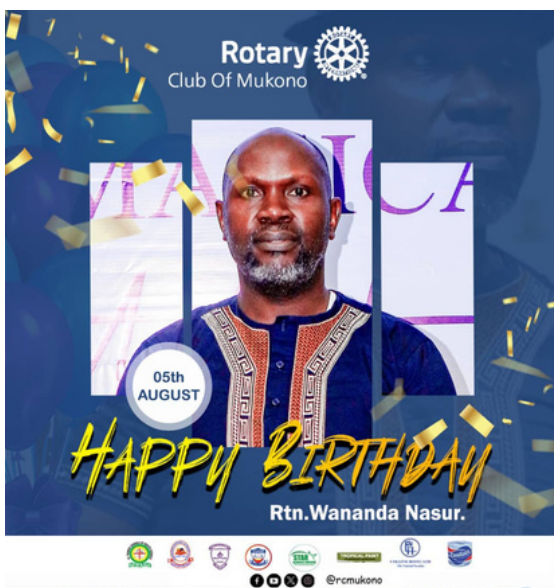
MESSAGE FROM FAMILY CHAIR: RTN. CAROLYN AGWANG.

Dear Rtn Lucky, today we celebrate you and the milestones you have achieved. As a club we are thrilled and amazed by the package God delivered to us in you. We celebrate you for the light you shine for others. The President and members of the Rotary Club of Mukono wish you a very happy birthday. May the Angels take care of your needs today. 🥂



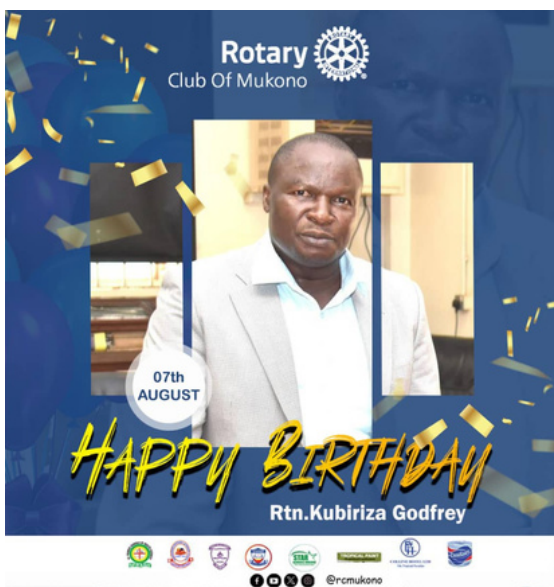
MESSAGE FROM FAMILY CHAIR: RTN. CAROLYN AGWANG.

Dear Rtn Nasur, we thank God for giving us a start on such a day. Your love and commitment for great works of charity bring light to this world. As you celebrate a new age may God give you grace and power to continue lighting the path of other. The President and Members of the Rotary club of Mukono wish you a "happy birthday"



MESSAGE FROM FAMILY CHAIR: RTN. CAROLYN AGWANG.

Dear Rtn Kubiriza. As you celebrate your special day, may the light that you shade for others be lit for you. Your talent and love for your club is very commendable. The president and members of the Rotary Club of Mukono wish you a happy birthday. Enjoy your Day 🍷



Condolences



We commiserate with our Club Secretary, Rtn. Maggie Nanyonga who lost her elder sister last week. The burial was on Sunday, 4th August. May sister's soul rest in eternal peace and may God comfort Rtn. Maggie and her family



Presents



Hajji HARUNA MUBIRU

LIVE IN
CONCERT

10TH AUGUST
2024
COLLINE HOTEL
MUKONO

Mesach Semakula . Ronald Mayinja . Maureen Nantume . Lil Pazo . Alien Skin . Kabako
Mary Bata . Kazibwe Kapo . Kajubi Kibigiri . Charles Sekyewa

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