

Rotary



DISTRICT 9211
Tanzania & Uganda



**ROTARY:
MAKING A
DIFFERENCE**

January, 2018

THE WAVE

District Governor's Newsletter

Volume 5 Issue 7

A Monthly Publication of District 9211

Plant a tree means, plant a million lives



HAPPY NEW YEAR

2018



VOCATIONAL MONTH



Happy New Year Fellow Rotarians!

We begin our second half of the Rotary Year with the month of January designated for Vocational Service. On behalf of the Wave Team, I sincerely hope that each and every one of you had a wonderful and joyous holiday season with family, friends and Rotary Family as well.

On our cover page is our own EarlyActor Christiana Nissi Kawaddwa from the family of PAG Ron and Rtn. Pamela Kawaddwa wishing you beautiful moments, Treasured memories, And a Happy New Year 2018.

The year came and went very quickly. The remaining half is upon us and I know we will accomplish many great things as Rotarians like we did in the first half. Take time and rate yourself on how you are doing on page 8.

Do not forget to read District Governor Ken's message to remind you of his expectations during this month and the remaining half of the year.

Let us continue to make a difference.

HAPPY NEW YEAR!

Save the Date

COMING
SOON!

Rotary International President Elect Barry Rassin will visit D9211 in February 2018. He will be in Uganda from February 8-11, 2018.



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Ian H.S. Riseley
President
Rotary International



ROTARY:
MAKING A
DIFFERENCE

“The best way to start a New Year is with an attitude of gratitude!

gratitude quotes

One of the most pressing aspects of diversity to address in our membership is the age of our members. When you look around at almost any Rotary event, it becomes immediately obvious that the age range in the room does not promise a sustainable future for our organization.

Our membership is near a record high, and we are bringing in new members all the time – yet only a small minority of those members are young enough to have decades of Rotary service ahead of them. To ensure a strong and capable Rotary leadership tomorrow, we need to bring in young and capable members today.

legacy of that misguided policy is still with us. Far too many people continue to think of Rotary as an organization only for men, and that idea has had a detrimental effect on both our public image and our membership growth. Today, women make up just over 21 percent of Rotary's membership. While this is certainly a great improvement, we have a long way to go to meet what should be the goal of every club: a gender balance that matches the balance of our world, with as many women in Rotary as men.

Whatever brought each of us to Rotary, we stay because we find value in Rotary membership and believe that our service has value to the world. By building clubs that reflect that world in all its diversity, we will build even more enduring value in Rotary: Making a Difference.

In Rotary, our diversity is our strength. This idea dates back to the earliest years of our organization, when the classification system was first proposed. The idea behind it was simple: that a club with members who had a wide variety of backgrounds and abilities would be capable of better service than one without.

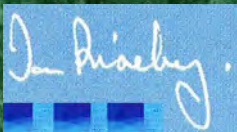
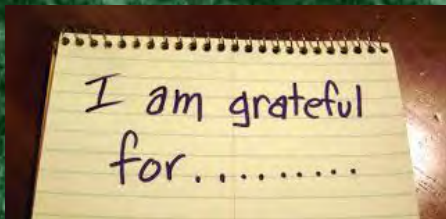
In the years since, the idea of diversity in Rotary has come to be defined more broadly. We have discovered that a club that truly represents its community is far better able to serve that community effectively. Looking ahead, it is clear how essential diversity will remain in Rotary: not only to strong service today, but to a strong organization in the future.

Gratitude unlocks the fullness of life.
It turns what we have into enough, and more.
It can turn a meal into a feast,
a house into a home,
a stranger into a friend.

-Melody Beattie



We also cannot discuss diversity in Rotary without addressing the issue of gender. It is difficult to imagine that just three decades ago, women could not join Rotary. Although we have come a long way since then, the



Paul A. Netzel

Trustee Chair 2017-18

Rotary International



**ROTARY:
MAKING A
DIFFERENCE**

We are at the halfway point of this Rotary year. There is plenty to look forward to in 2018 as we complete the first year of The Rotary Foundation's second century of service. By working in partnership with our Foundation, Rotarians are making a difference in ways we could never have imagined when we began.

First, our signature polio eradication initiative continues to bring us closer to the historic day of a polio-free world. Following our tremendous World Polio Day event in Seattle, and the thousands of local events hosted by Rotary members around the world, we are keeping up the momentum to reach this year's polio fundraising goal of \$50 million (including District Designated Fund contributions). We are already closing in on that target thanks, in part, to the efforts of Rotarians and friends who participated in the recent Miles to End Polio bike ride to raise funds for the cause.

Second, our Foundation's comprehensive fundraising target of \$360 million this year will empower you and other Rotarians to continue helping people all over the world.

In addition, the Building TRF Endowment: 2025 by 2025 initiative is progressing well. Our goal is to build an endowment of \$2.025 billion by 2025 to ensure the

long-term financial stability of the Foundation and provide essential resources well into the future.

Another emphasis relates to our work in peacebuilding and the Rotary Peace Centers program. Applications for Rotary Peace Fellowships become available this month. Be on the lookout for great candidates and support our Peace Fellow alumni in the field by inviting them to work with you as advisers on your projects.

Between February and June, RI President Ian H.S. Riseley is convening six Presidential Peacebuilding Conferences, which will showcase the connections between our work in each area of focus and sustainable peace. You are invited to attend!

Of course, the biggest event of the Rotary year will be the 2018 Rotary International Convention in Toronto from 23 to 27 June. We will celebrate not only the highlights of this Rotary year, but also the 50th anniversary of Rotaract.

In the new year, let us continue to show that we are People of Action! And let the world take notice: We Rotarians are *Making a Difference*.

Please consider donating again in the new year, and give the gift of Rotary.



**\$15
POLIO VACCINES**

Polio is still a crippling threat to children in Afghanistan, Pakistan, and Nigeria. A gift of just \$15 helps protect children for life.



**\$500
ANTI-BULLYING CAMPAIGN**

No child should live in fear of being bullied. Your gift helps communities create a safe and positive atmosphere where children can thrive



**\$200
MEDICAL EQUIPMENT**

Newborns start their lives healthy when hospitals have up-to-date equipment to care for babies in their first moments



**\$50
WATER FILTER**

In rural Guatemala, deadly waterborne illnesses are common. Personal water filters fill the basic need for clean water

Kenneth Wycliffe Mugisha
District Governor 2017-2018
Rotary Club of Muyenga



Happy New Year my Fellow Rotarians!

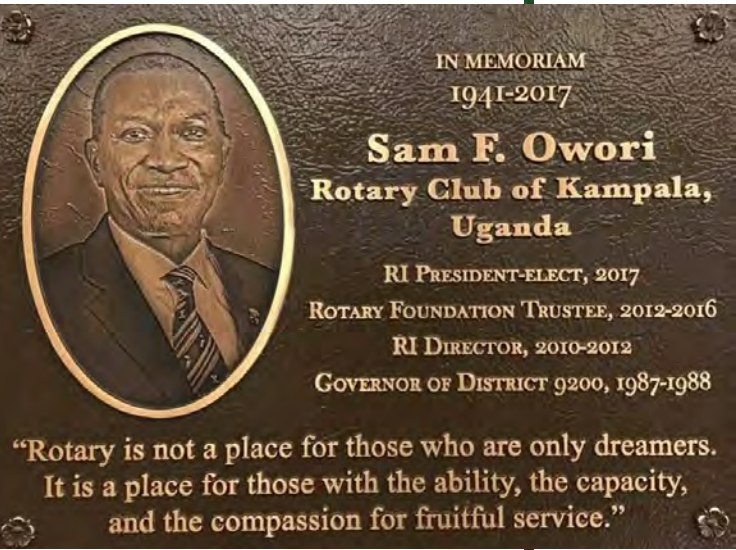
We are now into a New Year and like every New Year it brings hope, dreams and goals. I truly wish you and your loved ones an amazing 2018. I thank each one of you for your generous contribution when you attended the Rotary Foundation Dinner. The funds raised make a major contribution to the total amount raised for the Annual Fund Share.

I completed all my official club visits in D9211 in the first week of December 2017. We are now in the month of January which begins our second half of the Rotary year 2017-2018. January is designated for Vocational Service. It is a time when we recognize Rotary Fellowships. I am quite passionate about both Vocational Service in Rotary and the various fellowships that Rotary has for all of us. I love the fact that we all have classifications in Rotary. I love the fact that we all bring something to the table. We are all good at something and we all have some skill set we can use to help those less fortunate through Rotary Projects. Our founder, Paul Harris, said, *"Of all the one hundred and one ways in which men can make themselves useful to society, undoubtedly the most available and often the most effective are within the spheres of their own occupations."*

Vocational Service allows Rotary to develop and support Rotarians as they apply the ideal of service in their occupations. Vocation is the essence of Rotary. This is why Vocational Service is referred as the bedrock and the shining principle of Rotary. Everything else that

we do is repeated by some other organization. If we are unique, if we have a special message or mission in the world that is unique to ourselves, it lies only in the realm of vocational service. So how do you think Vocational Service can be used in your club? I share a few suggestions:

1. Talk about your vocation in your club, and take time to learn about fellow members' vocation.



2. Use your professional skills to serve a community.
3. Practice your profession with integrity, and inspire others to behave ethically through your own words and actions
4. Help a young person achieve his or her career aspirations
5. Guide and encourage others in their professional development

If you do any of the above things, you are performing vocational service. If vocational service motivates and

energizes you, then you are in the right place, because vocational service is the very essence of Rotary.

It is what sets Rotary apart from other service organizations. In this remaining half of the year, I request all Clubs to review their vocational service programs to ensure they are maximizing the opportunities and benefits that vocational service provides. I urge you, to continue to make a difference to the world as you move from success to significance.

Once again, I would like to thank all of you for what you do in serving humanity to make a difference. We have had an incredibly active first half of the Rotary Year 2017-2018 and you have all played a vital role to make a difference. I recognize your hard work every day. Best wishes to you and your families for a peaceful, health, and happy 2018.



Once upon a time in a far away land, there lived a Chinese Wiseman and his disciple. One day in their travels, they saw a hut in the distance. As they approached they realized that it was occupied in spite of its extremely poor appearance.

In that desolate place where there were no crops and no trees, a man lived with his wife, three young children and a thin, tired cow. Since they were hungry and thirsty, the wise man and his disciple stopped for a few hours and were well received. At one point, the Wiseman asked:

“This is a very poor place, far away from anything. How do you survive?”

“You see that cow? That is what keeps us going,” said the head of the family. “She gives us milk, some of it we drink and some we make into cheese. When there is extra, we go into the city and exchange the milk and cheese for other types of food. That’s how we survive.”

The Wiseman thanked them for their hospitality and left. When he reached the first bend in the road, he said to his disciple:

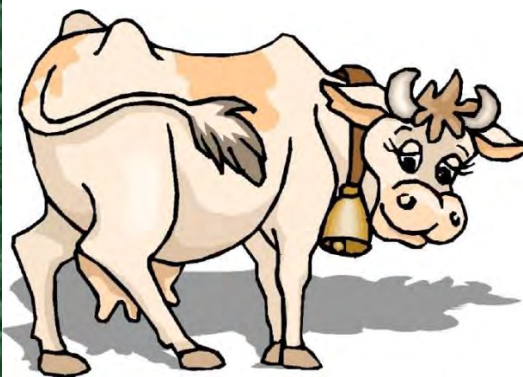
“Go back, get the cow, take her to the cliff in front of us, and push her off.”

The disciple could not believe what he was hearing. “I cannot do that, master! How can you be so ungrateful? The cow is all they have. If I throw it on the cliff, they will have no way to survive. Without the cow, they will all die!” The Wiseman, an elderly Chinese man, took a deep breath and repeated the order: “Go ahead. Push the cow off the cliff.” Though outraged at what he was being asked to do, the student obeyed his master. He returned to the hut and

quietly led the animal to the edge of the cliff and pushed it. The cow fell down the cliff and died.

As the years passed by, remorse for what he had done never left the disciple. One spring day, the guilt became too much to bear and he left the Wiseman and returned to that little shack. He wanted to find out what had happened to that family, to help them out, apologize, or somehow make amends.

Upon rounding a turn in the road, he could not believe what his eyes were



showing him. In place of the poor shack there was a beautiful house with trees all around, a swimming pool, several cars in the garage, a satellite dish, to mention but a few. Three good-looking teenagers and their parents were celebrating their first million dollars.

The heart of the disciple froze. What could have happened to the family? Without a doubt, they must have been starving to death and forced to sell their land and leave. At that moment, the student thought they must all be begging on the street corners of some city. He approached the house and asked a man that was passing by about the whereabouts of the family that had lived there several years before.

“You are looking at it,” said the man, pointing to the people gathered

around the barbecue. Unable to believe what he was hearing, the disciple walked through the gate and took a few steps closer to the pool where he recognized the man from several years before, only now he was strong and confident, the woman was happy, and the children were now nice looking teenagers.

He was dumb founded, and went over to the man and asked:

“What happened? I was here with my teacher a few years ago and this was a miserable place. There was nothing. What did you do to improve your lives in such a short time?” The man looked at the disciple, and replied with a smile: “We had a cow that kept us alive. She was all we had. But one day she fell down the cliff and died. To survive, we had to start doing other things, develop skills we did not even know we had. And so, because we were forced to come up with new ways of doing things, we are now much better off than before.”

Moral of the story: Sometimes our dependency on something small and limited is the biggest obstacle to our growth. Perhaps the best thing that could happen to you is to push your “cow” down the cliff. Once you free yourself of the thought “it is little but it is certain,” or of that idea “I am not doing great but there are people who are much worse than me” — then your life will really change. Is there a cow in your life that is keeping you miserable? Start 2018 by throwing it off the cliff!

By Rtn. Dr. Rosemary Byanyima

I hope you loved the festive season named Christmas and the New Year Season as I did. All the social activities with parties for family and friends as well as workplace end of year parties are the in-thing that happened during the festive season.

Being happy and actually feeling so is one way of staying healthy. Worries were out your mind and body but that will be a topic for another day.

Let us concentrate on eating healthy and allow me to share tips from the Reader's Digest.

Keep focus on fun and not food.

It is true that during the festive season the menu changed for the better and the quantities were also in excess. Families prepared balanced meals but the temptation was in plenty of calorie foods that enhanced our fat reserves. As we start a new year let us desist from this act while not appearing picky. The accompanying physical activities are helpful in burning out the extra calories.

Modify your eating times so that they jive with your relatives.

There is need to compromise most especially with in-laws so that you strike a middle position about meal times or even the frequency. Win-win situation always works out unless one has a medical condition like diabetes that requires strict adherence to medication and meal times.

Did you cut down your own Christmas tree in 2017? This was meant to encourage you to do physical activities as much as possible. As we start the new year take walks down the forest together with family members to look for that green environment to bring better bonding and good memories especially for the children.

Indulge in only the most special holiday treats. There may be too many activities during the year which may affect your own nuclear family program. Agree with the family which activities to indulge in and where possible share out the social responsibilities but make sure you have time for your own family. Do not completely deprive yourself of the pleasure of the new year but have the



will to control yourself.

Make the change. If it is not yet your habit to always think "eat healthy to stay healthy" then it is the time otherwise you will have to "eat medicines to fix your health". Combine healthy eating with physical activity so that you manage your weight.

Stock your freezer with healthy meals. The new year normally is full of parties and for some families, less family home meals. Deliberate efforts to stock at home those healthy foods should be a priority while making your new year's



shopping. Plenty of vegetables and fruits will serve the purpose and make sure you encourage your family to eat these in order to detoxify the body throughout the year.

Pour the gravy and sauces lightly. As a result of adoption of western recipes families eat a lot of beef, chicken and fish fillet with generous dressing with gravy. The gravy is normally rich in oil and spices thus this should be taken in moderation as we move into the new year.

Dear readers, in order to avoid over prescription, I am deliberately requesting two additions from each one of you to think of what would work to help you and your family "eat healthy and stay health" during the New Year. Feel free to share what works for you so that the readers, most especially the Rotarians can learn from your testimonies in the next issue.



Rosemary Byanyima is the District Chair for Malaria and AIDS Committee and a member of the Rotary Club of Kololo

ENGAGING LOCAL COMMUNITIES TO MITIGATE CLIMATE CHANGE

By Rtn. Augustus Nuwagaba



On December 5, 2017 the World Bank launched the Economic update Report for Uganda. The report clearly showed that

Uganda's economy has slowed from an average growth of 7.0% in 2000s to a paltry growth of 4.5% in 2017. While the explanation for this are numerous, including the civil conflicts in the region –South Sudan and Burundi, it is pertinent to note that the supply side constraints notably drought has been the major driver. The country experienced drought in many parts of the country leading to lack of food – a major driver of headline inflation. This was exacerbated by the fact that majority of Ugandan population (76%) are employed in the agricultural sector, but with high risks of unpredictable weather conditions. The other problem has been tree harvesting culminating into depletion of 100,000 hectares of forest cover per annum. This has been exacerbated by encroachment of wetlands and other water bodies resulting into shrinkage of rainfall catchment areas, hence prolonged drought.

As Rotary Club of Muyenga with our conviction of "service above self" and uplifting the welfare of society being our business, we embarked on Mission Green campaign, aimed at restoration of our ecosystem flows with a target of planting 500,000 trees in 5 years, beginning with 100,000 in Rotary year 2017-2018. I am pleased to note that Rotary Club of Muyenga has since July 1, 2017 planted 69,783 trees throughout the country. The President of the Rotary Club of Muyenga,

Permanent Secretary Ministry of Agriculture Animal Industries and Fisheries plus Local Council Chairperson planted trees on September 30, 2017.

The trees have been planted with support of Ministry of Agriculture, Animal industry and Fisheries (MAAIF) through the National Farmers



Leadership Centre (NFLC) – Kampiringisa, Mpigi district. MAAIF provided land where Rotary Club of Muyenga planted 2000 trees including an Orchard. We have also been supported by Uganda Prisons Service who provided us labour; National Forestry Authority (NFA) who provided us with seedlings and the Private Sector partners such as DAKS Couriers who provided logistical support in delivering tree seedlings. Individual members of Rotary of Muyenga have also planted trees in their private plantations and this will greatly enhance ecosystem flows and reinstate our environment. As the Chinese have asserted in their adage: *the natural resources we enjoy have not bequeathed to us by our parents, but have been borrowed from our great grand children*".

As a vanguard of economic growth and transformation, I am strongly convinced that sustainable development goals (SDGs) and the Uganda Vision 2040 will not be achieved without deliberate action on mitigating climate change. The answer is; *let each one of us just plant one tree.....it will make a difference*".

My club have engaged the community and planted trees around Kampiringisa community, within schools, religious institutions, Kampiringisa National Rehabilitation centre, Local community- households and along roads within the community. Through this project, Rotary Club of Muyenga was recognized by the local community and the road from Mpambire to National Farmers Leadership Centre (NFLC)-Kampiringisa (3.2km) has been named: **ROTARY MUYENGA ROAD**. This is a tremendous achievement of Rotary using holistic engagement with the local community to mitigate

Plant a tree today



Augustus Nuwagaba is the Club Green Mission Officer of Rotary Club of Muyenga

CHRISTMAS WITHOUT RELATIVES

By Rtn. Faye Cran

What must it be like to spend your childhood in continual fear of being hacked to death, staying in a government security camp, away from your parents, as the only way to be safe?

The children in Mitindo Protectorate Camp are living exactly that life. The camp was set up to protect vulnerable children. It is built like a prison where one cannot get out of it without a letter from the Regional Commissioner and must be accompanied by a member of the prison staff to save the lives of children with Albinism.

In addition this camp has blind and deaf children who have been abandoned by their families.

The issue at hand in this camp is that these vulnerable children live a very basic life with inadequate food and clothing that when you physically visit this camp, it gives you sad moments.

The newly chartered Rotary Club of Hai made a difference in the lives of these children during this year's Christmas. They brought joy to these vulnerable children when they provided Rice, Cooking oil, soft drinks and meat.

Children without families are the **most** **VULNERABLE** people in the world.

Brooke-Randolph, MLJ Adoptions Professional



"It is our vocation to save life. It involves risk, but when we serve with love, that is when the risk does not matter so much. When we believe our mission is to save lives, we have got to do our work."

Faye Cran is a Member of the newly chartered Rotary Club of Hai



HOW ARE WE DOING ?

NO	EXPECTATIONS	YES	NO
CLUB PRESIDENT			
1	Have you carried out projects?		
2	Have you reported your projects in Rotary Club Central (RCC)?		
3	Have you held a Board meeting to strategise on the plans for next six months of the remaining Rotary Year?		
4	Have you helped and organised the Election of the next President and Board Members?		
5	Have you reported your President Elect to RI through www.rotary.org ?		
6	Have you presented the mid-year report of the club at the Business fellowship?		
7	Have you updated your club data on MyRotary?		
IMMEDIDATE PAST PRESIDENT			
1	Have you presented your Account of Stewardship?		
2	Are you in touch with your club to know how they are fairing when you are not there?		
3	Do you give positive and realistic advise to your successor as well as club members on the way to solve or prevent problems and not to cause one?		
BOARD OF DIRECTORS			
1	Have you championed a project?		
2	Do you still plan to champion one or more projects?		
3	Have you lovingly called your President to order when he or she is derailing?		
4	Have you attended and contributed positively at Board meetings?		
CLUB MEMBER			
1	Have you attended 70% of your club fellowship and other activities?		
2	Have you paid your club dues (for Club's that operate on such)?		
3	Have you contributed positively to the growth of the club?		
4	Have you invited a quality individual to join Rotary (though it is everyone's duty)?		
5	Have you helped the club in time of need?		
OVERALL CLUB MONITORING AND EVALUATION			
1	Have you attained the Presidential citation?		
2	Have you paid your RI, District and Country dues?		
3	Have you carried out an International Service Project?		
4	Have you carried out a Community Service Project?		

EASTERN AFRICA ROTARY PROJECTS FAIR

More than 300 projects to choose from!!!
Eritrea, South Sudan, Ethiopia, Uganda, Kenya and Tanzania

7th - 12th Feb, 2018
Imperial Resort hotel Entebbe - Uganda

1. Conference bag and T-shirt given at no extra cost
2. We have the following meals as part of the package;

Tea/coffee } On Friday, Saturday and Sunday
Lunch }
Dinner of Friday - TRF recognitions by RIPE

3. Grants training by RI and Zone staff
4. Free entertainment in the evening
5. Free transport to project sites and RFHD events

VISIT OUR WEBSITE

www.rotaryeastafriaprojectfair.org/

What is the
\$100 for....!!!

AREAS OF FOCUS

FOR BOOKING

Julie Kyokunda
Registration Tel: +256 703 408525
E-mail: juliet.kyokunda@gmail.com

SAVE THE DATE

Rotary
Kasangati



QUIZ NIGHT

SATURDAY, FEBRUARY 24, 2018

4:00P.M TO 7:00P.M

Theme
Share Knowledge as
you make a difference

PARTICIPATION FEE
PER CLUB TEAM

UGX.50,000/=

ENTRY FEE
PER PERSON

UGX.10,000/=

RSVP: PP. Julie Kamuzze Musoke - 0772586200, PAG. Ronald Kawaddwa - 0772493786,
PP. Robert Kakumba - 0772 459823, Rtn. Christopher Ssali - 0772121644



THE COMPETITION IS STRICTLY FOR ROTARIANS, ROTARACTORS AND INTERACTORS

RYLA

ROTARY YOUTH LEADERSHIP AWARDS
YOUTH MAKING A DIFFERENCE

KABALE - 2018

January
25th 2018
Kigezi High
School.

EARLY BIRD

Fee: UGX 90,000/=
31st Oct. 2017

MID PAYMENT

Fee: UGX 100,000/=
30th Nov. 2017

DEADLINE

Fee: UGX 110,000/=
31st Dec. 2017

*(Registration Fee includes Transport, Accommodation, Meals & Recreation).

PAY TO:

ACCOUNT: UGANDA ROTARY OFFICE
ACC. NO.: 2210400013
CENTENARY BANK,
CORPORATE BRANCH.

Mobile/Airtel Money

NAKIYIMBA SHAMIRAH
Mobile Money: 0788-097-359
Airtel Money: 0705-172-464

KABALE

CONTACTS:

FAAZA - +256 701 849 826
ZAKE - +256 784 542 161

Payment Details

Account Details Uganda:
Rotary Conference Collection Account
Centenary Rural Development Bank
Corporate branch
3718000006
SWIFT CODE: CERBUGKA

Mobile Money Uganda:
DANIEL DDAMULIRA (93rd DCA Treasurer)
+256 772 465 480 / +256 701465 480

Contact: Uganda

Rtn Annie Munywewu, +256 772498081
namulimunyewewu@gmail.com

Account Details Tanzania:
Rotary Tanzania Ltd - Conference
BankM 0250029113

Contact: Tanzania

Belinda, Administrator Rotary Tanzania Office, +255 689 558 444
bsiliva@rotarytz.org
or Your Club "On-To DCA" Officer

#DCA93
<http://dca.district9211.org/registration>

The Big CELEBRATION

Rotary
District 9211
TANZANIA - UGANDA



Rotary Foundation Trustee Chair Paul Netzel accepted the Award for Outstanding Foundation, on Rotary's behalf, at the Association of Fundraising Professionals 2017 conference



PAG Ronald Kawaddwa was among the Rotary International Youth Committee members at Evanston



The Rotary Foundation Dinner



GIVING
OPENS THE WAY FOR
RECEIVING
—FLORENCE SCOVILL SHINN



The Rotary Foundation Dinner—Pictorial



Christmas at a Glance!

Rotary Club of Kampala South



Rotary Club of Kampala Metropolitan



Rotary Club of Muyenga



Rotary Club of Kampala Wandegaya

Rotary Making a Difference —Pictorial



Rotary Club of Nsangi



Rotary Club of Muyenga



Rotary Club of Ggaba

Rotary Making a Difference —Pictorial



Rotary Club of Kampala Maisha



Rotary Club of Kasangati



Rotary Making a Difference—Pictorial



Rotary Making a Difference—Pictorial



"Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you" John 14:1-2 - WE SHALL MISS YOU ROTARIANS—RIP



Rtn. Kizza Ssali, John
Past President
Rotary Club of Kasangati



Rtn. Harriet Nabutuwa
Member
Rotary Club of Jinja



Rtn. Paul Nkenge
Member
Rotary Club of Jinja



Rtn. Benon Beyunga
Member
Rotary Club of Nateete