





October, 2017



District Governor's Newsletter Volume 5 Issue 4 A Monthly Publication of District 9211 Plant a tree means, plant a million lives



ECONOMIC AND COMMUNITY DEVELOPMENT

THE

EDITOR

Rtn. Julie Kamuzze-Musoke

DG's Newsletter 2017-2018

Welcome to the fourth issue of the District Governor's Newsletter - The Wave. The month of October is designated in Rotary for Economic and Community Development.



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As Rotarians we are encouraged to celebrate this month through serving towards increasing productivity and raising incomes.

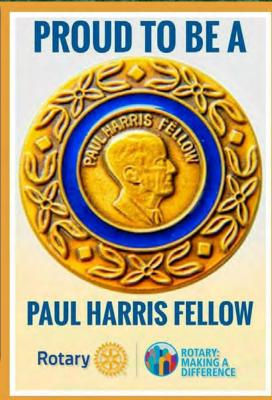
Our cover page was taken from Igongo Hills during the Mega Fellowship in Mbarara. Over 400 seedlings were planted as part of the mission green launch by clubs in the western region.

In this issue we bring you Rotary International President Ian Risley's message. In his message he talks about Polio and how to celebrate the World Polio Day this month. District Governor Ken shares his experience in clubs and his expectations during the month of October. Do not miss out on the District Rotaract Representative Amina Nasaazi's message for the month. We congratulate all our Achievers in this issue.

We continue to share with you what clubs have done during the month of September to make a difference plus a pictorial of the Mega Fellowship and Rotary-5- Aside Tournament. We continue to rely on you for informative and interesting information to give our readership the best of the Wave.

Thank you for supporting us!

EDITORIAL PAGE



I am from a generation who has witnessed the devastating effects of polio. When I discovered how close we were to eradicating polio, I was very motivated to be a part of this movement. It is so rare when you can accomplish something so spectacular.

In the second second second second second

Kindly share interesting and informative articles including photos of what you do in your clubs that bring a difference in your respective communities.

Articles should be sent by the 15th of the month with a maximum of 300 words.

Send articles to:

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World Polio Day 24 October

One Day, One Focus, Ending Polio.

ations



The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy.

District Governor Ken's October and November Calendar

President's Message

ROTARY INTERNATIONAL NEWS

HOST A World Polio Day

EVENT

We're close to ending

the second human

disease in history.

ROTARY: MAKING A

IFFERENCE

ORONTO

Ian H.S. Riseley President Rotary International



Some years ago in the Melbourne, Australia, museum where my daughter used to work, an iron lung was on display. For most people my age who remembered the terrifying polio epidemics of the 1950s, that iron lung was a testament to how far vaccination had brought us: to the point where that once critical piece of medical equipment had literally become a museum piece.

For much of the world, the story of polio is virtual a simple one: After years of fear, a vaccine was developed and a disease was conquered. But for some of the world, the story was different. In so many countries, vaccine wasn't available, the mass vaccination was too expensive, or children simply couldn't be reached. While the rest of the world relegated polio to its museums, in these countries, the disease continued to rage-until Rotary stepped forward and said that all children, no matter where they lived or what their circumstances, deserved to live free of polio.

In the years since PolioPlus was launched, the combined efforts of Rotary, the governments of the world, and the Global Polio Eradication Initiative have brought the number of cases of polio down from an estimated 350,000 per year to just a few so far in 2017. But we must reach zero cases, and stay there, to achieve Eradication. To do that, we need everyone's help.

On 24 October, we will mark World Polio Day. It is a day to celebrate how far we have come and an opportunity for all of us to raise awareness and funds to complete the work of eradication. I ask every Rotary club to participate in some way in World Polio Day activities, and encourage you to visit endpolio.org for ideas and to register your event. Whether you host a silent auction, a reality viewing. а fundraising walk, or a Purple Pinkie Day, your club can make a real difference.

This year, our World Polio Day livestream event will take place at the Bill & Melinda Gates Foundation headquarters in Seattle; you can watch it on endpolio.org beginning at 2:30 p.m. Pacific time. As many of you know, Rotary has committed to raising \$50 million a year for the next three years. This amount will be matched 2-to-1 by the Gates Foundationeffectively tripling the value of all money Rotary raises on World Polio Day and throughout the year. Lets all make a difference on World Polio Day-and help End Polio Now.



Rotary's World Polio Day Livestream event 24 October 2017 5:30 p.m. EST

Rotary



Fellow Rotarians:

We are now entering the second quarter of our Rotary year. No doubt, the first quarter was hectic and challenging as we all tried to implement the brilliant ideas we had planned at the District, club and personal level. For me, it has been extremely rewarding as I continue to visit clubs and see all the marvelous work Rotarians do across our District. I hope you are equally as proud and carry a sense of satisfaction that you are giving your best. One thing I have come to appreciate is the fact that each one of us is gifted in one way or another. Some people are good speakers, others are good in sports; there are musicians and those with smart business judgement and good mobilisers, to mention but a few all ready to make a difference. I am yet to see a person who is not ready to make a



difference. To date, I have visited more than half of the clubs and I have seen clubs and projects of varying sizes. No matter the size, each project I have visited has left an indelible mark on me.

It is truly amazing to witness, firsthand, the outstanding projects that we do. We need to make every effort to better promote our good work so that more persons will come to know Rotary and want to lend their support. The more help we get, the better able we are to address the needs of the communities where we live.

District Governor's Message



Rotary has designated the month of October as Economic and Community Development month. It highlights one of our six Areas of Focus and may be the one that probably gets the least attention in our District. A high level view of our District suggests that we are experiencing sluggish economies, high levels of unemployment and rising poverty. These conditions lead to crime and health issues. As Rotarians, we should all be concerned about these trends and think about ways that we can help. Is there something that we can do to help spur income generation and savings? Can we develop projects that will help with job creation and entrepreneurship? What if we were to, as Rotarians, engage other community and business leaders as well as stakeholders in the public and private sectors to work together to develop and implement such initiatives? Here is an opportunity for us to check the classification list in our clubs to identify those members with the skills best suited for economic development and put them to work. I am sure that we would come up with amazing solutions.



If we do nothing else but create an awareness of the opportunities in our communities, we could positively impact the lives of the residents around us. Can you imagine a District where Rotarians helped to influence reduction the in crime, the improvement in job opportunities and the general wellbeing of our neighbors? And just think about the number of future Rotarians that we might be creating! That, my fellow Rotarians, is Significance. So let's make October a month to remember.

During this month, I will continue to visit clubs and meet as many Rotarians as possible. My experience has been exciting I can't wait to meet more of you. Let us continue to develop and implement service projects in our clubs to benefit our communities; it is important that all members are given an opportunity to use their talents and vocations. Each and every member should be engaged for the maximum effect of making a difference. Come forward and offer yourselves for service. Let us engage one another in club talks and trainings, regarding our classifications among other topics, for a better enlightened Rotary.



Finally friends, let me take this opportunity to thank you all for the tremendous work you are doing with the communities. It is quite gratifying to see happiness shining in you as you display the works of your generosity as Rotarians. Let us soldier on and make a difference even more, because together we shall make a difference.



District Rotaract Representative Message

YOUTH SERVICE

Greetings Rotarians:

On behalf of the youth, allow me extend my appreciation for your efforts as far as the activities for the previous month are concerned.

With your mentorship and guidance, I must say you add more meaning to our tran education. We always have something new to learn from our elders/mentors. The Rotary Clubs that have effective mentorship programs with the clubs you mother, please keep this going as education will never come to an end. Education is the bedrock of social and economic development of a nation. Therefore it plays a big role in the development of the personality and character of a child. Throughout the evolution of mankind, philosophers and social reformers have realized and highlighted the importance of education.

It is evident and has been proved in the past for many times that only through proper education; it can be possible to eradicate all social evils through and community economic development programs. Welcome to the month of October.

Economic development is simply a process by which a nation improves the economic, political, and social well-being of its people whereas community development the process through which community members come together to take collective action and generate solutions to common problems thus seeks to empower individuals and groups of people with the skills they need to effect change within their communities. This is what we live for as Rotaractors and Rotarians. We come together every day; storm our



communities in large numbers to make a difference in their lives. With the hospitals that we set up like the Rotary Hospital in Mukono, The Blood Bank in Mengo, the Rotary Centenary Cancer Ward in Nsambya, schools and classroom blocks like in Kabutemba community, boreholes, shelters, the Rotary Vijana Poa program set to empower the youth to attain financial independence, Mission Go green geared towards restoring the environment, to mention but a few.

We have done it all, from that baby, that child, that mother, that farmer, the nurse and all humanity all over the

benefit the communities, can we do it differently, can we focus on empowering these communities especially the youth to be more vigilant and involved in solving problems of their own communities?

These are the leaders of tomorrow and if we show them the way, we are solving bigger problems.

If we do this together with joint effort and teamwork as members of this fraternity, our communities will not only be better and safer but the difference you and me are going to make today will surely last a lifetime.

Sow that seed now, look after it well, protect it from the rains, the harsh Sunshine and tomorrow we are going to reap a developed community.

You Reap

What You

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OTAT



world, we have changed their lives. Thank you. However as we jubilate and congratulate ourselves, there is more left to be done. As we apply for those grants to carry out better projects to

ECONOMIC AND COMMUNITY DEVELOPMENT WITH INNOVATIONS

By Rtn. Godfrey O. Omoding



During the month of October we may need to ask ourselves a question; "is economic and community development going to be the usual and the

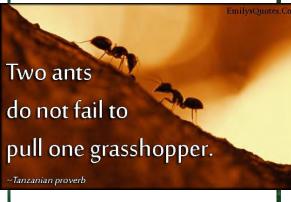
same?" The answer, in affirmative, is unfamiliar big NO. Why no, you may ask? The answer to this can be drawn from looking back at the dynamics and developments in the world today. Over world has centenarv now. the increasingly experienced a lot of political, religious, social, cultural, economical, technological, climatic, gender-wise demographical and changes. These changes, though some are good, have continuously posed challenges in economic and community development sphere. They ought to be considered in economic and community development.

The world came together under the Millennium Development Goals (MDG) and today under the Sustainable Development Goals (SDG) to meet the challenges of the time, as never before. At the country level, there are development plans that embed economic and community development. Uganda, for instance, has National Development Plan II (NDPII), having had the National Development Plan I (NDPI). As Rotary and Rotarians, there is a need to take all these developments into strive consideration and to to accommodate changes in our effort to contribute to the economic and community development in order to remain Rotary.

Rotary in the sense of service oriented organisation needs to contribute where it's sustainable, where it is integrated with efforts of the communities and

governments (national, local and chiefdoms), and where it is needed most. Rightly, some of these changes have been acknowledged, integrated, and strategically incorporated in Rotary interventions. One of them is Mission Green. This is an indication that they have been taken note of. Indeed. however, Rotary approach to service delivery needs continually to be packaged to create maximum and sustainable impact. The challenge still remains on translating and deepening the service delivery. This is where innovations become inevitable and a driving force.

At a club level, the club that innovates will give birth to impact. This may



sound a sweeping statement. Yes, on the surface but in the depth no. Remember clubs must have passion in what they are doing or plan to do.

They must be having conviction in their programmes and activities. Their programmes and activities must be their brand and they brand them. How do you cultivate these if you are not innovative or innovating?

For instance, how do you create acceptability of your activities in the communities when you are not willing to accommodate changes. It is this accommodation of changes "where a tire meets the ground"-innovations to create a development meeting point.

Development to be progressive must be a two way- a developer and a receiver. Do not be blind to communities' cultures, organizations, set aspirations and ups, and inspirations. The depth of this is on innovations. Innovations are twinned with creativity. These provide channel for new ideas, new ways of doing things and their infusion.

Economic and community development gives us opportunity to enhance, embrace and spread innovations to those who need it most. This is an opportunity to break, for instance, strings of poverty, low yielding seeds, poor nutrition, lack of entrepreneurship and information that

hold communities behind. It is a time to give honest-to-goodness innovations that can transform communities.

It is a time for enabling and facilitating communities to do better. It is a time to give hand, hand that is resourceful for enabling transformation. It is a time to partner for betterment of

the communities. It is a time to ring bells that all is not well with others and stand shoulder to shoulder with communities. Truly, there are many new ways clubs can get these fulfilled.

Allow Rotary radiate from inside out of a club than outside in. True service above self comes from inside onto real life. This way we can continue making a difference.



CLUB NAME: Rotary Club of Njeru ADMITTED TO RI: September 13, 2017 MOTHERED BY: Rotary Club of Jinja ID NO: 88844 CHARTER PRESIDENT: Jack Ochola MEETS:

Every Monday 6:00 p.m. to 7:00 p.m.

CLUB NAME:

Rotary Club of Mbale-Metropolitan ADMITTED TO RI: September 4, 2017 MOTHERED BY: Rotary Club of Mbale ID NO: 88834 CHARTER PRESIDENT: Fridah Nabifo Wamunga MEETS: Every Thursday 7:00 p.m. to 8:00 p.m. Sukali-Namakweke Mbale



Welcome Rotary Clubs of: Njeru, Mbale-Metropolitan and Najjera. These were admitted to membership in Rotary International during the month of September 2017

CLUB NAME: Rotary Club of Najjera ADMITTED TO RI: September 20, 2017 MOTHERED BY: Rotary Club of Kiwatule : ID NO: 88851 CHARTER PRESIDENT: Emmy Kizito MEETS: Every Thursday 6:30 p.m. to 8:00 p.m. Tavern Breeze, Najjera



Rtn. Rev. Can. Amos Magezi (PHF) was elected Bishop of North West Ankole Diocese (Ibanda). He has been the Provincial Secretary of the Church of Uganda and takes office effective October 1, 2017

Rtn. Rev. Can Amos Magezi (PHF) is Member of Rotary Club of Nateete Kampala

ACHIEVERS' CORNER

PDG Stephen Mwanje was appointed as Training Leader at the International Assembly in San Diego. He will be training the District Governor Elects 2018—2019. This is a very senior position and very highly regarded at Rotary International. Only two Africans were selected to this position of which PDG Stephen Mwanje represents the Anglophone African and Zone 20A and another African who is from Tunisia-Zone 20B who will handle the French speakers. PDG Stephen is a member of RC of Mukono and Past District Governor D9200



DG Kenneth Wycliffe Mugisha was honored by Rotary International President as a Bequest Society Level 3 Member at the Rotary Institute in Johannesburg, 2017. Left is Trustee Ocelik from Turkey

People have been asking me what I gain from Rotary and others have joined the organization simply because they want to serve or join a network of people with integrity. A few years ago when I joined Rotary, I didn't realize how I have a big family until when I was ambushed in my Rotary club of Makindye at Shanghai by two friends Rtn. Edward Mogere of Rotary Club of Nkumba and Rtn. Jemima Semakadde of Rotary Club of Entebbe. These two Rotarians represented over 30 upcountry towns I supervised during the Rotary Cancer Run 6. We all join Rotary for various reasons! I joined to make a difference in society at any opportunity which comes my way. The first opportunity was when I was appointed to ensure that towns outside Kampala participate in the Cancer Run. Organizing a run in a town where ugx. shs. 20,000/= for a ticket is almost impossible is not a simple thing but with a commitment of elected coordinators everything becomes possible. All coordinated districts registered over 100 runners! Thank you Chair of Chairs Stephen Mwanje and Rotary Cancer Run 6 Chair Patrick Kunobwa for having appointed me Chair of the Upcountry Runs. Through my nagging calls and whatsapp messages little did I know that my team is appreciating. The accolade I received from the upcountry team made me a stronger Rotarian and encouraged me to serve more. Thank you Rtn. Rose Atim of Gulu for

taking the lead in mobilizing this gift. Thank you upcountry team. Thank you to everybody who participated in Rotary Cancer Run 6. For sure we are very close to getting a bunker!

Godfrey Kayítarama ís a Past Chaír upcountry runs 5&6 and Member RC Makíndye



IS MALE MENOPAUSE REAL?

By Rtn. Rosemary Byanyima



"Male Menopause" is referred to as Andropause. Male hormonal levels tend to decrease with age and this causes body changes though not overt like menopause in women where menstruation ceases. These

body changes in men is what is referred to as Andropause.

The male hormone testosterone's production starts to drop at age 50 years and above.

Testosterone is the hormone produced in the testis and it has many functions which include sexual drive, puberty body changes, fuels physical energy and maintenance of muscle mass among other functions.

Unlike female menopause, male menopause has slow and

insidious onset thus many times it is never noticed and probably not as distressing as female menopause.

Andropause can cause physical, sexual and psychological disabilities and these may slowly and progressively worsen. The symptoms typically include low energy, sadness and low self-esteem.

Other symptoms are difficulty concentrating, poor sleep patterns, increased body fat and reduced muscle bulk. This may be associated with irritability and mood swings. Some men develop large breasts and bones lose their minerals and thus become brittle. What is most devastating is reduced libido and

erectile dysfunction or even infertility. If you are experiencing some of the above symptoms your doctor can take a sample of your blood to test your testosterone levels. When you are aware of your body changes, then it becomes easier to cope but if the significantly symptoms are disrupting your life, then your doctor can prescribe some forms of treatment.

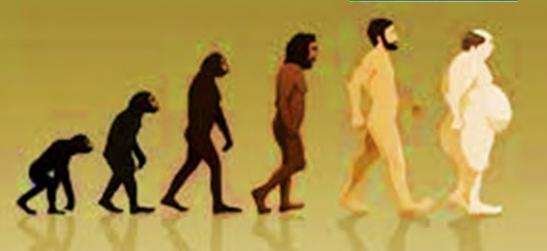
Discuss with your doctor the pros and cones of whatever treatment is to be instituted. Many men are

HEALTH FOCUS

Antidepressants drugs may be prescribed for those with severe depression. Hormone replacement therapy should be the last option.

Performance-enhancing steroids, synthetic testosterone can have damaging side effects especially in prostate cancer patients thus they should be used consciously.

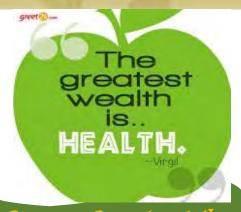




usually shy to discuss sexual topics with their doctors and counselors yet this is a disadvantage, for you may miss the necessary help.

Rule number one in treatment of andropause is making healthier lifestyle choices because much of the treatment is symptomatic.

Regular exercises to maintain your muscle bulk and general wellbeing, avoid stress and get enough hours of sleep so that you wake up more fresh and energetic in the morning.



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

Rotary Club of Arusha



Members of Rotary Club of Arusha

Rotary Club of Arusha held their fourth Triathlon on Saturday, September 16, 2017. Over 170 individuals participated and USD \$3000 was raised. Unlike the past three years, this year participants had several options, one could choose to do a Fun Run or Walk, a Duathalon Run or Cycle or Run, or the traditional Triathlon Swim or Cycle or Run. The categories included:-

The under 8 Teams where 28 boys and girls participated.

We had the under 13 Teams and individual contender

In addition we had under 19 Teams and Individuals Open Amateur including one participant of only 13 years old who competed with adults.

We had also an open category with no age restrictions and included teams and individuals.



The event was proudly sponsored by Sameer Parts; Nomad Tanzania; Tarangire Safari Camp, Dorobo, Safaris, Truckline, Vrontamitis Family, Pepsi Cola, Elewana Hotels and Lodges, Medivac, and Body sense.



To climax the event, we had an Open Elite. This is a category for the participants who want serious challenges. This category included 8 men and 3 women.

There was also the over 50 years of age

MInteract (2

and was for seriously fit 'elderly' crowd. It was dominated by our oldest participant of 70 years old, who came in an impressive second place.

> Contributed by Lucy Vrontamitis President of the Rotary Club of Arusha

ROTARY MAKING A DIFFERENCE

The one day event was hosted by ISM International School.

The event has continued to attract many participants from 75 in 2014; 100 in 2015; 126 in 2016 and 170 in 2017. It was a beautiful sunny day spent amongst friends and families. It was a great opportunity for Rotarians to network and promote Rotary.



Rotary Club Tanga handover of Wheelchair and other items to Sophia

DONATED BY

ROTARY MAKING A DIFFERENCE

Dedication Day of the RC Same Water Project . The Freedom Torch Rally Leader handed over the project to the community



RC Bweyogerere— Namboole Buddy Group Zebra holding a studio fellowship on Basic Education and Literacy in September

Rotary Club of Dar es Salaam, Oysterbay Medical Outreach

Rotary Uganda in partnership with Gift of Life Uganda sponsored ten vulnerable children drawn from central, western and northern Uganda for open heart surgery at Kochi Hospital in India. The children travelled to India on August 6, 2017 and returned on September 6, 2017 to rejoin their families. The project worth US\$75,000 was funded by a Rotary Global Grant and implemented by the Rotary clubs of Hoima-Kitara and Dheli East End in partnership with Gift of Life Uganda. This project is in line with the Rotary Motto: "Service Above Self".

Contributed by President Wilson Luberenga Rotary Club of Hoima—Kitara

and the second second



Beneficiaries of Open Heart Surgery on return





Rotary Community Corps of Nebbi received its charter certificated. It is sponsored by Rotary Club of Ggaba

Rotaractors making a difference during the Earth Initiative Exercise in Gulu





Rotary Club Of Bugolobi



Rotary Club of Kampala Wandegeya Medical outreach

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and the

Day Of Fellows e: 7-8 Pm e: City Roy

Rotary Club of Igoma Water Project











By Mohamed Ugasa

ROTARY Club of Bahari took another bold step in supporting the government's initiative of environmental conservation through planting trees of diverse species on the waterfront of Aga Kham Hospital in Dar es Salaam last Saturday.

Bahari Rotary president Amyn Lalji profoundly extended hand-th-glove cooperation with the event's guest of honour who was Permanent Secretary in the Office of the Vice-President Union Affairs and Environment Prof Faustin Kamizora for the Rotary Mission Green. Kamizora said he was privileged to be invited to the event which he termed as important for environment protection and preservation as well.

With an open hand cooperation provided by flata Municipal Council, over 200 indigenous trees and shrubs of various species were planted across the Indian Ocean shoreline very close to Aga Khan Hospital along Barack Obama Road in Dar es Salaam during the morning hours.

Feada Magesa who is flala Municipality Council's environmental officer thanked the Rotarians for the initiative that would keep the shoreline live and attractive.

The mission aims at providing clean shaded recreational area for residents and maintain natural beauty of the serene waterfront.

This is part of a greater Mission Green initiative for Rotary District 9211, which encompasses Tanzania and Uganda, with the goal of planting one tree for every Rotarian across the District. The plans for the park were developed in conjunction with municipal authorities, and water for the project has been generously donated by the Aga Khan Hospital. President Lalii led the team in the ground-breaking ceremony which was open to the public too.

Mission Green is a theme project spearheaded by Rotary International District 9211's governor Kenneth Wycli

Mugisha whose airu is to mobilise the community, resources for restoration and protection of the environment.

Recognising the importance of the environment to people's livelihood in East Africa and the adverse effect, the very same livelihood has had on the environment, Mugisha had chosen the environment to be at the top of agenda. The annual increment of the urban population in both Uganda and Tanzania was 5.4 per cent in 2015. (World Bank 2015 statistics). In comparison, the average for all developing countries is just over 3 per cent. The proportion of population that use wood products in form of charcoal and firewood as fuel for food preparation is too high. As high as 90 per cent in Uganda's case. The forest subsector contributes up to 5.2 per cent of the GDP in Uganda and 3.4 per cent in Tanzania. The forest cover as a percentage of land area between 1990 and 2015 declined by ten per cent in Tanzania and 12 per cent in Uganda, During the period 1990 - 2005, total forest and woodland area decreased by 24.7 per cent in Uganda and a whopping 37.4 per cent In Tanzania.



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<u>ROTARY MAKING A DIFFE</u>

PICTORIAL OF THE MEGA FELLOWSHIP IN MBARARA









D9211 DISTRICT GOVERNOR'S OFFICIAL VISITS OCTOBER AND NOVEMBER

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