

THE **WAVE**

ISSUE 10 - APRIL - 2021

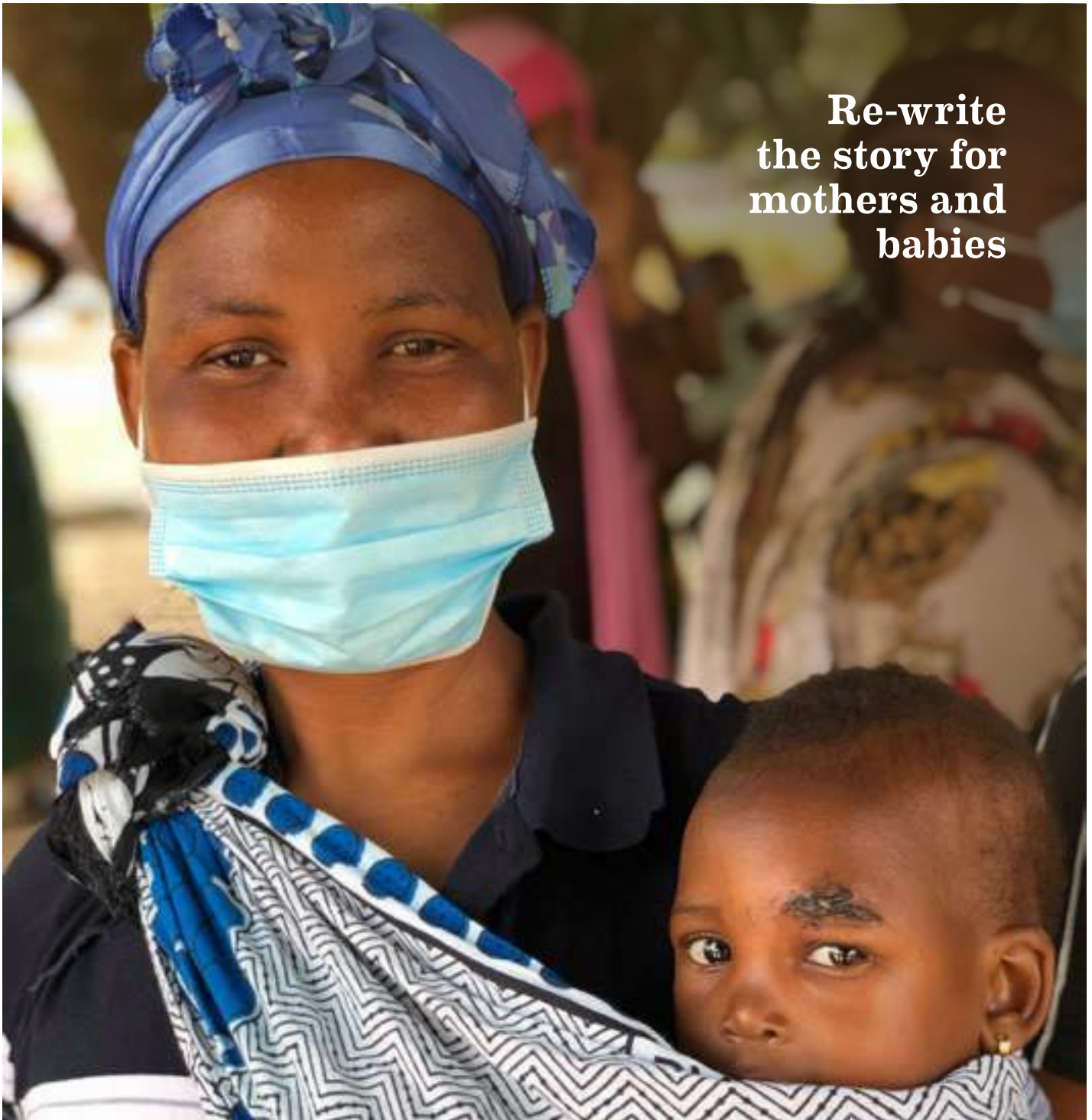
— A NEW DAWN



VOICES OF
ROTARIANS

ROTARY
WORLD
OVER

**Re-write
the story for
mothers and
babies**



READY TO BEAT MALARIA

ROTARY BICYCLE RIDE - 21 KM

KID FRIENDLY ROUTE AT 30,000/=

25TH
APRIL 2021
@ 7:30am

SPEKE
RESORT
MUNYONYO

FEE:
50,000/=
PER RIDER

BIKE
HIRE AT
100,000/=

KIT INCLUDES:

Vest, Rack Sack, anitizer Bottle, Kit
Number & Campaign Placard



For more info CALL: 0753713540 | 0772699467 | 0772616641

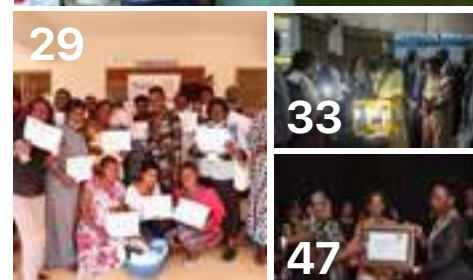
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End of an era, Beginning of a new dawn

21ST – 24TH APRIL 2021
SPEKE RESORT MUNYONYO

Early bird
(Up to 31st Dec 2020)

Rotarians - \$200
Rotaractors - \$100

Late Registration
(Up to 31st March 2021)

Rotarians - \$250
Rotaractors - \$120

Register NOW and SAVE

Be ready to play at the **Las Vegas Night**,
Taste BBQ like never before at the **Carnival Night**,
Shine with your guest at the **Rotary Roses Night** and
Know how we roll at the **Pearl of Africa DG Banquet Night**,
as we say farewell to **D9211** and usher in **D9213** and **D9214**.

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#DCA96 @D9211



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Editor's Note

Re-writing the story for mothers and babies

"Tusu's presentation is BRILLIANT. I am almost screaming to cheer him on," read a WhatsApp text from my friend Shifa (a member of the RAG on Reproductive, Maternal and Child Health) as we listened in to the 25th February virtual Rotary International and World Health Organisation webinar – *Together for Mothers and Children's Health* (<https://www.rotarydayatwho.com/>). There was no doubt that Tusu, within FIVE minutes had given an eloquent and emotive narration of the plight of mothers and babies; and opportunities to ensure they have a better chance to live. As we focus on Maternal and Child Health this month, below is an extract of Tusu's presentation.

Miriam and Taz had many happy things in common. But they also had one very tragic – their heart-breaking death during child birth. They were both young, very active in Rotary and my friends. They need not have died had the world cared enough, and yet ironically, they belonged to the more privileged circles of our country. There are many more – the 7,000 mothers who died during child birth in Uganda last year.

It is not right, that with the current advances in medicine and technology, mothers should be dying in their current horrific numbers. It is not right that midwives and nurses go through their training and work throughout their lives without being exposed to basic and well-known techniques that could save lives. It is not right that husbands, fathers and mothers receive with panic and foreboding the news that a loved one is going to deliver a baby. That should be a time of joyful anticipation. Mothers bleeding to death after delivery has been part of the human story since pre-historic times. It is now preventable, except in the most complex of cases. The story of Miriam and Taz should have ended differently.

The why - of the programme we lead is reducing the death of mothers and babies during child birth in Uganda. We want a new story. What if we could exploit technology to eliminate distance? So that the most advanced medical expertise anywhere in the world could facilitate the training of midwives in rural health centres. Distance is an opportunity, not a barrier. Right now, technology is creating my virtual presence on your screens around the world. The same technology can create the presence of a medical expert for a rural midwife in need of training anywhere in this world and in this case Uganda. This is the technology-enabled distance learning programme we have established. The chain starts with the schools of medicine at Drexel and Jefferson universities in the USA to three in Uganda - Makerere, Mbarara University of Science and Technology, Busitema, and six health centres so far. UCC has provided dedicated connectivity. The question arises, can this be extended to practical training or support during live deliveries.? Click the link below to complete this presentation - https://www.youtube.com/watch?v=VdKGI7BCf_o

We look forward to celebrating with you the achievements of District 9211 during the 96th District Conference and Assembly this month. What an era this has been!! Please share stories highlighting your best club projects and events by the 15th day of the month to dg9211news@gmail.com.

Enjoy the Easter celebrations!
Maria Roselynn Muzaaki

INVITATION



Zone22 Rotary Africa Centennial International Conference

African House of Friendship Virtual Projects Fair

Connect, engage and explore the latest trends, challenges and innovations in the local and international socio-economic, impact investing and volunteering space. Showcase your CSI initiative to this captive international audience of potential funders by securing a virtual exhibition space.

The time is nearly here to celebrate 100 years of Rotary International in Africa, 100 years of driving impactful socio-economic transformation throughout the continent.

For the first time ever, a cutting-edge online platform, will allow thought leaders from the continent to share our collective story of building communities and addressing challenges around the world.

Book your spot to connect virtually with fellow Rotarians and business leaders, NPOs, civil society organisations and foundations.

100 YEARS

of lasting change

24-25
APRIL
2021

BOOK YOUR
VIRTUAL
EXHIBITION SPACE

23-25
APRIL
2021

BOOK YOUR SEAT



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ROTARY INTERNATIONAL
PRESIDENT'S MESSAGE

Holger Knaack

This year, we celebrate Earth Day on 22nd April with a new sense of purpose. The environment is now an area of focus for Rotary. Solutions for all great tasks always start with you and me, and there is much we as individuals can do simply by changing our behaviour: Cutting down on our use of plastic and using energy wisely are just two examples. But now we have the opportunity to do more together.

Supporting the environment is not new to Rotary; clubs have long worked on environmental issues based on local needs. Now climate change — a problem that affects us all, rich and poor — requires us to work together more closely than ever. Alberto Palombo, a Venezuelan engineer living in Brazil and a member of The Rotary Foundation Cadre of Technical Advisers, shares his view.

For 30 years, my work has been to connect with communities and policy officials to take care of the environment. Today, I am excited about Rotary's opportunities to help reduce environmental degradation and make communities more environmentally sustainable.

In every community where we have a Rotary, Rotaract, or Interact club or a Rotary Community Corps, there are environmental challenges. As Rotary members, we can become stewards of environmental sustainability and adopt the United Nations 2030 Sustainable Development Goals in our daily lives at home and in our clubs. Then we can incorporate them into our Rotary projects.

My club has been involved with water and environment projects since day one. We seek opportunities to empower Rotarians and foster partnerships in our region and beyond, working with groups such as the Inter-American Water Resources Network and the World Water Council. Local clubs worked with the Water, Sanitation, and Hygiene Rotary Action Group (wasrag.org) to help Rotary get a seat at the table during the 2018 World Water Forum in Brasilia, where we discussed how communities can recover from environmental disasters like the one caused by the failure of a mining dam on Brazil's Rio Doce in 2015.

Taking care of the earth is an effort that never stops. To make an impact, we must align our knowledge, abilities, and enthusiasm — and Rotary is already great at doing this. As a volunteer with the Environmental Sustainability Rotary Action Group (esrag.org), I have seen how our work for the environment dovetails with much of what we are already doing in water and in our other areas of focus. Rotary members are not passive spectators; we take action. Let's work together and make a positive impact.

Support from The Rotary Foundation will define this new chapter in our service. Through district and global grant projects, we will build upon our previous projects that help the environment. We will look for ways to collaborate more closely and make a greater impact on global environmental issues. And we will incorporate environmental concerns into all of our programs, projects, and events.

Rotaractors and participants in our youth programs expect Rotary to take a clear position and provide leadership with vision. We will work with them, seeking intelligent solutions to the problems they will inherit. Our incredible members, networks, and Foundation give us the capacity to make an important and lasting contribution. Now, we will discover together how Rotary Opens Opportunities to help us expand our service to preserve the home we all share.



District Governor

FELLOW ROTARIANS

Happy Easter my family of Rotary!

We are in the month of April, so only three months are left to the end of this Rotary Year 2020/21. This time might seem short, but there is so much we can do, and I urge you to keep your foot on the accelerator. As Rotarians, we have two choices to make from this point forward. We can choose to cross to the 30th June finish line; or we can decide not to reach that line. We should turn our sights to finishing the year on a high note. If your club has not yet completed its fundraiser for our Rotary Foundation, or made your contribution to PolioPlus, now is the time to do so. The Foundation is an excellent steward of our money and your generous contributions keep enabling Rotarians worldwide to “Do Good” in the world. It’s also not too late to invite a future Rotarian to one of your club meetings or social events! Remember, your spouse, children or “significant other” may be just the Rotarian that your club is looking for! Remember our mission of “Service Above Self” and give your time, talents and resources for humanitarian efforts.

This month, we focus on Maternal and Child Health in the Rotary world. Unfortunately, somewhere in Uganda, a child died today only a few days into his/her fragile life. Every day mothers risk their lives giving birth and millions of children die each year

from treatable and preventable causes. Children do not ask to be brought into this world; therefore, we must ensure that they are well taken care of. No child should miss their mother’s loving touch, one of the most cherished feelings we experience in life.

Rotary International (RI) through its programs continues to emphasize saving mothers and children. I encourage each Rotarian through your Rotary clubs to continue supporting immunisation drives and mobile health clinics; providing birth kits; and teaching women how to prevent mother-to-infant HIV transmission, breast-feeding, and protecting themselves and their children from diseases. Let’s build on this and create more access to quality care, so mothers and children everywhere can have the same opportunities for a healthy future.

Our clubs have accomplished a lot this year, and they continue actively working towards achieving their set goals. You should check the District calendar in the remaining months to identify activities of your interest and participate actively. It’s always refreshing to support some activities implemented by the different clubs.

Periodically, as part of my duties, I spend some time on Rotary Club Central. Yes, even the Governor uses that tool. I recently noticed in the District Reports section that

we are not performing well in all the metrics that Rotary International measures. A lot has been accomplished this year but we are not letting this be known. I encourage club leaders to record all your activities in Rotary Club Central because it is the primary tool for RI to measure a district’s performance. During these remaining three months, update your club information. There is nothing wrong in sharing your accomplishments.

I also reviewed our giving to the Rotary Foundation. We are making progress, but there is still room for improvement. Through

our Foundation, Rotarians have supported thousands of projects to fight diseases, promote peace, provide clean water and basic education, and grow local economies. We have also been a leader in the worldwide polio eradication campaign, so let us continue giving to The Rotary Foundation.

Our minds are now tuned to the 96th District Conference and Assembly taking place at Speke Resort Munyonyo from April 21st – 24th, 2021. I look forward to enjoying this celebration with you all. The organising committee has prepared an excellent line up of activities and speakers, so expect lots of learning and fun. See you there!!



DG Rosetti Nabbumba Nayenga hands out learning guides donated by the RC Muyenga Tankhill to pupils of Kikubamutwe Primary School during her visit to the club last year



The power of partnership

"Make no little plans," American architect Daniel Burnham said. "They have no magic to stir (our) blood and probably themselves will not be realised."

When Rotary heeds Burnham's advice and follows through with action, we shine. We made big plans when we spearheaded a global initiative to eradicate polio; last year the World Health Organisation's African region was certified polio-free.

When the coronavirus hit about a year ago, The Rotary Foundation quickly mobilised and awarded 319 COVID-19-specific disaster response grants for US\$7.9 million. To date, we have further awarded 317 COVID-19 global grants for about US\$24.1 million, which, combined with previously approved global grants that grant sponsors repurposed to support coronavirus response, has made for a total outflow of more than US\$32.7 million.

We are now thinking big again, through our programs of scale grants. We will award a US\$2 million grant annually to one project that aligns with one or more of Rotary's areas of focus. The grant should solve problems for many people in a large geographic area through a measurable and sustainable approach within a three to five-year period. It also requires like-minded partners who are committed and resourceful. The idea is also to replicate these programs in different communities around the world, applying the lessons learned.

The Rotary Club of Federal Way, Washington, has made no little plans. As sponsor of the first programs of scale grant, the club is leading, in partnership with Zambian Rotary clubs and Malaria Partners Zambia, an effort to help end a disease that is widespread in that country. Through the program, called Partners for a Malaria-Free Zambia, Rotary will help train 60 Zambian district health officials, 382 health facility staff, and 2,500 community health workers to save lives; it will also equip them with the necessary supplies and gear to get the job done. Their aim is no less than reducing malaria by 90 percent in 10 target districts in two of Zambia's provinces.

Rotary members are also applying the power of partnering by teaming with several organisations. They include Zambia's Ministry of Health through its National Malaria Elimination Centre — which will ensure that the program contributes to the national strategy — as well as the Bill and Melinda Gates Foundation and World Vision, which are also investing substantial resources in co-funding and implementing this US\$6 million program. This first programs of scale grant will inspire others and make a great impact in the years ahead. It is just the latest chapter in the story of Rotary, one that recounts how ordinary citizens unite to not only plan big but also take bold action to help others in need. It is a stirring story that you, the dedicated members of Rotary who support The Rotary Foundation, are helping to write.

K.R. Ravindran
Foundation Trustee Chair



Looking Back. Looking Ahead - 100 Years of Rotary in Africa

It just occurred to me that in looking back on 100 years of Rotary in Africa, I could be looking at what R.W. Rusterholz saw looking ahead in 1921 when he led the start of the Rotary Club of Johannesburg, the first in Africa. Did he have the freedom of imagination to foresee what is now? Cecil Rhodes 30 years before him saw British imperial power dominating from Cape to Cairo along the route of his envisaged railway, but I like to think the Rusterholz, being a Rotarian, saw the gentler power of Rotary permeating the continent. One thing for sure is that he must have seen an all-white, all-young male, Rotary. Don't get me wrong: I do not blame him. We all grow up under the influence of the values of our times, the dominant and the oppressed, and it takes both evolution and revolution to wipe out injustice by those of us who operate in the community, civic, business, professional, religious, and government leadership spaces. A few decades from now, people will look back at the 20th and early 21st centuries and be shocked by how seemingly educated people could have suppressed the rights of women both by commission and omission for so long, and given lip-service to the challenge even longer. They could decide from their vantage point that we (that is you and I) were all barbarians. So I do not condemn: I see, I understand, I push for change. And yes, I meant "young-male". I know. Looking at Rotary now, it is impossible to believe that the top Rotary leaders at that time were mostly in their thirties or forties, isn't it?

I wonder too much sometimes: back to the main theme: *"In 1929, the Rotary Club of Cairo, Egypt, brought Rotary to North Africa, while a year later, it entered East Africa with the admission of Rotary Club of Nairobi, Kenya. The Rotary Club of Dakar, Senegal, established in 1939 was the first club in West Africa. The expansion was on. By 1929 there were 12 clubs in South Africa forming part of District 55, Africa South of the Equator. Rusterholz became District Governor and was re-elected to serve for 4 years".*¹ Just to note please that each of these was still a colony, and it would have been unheard of for anyone who did not come from the colonising countries to be a Rotarian.

Hmmm, the life of a Governor was delightfully tough. Remember, there were no regional flights around the continent. For the DG in Johannesburg to visit Dakar, it most likely required riding by horse to a station, by railway to a harbour, and a ship. Or a propeller flight (there were no jets) to Europe and then down to Senegal. This sounds easy, doesn't it? It wasn't. *"In the early 1930s, there were approximately 30 stops provided on the London to Cape Town journey (involving 72 hours in the air, four changes of aircraft, and 2,000km of rail travel) (Heathcote, 1932). Between Cairo and Cape Town, there were 27 main aerodromes and 30 intermediate alighting places".*² This was not voluntary: all flying had to be

daytime and in good weather. Refueling and servicing. Manual flying.... And we think three hours in a traffic jam to attend a club meeting is tough.

Rotary grew, and as it grew, an interesting dynamic started occurring. The communities at the heart of business in most of Africa were either from Asia or the Middle East, and the nature of Rotary must have gradually shifted – not everywhere – from European origin membership to the inclusion of membership from the Asian sub-continent. Since this was before the heydays of independence³, the presence of indigenous people (meaning men) in Rotary would have been incidental and token. It was not until the Second World War that our countries woke up to the truth that they should not believe the decades of assiduous indoctrination that colour of skin makes one race superior and another inferior (a belief that sadly still obtains in many parts of African society). With this came increased momentum of what had been incipient struggles for equality and independence. Rotary in Africa, I believe because I am not quoting researched history, responded to the changes as the elites among the indigenous leaders started getting invited to Rotary. Yes – nowadays, being “invited” has lost the original meaning, which meant that you would not be admitted to any Rotary Club meeting unless one of the members took you in as their guest. Yes, Rotary continued to grow but remained very elitist and exclusive.

In 1972, Idi Amin expelled largely Indian origin business people en masse, a terrible action that tore many from the country of their birth – and also shaped Rotary in Uganda. At this time, Rotary in Uganda was only four clubs: Kampala, Kampala West, Jinja, and Mbale, and these were almost emptied. The indigenous Ugandans had to take a more active lead in Rotary, including Phan Ntende, the first indigenous African District Governor, and the late Sam Owor, the original Rotary expansionist whose vision and activities to grow Rotary in Africa exceeded Cecil Rhodes’ imperial dreams.

We salute all continental leaders in Rotary, like the first African RI President Jonathan Magiyabe from Nigeria; Sam Okudzeto – or Big Sam, from Ghana; Tony Serrano from South Africa; and more recently Olayinka Babalola from Nigeria: they have held the torch of Rotary in Africa high. Lest we forget, women were still not part of Rotary, however, after the 1987 court decision, Rotary International complied by amending the RI Constitution during the 1989 Council on Legislation meeting, thus formally agreeing to the membership of women.

Regardless, some clubs, even in Africa, fought this for more than 10 years, not by legislation, but by claiming they could not find suitable female candidates; or making the life of the few who dared so uncomfortable with jokes of poor taste that they had to leave. Rotary, up until about the early 2000s, was now personified mostly by male-black-elderly in most of sub-Saharan Africa; and male-white-elderly in South Africa.

And service grew during these 100 years. Let us face it: we did thousands of matching grants (bus shelters, public toilets, equipment to health centres, etc.) that left no sustainable impact, so one could say that a lot of the early years, apart from the emotional satisfaction of the Rotarians, were largely wasted – except in so far as growth was concerned. Some of the Health, Hunger and Humanity Grants, large grants where TRF would contribute up to US\$300,000, did make a sustainable difference – and major efforts like PolioPlus have had a lasting impact on generations. We can be rightfully proud of these. We have our misdemeanours and shortcoming as Rotary in Africa, but we must recognise the good and the success.

Some may remember the Reach Out to Africa Programme – an external effort to grow Rotary and service in the continent. Did it succeed? We like to think so as Rotarians, but the will and momentum to change must come from within. It was a well-intentioned effort, but where Rotary and service have grown, this has come from the internal motive force. Yes, the support was well-intentioned, but it was externally driven before being handed over to African leadership, at which time it died a natural death.

The character of Rotary in Africa, over 35,000 strong, has changed since the beginning of this century. I have been involved in Rotary actively in many countries in our dear continent. In countries where Rotary is growing, like Ghana, Nigeria, Uganda, and Kenya, I see the common features of: very high indigenous membership; younger Rotarians and Rotary leaders; many ladies in Rotary and Rotary leadership; the growth of Rotaract; the permeation of Rotary into all sections of society; and the ambition to achieve more impact. These factors to me point to a bright future for Rotary in any part of Africa, or indeed the world that is willing to adopt them. Gorbachev, belonging to a class of leaders in the former Union of Soviet Socialist Republics (USSR), recognised the catastrophic death



Rtn. Sam Okudzeto (Big Sam), PRIP Jonathan Magiyabe and DG Annemarie Mostert from D9400

of the union approaching if no action was taken, and he forced change. It will take those in current leadership to set the path for future growth by facing reality and accelerating change. They could of course continue enjoying their empty privileges of being in the power seats until Rotary, like a house of cards, collapses.

Rotary International leadership is still dominated by elderly Caucasian, and now increasingly Asian men. The women being brought into high-level leadership fall in the same age categories. The number of Africans will also increase – and all to the same end. Like independence in Africa, we have learned that simply changing the colour or gender of leaders without a real change in the culture of governance makes no real difference. About 100 years ago Paul Harris recognised that change must sometimes be revolutionary for the survival of Rotary. The time to get rid of the conservative mindset that permeates our organisation is now.

Quoting Nelson Mandela:⁴

“We know that we have it in ourselves, as Africans, to change all this. We must assert our will to do so. We must, in action, say that there is no obstacle big enough to stop us from bringing about a new African renaissance”. In Rotary (my addition). This then becomes our challenge. If we are the new growth centre of Rotary, what are we doing about

the culture of Rotary to ensure that it is rejuvenated and reshaped in ways we cannot even now imagine – holding on to our timeless values, but letting go of form and culture where those become destructive? I submit that the best way of celebrating 100 years of Rotary in Africa is looking at the next 100 years, and having the courage to take the steps NOW that will ensure that our successors can celebrate 200 years of positive achievement in Rotary.

Rtn. Tusu
RC Kampala North

¹ <https://www.rghfhome.org/first100/global/regions/africa.htm>. See also <https://www.rghfhome.org/first100/districts/districts/9200.htm> (Amu Shah)

² <https://www.tandfonline.com/doi/pdf/10.1080/17551820902742772>

³ Where independence is defined “the change in the group who dominate and exploit the population from being overtly foreigners to being indigenous people”. From the Tusu Contemporary Dictionary of Political Language

⁴ See Nelson Mandela, “African Renaissance”: <https://granta.com/african-renaissance/>



It’s time to showcase Africa’s home-grown solutions for continental growth

Uniting people from all continents and cultures and taking action to deliver real, long-term solutions to some of the world’s most persistent issues is the cornerstone of what our global network is all about.

The year 2021 sees Rotary International celebrate 100 years in Africa – a century of doing good and facilitating impactful socio-economic change on the continent. Rotary International has been instrumental in ending Polio in Africa while promoting peace, fighting disease, providing clean water, supporting education, growing local economies, providing maternal and child support, supporting the environment, and facilitating disaster response.

This year’s Zone 22 Rotary Africa Centennial International Conference is taking place from 24th – 25th April and will see delegates from around the world gather online to hear from and network with leading visionaries, pioneers, leaders and icons. These include: Kenyan designer and eco-innovator Anyango Mpinga who has taken inspiration from her culture and childhood in Nairobi and whose circular fashion now features at leading fashion weeks across the globe including Tokyo and Paris.

Another keynote speaker is Dr. Tunji Funsho, Chair Rotary’s Nigeria National PolioPlus Committee. Last year, he was named one of TIME’s 100 Most Influential People in honour of his work toward eradicating polio in Africa. Also appearing on the esteemed conference programme is Anne Githuku-Shongwe, Representative for UN Women’s South Africa Multi-Country Office (SAMCO), which is responsible for women’s empowerment and gender equality in Botswana, Lesotho, Swaziland, Namibia and South Africa.

Running parallel to this year’s conference is a virtual

exhibition where organisations will showcase their Corporate Social Initiative (CSI) initiative to this captive global audience of potential donors and funders. Because real-life humanitarian service happens when business and professional leaders partner for good, this African House of Friendship Virtual Projects Fair will unpack the latest trends, challenges and innovations in the local and international socio-economic, impact investing and volunteering space. The exhibition, taking place from 23rd to 25th April is an opportunity for organisations in Africa to gain exposure and explore new collaborations and business opportunities to a network of Rotary International delegates.

“In commemorating 100 years in Africa, we celebrate a global network of passionate and dedicated problem-solvers who take action to create lasting change. We invite innovative companies, those with groundbreaking products, and individuals whose services and solutions have the potential to move the continent forward, to join our virtual exhibition in April,” says District Governor Annemarie Mostert, Chairperson of the 2021 African Centennial Celebrations.

Booking to secure exhibition space during the Rotary International Virtual House of Friendship is now open at <https://www.webtickets.co.za/v2/Event.aspx?itemid=1505366838>.

This is an opportunity to connect virtually with Rotarians, business leaders, NGOs, civil society organisations and foundations and to play your part in moving Africa forward. “Together let’s make the next 100 years of Rotary International’s efforts in Africa even more impactful,” Mostert adds.

African Brand Architects, a South African based

turnkey Marketing Agency is the Anchor Sponsor for the Zone 22 Rotary Africa Centennial International Conference. One of the directors, Shereen Hunter, is an Alumni Member of Rotary District 9400. “We have aligned with Rotary International in this significant event in Africa because our vision for the short, medium and long-term aligns with Rotary’s vision. We at African Brand Architects share a passion for all things African – we want to see African potential materialised and African networks and businesses prosper into the future,” she notes.

African Brand Architects designs, plans and develops integrated Marketing strategies, with tangible tactics to grow brands across Africa.

Rtn. Annemarie Mostert
District Governor 2020/21- RID 9400

Chairperson - 2021 African Centennial Celebrations
Note: To register for the celebrations, visit: <https://rotaryd9211.org/Stories/zone-22-rotary-africa-centennial-international-conference>





Service and Faith: The Papal Knight Appointee

PDG EMMANUEL KATONGOLE

"If you can't feed a hundred people, feed just one," - Mother Teresa.

These words have been echoed by many leaders that aspire to be servant leaders and Rotary stands for this very ethos of service. A philosophy that 1.2 million Rotarians subscribe too. Today, we recognise service and faith in a Rotarian whose commitment to touch the hearts of many remains the very foundation of our beliefs. Many know him as "Chairman" and yet the nation relentlessly admires him for spearheading purpose and hope.

"Yet it shall not be so among you; but whoever desires to become great among you must be your servant (Mathew 20:26). Indeed, as we celebrate his innumerable achievements in Rotary and service, the world out there shares similar sentiments of his ecumenical role in ensuring that our growth captures an all rounded contribution to our individuality as human beings and our spirituality as shepherds of God in this sea of life.

For this very reason, the Church under the proposition of His Grace, Dr. Cyprian Kizito Lwanga fronted to the Holy See eight avid members that included: Emmanuel Katongole, Chairman of Cipla Quality Chemical Industries; Mr. Joseph Yiga, Managing Director Steel and Tube; Professor Peter Kasenene, Theology, and Religious Studies Educator; Anthony Matega, National Vice Chairperson of Laity; and Dr. Stanislaus Kasozi Mulindwa, the Director Programs and Students Affairs at Uganda Management Institute.

The dames included Mrs. Regina Yiga, Ms. Immaculate Mary Nansubuga and Mrs. Thereza Mbire, Senior Advisor to the President. The nominees were ratified by His Holiness Pope Francis to assume that responsibility of Papal Knights.

Who are Papal Knights?

Dames and Knights are people appointed by the Pope as temporal sovereigns in recognition of their individual contributions to the church. "Archbishop Cyprian Kizito Lwanga highlighted; that knights are committed servants of hope whose quest and contribution to society transform lives, strengthens faith, yields opportunity and manifests Christ's continuous apostolate of charity and service beyond individuality.

The Pontifical Order of Papal Knights represents one of the highest and most prestigious distinctions given by the Supreme Pontiff in his authority as 'Sovereign Prince' (Fons Honorum) of the Vatican City State. They are given to both male and female, largely of the Roman Catholic faith but also to those of other Christian denominations in recognition of an individual's pre-eminent service to faith, community, or the work of the Holy See on a local, national and international level.

Why celebrate PDG Emmanuel Katongole?

Today, PDG Emmanuel joins Deputy Chief Justice Laetitia Eulalia Mary Mukasa-Kikonyogo, Aloysius Mukiibi, Joseph Mubiru and FX Lubanga the former Permanent Secretary in the Ministry of Education and Sports and member of the Rotary Club of Muyenga, Tofili Male'okweza, the former Kyadondo County Chief, Joseph William Kiwanuka of Statewide Insurance and many other great leaders in the award commonly referred to as Sylvestrine Order or the Pontifical Order of Pope Saint Sylvester.

As Rotarians, we are reminded that our call to service has no limits. That by creating hope, building opportunities, recognising the need to be ambassadors of goodwill, we are attuned to Rotary's vision of a better world for us all and this should cross cut all avenues of our lives including our very own spirituality.



The Rotary Foundation: Peace Major Gifts Initiative

In recognition of his dedicated service to promoting peace worldwide, PDG Emmanuel Katongole was appointed Chairperson of the Rotary Foundation Peace Major Gift Initiative committee. This is a three-year appointment effective 1st July 2020 to 30th June, 2023. This committee provides leadership and coordinates efforts to raise US\$75 million in cash and commitments for the Peacebuilding and Conflict Prevention area of focus and the Rotary Peace Centres.

Committee members

- Chair- Emmanuel Katongole - Rotary Club of Muyenga, Uganda
- Vice-Chair - Pamela S. Akins (Pam) - Rotary Club of Sarasota, FL, United States
- Hakeem Olayinka Babalola (Yinka) - Rotary Club of Trans Amadi, Rivers State, Nigeria
- Ingrid Grandum Berget - Rotary Club of Brevik, Norway
- Charles Allen (Charlie) - Rotary Club of Sydney, Australia
- Michael Dunlap (Mike) - Rotary Club of Escondido Sunrise, CA, United States
- Joseph P. Grebmeier (Joe) - Rotary Club of King City, CA, United States
- Luan Fong Lin (Naomi) - Rotary Club of Taipei Lily, Taiwan
- James Campbell Quick (Jim) - Rotary Club of Arlington, TX, Unites States
- Christine Sherril Rendell - Rotary Club of Calgary East, AB, Canada
- Rotary Peace Centers Committee Liaison - Ann-Britt Åsebol - Rotary Club of Falun-Kopparvågen, Sweden
- Trustee Liaison - Akira Miki (Akela) - Rotary Club of Himeji, Hyogo, Japan

Rtn. Luwaga Gyaviira

RC Muyenga Tankhill

**"Yet it shall not
be so among
you; but whoever
desires to become
great among you
must be your
servant
(Mat 20:26)**



**What sort of people read
The Rotarian?**

**People who make
their community
a better place.**

**The Kigali Public Library, the brainchild
of Rotarians, is a center for peacebuilding,
education, and connection.**

76% of our readers said working in their local community is their top priority.
SOURCE: 2016 Rotarian Reader Survey conducted by GfK MRI



RTN. URS HERZOG

Collaborating to end maternal and newborn mortality in Uganda

Attending the Rotary Convention in Hamburg 2019 was a fruitful and interesting experience. The city offered its guests a panopticon of opportunities. The history of the Hanseatic City of Hamburg, the importance of shipping with the International Tribunal for the Law of the Sea (ISGH) and aerospace technology among others, provided ample opportunities to cavort and expand one's knowledge. Architecture is also one of the values to be appreciated with the recently completed Elbphilharmonie.

The Rotary family met in large and small groups, so there were many fruitful encounters. At a round table discussion on vocational training in maternal and child health, I had the honour and pleasure to be part of the introduction team together with PDG Himansu Basu - founder of CALMED (Collaborative Action in Lowering Maternity Encountered Deaths) - and RIDE Jan Lucas Ket. A lively discussion was followed by a clear statement from Rtn. Joan Else Kantu from the Rotary Club of Entebbe who explained the medical plight in her country, specifically focusing on the high mortality of mothers and children. She appealed for urgent help.

For reasons that were rather emotional for me at the time, I agreed to help from Europe. Why did I do this? In the early 1980s, I worked for two years as Head of Surgery and Gynaecology/Obstetrics at a large hospital in Bafang, Cameroon. The work was a great challenge: as a European among many Africans, a German speaker in a place where French and many dialects were spoken, where I met people whom I took into my heart and friendships grew, where I learned what tolerance not only meant but was also lived. These were the reasons why I responded to Joan's request and sought contacts. A lively email exchange

developed, which clearly showed that it would not remain just empty words. My goal of integrating the World Health Organisation (WHO) as a long-standing and proven partner in the fight against polio, into the project was heard. I contacted the WHO in Geneva, and thanks to an already existing Rotarian connection, got the address of Marta Seoane.

Various meetings - Geneva is three hours away by train from Basel - with Marta soon gave a clearer picture the guidelines we should follow. QoC (Quality of Care) was the magic word. The Quality of Care Network is a network for improving the quality of care for maternal, newborn and child health. With this in mind, I contacted Joan again, who put me in touch with Rotarian Barnabas Bakamutumaho, the project leader appointed by Entebbe RC. Zoom discussions, phone calls and emails soon turned an idea into a project that met the conditions of a global grant.

PDG Himansu Basu, an experienced professor in Gynaecology and Obstetrics, who was also involved in the CALMED project in Hamburg at the time, was included in this discussion. We did not want to fully integrate the CALMED project, which was developed specifically for India, into our project, as it would have taken too long to integrate culture-specific adaptations into our project. We limited ourselves to a partial integration of training ideas and transport.

Subsequently, together with the Ministry of Health, WHO and RC Entebbe, we identified the districts that needed urgent care: Wakiso, Kabale and Kabarole. These partners defined their needs through the important community/needs assessment and individually signed a Memorandum of Understanding. The goals for all three districts include;



- Reduction of maternal and child mortality
- Training of local midwives and health workers
- Shortening the transport time from the periphery to the nearest hospital
- Deepening the cooperation between WHO and Rotary in the area of "Savings Mothers and Children"

The work on the part of the host partner - RC Entebbe - was thus clear, including the preparation of a reliable budget. As much as possible and necessary, I supported this work by guaranteeing project financing. The contributions from D9211 and the clubs involved are generous. The remaining financing also had to be guaranteed from Europe.

Thanks to a great formulated project and a broad network, we succeeded together with friends from Germany, England and Switzerland to guarantee the funding in the Rotary year 2019/20. We were thus able to benefit from the generous co-financing from the World Fund of Rotary International. The project proposal was submitted on 22nd November 2020 and approved in February 2021. This is a redemptive decision and the signal to GO!

On 2nd March, we had our first joint Zoom meeting (representatives of RC Entebbe, the three affected districts, WHO Uganda and I), and defined the next steps. The mutual exchange between Uganda and Europe will be continued as planned in Hamburg. In November 2021, I hope to visit my new friends, the projects and country.

This project is intended to be the beginning of closer cooperation between Rotary International, WHO and the health ministries of countries that meet the conditions of the QoC standard. I am cautiously optimistic, representing Europe, and hope for a fruitful collaboration with our African partners.

An African saying goes: "A child on his/her mother's back does not care how long the journey takes".

Rtn. Urs Herzog

PDG - D1980 2007/08 and 2008/09

DRFC - D1980 2010/13

EPNZC Zones 15 & 16

Chair HMGI and GETS/GPTS and

Institute Basel 2022

Cofounder SYNERGY Europe

TRAVEL. DISCOVERY. FUN.

ROTARY YOUTH EXCHANGE: SHORT-TERM

Short-term exchanges immerse young people in another culture. Some live with host families for up to three months, while others embark on a tour or go to camp for a few weeks. Go on an adventure in one of more than 100 countries.



Celebrating the first cohort of Rotary Peace Fellows

Makerere University, home to the first Rotary Peace Centre on the African continent received her first cohort of Rotary Peace Fellows in February. The 18 Fellows, drawn from Nigeria, Uganda, Zimbabwe, Malawi, United Kingdom, Ethiopia, Denmark, Zambia, Botswana, DR Congo, Liberia, Somalia, Burundi, Australia/South Sudan were introduced to the Rotary leaders and fraternity during the 18th charter celebrations of the Rotary Club of Bukoto last month.

As part of District 9211 commitment to the Rotary Africa Peace Fund, and Sam Otori Peace Fund that support the Rotary Peace Centre at Makerere University, District 9211 an Africa Peace Concert will be held on Friday 23rd April during the 96th DCA celebrations at Speke Resort Munyonyo. The concert is aimed at raising US\$500,000 to support the Makerere University Rotary Peace Centre. A ticket will cost US\$50.





RTN. BARNABAS BAKAMUTUMAHO

Rotary’s village ambulances to safely transport pregnant women

What started as a friendly encounter at a Rotary breakout session during the convention in Hamburg, Germany, has now spawned a project in Central and Western Uganda that supports the safe delivery of healthy babies to healthy mothers. During the June 2019 Rotary International Convention, Joan Else Kantu, Joshua Tuhumwire, and Barnabas Bakamutumaho of the Rotary Club of Entebbe sat in the same room as Urs Herzog of RC Allschwil-Regio Basel, Switzerland. They listened to presentations from three Rotary representatives (RI Director Jan Lucas Ket, PDG Himansu Basu, PDG Urs Herzog) in a breakout session. The event was held on behalf of the Rotary Action Group for Reproductive, Maternal and Child Health.

As the session ended, Else and her team set out to interact with other participants, asking about possible collaborations on projects in Uganda. When we encountered Urs Herzog, he listened attentively and it did not take long to convince him.

“They came to us and said please work with us on a health project in Uganda. I was a surgeon with experience in gynaecology and work experience from my assignments in Cameroon, Zambia and Tanzania,” Herzog said, before adding: “While in Cameroon, I lost part of my heart to Africa, and when I heard this call for partnership, I said let’s do it.”

When we returned to Uganda, Else and I conducted a community needs assessment and consulted widely to identify which communities needed support. We performed a problem analysis and through consensus building and priority setting approaches, three districts were invited to share top-three interventions for improving maternal and child health in the context of

their respective environments. Final decisions were conceptualised based on the World Health Organisation (WHO) and Ministry of Health (MoH) strategy and road-map for improving maternal child health.

The two Rotary clubs learned that many women, especially in rural communities, do not attend antenatal care or give birth at a health centre. They give birth at home or with the help of a traditional birth attendant. When complications such as obstetric arrest occur, further delays, such as lack of emergency transport to the nearest health centre, put the woman’s life at risk and often lead to the death of the mother or baby. However, even if some women make it to the health centre, there are no qualified staff at the primary health care level to take care of complicated obstetric cases.

So the big question was, what would RC Entebbe and RC Allschwil-Regio Basel do about it? Else, Herzog and I agreed to plan a joint project that would bring together WHO and Rotary standards with Basic Quality of Care (QoC).

Uganda is one of the 11 countries that meet the QoC standard developed by WHO. Thus, on Urs’ initiative and after discussions with the WHO in Geneva and Uganda, a project was developed for implementation in the districts of Kabale, Kabarole, and Wakiso. This is aimed at reducing preventable maternal and child mortality, and improving health outcomes among pregnant mothers and infants in Central and South-Western Uganda.

Although it is known that skilled birth attendance can significantly reduce maternal and newborn mortality, the western region is the most affected, with the lowest



proportion of skilled birth attendance at 44%, and postnatal care for newborns at only 14%. “When Else and Barnabas presented the results to me, I worked out a structure for a proposal and wrote to Rotary friends, clubs and districts in Switzerland, Germany, and England to support our project with financing,” noted Herzog.

Working with the three district health management teams, the two Rotary clubs launched a US\$166,050 global grant project titled – Collaboration for Ending Preventable Maternal and Newborn Mortality in Central and Western Uganda.

Some of the project activities, include providing transport for women to ensure a safe journey from home or the health centre to the region’s referral hospital. The project partnered with Pulse® Uganda to provide a village ambulance – a three-wheeled motorbike. The mother lies down in the ambulance and is transported to the hospital faster. The project also promotes the community village health team referral system and supports antenatal care.

Working with the three district health management teams, the two Rotary clubs launched a US\$166,050 global grant project titled

To ensure that mothers find skilled caregivers – doctors, nurses and midwives will be trained in comprehensive obstetric, neonatal and child health care for pregnant women, and those in labour. We shall train local midwives on how to deliver a baby safely, resuscitate and intubate, and also how to care for any episiotomy. The training could be availed using digital methods to enable them get knowledge from other experienced obstetricians around the world.

The project will leverage the robust global and local collaboration between WHO and Rotary International, built on the backbone of the Global Polio Eradication Initiative (GPEI), to engage Rotarians in maternal and child health and help implement country strategies to end preventable maternal mortality.

President Joan, Urs and I hope to later collaborate with other Rotarians like Francis Tusubira on similar projects.

Rtn. Barnabas Bakamutumaho
RC Entebbe



Adopting technology-enabled distance learning to reduce maternal and post-partum mortality

RTN. CHARLES LUBOWA

The infant mortality rate in Uganda stood at 43 deaths per 1,000 live births in 2016, and maternal mortality stood at 336 deaths per 100,000 live births (Uganda Bureau of Statistics, 2017). These figures are very high at both regional and international standards (cf. eg. Rwanda, with an infant mortality of 32 deaths per 1,000 live births and maternal mortality of 210 per 100,000 live births in 2015 (WHO Reports). Under the Sustainable Developments Goals, the target for maternal mortality is less than 70 deaths per 100,000 live births globally, and the neonatal mortality global target is 12 deaths per 1,000 live births by 2030.

To help reduce these very high maternal and new born infant mortality rates, the Rotary Club of Kampala North (D9211) partnered with that of Blue Bell (USA-D7430), nine other clubs and the Uganda Communications Commission (UCC) to increase the capacity and quality of Maternal and Child Health (MCH) care in community health centres in Uganda. This US\$245,000 global grant project, whose implementation started in 2018 seeks to build the capacity and skills of nurses and midwives to address the causes of maternal and infant mortality deaths throughout the care value chain. This is the third phase of the project, having originally started in 2014.

This will be achieved through technology-enabled distance learning established in partnership with schools of medicine at Drexel and Jefferson universities in the USA to three in Uganda (Makerere, Mbarara University of Science and Technology (MUST), and Busitema), and six health centres so far including: St. Stephens Hospital Mpererwe, Kampala District; Namungalwe HC IV and Namalemba HC III, Iganga District; Bugamba HC IV, Rwampara District; Kinoni HC IV – Mbarara District and Kolonyi Hospital (signing of an MoU in progress), thanks to UCC that

provided dedicated connectivity worth US\$30,000. This has enabled the Training of Trainers (ToT) for six health professionals from the three universities. These included – two obstetrician-gynaecologist, a neonatologist, and three graduate midwives in Basic Emergency Obstetric Care.

A total of 19 midwives from St. Stephen’s Hospital Mpererwe, Namungalwe HCIV and Namalemba HCIV were trained in three MCH (EmONC) modules that included: Helping Mothers Survive (HMS), Helping Babies Breathe (HBB), and Pre-Eclampsia and Eclampsia.

The midwives and nurses underwent practical training by two teams of doctors from Philadelphia through vocational training programmes. A team of trainers from Uganda also visited their counterparts in Philadelphia for more knowledge acquisition.

This also included VTT Uganda (six trainers) and other staff from Makerere University who were oriented in online teaching and learning by the College of Nursing, Drexel University. Long-distance sharing of knowledge and learning was enabled through a video conferencing facility installed at the Makerere University College of Health Sciences and linked to Drexel University.

The training, according to Jackie Namanda, a nurse at St. Stephens Hospital Mpererwe has helped improve her skills in managing emergency cases and resuscitating children with breathing issues among others. This has boosted not only her confidence but also that of the mothers towards the nurses. “The mothers feel we can adequately address any issue they present to us, and more are now seeking medical care at the Hospital,” Jackie added.



Through the digital health libraries and network system installed at the health centres, the nurses can consult widely with either Makerere or Drexel universities about any challenging issues and get help online. This has enabled content development on long-distance training programs, thus engaging nurses and midwives in prenatal, delivery and post-natal care. The health care providers are more empowered to handle situations they could not address before.

The team from Drexel University donated training and reading materials in HMS, HBB, and Pre-Eclampsia and Eclampsia; simulators and neonatal equipment to St. Stephens, Namungalwe and Namalemba HCs. Personal protective equipment (PPE) and drugs were donated to St. Stephens, Namungalwe, and Namalemba. Besides, six health camps were held and over 2,500 patients were attended to.

The health centres also got various equipment for diagnosis, sterilisation, delivery, and water and solar power. The project will further enhance Regional Training Centers in Uganda, as a model to export to other developing countries along with the integration of best practice in the national health training and systems.

According to Dr. Rose Chalo Nabirye, the project Manager and Dr. Catherine Nakibuule, the In-charge at St. Stephens Hospital Mpererwe, the project has enabled nurses and midwives to get more knowledge and improve their skills through online access to diverse information. This has improved their ability to identify issues early, and patients for referral. They are also able to practice using the donated mortals, which has improved their confidence greatly.

Plans for more mini-VTT Exchanges to handle advanced techniques in preventing maternal and post-partum mortality are ongoing. We shall continue building the expertise of permanent cadre of university-based trainers for health centres, work with the Ministry of Health to fully integrate approaches for minimising maternal and post-partum mortality, along better monitoring in the national training and health care systems.

Rtn. Charles Lubowa
RC Kampala North



EMMA STURKEY

Sindica Movement: A pathway to alleviate maternal health challenges

Christina Hassan's experience with Save the Mothers in Uganda and a particularly complicated delivery with a grave outcome inspired her to co-found FullSoul and establish the Sindica Movement. "Sindica" comes from the Ugandan word, "kusindiika" which means "push."

During deliveries, healthcare workers encourage mothers through childbirth by repeating "sindica, sindica, sindica." Sometimes they say it slowly, sometimes in unison, sometimes at the top of their lungs. All around the world, babies are delivered in much the same way—a push. Statistics show that no matter where in the world you push, roughly 15% of normal pregnancies will develop a life-threatening complication. In high-income countries, like Canada and the United States of America, the majority of these complications are preventable or avoidable, and mother and baby are delivered successfully. Sadly, this is not available to all women across the world, and Christina saw first-hand that sometimes pushing is not enough.

FullSoul, a non-profit organisation founded in 2014 by Christina and Hyder Hassan seeks to equip hospitals in Uganda with essential medical supplies to protect the health and safety of mothers, infants, and medical practitioners during childbirth. This, it is hoped will help reduce the infant and maternal mortality rates, by increasing the percentage of mothers proactively deciding and gaining the ability to seek adequate and timely care when needed.

In low- and middle-income countries, childbirth continues to be a life-threatening process, with many women and babies dying from pregnancy or childbirth-related complications each year. In Uganda, approximately 45,000 infants and 8,000

women die during or as a result of childbirth each year. Chronic underfunding of the public health sector is the main contributing factor to these high mortality rates. Underfunding leaves health facilities without adequate medical equipment and supplies. Pregnant women in labour are often required to arrive at the hospital with their medical supplies or risk being turned away. The shortage of supplies also means disposable items get reused between mothers, increasing the risk of spreading infectious diseases.

To combat these issues, FullSoul implemented the Maternal Medical Kit (MMK) program in three partner hospitals in Uganda. The MMKs provided by local medical suppliers include: artery forceps, straight scissors, kidney dishes, needle holders, and dissecting forceps, all of which are reusable and can be sterilised to reduce the risk of infection. FullSoul reports that one MMK has the potential to safely deliver 730 births each year. Access to clean and sterile tools for birth can have a dramatic impact on the wellbeing of mothers and babies. These tools can help reduce delays in care within the healthcare setting and decrease fatalities during childbirth. They also reduce the spread of infections, including HIV in a region where rates of infection are very high (women over the age of 15 have a 7.7% infection rate according to the most recent UNAIDS numbers). Additional benefits of the program include empowering healthcare workers through training and mentorship, to enable them to provide the best care possible in difficult circumstances.

Maternal Health Project

With support from the Rotary Clubs of Mukono (Uganda), Calgary Fish Creek (Canada), and



Rotary International, FullSoul is implementing a global grant project aimed at improving maternal and child health in Central and Eastern Uganda by equipping hospitals and training local staff in sterilisation techniques.

To achieve this, FullSoul will expand the MMK program to a more comprehensive Maternal Health Project (MHP) with support from the Rotary fraternity. The US\$67,500 project will benefit 10 hospitals in Central and Eastern Uganda, plus impact over 33,000 lives per year.

In addition, FullSoul has partnered with Sterile Processing Education Charitable Trust (SPECT) to facilitate training in instrument sterile processing (SP) within the hospitals. In late February, SPECT trainer Christina Fast travelled to Uganda and conducted the SP training at Mukono Diocese School of Nursing and Midwifery with the help of FullSoul Project Manager Ashabel Malinga, and Intern Cynthia Achwo.

Two staff members were invited from each partnering hospital to attend the weeklong Training of Trainers (ToT) program where they learned SP procedures and skills to share with other staff once they returned

to their hospitals. To ensure sustainability three staff from Mukono Diocese School of Nursing and Midwifery (SONAMS) attended the training to enable integration of the new skills in their curriculum and also work with RC Mukono to continue supporting the hospitals. Following the SPECT training, SONAMS held additional training for the midwives to refresh their skills in using the medical tools to be donated to the hospitals.



FullSoul is partnering with RC Mukono to procure items for the MMKs, autoclaves, cleaning reagents, delivery beds, and other reusable supplies for the hospitals. SPECT and FullSoul are also visiting the hospitals to evaluate the effectiveness of the ToT program and to provide additional education as needed.

The organisation hopes to continue partnering with Rotary and all health facilities in the beneficiary areas to further address public health challenges that women and children in Uganda face.

Emma Starkey
BSN, RN - FullSoul Intern



DR. AMOS ODIIT

Rotary and Service: A gift to Ngora Freda Carr Hospital

If one were to compose a song about Ngora Freda Carr Hospital (NFCH), the following words would be part of the lyrics – Ngora, the birthplace of many thousands, a relief hub for hundreds of thousands, a repair workshop for the torn and wounded sundry, an icon of its trade, and a meeting venue of God and man. The hospital, founded in 1922 by missionaries from England was once a Centre of Excellence for Surgery in East Africa during the mid-1980s. It lost its former glory after the insurgency that engulfed Teso Region in the late 1980s and early 1990s led to many health personnel and administrators abandoning the hospital, and eventually, with no maintenance, the infrastructure also got dilapidated.

As a young junior medical officer, I undertook my internship in this hospital in 1988, in the discipline of General Surgery. The situation in 1988 was different from what it had become: there were two Senior Consultant Surgeons, one Obstetrician Gynaecologist, a Consultant Paediatrician, four medical officers, and five intern doctors. The average number of surgical operations on a theatre day was 12, and there were three theatre days in a week. The different departments had many senior nurses.

With a deep sense of nostalgia and desire to help this hospital regain its glory days, I requested the Permanent Secretary of the Ministry of Health to post me to the hospital on secondment. I re-joined NFCH in September 2017 and found most buildings dilapidated, and other infrastructure broken down. There was only one junior medical officer and a surgeon who also doubled as the acting Medical Director. In 2017, it took three months to perform 12 operations (excluding caesarean sections) in the same hospital. There were now very few nurses, predominantly of certificate level, and the morale among all the staff was low.

Ngora Freda Carr Hospital Global Grant – GG#1745984

Luckily, some Rotarians led by Dr. Jim McWhirter from the Rotary Club of Reading Matins (UK) had visited the hospital in 2015 and were deeply touched by its deplorable state. In 2018, the Rotary Club of Kampala Central in partnership with several Rotary clubs from the UK (Reading Matins, Cardiff West, Harpenden Village, Marlow, Marlow Thames, Reading Abbey, Reading Maiden Erlegh and Thanet), Rotary Doctor Bank of Great Britain and Ireland and the Water and Sanitation Rotary Action Group started implementing a US\$192,088 global grant project which supported the refurbishment of the maternity ward and operating theatre (plus equipping them), constructing a walkway between them, installation of a 16,000ltr water tank and supply of water to the maternity ward and operating theatre; and vocational training teams from the UK.

Two VTT teams that included midwives and a paediatrician visited the hospital and passed on essential lifesaving skills to the 681 tutors, student nurses, midwives and medical staff at the hospital and nearby Ngora School of Nursing and Midwifery (NSNM). That team also supported integrated community outreaches, a service that was long lost following the insurgency. We had anticipated more VTT visits but the COVID-19 pandemic prevented this from happening.

Human Resources for Health

Of the 119 hospital staff (29 from NSNM), we have a few specialists: one Paediatrician and one General Surgeon who are both fulltime, and a part-time Obstetrician/Gynaecologist.

The others include three medical officers, two clinical officers, 22 nurses, six midwives, five laboratory technicians (one scientist and four laboratory



assistants), two pharmacists, one dark room attendant and a part-time radiographer, two anaesthetic officers (one fulltime and another part-time), plus 27 serving in administration and support areas. This number represents only 52% of the required staff establishment.

Outcomes of Rotary Global Grant Intervention

The intervention has caused a very big change at the hospital:

- Total annual OPD (Outpatient Department) attendance increased to 10,544 after a declining trend from 2017/18 when it was 8,783.
- Total Antenatal Care (ANC) attendance increased from 614 in 2018/19 to 875 in 2019/20.
- The use of family planning methods increased from 100 in 2017/18 to 247 in 2018/19, and 398 in 2019/20.
- Total annual inpatient attendance modestly increased from 2,498 in 2017/18 to 3,401 in 2018/19, and 3,580 in 2019/20.
- Total annual deliveries realised a modest increase from 320 in 2017/18 to 425 in 2019/20.
- Total under-five hospital attendance was at 1,987 in 2019/20 but was yet to hit the 2,855 figure of 2017/18.

An Obstetrician/Gynaecologist visits once a week and is available for consultation on phone at other times. Through our integrated outreach clinics, immunisation is carried out twice a week in the communities, while facility-based immunisation is daily.

Our ratings from the government have improved, leading to the secondment of the second staff member serving as a medical officer. There has been an increase in funding from the Results-Based

Financing framework and Primary Health Care funds from the government, which has enabled us to pay the health workers on time each month. Many are now happier as they work. We now attract clientele that can pay for our services, and their reviews are positive. That my friends is the power of Rotary and partnerships. We are also supported by the Uganda Protestant Medical Bureau.

Development of Ngora Freda Carr Hospital Global Grant – GG#2011733

Currently, only 63 of the 119 staff (52%) are accommodated at the hospital. The majority of the existing structures are completely dilapidated, forcing the staff to rent in the trading centre about 2.5km away. This poses a big challenge to the medical staff as they try to administer health care services to patients, many of whom include pregnant mothers and children.

We are overjoyed to learn that the Rotary Foundation has approved another global grant worth US\$105,000 to fund the refurbishment of two staff houses and the floor of the Outpatients Department; provide mechanical and electrical works in the maternity ward's private wing, and support another VTT. Just like in the previous grant, this is a result of a partnership between the Rotary Clubs of Kampala Central (Uganda), and that of Reading Matins (UK).

Decent accommodation is certainly an incentive in staff recruitment and retention, enhances the support supervisory function for administration and heads of units, and maximizes staff time for service by avoiding time lost in travelling to the hospital from outside accommodation. The private wing of the maternity ward once completed will also be a source of income for the hospital, which will increase the revenue and enhance the sustainability of the global grants. We look forward to the opportunity to have more staff accommodated at the hospital.

Centennial celebrations

Next year, NFCH will mark 100 years of service to a rural population in Uganda. The hospital management and Board of Governors purpose to gift the hospital with four items as part of the centennial celebrations: a 10-baby cot neonatal unit, a new chapel, renovated old chapel, and sculpture of Freda Carr, the girl after whom the hospital was named. Fundraising activities for the items are underway.

Although the hospital suffered a major setback, we are certainly on the road to reclaiming its glorious past. Rotary has played a significant contribution to the recovery of services, particularly in maternal and child health. On behalf of my workmates and the Board of Governors, I thank you dear Rotarians and invite you to be part of our centennial celebrations.

Dr. Amos Odiit

Senior Consultant Paediatrician
Medical Director NFCH

Lighting Every Birth’ to improve obstetric and newborn care in rural health centres

RTN. ERNEST KUSIIMA



Over 15 mothers and about 43 babies die every day during childbirth, according to the 2016 Uganda Demographic and Health Survey. It is also documented that Uganda has the 20th highest infant mortality in the world. The most common causes of maternal deaths are haemorrhage, obstructed labour, hypertensive disorders and pregnancy-related sepsis. The medical and surgical interventions to manage these

complications are known, and most maternal deaths are, in principle, preventable. Similarly, the top three causes of neonatal death are birth asphyxia, newborn sepsis and prematurity, the causes of which if detected and managed early leads to positive outcomes.

In a bid to change this trajectory, the Rotary Club of Kiwatule proposed an intervention aimed at reducing maternal and perinatal mortality through skilling the midwives and providing a much-needed lighting source in rural health centres where access to reliable electricity is a challenge.

The midwives will be trained in Emergency Obstetrics and Newborn Care, by the National Midwives Association of Uganda, based on the World Health Organisation approved Helping Mothers Survive (HMS) and Helping Babies Breathe (HBB) curricula.

The other project component – “Lighting Every Birth” involves providing a complete portable solar electric system to 25 rural health centres. The Solar Suitcase includes two high-efficiency lights, fetal monitors, a phone and small device charger, and headlamps with rechargeable batteries. The suitcases, designed by We Care Solar (USA) specifically for maternal health facilities in low-resource environments will provide the health workers with clean, highly efficient medical lighting and power for mobile communication and small medical devices. This will address the challenge of unreliable and non-existing electricity in health facilities which partly contributes to complications during childbirth.

The US\$152,500 global grant is implemented in partnership with nine local Rotary Clubs - Mityana, Kampala Sseese Island, Kololo, Arua, Kampala South, Mgahinga Kisoro, Lira, Gulu, and Kampala North. It is supported by our international partners RC Mount Pleasant, Pennsylvania, (D7305); RC Blue Bell, and Pennsylvania, (D7430). Our implementing partners are We Care Solar; and the National Midwives Association of Uganda (NMAU).

The solar suitcases have already been delivered into the country, and installation is expected to begin mid-March and will take three to four months.

We dream that each Rotary Club, in partnership with various corporates, will adopt the Health Centres and the environs in their area of jurisdiction to address even bigger interventions within Rotary’s focus areas.

Beneficiary Health Centres

Participating Rotary Club	No. of HCs	Location of HC	Professional Background
Arua	2	Arua, Terego	Security and Crisis Management
Kololo	1	Buikwe	Journalism and Peacebuilding
Kampala North	3	Bugweri (2), Mbarara (1)	Criminal and Family Justice
Kiwatule	2	Iganga, Kamuli	Community Development and Disability Rights
Lira	2	Anamwany (Amolatar), Aloï (Alebtong)	Development and Humanitarian Service
Mityana	10	Mityana (9), Kiboga (1)	Journalism, Leadership and Conflict Resolution
Masaka	1	Masaka (1)	Media and Peacebuilding
Mgahinga-Kisoro	1	Kisoro	Humanitarian Service
Kalangala Sseese-Island	2	Kalangala	International Criminal Justice and Victimology
Kampala South	1	Kayunga	CSR, Philanthropy and Business Development
Total	25		Peace and Security

Rtn. Ernest Kusiima
RC Kiwatule

The midwives will be trained in Emergency Obstetrics and Newborn Care, by the National Midwives Association of Uganda,





RTN. MUKASA SAM FAROUK

Improving reproductive health services in Rukungiri District

In rural villages, many families fatally suffer simple but curable or treatable diseases due to lack of access to essential healthcare services. In a bid to reduce this scenario in the rural communities, the Rotary Club of Kololo partnered with that of Los Altos (USA), and the Rotary Foundation and raised funds to provide essential healthcare services for the Rukungiri community through the North Kigezi Maternal and Child Health Centre IV.

The 36-bed facility is the main health centre serving Rukungiri District and its 20 outlying smaller health units within a radius of about 20-30Kms. The HC IV handles a daily population of over 350 people majority being pregnant mothers, malaria patients and others with communicable diseases. It provides both outpatient and inpatient services including maternal, neonatal and child health services

The facility's existence has improved maternal and child health with a 24/7 delivery service. It offers antenatal and immunisation services. An HIV clinic was started to help reduce HIV/AIDS transmission from mother-to-child, and no child has tested with HIV for the last two years.

The US\$78,371 global grant project, whose implementation started in 2019 seeks to prevent mother-to-child HIV/AIDS transmission, ante partum haemorrhage, malnutrition, tetanus, abortion, birth asphyxia, new born sepsis, pre-maturity, pneumonia, anaemia, trauma; and enhance treatment of malaria, pneumonia and diarrhoea and HIV.

Project benefits

Equipping the health centre

Several items were procured. These include: Doppler foetal monitors, infant warmers, anaesthetists trolley,

tents, chairs and public address system, medicines, and an ambulance.

Testing of mothers for HIV/AIDS is now faster, the Doppler foetal monitors help check if a child is born with any heart conditions, and the infant warmers have provided the much-needed warmth for newly born babies thus helping to reduce their fatality rate.

The ambulance eased the transportation of mothers,



including other patients, especially during the lockdown. It is also used to carry out outreach programs particularly in schools and serves as a mobile treatment centre.

The drugs were distributed to different health centres and this has enabled the communities to access them at a reduced cost. The other items like tents, chairs and PA system have facilitated community outreaches. Before the COVID-19 lockdown, students in 13 out of the 20 schools in the District had been sensitised about the prevention of HIV/AIDS, early and unwanted pregnancies.

Economic Empowerment

Majority of the women in Nyakinyengo Village in



Nyakagyeme Sub-county are young, semi-literate, unemployed yet they have children. To economically uplift these women, the project procured 10 sewing machines and start-up materials for training. The initial group of 20 young women were identified as trainers-of-trainers, and they will pass on these skills to others in the community.

By the March 2020 lockdown, 10 women had completed their course in sewing and designing and were due to enrol for training in making sanitary pads. The other 10 women were undergoing training but this was disrupted by COVID-19.

Training health workers

A total of 20 health workers were trained, and they are regularly assessed to gauge their application of knowledge. The trainees were from the following health centres: Kyatoko, Kyamakanda, Rwakirungura, Kafunjo, Kitojo, Nyakabunga, St. Mark Mabanga, Nyakyezinga, Murama, Rwabukoba, Burombe, Masya, Nyakinengo, Mitooma, Bucence, Rwerere, Rwakigaju, Katerampungu, and Burama.

We appreciate Dr. Herbert Kaganzi for spearheading project implementation which has enabled the club to achieve its goals to strengthen adolescent health services and post-natal home visits and create an avenue for women's economic empowerment.

Rtn. Mukasa Sam Farouk
RC Kololo





RTN. JULIA SEIFERT

Drawing lessons from a community assessment in Kisarawe

The 2015/16 Tanzania Demographic and Health Survey (TDHS) shows that only 54% of children born in rural Tanzania are delivered in a health facility. Tanzania’s maternal mortality ratio (MMR) at 556 deaths per 100,000 live births positions the country in a high ratio group, above the Sub-Saharan average. Considering these observations, the Rotary Club of Dar-es-Salaam Mikocheni sought an intervention within Rotary’s maternal and child health focus area. For this to happen, a community assessment in the targeted area was needed.

Just four hours’ drive out of Dar-es-Salaam, we arrived at the villages of Homboza, and later Mwanzomugumu in Kisarawe District. We were warmly welcomed by the Mwanzomugumu village chairperson. Guided by community assessment tools from Rotary International (RI), we had prepared interview and discussion guides before the visit and outlined the key information needed. With support from our partners – Feed the Children Tanzania, discussions were held with community health workers (CHWs) and women of reproductive age (15 to 49 years). The dialogues unearthed their key challenges, among them, the struggle to access medical services and adequate childcare.

Although the government’s efforts through the Rural Energy Agency had extended electricity to the district, the clinic which provides vital ante and postnatal health services operates without power and depends on water from a traditional uncovered well. The facility has only one room for check-up, delivery and postnatal observations. In a village with over 3,000 inhabitants and an average household sizes of five people, this is a stretch. There was need for more beds and health workers, as the facility is run by one nurse, who is overwhelmed with the heavy work load worsened by the constant lack of supplies and facilities.



Accessing emergency aid if complications occurred during birth is a dilemma as Mwanzomugumu’s referral hospital is located in Kisarawe Town, a two hours’ drive away. With the ambulance parked at the district headquarters, a woman with complications may easily be in desperation for four hours before she can be attended to. The area has two CHWs trained by Feed the Children. From this initiative, the women gained more knowledge about the importance of ante and post-natal care, improved nutrition for pregnant women, as well as the need for a toilet facility at home.

This train-the-trainer approach has empowered several women in the community called “Mama Jirani”, who in turn train their peers. The women groups now have more community influence, and can be an anchor for the project we seek to implement. They can collaborate to form savings groups, maintain established water stations, and support farming of more nutritious crops.

Overall, the visit reaffirmed some of our assumptions, disproved others and brought interesting aspects to our attention. This visit was the first of many needed to guide us decide the scope, map stakeholders, and ideate a transformative project that can be implemented with Feed the Children. Just as the name of the village stipulates, Mwanzomugumu (Swahili for “The beginning is difficult”), we might be off to a rocky start due to the complexity of problems at hand, but the club is determined to work with the community, partners and RI to support sustainable and impactful change

Rtn. Julia Seifert
RC Dar-es-Salaam Mikocheni



RTN. MARGARET KIHUNDE

Promoting proper nutrition for youth living with HIV/AIDS in Arua

Sixteen-year-old Jacqueline lives with her three siblings and father in a grass thatched house in Pajulu Komite Village, Arua District. Her father, a peasant farmer, earns a living by digging in people’s gardens. His meagre earnings can hardly enable him to fend for his family. Jacqueline was born with the Human Immunodeficiency Virus (HIV) and sadly lost her mother to the Acquired Immunodeficiency Syndrome (AIDS) a few years ago. After falling severely sick on several occasions, she was directed to the AIDS Information Center (AIC) Arua Branch where she was placed on antiretroviral (ARV) treatment, however, she has been unable to suppress the virus for the past one year. Faced with stigma from society, Jacqueline dropped out of school.

Her story is not much different from that of millions of children that have lost one or both parents to HIV/AIDS, and millions more living with sick and dying family members. The trauma of losing one or both parents has devastating long-term implications, not only for a child’s well-being and development but for the stability of some communities.

HIV and AIDS cut childhoods short. Children are pulled out of school to care for dying parents or earn a living. The combination of shame and fear surrounding HIV/AIDS feed a culture of silence that fuels stigma and inflicts further damage. Hungry and lonely, these children grieve silently in constant fear that they might be next or that their secret might be discovered. HIV/AIDS compromise children’s rights to survival, education and health care, protection from discrimination, abuse and child labour. It is our clarion call to collectively safeguard the rights of these children.

The Rotary Club of Arua Eco City last year partnered with the AIC Arua Branch. The club’s Charter President Alfred Okuonzi had informed members about the plight of children living with HIV and had



failed to suppress their viral load even after receiving ARV treatment. Okuonzi, who works with AIC attributed this dilemma to poor nutrition as many of them could not afford to have regular meals since their families live in abject poverty.

The club supported six (four girls and two boys aged between 5 and 17 years) of the many affected children. Listening to their stories moved many Rotarians to tears. The majority of them are orphans struggling to fend for themselves. I wondered how to console a teenager who could not afford a simple meal a day, yet they are expected to take ARVs. Poor nutrition among people living with HIV/AIDS increases their risk of opportunistic infections and early death.

Although the children had numerous needs, the most pressing was improving their nutrition to boost their immunity. We provided nutritious foods to these families as a short term relief, then also trained the youth and their guardians about kitchen gardening to ensure they have a constant supply of fruits and vegetables to supplement their diets. We intend to develop a project to economically empower the guardians, reintegrate the children into school, and skill those not willing to go back to school. We shall also sensitise the masses about the scourge to eradicate stigma. It is our prayer to give hope and instil confidence in Jaqueline, Daphne, Frida, Brayan, Brenda, Mungufeni, and several other children and youth infected and affected by HIV/AIDS in Arua District.

Rtn. Margaret Kihunde
President – RC Arua Eco City



Congratulations to Partners for a Malaria-Free Zambia

The recipient of The Rotary Foundation's first Programs of Scale grant

The first program of scale is a Rotarian-led effort to dramatically curtail malaria in Zambia. The clubs leading the program are the Rotary Club of Federal Way, Washington, USA (sponsoring club), and the Rotary Clubs of Kabwe, Lusaka, Mansa, Ndola, Ndola Kafubu, and Nkwazi, Zambia. They are working with World Vision, the National Malaria Elimination Centre, Malaria Partners Zambia, Malaria

Partners International, PATH Malaria Control and Elimination Partnership in Africa, and local health leaders to reduce the incidence of this deadly disease by 90 percent in two provinces, reaching 1.3 million people. Co-funded by World Vision USA and the Bill & Melinda Gates Foundation in line with their commitment to fight malaria, this \$6 million program will save lives and create lasting change.

Programs of Scale

Read more in the May issue of *Rotary* magazine about the devastating effects of malaria in Zambia and how the clubs organized an effective response and built this partnership.

For more information on how Programs of Scale increases impact in our areas of focus, visit rotary.org/programsofscale.



RTN. MERCY KAINOBWISHO

RC Bukoto: Championing malaria prevention in Mulimira Zone



Uganda has the third-highest global burden of malaria cases (5%) and the seventh-highest level of deaths (3%), according to the World Health Organisation 2019 World Malaria Report. Uganda also has the highest proportion of malaria cases in East and Southern Africa, standing at 23.7%.

To help reduce the malaria mortality rate, the Rotary Club of Bukoto last month launched a Malaria Prevention Project in Mulimira Zone in Bukoto, Nakawa Division. The project activities included sensitising the community about malaria, spraying drainages, and training village health teams (VHTs), which will also be done monthly. The club distributed mosquito nets, a megaphone, branded t-shirts, masks, gloves, hoes, spades, wheel barrows and fumigation materials to the Mulimira community. The launch was attended by community leaders, Uganda Police, Kampala Capital City Authority, and members of the Rotary fraternity among others.

Over the years, the club has implemented several projects in the Mulimira Zone. These include monthly immunisation and vaccination activities targeting hundreds of children and women for the last 16 years.

President Mercy K. Kainobwisho appreciated the residents, local leaders, mobilisers and the VHTs for keeping the community safe and collaborating with Rotarians as they implement several projects in the area, which include the monthly immunisation campaigns, World Polio Day celebrations, and youth support among others. Dr. Edith Kakuba Nalyanti, the club's Director Projects, highlighted the strategic role played by the local leaders in mobilising the community to benefit from Rotary's intervention.

The project, financed by Rotary Malaria Partners (RMP), is implemented in partnership with Rotary Malaria Partners Uganda. Rotary continues to impact communities through service projects and programs in its seven areas of focus: Peace and Conflict Prevention/Resolution; Disease Prevention and Treatment; Water and Sanitation; Maternal and Child Health; Basic Education and Literacy; Economic and Community Development; and Supporting the Environment. Long live Rotary!!

Rtn. Mercy K. Kainobwisho
President – RC Bukoto



RTN. LUWAGA GYAVIIRA

It's you and me that counts

RC Muyenga Tankhill donates blood



"My name is Felicia Nakatudde and five years ago, I was diagnosed with cancer...." On and on it goes... We have heard these dreadful stories and continue to hear them daily as our nation bleeds from the ravages of several ailments. You would think that this only happens in Uganda, and that our experiences are isolated. The truth is, it is happening all around us and neither our thoughts nor our reality can interspace us from the cries of mother earth.

Rotary's call to action

For the past eight years, Rotarians in D9211 through the Uganda Rotary Cancer Program have deliberately raised substantial resources to build the Rotary-Centenary Bank Cancer Centre in Nsambya Hospital. Many volunteers have rallied the nation to recognise the need for action.

Like many challenges, the cancer fight is a mountain to climb and Rotarians have not embarked on it because it's easy. "They are doing it because it's precisely difficult. They believe that by uniting and raising awareness and funds, tomorrow will be a better place for many after us.

Like in the fight against cancer, Rotarians at RC Muyenga Tankhill say, - no one should die due to lack of blood. Life is valuable and deserves to be protected - that by giving, we can save lives and change society. In pursuit of social change, last month the RC Muyenga Tankhill in partnership with Uganda Blood Transfusion Services, organised a blood donation drive at Kabalagala Market aimed at raising awareness about the challenges of several diseases, the need to prevent them through healthy living, and the power/importance of donating blood.

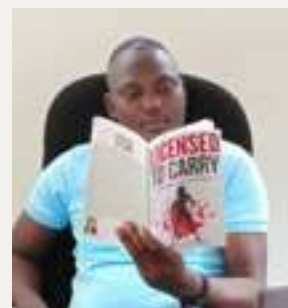
The day started with a fitness and nutrition (FAN) activity at Hotel International Muyenga graced by Rotarians, Rotaractors, friends and fitness enthusiasts. Shortly after the brisk workout, members walked to Kabalagala where they were welcomed by a medical team from Nakasero Blood Bank led by Rtn. Dr. Dorothy Byabazaire. The medical practitioners enlightened the Rotary fraternity, members of Kabalagala Market and the surrounding communities of Kikubamutwe about the importance of blood donation, and disease prevention.

The blood drive was graced by Owekitiibwa PDG Robert Waggwa Nsibirwa as chief guest. He commended the club's efforts in advocating for disease prevention, FAN, and blood donation. A total of 110 units of blood were collected despite the drastic weather that day.

As a scholar of social wellbeing, the proceedings of the day were an affirmation that we have a duty to care, and be authors of hope and purpose. Although our generation has continuous needs; we must ensure that the change we seek starts with us. This includes being advocates of good intention and better social benefitting friendships. That through these efforts like donating blood and encouraging our brothers and sisters to join the cause, we are answering God's call to being servants of meaning and advocates of opportunity. As goal aspirants, we are indirectly creating a society that is accountable to each other, seeks for better and encourages positive living.

This is why I remind you that the blood banks still need blood and only you can give it. This is why you should keep donating blood.

Rtn. Luwaga Gyaviira
RC Muyenga Tankhill



RTN. ISAAC OKELLO

RC Kira shines the light on sickle cell disease



Did you know that 80% of children born with sickle cell disease in Africa die before they are diagnosed with the disorder? Often they die simply due to lack of treatment or preventable complications arising from invasive bacterial diseases, malaria and severe acute anaemia.

Uganda registers over 25,000 cases of children born with sickle cell disease annually, and 80% of them die before their fifth birthday. This makes Uganda the fifth country worldwide with the highest sickle cell disease burden. Would you want your child to be part of this statistic? Did you, or will you test for your genotype before marriage?

With the hindsight that this disease burden is likely to escalate due to lack of awareness and screening services, the Rotary Club of Kira partnered with Raising Hope International (sickle cell advocacy organisation) to conduct a Sickle Cell Awareness Campaign in the Kira community last month.

The activity, conducted at Kira Magistrates Court saw 105 people screened, of which 20 (11 females and 9 male) were found to be carriers of the sickle cell gene. They were counselled and reassured that being carriers would not affect their health, but if they chose spouses with the same status (carriers), their children would be affected. They were encouraged to sensitise their loved ones and have them check for their genotype compatibility before having babies. At the same event, sanitary towels and masks were donated to the community and students of Kira Secondary School.

The club, which recently celebrated its first charter anniversary plans to adopt Sickle Cell Awareness as its signature project.

Rtn. Isaac Okello
RC Kira
Sickle cell advocate



RTN. JIMMY MUSIIME

Preparing for PLE: Girls in Kabale get sanitary pads

President Alison Byarugaba and members of the Rotary Club of Kabale arrived at Kitumba Primary School, Kabale District during the morning break time. From the quiet atmosphere and the near-empty compound, one could think that the pupils were on holiday. No sooner had the Rotary team located packing space, than a smartly dressed young girl emerged from an old classroom block to welcome the visitors. Holding a temperature gun and registration book, the girl introduced herself as a health monitor on duty. She politely requested to take our temperature. After going through the strict COVID-19 protocols, the gentle lady ushered us to the Headteacher’s office.

This was one of the many visits by RC Kabale in its campaign to distribute sanitary pads to several primary schools in Kabale Municipality. Last year, RC Kabale received a donation of sanitary pads from Blue Ridge Mountain Rotary Club in USA through Rtn. Sue Smith, the International Service Chair. The pads, valued at US\$800 were to be distributed to schools in the area. Unfortunately, schools were closed due to the COVID-19 pandemic before the donation could reach the beneficiaries. When the government granted permission for the candidate classes to open, RC Kabale decided to distribute the pads to pupils preparing for their Primary Leaving Examinations (PLE).

A total of 120 pupils from six primary schools (P/S) and one secondary school benefitted. The schools included: Kigata High School, Hornby High School Junior, Kitumba P/S, Bushuro P/S, St Paul’s Muchahi P/S, Makanga P/S, and Kengoma P/S. The beneficiaries were aged 12 to 16 years. Female teachers also received a few packets to appreciate their dedication

to work during this trying time.

Research findings show that 22% of girls drop out of school due to lack of sanitary towels and other needs. Girls experiencing their first menstrual cycles deliberately absent themselves due to failure to get support and counselling from both their parents and teachers. A UNESCO report estimates that one in 10 girls in Sub-Saharan Africa misses school during their menstrual cycle.

Interactions with the beneficiary girls revealed that they suffer silently and lack systems that can address some of the challenges of adolescence. One of the pupils when asked to move a vote of thanks said the timing of the Rotary donation would certainly reduce some of the stress girls encounter especially at this time when they are about to sit their Primary Leaving Examinations (PLE). She equated the donation to a success card from Rotary and requested the Rotarians to teach them how to make re-usable pads instead of providing expensive disposable ones. With only a few of the pupils knowing what Rotarians do, this was a wake-up call for RC Kabale to intensify the visibility of their works.

Rtn. Jimmy Musiime
RC Kabale



RTN. AGNES MAGGIMBI



Tiders: Improving basic education and literacy in Mitooma District

In 2016, members of the Rotary Club of Bugolobi MorningTide visited St. Paul Senior Secondary School, Rwempungu located in Mitooma District in the western part of Uganda (640km from Kampala). The Tiders, as they commonly refer to themselves were shocked to learn that the school lacked an examination centre which would allow its students to sit for the Uganda Certificate of Education (UCE) examinations, a prerequisite one to attain higher education or join a tertiary institution.

The students were crammed into two small classrooms, with others having lessons in the school compound. The school lacked a laboratory, computer room, library, science equipment, and the kitchen was a very small shack. With such a sorry state, Mitooma District could not grant the school an examination centre. The majority of the students would drop out after senior three (S3) or find alternative schools to complete their education. It was worse for the girl-child who would drop-out either due to pregnancy, or to engage in household chores or marriage.

Faced with this adversity, the Tiders sought means to help the students access a better learning environment and knowledge. They developed a project proposal, and with support from an international partner – the Rotary Club of Hamilton Bermuda (District 7230) plus various friends, the club got a US\$64,882 grant for the Mitooma Literacy and Sanitation Project in July 2020.

This project sought to provide six VIP latrines, two handwashing facilities, water tanks and a rain harvesting system. Books and computers for the school library will be provided, and training in library science and computer basics conducted. The community will also be sensitised about proper hygiene and sanitation practices. It is hoped that this project will help improve the learning outcomes

and reduce the girl-child dropout rate in the area.

Project implementation commenced in January 2021. Structures for the science and computer laboratory, library, and VIP latrines were roofed. The two water tanks and rain harvesting systems were in place. Although the school has 182 students, it currently accommodates two classes (S.3 and S.4) as per the COVID-19 Standard Operating Procedures (SOPs).

Last month, the Tiders visited these students and were received with a thunderous welcome. They had a brief interaction with the outgoing S.4 candidates shortly before they headed for their dedicated mass. Bursaries were also promised to students who would emerge the best in their UCE examinations.

It is exciting to note that the school now has a centre number that enables the UCE candidates to sit for their examinations within a familiar environ. This is already an indicator of a brighter future at St. Paul S.S Rwempungu.

Rtn. Agnes Maggimbi
RC Bugolobi MorningTide





Conference

At the DCA we will have 800 physical participants; the rest will be virtual, selection will be first come, first serve.



Registration

4 colour coded bubbles of 200 participants each



Your breakaway session selection = Bubble

No movement between bubbles but bubbles rotate through venues.



The bubbles will be in different locations at Muryonyo Speke Resort Hotel but interconnected technologically.

All plenary sessions:

The look and feel, Food & Entertainment will be the same for each of the bubbles. Entertainment will be in one location broadcast to all the venues.



There will be no movement from one bubble to another but the bubbles will rotate through each of the venues for a different experience each day and night.

Our VVIPs will move between bubbles to spend time with all our participants each evening.

Theme nights:

DG's welcome cocktail - Vegas night - Majestic

Rotary Roses - Celebrating women

Carnival/Peace night - Empowering

DG's Banquet - Glamorous

RTN. ANGELLA NANSAMBA KASOZI



Socio-economic transformation for women in Mukono District

The community in Lwazi in Kikandwa Parish, Mukono District is under-privileged with the majority of the residents uneducated and experiencing low employment levels, in some situations the jobs are nonexistent; extension of power lines is just ongoing - they depend entirely on agriculture. There are no established businesses within the surrounding villages, although signs of community development are evident as towns in the area keep expanding to the nearby villages.

In 2018, the Rotary Club of Mukono sought to start a project to economically empower the women in Lwazi. With support from the Rotary Club of Kino in Arizona, the club identified 30 women who participated in several trainings to enable them to gain various skills. Between 2017 and 2019, through the Rotary International Foundation VTT on Empowering Women, the Lwazi women were trained in; group leadership, grant proposal development and accountability by Dr. Phil Silvers; small business development and management, book-keeping for small business, and the mission and work of Rotary International by Michael Drake, then the D5500 District Rotary Foundation Committee Chair.

In 2020 the club assisted the women to register their organisation - Lwazi Mukisa Women Catering Services with the Uganda Registration Service Bureau. The group formulated a constitution containing their mission, goals and objective; elected leaders paid the

applicable fees and obtained their certificate.

With a current membership of fifteen women, the group procured catering equipment that enables engage in an income-generating activity. This has empowered them economically, financially, socially and uplifted their literacy levels.

It is hoped that the women can earn between US\$68 and US\$135 every week, translating to between US\$270 and US\$500 per month. In a year, the forecasted income would be between US\$3,240 and US\$6,480.

With proper accountability and good governance, we hope that the group will later venture into baking ceremonial cakes, function/events management, a model village restaurant with a bakery and a small village leisure park. This will create more employment opportunities consequently leading to the socio-economic transformation of our community.

Under the tutelage of Rotary VTT trainer, Sarah Mbekeka, a certified healthcare practitioner and small-business owner, the group participates in the club's Rotary Family Health Days. The ladies meet weekly, have a savings group, and are in process of forming a Rotary Community Corps.

Rtn. Angella Nansamba Kasozi
President - RC Mukono

In 2018, the Rotary Club of Mukono sought to start a project to economically empower the women in Lwazi. With support from the Rotary Club of Kino in Arizona...



RTN. SAMUEL NGAMBWAKI AGABA

From a Facebook enquiry, a Morning Star is born

I am Samuel Ngambwaki Agaba, son to Godfrey (RIP) and Clemence Ngambwaki, and the acting last born of six siblings (five boys and one girl). My family forms the identity and the person I am today. I am a Life Coach/Public Speaker who also offers communication consultancy. We stand for Focus, Empowerment, and Independence. My purpose for living is – “To every day by the bare minimum impact a life positively.”

In August 2020, Mercy K. Kainobwiso, the President of the Rotary Club of Bukoto posted on her Facebook page – asking if anyone wished to join Rotary. There was an opportunity to form a new club. Several people sent her messages, and she added us to a WhatsApp group where interactions began, and some information about Rotary was shared.

In September, we had our first online fellowship where Past District Governor (PDG) Tusu presented about - The first date. This was followed by - What next after the first date, by PDG Stephen Mwanje. The subsequent speakers also increased our knowledge about Rotary and other topical issues. The first meet-and-greet was in November 2020 where 18 of us were hosted by DG Nominee Dr. Mike Kennedy Sebalu in Kansanga. This interaction was energising and DGN Mike, who became our New Club Advisor told us we were to be called - the Morning Stars. Since our club was to fill a gap of non-existent Friday morning fellowship, he called us - Kampala Morning Stars, and emphasised that stars are meant to shine – that is our calling. The team was energised, and we chose the interim club leadership. By 30th November, we had attained Provisional status.

I looked forward to becoming a Rotarian and serving humanity. At club level, it was a cocktail of smooth, bumpy, muddy, cranky and a fly-drive but we had great shock absorbers in DGN Mike, OP Mercy, mother club and the Rotary fraternity. On 26th February 2021, RC Kampala Morning Stars was chartered with 32 members (18 females and 14 male), while two (one female and one male) were inducted during the celebrations on 6th March at Kabira Country Club.

Rotary has opened for us opportunities to learn, connect, socialise and also appreciate the need to serve and give back to humanity. I have tested the waters of leadership; it is a challenge but man is meant to overcome challenges to make life meaningful. The Stars ooze vibrancy and young energy. We add versatility and diversity to Rotary in terms of opinions, energy, classifications and the hunger to serve. Just like the Bible asks us to use our youth days positively to impact lives, so is the recipe we bring to the table.

We are cognizant of the high youth unemployment levels in Uganda which are partly fuelling crimes in our society, so we purpose to “teach how to fish, than directly feeding humanity.” We shall soon launch a joint Youth Skilling and Empowerment Project with our mother club which has been a strong pillar in our growth. Our partnerships will also extend to sister clubs so that together, we can add value not competition in Rotary. We are engaging potential sponsors, and when the food is ready, we shall invite you to the table and serve.

Rtn. Samuel Ngambwaki Agaba
Charter President - RC Kampala Morning Stars



RTN. CHARLOTTE TINARUHANGA

‘Joining Rotary was not part of my dreams’

Charlotte Tinaruhanga is a 38-year-old Information Technology (IT) professional. She Heads IT Services at the Standard Gauge Railway (SGR) Project, having previously worked as the Private Secretary in-charge of ICT at State House (Uganda); Systems Administrator at Huawei Technologies, Kenya; IT Officer at RIHI Investments. She holds a Master’s in Business Administration, Microsoft Certified IT Professional (MCITP) Certification and Bachelor of Science Degree in Business Computing. She shares the Rotary Club of Butabika Royals story.

For many Ugandans, the word Butabika conjures thoughts of Uganda’s largest mental health hospital – Butabika National Referral Hospital. Unknown to them is the fact that Butabika is home to a sprawling residential area, part of which includes the Royal Palms Estate, with over 1,000 residents. In August 2020, President Hannifer Musoke of RC Muyenga posted in one of the estate WhatsApp groups, inviting us to join a new Rotary club being formed in the area. I had never dreamt of being a Rotarian. I thought Rotary was for the old and rich. My friend lured me to attend the meetings then held at LaBanor Bistro in Butabika on Saturday at 10:00 am. I interacted with Hannifer, our New Club Advisor Florence Musoke, and Emmanuel Tumuheirwe from RC Portbell.

In the next meeting, Past Assistant Governor Joseph Kasozi highlighted the projects Rotarians were engaged in – polio eradication, Cancer Run, and the blood bank among the many. As someone already interested in helping the community around Butabika, I was hooked! I felt I had acquired a like-minded family to work with and positively impact our area. The subsequent speakers increased my love and knowledge for Rotary. With this excitement, I invited several friends and family members, and together with those brought by other members we attained Provisional status in November 2020. The 27 charter members (21 females and 6 male) have bonded

through several activities. We mobilised funds and bought sacks of maize flour, beans, and rice for the Kirombe Zone B community during the festive season; participated in the World Polio Day Walk and it was interesting to learn how much Rotary has contributed to eradicate this disease; we also visited Butabika Hospital and donated over 1,500 books collected from club members.

This journey has had some low moments, like the death of Rotarians from our mother club, and the times we were unable to physically meet in January 2021 after an increase in COVID-19 infections. Some of our members also got infected, but thankfully they healed quickly. For a club formed in the middle of a pandemic, we have demonstrated a strong spirit of resilience and determination. We are gifted with a diversity of professionals, age groups, background and experience. We are largely a community based-club, as 80% of the members live within the Royal Palms Estate, so Rotary is promoting an already existing unity, which we can only grow stronger. Rotary has allowed me to serve and connect with communities in the area. I have benefited from trainings in leadership, economic empowerment, and self-development among others. My networks have expanded - interacting with several professionals from all fields and status has helped me conduct some self-evaluations and set new goals.

We shall engage in several service projects, some of which include: Partnering with clubs like Kololo to build better WASH facilities in Butabika Hospital; conduct indoor residual spraying and distribute mosquito nets in the flood-prone areas of Kirombe Zone B, A and Butabika; and sensitise locals especially women about economic empowerment. Our strategic plan highlights avenues to increase membership, visibility, giving to TRF and youth engagement. With guidance from other clubs and training, we shall transform Butabika.

Rtn. Charlotte Tinaruhanga
Charter President – RC Butabika Royals

Celebrating Women in Rotary

The Rotary Clubs of Kampala-Naalya and Kampala-Munyonyo held the sixth edition of the Women in Rotary celebration under the theme - *"Women in leadership: Creating equal opportunities in a COVID-19 world"*. The hybrid event was aimed at recognising and celebrating the achievements of female leaders in Rotary service.

The Keynote Speaker Francis Kamulegeya encouraged the women to adopt qualities of resilient leaders in times of adversity. "Have empathy, learn to lead yourself, understand and mentor others, take risks, and challenge the status quo," said Kamulegeya, the PwC Country Senior Partner.

Through a panel discussion, the ladies were tipped on how to navigate life's U-turns. The discussants included: Rev. Diana Nkesiga - Founder Nkesiga Cancer Foundation; Gerry Opoka - CEO, Soul Fitness Limited; PDG Sharmila Bhatt - Co-founder and Director Soft Tech Consultants Limited; Emma Mugisha - Executive Director and Head Corporate and Investment Bank - Stanbic Bank Uganda; and Dr. Barbara Ofwono Buyondo - Founder and CEO Victorious Education Services.



2021 Women in Rotary Awards

Innovation Award: President Rtn. Jennifer Byokusheka of RC Kampala South for adopting innovative approaches or initiatives to remain relevant despite the COVID-19 disruptions.

Community Service Award: Presidents - Mercy Kainobwiso of RC Bukoto, and Maryanne Mugo of RC Dar-es-Salaam Oysterbay for implementing transformational community service projects (both Global and Non-Global Grants).

Under the **Leadership Award**, the Platinum winner was President Mercy Kainobwiso, while the Gold Award went to Presidents Maryanne Mugo (DSM Oysterbay), and Hannifer Musoke of RC Muyenga. They were recognised for mobilising over US\$5,000 for the Rotary Foundation, implementing an impactful community service project in the seven areas of focus, and recruiting more than three female members.

Special Recognition Award: 24-year-old Ashna Tanna of the Rotary eClub of Masaki was recognised for being the youngest female president in D9211



RTN. DIANA ELINAM

Meet Tanzania's outstanding female presidents

President Maryanne Mugo and Ashna Tanna from the Rotary Clubs of Dar-es-Salaam Oysterbay, and eClub of Masaki respectively were recognised for their exemplary leadership during this year's Women in Rotary (WiR) celebration. The hybrid event was organised by the Rotary Clubs of Kampala-Naalya and Kampala-Munyonyo

President Maryanne scooped awards under two categories – Leadership, and Community Service. She was awarded for mobilising US\$10,000 for The Rotary Foundation (TRF), implementing service projects under the Disease Prevention and Treatment focus area, and recruiting seven females for her club. On the other hand, 24-year-old Ashna Tanna was recognised as the youngest female President in District 9211. The Wave reached out to both presidents to share their journey and views on Rotary, and women in Rotary.



President Maryanne Mugo – RC Dar-es-Salaam Oysterbay

She joined Rotary six-and-a-half years ago after

attending several charity fundraisers upon invitation from her friends. "I enjoyed the experience at RC Dar-es-Salaam Oysterbay so much that Rotary became my passion. I cannot miss any chance to participate in a Rotary event, be it a meeting, community service, fundraiser or social event. I joined the board within my second year as a Rotarian, and have remained there to date. This prepared me for the Presidency," she added.

Regarding women and their leadership in Rotary, Maryanne says, "women are naturally born leaders. If we can handle our roles as mothers and wives, we are equipped to succeed in any leadership role in Rotary or the corporate world. Empathetic women can gather support from their teams. For each action she takes, a woman thinks about how it will affect the families of the people she is leading. This makes them good leaders. Look at the world and see how successful the countries with female political leaders are."

Maryanne is inspired by the fact that Rotary avails its members a chance to inspire and open opportunities for people that have lost hope. Working towards achieving her club goals is a priority before this Rotary year ends. She would like to see the club implement one global grant project, attain membership of at least 90 from 58, and hold an event to raise TRF funds.

Next year, she will serve as an Assistant Governor, under the leadership of DGE Young Kimaro in District 9214. "Rotarians can always count on my support as we grow and strengthen the District. I was humbled to receive recognition during the WiR event. The fact that Ashna, the youngest President in our district was recognised shows that we can draw inspiration and lessons from women of different age groups." Maryanne encouraged women both within and outside Rotary to take up leadership positions



at all levels. "Do not shy away, she added, Rotary is a journey worth walking and you will never regret your decision."

President Ashna Taana – Rotary eClub of Masaki



Ashna was introduced to Rotary by her parents (Hitesh and Manisha Taana), both active members of their respective clubs in Dar-es-Salaam. As a child, she often accompanied her parents to projects and

events; and where necessary she volunteered. "I loved what Rotary accomplished, the common passion every Rotarian shared and sense of community. I knew I wanted to be part of Rotary but did not realise that I would get the opportunity to join a club so soon. I was invited to join the Rotary eClub of Masaki in 2019. This was an exciting opportunity to assist the Dar-es-Salaam community through online platforms that allow people from different parts of the world to serve a common goal. In 2020, I became the club president, and the journey has been incredibly rewarding, eye-opening and a continuous learning experience," she noted.

Ashna is inspired by fellow Rotarians because they are compassionate, energetic and dedicated to serving their communities. Rotarians solve important problems while having fun, making friends, and maintaining a

positive spirit. She strives to stretch Rotary's outreach by providing a fresh outlook to her generation's insights and amplifying different voices in society.

Ashna's passion for storytelling through dance, music and filmmaking, helps her understand people from a compassionate lens and has inspired her to encourage fellow Rotarians to explore how art can bring people together through creative fundraisers. Her experience in data analytics and research helps her plan and organise projects in the club.

Her views on women in Rotary – "women face diverse challenges according to their economic and social statuses, so they provide the best insights to resolve some of the problems in our communities. We are fierce, empathetic, passionate and efficient which makes us valuable members of Rotary. Empowered women empower communities."

Ashna notes that youth are the backbone of our society. They bring valuable new ideas in problem-solving. Their creativity, energy, spunk and smartness, create impact, solutions and hope in our societies. Celebrating young female leaders in Rotary fills Ashna with joy, but she is also quick to acknowledge the support from her club members. "I have passionate, dedicated, excited and incredibly knowledgeable team members. These implement the projects efficiently and effectively. I am grateful for their guidance."

Our youngest female president reminds Rotarians of their responsibility to actively participate and serve communities. "The best way to serve is to lead with compassion and empathy."

Rtn. Diana Elinam

RC Dar-es-Salaam Mikocheni



PDG SHARMILA BHATT & RTN. DIANA ELINAM

Insights from PDG Sharmila Bhatt and Rtn. Diana Elinam



Rotarian Diana Elinam is a member of The Wave team and contributing writer for The Citizen, an English newspaper in Tanzania. To celebrate women’s month, The Citizen decided to highlight women leaders in the community. Diana reached out to her immediate network – Rotary, and PDG Sharmila Bhatt was among the women she contacted.

“Although the time was too short for us to conduct the interview for The Citizen, I picked interest on her as a young Rotarian and when we met, we agreed to have the article published in The Wave. I wanted to find out more about her. Diana is a multi-faceted consultant. She joined the Rotary Club of Mikocheni in 2019 to share fellowship with like-minded people and explore her aspirations of service to mankind,” said PDG Sharmila Bhatt. Below is the interview, SB represents PDG Sharmila Bhatt, and DE – Rtn. Diana Elinam.

On-the-spot: Rtn. Diana Elinam

SB: Tell me about yourself?

DE: I am a 27-year-old holder of a Bachelor of Commerce in Human Resources, who is currently focusing on agribusiness. I am a passionate writer and recently joined The Citizen newspaper as a freelance Contributing Writer. The Citizen allows me to research and write about relevant issues that affect our community, as well as interact with different people and share their stories. I am a giver, something instilled in me by my mother, she often said, “There is no need to have so much surplus while people are starving.” I was so excited to join Rotary. In Rotary I found a group of like-minded people where we do not only give but share several interests in academia, networking or even just having fun.

SB: What gives you hope?

DE: Selflessness and kindness.

SB: What is the biggest obstacle to peace?

DE: Well, I have a list, but two strong ones are “ego and intolerance”.

SB: When and how did you hear about Rotary?

DE: I had always known about Rotary through the marathons and the goat race in Dar-es-Salaam. I attempted to join a club in Nairobi but I was way younger and it did not work out. When I returned to Dar, I started researching more about Rotary, but my work was very involving, so I kept postponing joining Rotary until I saw a former classmate being inducted in Bujumbura. She recommended I join and commended me to Immediate Past President Josephine Miingi.

SB: What does Rotary mean to you?

DE: Rotary is a platform of like-minded people with the urge to create and provide impactful service to the community.

SB: What three things did you like in your club?

DE: Comradery, family unity, and projects – especially our polio project with Mwananyamala Hospital.

SB: Do you find value in being a Rotarian?

DE: Yes, I do. Rotary is bringing so much harmony to my life and building my leadership skills. Club service is encouraging my engagement with the community.

SB: What should Rotary do to increase brand awareness and tell stories about our work?

DE: We are already doing so through or activities and projects, we just need to do more consistently and ensure we involve everyone in our communities.

SB: Do you hold a role in your club?

DE: I am the Fitness and Nutrition (FAN) Director, and Assistant Projects Director.

SB: Will you consider being the president of your club?

DE: Not immediately. I feel I do not have all the skills required to lead the club which has many experienced Rotarians. With time, when I am trained and understand the processes and systems of running Rotary, I would like to be a president.

SB: Would you recommend your friends to join Rotary?

DE: Wholeheartedly. Rotary has a Four-Way Test. Points two, three and four speak to friendship and the benefits of being together.

SB: How can young people benefit from Rotary?

DE: Young people need an environment that will allow them to be themselves, but still inspire their growth as leaders. They should understand the importance of taking care of society selflessly and with humility, Rotary is just the perfect platform for this.

I applaud my Rotary club for being the best second family a young lady could ask for. Wednesday has always been my favourite day for no particular reason, but with my fellowship being on that day, it has made it one of the coolest days for me. I always look forward to a great meeting and laugh. Within a short time, my club members have awakened the leader in me and always cheer me up. That keeps me going even outside Rotary.

On-the-spot: PDG Sharmila Bhatt

Before becoming a Rotarian, PDG Sharmila often attended Rotary events as a Rotarian’s spouse. She was often invited to join Rotary but declined owing to duties of raising her son and juggling office work. This continued until she had the opportunity to listen to late Nobel Peace Laureate Wangari Maathai at Governor Tusu’s District Conference and Assembly speak about her one-woman quest to plant a billion trees. This changed her NO to a YES. Upon her return to Tanzania, she joined the Rotary Club of Dar-es-Salaam which had previously undergone many objections to having a woman member and had only started warming up to the idea of admitting women. For a person like PDG Sharmila who has often featured on many platforms in Rotary including The Wave, one gets challenged regarding what to ask her, but I eventually brainstormed with friends and got a few questions for her.

DE: Tell us about Rotary then and now?

SB: When I joined Rotary in 2007, there were few clubs in Tanzania but this has changed. We now have 46 clubs and more members, several people have heard about Rotary and are aspiring to be Rotarians. For instance, the Rotary Club in Same, which implements several large water projects is known for its service, and the water is even called “Maji ya Rotary”. The work Rotary has done over the years speaks loudly for itself.

DE: Where can you point Tanzania on the Rotary International map?

SB: In the past five years, the Rotary International presidents have visited Tanzania. The building stone for the Rotary Pediatric Oncology Ward at Muhimbili National Hospital was placed by the Rotary International President Kalyan Banerjee. Many of our district leaders now serve in various committees at RI. Recently I was appointed to the committee – Shaping Rotary’s Future. This means our district has done several things right for us to be called upon to share experiences and our voices heard.

DE: Looking at the status of Tanzania in District 9211, what shall we see different in District 9214 and what will be your role?

SB: Tanzania now has 46 clubs of the over 180 in D9211. The new District 9214 come July 1st shall have about 100 clubs. We should be able to grow Rotary where it is required and is not present. I will be the District Rotary Foundation Chair. With my team, we shall help clubs to do better, bigger and sustainable projects for our communities.

DE: You have a great interest in youth and often encourage them to participate in Rotary, what is the motive behind it?

SB: Being in the presence of the youth, keeps me young. It reminds me that I too was in their position once. I missed access to mentorship and guidance then, and felt if I had it perhaps life would have been a bit easier. That is why I am keen to share and include the youth in all that I do.

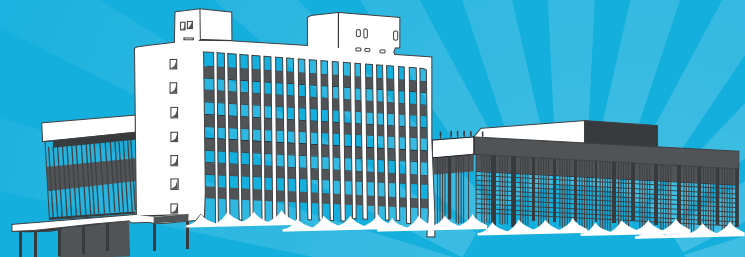
DE: A word to the reader and especially young Rotarians?

SB: Enjoy Rotary as much as I do.

PDG Sharmila Bhatt and Rtn. Diana Elinam
RC Dar-es-Salaam and RC DSM Mikocheni



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Remembering Rtn. Mama Norah Owori

Norah was invited to join Rotary in 2013, and specifically the Rotary Club of Gaba. This was after a long time of convincing and mentoring, however, when she joined, she became very passionate about Rotary and she was always exemplary in Rotary ethics like she had been a Rotarian for 20 years. Little wonder about this of course, as she was always close to one of the greatest Rotarians of our time, the late Rotary International President-Elect Sam F. Owori. Norah became one of the biggest magnates in our club, attracting both local and international Rotarians. At the time of her demise, she was the club's substantive International Ambassador, a feat she served with dignity and excellence. Thank you Norah for elevating our club to another level. Rtn. Norah meant the whole world to us. We shall miss her

for many of her wonderful attributes that will live with us forever.

Norah was a lady of dignity, warm infectious beautiful smiles, loving, caring, compassionate, soft but firm on issues, concerned about others, non-judgmental, unassuming, simple, humble, very kind, empathetic, civil, polished, beautiful with figure eight, spiritual, protector and a rock in her family and our club. Indeed, Rtn. Norah was full of sacrifices, and she exemplified the values of a true African woman.

Rtn. Peter Lusembo
President – RC Gaba



DG's Club Project Visit



Kamuli Poultry Project

In 2017, the Rotary Club of Bweyogerere Namboole conceived an idea to economically empower the community in Kamuli District. Through a partnership with the Rotary Club of Effingham Noon, USA and Kamuli District Farmers Association (KDFA), a US\$43,075 global grant was secured to start the Kamuli Poultry Project.

This initial grant was to facilitate:

1. Renovation of the existing feed mill owned by KDFA and equip it with a feed mixer.
2. Train farmers in poultry business management and best practices.
3. Supply 6,000 day-old layer chicks to KDFA members.
4. Maintain the running of the mill to supply chicken feeds to farms for six months.
5. Avail drugs and other requirements to ensure the survival of the chicks to the egg-laying stage.

Project implementation started in 2019 but temporarily stalled in 2020 due to COVID-19. This raised the need for additional project costs. So US\$7,500 was raised by the partners, bringing the total project cost to US\$52,575.

The project will initially support 30 KDFA members in Namwendwa, Wankole and Kagumba Sub-counties. Each farmer will get a loan of Ug Shs 5,446,667 (US\$1,433) to establish a poultry enterprise of 200-layers. KDFA, which serves as an intermediary for RC Bweyogerere Namboole, will ensure the supply of inputs, supervise production, find a market for the eggs, and provide financial accounting. These services will be equated to a revolving credit

arrangement, and once the loan is paid back, the funds will enable the expansion of the project to an additional 100 beneficiaries and sustainability over the years. The farmers, majority of them women and youth were trained in poultry brood management, marketing, financial management, and entrepreneurial business skills; the poultry feed mill building was renovated and provided a feed mixer provided. Each of the 30 farmers got 6,000 one-day-old chicks, vaccines and feeds. Supervision is done frequently by KDFA

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RTN. ROSEMARY DAVIDSON

With pink bikes, girls in Ndevelwa can now ride to school

Ndevelwa is the largest ward in Tabora, Tanzania. Ndevelwa Secondary School is located about 9.6km from the centre of Tabora, along the road leading out of town to the small village of Ndevelwa, and the other hamlets plus farms outside the city. This secondary school is fed by pupils from the following primary schools: Ndevelwa, Itulu, Izenga, Inala and Ibasa. Its new enrolment of 250 students is likely to increase after last month's intake.

For some students, the journey to and from school starts before dawn at 6:00am and ends after dusk at 8:00pm. Many of the tracks are unsafe, passing through uncultivated areas with hyenas often heard close to the roadside. Many of the students, especially the girls have to walk to school, with the other alternatives - hitching a ride with a passing cyclist or motorcyclist, presenting more safety issues. Some students take rides in exchange for sexual favours and this has led to a rise in teenage pregnancies forcing some girls to drop out of school.

The need to avert this insecure daily commute motivated the head teacher Jonas Siwema, Pastor Christopher Gwimko, and Margaret Anderson a former kindergarten teacher at Ndevelwa Primary School to unite and devise means to facilitate the journey to school for over 70 students living in the far-flung villages of Vumilia (20km), Zugimole (15km), Isenefu, Ifuche, Shauri Moyo, Izenga (12km), Itulu (10km), Inala. To achieve this, they came up with a project concept that they began sharing with friends.

The Pink Bike Project

In February 2020, during the East African Project Fair in Arusha, Donna Boyd from the Rotary Club of Mount Shasta in California spoke about a bicycle project she had heard about from friends in the Rotary network. These friends were looking for a club

in Tanzania to partner with and facilitate the delivery of bicycles to school-going girls walking long distances to school. Donna had previously worked with the Rotary Club of Arusha, on the - Goodbye Thirsty Project - so she connected the members to Modesto Sunrise Rotary Club in California.

Communication between the two clubs ensued, needs were outlined and requirements met with the help of the Arusha Bicycle Centre (ABC). Coincidentally the then President of Modesto Elizabeth Demichelis had been Anderson's Alpha Chi Omega sorority sister at the University of Pacific (UOP), California.

On 9th December 2020, Arusha Bicycle Centre delivered 53 bicycles, painted pink as requested and serviced. Training sessions were held and the girls showed how to conduct simple maintenance, oiling, chain and puncture repairs.

With the publicity about this donation, anyone seen riding a pink bicycle yet they are not female students of Ndevelwa School will be stopped and questioned. Pink bicycles will not carry loads of charcoal or wood during the weekend. This decision was fully supported by the village leaders.

In the first Lot, five girls did not get bicycles, however, this number is likely to increase after the enrolment of Form 1 students in March. When allocating the bicycles, for families with two girls, only the oldest got. In some instances, the girls are now giving boys lifts to school. The holiday maintenance exercise was postponed after school closure owing to the COVID-19 pandemic. It is hoped that the exercise will take place during the next holiday.



Interaction with project beneficiaries In February, members of the Arusha Rotary Club visited Ndevelwa and interacted with the girls and Local Ward Executive. The latter shared their plans for a longer-term solution of constructing an 80-bed dormitory. The community had already donated sand, some cement, and locally made blocks, however, the school requested for 60 more bags of cement. The government promised to take over the construction works once the structure is raised to the lintels stage.

It was also noted that some families might not be able to afford the boarding school requirements like mattress, bedsheets and blankets.

In a discussion with the School Bicycle Committee, the girls shared that the bicycles had motivated them to carry on with their education rather than dropping out. Now, they can arrive at school on time and also get home before dark. They appreciated the training in simple maintenance techniques, and it was a great chance to enhance their teamwork skills as they helped check each other's pressure and pump up the tyres. For sustainability purposes, it was agreed that Jonah Mpini a local bicycle mechanic would undergo additional training to avoid the long journey into town for repairs.

We shared more about Rotary's work with the committee, who expressed a desire to join Rotary but the nearest clubs of Bukoba, Dodoma and Babati were still a long-distance away. Margaret Anderson, a

missionary has over the years vouched for the formation of a Rotary club in Tabora. We certainly hope this can happen soon.

Rtn. Rosemary Davidson
RC Arusha





RTN. FRANCIS MUJUNI

Sanitation Week: RI-US-AID WASH partnership takes centre stage

As part of the Rotary International and USAID Water Sanitation and Hygiene (WASH) partnership, Rotarians for the first time participated in the launch of the National Sanitation Week at Namayumba Sub-county, Wakiso District last month. The function, organised by the district, Ministry of Health (MoH), and supported by UNICEF and WaterAid Uganda was presided over by Justine Mbabazi, the Wakiso Resident District Commissioner.

The Rotary fraternity was led by Rtn. Engineer Michael Ojok, Chair of the Host Organising Committee (HOC) for the RI-USAID WASH Project, and Rtn. Engineer Sam Mutono – Deputy Chief of Party for the USAID-funded Uganda Sanitation for Health Activity (USHA) Project. He is also the Chairperson of the Uganda National Sanitation Working Group. The team was accompanied by Henry Kakooza, the RI-USAID WASH Project Manager and Martin Twine, the Water Engineer.

Mbabazi thanked the Ministry for organising the launch in Wakiso, which has a high population of over three million people, the highest number of upcoming rural growth centres and hard-to-reach areas like fishing communities facing several sanitation challenges. She pledged to work with the political and technical heads to promote the health, wealth and general wellbeing of locals in Wakiso, and commended the Village Health Teams (VHTs) for priding themselves in freely promoting the wellbeing of others, a true reflection of “Service Above Self”.

Rtn. Michael Ojok noted that through the RI-USAID partnership, Rotary clubs will implement one of their largest WASH projects in the country. The project will provide safe water through boreholes, solar powered piped water systems or extension of national water to selected schools and health facilities in 16 districts, while USHA will provide sanitation facilities with

incinerators, group handwashing facilities, and other software packages.

Hon. Matia Lwanga Bwanika, the incoming District Chairman Elect noted that they plan to buy eight acres of land at Menvu in Namayumba Sub-county for construction of a solid waste treatment plant. He urged the leaders to sensitise locals about separation of garbage – degradable from non-degradable to help in disposal management and wealth creation from waste. He also shared plans to construct a sewage treatment plant to enable a shift from construction of ordinary latrines and rubbish pits to an advanced waste management approach in urban centres.

According to Dr. Moses Kabangi, the Assistant Commissioner-Environmental Health in the MoH, about 1.8 billion (25% of the world’s population) live without access to basic sanitation including 1.6 million people in Uganda. He cautioned the communities to continue practising the COVID-19 standard operating procedures – hand washing, wearing face masks and social distancing.

The National Sanitation Week which run from 15th to 22nd March, was held under the theme “Good Sanitation and Hygiene – a sure way to fight COVID-19”. The activities included community clean-ups, music, dance and drama performances, virtual discussions, and field monitoring of the sanitation status in different districts.

Francis Mujuni

Advocacy Officer – RI-USAID WASH Partnership Project



RTN. PAUL KAGGAI

A new dawn for Buyiga as the island gears up for six boreholes

For decades, residents of Buyiga Island located in Kammengo Sub-county, Mpigi District had consumed muddy unsafe water from swamps surrounding their homesteads. In 2019, through its Adopt-a-Village Buyiga Project, the Rotary Club of Rubaga Lake View planned to transform this community of over 20,000 residents through projects focusing on health, education, water and sanitation, plus economic transformation.

A year after he visited the island with Charter President Fredrick Matyama, Rtn. Kristian Rankloo from the Rotary Club of Burlöv-Karstorp mobilised some Swedish-based clubs (Malmö-Limhamn, Burlöv-Karstorp and U-Fonden in District 2390), companies (Va Gruppen, Sydvatten, and Consafe Logistics), and a non-governmental organisation – Help at Hand to partner with Rubaga Lake View in its quest to provide clean water for the islanders.

Work began in November 2020. So far, the first two of the six boreholes, have been sunk, with the rest expected to be completed by July 2021. The two boreholes located in Kamusogonya and Kabudindiri villages were launched in March by Rotarians led by David Kyewalabye Male, and Kristian Rankloo on behalf of the Swedish partners. These

will serve a total of 3,009 residents which includes 1,623 children.

The residents could hardly contain their joy. With songs accompanied by a locally assembled xylophone, residents of Kamusogonya Village danced to several tunes. This moment will live with me for a lifetime because it was evidence of a renewed hope among the communities, due to the collective efforts of Rotarians. Through the sacrifice of time, resources and commitment to service, we have a chance to see the fruits of our efforts. We are confident that the water management committees with guidance from RC Rubaga Lake View will ensure proper usage and maintenance of the boreholes.

To partner with the club as it seeks to expand its footprint in Buyiga Island, please reach us via rubagalakeview23@gmail.com

Rtn. Paul Kagga

Club Secretary – RC Rubaga Lake View



RTR.CHARLES MUGUME



Arts and Crafts project empowers youth in Namatala



A needs assessment conducted in Mbale District showed that rampant unemployment amongst youth was partly behind the high cases of drug consumption, theft, domestic violence, poverty, and poor health in the area. To try address this challenge, the Rotaract Club of Mbale Uptown sought it wise to skill the youth in Namatala, Mbale's biggest slum area.

In the Rotary Year 2019/20, District Governor Xavier Sentamu availed a grant for Rotaract clubs to implement projects. The club applied and got US\$2,000 to implement an art and crafts project empowering 30 youth (20 females and 10 male) with skills to make sandals, bangles, necklaces etc. The funds were used to buy equipment to make the items, and facilitate the training.

This project was implemented in partnership with Youth for a Covenant Vision-Uganda (YCV), a Community Based Organisation (CBO) in Namatala that has implemented some projects in the area over

the last four years.

Speaking at the launch of the project in November 2020, the District Rotaract Representative, Edmund Issae thanked the two partners for aspiring to make a positive change in the youths' lives.

Training commenced in January and the first products were sold at the YCV offices and during the club weekly fellowship. The first phase of the project will end this month.

The downside is that some youth dropped out of the training especially during the theory sessions, leaving only 17 participants (12 females and five male) to complete the course. We hope to seek another grant to enlarge the project scope.

Rtr. Charles Mugume
Project Chair – RAC Mbale

Rotary  Rotary Opens Opportunities



The 4th East African Rotary Project Fair

**21-24 April 2021 at
Speke Resort Munyonyo,
Kampala - Uganda.**

Live & Virtual.

An opportunity for Rotary / Rotaract Clubs (both local and International) to showcase service projects, form friendships, collaborations and partnerships.

**Do you have a project? Are you looking for a project?
Are you looking for an International Partner? Are you
an International Partner looking for a Local Partner?
DON'T MISS THIS CHANCE !!!!**

For more information please contact the undersigned chair persons.

PDG Asher Jayesh
Chair, Tanzania
Email: jasher@rotarytz.org

PAG Emily Mbabazi
Chair, Uganda
Email: eminazo.emz@gmail.com



Rotary Uganda Limited: Why all clubs should register

To follow-up activities of Rotary clubs and encourage adherence to the Rotary International requirements for clubs, the District 9211 Executive Committee in 2015 approved a five-year strategic plan (2015-21) under the leadership of Past District Governor Robert Waggwa Nsibirwa. The incorporation and registration of Rotary Uganda Limited by 2016 was adopted as one of the broad activities geared at legalising the Uganda Country Office. This was intended to guide, support and strengthen Rotary clubs and other Country Programs. It was agreed that a Monitoring and Evaluation team be part of the Executive Committee of Rotary Uganda to ensure effectiveness.

In 2016, Uganda’s Country Chair convened a meeting of club presidents that debated the Memorandum and Articles of Rotary Uganda Limited. In 2016/17 the Memorandum and Articles of Rotary Uganda Limited (RUL) were passed and in 2017, Rotary Uganda Limited was registered. It was incorporated on 15th June 2017. The Executive Committee of Rotary in Uganda that presented the registration of Rotary Uganda included:

- Country Chair 2016/17 - Francis Xavier Sentamu
- Vice Country Chair 2016/17 - Rebecca Mukasa

- Mutaawe
- Funds Cordinator 2016/17 - Charles Kabanda Sentamu
- Assistant Governors’ Representative 2016/17 - Ronald Kawaddwa Ssentongo
- Presidents’ Representative 2016/17 - Margaret Nakanjako Njeri

In 2017/18, several sensitisation sessions were held to educate clubs through their leaders about the relevance of Rotary Uganda Limited by the then Governor Kenneth Wycliffe Mugisha, Country Chair Rebecca Mukasa Mutaawe, Immediate Country Chair Francis Xavier Sentamu, Immediate President Chair PAG Margaret Nakanjako Njeri, and myself - Daniel Lubogo as the Chair of Presidents.

In 2019/20, the Board of Rotary Uganda Limited was passed and approved by the club presidents as representatives of the clubs in an Annual General Meeting at Grand Imperial Hotel. The meeting was called by the Country Chair Anne Nkutu following efforts by her successors and the Executive Committee of Rotary in Uganda.

In 2016, Uganda’s Country Chair convened a meeting of club presidents that debated the Memorandum and Articles of Rotary Uganda Limited.

Board Composition

Members of Rotary Uganda Limited composed of clubs held an Annual General Meeting on 25th June 2019 where they elected and approved the following as the Board members:

No.	Position	Name
1	Chairman Board of Directors	Fabian Kasi
2	Company Secretary	Daniel Lubogo
3	Immediate Past District Governor	Francis Xavier Sentamu
4	District Governor	Rosetti Nabbumba Nayenga
5	District Governor-Elect	John Ndamiira Magezi
6	District Governor Nominee D9213	Mike Kennedy Sebalu
7	District Governor Nominee 9214	Peace Taremwa
8	Representative of Clubs in Uganda	James Onyoin
9	Representative of Rotary in Uganda	Goretti Massadde
10	Rotary Corporate Partnerships	Anne Nkutu
11	Corporate Representative	Jimmy Mugerwa
12	Representative of PDGs	Jimmy Mugerwa
13	Representative of Rotaract D 9213 in Uganda	DRRE Allan Lukoda Ntambi
14	Representative of Rotaract D 9214 in Uganda	DRRE Allan Lukoda Ntambi
15	Country Chair of Rotary in Uganda/CEO	Phyllis Kobukindo

Current Membership of Rotary Uganda Limited

No.	Rotary Club	No.	Rotary Club
1	Rotary Club of Kampala Day Break Limited	12	Rotary Club of Makindye Limited
2	Rotary Club of Muyenga Limited	13	Rotary Club of Hoima Kitara Limited
3	Rotary Club of Kampala Muy-enga Breeze Limited	14	Rotary Club of Kampala Limited
4	Rotary Club of Kampala Wan-degeya Limited	15	Rotary Club of Nansana Limited
5	Rotary Club of Kampala Day-break Limited	16	Rotary Club of Mengo Limited
6	Rotary Club of Kampala Ssesse Islands Limited	17	Rotary Club of Buloba Limited
7	Rotary Club of Kiwatule Limited	18	Rotary Club of Bukoto Limited
8	Rotary Club of Kampala South Limited	19	Rotary Club of Kampala Na-teete Limited
9	Rotary Club of Kampala South Limited	20	Rotary Club of Kisugu Victoria View Limited
10	Rotary Club of Namugongo Limited	21	Rotary Club of Kampala Day Break Limited
11	TRotary Club of Kampala Metropolitan Limited	22	Rotary Club of Bweyogerere Namboole Limited
23	Rotary Club of Jinja Limited		
24	Rotary Club of Bugolobi Limited		
25	Rotary Club of Kasangati Limited		
26	Rotary Club of Kampala-Ki-saasi Limited		
27	Rotary Club of Portbell Limited		
28	Rotary Club of Mukono Limited		
29	Rotary Club of Entebbe Limited		
30	Rotary Club of Makindye West Limited		
31	Rotary Club of Munyonyo Limited		

Majority of the Rotary Programs in Uganda, such as Rotary Mission Green, Rotary Malaria Program, Rotary Blood Bank and others are in the process of registering as legal entities owned by Rotary Uganda Limited. Rotary Cancer Program Uganda Limited is currently owned by Rotary Uganda Limited that provides oversight over its activities.

Note:

We encourage all clubs that are not on the above list to ensure that they register as members of Rotary Uganda Limited.

Requirements to be a member

Under the Memorandum and Articles of Association, all Rotary Clubs which are legal entities are members of RUL. They are only required to register with the Country Office. There is no monetary requirement for registration.

Will redistricting affect the operations of Rotary Uganda Limited?

Redistricting will not dissolve or affect Rotary Uganda Limited because it is an independent legal entity separate from the district. Rotary Uganda Limited is owned by clubs in Uganda, and these clubs are legal entities that will continue to exist beyond redistricting. Secondly, the fact that the membership of RUL is composed of clubs from both districts in effect reveals that RUL will not be affected by the redistricting process.

Achievements of Rotary Uganda Limited

1. There are ongoing discussions between Rotary Uganda Limited and the CEO Summit to form a partnership and support clubs through the five Avenues of Service. The CEO Summit is composed of the biggest brands in corporate Uganda. This partnership will enable all clubs access partnerships from MTN, Stanbic, UMEME, Centenary Bank, and ESKOM among others,

2. Majority of the Rotary Programs in Uganda, such as Rotary Mission Green, Rotary Malaria Program, Rotary Blood Bank and others are in the process of registering as legal entities owned by Rotary Uganda Limited. Rotary Cancer Program Uganda Limited is currently owned by Rotary Uganda Limited that provides oversight over its activities.
3. Some clubs such as the Rotary Club of Maisha have successfully applied for a large grant from the Japanese Embassy with support from Rotary Uganda Limited to carry out a large project.
4. Rotary Uganda is in talks with UNICEF to form a partnership to support clubs carry out projects within the communities.

Plans are underway to organise an Annual General Meeting for Rotary Uganda Limited at which all programs of Rotary in Uganda and the Board of Rotary Uganda Limited will offer an activity account to the members.

In case of questions or additional information, please reach out to daniel.lubogo@abdavid.com or any members of the Board of Rotary Uganda Limited.

Rtn. Daniel Lubogo

RC Kampala Wandegaya
District Chair - Corporate Partnerships & Engagements (2020/21)

RTN MARGARET-ANNE MAZZI WAMPAMBA

Staycation: The new normal



Staycation, a portmanteau of “stay” and “vacation” is now the new normal during these challenging times of COVID-19. A staycation means families will now embark on local, domestic and regional tourism. This is a holiday or vacation taken at home or near home, one that does not require flying to your destination. This can be around your neighborhood or a road trip with your family or friends. It takes away the fear of flying with unknown passengers who might be carriers of COVID-19. Often when we decide to take a vacation, we normally wonder about the journey, accommodation, and meal expenses; plus, the costs of activities that come with a well-planned vacation.

Africa is blessed with several attractions that can accommodate a staycation holiday. A Ugandan family or group of friends can decide to take a road trip to explore Uganda, Kenya, Tanzania, Burundi, Rwanda, Malawi, Zambia, Zimbabwe, Namibia, Mozambique, Lesotho, Swaziland, Botswana and South Africa. The roads are good, and it is secure to travel along these highways. Taking a vacation of this kind does not only get you to a destination of your choice, but it will also allow you venture into different countries, taking in all the sceneries and wonders of Africa. Depending on how far and how much time you have, a road trip to the furthest southern tip of South Africa will take you through more than four countries in transit. Staycation is a great way to educate your family and friends as you travel along. You all learn different things together. It is a cultural awaking vacation for everyone.

A Staycation involving a road trip must be planned well and in advance. Since you will be either travelling with family or friends, the cheapest way would be to book a Home-Away type of accommodation. These

are usually nice homes, villas or apartments that sleep between 4 to 12 people depending on the size of the home, villa or apartment. Payment for a Home-Away accommodation is usually by a weekly rate. It can come with house-help if needed, but you can decide to do your cooking to save on the expenses. It is really fun.

Transiting in different countries must also be planned in case an overnight is required. Here a hotel would be the best way to go. These transits might require entry visas and other regulations. A travel agent would have all that information at hand at the time of booking. A Staycation in Uganda, Kenya, Burundi, Rwanda, and Tanzania is a no-brainer. Just get into your vehicle and go.

There is help so do not worry about finding out how to get there and what to do along the journey. Just call your travel agent and if they are good, you will have a blast because they will shape up a Staycation that will forever rest close to your heart. Can you imagine different countries, different foods, different languages, different cultures and yet on your continent among your people? Let us Staycation within Africa

Rtn. Margaret-Anne Mazzi Wampamba
RC Kampala-Munyonyo



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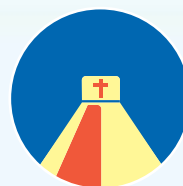
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