

THE **WAVE**

ISSUE 02 - AUGUST - 2020 ————— A NEW DAWN



VOICES OF
ROTARIANS

ROTARY
WORLD
OVER



Rotary
District 9211



Rotary Opens
Opportunities

THE VIRTUAL ROTARY CANCER RUN



Wear your Cancer Run Kit. Run from your neighbourhood.
Post a photo or video to your pages and groups.

Contribute towards construction of the bunkers at Nsambya.
Deposit on the Rotary Cancer Run Account: **3100023145** Centenary Bank.

BUY A ROTARY CANCER RUN FACEMASK AT 10,000/= FROM

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Parliament of Uganda



Centenary Bank



MAVD McCANN



New Vision



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TOGETHER, WE
SAVE LIVES

Thriving communities start with healthy people. That's why Rotary clubs organize health screenings, host blood drives, and connect neighbors to medical resources. Working together to save lives — that's what people of action do. **Learn more at [Rotary.org](https://www.rotary.org).**



Editor's Note



Dear Rotarians, Rotaractors and friends

Welcome to yet another exciting edition of The Wave. Thank you for taking the time to read the previous edition. July has flown by so fast! By now you must have embraced the new leadership and started to settle into your new roles. The focus for this month is Membership and New Club Development. August gives us the opportunity to celebrate our members, and strive to create a better experience for those desiring to join Rotary. The pertinent questions we seek to answer are: Why do people join Rotary? Why do they stay? Why do they leave? In this issue we celebrate the departed Rotary International President-Elect (RIPE) Sam Frobisher Owor who passed on three years ago. Sam was passionate about membership. We seek to honour his legacy by ensuring that Rotary membership grows the world over, but more exponentially in Africa.

We also demystify membership in Rotary; celebrate two ingenious Rotarians; remind you about our flagship campaign this year (Fitness and Nutrition) and our other projects, which include - the Rotary Cancer Run. We also celebrate the elevated Rotaractors, and share many other stories. We appreciate all the writers for sharing their thoughts with our readers.

The Editorial team is pleased to inform you that beginning this month, we are running a Treasure Hunt in this magazine. We have partnered with President Sarah Ntale (RC Kampala Wandegaya) of Sarah Cakes, and Rtn. Irene Luweesi (RC Nsangi) of Philo Decorators and Bakery to offer goodies to the lucky winners. We invite more Rotarians and non-Rotarians to partner with us to award the winners of the Treasure Hunt. Details will be shared through email.

I encourage you to share with us articles about your work. These should be 500 words, accompanied by three to five action photographs submitted by the 15th day of every month to dg9211news@gmail.com. I thank the editorial team for the amazing work done in putting this issue together.

Enjoy the reading!

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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**.

Registration: www.rotaryd9211.org
Chair Registration: **Peter Mukuru** +256 772 412 830

Youth On to DCA
(UG): **Rachel Kiwumulo** +256 787 363 748
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#DCA96 @D9211



PRESIDENT'S MESSAGE

Holger Knaack President 2020-21

The year 2020 has brought monumental changes that have already included a global pandemic and a renewed call for social justice. We are reminded that we live in a constantly changing world, and Rotary is a reflection of that world.

We must be ready to listen and adapt, always drawing upon our core values of service, fellowship, diversity, integrity, and leadership. If we live these values and apply The Four-Way Test to all aspects of our lives, we will be prepared to lead at all times.

I am proud of how we have proven our ability to adapt. Faced with a

pandemic, Rotary has not stopped. We moved meetings online and found new ways to serve. We turned the cancelled 2020 Rotary International Convention in Honolulu into our first virtual convention. Each week, we are proving that Rotary is a flexible gathering that happens anywhere — in traditional meetings, on cellphones, and on computers. Rotary offers a way to connect for everyone who wants to, at any time, and will continue to do so.

Some have even told me that they enjoy Rotary's mix of online and in-person meetings more now than before! How can we build on this momentum and seize the opportunity to embrace change so that Rotary keeps thriving?

For me, supporting new types of clubs is key. They are no longer just experiments but a real part of Rotary today. In addition to traditional clubs, we have e-clubs, Rotaract clubs, cause-based clubs, and passport clubs. These help make Rotary more inclusive, more flexible, and more attractive to new members. Visit these clubs, exchange ideas and partner with them, and promote them to one another and to our communities.

We all agree that we need to grow Rotary, but



sometimes we can get caught up in the numbers game and lose sight of the bigger picture. After all, an increase in membership is meaningless if next year, those new members leave our clubs. Let's grow Rotary sustainably. Rotary's flexible options for participation will engage members and show the community how we're different from any other club. Let's celebrate that Rotary is now less about rules and more about joining together in a variety of ways besides traditional meetings.

I recommend that each club hold an annual strategy meeting to ask — and honestly answer — if we are doing all we can for our members and if our

club reflects the community we serve. We are taking this approach at the international level, too. I am proud that six women are serving with me on the RI Board of Directors this year, the most we have ever had. Let's keep Rotary moving in this direction at every level. We need more perspectives, more diversity, for Rotary to thrive.

It's fascinating to imagine how we will find new ways to adapt and stay nimble this year and beyond. But I am also inspired about what hasn't changed and never will in Rotary: the friendships, the networking, the ethics, and the service. Indeed, these are the values that make Rotary attractive to all.

As Rotary's founder, Paul Harris, said, we have to be revolutionary from time to time. Now is such a time. *Rotary Opens Opportunities* — countless ones — for us to embrace change that will strengthen us even as we remain true to our core values.

Holger Knaack

HOLGER KNAACK

President, Rotary International



District Governor

MEMBERSHIP AND CLUB DEVELOPMENT MONTH

Dear Rotary Family,

July was a whirlwind of activities for me as I visited 40 Rotary Clubs in the Kampala, Central and Western regions. While I greatly enjoyed making acquaintance with the different clubs and Rotarians, I was saddened by the missed opportunity to meet many of you due to the need to observe the COVID-19 Standard Operating Procedures. Nonetheless, I believe we shall meet some time soon.

One of my preliminary observations has been the variance between clubs in terms of culture and traditions. While some clubs are formal and traditional, others are a hybrid. I believe that in this fast changing world, we need to continuously embrace change, including our meeting formats in order to remain responsive to the needs and character of our membership. There are no fixed rules of what is right or wrong in terms of Rotary rituals and traditions as long as the Rotary values are upheld. Infact the more diverse our clubs are, the more opportunities we create for people from diverse backgrounds to join our clubs; and the more opportunities we create for Rotary service. Now, more than ever is the time to reflect on our purpose and continued relevance in a dynamic world. August is designated as the Membership and Club Development Month to enable us critically assess internal and external membership issues relating to growth and continuity. Because

membership is the lifeblood of Rotary, no club can afford to remain stagnant. We must grow Rotary in order to survive and expand our humanitarian service. That requires us to be flexible and innovative in our approach; as well as open to new partnerships that will enable us carry out impactful and projects. But sustainability is also critical.

We must grow Rotary in order to survive and expand our humanitarian service. That requires us to be flexible and innovative in our approach; as well as open to new partnerships that will enable us carry out impactful and projects...

As we seek new members, we must ensure that we retain our current members – hence the focus on membership engagement. Rotary has adopted a Diversity, Equity and Inclusion policy. But the question I put to you is: how is your club operationalizing this policy? To what extent are these principles reflected in your membership? How accessible is your club to the type of members that you would like to attract? To what extent is your club promoting a culture of inclusiveness so that every

member enjoys a sense of belonging? To what extent does your club practice inclusion and diversity in your composition, in your day-to-day planning, decision making and execution of tasks? Keeping each and every member engaged is important because every person brings on board new and enriching experiences and perspectives.

Membership engagement also entails adding value to our members, both at the personal and professional level. In this vein, I thank you for attending the launch of the Fitness and Nutrition (FAN) campaign, and I encourage you to embrace the program activities. It is important that we make fitness and proper nutrition a daily habit rather than an occasional event. This initiative is not only aimed at reducing non-communicable diseases (NCDs) within our membership and the broader society, but also seeks to inject more fun into our Rotary life. The healthier and merrier we are, the better our Rotary service will be.

Lastly, I am excited that this month, we are launching the Rotary Roses Program aimed at enhancing female recruitment, engagement and service. This program is another avenue we shall use to give our female members, and non-Rotarians a positive and impactful experience. I encourage all female Rotarians and non-Rotarians to join, together let us open more opportunities to serve humanity.

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“ The healthier and merrier we are, the better our Rotary service will be..”

District Governor
2020-2021- **District 9211**

DG Rosetti Inducting new members at RC Kabale



FEEL THE ENERGY IN TAIPEI



PAG RONALD KAWADDWA



Demystifying Membership

The road to success for membership-based organisations has changed drastically over the past decade. Many organisations that are membership driven and have not adapted to new ways of operating are now struggling with dwindling membership and sliding revenues.

For many years, Rotary has been successful because it operates as a monopoly service organisation. Why a monopoly? Rotary offers a valuable commodity, which is service; members pay dues to access the commodity (service), and competition was minimal.

From the 20th Century many associations that benefited from being monopolies begun experiencing a barrage of challenges. For instance, in March 2000 there was a dot com bubble burst when the NASDAQ lost over 9% of its share value. Many workers were laid off and some companies consolidated. This meant that those laid off could not afford to pay for subscriptions within the organisations to which they belonged. The recession in October 2008, brought forth a looming debt crisis. Oil and gas prices skyrocketed globally and excess income to meet the various dues and obligations was a case of opportunity cost.

It is therefore imperative that Rotary clubs embrace volatility. This can create opportunities on which organisations can leverage if they are prepared. Rotary clubs that are most likely to...

survive with their membership are those that will strike the right balance between short and long-term strategies. Clubs will learn to Communicate, Collaborate and Coordinate through virtual platforms in all those aspects.

What can be done to create credible value:

1. **Find your niche:**
Do not try to be all things to all people.
You will fail if you do.
2. **Build the right culture:**
Culture makes a difference in how effective your club is. Culture is about values, beliefs, experiences and habits among others. Culture is not something you can actually see, yet it is in the entire experiences of your club. It is like a personality and once it is not taken serious it can create adverse issues like high turnover. Culture matters because most of the prospective members we are looking at to join Rotary especially the younger generation are driven by individual happiness.
3. **Prove your value:**
Many questions will always come from people during times of uncertainty but the one key one that will come all the time is - What's in this for me? How you prove the value of membership in your club? This is time for the board to think through such situations. The young generation are our toughest consumers, they want to associate themselves with a cause, and to be inspired to make a difference.

Rotary should strive in face of tragedy, give hope for the future, and rebuild the clubs bearing in with the needs of members. There is need to explore new models of Rotary clubs and membership, and to spend more time on strategies for retention, innovation and flexibility.

On looking through the Rotary International themes recently, I was touched deeply by the 1956/57 theme (KEEP ROTARY SIMPLE). As I read further, another theme touched me. This will relate closely to the uncertain times that we are in today; it was the theme for the Rotary Year 1984/85 (DISCOVER A NEW WORLD OF SERVICE). This more than ever sends us to think more; how do we as Rotarians use ROTARY TO OPEN OPPORTUNITIES?

PAG Ronald. S. Kawaddwa

District Membership Growth, Extension, Experience & Engagement (2020/21)



Rethinking Membership

Many Rotary clubs have had their share of “growth” considering the new members that are inducted every year. For instance, the membership of the Rotary Club of Kampala South has grown by about 100% in five years from 45 members in the Rotary year 2015/2016 to over 90 members in 2019/2020.

It would appear that the number of Rotarians is increasing judging from the number of new members inducted every year, yet our global numbers seem to keep stagnant at about 1.2 million. This implies that we have a revolving door where are losing as many members as we have joining, and a call for us to rethink our membership strategies.

In examining this matter, I borrow from what been written on this subject, but also infuse a mixture of experiences from the past, lessons from the business world and personal thoughts of what could be done differently. The ideas are a reminder and hopefully a motivator for us to increase the net quantity and quality of members.

“Retention is the single most important thing for Growth” was stated by Alex Shultz, the Vice President of Growth at Facebook, a company launched in 2004 that has grown its user base to currently over 2.4 billion as of April 2020. In Rotary, we usually speak about growth in membership mostly focusing on recruitment and extension but provide low and unproportionate focus on retention. We should be more deliberate about retention as

a parameter of our growth, and provide appropriate incentives for retention. Understanding why members leave and infusing those lessons in our recruitment, member development, club culture, mentorship processes may help forestall future departures.

“Take care of your people”. In his book titled, “Take Care of Your People: The Enlightened CEO’s Guide to Business Success,” Paul Sarvadi argues that the success of your business relies on the success of your people. It has often been said, and rightly so, that people are the biggest asset of any organization. I propose that the analogy above should be consistent with the approach Rotary clubs take, towards their members. As we grow, we should never lose sight of the needs of our own people because they are our ambassadors, marketers, recruiters, trainers, and representatives of our brand. Develop long terms club strategies so that club leaders are motivated to perform, while avoiding the “my year” syndrome.

“Tell me and I forget, Teach me and I may remember, Involve me and I learn”. This is an ancient Chinese saying by Xun Xuan, a Chinese Confucian philosopher that lived from 312-230BC. Member development ought to be a mixture of telling, teaching, but more importantly active involvement. Of course, you cannot involve members if you are not involved, yourself. We are known as People of Action and it should be seen and demonstrated in whatever we Think, Say or Do. We should review our training programs and methods to ensure that we create value and develop skills.

“I am indebted to my father for living, but to my teacher for living well”. Those words were attributed to Alexander the Great, a King in ancient Greek. He is said to have acknowledged Aristotle for having given him a wealth of knowledge. We need great mentors in Rotary. Mentorship has been a key aspect in membership, but often times not given sufficient attention. From the time a prospective member is lined up for membership, suitable and experienced mentors should be attached to the mentees to guide the pre and post induction journey. Members can also seek other mentors within and beyond their clubs. It is important that there is a good level of compatibility between the mentor and mentee, and a mechanism of monitoring the mentorship progress.

“What is good for the goose is not always good for the gander,” is an old English idiom with a few variants. Whereas we celebrate equality, we also value diversity. We all join Rotary for varied reasons, but we are joined

on the hip by the shared aspiration of Service Above Self. And indeed, as volunteers, service should be a source of fulfillment and fun. We however, draw different levels of fulfillment and fun from service given that we are all different in our abilities, skills, motivations, cultures, life circumstances and perspectives. It falls on clubs to provide many service opportunities to members. Some members will excel in Club Service activities, while others will be great in International Service initiatives, and some in Vocational Service. Several members will certainly draw joy in Community Service and for others, their participation in Youth Service will be most exciting. No one opportunity for service is greater than the other, but it is important to ensure members participate in several avenues of service in line with needs matched with their passions and taking note of their volunteer hours.

“Good millet is known at the harvest” is an old African Proverb. Membership into Rotary is by invitation. As a requirement, clubs usually put very high standards and selection criteria for membership. This is good, but it should also be seen and evaluated with respect to the overall posture of the member towards serving humanity and aspiring to always be ethical. For a long time, a university degree was a requirement to get a job at many companies. We are now seeing many Fortune 500 companies not requiring a university degree as mandatory for a job but rather seeking individuals who demonstrate a culture fit and shared values. We need to re-evaluate what is important in the recruitment process. We ought to be cautioned to ensure we reduce “cheque-book only” Rotarians and increase “hands-on” Rotarians. Imagine if we all invited and recruited just one professional, community or business leader. Just one!

“All Monkeys cannot hang on the same branch” is another African proverb. If we draw from the wisdom of the proverb, we need to have organic growth within our clubs, but more importantly we should start and nurture new clubs. We are only limited by our desire, imagination and effort in regard to the types and number of clubs we can start – from institutional clubs, community-based clubs, to satellite clubs, e-clubs, etc. We must hunger to interest more people in what we do and support them to organize themselves into new clubs.

“If opportunity doesn’t knock, build a door.” That phrase is attributed to Milton Berle, an American

comedian and actor who lived between 1908 and 2002. We should look at this year’s theme – Rotary Opens Opportunities – from all perspectives including the many opportunities opened to us as members to serve and develop ourselves, but even more importantly the opportunities we create for others.

“Ask not what your country can do for you, but what you can do for your country”, is a phrase attributed to John F. Kennedy a former US President. In the context of Rotary Clubs, it falls on us as members not to sit and wait for opportunities to serve, but rather actively seek, create and act on the opportunities. During my time as a facilitator at the Rotary Leadership Institute, I have had the privilege to learn from various club leaders about the challenges and practices in various clubs. One thing that stands out is that many members wait to be called upon to serve. One common saying is that “use them or lose them”. Indeed, members should be asked to serve, but we should not absolve members from their responsibility to also be proactive in service. We are all volunteers & active volunteers we should be.

“Do the best until you know better. Then when you know better, do better”. The words of Maya Angelou who was an American poet and civil rights activist, challenge us always to do our best, but never be complacent with status quo. To do better, also means that we must always set targets and take stock of where we are coming from, where we are, where we want to go and how we plan to get there. We should always challenge our thinking, methods, procedures, context and actions. Our thirst for knowledge and excellence can never get quenched. There are many tools and resources to help us do better on <https://my.rotary.org/en/learning-reference/learn-topic/membership>.

I will conclude with the words of a young Chicago Attorney, Paul Harris who said that “Whatever Rotary may mean to us, to the world it will be known by the results it achieves”. As we strive to grow, develop and retain our members, we should always be reminded of these words and vision of Paul Harris who formed the first Rotary Club in Chicago in February 1905. Current and prospective members alike should always be reminded that membership in Rotary is about working together to sustainably solve some of our world’s most challenging problems using our occupations and espousing high ethical standards. Yes, there is fun in service, but there are obligations, and we should never waiver in our commitment to fulfil our call of serving humanity.

OPENING OPPORTUNITIES TO BELONG



..... Are you

Are you a FEMALE Rotarian,
Rotaractor, InnerWheel, Rotarian
Spouse or Non Rotarian?

Passionate about service projects
and creating a lasting change in
communities?

A MALE who seeks to empower
girls and Women to realize their
full potential?

A FEMALE with an interest in
mentoring young girls and
Women?

Looking for endless networking
and business opportunities?

A FEMALE who seeks continuous
learning, personal growth and
leadership development?

Join a fun filled fellowship of likeminded People as
a **FULL** or **ASSOCIATE** member.

THE ROTARY ROSES FELLOWSHIP



0757625852 Red Rose Joyce Katende



therotaryroses@gmail.com

0703333007 Red Rose Petal Winnie Karungi Ssewava

PAG FLAVIA SERUGO



The Rotary Roses

Blossoming together into service and leadership

In August we celebrate our membership in Rotary, in addition to telling our story of the good we do in communities around the world to attract more members into our organization.

Rotary membership has for a long time stagnated at 1.2 million and with the current pandemic, we could probably see the numbers dropping significantly as a result of many factors including loss of lives and jobs. It is important for us to adopt strategies that foster a positive experience at every stage of the customer journey to build loyalty and satisfaction which in turn will lead to referrals for members in Rotary. One of the ways to ensure that we give our members a positive experience is by redefining our service, offering and highlighting the values or benefits of being a Rotarian.

The District membership goals for 2020/21 target growing membership by 6%. Our District Governor Rosetti Nabbumba being the first Ugandan female and last leader for District 9211 is not only enthusiastic to grow, but also groom female members. The current female membership is at 41% although this would be better if it were not for various challenges and barriers against women joining Rotary. The top reason being that it is expensive and for the rich, while others think Rotary is a way of behavior. Others simply are unaware of the role women play in Rotary other than socializing and having fun. The question is - How do you attract more women to join our organization, and how do we deal with these perceptions?

The District Membership Committee seeks to give members a positive experience and engage them in activities that are impactful and add value to what they subscribe to. Activities that would make them feel proud to belong to an organization that puts service, leadership, diversity, integrity and fellowship as their core values and

beliefs. A fellowship is one of the mediums we can target to grow membership collectively and ensure continuous membership engagement. It is through fellowship that we can also share and exchange ideas that address community problems.

In that regard, the committee will launch an initiative called the Rotary Roses Program with an objective to elevate, engage, empower women and girls with the involvement of men and boys to improve gender relations. The program that will be launched on August 8th will attract likeminded individuals with a passion for service in communities. Part of the launch activities include a fellowship that is open to both Rotarians/ Non-Rotarian females as Full Members, while men are Associate Members. Through this fellowship, we shall be able to recruit more females, exchange ideas on how to increase our impact in community service, engage in fun activities, empower girls and women in addition to building capacity for female leaders especially as we prepare to split into two districts come 1st July 2021.

Our efforts to achieve the above goals will not be in vain. A grand celebration in honor of female leadership and our achievements is planned at the Rotary Roses Theme night during the 96th District Conference and Assembly from 21-24th 2021 at Speke Resort Munyonyo. We are opening opportunities for those non-Female Rotarians/ Rotaractors who would want to specifically attend the Rotary Roses Day and Theme night program at a very special rate of \$55/\$25. You are all warmly welcome to witness this memorable occasion as we celebrate Rotary Roses achievements. For further information about the Rotary Roses send email to;

therotaryroses@gmail.com



COVID-19 is here, so is cancer

Before the COVID-19 lockdown, a number of Rotary Cancer Run events had been planned to take place across Uganda and in many major cities across the world. The team was geared up to defeat cancer. Even as COVID-19 has affected us, cancer is still here too. There is need, therefore, to give it the proper boot.

The Cancer Run always reminds me of my friend whose father was diagnosed with prostate cancer and had to be flown him to India for treatment. As my friend ran around for the visa at the Indian High Commission in Kampala, he realized that there were about 100 people every day submitting papers for medical visas. This number did not include the VIPs whose papers are processed by government agencies and/or their staff.

At the small hospital to which my friend's father was admitted in Mumbai, they receive on average 20 patients every month from Uganda alone. The average cost for such treatment is US\$20,000. On average Ugandans spend about USD400,000 per month in this hospital in Mumbai. That is approximately Ug shs 1.6bn every month. The majority of Ugandans who seek medical treatment in India go to hospitals in New Delhi. So if 100 Ugandans go to India every month, spending US\$20,000 on average, that is US\$2m (Ug shs 9bn). Many other people go to different countries for treatment.

On average Ugandans spend about USD400,000 per month in this hospital in Mumbai. That is approximately Ug shs 1.6bn every month.

There are reports that Uganda spends US\$150m or approximately Ug shs 600bn treating its officials abroad every year. From this we could build about 33 cancer centres, each with two linear accelerators and two bunkers in just one year.

Some other people who have social media influencers and colleagues in high places do fundraisers to enable them travel for treatment to India, Kenya and South Africa among others. Admittedly, the majority of Ugandans cannot afford this treatment out of this country, so once they are diagnosed with cancer, it is most likely a death sentence. There have been stories running in the media of what it takes to be treated at Mulago Hospital. Many people according to these reports are stranded there.

You probably know somebody who has died of cancer and you may consider doing something. Something that could benefit all of us. Through the

Rotary Cancer Run, now in its 9th year, Rotarians with support from partners and friends have managed to build a cancer treatment centre at Nsambya Hospital even though it still lacks a modern cancer treatment machine — a linear accelerator.

For the past three years, Ugandans and friends across the country have been running to raise US\$4.5m (Ug shs18bn) needed to buy two linear accelerators and build their respective bunkers. Two machines are necessary so that when one is down or being serviced, people do not have to die while waiting. I am proud to be a member of the team of volunteers who organize this run.

Over the past three years, we have raised more than Ug shs2bn, which is currently in the bank, but we need Ug shs 16bn to complete the job. It is a very big challenge, but I am sure we shall overcome. If Ugandans spend Ug shs 16 billion on average in Indian hospitals (without including what the government spends on its officials), we can spend it here and the economy would benefit.

We should collectively register to run on Sunday August 30, 2020 throughout Uganda. We urge the corporate organisations to contribute as well. Because of COVID-19, we will not have the normal event that you have come to appreciate. This year's run will be virtual!!

We encourage each runner to wear any used Cancer Run vest, and participate from your home or neighbourhood while adhering to social distancing guidelines. While at it, please take a photo and share it on with your networks while encouraging them to exercise, go for medical check-up, and eat healthy foods. Buy a special edition face mask for this year at just Ug shs10,000 or simply donate to the cause through the bank. Details are in the Rotary Cancer Run advert in this edition.

Even though COVID-19 might have affected us, we can still donate the little we have so that this latest cancer treatment machine is installed at Nsambya Hospital. The hospital has already offered the land where the bunkers will be built.

With the linear accelerators installed, cancer if detected early, will stop being a death sentence to majority of Ugandans, who will save the money they have been spending in these foreign hospitals. Supporting the Rotary Cancer Run is definitely the right thing to do.



Artistic impressions for the bunkers to house the linear accelerators at Nsambya Hospital that will be built from proceeds from the Rotary Cancer Runs

We encourage each runner to wear any used Cancer Run vest, and participate from your home or neighbourhood while adhering to social distancing guidelines...” While at it, please take a photo and share it on with your networks while encouraging them to exercise, go for medical check-up, and eat healthy foods..”

Rtn. Denis Jjuuko
Chair Rotary Cancer Run 2020
djuuko@gmail.com

Photography by: Ibra Bagalana

Taking it a step at a time and being consistent.

Fan and Fun presents a unique opportunity to all Rotarians, Rotaractors and friends of Rotary to flourish in health and in their communities. This is why we are calling on People from all walks of life to join us in this new and exciting journey as they become healthier and better service men and women.

As we launch our new FAN identity and campaign, we are in high spirits to see this child flourish into the adult that we want step by step.

We therefore, encourage you all to start each day by sparing time within your busy schedules to exercise and endeavor to eat and live right.

Mebra Lubwaayi- FAN Chair

Fitness & Nutrition (FAN)

Aimed at enabling service men and women to do their work better in our communities through self fitness and proper nutrition. This program will promote health living and individual physical growth...



*Fitness
Nutrition*



*Fitness &
Nutrition*



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The Ace in the Deck

In Memory of Rotarian Sam Frobisher Owori

Part of his style was a tight grip, his hard and soft skills, infectious smile and passion for service! A minute with him would leave you with descriptions of a just and diligent gentleman, filled with humility, a selfless heart, highly ethical, and passionate about serving humanity. Truly, Rotarian Sam Frobisher Owori was an “Ace in the Deck” – may his soul rest in peace.

To us, it is ardently impossible to separate passion from opportunity. After all, the two inherently blossom together under the context of hope. Hope that life shall be better and present newer options through Rotary’s focus areas of Peace and Conflict Resolution; Disease Prevention and Treatment; Water and Sanitation; Maternal and Child Health; Basic Education and Literacy; Economic and Community Development; and Supporting the Environment. As I reminisce about the good old smile and fathomable commitment to service, I remind Rotarians of the need to – Open Opportunities.

This is predominantly because life nurtured me in the hands of the Late Sam, whose life embodied gratitude for fortitude let alone care for resilience. This truly opened opportunities for me. We all remember the “Owori Madness” to which he would have buoyantly replied – “If it is my madness, I would

be glad if more people would catch it.” These words echoed with the sentiments of the unsung heroes, the men and women whose resolve and passion focuses on telling transformation stories to our communities. It is against this background that I remember my countless interactions with Sam when he led with clarity and commitment by speaking with simplicity, humility and confidence. His infectious humility, proven selfless service record and love for humanity are traits we should not transitorily celebrate, but legacies we should aspire to immortalize.

For almost 40 years, Rtn. Sam, as he was fondly known to many of his friends served Rotary. He was poised to become the first Ugandan and second African to lead Rotary International (RI) in its 115 years of existence. What an honour we received when he was declared Rotary International President Elect during the Rotary International Convention in Atlanta.

Rtn. Sam served as Chief Executive Officer at the Institute of Corporate Governance of Uganda on voluntary terms, bringing on board his wealth of experience in corporate governance, human resource management, employment/ labour law with emphasis on uplifting vulnerable groups, commercial banking and development finance, public sector management,

poverty reduction and rural development among others. To those that he worked with and held dear, normalcy exhibited discipline, integrity and high ethical standards. To the love of his life – Norah, Sam treasured friendship and cherished love. She bore witness to the latter and former in marriage and Rotary expeditions as he countlessly replicated the same humour to society and friends through membership growth and countless projects aimed at touching hearts and changing lives.

At the Institute where I grew under his wings, perfectionism was key and therefore repetitions and daily lessons were imminent and compulsory. Guided with unmatched persistence, I would not have asked for more, after all, the seed sown has translated into me being the Chief Executive Officer of that great institution that he once led with pride, a Charter President of the Rotary Club of Muyenga Tankhill, and an Assistant Governor. Why should we rejoice? Today I champion the very lessons to which I was subjected, and thrive in the garments of your woven devotion to humanity.

Thank you Rtn. Sam for transforming society into appreciating the need to give opportunity for all and for constantly reminding us of the need to serve others. You showed the world that Rotary is business in service, and how we offer these services is indeed everybody’s business!

We were honoured to have you. You were given to us by the giver of all and out of His grace, you mothered society and transformed lives. We pray that your candle never burns out on us as we continue the journey that you started in Rotary ways and for Rotary hearts. In your vision we will dwell as we celebrate opportunities through service!

Rtn. Christine Kyeyune Kawooya

Charter President – Rotary Club of Muyenga Tankhill
Assistant Governor 2020/2021



Rest in Peace, Rotary International
President Elect – Rotarian Sam Frobisher Owori.
1941-2017

RTN. MAINA WAMUNYU



Fitness and Nutrition (FAN) Campaign kicks off

Perturbed about the increasing illness and death due to Non-Communicable Diseases (NCDs) that are affecting the quality of our life, the Rotary District 9211 scientifically launched the Fitness and Nutrition (FAN) campaign at the Speak Resort Munyonyo on Saturday 4th July, 2020 at a colourful, energetic and fun-filled ceremony.

The District FAN Chair Past Assistant Governor (PAG), Mebra Lwabaayi explained that the FAN campaign will comprise of an integrated package of activities like physical exercise and mental relaxation sessions, nutrition and health information, as well as clinical assessments. The intention is to promote and inspire adoption of healthy lifestyle choices that enhance disease prevention and treatment coupled with publicising Rotary by making its activities fun. FAN is expected to attract and engage youthful members, the community and other stakeholders at large. The District Governor Rosetti Nabbumba Nayenga stressed that, "we Rotarians first need to be fit and healthy, so that we are energised and able to serve more communities better."

The launch, which was attended by about 30 people illustrated components of the campaign by kicking off with a fitness session led by Gerry Opoka; a nutritious health break of fruits and water, as well as

an expert panel discussion. The panelists elaborated the importance of eating nutritious meals with foods drawn from all the key food groups, exercising for at least 30 minutes every day, conducting regular medical check-ups to assess one's health status, as well as having sufficient rest and sleep for at least eight hours.

Dr. Gerald Mutungi, Head of the Non Communicable Diseases (NCDs) Prevention and Control Programme at the Ministry of Health, who represented the Minister, Dr. Jane Ruth Aceng commended Rotary for launching the FAN campaign, which he said was contributing to Government's health policy. He said this initiative will create awareness about the key risk factors associated with NCDs and also trigger individuals to regularly check their biological parameters such as blood pressure so that they can determine their health status. Dr. Mutungi added that the ultimate desired result is that harmful lifestyle practices and diseases that kill people prematurely before they are 70 years old will be avoided.

The FAN Campaign is this year's flagship project which will have been adopted by all Rotary clubs in the District 9211. It runs along four pillars of Eating Healthy, Working Our Regularly, Resting Sufficiently and Getting Regular Check-ups.

Vice Chair – FAN Campaign

PAG MEBRA LWABAAYI



FAN Chair rolls out the FAN plan as she 'walks the talk'

Tell us about yourself

I am Mebra Lwabaayi, a member of the Rotary Club of Makindye for ten years now. I have served in various directorates within the club and at the District level. I am also a Past President and a Past Assistant Governor.

I have over 20 years work experience in public health, sales and marketing, human resource management, nutrition, public relations and communication, counselling and advocacy. I have worked with various stakeholders and partners and have good networking skills across cultures and disciplines. I am passionate about serving others and adding value to make a difference.

What is your daily fitness routine?

Walking, stretching and dancing are my best exercises. I take brisk evening walks for about 30 minutes to one hour, four days a week. I do simple body stretching and squatting excises five days in a week, and I dance four times a week. It is amazing when one dances in front of a big mirror in the comfort of their homes for 30 minutes and above, sometimes with family members to give support.

What is the Fitness & Nutrition (FAN) Campaign?

This is a behaviour campaign that aims to promote

adoption and/or maintenance as well as spread of healthy lifestyle practices among Rotarians in their clubs and individually, and in the community. We have partnered with the Ministry of Health to promote this activity countrywide in Uganda, and we have already seeing progress in the first month of the Rotary Year.

"I dance in front of my mirror and stretch four days a week"

Why was it started and what does it entail?

The FAN campaign was initiated having observed two key issues. Firstly, over the years there has been a rising trend of non-communicable diseases amongst all age groups. Secondly, within Rotary itself, weekly meetings were largely traditional talks hence unattractive. As a result, the number of members in Rotary had stagnated; some were leaving because they were not engaged in fun-filled activities and there were very few youth and women joining. Moreover, by and large there was inadequate community engagement and publicising of Rotary.

The FAN campaign will entail implementation of an integrated package of well balanced and engaging fun activities that will support individuals to eat healthy having received nutrition and health talks; exercise

regularly; conduct regular medical check-ups, as well as rest sufficiently – those are our four FAN pillars.

What do you hope to achieve in the FAN Campaign this year?

- It is our hope that the FAN campaign will support:
- Individuals to make positive lifestyle choices that reduce the risk of illness and ultimately improve the health as well as quality life of the population.
 - Growth in Rotary membership and retention.
 - Enhanced awareness about Rotary leading to additional partnerships and community engagement.

How have you rolled out the campaign to clubs throughout the District, after the launch? How do you plan to spread it beyond Rotary?

The Rotary clubs are key in regularly implementing the FAN campaign. As such, each club has been encouraged to identify a FAN Champion with whom the FAN District Working Group will interface to provide basic technical information for dissemination to their clubs and communities as well as implementation support. Clubs are encouraged to be innovative while implementing the FAN activities so that what they do resonates with their club culture.

Are you happy with the way the campaign is progressing since the launch?

Yes, I am happy because a number of clubs are already engaging in exercises during fellowships ranging from aerobics to Zumba dances, and are also inviting professionals to present about various health topics. This is being done throughout the District in Tanzania and Uganda.

What has stood out for you?

So far all the clubs the District Governor has visited have embraced the benefit of fitness and healthy eating and they present this through fun-filled activities. I am happy that all this is being coordinated by the FAN Club Champions, which shows that the message is trickling down. Daily posts on Rotary forums show that clubs are engaging in exercises, and also pushing the FAN agenda, just as we planned.

How will you gauge your success after the year? What would you like to leave in place as you handover?

A monitoring and evaluation plan is in place to assess varied indicators at the individual, club and community level during the year. At the end of the year, I will be elated to see FAN beginning to be institutionalized in Rotary clubs at District level, public and private sector entities, communities and in our individual lives.

“ So far all the clubs the District Governor has visited have embraced the benefit of fitness and healthy eating and they present this through fun-filled activities. I am happy that all this is being coordinated by the FAN Club Champions, which shows that the message is trickling down. Daily posts on Rotary forums show that clubs are engaging in exercises, and also pushing the FAN agenda, just as we planned.”

PAG Mebra Lwabaayi
Rotary Club of Makindye



PICTORIAL OF FAN LAUNCH

The District Governor Rosetti Nabbumba Nayenga launching the FAN campaign at the Speke Resort Munyonyo together with District leaders and members of the FAN District Committee.



The excitement we receive whilst enjoying what we do is a remedy to the toxins built up by our bodies each day. Exercising is the only way we can let go of these unwanted build ups and the FAN campaign presents a unique opportunity for us to become healthier and fitter.



A Tale of Two Cities, Two Clubs and Two Diplomats

The new Rotary year got off to a blistering start for the Rotary Clubs of Dar-es-Salaam and Kampala when they inducted the Uganda High Commissioner to Tanzania His Excellency (H.E) Richard Kabonero, and the Tanzanian High Commissioner to Uganda His Excellency Dr Aziz Ponary Milma into their clubs. It all began on 8th June, 2020 when PDG Stephen Mwanje joined the Rotary Club of Dar-es-Salaam to induct H.E Richard Kabonero. Then in what PDG Sharmila Bhatt called ‘...sweet revenge...’, she joined the Rotary Club of Kampala installation fellowship via Zoom from Dar to induct H.E Dr Aziz on 2nd July, 2020.

Rotary International and The Rotary Foundation recognize seven areas of focus as organisational priorities, and there are countless ways that Rotarians can address these needs locally and internationally. By inducting these two amiable gentlemen, our district mother clubs have reinforced Focus Area 1 – Peace and Conflict Prevention/Resolution. We as Rotarians look forward to tapping into their

knowledge, experience, networks and skills. I spoke to Rotarians Richard and Aziz and they shared their reasons for joining Rotary;

H.E. Richard Kabonero

‘...There are a number of reasons for me. However, the main ones are the rich diversity of membership of the Rotary Club of Dar that is invaluable in my line of work, and of promoting Uganda in my area of accreditation. Secondly, during the District Conference and Assembly held in Dar last year, I got to know a good number of Rotarians and the causes they stand for and are working on which resonate with my own goal and values. Finally, a number of my friends have been encouraging me for a while now to join Rotary and so this is as much for me and for them. I am looking forward to getting my hands dirty for the greater good of our communities...’

H.E. Dr. Aziz Ponary Milma

‘...I joined the Rotary Club of Kampala because I was exposed to the Rotary Club of Dar-es-Salaam fundraising activities. Through organising the Dar Half Marathon back in 2010, Rotarians managed to support a number of community projects. I was a regular participant of the Dar Marathon running 21KM, walking 10KM, and biking 21KM. As you are aware through the fundraising efforts and the many donations of many participants, the Club managed to build a Children’s Hospital Wing at Muhimbili Referral Hospital, provided water by digging boreholes in Dar and along the Coastal Region. I decided to join Rotary because I witnessed the wonders people can do when they come together under the spirit of Service Above Self and the commitment to help others who are less fortunate than themselves...’

I am indeed proud to call these exemplary diplomats ‘My Fellow Rotarians’.

Henry Rugamba
PE Rotary Club of Kampala



H.E Richard Kabonero



H.E Dr. Aziz Ponary Milma



The boy I once knew: The untold tale from poverty to Service Above Self

Allow me to share this story of a boy I have known since my childhood. My brother Dickson knows the realities of this young man. Born in the hills of a village in Mubende District, in a family of four, was a boy that I once knew. Settled and muddled in abject poverty. A house for a home was a dream. Together with his mum and sisters, they found residence in a small shed erected from an assortment of polythene bags. Under the circumstances, even a mud and wattle structure was a luxury.

He learnt how to read and write by writing on the ground. Disheartened by fate and the challenges of growing in absolute pauperism, his mother took it upon herself to educate him. Although she could not afford the Ug shs 10 then to pay for her children’s school dues, she sacrificed her daughters’ education for him. Yes – him. In him, she found a friend, hope and a glimpse to the future. The decision was painful and implausible, but fate had dictated the circumstances. The ramifications of his sisters dropping out of school were early childhood pregnancies, and eventual death whose horror he still apprehends.

To this young man, studying was only a part of the story. He walked three miles to and from school daily, and always rushed back home quickly enough to engage in household chores and work at the same time. It is inconceivable to note that he started working nearly at the age of six helping mum to brew nguli (waragi). The drudgery did not stop him from studying hard at school, as his only hope was education.

In that year’s Primary Leaving Examinations, he was the best in the district. The emotions that hedged the news was the dilemma that life had given him.

After all, there was no hope of continuing with school. There was no money and barely could they make ends meet. He was a witness in his misfortune. When the Senior One admissions were announced, the headmaster of his former school expeditiously put up with the morning rains to bring the flowery news to his mother – he had been admitted to Namilyango College. The semblance of joy was a fairy tale to this young man seeing that life presented numerous hills that were too steep to climb. The fees were Ug shs 600, and the thought of it was a stifle in their hearts. If Ug shs 10 was too expensive for us all, what about 600?

One evening, they heard a car trailing the footpath to their home and as he sat in the jackfruit tree outside their shed, the rumblings of it’s engine steered fear and panic. He climbed down the tree within a second and rushed to his mother for refuge. Never had a car used their desolate footpath in all the years he had lived, and together with his mum, they scuttled into a nearby bush fearing for their lives. Is it the police or army he asked? Out of fear, they left one of his sisters at home to deal with the unplanned visitors determined not to get arrested.

Fortunately, the aftermath was good news. The district through the District Education Officer had given this young man a scholarship of Ug shs 300 towards his secondary education. They informed his sister that the family needed to raise the balance of Ug shs 300. Without money and hope, this boy’s mother silently whispered, “Mutabani, Omukama akwagala, naye simanyi sente ezisigadde gye’zigenda kuvva.” Meaning;

“My son, God loves you, but I do not know where the money we need is going to come from.” The words were a usual reminder of the person that he was, and although they brewed nguli night and day, the outcome was too little to suffice.

Multiple challenges seemed to hinder every step of the way. That said, a person who had connections with Rotary picked interest in this young lad and decided to foot the balance of the Ug shs 300. It is unimaginable how compassion and selflessness can drive humanity to aid and abet. For the very first time, he travelled to Kampala.

Clad in a shoe that was a size smaller and the traditional Namilyango College uniform bought by a God sent humanitarian, he started the journey to school. Without the money for the taxi fare from Seeta to Namilyango, together with his mum, they footed the entire journey as he carried his suitcase on his well-shaved head. However, along the way, the pain of wearing shoes that were a size smaller resulted in blisters, and excruciating pain, forcing him to walk barefooted.

On reaching Namilyango, he was teased for having come from abject poverty. In the history of Namilyango College, he was the only one who went to class daily without shoes, however, not an ounce of the abuses tormented him. He considered himself an athlete running his race and in sight of his origins, failure due to other people’s opinions was not an option. Out of sympathy, one of his teachers - Mr Masembe (RIP) bought him his second pair of shoes from BATA. He was overjoyed and underwent an episode of tears as the thought of having a well-fitting pair of shoes was unimaginable.

In secondary school, he changed residence from Mubende to Mukono for it was only fair that he lived next to his new adopted family. He worked as a houseboy in his newfound home, and when he had a leeway, he made mud bricks. The charisma that he had in doing household chores was natural, and although the toll of brickmaking was tiring, the thought of not studying was too painful to imagine.

He was smart with his hands and in the classroom, thus earning himself a bachelor’s degree in Statistics. Owing to this excellence he was handpicked straight out of the university for a job where he honourably worked up the ladder to the position of Managing Director of this great institution.

You would think that he was happy and all was well. After all, he had started earning some money and life had taken its twists. However, the misery of losing all his sisters to death clouded his thoughts. Here he was on a path to success with only a mother. As tears rolled down his cheeks... he narrated how cancer ended her life too and what a life, this Queen had lived - whoosh, he said.

A few years later, together with a couple of friends, he ventured into proprietorship and started a business dealing in medicines. As life became better, the agony of losing his family and in particular his beloved sisters took its toll. It was mortifying. It became increasingly natural for him to go into medicine as the countless horrors of losing loved ones to poverty and disease reminded him of the need to do something about it.

He continuously told himself, - with medicine, I can save lives. As he took on the clout of working each day, he promised to stay on course even in turbulence, to seek for love from the heavenly mighty and to accept the choices he had made. When the time came, he spearheaded the setting up of Africa’s first HIV/AIDS Anti-Retroviral and malaria drugs factory. That company today provides treatment to over one million patients in Uganda who would die had it not been for the hard work of this great facility.

In honour of his mother, he is currently setting up a cancer drug factory which will be completed within the next three years with the hope that they will start selling cancer medicines in Africa and continue to fight this killer disease.

A few years ago he joined Rotary and as his wealth portfolio grew, the burdens of his past reminded him of the dire need to support education, for as a result of education, he is now privy to a chance at life. In memory of his mother and adopted father, he set up a foundation that has paid school fees for over 100 students. Out of relentlessness, he set up an Endowment Fund at the Rotary Foundation to pay school fees for brilliant Ugandans who cannot afford. Through this fund, he has committed US\$ 250,000. Approached by his friend Past District Governor Bob Waggwa Nsibirwa, he accepted to spearhead the construction of the Mengo Rotary Blood Bank.



This was achieved with the efforts and commitment of many astute Rotarians. The One Drop of Blood Initiative was introduced thereafter to support the equipping and operations of the Blood Bank.

Today, together with another friend Past District Governor Ken Mugisha, they have embarked on yet another new life-changing opportunity engineered by District 9214 Governor Elect Peace Taremwa in which he has quietly committed US\$ 375,000 to continue touching hearts.

“Why do I tell you the story of this boy? - Rotary Opens Opportunities. Had it not been for the heart of a gallant Rotarian who picked that boy that I once knew, and allowed him to breathe, humanity would have missed out on greatness. Today the world bleeds in the misery of COVID-19 and the smacks of poverty. Go and pick these boys and girls and open opportunities for them. The remnants of your actions shall be the stories of your children and their children’s children. They will tell the world of the wonder that you are and they will say: - Our granddad lived for others.

This is the story of the boy I once knew, that I felt the need to share during this installation ceremony of the Rotary Club of Muyenga Tankhill. I thank the Charter President Christine Kawooya Kyeyune for accepting

PDG Emmanuel handing over a cheque of 246M to the Mengo Rotary Blood bank raised by men and women of goodwill.

to lead the Club. “In you Christine and incoming President Bildard Baguma, I see leadership, adaptability to serve above self and integrity. Keep that up,” said Past District Governor Emmanuel Katongole.

Give the world water, education, save mothers from premature deaths, prevent diseases, promote peace and do projects similar to what your club has started in Kikubamutwe. Posterity shall judge us - that these men and women loved others.

“To you Bildard and Christine, as you rise, always remember that the top of every mountain is the beginning of another mountain. The little things that you do, are the small drops in the ocean. When they grow, they become ripples, and when they grow further, they become waves. As they grow larger, they become a tsunami whose impact is felt by everyone that comes across it. Be the tsunami of change whose presence makes the world a better place. “God bless you all.”

Narrated by a philanthropist

Written by: Rtn. Luwaga Gyaviira

Rotary Club of Muyenga Tankhill

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DG’S CLUB VISIT SCHEDULE

ROSETTI NABBUMBA NAYENGA

Date	Activity 9 (AM)	Activity 12 (Noon)	Activity 2 (PM)
Sat 01-Aug-20	OTHER DUTIES (FHRI Physical)		
Sun 02-Aug-20	OTHER DUTIES (FHRI Physical)		RC Dar es Salaam E-Masaki & Peninsula
Mon 03-Aug-20	OTHER DUTIES (MFPED)		RC Arusha Mt Meru
Tue 04-Aug-20	OTHER DUTIES (MFPED)	Virtual Cancer Run Launch	RC Dar es Salaam Sunset (6.15 - 8.15pm)
Wed 05-Aug-20	OTHER DUTIES (MFPED)		RC Dar es Salaam Mikocheni
Thu 06-Aug-20	OTHER DUTIES (MFPED)		
Fri 07-Aug-20	Club Project Visit TZ		RC Dar es Salaam Milimani
Sat 08-Aug-20	Visit to Rotary Cancer Ward Nsambya		RC Mwika
Sun 09-Aug-20	OTHER DUTIES	RC Golden Sunrise	RC Dar es Salaam City
Mon 10-Aug-20	OTHER DUTIES (MFPED)		RC Arusha West
Tue 11-Aug-20	RC Dar es Salaam Oysterbay		RC Dar es Salaam North (6-8pm)
Wed 12-Aug-20	OTHER DUTIES (MFPED)	RC Aruisha	RC Mamba
Thu 13-Aug-20	OTHER DUTIES (MFPED)	RC Bahari (12-2pm)	RC Dar es Salaam (6pm-8pm)
Fri 14-Aug-20	Club Project Visit TZ		RC Marangu
Sat 15-Aug-20	OTHER DUTIES (FHRI Physical)		RC Dar es. Salaam Pugu
Sun 16-Aug-20	OTHER DUTIES		RC Machame
Mon 17-Aug-20	OTHER DUTIES (MFPED)		RC Mkuu Rombo
Tue 18-Aug-20	OTHER DUTIES (MFPED)		RC Dar es Salaam Mbezi Beach
Wed 19-Aug-20	RC Nansana + RC Wakiso		RC Mwanga
Thu 20-Aug-20	RC Hoima Kitara+ RC Kiboga		RC Masindi
Fri 21-Aug-20	RC Kigumba		RC Arua + Rotaractors+ Arua Eco city (+Nebbi & Yumbe in formation)
Sat 22-Aug-20			RC Kitgum
Sun 23-Aug-20			RC Gulu
Mon 24-Aug-20	RC Lira		RC Soroti Central (+Moroto in Formation)
Tue 25-Aug-20	RC Kumi + RC Bukedea		RC Mbale + (Busia Prov & Budaka in Formation)
Wed 26-Aug-20	RC Mbale Metropolitan	project visit UG Eastern	Tororo
Thu 27-Aug-20	Bugiri		RC Iganga
Fri 28-Aug-20	RC Jinja		RC Source of the Nile
Sat 29-Aug-20	OTHER DUTIES (MFPED/AFREA)		RC Zanzibar
Sun 30-Aug-20	OTHER DUTIES (MFPED/AFREA)	ROTARY ANNUAL CANCER RUN (virtual)	
Mon 31-Aug-20	OTHER DUTIES (MFPED)	(1st PIME new year)	RC Babati



IPP Godfrey Kayitarama – Spinning Rotary’s wheel with bountiful energy

Many who have been fortunate to meet Godfrey Kayitarama (commonly referred to as Kayi), the Immediate Past President (IPP) of the Rotary Club of Makindye definitely agree that he is among the very passionate Rotarians in District 9211. Behind his enthusiasm and humble nature, he shares with The Wave readers what keeps his Rotary light burning bright.

Briefly summarize your Rotary journey

I used to confuse Rotary with lottery, which I knew was about gambling. In 2012, I bumped into my old friend Rtn. Bob Kabango from RC Kampala City (a Rotaractor from the ROCK then), as he rushed to attend a Rotary meeting. Bob told me Rotary was about networking. That was the catchword that worked for me. My first meeting was in his Rotaract club. Being an old man, that meeting was full of many young girls and boys. Bob asked for my feedback after that meeting, I told him “Tinabikyenga buzima” (I did not understand anything).

Our second visit was to Centenary Park where PDG Tusu was a guest speaker. Bob introduced me to Rtn. Marion Natukunda of RC Kiwatule (a Rotaractor then) who could not believe my striking resemblance to Rtn. Aggrey Kankunda of RC Kampala South. She insisted I accompany her to meet him during their Rotary meeting. This was a joint fellowship between Kampala North and Kampala South at Nommo Gallery. Everyone who saw me exclaimed how I was a complete Aggrey look alike. He saw me, smiled and we became friends. My resemblance with him, marketed me everywhere I visited. I had a great experience at Nommo Gallery and continued attending meetings whenever my two friends invited me. I later lost communication with both Bob and Marion.

In 2013, while attending a church function with Rtn. Robert Bariho (RC Makindye), he asked me to stand in for him as he had to rush to a Rotary meeting. I told him how I tried Rotary and failed. Robert, insisted I visit his club and as the saying goes; – the rest is history! I found myself at Shanghai Restaurant every Tuesday and I was always there at 5:00pm prompt for a meeting starting at 6:00pm. I did this religiously for close to six months.

In December 2013, Rtn. Robert asked me to represent him during a gifting ceremony, thus giving me my first opportunity to speak during a Rotary meeting. The Rotarians of Makindye could not believe my ability to speak well. They always thought I was naturally quiet, and I guess this was because of my reserved nature. Three months later in March 2014, I was inducted into the Rotary Club of Makindye.

A friend in the Rotary Club of Gaba Rtn. Joan Kabayambi advised me to visit different clubs if I wanted to enjoy Rotary. The first visit was to her club where I found IPP Tina Nakibuka of RC Kampala North talking about the Rotary Leadership Institute (RLI). I joined RLI and my love for Rotary more than doubled. I boast of being the first alumni of RLI from RC Makindye.

What were the best moments of your presidency? I have several, but the best is when we got our first Global Grant worth US\$ 79,500 for a project at Kitwe HC IV in Ntungamo District. Through this project, the HC will get a fully medically equipped van, solar equipment as well as assorted equipment to help in maternal and child health care. The project is a result of a partnership between the Rotary E-Club of Tong Young Eroom (Korea), Rotary Club Kisaasi-Kyanja Kampala, Rotary Club of Ntungamo, and our Rotaract Club of Makindye.

I was also humbled when I was chosen as a President of Presidents (PoP) in the Connecting year 2019/2020. The Killer was when IPDG Xavier announced me as a President of the year!

The other is when the Speaker of Parliament, the Rt. Hon. Rebecca Alitwala Kadaga accepted to be the Guest of Honour at our 31st anniversary held on Saturday 23rd May, 2020! As a Rotarian of Makindye, the Speaker promised to be a Major Donor Level 2 and she fulfilled it! It was like a dream come true for my Club!

What have you learnt about leadership during your term as President?

I have learnt tolerance! In Rotary you deal with people from different backgrounds. You have to master the art of juggling with this knowledge. You have to work with people you do not pay; people older and wealthier than you! When you assign a duty to a club member and it is not done, you ensure that you go the extra mile to get it done. Consultation is key! You have to consult both within and outside your club. This enabled me pick some good practices from other clubs, which enhanced RC Makindye's Rotary experience this year.

What challenges did you experience, and how did you overcome them?

Initially, people did not understand me. I normally want things to move very fast. I am not a formal person and dislike bureaucracy! When you are dealing with Rotarians, there is a limit to how much you can push! I learnt how to balance the equation.

Why do you think your colleagues chose you as a PoP? What was your role?

I do not know, but having worked on several district programmes like the Rotary Cancer Run and District Conference and Assembly (DCA) as a mobilizer put me at an advantage since I had met almost all the Incoming Presidents (PEs). When my name was proposed, there was a unanimous uproar seconding me.

Before the lockdown, we were everywhere as Connecting Presidents: at installations, club meetings and projects, DG's visits and others. We closely planned, worked with the DG and

supported each other's projects. We counseled each other. Earlier presidents thought our unity would not cross the first quarter of the Rotary year! But I can confidently tell you that even after hand over, we are still around. People got tired but we kept on reminding them of our promise. During the lockdown we were available to help colleagues that had challenges conducting online meetings.

Our welfare committee handled social and unfortunate incidents. This was evident when President Ann Muhangi of RC Acacia Sunset passed on (May her soul rest in peace). We arranged a befitting send off for her given the lockdown circumstances.

How did you feel being chosen the best President by the IPDG Xavier? Why do you think you got this accolade? It was a surprise! I cannot tell the criteria used. But it is a great honor honestly, and I thank IPDG Xavier Sentamu and his team for considering me worthy of such an honor. I was greatly humbled by his belief in me.

Kayi, where do you get your enthusiasm for Rotary activities? Is it because you are a Mukiga? When it comes to Cancer Run you almost visit all the upcountry towns? Fitness and Nutrition (FAN) you are there! DCAs, you are mobilizing!

Contrary to what most people think, I am a Mufumbira and not a Mukiga. I speak Rukiga because I grew up and partly studied there. My biggest weakness (or is it a strength) is that when I accept to do something, paid or not, I do it with every ounce of my energy. I do not want to be rewarded for doing nothing. That is a training I received at a tender age. I just happened to receive it the Kikiga way.

You have kept us entertained during the lockdown through the Laughter's Fellowships, ever thought of joining comedy?

During my university days, I partly joined a drama group called Batangazi. We used to act at the National Theatre and other places. I would swiftly fit in whatever character I was assigned. I am also a good traditional dancer. Anything that puts a smile on my face, I am there. Rotary is one of those things that makes me smile. What better way to make it fun than to bring comedy to Rotary? At the beginning of the Laughter's Fellowship comedy shows, the first comedian struggled alone, so we agreed to provide a moderator and I offered. With practice behind the scenes, it has become better. I do not have to



join comedy officially, but when the opportunity presents itself, I swiftly fall in place and enjoy myself naturally. I don't have time for stress!

What words of wisdom can you share with other Presidents, and Rotarians?

PDG Stephen Mwanje, one of the Rotarians I admire in Rotary, recently said that instead of wasting your time hating someone, use it to be productive, after all the person doesn't know you hate them. I strongly agree with him. Let us do whatever we can to utilize our energy positively to help our friends and communities. Live a day at a time. To Presidents: Work closely with your IPP and the outgoing Board. You will break for nothing if you want to out do what they did. If you look out for their mistakes, the year will end when you have not delivered.

To Rotarians: Being your leaders does not put Presidents above you, it does not make them more knowledgeable than you! Listen to them, and support and join them in fulfilling their manifestoes.

Briefly share your life story

I am a Mufumbira from Kisoro District, born in Kabale. I lost my parents at a young age. I worked for my school fees until Primary Seven. Life up to Senior Two was not the best until I was rescued by my paternal aunt. Mr. Richard and Mrs. Clare Turigye got me from Kabale where I probably survived being a street kid.

During my childhood, I went through hell, and this probably explains my character. Few people believe that I do not drink alcohol, yet I can stay in a bar until morning. Few

people believe that I can get annoyed because they always see me smiling. I hate injustice and avoid things that can find me on the bad side of the law! Life has taught me to keep a low profile. I easily make friends with anyone who welcomes me. I studied Public Relations with a bias in Media Management.

I love exercising, and have tried all forms of sports including swimming that almost got me drowned. I enjoy playing football and more recently Zumba. I eat anything as long as it is food. I can take tea all day.

Lastly, being a President was not easy, it involved going back home late and being away from home due to attending various club activities, staying awake late into the night while working on global grants, reports and others. 90% of my phone calls would be either about club matters, talking to Presidents or other Rotarians.

My family is a private matter. I am married to Past Assistant Governor Emily Mbabazi Kayitarama of RC Sunrise Kampala. Emily has been very supportive to me. I would simply tell her that next week we shall be in Yumbe, Ntungamo or wherever for a needs assessment or Rotary activity and she would only ask when we shall return. I thank God for that.

Rtn. Phiona Atuhaire
RC Kampala North

SHARONE KIRABO NAKIMERA



The Elevated Rotaractor

This year a couple of changes were announced aimed at elevating the status of Rotaractors around the globe. This included paying their Rotaract dues to Rotary International by 1st July, 2022, removal of the requirement for rotaract clubs to set age limits, granting them permission to establish a new club with or without a sponsor, or choosing other Rotaract Clubs as their sponsors. This was aimed at improving the status of Rotaract around the world and recognizing them for the amazing work and projects they carry out.

To elevate means to improve or lift something or someone to a higher position or level or basically to make someone more important. It can also mean to raise something to an intellectual level.

In the same spirit, **The Rotaract Ladies Initiative (RLI)** formerly the **Rotaract Ladies at Work (RLAW)** runs a monthly newsletter "Elevate" aimed at improving the status of women in society as well as empowering workmen in various communities with skills that will enable them earn a living and support their families financially. This is done through dissemination of sexual and reproductive health information, sensitization on different topics including self-esteem and improving food security among others.

It is important to note that elevation is not only for organizations or groups, it is for you as an individual as well. Elevation is about you and your power to accomplish a certain goal, your attitude towards things that matter in society, and the passion you put into a given opportunity intended to alter your status.

This whole elevation narrative should encourage you to try something different or something you have been fearing to tackle. Once you bury your fear, you will start gaining elevation. I like the saying **"everything you have ever wanted is on the other side of fear"**. This is the best advice you will ever receive. Once you get to face your fear, you become more confident and everything starts falling into place.

Our elevation should arise out of our efforts, actions and passion towards the greater good, it is no use being elevated in a way that does not improve or lift the ones around you. Who are you and what do you bring to the community table?

Remember, growth and change are painful, but nothing is as bad as staying stuck somewhere you do not belong. Not every person can carry a full cup so **WING UP** and **ELEVATE** yourself!

Sharone Kirabo Nakimera

Rotaract Club of Kololo

(sponsored by the Rotary Club of Kololo)

Vice Chairperson Rotaract Ladies Initiative 2020/21

DORA TEDDY MSUYA



Impact of COVID-19 on the Youth

We cannot deny the fact that the 2019 Coronavirus Disease (COVID-19) is a global pandemic and has affected each person in one way or another. However, this impact simply resides directly with the mindset. This also applies to the youth.

The positive minded youths have taken this whole COVID-19 period as an opportunity to add more value to what they know – speaking of learning and re-learning.

This has been an opportunity for youth to focus on what can they do for their goals, careers and studies. More time to grasp more online courses and get new skills. This pandemic has been a chance to bond more with their families and sharpen their coping skills. It is also a chance to learn new hobbies, if the ones known to them cannot suffice in these times. It's not that they are in their own world, but no, they refused to stay stuck with the pandemic and grabbed the opportunities that came with it. The worrisome, anxiety filled youths with a dramatic mindset that could not grab the available opportunities have been affected due to changes in what they had come to view as their comfortable routines.

Because the uncertainties that have come with COVID-19 can be both perturbing and provocative, social media rumour mongering is not the best place for you to be. The time one spends being apprehensive about the disease itself can be used to better oneself during the lockdown. Many are wasting time analysing and guessing when things will get back to normalcy, but surely no one knows.

With shocking updates like this one from the World Health Organisation (WHO) boss Dr. Tedros Adhanom Ghebreyesus, "Although older people are hardest hit, younger people are not spared. Data from many countries clearly shows that people under 50 years make up a significant proportion of patients requiring hospitalisation," mean you have to prepare your mind to withdraw from stress. It is good that DG Rosetti Nabbumba Nayenga has launched the Fitness and Nutrition (FAN) campaign, leverage it.

Purpose your brain to stay clear of uncertainties, but rather invent your future.

Dora Teddy Msuya

RAC Dar City



DIGITAL MENTORSHIP AND INDUCTION - THE NEW NORMAL

RTN. EDNAR NYAKAISIKI

It took me over 20 years to join Rotary. In late 2019, the journey to be part of Rotary begun. I was convinced beyond doubt that Rotary is the right network to enable me accomplish my passion of contributing towards transforming the less privileged communities without waiting for international donor/government to help. ("Gavumenti etuyambe cry")

I was introduced to the Rotary Club of Muyenga Sunday Sunset (MSS) by Rtn. Dr. Rose Clarke Nanyonga. I live in Bbunga and find MSS the best option as it is one of the few clubs in the area that meets on Sunday evenings. Thereafter, my mentorship took effect and I religiously attended all fellowships. I engaged in several club activities and also visited a few clubs. The MSS mentorship team performed a tremendous job to ensure that as mentees, we were all equipped with all relevant information. I always felt embarrassed to be introduced as a guest as I had become a "long time guest". I was glad to finally fulfil all the necessary requirements to qualify as a Rotarian. I enthusiastically invited all my relatives and friends to attend my induction scheduled for January 2020 but it was postponed.

My enthusiasm to be inducted as a Rotarian was shattered in March 2020 when H.E the President of Uganda issued a directive halting any gatherings and effected a total lockdown in an attempt to curb the spread of the Coronavirus Disease (COVID-19). We were comforted by messages from the mentorship team that kept encouraging us that all was underway to have us inducted. However, my heart was so low, as I could not imagine how much longer I had to wait to be inducted. The team tirelessly shared fellowship links and encouraged us to virtually visit other Rotary clubs, which gave me an opportunity to visit more than 10 clubs in which I could not have done physically. Rotarians Jackie Kalule and Natal Birungi made regular calls to ensure that I was fine and still

part of the MSS family.

Some of the prevailing effects of COVID-19 was that of the world embracing virtual meetings. Rotary clubs took on digital platforms to keep the fellowships, club visits and the mentees up to date with Rotary activities. The Rotary International Convention too, which would have been a dream meeting in Honolulu, Hawaii in the USA was virtually held with over 60,000 attendees and 175,000 viewers.

My induction was held virtually through Zoom that has fast become part of the new normal. Since gatherings were restricted to 10 people, the Rotary induction was no exception. My family, friends and next of kin could not attend in person, they instead attended online. Taking the oath that Sunday evening felt like I had hit a "jackpot". The virtual induction was a success with my family and friends, Rotarians, Rotaractors and guests wishing me well with the cyber hugs, kisses and loads of singing from the MSS "choir". And I am hopeful that once the pandemic is over, I will receive my warm congratulatory hugs and cake. Yes, I now comfortably introduce myself as Rotarian Ednar. Numerous installations of club presidents have been conducted virtually including that of our very own President Florence B. Lule. I congratulate all the virtually inducted Rotarians and installed Presidents.

For the many out there still contemplating joining Rotary and wondering how it is going to work out, be sure that you will get the same e-mentorship and e-induction which is as effective as the physical ones. Do not miss out the opportunity to join Rotary due to the COVID-19 lockdown. Join the global community today through your desired club to mentor and induct you. Get started with the "Service Above Self" in your community and the nation at large before it is too late. The field is ripe.

Rtn. Ednar Nyakaisiki
RC Muyenga Sunday Sunset

**END
POLIO
NOW**


**COUNTDOWN TO
HISTORY**



RTN. LOUIS KASEKENDE



Transforming Bududa's vulnerable communities

Located on the slopes of Mt. Elgon, Bududa District is prone to land and mud slides during the rainy seasons. The district has an estimated population of about 180,000 people with an exceedingly high population density. The main economic activity is agricultural with the main emphasis on food crops. The area has a high prevalence of children suffering from varied physical disabilities. The cause of the disabilities has not yet been established but remains a major source of concern and a point of research interest for Rotarians.

In 2015 Bududa Development Initiative (BUDEI) invited the Rotary Club of Kampala North to support the improvement of BUDEI School for Disabled Children. BUDEI had been established to provide special needs education for disabled children in Bugisu Sub-Region.

The Rotary Club of Kampala North decided to increase its scope beyond merely improving the school environment for the disabled children. This gave birth to the Bududa Adopt a Community Project. The Club mobilised other partners namely RC Jinja Source of the Nile, RC Kisugu Victoria View, RC Madras Coromandel (India), RC Busan Noksan (Korea), RC Suncheon-Sunghwa (Korea), and Uganda Breweries Ltd to implement a bigger Bududa Adopt a Community Project.

The project also received a Rotary Global Grant of USD219,000 to implement interventions in the following areas: Disease Prevention and Treatment; Water and Sanitation; Basic Education and Literacy; and Community and Economic Empowerment. This will provide a holistic change in the Bududa community.

Disease Prevention and Treatment

A Family Health Day was organised at the school serving several area residents. The Club also mobilised resources to conduct corrective surgeries on some of the children with disabilities. So far, 12 children have benefited from the surgeries at CORSU Rehabilitation Hospital. Of these, 10 were sponsored by PP Abel Katahoire and have been discharged. Two are still undergoing treatment. The club intends to conduct more surgeries when resources are available. Currently, it's also mobilising resources to conduct a study in partnership with Busitema University to get a better understanding of the causes of disabilities in this area.

Water and Sanitation and Hygiene

There is an existing Bududa-Nabweya Gravity Water Scheme constructed by the Ministry of Water and Environment. Uganda Breweries Ltd provided a grant of UGX 330 million earmarked for improving access to clean water in the area. With this grant, the RC Kampala North has designed a water project to run from the Nabweya Water scheme for 3.4km to supply about 2,000 people in the villages of Buwashi East, Buwashi

Lower, Buwashi Main, Bubisikwa East and Bubisikwa Lower in Buwaali Sub-County.

The 3.4km transmission line, a 3.2km distribution line, the reservoir and the 13 public stand taps were completed. As of 17th July, 2020 water has started flowing to the designated areas and the water component transitioned to the defects period.

Basic Education and Literacy

The project has partnered with Arlington Academy of Hope (a school in the area), to support the upskilling of teachers. Already the preliminary education outcomes are quite encouraging as the school performance has improved. In the recent Primary Leaving Examinations, 25% of the students passed in first grade. However, more exciting was to see the community mobilise resources to send two of their best performing students to a local

boarding school. There are plans to provide reading materials, construct a storage facility and a computer laboratory, and provide a solar energy system.

Community Economic Empowerment

The community will be sensitised on how to become self-sufficient through small scale household activities. A chicken project, hatchery and a micro-finance project will be supported. The Micro-finance project will have a link to the Manafwa Union of Persons with Disabilities and will be a community initiative. Access to the electricity grid will be enhanced in conjunction with the Rural Electrification Agency (REA).

Our prayer is that in this year, Rotary will touch hearts in Buwaali Sub-County in a sustainable manner.

Rtn. Louis Kasekende
Rotary Club of Kampala North

“With this grant, the RC Kampala North has designed a water project to run from the Nabweya Water scheme for 3.4km to supply about 2,000 people in the villages of Buwashi East...”



DG's Club Project Visits



Rotary Club of Kololo
The Rotary Club of Kololo is implementing a project aimed at improving the quality and access to reproductive health services in Mpererwe community. The Club donated a fully equipped ambulance, an assortment of equipment (aesthetic trolley, infant warmer, sonicaid doppler, blood pressure machine) to St. Stephen Hospital (COU) Mpererwe. Through the project, over 40 weekly home visits to post-natal mothers, and adolescent reproductive health education sessions were conducted in nine schools reaching over 1,000 youth. Information, education and communication (IEC) materials were also procured. The project, which cost US\$ 53,500 was funded under Global Grant 1863665.



Rotary Club of Nkumba
The Rotary Club of Nkumba, in partnership with the Rotary Club of St. Catherine, Ontario, Canada, and the Environmental Women for Development (EWAD) – a community-based NGO are implementing the Bugiri Integrated Community School Project. It covers two focus areas: Basic Education and Literacy, and Water and Sanitation. A three classroom block and offices will be construction, and water harvesting and purification equipment installed. Phase 1 costing US\$42,692 was completed. The total project cost is US\$84,855 funded under GG 1757982.

DG's Club Project Visits

Rotary Club of Mityana
Through its project – Support to Health in Mityana, the Rotary Club of Mityana has undertaken several interventions to support Mityana General Hospital and health centres in the district. The club installed a closed circuit camera (CCTV) system, and donated a dental chair and an assortment of surgical tools to the hospital. It also supported solar installations at Magala and Kigenge Health Centers IIIs. Recently, the club donated an operating table and a baby radiant warmer, both valued at US\$8,500. Some of the funds for this project are raised through the club's annual fundraiser dubbed Afrigo Rotary Dance for Health.



Rotary Club of Kabarole
The Canon Apollo Core Primary Teachers' College Water Project seeks to provide safe drinking water for its 600 students aged 18 – 23 years old, 55% of the students and staff are female (it has 60 staff members). The project involves the construction of two toilet blocks with flushing toilets, and four hand wash basins. A shower will be included within the females' block. A total of 18 solar panels will be installed, and education campaigns held for the students and staff. The project, to cost US\$ 42,787, will also benefit the neighbouring Canon Apollo Demonstration School population of 600 children, with a section for children with special needs and their 14 teachers, plus 65 households living around the area.



District 9211: Our Life Story

District 55

1. In 1921, RC Johannesburg was chartered

RC Nairobi Chartered in 1930 joining District 55

2. 1949/50 District renamed D25
3. 1950/51 District split D25 / D26

D25 – 24 clubs with 1,036 members

1. Part of South Africa
2. Southern Rhodesia
3. Tanganyika
4. Kenya

D26

1. Rest of South Africa

RC Dar-es-Salaam chartered in 1949
joining District 25

RC Kampala chartered in 1957 joining
District 25

In 1961/62, D220 was born

It had 48 clubs and 1,644 members in 9 countries of Ethiopia, Kenya, Madagascar, Northern Rhodesia, Nyasaland, Southern Rhodesia, Tanganyika, Uganda and part of Southern Africa.

In 1977/78 D920 was born

It had 45 clubs and 1,504 members in 12 countries,

namely: Botswana, Comoros, Djibouti, Ethiopia, Kenya, Madagascar, Mauritius, Reunion, Seychelles, Tanzania, Uganda and Zambia.

In 1987, D920 was redistricted

It had 34 clubs in 8 countries, namely:

Ethiopia, Kenya, Mauritius, Reunion, Seychelles, Somalia and Uganda. Sam Owor (RIP) was the first District Governor of this new District.

In 1991/92, D920 was renamed D9200 as Rotary adopted the four digit numbering globally.

In 1996/97, D9200 was reduced to five countries of Ethiopia, Eritrea, Kenya, Tanzania and Uganda, Nelson Kawalya was the first District Governor of this new District.

In 2013/14, the District was split further into D9211 (Tanzania and Uganda)

Emmanuel Katongole was the first Governor of the new District.

In 2021/22, D9211 will be redistricted into D9213 (Uganda) and D9214 (Tanzania & Parts of Uganda)

“In 2021/22, D9211 will be redistricted into D9213 (Uganda) and D9214 (Tanzania & Parts of Uganda)”

D9213 – DGE John Magezi Ndamira		D9214 – DGE Young Kimaro	
Acacia-Sunset-Kampala	Kasangati	Arusha	Lubowa
Arua	Kigumba	Arusha Clock Tower	Lukaya
Arua Eco City	Kisaasi-Kyanja-Kampala	Arusha Golden Sunrise	Lwengo
Bugiri	Kiboga	Arusha Mount Meru	Lyantonde Metropolitan
Bugolobi	Kira	Arusha West Side	Machame
Bugolobi Morningtide	Kireka Movers	Babati	Makerere Rainbow Kampala
Kampala Bukoto	Kitante	Bahari-Dar-es-Salaam	Makindye West
Bulindo	Kitgum	Bukoba	Marangu
Buloba	Kiwatule	Bukoba-Uhuru Kagera	Kibo-Kilimanjaro
Bweyogerere Central	Kiwenda	Bunga	Masaka
Bweyogerere-Namboole	Kololo-Kampala	Bushenyi	Mbarara
E-Club of Uganda Global	Kumi	Bwebajja	Mbarara City
Gulu	Kyambogo-Kampala	Dar-es-Salaam City	Mbarara East
Hoima-Kitara	Lira	Dar-es-Salaam Mbezi Beach	Mengo
Iganga	Lugazi Central	Dar-es-Salaam Peninsula	Mgahinga Kisoro
Jinja	Lugogo Mango Tree	Dar-es-Salaam Sunset	Mkuu-Rombo
Kabarole	Makindye	Dar-es-Salaam Milimani	Morogoro Central
Kabulasoke-Gomba	Masindi	Dar-es-Salaam	Morogoro North
Kampala	Mbale	Dar-es-Salaam Mikocheni	Moshi
Kampala City	Mbale Metropolitan	Dar-es-Salaam North	Moshi Mwamba
Kampala Day-Break	Mityana	Dar-es-Salaam Oyster Bay	Mutundwe
Kampala Early Bird	Mubende	Dar-es-Salaam Mizima	Muyenga
Kampala-Maisha	Mubende Metropolitan	E-Club of Masaki	Muyenga Sunday Sunset
Kampala Metropolitan	Mukono	Entebbe	Muyenga Tank Hill
Kampala-Naguru	Mukono-Central	Fort Portal	Mwalimu Nyerere Dodoma
Kampala-Naalya	Najeera	Gaba	Mwanza
Kampala-South	Nakasero-Central	Hai Kilimanjaro	Mwika
Kampala-Central	Namugongo	Ibanda	Nabbingo
Kampala-East	Nansana	Igoma Mwanza	Nalumunye
Kampala-Impala	Njeru	Iringa	Namasuba
Kampala-Kawempe	Ntinda	Kabale	Nateete-Kampala
Kampala-Kibuli	Ntinda Metropolitan	Kabwohe	Ng'ambo Moshi
Kampala-North	Seeta	Kajjansi	Njiro Arusha
Kampala-Springs	Soroti Central	Kalangala Sesse Islands	Nkumba
Kampala-Ssese Islands	Source of the Nile	Kalisizo	Nsangi
Kampala-West	Sunrise-Kampala	Kampala Munyonyo	Ntungamo
	Tororo	Kampala Muyenga Breeze	Port-Bell
	Wobulenzi	Kampala Nsambya	Pugu
		Kampala Wandegeya	Rubaga
		Kansanga	Rubaga Lake View
		Karagwe	Rukungiri Central
		Karatu	Rwampara
		Kasese	Same
		Kasese Snow Peak	Seguku
		Kigo	Songea
		Kihihi	Tanga
		Kisugu-Victoria View	Tanga Central
		Kyengera	Usa River
		Kyotera	Zanzibar Stonetown
Total Number of Clubs: 74		Total Number of Clubs: 98	



01



02



03

Celebrating Rotary in TZ

- 01 RC Dar Oyesterbay
- 02 RC Dar Mbezi Beach
- 03 Colorful Joy was the theme and Colourful play was the game... with DMC Vikash and IPP Guru

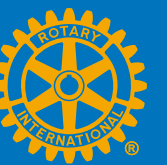


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District Officials

District Officials



Amos Ahimbisibwe
AG Western Zone 2
RC Kabale



ASP Ismael Mukasa
AG Kampala 11
RC Kajjansi



Christine K. Kawooya
AG Kampala 1
RC Muyenga Tankhill



Christine Namayanja
AG Kampala 6
RC Muyenga Sunday
Sunset



David Livy Byamukama
AG Western 1
RC Bushenyi



Henry Luzinda
AG Kampala 12
RC Mukono



Hilda Mugoya
AG Kampala 3
RC Makindye



Nigel Othembi
AG Kampala 7
RC Kampala North



Moses Galabuzi
AG Kampala 10
RC Bwebajja



Joy Behangaana
Kampala 14
RC Mengo



Francis X Sekalega
AG Central 2
RC Masaka



Gerald Obai
AG Northern 1
RC Gulu



Harriet B. Obbo
AG Kampala 4
RC Kisugu Victoria
View



Harriet N. Musoke
AG Kampala 13
RC Nateete - Kampala



Jimmy Serugo
AG Kampala 9
RC Kampala



Frida N. Wamunga
AG Eastern 2
RC Mbale
Metropolitan



Rhona I. Ithungu
AG Western 3
RC Kasese



Prossy Arima
AG Northern 2
RC Arua



Arnaud Gahimbare
AG Arusha 2
RC Arusha Mt. Meru



Edgar Muganwa
Arusha 3
RC Arusha Mt. Meru



Jocelyn Ekochu
AG Kampala 2
Kampala West



Rosemary Namate
AG Eastern 1
RC Jinja



Samuel Mukasa
AG Kampala 5
RC Buloba



Sophia Nuwagira B
AG Kampala 8
RC Kasangati



Sylvia Namabidde S
AG Central 1
RC Mityana



Robert Mafie
AG Kili 1
RC Mwika



Gideon Chibanhila
AG Central
RC Mwalimu Nyerere
Dodoma



Guiseppe Rosiello
AG Coast
RC Dar North



Gloria Otieno
AG Arusha 1
RC Arusha Mt. Meru



Guru Sykes
AG Dar 4
RC DSM Mbezi Beach

District Officials



Josephine Miingi
AG Dar 1
RC Mikocheni



Mili Rughani
AG Dar 3
RC Dar es salaam



Moses Lauwo
AG Northern 2
RC Igoma



Jackie Brice -Bennett
AG Kili 3
RC Marangu



Goleth Elias
AG Northern 1
RC Karagwe



Timothy Massawe
AG Kili 2
RC Hai Kilimanjaro




Winston Mdegela
AG South 2
RC Iringa



Hiteshi Tanna
AG Dar 2
RC Bahari DSM



Francis Selasini
AG Kili 4
RC Moshi

**Rotary**

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The Monthly Business Tip

“You’re not obligated to win. You’re obligated to keep trying to do the best you can every day”

- Marian Wright Edelman

Visit our Website: www.rotaryvijanapoa.org
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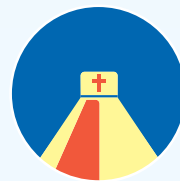
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