

THE **WAVE**

ISSUE 07 - JANUARY - 2021

— A NEW DAWN



VOICES OF
ROTARIANS

ROTARY
WORLD
OVER



Rotary
District 9211



Rotary Opens
Opportunities

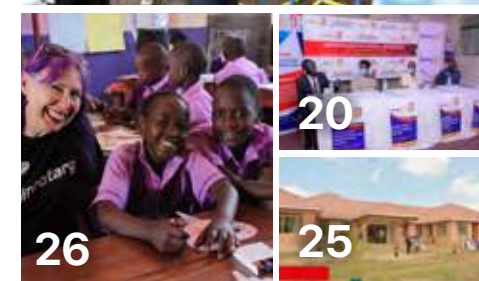
Rotary

PRESIDENTIAL CONFERENCE DISTRICT 9141 (NIGERIA)

Rotaract



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Editor's Note

Prepare to participate in COVID-19 vaccinations

Happy New Year Rotarians, and friends of Rotary

I am truly grateful to the Almighty Father for enabling us overcome the storms of 2020. If you trust in the Lord, then you know that this season too shall be replaced with better things ahead. If there is one thing 2020 taught us as Rotarians, is our ability to quickly innovate and adapt to change, which have enabled us continue to serve millions of people in our communities.

The theme for this month is - Vocational Service - which is in itself the very essence of why we are Rotarians. To use our skills, talent, and knowledge to serve others. This is partly enshrined in the Object of Rotary. This month also reminds us to deeply reflect on The Four-Way Test, and the Rotary Code of Conduct which encourage us to promote integrity and high ethical standards in our work and other areas of life.

Through our classifications, we empower, educate and transform communities; we save lives and are eradicating polio. With the COVID-19 vaccine being administered in some countries, we Rotarians will surely have an important role to play. The Rotary International President Holger Knaack in a joint statement with K. R. Ravindran, Chair of The Rotary Foundation urged Rotarians to:

- Utilise Rotary's knowledge of vaccine safety and efficacy, based on our polio eradication experience to conduct vaccination education and communication outreach in our communities. This will need to be tailored to local contexts in addressing unique cultural and regional needs. Provide leadership in crafting appropriate messages and strategies.
- Engage, where appropriate, with current polio eradication partners - the World Health Organisation and United Nations Children's Fund - at the country level to offer Rotary's support to COVID-19 response activities, including vaccination efforts.
- Partner at the local level with governments, corporations, and foundations to support Rotary activities at country level.

In this issue, we share stories from Rotarians using their skills to save lives during the COVID-19 pandemic; how the RI-USAID partnership is improving WASH services in Uganda; highlights of the 2nd All Africa Zone Institute; and many more club activities. For the first time, Rotaractors were allowed to apply for District Grants last Rotary Year, read about their experiences, and many more interesting stories.

We urge you to continue reading this magazine, and contributing articles for publication. Share your articles with three to five action photographs by the 15th day of the month to dg9211news@gmail.com. We are indebted to all our readers, and the authors for this month's articles!

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9TH - 10TH
JANUARY
NORTHERN REGION
MASINDI / GULU

**"ENHANCING
SKILLS
FOR A RESILIENT
YOUTH"**



f District Youth Service-D9211
t @rctyouthservic1



ROTARY INTERNATIONAL
PRESIDENT'S MESSAGE

Holger Knaack

ing action-oriented language that is specific, concrete, and measurable about the goals you want to achieve.

Next, narrow down your initiatives to a core set of three to five priorities. Your club will then develop specific objectives for each initiative, outlining who will be involved, key milestones of achievement, how progress will be tracked, and a timeline for completion. Keep your plan short and simple.

Then go out and do it. Review the progress you make toward accomplishing the initiatives, and revise as needed at least once a year. Rotary has a solid template to assist clubs in their planning, which you can find at my.rotary.org/en/document/strategic-planning-guide.

We want to enrich and enliven our clubs with new discussions and ideas. But how do we attract the diverse professionals, from different backgrounds, ages, and experiences, who are all driven by as strong a sense of integrity as we are?

Through strategic planning, we explore this question to define the very nature of our club and the value it offers to its members and the community. Each club is different, and each club's value will be unique. During the planning process, clubs may also find that some of the activities they used to do are no longer relevant or attractive.

Once your club makes a strategic plan, it's time to take action and carry out the necessary changes. When we do that — as we engage members in vibrant and active clubs that not only have fun but also serve their communities with projects that have a real and lasting impact — our clubs grow stronger. And when we discover what makes our clubs unique and build upon those core values in all our efforts, **Rotary Opens Opportunities** to enrich the lives of everyone.



District Governor

FELLOW ROTARIANS

Happy New Year colleagues in Rotary!

We are now in a new year. This time normally brings new hope, dreams, and goals. I truly wish you and your loved ones an amazing 2021. I thank each one of you for the work you have done in the first half of the Rotary Year 2020-2021.

In December 2020, I completed all my official club visits in District 9211. This month is designated for Vocational Service. I am quite passionate about Vocational Service in Rotary, and the various Rotary Fellowships. I love the fact that we all have classifications in Rotary, and that each one of us brings something to the table. We each have a skill set that can be used to help the less fortunate through Rotary Projects. Our founder, Paul Harris, said,

“Of all the one hundred and one ways in which men can make themselves useful to society, undoubtedly the most available, and often the most effective are within the spheres of their occupations.”

Vocational Service allows Rotary to develop and support Rotarians as they apply the ideal of service in their occupations – this is the essence of Rotary. Therefore, Vocational Service is referred to as the bedrock, and the shining principle of Rotary. Everything else that we do is also done by some

other organisations, but what makes us unique is found in the realm of Vocational Service. How can Vocational Service be used in your club? I share a few suggestions:

- Talk about your vocation in your club, and learn about fellow members' vocations.
- Use your professional skills to serve a community.
- Practice your profession with integrity, and inspire others to behave ethically through your own words and actions.
- Help a young person achieve his or her career aspirations.
- Guide and encourage others in their professional development.

If you do any of the above things, you are performing Vocational Service. If Vocational Service motivates and energises you, then you are in the right place, because this service is the very essence of Rotary. In this remaining half of the year, I request all clubs to review their Vocational Service programs to ensure they are maximising the opportunities and benefits it provides. I urge you to continue to making difference in the world as you move from success to significance.

Once again, I thank all of you for serving humanity to make a difference. We have had an incredibly active first half of the Rotary Year, and you have each played a vital role to make inspire and transform communities. I recognise your hard work every day. Best wishes to you and your families. Have a peaceful and happy 2021.

In this remaining half of the year, I request all clubs to review their Vocational Service programs to ensure they are maximising the opportunities and benefits it provides. I urge you to continue to making difference in the world as you move from success to significance.



President Anthony Okimat of RC Kira hands over a cheque of US\$7,740 as the club's contribution to The Rotary Foundation, during DG Rosetti's visit to the club last month. Seven people were inducted during the same event bringing the total club membership to 51



Protect the environment for future generations

Having grown up amid lush green forests in the mountainous landscape of Sri Lanka, I always recall the words of the great poet Rabindranath Tagore: "Trees are the earth's endless effort to speak to the listening heaven."

How sad that so often we humans insist on interrupting this conversation.

Just like every other living thing, we are a part of nature. But we are also the only species that bears the responsibility of protecting the environment for future generations. The corona-virus pandemic has shed light as nothing has before on the relationship between environmental degradation and threats to public health.

A few years ago, the government-owned electricity company in my country planned to build a second coal power plant, in eastern Sri Lanka. It would suck 93 million litres of water per hour from a bay where fragile ecosystems meet the deep sea, the site of one of the largest spawning grounds for sperm whales in the world. After processing, those 93 million litres per hour would be dumped into the ocean, now loaded with toxic chemicals that put that marine life at great risk.

Learning from the lessons of the damage caused by the first plant, a coalition formed, made up of many public advocates, including Rotarians. They ran a

campaign that alerted the media, the public, and the local community to the potential dangers, in addition to taking legal action. The government eventually abandoned its coal plant idea after the resulting public outcry.

We can truly move mountains when we come together. When some of us moved to add the environment as Rotary's newest cause, we did so because of the urgency of the problem. In 1990-91, RI President Paulo V.C. Costa set forth a vision, and today we will take this work to the next level. We live in a time of great stress on our environment, of rapidly rising sea levels, massive storms, disappearing rainforest's and wildlife, and destructive forest fires. Climate change touches us all, rich and poor. We will face the challenge strategically, as with the other areas of focus. In fact, the six other areas of focus depend on this one. For what good is it to fight disease if our polluted environment causes us to become sick again?

The Rotary Foundation will be central to this work. More than US\$18 million has gone toward environment-related global grants in the past five years. Building upon this work to protect the environment, we will give yet another Rotary gift to future generations. And you can be a part of it today.

K.R. Ravindran

Foundation Trustee Chair



Exemplifying Vocational Service in Rotary

Vocational Service refers to how Rotary fosters and supports the application of the ideal of service to the pursuit of all vocations. This month offers us the opportunity to critically reflect about our guiding principles (Four-Way Test, Object of Rotary, and Code of Conduct) and how we apply them in our personal, professional and business dealings.

The introductory statement and three of the four Objectives of Rotary relate to Vocational Service, thus underlining its importance to the philosophy and culture of Rotary. Those objectives are:

- To encourage and foster high ethical standards in business and professions, to recognise the worthiness of all useful occupations, to dignify each Rotarian's occupation as an opportunity to serve society.
- To apply the ideal of service in personal, business and community life.
- To advance international understanding and goodwill, and peace through a world fellowship of businessmen and professional men and women united in the ideal of service.

Vocational Service is a shared responsibility of both the Rotary Club and its members. A club should implement and encourage the objectives of Rotary in dealing with the community, and by developing projects that enable members use their vocational talents to serve the community. The members should conduct themselves and their businesses following Rotary principles, and support their club's Vocational Service projects.

How to promote the Vocational Service Month

- Speak about your vocation in your club, and learn about fellow members' vocations.
- Practice your profession with integrity, and inspire others to behave ethically through your words and actions.

- Organise tours to members' workplaces.
- Join or form a Rotary Fellowship related to your vocation.
- Volunteer for a service project that uses your vocational skills.
- Have your club discuss the importance of The Four-Way Test, and the Rotary Code of Conduct. Educate new and prospective members about the importance of these guiding principles for Rotary's commitment to integrity.
- Organise a workshop on ethics in the workplace and invite non-Rotarians to attend.
- Sponsor an essay or speech contest for young people under the theme - "What The Four-Way Test means to me."
- Network with non-Rotarian professionals in the community. Consider hosting business networking events through your club or get involved in a professional association.
- Provide career counselling for unemployed or underemployed adults. You could participate in a career day at a local high school or get involved in a one-on-one mentoring program. Consider working with your Rotaract or Interact club.
- Be part of a vocational training team (VTT) to either to learn more about your vocation or improve the skills of local professionals in a particular field.
- Read some articles about vocational service - [The Four-Way Test isn't a tool to judge others](https://blog.rotary.org/2020/07/24/why-the-four-way-test-is-my-ethical-guide/) and [http://blog.rotary.org/2020/07/24/why-the-four-way-test-is-my-ethical-guide/](https://blog.rotary.org/2020/07/24/why-the-four-way-test-is-my-ethical-guide/)

Mina Howard

Blackheath Rotary Club

Vocational Director 2020/21

District Governor Nominee - 2022/23

Rotary District 9685



RTN. DR. HANNINGTON SSEMANDA

Serving at the frontline changed my family interactions

Kenya has been the worst hit by COVID-19 among the East African countries. We recorded the first case in March 2020 and as at 5th December 2020, this number stood at 88,380 cases and 1,526 fatalities, compared to Uganda at 22,500 cases and 206 fatalities at the same time.

The usual measures of international flight and borders were shut down and this helped reduce the influx of new infections from high burden countries. When Nairobi and Mombasa counties were locked down, the spread was curtailed, but in June the government relaxed these regulations, which saw the number of infections increase countrywide.

I have worked at the Aga Khan Kisumu Hospital since January 2019. We recorded our first case in June after people resumed travel from Nairobi and Mombasa. The first cases were mild and there was little community spread. Now the number of patients has increased tremendously and the severity of infections has also picked up as the elderly and those with comorbidities are now exposed through community spread. On average, we get between three to five patients a day (this could be attributed to the limited isolation space and restrictive cost). Once the general isolation units are full, patients are referred to the County Isolation Facility, or our sister facility in Nairobi if it has space.

A special Intensive Care Unit (ICU) was created for COVID-19 patients, and it has only three beds. As an anaesthesiologist and critical care specialist, I handle the very sick in the ICU and this particularly puts me at very high risk due to the procedures I have to perform on the patients such as intubation where we put an artificial tube through the mouth to the lungs to be able to connect the patient to a machine to aid their breathing.

The disease, unlike other infections, not only affects you as an individual, but also those around you as they cannot interact with you during isolation or quarantine

period. The hardest bit is dealing with relatives that bring their patient relatively well and a few days later they have passed on...sometimes without any underlying medical conditions. Also denying them interaction with even with the dead body is so hard on the relatives due to the Ministry of Health guidelines on body handling.

The hospital has counsellors and psychologists, so groups are created for patients undergoing quarantine to support them through daily zoom sessions where they share experiences and get encouragement from their colleagues. Besides, those that have recovered are invited to share experiences with the patients.

Ordinarily, my shifts are supposed to run from 8:00 am to 6:00 pm Monday to Friday but this does not work in pandemic times as patients can come in any time. The hospital has only two intensivists, we also work in the theatre and other emergencies so there is a lot of work, but we help each other as much as possible.

As a doctor treating these patients daily, I had to change how I interact with my family. I sanitise before entering our home, even though I do this countless times during the day at work. It was initially hard on my two young children (aged seven and four years), wondering why they cannot hug daddy when he comes back from work, but I guess they have now become conditioned to the situation. They even remind you when you enter the housedaddy wash your hands." I only hug them after showering upon return from work. We are minimising public gatherings such as parties, and limit unnecessary movements to crowded areas. We do allow them to play with the children in the estate, as we agreed as the households to keep the estate bubble.

The worst came when I was quarantined after being a contact of a patient I treated and they later tested positive



The hospital has counsellors and psychologists, so groups are created for patients undergoing quarantine to support them through daily zoom sessions where they share experiences and get encouragement from their colleagues. Besides, those that have recovered are invited to share experiences with the patients.

for COVID-19. My wife and the kids could not interact with me for 14 days, it was so emotionally draining, plus having them also go through COVID-19 testing was very traumatising especially for the children.

Some of my colleagues in other hospitals have fallen to the illness. This makes me feel low, but as a doctor, I have to encourage myself and do the best for patients even in the face of the recurring risk to one's health. I am blessed to work at an institution that takes the safety of its workers seriously, and they ensure we are rightly protected to avoid infection. Although we have had about 50 medical and non-medical staff get exposed to the virus, luckily we have not lost any.

I was happy when the Rotary Club of Kisumu Winam led by President Christine Apondi conducted community sensitisation and established handwashing points in target areas like markets, taxi stages and other high-density areas to encourage proper sanitation. The club also distributed food hampers to the needy and elderly.

Protect yourself, and encourage others to curtail the spread of the virus.

Rtn. Dr. Hannington Ssemenda

Consultant Anaesthesiologist and Intensivist
The Aga Khan Hospital, Kisumu
RC Kampala City





COVID-19: An eye-opener to change our communities

Initially, my thoughts were that this new virus would remain where it started in Wahun, China; and that once all the global tension about it subsided, I would continue with my life and medical practice as before. As weeks turned into months, it was clear that not only was I merely wishful, but I was also wrong. The bug which embarrassed world health systems months on – went from Wuhan to our doorstep, thanks to the worldwide connectivity.

As a caregiver, it meant I had to be at the frontline doing everything necessary to provide the most needed care to my patients. As days progressed, we started to work by iteration – for the virus was new and everyone had to learn something about it to combat it. Every day, we had to learn and act to save lives.

I was terrified because I knew that like many health systems across a significant part of the world, ours too was already stretched to limits, and hence not optimally resourced to strongly respond to or combat such a pandemic. Each day that passed, one particular question lingered in my mind – how are we supposed to handle one more unknown burden like COVID-19? This thought almost convinced me that we would not stand a chance against this new pathogen. Many a time, once the human ability is overpowered, it is usually beneficial to evoke faith. It was time to pray, so I thought!

As a country, once we accepted this new problem, my work and entire lifestyle took a fresh shift towards accommodating the virus. At work, I had to always wear the protective gear for the most of the day however uncomfortable it was. My interaction with patients took a new turn too. As a doctor, one is required to create rapport with patients and comfort them in a manner that naturally puts you as physically close to them as possible. With this new disease, circumstances changed this practice, as we had to maintain a minimum one-meter social distance. Worse still, the examination of the patients was dreaded and every flu-like symptom created havoc around the hospital.

Oncology patients were special as daily reports illustrated that they belonged to those that were more at risk to suffer most from the new viral infection. Secondly, our patients already receiving chemotherapy could not stay away from the hospital as they needed to continue receiving their infusions monthly.

At the peak of the pandemic, other clinics within the hospital premises could afford to reduce their patient load, but not the Oncology Clinic. These times proved trying both professionally and personally. My family and friends called more often asking either for help or warning me to stay safe amidst the fight against COVID-19. It was a catch 22 situation; as neither did they want me to succumb to the virus nor abandon the fight. It was a dilemma for them and me.

Although we have so far been lucky as a country and are yet to lose a doctor to the deadly virus, we have lost a couple of other health care providers, friends and families. My colleague’s father lost the battle to COVID-19, and the circumstances under which he died had us frontliners questioning our vulnerability as professionals and the challenges of the health system we are part of. We questioned the ability of the system to safeguard us and our families.

Certainly, being in the midst of the battle, we wanted to feel cared for and protected. This should be extended to our families too.

- **The uncertainty**
- **Change of lifestyle**
- **Cancer clinics could not be suspended**

Beyond the hospital corridors, I was a President of a Rotary Club, which was a re-energising space for me through regular fellowships. Rotary is about service, but with COVID-19 among the communities, that service – too-was threatened. I presided over a club that could not meet as our customs dictated. Adopting the new norms of online meetings became a pain and no one was about to get used to it. With a tinge of humour and some regret, it is safe to say that COVID-19 stole my presidency! I wish I had a second chance to the presidency after the bug is gone but that is not about to happen. Is it? Because the ‘intruder’ is still with us to date.

This year will go down in history as one when the human race was reminded of the dangers of new threats to our health, that can come to each of us without prior warning. More so, the severity of this threat has caused us to re-learn working together like never before.

An important lesson from this is that today’s and tomorrow’s leaders at all levels must accept that societies are in constant danger. To survive, change must be adopted to secure tomorrow.

Rtn. Dr. Heri M. Tungaraza
Past President – RC Milimani
Oncologist (MD, MMed-Oncology)
Muhimbili National Hospital

As a country, once we accepted this new problem, my work and entire lifestyle took a fresh shift towards accommodating the virus. At work, I had to always wear the protective gear for the most of the day however uncomfortable it was.



Wheelchair project restores hope for three senior citizens

RTN. MARIAM MUTALAGA

In 2016, the Rotary Club of Nsambya with support from the Wheelchair Foundation based in the United States of America (USA), started implementing a project to assist persons with disability move easily and decently as they go about their daily lives. Since 2017, over 1,000 wheelchairs have been distributed countrywide, especially in northern and eastern Uganda where several people were affected by the wars. Importation is done in conjunction with the Ministry of Health and Mulago Orthopedic Department, while distribution is done through Rotary clubs which identify the beneficiaries.

This Rotary year, the club received and distributed 520 wheelchairs worth about US\$36,000. The distribution was done through the following Rotary Clubs: Bweyogerere-Namboole, Kasangati, Kyotera, Makindye, Masaka, Muyenga Breeze, and Namugongo; Soroti District (100 wheelchairs); Mulago Orthopedic Department (50 wheelchairs); and many other institutions and individuals.

RC Namugongo donated the wheelchairs to three elderly ladies during the District Governor’s visit to the club. These wheelchairs have restored hope, smiles, and confidence for these ladies. Below are testimonies from the beneficiaries.

My name is Pauline Kigoye, a resident of Kalisizo Town Council. I am a 76-year-old mother of four children. I had no disability until I turned 50 and my legs and feet started swelling. I visited several doctors but my condition did not change, instead, it got worse until I could not walk without assistance. I resorted to crawling from one place to another.

My husband and daughter Josephine had to carry me in and out of the house daily to enjoy the sunlight and nature as advised by the doctors. If there was a need



for me to go to the hospital or any other place, Josephine would borrow or hire a wheelchair from nearby facilities health facilities. Unfortunately, my husband passed away recently, so Josephine had to seek help from neighbours to help carry me in and out of the house. It has been a very tiresome process for her. Besides feeling that I am burdening Josephine and my neighbours, not being able to go to church has been very painful for me.

When my daughter told me about the possibility of getting a wheelchair, I was happy but doubtful since many people had promised us but never fulfilled. When my grandson showed me a picture of Josephine standing next to a wheelchair, I was overjoyed. When she brought it home, I could not believe that God had answered my prayers.



I am Teddy Nanjako Nsimbe, an 87-year-old resident of Kanyanya. I have not been able to walk for a while. I was told my legs were weak and could not carry my weight, so I often had to crawl in the house like a baby. It was difficult to attend hospital sessions and other social events.

I failed to witness my granddaughter Rebecca Nassuna’s say her vows at St. Paul’s Cathedral, Namirembe in July 2020. Thankfully, I was able to attend the reception for a short time since I was seated uncomfortably. Rebecca requested the Rotary Club of Namugongo to give me the wheelchair. It is now going to be easy for me to go to the hospital, social functions, and move in and around the house.

If it were not for this wheelchair, I would not have been able to attend the burial of my son in Butambala District in November 2020. Sadly, I used it for the first time to attend a depressing occasion.

I am grateful to Rotarians. They have a soft heart for others. They find pleasure in making others happy. I pray they continue to do more for others, and God bless you for the generosity. Rotary Club of Namugongo, I am very grateful, “mwebale nyo nyo” (thank you very much).



I am Gertrude Namubiru, a 72-year-old resident of Namugongo. I was diagnosed with cancer 18 years ago, so my leg was amputated. This shattered my life, and although I underwent different forms of therapy, I still found it hard to cope. All my engagements were halted. I lived

with my young sister for several years, until I shifted to my daughter’s house. For all these past years, I could only move by crawling.

Although I was given crutches to help me walk, I often experienced pain in my armpits, and would sometimes fall. I abandoned them and continued crawling. This meant I could not visit my sister who only lived 2kms away from my daughter’s place.

I am happy to get the wheelchair, and my granddaughter Ann will help direct me when using it. My concern is the impassable trench by the roadside, yet my daughter does not have money to work on it. I thank Rotarians for thinking about us. We have been deprived of so many things, but you people who do not know us, care about us. Mukama abawe omukisa (God bless you).

Note: RC Namugongo worked on the trench which eased Gertrude’s movement using the wheelchair.

Rtn. Mariam Mutalaga
President – RC Namugongo



HENRY KAKOOZA

Rotary International - USAID partnership improves WASH services in Uganda

The global partnership between Rotary International (RI), one of the world's largest humanitarian service organisations, and USAID exemplifies how the private and public sectors can come together to enhance sustainable access to water and sanitation services to improve people's health and well-being.

In 2019, Rotary District 9211 (Uganda and Tanzania) and the USAID Uganda Sanitation for Health Activity (USHA) established a three-year partnership for expanding sustainable water, sanitation and hygiene (WASH) services in schools and health facilities in 10 districts in Uganda. This arrangement, only the second of its kind globally, commits US\$2 million of USHA's funding to jointly implement WASH activities in schools and health care facilities with Rotary Uganda. As a matching contribution, Rotary has committed US\$2 million of non-USAID resources into the collaboration, including US\$1.8 million from Rotary International and US\$200,000 in private donations raised from Rotary clubs in Uganda.

The RI-USAID partnership in Uganda works to enhance key hygiene behaviour in 44 schools and 18 health centres and strengthen district water and sanitation governance for sustainable services. Eleven Rotary clubs actively participate in the program. Through the program, the partnership combines the grassroots

energy and community influence of local Rotarians with the technical expertise of USHA.

The RI-USAID partnership in Uganda was officiated at a public signing of a memorandum of understanding between USAID Mission Uganda and the Rotary's Host Organising Committee in March 2019. The program has since constructed 53 five stance latrine blocks for schools in the Central East and Central-Western regions of Uganda, coupled with group handwashing stations and incinerators. In addition, through the partnership, 10 boreholes serving both schools and nearby communities were drilled in the following districts: Agago, Kitgum, Omoro, Nwoya, Luuka, Namutumba, Gomba, Bukomansimbi, and Kyotera.

In the next phase, the program will provide water to serve 34 schools and 18 health centres and their nearby trading centres. Provision of water in health centres is currently at the level of IPC (infection, prevention and control). The project targets to increase access to safe water to 17,600 learners and 27,000 people from nearby trading and health centres.

Henry Kakooza
Project Manager
RI-USAID WASH Project



“ The program has since constructed 53 five stance latrine blocks for schools in the Central East and Central-Western regions of Uganda, coupled with group handwashing stations and incinerators. In addition, through the partnership, 10 boreholes serving both schools and nearby communities were drilled... ”

Rotary Vijana Poa Job Fair

The inaugural Rotary Vijana Poa Job Fair was held last month under the theme – **Micro, Small and Innovative Job Youth Fair**. The virtual fair, open to all youth featured an exhibition from Rotary Vijana Poa Alumni successfully employing other youth.

These included: Patricia Happy Birungi CEO of Happy Hair (selling hair cosmetics), Ibra Bagalana CEO of BRUG Photography (videography and photography, and employs more than nine people), Aloysious Kawooya CEO of Butumwa Kawa (value edition to coffee), and Ampson Kaja CEO of PWICOLs Construction Ltd.

The fair was launched by DG Rosetti Nabbumba Nayenga. Some of the speakers included: Dr. Winslow Sargeant, MD of S&T, LLC Great Falls (Virginia-USA), and Comrade Tony Okao Otoa, Executive Director of Stanbic Business Incubator Ltd.





RTN. IRENE NAKANWANGI LUWEESI

Camping to save children with heart defects

You might be used to the idea that Uganda has one of the fastest-growing populations in the world, with approximately 1.5 million babies born each year. What you probably do not hear is that 15,000 children have heart defects, and half of them (7,500) have severe defects that need urgent treatment.

Each year, Uganda Heart Institute (UHI) receives about 500 children who need surgery, which costs between Ug Shs 3.7 million and 18 million depending on the condition. An encounter with one of the children at the institute in need of funds to facilitate her surgery moved me to tears.

Driven by the passion and zeal of some Rotarians, under the guidance of District Governor Nominee (DGN) Peace Taremwa, a committee was formed to spearhead the formation of the Camping Rotarians Fellowship. With a desire to unite and create a lasting change for these children, the inaugural camping event was held from 28th to 29th November at Ssezibwa Falls under the theme – “camping for heart surgery”.

The event brought together Rotarians from 38 Rotary clubs, three Rotaract clubs, and guests. Several activities were held to enable the Rotary fraternity and guests bond, interact and unite. Dr. Oketcho, Head of the Paediatrics Cardiac Surgery at UHI presented

on congenital heart disease in Uganda and thanked Rotarians for the continued support to the institute.

Herbert Byaruhanga, the Vice President of Uganda Tourism Association applauded Rotarians for promoting domestic tourism. He pledged the tourism sector’s partnership with Rotarians in future events to support the local economy and the cause.

DGN Peace, patron of the Camping Rotarians Fellowship thanked the Rotary Club of Nsangi for demonstrating agility and passion to serve above self. The club, barely two years has pioneered this innovation, continued to grow its membership and implement impactful projects.

A total of about Ug Shs 10 million was raised to support the Uganda Heart Institute. The event will be held yearly on a rotational basis with opportunities for other clubs to host. The Rotary family is encouraged to join the fellowship and participate in subsequent camps to give a second lease of life to children with heart defects, enabling them to live to their full potential.

Rtn. Irene Nakanwangi Luweesi

Chair – Camping Rotarians Fellowship

President Elect – RC Nsangi



The event brought together Rotarians from 38 Rotary clubs, three Rotaract clubs, and guests...



The Rotary Hospital gears up for expansion

Ug Shs 2.5billion needed

PP JIMMY SERUGO

Thirty kilometres east of Kampala, along the Kampala-Jinja Highway in Mukono District, the Rotary Club of Kampala is building the iconic - The Rotary Hospital. The project is planned to be implemented in three phases. The first phase which was built at a cost of Ug Shs 1.2bn, was opened last Rotary year. It comprises an Outpatient Unit equivalent to a Health Centre IV. The unit is housed in the George Kasedde Mukasa Building, in honour of our late member who donated the 10 acres of land where the hospital is located.

The hospital's daily management was outsourced to UMC Victoria Hospital, a professional hospital management firm. The hospital provides routine medical care to residents of Ngandu, Mukono and its surrounding areas, with the most common health complaints handled being malaria, HIV/AIDS, and typhoid, while maternity care is one of the key service rendered.

The Club started a Rotary Community Corps (RCC) comprising of residents who regard the hospital as their own, and gladly note that it has saved them from the congestion at the Mukono Health Centre IV, currently the biggest government-owned health facility in the district.

The second phase will involve a Children's Ward, Female In-patients Wing, and a Maternity Ward. This

phase is set to cost Ug Shs 2.5billion (US\$676,000). The building will be named the Sam F. Owori Building in memory of the Rotary International President-Elect who was a member of the Rotary Club of Kampala for 40 years. It is hoped that construction of this phase will begin in March 2021. The club already has a partnership with dfcu Bank which has pledged Ug Shs 50 million, per year for three years towards the construction.

When completed, The Rotary Hospital will be a centre of excellence, offering hard-to-get services like endoscopy, dialysis, and an accident trauma centre. The trauma centre was designed to meet the needs of the many accident victims on the highway.

The Rotary Club of Kampala has partnered with several entities to facilitate the growth of the Rotary Hospital; key among them the Mukono District Health Department, Ministry of Health, Rotary Club of Sebastopol Sunrise in conjunction with the Global Offsite Care, to introduce telemedicine to enable the medics at the hospital to work with intensivists in California and other centres of excellence. The Club seeks to collaborate with all Rotary Clubs along the Jinja road corridor in the construction of this hospital.



A fundraising committee headed by Rtn. James Ssebugenyi Mukasa (+256772-763763) was launched last month. Contributions and inquiries can also be addressed to the Club President, Samuel Nsubuga (+256772-121403)

PP Jimmy Serugo
RC Kampala



When completed, The Rotary Hospital will be a centre of excellence, offering hard-to-get services like endoscopy, dialysis, and an accident trauma centre. The trauma centre was designed to meet the needs of the many accident victims on the highway.



PP SUE O'NEILL

Love from Aussie to Buikwe: The rebirth of Divine Mercy Nursery and Primary School

Knowing the benefits of educating children, but faced with no government school nearby, the community in Buwampa Village, Buikwe District realised the dire need for a school within their environs. They built three mud classrooms and organised volunteer teachers. The school – Divine Mercy Primary School - had an enrolment of 50 children trying to be educated in extremely challenging conditions. The children sat on timber planks balanced on broken pieces of rock. In August 2016, I led team of Rotarians from Australian on a visit to the school. They were amazed that lessons were delivered within such limited resources, and at the same time inspired by the dedication of the local community. The Aussie team gave a small donation through the Rotary Club of Njeru. The money was used to buy blackboards and scholastic materials.

I helped raise funds in Australia for a new classroom. In January 2018, the new school opened with 365 children. This immediately made the new three classrooms inadequate. Planning thus began to construct more school infrastructure, and active fundraising continued in Australia.

In 2018 and 2019 the following structures were completed: more classrooms; a multipurpose building which houses a clinic, administration offices, teachers' staff room and library; kitchen and storeroom; a toilet block, and two nursery Montessori plan classrooms. This changed the school name to Divine Mercy Nursery and Primary School. Three water tanks and two tank stands with feeder tanks were installed to provide water in the teachers' houses and staff toilets. Uniforms, scholastic materials, desks, chairs and support to the teachers were also provided. In 2019, we educated 478 students, with an enrolment rate of

48.9% female students compared to the Ugandan national average of 37.6%.

We began 2020 with great enthusiasm. With support from the Rotary Club of Brisbane Water, computers for the teachers were installed and the school grounds landscaped. We organised resources and Aussie teams carried excess kilos of Montessori supplies to Uganda. The nursery teachers underwent intensive Montessori training in their 2019 Christmas holidays. We set up the Montessori classrooms with help from Lanam Kijange a professional Montessori teacher. To say that our newly trained teachers were enthusiastic is an understatement, they were elated!! We were excited and ready for the 2020 school year.

My son Bry O'Neill, a Montessori consultant travelled to Uganda in November 2019 and January 2020 to help with the setup and roll out of the new Montessori education curriculum to our nursery pupils. No-one anticipated what came next. The world plunged into the COVID-19 pandemic. Countries went into a lockdown. Divine Mercy, plus all schools in Uganda closed.



We are hopeful school will resume this month. There will be big challenges, as there is need to address many new standard operating procedures (SOPs) to prevent the COVID-19 spread. Brisbane Water Rotary Club has a strong connection with Uganda and hopes opportunities to visit Uganda will be possible again soon.
Yours in Rotary!

PP Sue O'Neill
International Director
Brisbane Water Rotary Club





NARAH LUCAS

Equipping and building capacity for better health services in rural Tanzania

In 1980, an x-ray machine was installed at Orkesumet Regional Hospital, in Kiteto District. The machine served communities within a radius of 160km in rural Tanzania for several years, however, its radiation was much higher than the required, thus posing a great risk to patients. This created a need for its replacement.

The Rotary Clubs of Arusha, and Superior Sunrise Centennial (USA), in cooperation with the Evangelical Lutheran Church in Tanzania (ELCT), Global Health Missions, and Samaritan’s Purse got a global grant worth US\$53,455 to provide digital radiography medical equipment, and multi-year training for two staff in radiography for Orkesumet Hospital in Tanzania.

The ELCT liaised with the hospital and Tanzanian government to ensure that appropriate equipment, and space within the hospital meeting the guidelines of the Tanzanian Atomic Commission was availed. The equipment was installed in October 2020, and more to

complete the upgrade is expected in December. Training on usage and maintenance of the equipment was done by Samaritan’s Purse.

The new equipment is safer to operate, more efficient in terms of resources and time, and provides better diagnostic information for doctors to provide much-needed health care, especially in rural areas. This equipment also allows doctors in rural areas to quickly send information to specialists based in larger facilities to assist in diagnostics and recommendations for treatment. The current phase of the global grant is preparing two young students (Joseph Melau and Narah Lucas) to become radiographers. Owing to the COVID-19, their programs were delayed, thus they started their three-year training program started in December 2020. Joseph is studying at Muhimbili National Hospital in Dar-es-Salaam, while Narah is at Bugando Medical Centre in Mwanza.

PP Robin Peterson
RC Arusha



Golf fundraiser to transform Mtakula School

Mtakuja Beach Secondary School, located in Kunduchi area within Kinondoni District has a population of almost 1,300 students. The school has a running partnership with the Rotary Club of Bahari Dar-es-Salaam which has implemented several interventions to transform its teaching and learning environment.

Last month, the club held its 10th Annual Fundraising Golf Tournament at Gymkhana Grounds to raise Tsh 40 million to rehabilitate the school’s water and sanitation system. This is intended to avail clean water, improve sanitation and hygiene services, and reduce the students’ exposure to waterborne diseases. This will in turn improve school enrollment, attendance and academic performance; in addition to helping replicate the hygienic hand washing practices in their homes. The project also aimed at enabling the school to rehabilitate its classrooms and furniture, and access a reliable printing service will be implemented with support from the business community, Rotary Foundation, and the school.

“We hope to form an effective partnership between the school management, parents, and the club to ensure that the school joins the best in the region,” Fred Laiser, President of RC Bahari.

He added that the past nine annual golf tournaments have raised over Tshs 300 million used to implement various club service projects aimed at improving literacy, sports and creativity, building and equipping school libraries, and youth economic empowerment.

In the past, the club has donated 10 sewing and five knitting machines; and built two classroom blocks at Sister Carmel Welfare Center, Kurasini for underprivileged girls to sustainably empower the underprivileged women.

This year’s golf tournament was sponsored by ABBA Auto Ltd, Clear Services, Diamond Trust Bank, Heritage Insurance, Jamana Printers, Minet Insurance, NAS Tyre Services Ltd, NCBA Bank, Neelkanth Salt, R.K Chudasama Ltd, Rotarian Steven, Satcom Networks Limited, SBC (T) LTD, Scania (T) LTD, Steelmasters, Strategis Insurance, Softtech Consultants, Tarmol Industries, Toyota Tanzania, and Vigu Trading Limited. Of the 120 golfers that took part in the event, Kaushik Mangarolia emerged the overall winner.

Minet Insurance offered golfer t-shirts and a special prize of a pre-owned vehicle to one golfer to hit a hole-in-one on the 10th hole, none achieved this!!

Rotarians of RC Bahari DSM





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

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



SARAH OWEMBABAZI

Rotaractors making a difference through District Grants

In the Rotary year 2019/20, DG Xavier Francis Ssentamu set aside US\$20,000 as a grant to support projects by Rotaract clubs. The following Rotaract clubs were the pioneer beneficiaries: Nateete-Kampala (US\$2,000); Naguru (US\$2,000); Kampala City (US\$2,000); Kampala the Core (US\$2,000); Mbale Uptown (US\$2,000); Kampala South (US\$2,000); and Kyambogo (US\$1,500). This Rotary Year, US\$10,000 has been set aside for Rotaract club projects. Sarah Owembabazi, the pioneer Rotaract Grants Chair shares results and experiences from three clubs.

Messengers of hope in Kakuba Village

In 2017, the Rotaract Club of Nateete-Kampala launched the five-year Kakuba Literacy Project in Kakuba Primary School, Busedde Village, Jinja District. The project sought to provide a holistic and good learning environment for the pupils, teachers, parents and the community around the school through activities in six of Rotary's areas of focus. The initial project cost was estimated at Ug Shs 65 million, while implementation would be carried out in five phases.

By the third phase, about Ug Shs 40 million had been spent. A classroom block was renovated, teaching aids for pupils and teachers provided, school library with over 40 books opened, menstrual hygiene sensitisation done for adolescents and teachers, a lunch porridge program launched, and a modern kitchen constructed.

Last Rotary year, the club through the then project chair, applied for a District Grant. A pre-requisite for a club to qualify was that it should have an ongoing community project, which we had. Applying for the grant helped streamline the club's administration system. The following documents were needed: Memorandum of Understanding between the community and the Rotaract Club of Nateete-Kampala, club financial management guidelines, sustainability

and project work plans. The club got immense guidance from the grants team which helped create a deeper understanding of its project objectives.

The grant of US\$2,000 will be used to complete a two-classroom block to create more space for the increased number of pupils in the school. It has enabled us to accomplish more than what was considered possible. We are happy that the community members also participated in the construction works.



Rtr. Mark Kimbugwe
Kakuba Project Chair (Phase IV)
RAC Nateete-Kampala

Rotaract Club of Naguru: Improving sanitation in Musalaba

We were amazed and grateful that DG Xavier Sentamu allowed Rotaract clubs to apply for District Grants. At first, we found the grant application process quite cumbersome, considering the many requirements, which we did not have then. This called for extra effort to secure these documents and submit them in time.

On the eve of the submission deadline, immediate Past President Irene Tinka, and then Project Chair Rashid Atugonza spent the night reviewing documents which

included the project proposal, and filling out the forms so that our application could be received on time. Thank God it was! Then, there was a long wait for the response, at times we had to follow up with PP Sarah Owembabazi about the progress of our application.



When it was announced that we were among the clubs that had qualified for the US\$2,000 District Grant for our Adopt-a-Village Musalaba Project, we were ecstatic. The project is estimated to cost Ug Shs 20,000,000, so the grant will surely help cover a great part of the budget.

The funds approval process was long, but we finally got the money in October 2020 and construction of the five-stance drainable latrine started last month at St. Steven Musalaba Primary School, the only primary school within a 6km radius in the region.

The school, with about 557 pupils (258 boys and 299 girls) is unenclosed, so its one toilet facility is shared with the neighbouring community, and the church located within the school compound. This undrainable toilet will soon be declared out of use.

2020/21 Grant Application

We submitted a new application of US\$2,000 for the 2020/21 Rotary year to enable us to complete the project. This time, we were also required to register the club as a legal entity in addition to last year's requirements. We got all this done, besides the audited books which were to be submitted in last month after completion of the audit exercise.

About Musalaba village

Musalaba is located in Amuru District, approximately 100km from the border with South Sudan. The area was terrorised by the Lord's Resistance Army for several years. Thousands of children were abducted, tortured, and several communities displaced.

In 2016, the Rotaract Club of Naguru adopted Musalaba and has since been implementing projects in food security, sanitation and hygiene, financial literacy, basic education, disease prevention and climate change. It has been supported by the Rotary clubs of Kampala Naguru, Bukoto, and Gulu to provide medical services through medical camps to over 3,000 people in the Gulu (Koch Koo), Amuru community.

Rtr. Janet Alice Nagawa
President - RAC Naguru

Empowering youth in Namatala

For a while, the Rotaract Club of Mbale Uptown had towed with an idea to skill the youth within their locality, thus the birth of the Namatala Art and Craft Skills Empowerment Project.

With support from the Youth for a Covenant Vision Uganda, a Community Based Organisation (CBO) in Namatala slum, the club developed a proposal to skill



30 youth (20 girls, and 10 boys) to make sandals, and necklaces, among other items.

After guidance from the grants team, and securing the necessary documentation, a US\$2,000 District 9211 grant was approved in April 2020, and funds received in October 2020.

Project implementation started with sourcing for potential suppliers, meeting and orienting the beneficiaries. On 30th November 2020, the project was launched by the District Rotaract Representative, Edmund Issae, then training begun. Finished products are expected on the market mid this month. The club was also supported by the Rotary Club of Mbale Metropolitan.

Rtr. Charles Mugume
Project Coordinator
RAC Mbale Uptown



RTN. MADINAH FRIDAY

The Kyanja Riders: Building connections through cycling

If you mention Fitness and Nutrition (FAN) and cycling, you will be referred to the Rotary Club of Kisaasi-Kyanja Kampala. The club members choose cycling as their signature FAN activity because it is a healthy, fun and low-impact form of exercise, suitable for all age groups.

When COVID-19 crippled the nation, a lockdown was imposed, and both private and public vehicles were banned, but bicycles were permitted. Upon realising that people were cycling for exercise and transport, President Taga Nuwagaba of RC Kisaasi-Kyanja Kampala suggested weekly cycling as a club FAN activity. This has morphed into a registered club with about 50 members that cycle every Sunday morning. It is interesting to ride with our family members especially the children aged between eight and 17 years. We have also encouraged non-Rotarians from the community to join in. Although the primary aim of riding was to promote fitness and good health, the club has innovatively added aspects to help us know our neighbours and surroundings. We have conducted education excursions, supported the communities, kept connected and increased Rotary's publicity.

A typical plan for cycling is that we map out a targeted route for the day, mobilise Rotarians and community members to turn up at a pre-confirmed venue for the education excursion.

Cycling has connected us with business centres within our neighbourhood. We intentionally purchase items like water, glucose and fruits from local shops to support these small businesses normally run by women and the youth. This causes a lot of euphoria when we next ride through these places because of

the bonds we are creating. We also make stopovers at homes of Rotarians along the route, and eat some fruits. I can proudly say that members have become fitter and are now comfortable covering 60km in one ride. Our children can now navigate through the villages as they understand the road network. As we ride, some people stop us and ask how they can join in. This makes us happy, as the more, the merrier!

Even with COVID-19 disruptions and breaks, we have so far covered over 300km on various routes including Wakiso Najjemba circuit (42km) with 30 cyclists; Kololo Circuit (18km) - eight cyclists; Mulago Snake Circuit (16km) - five cyclists; Namugongo Circuit (36km) - 31 cyclists; Matugga Kiteezi Circuit (41km) - 17 cyclists, and the Great Grand Mabamba Shoebill Circuit (52km) 51 cyclists with our Chief Rider PDG Ken Mugisha, and the Nakyesasa Circuit (56km) - 35 cyclists, Najjemba 2 (25 cyclists) 40km.

We are practising for a mega martyrs' route from Mbarara to Namugongo. With support from DG Rosetti Nabbumba Nayenha, plans are underway to register as a Fellowship. This will provide an opportunity to all Rotarians that wish to join the riders' team.

I urge Rotarians to put aside the cars and consider cycling for FAN. Cycling is the best option to help protect you from diseases like stroke, heart attacks, some cancers, depression, diabetes, obesity and arthritis. It is also good for weight loss, fitness, strengthening the legs, mind and immune system.

Rtn. Madinah Friday
IPP RC Kisaasi-Kyanja Kampala
AGE D9213



Send me a pin!

One of the most useful inventions of our times has to be Google Maps. When you are trying to reach a venue or a friend’s home you just ask them to send you a pin, and if you are tech-savvy like I am, a beautiful voice will guide you to the destination.

I am also old enough to remember being directed like so ‘...When you get to the mango tree turn left, drive for five minutes and turn right. If you reach a football pitch, then you have missed the turning...’

A frequent Ugandan Rotarians’ ask is now ‘which district are you in...’ and the answer always starts with ‘...oba 9213? (Oba – means I wonder). And so, my fellow Rotarians I am sending this pin so that you wonder no more.

DGE John Ndamira Magezi

Acacia-Sunset-Kampala (87559)	Kabarole (21762)	Kampala-Ssese Islands (28084)
Arua (64894)	Kabulasoke Gomba (89201)	Kampala-West (17288)
Arua Eco-City (90588)	Kampala (17287)	Kasangati (59565)
Bugiri (86705)	Kampala 7 Hills (89884)	Kayunga (52290)
Bugolobi (57860)	Kampala-Central (29697)	Kiboga (91056)
Bugolobi MorningTide Kampala (87509)	Kampala City (89450)	Kigumba (87521)
Bukedea (89087)	Kampala Day-Break (84335)	Kira (90857)
Bukoto (61247)	Kampala Earlybird (91080)	Kireka Movers (90941)
Bulindo (89848)	Kampala-East (25338)	Kisaasi-Kyanja-Kampala (87878)
Buloba (87810)	Kampala-Impala (84698)	Kitante (89004)
Bweyogerere Central (88129)	Kampala-Kawempe (87705)	Kitgum (82557)
Bweyogerere-Namboole (30541)	Kampala-Kibuli (80671)	Kiwatule (59844)
E-Club of Uganda Global (90520)	Kampala Maisha (88369)	Kiwenda (90108)
Fort Portal (89275)	Kampala Metropolitan (87496)	Kololo-Kampala (25462)
Gulu (22834)	Kampala Naguru (82454)	Kumi (83325)
Hoima-Kitara (84703)	Kampala Naalya (84340)	Kyambogo-Kampala (26734)
Iganga (25463)	Kampala-North (25541)	Lira (72835)
Jinja (17286)	Kampala South (29130)	Lugazi Central (88104)
Makindye (26466)	Kampala Springs (90686)	Lugogo Mango Tree (88294)
Masindi (27430)	Mukono Central (87445)	Port-Bell (29813)
Mbale (17289)	Najjeera (88851)	Seeta (61816)
Mbale Metropolitan (88834)	Nakasero Central (90897)	Soroti Central (79595)
Mityana (27889)	Namugongo (84318)	Source of the Nile (25224)
Mubende (30001)	Nansana (81687)	Sunrise-Kampala (73900)
Mubende Metro (90841)	Njeru (88844)	Tororo (26569)
Mukono (26467)	Ntinda (29204)	Wakiso (90898)
	Ntinda Metropolitan (89005)	Wobulenzi (79512)

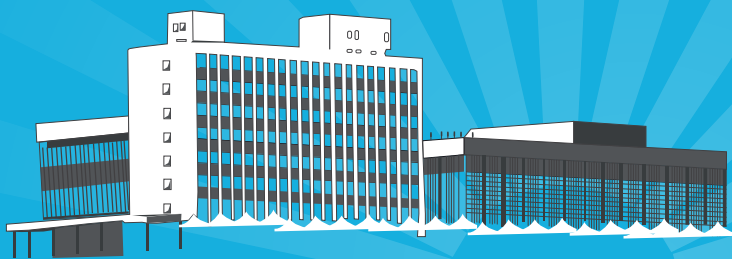
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All clubs in Tanzania, plus the following in Uganda:

DGE Young Kimaro

Bunga (89315)	Kyengera (58424)	Nateete-Kampala (77469)
Bushenyi (25528)	Kyotera (64954)	Nkumba (85475)
Bwebajja (86420)	Lubowa (85970)	Nsangi (87473)
Entebbe (25128)	Lukaya (84744)	Ntungamo (82559)
Gaba (29269)	Lwengo (89903)	Rubaga (24275)
Ibanda (50419)	Lyantonde Metropolitan (89718)	Rubaga Lake View (88887)
Kabale (21775)	Makerere Rainbow Kampala (81825)	Rukungiri Central (82558)
Kabwohe (84516)	Makindye West-Kampala (87498)	Rwampara (58426)
Kajjansi (61815)	Masaka (22589)	Seguku (89446)
Kalangala Ssese Islands (88162)	Mbarara (22291)	
Kalisizo (59564)	Mbarara City (90579)	
Kampala Munyonyo (86064)	Mbarara East (70114)	
Kampala Muyenga Breeze (85044)	Mengo (25103)	
Kampala-Nsambya (85017)	Mgahinga Kisoro (90312)	
Kampala-Wandegeya (86622)	Mutundwe (89107)	
Kansanga (91097)	Muyenga (25112)	
Kasese (27762)	Muyenga Sunday Sunset (88899)	
Kasese Snow Peaks (90997)	Muyenga Tank-Hill (90089)	
Kigo (90514)	Nabbingo (91039)	
Kihihi (84314)	Nalumunye (90899)	
Kisugu-Victoria View, Kampala (87467)	Namasuba (89314)	



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Highlights of the 2nd All Africa Zone 22 Institute

RTN. MARIA MUZAKI

The 2nd All Africa Zone 22 Institute held in Kampala, Uganda from 2nd -5th December under the theme – People, Peace, and Planet, was a hybrid event, attracting over 200 delegates physically, and approximately 150 online. Below are some of the highlights.

- The Institute was preceded by training sessions for District Governors Elects (DGEs), District Governors Nominees (DGNs) and their spouses; District Trainers and Membership Chairs.
- The delegates were from various districts within and outside Africa. These include: 2451, 9010, 9101, 9102, 9110, 9125, 9141, 9141, 9150, 9210, 9211, 9212, 9213, 9220, 9350, 9370, and 9400 among others. After D9211, D9141 had the highest number of attendees.
- Key among the speakers was the RI President-Elect Shekhar Mehta, who urged Rotarians to upscale their interventions from project to program level. "We have a role to play in nation-building, we should leverage our convergence as Rotarians and do one big project, to have a greater impact in our communities," he noted.
- The Institute's opening ceremony was graced by the Deputy Speaker of Uganda's Parliament, the Rt. Hon. Jacob Oulanyah. He urged Rotarians to serve communities through unconditional funding to enable them to address the pressing humanitarian challenges. Oulanyah is a Major Donor and Honorary member of the Rotary Club of Kampala Central.
- The Institute was also addressed by several Rotary leaders that included: Past Rotary International President (PRIP) Jon Majiyagbe; PRIP and The Rotary Foundation Trustee Chair Ravi Ravindran; Past Rotary International Director (PRID) Larry Lunsford; RID Katerina Kotsali-Papadimitriou; Trustee Geeta Manek; RIDN Patrick Chisanga; RI Membership Director Brian Kind; RI Regional Development Chair Nicole Jones; Mary Jo Jean Francois, Area of Focus Manager – Basic Education and Literacy; RI Treasurer Bharat Pandya.
- Similarly, in attendance were Chair Nigeria National PolioPlus Committee PDG Dr. Tunji Funsho, End Polio Now Zone Coordinator Pearl Okoro Ijeoma, several PDGs, Governors, Past Assistant Governors, plus several Rotarians and Rotaractors from the various districts.
- The sessions focused on: The Rotary Foundation; PolioPlus; Rotary and Peace plus an update about the Makerere University Peace Centre; Membership; Creating new club models and building vibrant clubs in the new normal; Doing business in Africa and with fellow Rotarians; Our Environment and Rotary's new area of focus; Youth Employment and Entrepreneurship; Rotary and Young Adults, among others.
- Past Rotary International Vice President Yinka Babalola, also the Convener of the Institute shared the Vision for Africa – Two Rotary Zones; 1,500 Rotary Clubs; 100,000 Rotarians spread in more than 30 Districts in the medium term. In the short term: D2451- Egypt could have two districts – 2452 and 2453; D9010 – Morocco could become a district, strengthen Tunisia, Algeria and Mauritania; D9101 – Cote D'Ivoire could form District 9105; D9102 – Ghana could form District 9103; D9150 – split into two districts; D9212 – Kenya could become a District, double Ethiopia and re-engage Eritrea;



Online registration



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Nigeria - two new districts from D9110/D9125 and 9141/9142); D9211 - Uganda as District 9213 and strengthen Tanzania; No further mergers in the South - strengthen 9210, 9220, 9350, 9370, 9400.

- Over US\$255,000 was pledged to support the Rotary Africa Peace Fund, and Sam Otori Peace Fund that support the Peace Centre at Makerere University. Endowment and Major Gifts Advisor (EMGA) PDG Emmanuel Katongole pledged US\$25,000 to kick start the Sam Otori Peace Fund.
- The Rotary Club of Kyandondo was chartered with 65 members.
- The Institute sponsors included: Cipla Quality Chemicals, Joint Medical Stores, Davis and Shirtliff, Centenary Bank, Parapet, National Water and Sewerage Corporation, Uganda Electricity Generation Company Limited.

Resolutions from the 2nd All Africa Zone Institute

1. An All Africa Business Network be set up.
2. The business segment in the Rotary Zone Institute program started at the 1st All Africa Zone Institute in Sharm El-Sheikh be adopted as a standard in future zone institutes.
3. All Rotary International Districts in Africa set aside 10% of their District Designated Funds (DDF) with effect from 1st July 2021, and for the next five years for the Rotary Africa Peace Fund, and Sam Otori Peace Fund that support the Peace Centre at Makerere University.
4. All Districts in Africa will commit some of their unutilised DDF to projects within the Africa Zone starting 1st July 2021.
5. A program for Rotaractors as started at the 1st All

Africa Zone Institute and continued at this institute will remain part of the institute.

6. We thank the Government of the Republic of Uganda for hosting this Institute, and the many sponsors and supporters.
7. We thank the co-chairs PDGs Emmanuel Katongole and Kenneth Mugisha, and the entire organising committee for hosting an excellent institute.
8. We thank our Rotary senior leaders from across the globe including: PRIP Jonathan Majiyagbe; PRIP Rajendra "Raja" Saboo; PRIP and current TRF Chair Ravi Ravindran; Past RI Directors Gidi Peiper, Corneliu Dinca, Safak Alpay, and Past TRF Trustee Sam Okudzeto, and Trustee Geeta Manek. We thank our Rotary International Director Nominee Patrick Chisanga, and the many PDGs and other leaders in attendance. Special thanks to our current RI Director Katrina Kotsali-Papadimitriou.
9. We greatly appreciate the incoming RI President Shekhar Mehta for attending a greater part of the Institute.
10. We thank our convener Past RI Director and Past RI Vice President Yinka Babalola for his devoted and transformative leadership leading to a successful institute.
11. We thank the many Rotarians and speakers who attended in person or online.
12. We thank the Almighty God for His Amazing Grace.

PDG Eric Kimani
RC Nairobi Muthaiga North
District 9212



Top: Deputy Speaker of Uganda's Parliament, the Rt. Hon. Jacob Oulanyah (centre), RIDN Patrick Chisanga, PRIPV Yinka Babalola, and DR Rosetti Nabbumba Nayenga during the opening ceremony of the Zone Institute

Bottom left: PRIPV Yinka Babalola
Bottom right: Delegates at the Zone Institute

Zone 22 Membership Awards - Rotary Year 2019/20

Membership	District	Figures
Club Growth	9141	21
	9212	20
	9211	18
Net Membership Gain	9141	738
	9212	619
	9211	468
New Member Retention	9211	91.22%
	9110	90.93%
	9141	86.19%
Existing Member Retention	9211	84.13%
	9110	81.84%
	2451	82.46%
New Rotaract Clubs	9211	21
	9010	17
		16



D9141 - Platinum Award for best performer in the growth of new clubs



D9212 – Gold Award as 1st Runner-up in the growth of new clubs

Zone 22 TRF Awards - Rotary Year 2019/20

The Rotary Foundation	District	Figures (US\$)
District Designated Funds (DDF) for the Peace Centres	9211	30,200
	9141	13,000
	9212	11,500
Contributions to the Endowment Fund	9110	163,604
	9212	102,200
	2451	80,800
Contributions to the Annual Fund	9211	408,259
	9110	294,684
	9141	202,457
Highest contributions to TRF in Zone 22	9110	670,574
	9211	576,367
	9141	344,991
DDF Contributions to Polio Plus	9110	32,283
	9142	26,698
	9102	26,000
Top contributing District to African Peace Fund (not DDF)	9211	13,600
	7010	3,700
	9141	1,000
Top Polio Plus Contributing Districts	9110	148,355
	9141	104,511
	9212	74,203



D9110 – Top Polio Plus Contributing District



D9141 - Third highest contributor to TRF

End of an era, Beginning of a new dawn

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(TZ): June Russel Gondwe +255 718 515 490

#DCA96 @D9211

District 9211 Awards

Congratulations to PDG Francis Xavier Sentamu, the Connecting team, and entire District 9211 Rotary fraternity for your stellar performance in 2019/20. District 9211 was the best performer in the following categories: Establishing the highest number of new Rotaract Clubs; New Member Retention; and Existing Member Retention. Also second runner up in Net Membership Gain, and New Club Growth.

District 9211 was the top contributor of DDF for the Peace Centres, the Annual Fund, and to the African Peace Fund (not DDF); and second highest contributor to TRF in Zone 22.



Top contributor to the Annual Fund



Second highest contributing District to TRF



Second runner-up in the growth of new clubs



District 9211 was the top contributor of DDF for the Peace Centres, the Annual Fund, and to the African Peace Fund (not DDF); and second highest contributor to TRF in Zone 22



Growing Rotary in Africa: Young leaders needed

RTN. JEAN- PIERRE LASSENI DUBOZE

Jean-Pierre Lasseni Duboze was the lead trainer for District Governors Elect and (DGEs) during the 2nd All Africa Zone Institute held in Kampala, Uganda last month. Jean is an economist and has worked for over 30 years in water and electricity utilities. He joined Rotary in December 1999 and is a proud member of the Rotary Club Libreville-Okoume in Gabon (District 9150). He was Governor in 2012/13 and Rotary Regional Foundation Chair (RRFC) for Region 26 which comprises five districts, mainly French-speaking. Participating in a Vocational Training Team (VTT) medical mission and organising one in his country in 2016 made him realise the strength and the impact of the Rotary Foundation.

Describe your experience during the training at the 2nd All Africa Zone Institute?

This training experience was exceptional, maybe the first one of a kind, because of the COVID-19 context. It was hybrid - on-site and online simultaneously for participants and trainers. Organising the facilitator's assignment program was constrained until the last moment because two of them could not attend, and one was not able to facilitate online. There was a need for seamless IT connection to enable both on-site and online participants and facilitators keep in tandem within the schedule. Fortunately, the local team was exceptional. We had 100% attendance for DGEs and 88% for District Governors Nominee (DGNs) whose participation was not mandatory. I was very happy with the participation, and the remarkable job and commitment of the training team.

How has Rotary opened opportunities for you this year?

I have been able to meet many more Rotarians than



during previous years thanks to virtual meetings. Should I say thanks to COVID-19 for forcing many more Rotarians to meet, and do even more for our communities?

What would you want to see changed in Rotary?

It appears Rotary has adapted very fast to recent big challenges such as new generations, gender, diversity and lately to COVID-19 considering a world organisation of 1.6 million members. As Rotarians and Rotaractors, we should pursue our work to create a better life in our communities.

Envision Rotary 30 years from now. What do you see?

Honestly, I do not know, although I believe Africa will be a large part of it with at least 150,000 members within four zones.

How can we elevate Rotary in Africa?

We should grow our membership, and there are still are many territories to conquer. The target was set by our senior leaders. For that, we need even more young



DGEs after the second day of training during the 2nd All Africa Zone Institute

leaders. We should act on this aspect for relevant, effective, and durable possibilities to benefit our communities.

What positives has COVID-19 created in your Rotary life?

It has enabled me to think and act differently. Many Rotarians discovered virtual meetings, and that it was possible to meet friends and do things without travelling or driving. So, the action is still possible despite COVID-19. We are learning how to maintain and develop friendships in these conditions.

How can we rebuild Rotary post-COVID-19?

We should pursue what we already do, but probably in a different way. I believe COVID-19 could help us see our world and ourselves more positively and responsibly in terms of priorities such as health, environment, family, and basic needs for the neediest in our communities. We Rotarians and Rotaractors should be the actors of this paradigm change.

Honestly, I do not know, although I believe Africa will be a large part of it with at least 150,000 members within four zones

We should pursue what we already do, but probably in a different way. I believe COVID-19 could help us see our world and ourselves more positively and responsibly in terms of priorities such as health, environment, family, and basic needs for the neediest in our communities...

We should grow our membership, and there are still are many territories to conquer...



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Live your legacy today: Lessons from the life of PAG Robinah L. Lutaaya

DGN. MIKE K. SEBALU

I got the news of Robinah's death while attending the All Rotary Zone Institute at Munyonyo. Life has not been the same since then. Her death shattered my dreams because Robinah was part of my future in Rotary. She was central in my planning, focus and Rotary journey to the Governorship. But we plan and God fulfils. He did it for a good reason. He gave us Robinah, and He took her at the time He did, may His name be praised.

I pay special tribute and thanks to President Mercy Kainobwisho who led us through this very difficult and challenging time as a club. True leadership comes out at its best form during challenging times.

I thank our immediate families – our mother club (Ntinda), and children (Rotary clubs of Naguru and Kampala Early Bird; Provisional clubs of Sonde and Kampala Morning Stars; and Rotaract Club of Bukoto), DG Rosetti, PDGs and all Rotarians that joined us to pay their last respects to Robinah and made generous contributions towards burial arrangements. I also thank the various programs of Rotary that joined us, and which programs Robinah served: Malaria Partners; Vijana Poa, Mission Green, Blood Bank, Cancer Program, and many others. We are thankful, ever mindful and grateful for the goodwill and solidarity you extended to us.

Building a legacy

A legacy is the part of a person that lives on long after they are gone, but building it starts when you are alive. If you have not worked on your legacy, today dedicate time to build and sustain a legacy. A legacy is what you are remembered for, and it has to be positive, valuable and inspiring. Some individuals are remembered for doing the wrong things, that is not a legacy. Think about what will be missed when you are gone? Will people reminisce about anything? Think about – who you are, what you stand for, and what you mean to other people.

A legacy is a total of small things, done consistently in a big way. It is not about big things only. It is about doing good things, whether others notice or not. It is the deeds that matter, not the size of the audience. If you are meant to impact one person, that is part of the journey of building a legacy. Always give your best in everything you do, even if there is one person in the audience.

We own nothing in this world, everything that surrounds us is temporary, only the love in our hearts will last forever. So the way you make someone feel at one point will make a difference in their lives, and that will be remembered about you. Do not be the person that behaves badly, or negates value systems that connect with humanity.

Robinah's legacy

Robinah lived her legacy. Every day meant different things to Robinah, and she had to impact people of that day. Ask yourself at the end of the day, have you impacted anyone positively? Do you live your legacy every day?

Robinah lived a fairly short life, but it was a full life given the accomplishments she registered. People from different settings and backgrounds gained from her. She was a likeable, loveable, God-fearing, and very prayerful person. She cherished her family and raised three responsible children.

She was a highly professional person – a legal and tax consultant, and an economist of high standing being an alumnus of the London School of Economics. She served in the Ministry of Finance (Income Tax Department), 14 years at Uganda Revenue Authority, Price Waterhouse Coopers, and Birungi, Barata and Associates.

She was successful professionally, economically, socially, spiritually and family-wise, but Robinah remained simple, sociable, and down to earth. She believed that looking out for the good in others would enable one to discover the best in themselves. This she did by supporting, opening up, and appreciating others; not being judgmental.

Robinah was a lifetime Rotarian, not merely a Tuesday Rotarian. When she joined the Rotary Club of Bukoto as a charter member, she was willing, available, and ready to serve Rotary at the club, country and district levels.

Rtn. Robinah's Scorecard
If we scored her against the Rotary principles, Robinah excelled in all. Think about how you are living your legacy based on these principles.

- **Serve Above Self** – how are you living the Rotary motto? Robinah sacrificed her resources (times, skills and finances) to serve others.
- **Rotary Vision Statement** – Robinah was always available to join service-oriented people, ever willing

and ready to take action and create lasting change. She did so in Kabutemba, Jaja Nantale Orphanage, Mulimira Zone, and different Rotary programs.

- **Core values** – She was a true embodiment of the core values of Rotary. She was always available and supportive of service; very accountable and honest; did not discriminate in terms of gender, race; she was a leader who created, supported, nurtured, motivated and inspired other leaders.
 - **Areas of focus** – She supported, identified and cherished all of them. This is exemplified in the Kabutemba Adopt-a-Village Project where our club is intervening in all the seven areas of focus.
 - **Avenues of Service** – She used her vocation to serve not only RC Bukoto, but also other clubs and the community. She supported the youth through our Rotaract Club and programs like Rotary Vijana Poa. She supported The Rotary Foundation and attended several District Conferences and Assemblies, and Rotary International Conventions.
 - **The Four-Way Test** – She not only recited it but lived it every day. She was a truthful and fair person full goodwill and ready to serve others.
 - **Object of Rotary** – She believed in making acquaintances and exemplifying high ethical behaviour.
- Lessons from Robinah's legacy**
- Be a visible Rotarian – be seen, heard, felt, understood, appreciated, and celebrated as a Rotarian.
 - Your legacy begins with you today. Live it every day.
 - No matter what happens in life, keep a good heart of patience and trust. Do not let the

darkness of this world harden your heart.



May Robinah's soul rest in peace.
Rtn. Mike K. Sebalu
District Governor
Nominee – D9213
RC Bukoto



Remembering Rtn. Robinah Lubwama Lutaaya

DG Rosetti Nabbumba Nayenga

We have lost a kind and loving person. Proverbs 31:10 (A wife of noble character who can find? She is worth far more than rubies), and Proverbs 31:25 (She is clothed with strength and dignity; she can laugh at the days to come) describes Robinah. She was known by God, and He lent her to us. We thank her parents for raising a virtuous lady. We also thank her husband and family who loaned us Robinah to serve Rotary.

As we reflect on Matthew 5:4 (Blessed are those who mourn, for they will be comforted), let us pick lessons from her life, and emulate her good deeds. Let us also pray for the Rotarians that have died recently, and reach out to their families.

PDG Sharmilla Bhatt

It is with great sadness that I write about my Inspirational Assistant Governor Robinah. She accompanied me to Agra, India where we carried out our District Team training seminar and to the many clubs I visited and helped out when she was not directly responsible. Robinah, I kept a vigil by keeping in touch with PAG Mebra when you were in the hospital, and said a daily prayer for you, but alas!

Sometimes we come to life's crossroads and view what we think is the end. But God has a much wider vision. He knows that it's only a bend

The road will go on and get smoother. That is after we have stopped for a rest
The path that lies hidden beyond us is often the path that is the best

So rest though we needed you here with us. Let God now share our load in Rotary . As you have left it all for us.... Your life and work for humanity have come to a bend, not to an end. Robinah be in Peace.... and bless us from above. Om Shanti!!

PDG Bob Waggwa Nsibirwa

Robinah embodied the tenets of Rotary – humility, service, and humanity She was humble to everyone she met and did not seek the limelight when called upon to serve. We can all learn from her humility.

She was part of the Vijana Poa Board and the first female Stewardship Chair in our District. This docket had always been headed by tough men, but Robinah embraced this role humanly and sternly. She was humane. No one ever said anything negative about her, or that they can't serve with her. Let us continue the things she believed in.

PDG Steven Mwanje

Robinah was the diamond of the Rotary Club of Bukoto. She offered her shoulders to make Rotary shine. She stood for what Rotary represents – service and fellowship. What lessons can we pick from her? Let us learn to appreciate our friends when they are alive.

DGE John Ndamira Magezi

She had a tough job of promoting stewardship in our District, but she showed courage in her work. She was a hardworking, intelligent, and firm lady. We have lost a shining star, who had an infectious smile that could calm even the most annoyed person. She was very thoughtful and caring to her friends.

PAG Mebra Lwabaayi

Robinah was a super human being who knew how to handle everyone. I have hope that she is with the angels and her Father in heaven. She taught me to live a simple life. When we became Inspirational Assistant Governors, we supported each other. She was an advocate of people winning together, not unhealthy competition. Robinah was humble to everyone.

PAG Flavia Serugo

She was a service-oriented and prayerful lady, who was always ready to reach out and help other people.

IPP Gloria Katuuku

When I served as the Connecting President of the Rotary Club of Bukoto, Robinah handheld me. The accomplishments we celebrated were because of Robinah. She advised me on how to handle everything. She was the thread that held the club together. She took us on a journey to achieve a lot as a club without a Global Grant. We shall emulate her good deeds, and not let her candle die out!



In memory of a
joyous, faithful
and service
oriented
Rotarian
Robinah
Lubwama
Lutaaya



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Rotary  PEOPLE OF ACTION

DG's Club Project Visits



Rotary Club of Muyenga Sunday Sunset

St. Henry's Primary School Muyenga Project

St. Henry's Primary School Muyenga was started in 1991 by Rev. Father Swaz Muller. From only five pupils in its first term, the school currently has over 250 pupils mostly from the neighbouring slum areas of Muyenga, Namuwongo, Kisugu, Kanyogoga, Kasanvu, and Soweto. Majority of these children are from very poor families which engage in low income-generating activities like selling charcoal and alcohol; and roadside vending which cannot enable them to generate funds to pay school fees promptly. This affects the school's ability to meet its termly requirements, resulting in poor payments and consequently making it unable to meet its operational costs.

The Rotary Club of Muyenga Sunday Sunset sought to support the school through a two to three-year project, with help from corporate partners, and possibly a Global Grant. The club seeks to help the school acquire textbooks, furniture, 20 computer sets, a multi-purpose Digital Printer Riso Graph to help ease the scanning, printing and photocopying of examinations and other secretarial works; renovate some classrooms and pave the compound; and construct a modern kitchen, including toilets.

Through a partnership with Price Waterhouse Coopers and Abt Associates Incorporated, RC Muyenga Sunday Sunset secured items worth Ug Shs 11,355,973 which were handed over to the school during the District Governor Rosetti's visit to the club last month. The items included: four computers, a printer, furniture, and stationery.

Rotary Club of Bwebaja

Kyampagi Childhood Development Centre

Kyampagi Childhood Development Centre is located in Kyampagi Village, Gayaza Ward, Kasali Town Council in Kyotera District. It has an enrollment of 475 pupils, of which 109 are in the nursery section, and 50 in Primary Seven.

In 2019, the Rotary Club of Bwebajja, in conjunction with the Rotary Clubs of Kalisizo and Kyotera held a joint medical camp in the area. They noticed the dilapidated school structures, and thereafter conducted a needs assessment that pointed to the need for new classrooms.

Construction of the structure housing the three classroom block, section head and secretary's offices, begun in September 2019, and it was launched in November 2020 by DG Rosetti. During the same event, scholastic items which included textbooks, pens, pencils, masks, mathematical sets, and drawing books were donated to Primary Seven pupils.

The classroom block, which cost Ug Shs 107 million was funded by the Rotary Club of Bwebajja and the Kyampagi community. The project's second phase will involve furnishing the classrooms.



DG's Club Project Visits





Innovation drives Rotary Club of Kampala Palms

RTN. MUSA HAMZAH SEKAMATTE

Musa Hamzah Sekamatte is the Charter President of the Rotary Club of Kampala Palms. A Principle Medical Epidemiologist working with the Ministry of Health Uganda and Infectious Diseases Institute-Makerere University, businessman, and father to beautiful girls, Musa shared with The Wave Team, how he started a club during COVID-19 and had it chartered before the end of 2020.

I was a member of the Rotary Club of Kampala East. Last year, during a joint fellowship for all Tuesday Rotary Clubs, PDG Emmanuel Katongole encouraged me to start a new club.

After a month, I called a friend, we met at a market and I shared this idea with her! She agreed, and we started a club in April 2020 during COVID-19!! I invited 10 friends who are now charter members. My friend also invited other friends and the rest is history. My best moments have been the exciting Palmers monthly bonding sessions that excite every member. The club was chartered in December 2020 with 29 members because we lost a few that could not pay the Rotary dues, owing to difficulties experienced during this COVID-19 pandemic.

Kampala Palms comes with several innovations. It will be run under a business incubator model. One of our

members hosts two shows on NTV (Money and Markets, and Enterprise Uganda Forums). He is the lead in all our incubator model collaborations. We have partnered with Enterprise Uganda to formalise our business activities. Being a businessman, I have marketed and sold my business to many Rotarians and profited from this venture, so I believe this model will benefit us.

We shall develop a Rotary App to support event-based child abuse surveillance and response strategies under the peace and conflict resolution area of focus. This is a grey area that we should explore more. We are pursuing getting a major donor, and Paul Harris Fellows (PHF) soon. A Rotaract club is in the offing this year.

Kampala Palms brings vibrancy, with about 90% ladies and 10% gentlemen. It is a hub for ladies' recruitment, and anyone who would like to know the power of attraction of ladies to Rotary should consult the Palmers. The members have participated in several trainings to prepare us for the goals set in our annual plan. I am glad that last year, we added 29 members to the Rotary family, and many more are set to join.

Musa Hamzah Sekamatte
Charter President – RC Kampala Palms



Note: During the Charter ceremony, Tony Okao Otoa, Executive Director of Stanbic Business Incubator Ltd confessed that this being a club set to champion business incubation, it's surely his close-fit, and he should be joining soon.



Dar-es-Salaam clubs unite for The Rotary Foundation

RTN. AGNES BATENGAS

Under the stars, and by the oceanfront at the Slipway Hotel, eight Rotary Clubs in Dar-es-Salaam gathered for a dinner to celebrate The Rotary Foundation in November 2020.

District Governor Rosetti Nabbumba Nayenga virtually joined the event hosted by the following clubs: Oyster Bay, Dar-es-Salaam, Bahari, Sunset, Mlimani, Mikocheni, Dar City, and Mbezi Beach. She emphasised the reasons we should give to the Rotary Foundation.

Past District Governor (PDG) Sharmila Bhatt recognised all new members that had given to the Foundation this Rotary year, of which 15 were Paul Harris Fellows and six new commitments to the Paul Harris Society. The event had a good mix of Rotarians, friends of Rotary, guests and corporates. The Karimjee Jivanjee Foundation was applauded for its continued support to the Rotary Foundation, including their

giving of US\$2,000 this year. Other virtual messages were from Chair of the Trustees of the Rotary Foundation Past Rotary International President K.R Ravindran, and DGE Young Kimaro. PDG Harish Bhatt highlighted the importance of the Rotary Foundation with various examples of projects implemented through global grants and encouraged members to continue giving to the Foundation using the various avenues.

There was an exciting array of items auctioned. We look forward to greater participation next year, increased awareness among Rotarians, non-Rotarians and corporates, and giving to the Foundation.

Rtn. Agnes Batengas
Director - Rotary Foundation 2020/21
RC Dar-es-Salaam Sunset



RTR. KABILA JONATHAN OBBO



Running for Gulu Hospital’s Nutrition Ward

Fitness and Nutrition (FAN) is one of the projects introduced this year by District Governor Rosetti Nabbumba Nayenga. To spread the FAN message within the Gulu community, the Rotaract Club of Gulu University sought to support malnourished children and their mothers at the Nutrition Ward of Gulu Regional Referral Hospital (GRRH).

The club organised a 5km run in Gulu Municipality last year. Other activities for the day included: nutrition sensitisation to raise awareness about the causes of nutrition deficiency such as hidden hunger; nutrition assessment; and fitness drills. Some of the sponsors included: Gulu Country Diary which provided yoghurt, Games Union of Gulu University organised the fitness drills, GRRH provided the nutritionists, while Rotary Club of Gulu gave technical support. A total of Ug Shs 420,000 was raised.

The proceeds were used to procure - 50kgs of sugar, two boxes of washing soap, two dozen cups and plates, one dozen saucers, one scrubbing brush, a squeezer and bucket donated to the Nutrition Ward.

Edmund Issae, the District Rotaract Representative pledged his support to ensure that this project continues to impact the lives of other malnourished children. He also handed over mosquito nets, sanitary materials, and an assortment of medical materials.

The Rotaract Country Chair, Allan Ntambi Lukoda thanked the teams for supporting malnourished children, and contributing to the Rotary’s focus area of disease prevention and treatment.

Rtr. Kabila Jonathan Obbo
Project Chair - RAC Gulu University



The club organised a 5km run in Gulu Municipality last year. Other activities for the day included: nutrition sensitisation to raise awareness about the causes of nutrition deficiency such as hidden hunger; nutrition assessment; and fitness drills.



RTN. MERCY K. KAINOBWISHO

‘Bukoto boys and girls’ spread Christmas and New Year cheer

Kira Road Police Station and St. Andrew’s Church Bukoto were the first beneficiaries of the Christmas and New Year Bucket Project launched by the Rotary Club of Bukoto last month. The buckets are loaded with items that include: liquid and bars of soap, rice, sanitiser, beans, maize flour, toothpaste, sanitary wear, biscuits, cereal, and milk among others. Sacks of maize flour, beans and handwashing basins were also donated.

Speaking during the launch of the project, the guest of honour, Hon. Dr. Mike K. Sebalu thanked the club members (that fondly refer to themselves as Bukoto boys and girls) and well-wishers for funding the project that would uplift the morale of many during these hard times. Rtn. Mike is a member of the club and the Governor Nominee for District 9213. This gesture is in response to a request by our District

Governor Rosetti Nabbumba Nayenga that we also impact communities where clubs conduct their weekly fellowships/meetings. Since the RC Bukoto’s meeting venue is at Kabira Country Club, it was befitting to donate the items to the neighbouring communities. The project will be extended to communities where the club has implemented projects like Kabutemba in Gomba District, and Mbuga in Kiruhura District. I am also grateful to the club members, especially all past and present leaders and our partners for supporting this activity. Let us continue giving to our communities. The bucket project is running until the end of this month, we welcome more partners on board.

Mercy K. Kainobwisho
President - RC Bukoto
Email: mercykains@yahoo.com



Officers at Kira Road Police Station receiving the new Year Bucket Project



St Andrew’s Church Bukoto receiving Christmas Gifts from RC Bukoto





New Year! New Rules!

FEIZIN AMLANI

Most of us spent 2020 firefighting. The COVID-19 pandemic forced us to make sudden and drastic changes to every aspect of our lives. Remote working, lockdowns, changes in social activities and eating habits, more housework, the list goes on.

These changes have led many to view the world with a different lens. To re-assess how we approach the communities we live in and the lives we lead. For some, this has led to more open-mindedness and an enthusiasm for trying new things or learning new skills. For others, it has presented unimaginable challenges and uncertainties. New problems to overcome daily and a constant feeling of being in a react mode with no opportunity to take time out for a minute.

2021 is here, and you have a choice. Do you continue to firefight? Or do you assess, make plans and prepare for the future? Stop. Breathe. Think.

You do not need a bucketful of goals or a complicated spreadsheet...all you need is to simply think less and make fewer decisions. Identify what is important to you and align that to your goals. Set small goals that take you in the direction that is important to you.

The first and most critical step is to identify what you want. Make an appointment with yourself. Think of it the same way as making an appointment with your bank manager, or doctor. Set a specific date and time, block it off. Phone off. No interruptions. It does not have to be for very long. Use this time to ask yourself some questions.

What is important to me?
What am I doing that is not important to me? Where do I see myself in 5 and 10 years? Do I follow through on my goals? If not, then why not? Where do I get stuck

and why? How is 2021 going to be different for me? What would I like to achieve this year? Questions like these will help you to break unhelpful old habits and to create new ones which are.

Be clear

Think about your goals and ambitions. Ask yourself what you HAVE to do, and could STOP doing? This could be daily chores, bad habits, a non-productive routine, unnecessary obligations. What do you want and why? What are your passions, values and principles? How can you align all of these into your goal(s)?

Visualise

Experience it in your mind's eye. Be as detailed as possible. Imagine what you might be doing, wearing, saying. Visualising an action creates an inner motivation to strive for your goals and dreams. It makes it real for you as you see yourself in the role you want to be.

Write it down

This could be the most important thing you can do! Write or record yourself saying your goals out loud - with certainty. Research shows that you are 42% more likely to achieve your goals if you write them down. Writing your goals down forces you to get clear on what exactly it is that you want to accomplish. It motivates you to complete the tasks necessary for your success.

So now what?

If you made it this far, you have already hugely increased your chances of success. How do you stay on track and avoid falling into the trap of losing momentum or enthusiasm?

Remember and visualise your goals every day. Say them out loud. You will quickly notice a difference.

Make time

2021 is here, and you have a choice. Do you continue to firefight? Or do you assess, make plans and prepare for the future? Stop. Breathe. Think...

Are you committed to achieving your goal? Are you willing to put time, effort and energy into realising it? Will you schedule time for yourself to push your agenda through? If the answer is yes, then we are making great progress! Now that you are excited and can feel the fire within, the adrenaline is pumping and you want to scream your desires from the rooftop - do that!

Shout it from the rooftops!

Tell as many friends and family members as possible, work colleagues (if appropriate), your community members, even strangers! The more people you tell; the more doors you open up for yourself. You will get more support, encouragement and respect for your time and space. Let others contribute to your success.

Celebrate the small wins

I earlier mentioned breaking up big goals into smaller bite-size chunks. Acknowledge the progress you make at each stage, set new challenges and celebrate your achievements!

Step out of your comfort zone

Become comfortable with feeling uncomfortable. Be open to meeting new people, try new things, be courageous and challenge yourself. What's the worst that can happen? If you want this year to be different then you need to be different. Don't fear the unknown, embrace it. It's ok to make mistakes, just make sure you learn from them. Remember it is not just the destination that is important, but the journey too.

Making changes and accomplishing more does not have to be difficult, but it requires focus and

commitment. Be clear about what you want, write it down, visualise it, remind yourself daily, break down tasks into small steps, and celebrate the journey.

There are plenty of tips for each point highlighted but I hope I have shared some inspiration for a better and brighter 2021. I wish you the best of good fortune! So what are you waiting for? Grab a pen and write down those goals!

Feizin Amlani

Head Corporate Affairs - FB Attorneys, Tanzania
Coach and mentor

Write it down

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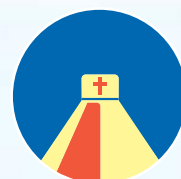
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