

# THE **WAVE**

ISSUE 05 - NOVEMBER - 2020 — A NEW DAWN



VOICES OF  
ROTARIANS

ROTARY  
WORLD  
OVER



2-8 NOVEMBER 2020

# WORLD INTERACT WEEK

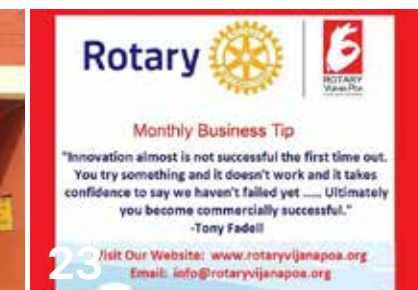
#WorldInteractWeek

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**3RD - 5TH**  
**DECEMBER 2020**  
COMMONWEALTH  
RESORT MUNYONYO &  
SPEKE RESORT HOTEL

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FIRST COME FIRST SERVE BASIS**

**PHYSICAL**

**VIRTUAL**

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## Editor's Note

### ROTARY FAMILY AND FRIENDS

The goal of the Rotary Foundation (TRF) is to - do good in the world. It is through the Foundation that we Rotarians access funds to implement various humanitarian activities through our now seven focus areas. In 2019/20, Rotarians gave US\$123.6 million to The Rotary Foundation Annual Fund and 1,359 global grants were awarded.

Even during this challenging time, it is worth remembering that it is our clarion call to step up and donate to the Foundation. Now more than ever, more communities around us are in dire need of our support. We should remind ourselves of the goals we set as District 9211 - to contribute \$600,000 to the Foundation, utilise US\$4m in global grants, and have at least 80% of our clubs contributing to the Polio Fund. How much have you contributed so far?

As we celebrate the World Interact Week from 2nd - 8th November, COVID-19 should not stop us from connecting with our Interactors. Even when schools have been closed for several months, I hope we have reached out to at least the leadership of our Interact clubs. We should continue to nurture and grow them into Rotaractors, our partners in the Rotary family. Also remember to submit your interact club's service project or leadership development activities for the 2020 Interact Awards by 1st December, 2020. This year videos, photos, and essays will be accepted. Check the Rotary International website for more information.

Rotary Action Groups (RAGs) are independent, Rotary-affiliated groups made up of people from around the world who are experts in a particular field, such as economic development, peace, addiction prevention, the environment, or water. In this issue, we feature the Rotarians Against Malaria (RAM)'s call for you to join this action group, and contribute to eradicating malaria in the world. We also highlight several projects being implemented by various Rotary clubs, and other inspiring human interest stories.

Continue sharing articles about the life changing projects being executed by your clubs, through this, the world will know about the good we do in society. Send your 500-word article with three to five action photographs by the 15th day of the month to [dg9211news@gmail.com](mailto:dg9211news@gmail.com). A big thank you to last month's writers and to you, our readers.

Let us generously donate to the Rotary Foundation to open up more opportunities for the communities we serve!

Be blessed!

**Rtn. Maria Roselynn Muzaaki**

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TOGETHER, WE

END POLIO

Rotary believes healthy communities are strong communities. That's one reason we've worked tirelessly to help immunize 2.5 billion children against polio. Bringing the world closer to eradicating a deadly disease — that's what people of action do. **Learn more at [Rotary.org](https://www.rotary.org).**



ROTARY INTERNATIONAL  
PRESIDENT'S MESSAGE

# Holger Knaack

We all know Rotary's tremendous power to transform our communities and ourselves. However, in every community, people have been left out, and we have not made a strong enough effort to reach them.

The RI Board of Directors is taking action to make Rotary more welcoming and diverse. We formed a task force to promote diversity, equity, and inclusion to help clubs attract new members regardless of gender, race, religion, age, or other factors. This will help us speed up the change we all want and need. The selection of Jennifer E. Jones as Rotary President for 2022-23 — the first woman to lead our organisation — is another step in this direction.

At the grassroots level, clubs drive inclusion and diversity. Alia Ali — who serves on the board of directors at the Big West Rotaract Multidistrict Information Organisation and is a Rotary Youth Leadership Awards alumna and past president of the Rotaract Club of Surrey-Newton, British Columbia — offers her perspective.

*I still remember the relief I felt as a RYLA participant four years ago. I had finally found my people: people who cared as much as I did. All over the world, Rotary has the same heart. We serve our communities and take action where others feel paralysed by the size and scope of a problem.*

*Let's continue that spirit, especially when the conversation is difficult. Racism, prejudice, and discrimination take on different forms but exist in every country, in every city, and in every person. How do we root it out?*

*As a diversity, equity, and inclusion consultant, I help organisations create a culture that empowers and attracts everyone using the power of empathy.*



*When we feel with others as if they were ourselves, we cannot hold prejudice in our hearts. When every child reminds you of your own child, when every woman or man reminds you of your mother or brother, you start seeing the world differently.*

*We can apply The Four-Way Test through the lens of empathy. Are we building goodwill and friendship with everyone in our area, including women? Are things fair and beneficial to people of all ages? Who has to make choices that you don't have to make?*

*I made a heartbreaking choice between Rotary and my religion when a Rotary convention was held during Ramadan. I wondered: When we ask if this is fair and beneficial to all concerned, did that not include me as a Muslim? Would the convention ever be held over Easter? Only by asking difficult questions can we begin the work of creating a more inclusive and diverse Rotary.*

*We already connect so many people across the world. Imagine the possibilities when we bring even more people along for the ride. That's the future of Rotary I want to see: one where we are unstoppable in our service, relentless in our kindness, and intentional in the change we want to see.*

Rotary has a big enough heart. If we open our door wider, we might find a lot of interesting people with new voices and new perspectives. We already have a variety of clubs offering different styles, cultures, and opportunities — and those who do not feel welcome in any particular club might be great candidates for new clubs created on different models. It's important that we make sure every new Rotary member is a good fit for their club. *Rotary Opens Opportunities through diversity.*





# District Governor

FELLOW ROTARIANS

A week ago, we commemorated the World Polio Day and I would like to applaud the District Polio Team and all the Rotary clubs in Tanzania and Uganda who organised special events to mark the day. This year was extra special following the recent achievement of a monumental milestone – the declaration of a Polio Free Africa.

*Ending Polio remains Rotary's number one priority and since 1985, Rotary has contributed more than US\$2.1 billion towards this cause. As the contributors of these funds, we have every right to be proud of being part of the effort that has reduced the number of reported polio cases in the world by 99%. But this is not the moment to let our guard down. We must remain vigilant in ensuring that every child receives the vaccine until Polio is completely wiped off the face of the earth.*

Nelson Mandela once said: "After climbing a great hill – one only finds that there are many more hills to climb." The declaration of a polio free Africa comes at a time when we are in the throes of a new pandemic – COVID-19. But if there is one thing that we have learned from our polio experience is that determination, perseverance, collaboration and sustained funding will be key to tackling this global challenge.

**In the wake of the current crisis, we are reminded of the important role that each and every one of us must play to mitigate the havoc that has resulted from this pandemic.**

And in Rotary, we need not look further than the Rotary Foundation (TRF) which we are commemorating this month. The Rotary Foundation is the vehicle that enables us to address challenges and contribute to lasting change. All our programmes starting from the End Polio Campaign, to saving mothers and children, building local economies, promoting peace to providing clean water and sanitation are funded by the Rotary Foundation. By June 2020, the Rotary Foundation had awarded US\$20 million towards the COVID-19 response; and in District 9211, part of these funds enabled us provide the much needed hand washing facilities, and personal protective equipment (PPEs).

It therefore goes without saying that it is our responsibility to sustain the Foundation through our contributions to the Annual Fund, EREY, the Paul Harris and Bequest Societies. We have set US\$ 600,000 as the target for our 2020/21 District contribution to TRF. And while I

recognise that 2020 is a difficult year, it is my desire that we become a 100% giving District. I am therefore appealing to the Opportunity Presidents and every Rotary Club in the District to contribute something to the Foundation, however modest. For it is only by doing so that we will be in position to support and build resilience in our communities that have been so badly affected by the COVID-19 pandemic. Ask yourself: "if you won't help, then who will? And if not now, then when?"

I also encourage all Rotary clubs within our District to explore partnerships outside Rotary, and leverage more resources to increase the impact of our work. But as we do, it is imperative upon us to uphold the principles of integrity, transparency and good stewardship. If we are to obtain and maintain external support, we must demonstrate that we are strong and reliable partners who ensure that resources reach the beneficiaries most in need.

**I thank all those who have already remitted their contributions, and all those who are planning to do so before the end of the year. It is your generous contributions to the Rotary Foundation that will enable Rotary Open Opportunities!**



**The Rotary Club of Bukoto hands over a cheque of US\$20,000 to DG Rosetti Nabbumba as its contribution to The Rotary Foundation**



## Foundation Trustee Chair's Message

In the early 1870s, a genius toiled in his laboratory, driven by a vision to improve life through technology. After many failed attempts, by 1880 Thomas Edison had perfected a new light bulb that could be produced on a mass scale.

When someone pointed out to him that he had tried and failed 10,000 times before succeeding, he responded that he had merely found 10,000 ways it wouldn't work!

Just like Edison, The Rotary Foundation is driven by a vision for a better world. And we, too, remain determined and creative in the face of setbacks. Earlier this year, our vital polio immunisation activities had to be temporarily paused to ensure that the polio eradication program did not contribute to the COVID-19 pandemic. And so we adapted: The polio-fighting infrastructure that Rotary helped build was enlisted to assist in the response to COVID-19 in many vulnerable countries, as we had done before during outbreaks of Ebola, Yellow Fever, and Avian Flu.

Thankfully, we resumed polio immunisation activities in July, having first taken all precautions to protect frontline workers and communities. During these challenging days, our business — reaching out to people in distress — is not business as usual. The way we prepare and deliver projects and the methodology we use need to change. And the way we communicate what we do also must change.

The success of our global grants model is unmistakable. At its introduction in 2013/14, the Foundation awarded 868 grants worth over US\$47 million. By 2019/20, the number of approved grants had risen to 1,350, worth over US\$100 million. While the number of grants shot up by more than 50 percent, and funding by 123 percent, corresponding Annual Fund contributions showed only a 5 percent increase, and that's troubling.

To reach those who need us, to spread the love that our Foundation brings, we will need to rise to this challenge and work together to meet our funding needs.

**Mother Teresa once said that if we want a message of love to be heard, it has to be sent out. To keep a lamp burning, we have to keep putting oil in it.**

The Rotary Foundation offers the best opportunity I know for us to invest in a better future for communities around the world. Your generosity today and throughout this year is the oil that keeps our grants burning bright, reaching the ones who need us most.

### Rotary Foundation Trustee Chair 2020-21

Past Rotary International President



## November:

### A month to appreciate The Rotary Foundation

I did not know about The Rotary Foundation (TRF) when I joined the Rotary Club of Kololo in 1990. Neither do I recall my sponsor ever speaking about it. It was years later that I learned about TRF through my friend, Past President George Kasedde Mukasa (RIP) a triple Paul Harris Fellow (PHF). To me, TRF was just another Rotary acronym, among the many.

Although years later, I started making contributions to TRF, my interest was hyped when Past District Governor (PDG) Stephen Mwanje gave a talk about the subject to our club long before he became DG. From then on, I took keen interest in the subject and gave it my special attention when I was faculty member at the Rotary Leadership Institute. I set myself to demystify it, talk about it in clubs and at different training forums. My club became 100% PHF 11 years ago, and we have never looked back.

Todate, I have been involved in seven global grants. While they have each provided an exciting experience, owing to the life-changing impact enjoyed by the beneficiaries, my most memorable was the Lugo Adopt a Village Project completed in 2019. With support from some international partners, US\$89,727 was raised and used to upskill the local communities; sink boreholes, protect two spring wells and construct a water harvester at the Lugo School, distribute mosquito nets and engage in health awareness, provide desks and equip the school library, and lastly to provide sewing machines and tailoring training, and distribute heifers whose recipients received training from a veterinarian.

To give us an opportunity to focus on the several great things that our foundation delivers worldwide, Rotary chose the month of November to live TRF motto of *"Doing Good in the World."* Rotary clubs celebrate

this month in various ways – invite speakers to give talks about the foundation and grants, recognise members that donate to TRF, develop action plans for new global grants and showcase past humanitarian grants to their membership to build a sense of pride in the club's work. Rotarians polish their lapel pins and wear them throughout the month.

Some clubs engage their members in outreach activities within their communities to understand the value of Rotary. It is only through good public image work that we can share the news that Rotary is here to help the less fortunate, both at home and around the world.

Our areas of focus — Peace and Conflict Prevention/Resolution; Disease Prevention and Treatment; Water and Sanitation; Basic Education and Literacy; Maternal and Child Health; Economic and Community Development and now – Supporting the Environment — touch the greatest needs of humanity and should not be a Rotary secret. We must agree that we are still weak in showcasing the good works of our foundation beyond our Rotary clubs, to the hearts of others who may join our efforts. We should also often tell our families and friends about Rotary's efforts in polio eradication.

Yes, November is a special month, but the work of the Foundation continues every month. It never stops, and neither should our celebration! It's critical that we continue voicing appreciation for the ongoing support from the Foundation, and celebrate our milestones. We are the power that makes it possible to "Do Good in the World." Let us each be the champions of the Foundation as often as possible. Inspiration leads to joyful giving, which results in recurring gifts rather than obligatory giving.

RC Kololo





# 2020/21 Rotary Year: 25 global grants so far, and counting.....

The Rotary Foundation (TRF) transforms your gifts into projects that change lives both close to home and around the world. Foundation grants empower Rotarians to approach challenges such as poverty, illiteracy, and malnutrition with sustainable solutions that leave a lasting impact.

We are united by common values and vision for the future as we sharpen our focus with targeted specific causes that will reach communities most in need. Through the Foundation grants, we are implementing sustainable projects in six focus areas, and next Rotary Year we shall add a seventh area of focus. Since the first donation of US\$26.50 in 1917, the Foundation has received contributions totaling more than US\$1billion. The question to ask is how much has your club contributed?

The District 9211 leadership is grateful to all clubs that have donated to the Foundation and also utilised these funds. Our collective leadership and expertise of our over 5,000 members helps us tackle some of the District's biggest challenges. It is however important to note many clubs in our District are still in zero giving and zero utilisation.

The District set a target of utilising US\$4 million Foundation grants. Since July 2020, a total of 25 global grants worth US\$2,447,924 have been approved, and only one grant was rejected. Of these, nine are under water and sanitation; seven in Economic and Community Development; four for Maternal and Child Health, three for Disease Prevention and

Treatment, and two in Basic Education and Literacy. Although there are still more grants in the pipeline, it is imperative that more clubs seek these grants, because the need in our communities is still immense.

The District TRF Committee is ready and available to guide you through the global grant application process. We urge all clubs to grab this opportunity this month, to not only give to the foundation so that we can meet our target of US\$600,000 giving, but also work towards your club qualifying for, and utilising a global grant.

PAG. James Nkooka  
**RC Bweyogerere-Namboole**  
District Grants Sub-Committee

## 25 GLOBAL GRANTS

|   |          |                                     |          |
|---|----------|-------------------------------------|----------|
| <b>Water and Sanitation</b>               | <b>9</b> | <b>Maternal and Child Health</b>    | <b>4</b> |
| <b>Economic and Community Development</b> | <b>7</b> | <b>Basic Education and Literacy</b> | <b>2</b> |
| <b>Disease Prevention and Treatment</b>   | <b>3</b> |                                     |          |



# Doing good in the world through qualification for grants

Every year Rotarians serve communities around the world through thoughtfully planned out sustainable projects. Grant funds help Rotarians to support these projects, and are regulated through club qualification. Qualification is the process by which a club ensures that it has the necessary financial and stewardship controls in place to manage grant funds. Any club that wishes to be the primary sponsor of a global must be qualified. Our District also requires that clubs be qualified in order to received district grant funds. Of course, there are so many other benefits clubs get from qualification including but not limited to; enhanced public image, improved member satisfaction and corporate governance.

Without qualification of clubs, The Rotary Foundation cannot deliver on its mission of enabling Rotarians advance world understanding, goodwill and peace through the improvement of health, support of education and alleviation of poverty. While Rotarians continue to donate to the Foundation most especially so during this month, it is critical that through qualification, clubs use Rotary grants to create lasting change across the globe, in their communities and within ourselves.

Similar to how Rotarians contribute their skills, expertise, and resources to help solve some of the world's toughest problems, every individual club member must participate in the qualification process by being in good standing, ensuring representation at the District grants training seminar and supporting proper stewardship as well as accountability for

all resources under their club's watch among other requirements.

Qualification is a revolving process that your club must undertake annually. It seeks to ensure compliance with Rotary Foundation policies, avoid misuse and mismanagement of grant funds and ensure that club members have the appropriate training and resources. Clubs that fail to comply risk losing the ability to participate in the Foundation grant programmes thus failing to do good in the world.

But like most good things, qualification for grants does not come easily. Just like a loan involves more risk for the lender resulting in stricter eligibility requirements, the qualification process too does as the Rotary Foundation seeks to protect grant funds. While many clubs want to obtain a global grant, they may be unsure if they meet the requirements. There are only three requirements: Planning, Qualification and Application for the grant. While at the onset meeting these may appear difficult, securing initial qualification guarantees a series of future events.

Let us, therefore, seize every opportunity to qualify our clubs and unlock the immense opportunities that Rotary opens.

PAG Sydney Nsubuga  
**RC Mbale**  
District Qualification Chair



PP NELSON KABWAMA

# Global grants review checklist

## Checklist for clubs when planning and applying for global grants.

### Before Applying

- Carry out a community assessment to identify the needs, strength and resources available in the community (ensure the needs assessment template is correctly completed, the assessment time is not out of date (within 12 months), and the information therein is consistent with what is written in the rest of the application)
- Obtain an application from the beneficiary community expressing their request and support for the project, and committing to sustain the project outcomes after grant closure
- Choose an area of focus that is correct for the proposed activities and eligible for TRF funding
- Agree on club grant committee (a minimum of 3 members incl. a primary contact and 2 secondary contacts is required)
- Ensure the club is qualified to participate in Rotary Foundation grants
- Confirm the club doesn't have outstanding TRF reports for previously approved grants or stewardship issues with ongoing grants
- Have the club to agree to participate in the global grant (a Club Assembly resolution approved by 2/3 of the club is needed)
- Identify an international partner and other stakeholders (global grants require an international

- partner)
- Ensure clear roles and responsibilities of all project stakeholders and have the necessary MOUs and/ or agreements signed by all parties, and ensure that MOUs are not out of date (within 12 months)
- Confirm legality of the cooperating organization(s) and other project stakeholders including project vendors
- Identify a qualified person or entity to collect information for M&E

### During the Application Process

- Clearly define the project objectives and activities, and provide beneficiary demographics (incl. numbers by category)
- Select the correct project goals and measures in relation to the project focus area(s)
- Declare conflict of interest, if any and show how you are working to mitigate it
- Clearly spell out the project outputs, outcomes and benefits and ensure they are consistent with the project activities
- Define the roles of host Rotarians and ensure the project is host club driven (the host club should do the community needs assessment, control the budget (at least for funds to be expended locally) and be in charge of project oversight & supervision)

- Identify possible project risks and put in place mitigation measures
- Prepare a detailed project budget, attach the necessary supporting documents inclusive quotations/bills of quantities (BoQs), ensure the prices are within market range and there is value for money. You should also confirm that allowable ceilings for budget areas are respected (e.g. Signage US\$1,000)
- Provide a grant funding plan and ensure the budget and funding plan are balancing, and that you have included 5% processing fees
- Undertake proper procurement processes (competitive bidding is preferred; if single sourcing is to be done there must be strong justification). NB. a minute of the club procurement committee that reviewed quotations from vendors is needed
- Confirm ownership of the project after grant funded activities cease - for continuity (ensure you have identified competent entities to own the project for continuity after Rotary support ceases)
- Confirm project sustainability after grant closure (ensure the beneficiaries have been involved in finding solutions and planning the project; and that they have the necessary knowledge, skills and budget as well as plans for spare parts to sustain the project outcomes. If the knowledge and skills do not exist, include plans in the project to provide them.

### List of Documents Needed from Clubs

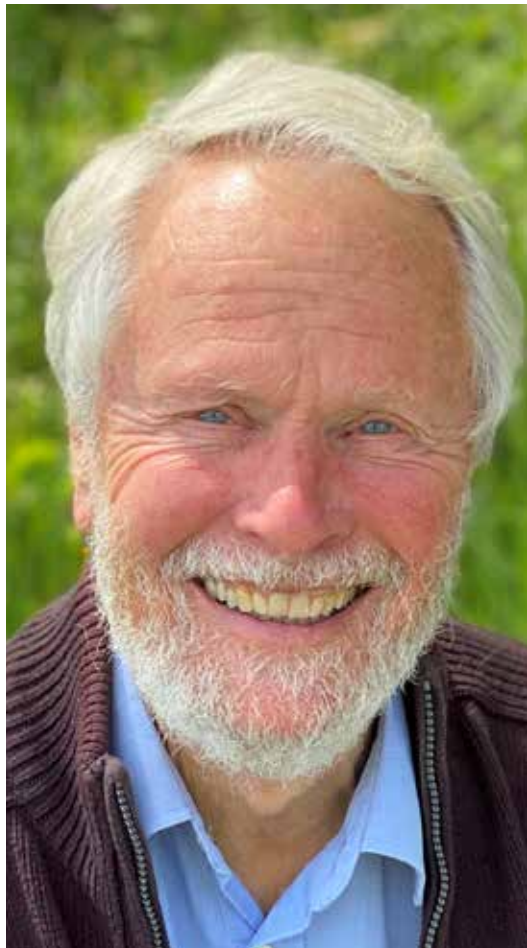
1. A community needs assessment report
2. An application from the beneficiary community
3. Signed memorandum of understanding (MOUs) with cooperating organisation(s) and partners; and documents confirming their legality
4. CV/profile for person/entity to undertake monitoring and evaluation function
5. A detailed budget breakdown and quotations or BoQs
6. A Global Grant Training Plan (training activities to provide skills and knowledge)
7. A Financial plan (for WASH, and disease prevention and treatment areas of focus) that identifies costs with implementation and maintenance of WASH

- systems; as well as source of funds to meet these costs
- 8. A hydro-geological survey report (for grants involving provision of boreholes and water wells)
- 9. Technical drawings (for new toilets and filtration systems for water for drinking)
- 10. A letter from Government or local entity expressing their knowledge about the project and committing to support it
- 11. A minute of host club procurement committee that reviewed quotes from vendors
- 12. A host club resolution to participate in the project
- 13. A host club qualification letter for RY 2019/20
- 14. A letter applying for District Designated Funds (DDF) signed by the host club president

PP Nelson Kabwama  
Country Grants Co-Chair, Uganda  
RC Kampala Sseese Islands

**Prepare a detailed project budget, attach the necessary supporting documents inclusive quotations/bills of quantities (BoQs), ensure the prices are within market range and there is value for money. You should also confirm that allowable ceilings for budget areas are respected (e.g. Signage US\$1,000)**





## Experience of an international partner

I am a retired UK doctor and have been working in Uganda since 2009 as a volunteer with Rotary Doctor Bank of Great Britain and Ireland. Between 2009 and 2011, I would visit a Kamuli Mission Hospital for six weeks, twice a year. While working in the maternity ward, I was deeply impressed by the skill and commitment of local medical staff working under conditions that would test anyone. The physical infrastructure of the hospital was inadequate and there were shortages of all essential supplies most of the time. This inevitably led to immense avoidable suffering and loss of life.

This experience gave me an invaluable insight into the problems of the daily working life with all the frustrations and challenges that it involves. I also formed strong relationships with local colleagues both in the hospital and in Rotary.

After my first year, the problems were all too clear but I had no idea how to find appropriate solutions. In my third year, I met a Ugandan doctor who had worked in rural mission hospitals and knew the problems and some of the answers. Since then I have been working with him to help implement his ideas through Rotary.

The success of our first two global grants was aided by having first-hand knowledge. It was also a great team effort involving my Ugandan colleagues in the hospital and in Rotary, the backing of Rotary Doctor

Bank, and the support of my own Rotary Club and District. I am currently involved in applying for a third global grant in Uganda – the second for Freda Carr Ngora Hospital.

I established that it takes at least two years to plan and submit a global grant application. The first step, and definitely the most important, is to discover what the intended beneficiaries of the grant actually want. All too often, an international partner is tempted to suggest what the grant should cover based on his experience at home. The temptation of the host partner is to accept this as it is “free money”. However, there is a lot of time and work to be done in preparing and implementing a successful project. It would be wasteful to do this if the end result does not serve a useful purpose desired by the beneficiary. The best way to ensure the success of a grant is for the international partner to have experience on the ground in Uganda and excellent relationships with the host Rotary Club, and the beneficiaries. Unfortunately, this takes time and brief visits from international partners are less likely to achieve a good understanding of the problems and appropriate solutions.

The grant application process has taught me some useful lessons. Since the international partner is usually the main fundraiser, they require some reassurance that their funds will be used appropriately. I believe the best way to achieve this is that they hold the global grant account which receives money from the Rotary Foundation. This money can then be released through the host club, after submission of evidence of work completed, usually in stages. In longer projects, it may be possible for the international partner to visit and see work in progress and where this is not possible, photographs are very helpful. Inspections may also be carried out by the RI Cadre for independent assessment as happened with both grants in which I was involved.

There is usually a significant gap of many months

between grant submission and release of funds from TRF to the grant account. No work can commence until this has happened. Grant funds held by the international partner will inevitably be in an international currency rather than Ugandan shillings. TRF determines the rate of exchange between dollars in which funds are supplied, and the currency of the international partner’s grant account. This can lead to a significant loss of funds if the exchange rate moves adversely during the period from grant submission to approval and payment. The best way to avoid this problem is by the international partner holding the funds in US dollars. This requires permission from TRF.

My experience has been very rewarding and shown me how much can be achieved when Rotarians work together. I particularly thank Rtn. Emmy Kwesiga and the Rotary Club of Kampala Central, Dr. Rogers Kabuye of Medicaudit, Mansel Thomas of Rotary Doctor Bank, Karen Eveleigh and Peter Ballard of District 1090 and the members of the Rotary Club of Reading Matins.

Jim McWhirter  
RC Reading Matins

**Editor’s Note:** In March 2015, Jim was awarded a ‘Service Above Self’ Award for his work in Uganda. This is the highest award that Rotary can give, and a maximum of 150 are awarded worldwide each year (<https://www.rotarygbi.org/magazine/august-september-2019/>).



# Skilling Ngora medics through VTTs

In 2018, the Rotary Clubs of Kampala Central and Reading Matins (UK) got a US\$192,000 global grant to refurbish the dilapidated maternity ward and operating theatre at Freda Carr Ngora Hospital. The project also involved reconstruction of the walkway between the theatre and ward, provision of a 15,000 litre water tank and medical equipment, with a component of emergency obstetric and neonatal training for the local nurses and midwives.

The vocational training team (VTT), was supported by the Rotary Club of Elthorne–Hillingdon. The team comprised of mostly midwives, plus an obstetrician and paediatrician. As we prepared for our trip to Ngora, we read literature such as the Ugandan Health Strategy, however, none of these highlighted the issues on the ground and the resources available.

The Rotary Club of Kampala Central were supportive and smoothed the way. There was need to negotiate transport payments for staff to the venue, otherwise they would not have been able to attend the training. The programme was adapted to ensure that we used medication and equipment available at the Joint Medical Store in Uganda.

We conducted four visits to Ngora and trained 825 health professionals. These were from the Ngora School of Nursing and Midwifery, local health centres and supported by the District Health Officer. We listened to the issues as identified by the trainees and taught birth emergency skills in accordance with international standards. The class was split into two. As half the class had a session on newborn resuscitation, the other half were taught about obstetric emergencies such as haemorrhage,

preventing infection, cord prolapse, breech deliveries and eclampsia which is when the blood pressure becomes extremely high and causes fitting. During our last trip in October 2019, we were also asked about feeding premature babies. We used Global Health Media videos to demonstrate feeding techniques for small babies. The video was shown to a woman on the ward to explain about cup feeding, she successfully followed the instructions and was able to feed her baby.

We experienced some challenges too. The teaching aids had to be practical and visual, so we used special dolls to practice resuscitation, and Mama Nathalie for the obstetric emergencies. We travelled with some of this equipment. Each health centre got a kit for resuscitating babies, an information pack and a stethoscope.

There is no point in training if it cannot be carried out locally, so some of the materials used had to be accessed within the communities. During our last visit, we highlighted sepsis (infection) and the importance of hand washing both for staff and patients. To teach hand washing it is important to have tippy taps or other receptacles for water and soap. To reduce infection, we provided good quality cotton face cloths for hand drying and a clean and dirty bucket to contain them. The reason for this is that I observed a ward round at another hospital where the same towel was used to dry their hands, and they went from the sickest patient to the healthiest. This is a cross infection risk and by introducing cotton hand towels which could be cleaned after a single use, the infection rate was cut.

It made a difference when we learnt a few essential words such as – idiny “to push” in Ateso. A midwife organised a workshop on managing labour pains, and



it was attended by pregnant women and health professionals. She gave out Afripads made by a local charity - FINA and a member of the charity explained how to use them. We realised this subject was new to many trainees so we arranged for the charity to train the health workers about the different products used such as menstrual cups, pads and other local products. Good menstrual hygiene reduces infection. We also trained the tutors and senior staff to carry out the training in our absence.

The sessions were a success because we listened to the hospital staff to identify the areas they wanted to improve. Although we shared our knowledge, we equally learnt from our trainees. The VTT would not be a success without the support and help of Rotarians from Kampala Central and the Medical Superintendent Dr. John Odit and his staff.

PDG Gillian Pearce  
RC Elthorne–Hillingdon





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# Let's go GARDENING

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One of the objectives of the Rotary Roses Program is to enhance its members' skills. To kick start this initiative, the Rotary Roses attended a session on backyard gardening in Buziga at the residence of Past President Racheal Ddungu Lubowa from the Rotary Club of Kampala Sunrise.

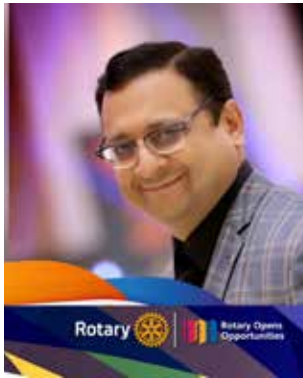
Racheal tipped the ladies on how to grow various flowers, fruits, herbs, vegetables, spices, medicinal and other plantation crops within their homesteads. Ontop of leaving with immense knowledge on gardening, the ladies also bought various plants, and some are already transforming their backyards.

LOOK OUT FOR THE NEXT SESSION  
ON BAKING!!





PRESIDENT RAJEEV GARG



# Rotary Club of Kampala: Doing good in India

The Rotary Club of Sonepat was chartered in 1957. It is second oldest club in District 3012 (Delhi and National Capital Region). We started off the Rotary Year 2018/19, with a famous quote from Nobel Prize winner – Rabindranath Tagore. “I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy!” The following poem also guided our works,

**Do all the good you can  
By all the means you can  
In the ways that you can  
In all the places you can  
At all the times you can  
To all the people you can  
As long as ever you can**

Giving back to society is in fact vague and misty in nature. Being the custodians of the leitmotif ‘Dream Big’, the club in the 2018/19 Rotary Year adopted two government primary schools, with the aim of carrying out an infrastructure upgrade.



# RC SONEPAT



With the help of a global grant received through its Corporate Social Responsibility (CSR) partner – M/s Combitic Global Caplet (P) Ltd that contributed US\$32,000 to Rotary Foundation, the CSR: Rotary Sonepat Happy School Project sought to provide training and equipment to support sanitation and hygiene needs at a school in Sonepat, Haryana, India. Most of the pupils in this school are from underprivileged families.

The project worth US\$41,350 was supported by the Rotary Club of Kampala, as the international partner. RC Sonepat is grateful for the active support from RC Kampala, (District 9211 – Uganda and Tanzania). Rtn. Subhash Jain, then Governor of District RID3012 also generously contributed US\$5,000 from the District Designated Fund, which enabled the club get a matching grant from the Rotary Foundation.

Some of the works completed under the project include: construction of the reverse osmosis plant for water purification; repair of the boundary walls, classrooms, roof, kitchen, doors and windows; construction of a toilet block for girls and boys, interlock tiling of the compound, setting up of a playground with swings, and painting the buildings, boundary wall and doors.

This Rotary year, the club intends to complete the set-up of a fully functional library to benefit the 300 students at a secondary school (subject to approval from the Foundation).

Presdient Rajeev Garg  
RC Sonepat, India





# Transforming communities through strategic partnerships:

*A case for Opit-Kic Widow's Group, Kiryandongo District*

When I first met the Opit Kic Widows Group as a human rights researcher in July 2012, I could tell, and as I later got to find out, life was obviously difficult and hopeless for them. I saw many elderly women worn out and tired from the immense struggle to find food for their orphaned grandchildren, school fees for their children, and access to a healthcare facility when required or just to get a glass of clean drinking water. These were things they could only dream about. Such was their life. They felt abandoned and neglected. Life had lost meaning, with no hope to ever live a normal and productive life.

Opit Kic is an Acholi word meaning, *"let us feed the orphans."* Opit-Kic Widows' Group is a Community Based Organization (CBO) started by a group of women, majority of whom were widows, displaced by one of Uganda's longest and most brutal conflict in Northern Uganda that was between the Lord's Resistance Army (LRA) and Government of Uganda from 1986 till 2006. At the conflict's peak, these women moved to different parts of the country looking for security, food and education opportunities for their children. Some of them settled in Siriba community, Kiryandongo District in North-Western Uganda.

**In 2016, the Rotary Club of Kampala North (RCKN) saw this suffering as an opportunity to make a difference in their lives, and those of their children and the community. In partnership with the Rotary Club of Cataraqui-Kingston in Canada, RCKN embarked on an ambitious four-year community empowerment initiative titled - "Siriba Adopt a Community Project" to change lives and restore hope in Siriba.**

The project focused on five components: agriculture, health, education, microfinance, water and sanitation and youth investment. Using the community adoption approach, the aim was to turn Siriba into a model community for transformation to serve as a learning avenue for other communities experiencing similar challenges.

With the incredible leadership of the RCKN project team and the community, plus support from international partners, Siriba has transformed into a community we envisioned six year ago. Nothing brings so much joy to our club than seeing the faces of women and young boys and girls, which were full of desperation and hopelessness, now shaping the future of local businesses, and actively engaging in community transforming initiatives shaping the destiny of the entire community.

Today, Siriba has five water points connected by the Ministry of Water and Environment, so over 3,000 people have fulltime access to safe and clean drinking water at a minimum fee affordable to everyone in the community. There is a fully functional community health clinic with a full-time nurse, and a vibrant microcredit scheme based on the Grameen Bank model where local entrepreneurs access affordable loans to either start or run already existing local businesses.



The young men and women who had dropped out of school due to lack of fees with no hope of ever doing anything productive, have since turned into serial entrepreneurs and are now providing a wide range of products and services for Siriba, and other neighboring communities. These young entrepreneurs now run most of the local businesses ranging from brick making, selling charcoal, local food restaurants, to farming and retailer businesses, among others.

The transformation has been possible because someone understood the value of partnerships and what this means when we choose to serve those who are less advantaged than us - Rotarians. In all the project areas, the microcredit scheme has been exceptional. It has not only provided small loans to local entrepreneurs, but it has also opened doors for other incredible opportunities for the community. Since the scheme is based on a model where credit officers visit entrepreneurs at their businesses and homes on a rotational basis to assess the nature of their businesses before giving them loans, this has enabled them identify other social and health related issues in the community such as malnutrition, a problem that is significantly affecting many families in Siriba.

As a result of this work, last year, Action Against Hunger identified the Opit Kic Widow's Group as a local partner to implement a three-year nutrition project in Kiryandongo refugee settlement. The project seeks to prevent chronic and acute malnutrition among children between 5-59 months

(six months-five years), pregnant and breastfeeding mothers within the settlement, and other host communities in Kiryandongo. The project employs six full time staff members from Opit-Kic, who are working as Community Based Trainers, and two others - a security guard and office cleaner, for both the Action Against Hunger project and Opit-Kic Widow's Group activities.

Resulting from these partnerships, the trust and credibility that has been built over time, Opit-Kic is now a well-known CBO in the district as an agent of change. The model is being emulated by other groups in neighboring communities.

On all fronts, it is possible that the Opit-Kic Widow's Group would never have made it this far on their own, and neither would RCKN have been able to make this life changing contribution without a well-structured and organised group of people like the Opit-Kic who at the time, were determined to change the destiny of their community. As a club, we have always valued mutual partnerships and our experience working with Opit-Kic made it even more meaningful than ever imagined before. Strategic partnerships make the impossible possible! It might take more work and time, but the collective effort and focus makes it possible to achieve the impossible for the communities we serve as Rotarians. Our lives become better and more fulfilling when we serve!

Rtn. Penny Mbabazi Atuhaire  
**RC Kampala North**





PAMELA ALLARD

# RC Zanzibar-Stone Town and HIPZ: Partnering for a strong healthcare system

Health Improvement Project Zanzibar (HIPZ) is a non-governmental organisation, working in partnership with the Ministry of Health in Tanzania to run two public hospitals and a large community mental health programme in Zanzibar. From 2012, the Rotary Club of Zanzibar-Stone Town has implemented two global grants that have transformed the two hospitals.

The first global grant ran from 2012-2016 and was also supported by the Rotary Clubs of Portishead, Stonehouse, Nailsea and Backwell, New Abbot, plus District 1100 and The Rotary Foundation (TRF) World Fund Match. Their support made it possible for HIPZ to completely transform Kivunge Hospital which serves 250,000 in the North of Unguja, Zanzibar’s largest island.

When HIPZ first took on the hospital, it was dilapidated and with no doctors. In a month, only 40 women were choosing to deliver their babies there – the rest were being born away, with the help of skilled birth attendants which led to high rates of neonatal and maternal mortality. Last year, there were more than 3,500 births in Kivunge Hospital. These babies were delivered in well managed wards. Redeveloped with funding from Rotary, the hospital can now provide emergency obstetric services including caesarean sections and specialised care for premature babies. The hospital now has such a good reputation locally, that women travel from well beyond the catchment area to have their babies in Kivunge Hospital.



With Rotary’s support, HIPZ has opened a new outpatient department that provides safe, well managed health services to thousands of people every month. The wards in the inpatient department now run efficiently, and patients receive treatment in a good sanitary environment by staff empowered to improve the health system they work in.

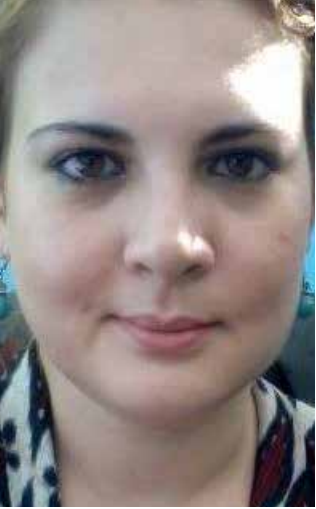
The second global grant began in 2018 and was supported by the following Rotary Clubs; Zanzibar – Stone Town, Vechta in Germany, Macon, Macon North and Downtown Macon in USA and The Rotary Foundation. This grant enabled HIPZ create changes in Makunduchi Hospital, in the South of Unguja. HIPZ has worked in this hospital since 2007, and the recent developments have been a huge step forward in improving the facility.

The renovations have made Makunduchi Hospital a cleaner and better facility for patients and health workers. The grant included funding for better plumbing, electrics and new toilets enabling the hospital to operate more efficiently. The broken and chipped walkways that connected different departments were replaced with shining terrazzo walkways that enable smooth transition for patients from one department to another.

Funding from Rotary increased the capacity of the surgical team by providing training for two nurses to study a comprehensive course in anaesthetics. This component will facilitate 24-hour emergency surgery, including for labouring mothers that need an emergency caesarean section, avoiding a high-risk trip to the referral hospital over an hour away.

Overall, more than £250,000 has been raised by Rotarians across the world to support HIPZ. This combined fundraising effort makes Rotary the single biggest contributor to HIPZ’s work, and the impact this has had on the health system in Zanzibar cannot be underscored.

Programme Advisor - HIPZ



RTN. DEBORAH DA SILVA

# Serving our community, the Sunset way!



Basic education is essential for a country’s economic growth. Literacy is a key factor for an individual’s and community’s success. A child’s early years are the foundation for future development and a strong foundation for lifelong learning, cognitive and social development, according to Farhat Lane, Past President of the Rotary Club of Dar-es-Salaam Sunset.

To celebrate the Basic Education and Literacy month in September, members of the Rotary Club of Dar-es-Salaam Sunset joined pupils from Mbuyuni Primary School in Oysterbay for a fun and educational day. The club members read books and played learning games with pupils, and thereafter, donated 600 exercise books.

“Mbuyuni School is close to our club’s heart! We launched our first educational project in this

school,” said President Elect Deborah Da Silva. In 2019, the club raised 6.5million TZS used to buy a new water filtration pump to enable the pupils access clean drinking water. The Rotary Club of Hereford in England contributed 4 million TZS, and the rest was raised through company donations and a fundraising dinner. The school library was painted and stocked with books.

“Our fundraising activities define our goal to serve communities through fun and smiles, the Sunset way,” added Deborah. To find out more about the clubs activities or to get involved, visit the website: [www.rotarydmsunset.org](http://www.rotarydmsunset.org) or email: [info@rotarydmsunset.org](mailto:info@rotarydmsunset.org)

Rtn. Deborah Da Silva  
**President Elect**  
RC Dar-es-Salaam Sunset





PATRICK BWIRE

# Prioritising peace and conflict prevention

Patrick Bwire is a Ugandan peace practitioner and former Rotary Peace Fellow at Duke University-USA. He is the Global Partnership for the Prevention of Armed Conflict (GPPAC) Regional Liaison Officer – Eastern and Central Africa Regional Network at CECORE in Uganda. He is passionate about peacebuilding, conflict transformation, youth empowerment, and addressing land conflicts.

*Patrick holds a Masters of International Development Policy (focus on peacebuilding and conflict resolution), a Masters in Project Management, and a Certificate in Peace and Conflict Studies from the University of North Carolina. He previously worked with – Mary Lou Williams Center for Black Culture (USA), National Land Commission in Kenya, Peace Tree Network – Kenya, and World Vision–Uganda. His personal mission is “To Aspire, Inspire and Conspire for Peace and Development.” Patrick shares his experience with The Wave team.*

I have a passion for peace, and have always sought to enhance my practical skills in peace building and conflict transformation. I had gained a lot of field experience while managing peace building projects and I believed that getting the skills the fellowship offered would advance my dream – I would not only have the passion, but also the right skills. In 2016, I enrolled at the Duke-UNC Rotary Peace Centre having been sponsored by the Rotary Club of California (District 5160), while my host club was Rotary Club of Cary-North Carolina (District 7710), both in the USA. I had a wonderful experience at Duke-UNC, which gave me opportunity to acquire skills, and connect with incredible, friendly, welcoming and amazing people across the world.

The programme broadened my mind in understanding, analysing, and identifying responses towards peace. Although, I still need to act and impact locally, my

thinking with a global perspective makes my responses more logical. I have applied the new skills in several ways: peace building trainings, consultancies, research and policy briefs among others. In June 2020, I led a study to review Uganda’s progress on Sustainable Development Goal 16+ (Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels) – ahead of Uganda’s Voluntary National Review Report to the United Nations High Level Political Forum 2020.

I am transforming the lives of several communities, and within the next five years, I seek to occupy policy space to influence decision making, since peace and conflict prevention remains an extremely low priority–yet it is a bedrock and pre-requisite for all kinds of development. The Makerere Rotary Peace Centre makes me proud as a Ugandan, African and former Rotary Peace Fellow. It brings the peace skills we have been traveling thousands of miles to search for closer home. As the only peace centre in Africa, it is a great opportunity for Makerere to set itself as a centre for excellence in peace building trainings. With exceptional best practices of resolving conflicts in Africa, the centre will develop unique experiences from which the world can learn.

## Importance of Peace Literacy

Uganda and the Great Lakes Region at large are conflict-prone. The region continues to grapple with cycles of serious, multiple, and complex conflict situations. The violent conflicts have huge negative impact on the realisation of peace in the region – undermining the peace and development aspirations. Conflicts are detrimental and a big threat to livelihood, production, investment and financial flows as well as human security, human rights and gender equality, etc. Unless peace literacy is prioritised and embraced as a strategy to preventing violence, transforming conflicts and addressing existing challenges, the realisation of peace in the region hangs in balance.

**Rotary Peace Fellow (2016-18)**



## Empower through education

Rotary World over is creating community-driven, sustainable projects globally to improve access to quality education around the world. Your gift to The Rotary Foundation’s Annual Fund supports these projects to Inspire learning at all ages.

**GIVE TODAY:** [rotary.org/donate](https://rotary.org/donate)





# WORLD POLIO DAY CELEBRATIONS

The need to immunise infants was emphasised during this year's District 9211 World Polio Day celebrations held at Kikubamutwe in Kabalagala, Uganda. Speaking on behalf of the Minister of Health, Dr. Charles Olaro, the Director Clinical Services noted that there was need to strengthen surveillance, routine immunisation, and other polio eradication strategies in order to contain the polio virus. The District Governor Rosetti Nabbumba Nayenga pledged Rotary's continued support towards polio eradication until we have a – polio free world!

The event, organised by the District Polio Committee, and the Rotary Clubs of Muyenga, and Muyenga Tankhill began with a fitness session and walk at Hotel International in Muyenga, followed by an immunisation exercise at Kikubamutwe.







RTR. ALEX MANGO ISHINGWA

## From refugee to Rotaractor – making sustainable inroads in Nakivale

*Alex Mango Ishingwa fled from DR Congo when he was 32 years old for fear of being persecuted for taking a photo of Rwandese Democratic Liberation Forces of Rwanda (FDRL) rebel who raped a woman and a two-year-old in our village. He was working in a local organization that cared for victims of rape, torture, sexual violence and sodomy, not knowing that he would also be one of the victims. Alex is married and has three children (two boys aged 13 and 11 years respectively, and a seven-year-old daughter). He holds a Bachelor of Law Degree from Universite Officielle De Bukavu, and another degree in Community Development from "Institut supérieure de Développement Rural." He shared his story with The Wave team.*

I have lived in Nakivale Refugee Resettlement, Isingiro District (Uganda) for nine years. Faced with trails of seeking for employment and getting none in the refugee settlement, I created my own source of income with almost no resources at my disposal. I engaged in bricklaying, manufacturing cooking stoves, and low paying masonry jobs. Adjusting to this way of life was very hard, yet I had to provide for my family and help others. Having to fetch water

from several kilometres away was a tough chore, although this situation has now changed. We now have a bigger living space, steady water supply and solar power at the office. I find strength in helping others, especially the vulnerable and elderly, those living with disabilities and youth that have lost hope.

While seeking economic empowerment, the youth face several challenges, among them: absence of information on their rights, obligations to host community, available resources and hopelessness mindset; need for capacity building among the youth organisations and associations; resettlement mindset; and inadequate financial literacy and access to financial services. The youth and women engage in tailoring, masonry, volunteering, craft making, interpreting, carpentry, modelling, photography, agriculture, managing mini-restaurants and grocery shops, and serving as support staff to make ends meet. With support from the Rotaract Club of Nakivale, youth have formed associations and organisations that are recognisable, accountable, sustainable and bankable. They have registered with district officials to ease access to financial services. There is still need to train them in financial literacy, creating sustainable and bankable businesses, mindset change programmes, and enabling them to secure funding. It is imperative that the refugees have sustainable businesses in all sectors to reduce the burden of refugees on their host communities.

### Wakati Foundation

I am the Co-Founder and Director of Wakati Foundation, established in 2013 as a refugee owned non-profit organisation in Nakivale Refugee Settlement. The foundation, which provides sustainable solutions for refugees and their host community from a refugee perspective, has connections to refugees resettled in the USA, Canada, Australia, Denmark and Belgium.

In a bid to reduce refugee dependency on the host community, the organisation focuses on emergency skills training like construction, financial literacy, talent scouting and development, refugee rights and obligations to host community, sensitisation on Sexual and Gender-Based Violence (SGBV), GBV, HIV/AIDS and sexual reproductive and mental health. Wakati has negotiated for sub-contract building work from implementing partner organisations like the Office of the Prime Minister, World Food Programme, United Nations High Commissioner for Refugees, International Organisation for Migration, International Lifeline Fund,

African Initiatives for Relief and Development and UGAFODE Microfinance among others. It has also raised funds from manufacturing and selling of bricks and clay charcoal stoves among others.

Rtr. Alex Mango Ishingwa  
Rotaract Club of Nakivale

**The youth and women engage in tailoring, masonry, volunteering, craft making, interpreting, carpentry, modelling, photography, agriculture, managing mini-restaurants and grocery shops, and serving as support staff to make ends meet.**





PRESIDENT JACKIE NAMARA RUKARE



## It takes a village ...

It takes a village to raise a child with diabetes. Our journey with diabetes began in 2009 when our son David as diagnosed with Type 1 diabetes. The world stopped for a minute as our family internalised this new reality and we quickly realised this was not a journey we could walk on our own. Fortunately, we have doctors in the family so after getting second and third opinions, the diagnosis was confirmed. My first appreciation for nurses was literally hours after our son's diagnosis, sitting in the nurses' station being taught how to take blood glucose readings and administer insulin injections by practicing on an orange to learn how to do it right, and fearing that I would more harm instead.

Since then, we have had the pleasure of working with several nurses at hospitals and clinics (Nsambya Hospital, King's Hospital, Doctors' Plaza, Princeton Clinic), and they continue to be a critical part of our diabetes care and management team. Like with most chronic illnesses, you do need a village to provide a

support network. For diabetes, our healthcare village consists of general physicians, paediatricians, paediatric endocrinologists, diabetes nurses, nutritionists, diabetes educators, psychologists etc. You also need your family, friends, work colleagues, and the wider community to support your diabetes warriors.

In Rotary, the village comes in form of the Rotary Action Group for Diabetes which aims to address the global diabetes epidemic by raising awareness to the humanitarian hearts and minds of 1.2 million members of Rotary International and other individuals and organisations who would like to join our efforts.

Every year, on 14th November, we celebrate *World Diabetes Day* and this year, the theme is "*The Nurse and Diabetes*". Under the auspices of the International Diabetes Federation, this campaign aims to raise the crucial role that nurses play in supporting people living with diabetes. According to the World Health Organization (WHO):

- Nurses accounts for 59% of health

professionals – the largest occupational group.

- The global nursing workforce is 27.9 million, of which 19.3 million are professional nurses.
- The global shortage of nurses in 2018 was 5.9 million. 89% of that shortage is concentrated in low and middle-income countries.
- The number of nurses trained and employed needs to grow by 8% a year to overcome alarming shortfalls in the profession by 2030 .

WHO estimates that the total investment required to achieve its Sustainable Development Goals (SDGs) targets by 2030 stand at US\$3.9 trillion – 40% of which should be dedicated to remunerating the health workforce. Investing in the health workforce also has the capacity to impact other SDGs on eradicating poverty, ensuring inclusive and equitable education, achieving gender equality through the employment and empowerment of women and promoting decent work and sustainable and inclusive economic growth.

Nurses make a great difference for diabetes. As a highly valued member of the community, nurses do outstanding work to support people living with a wide range of health conditions. People who either live with diabetes or are at risk of developing the condition need their support too.

People living with diabetes face a number of challenges, and education is vital to equip nurses with the skills to support them. As the

number of people with diabetes continues to rise across the world, the role of nurses and other health professional support staff is becoming increasingly important in managing the impact of the condition. Nurses are often the first and sometimes only health professionals that a person interacts with, and so the quality of their initial assessment, care and treatment is vital.

Nurses play a key role in:

- Diagnosing diabetes early to ensure prompt treatment.
- Providing self-management training and psychological support for people with diabetes to help prevent complications.
- Tackling the risk factors for type 2 diabetes to help prevent the condition.

There remains a significant need for more education and funding to equip nurses around the world with the skills to support people living with diabetes and those at risk of developing type 2 diabetes. Healthcare providers and governments must therefore recognize the importance of investing in education and training. With the right expertise, nurses can make the difference for people affected by diabetes.

Jackie Namara Rukare  
President RC Kitante 2020/21  
Proud Diabetes Mom, Founder –  
sugarCUBES (a diabetes support group)

# NURSES

**NURSES: MAKE THE DIFFERENCE FOR DIABETES**

**1 In 10**  
people are living with diabetes

People living with diabetes need support to understand their condition and how to live with it.

Develop your diabetes knowledge at:  
[www.worlddiabetesday.org/nurses](http://www.worlddiabetesday.org/nurses)  
[#NursesMakeTheDifference](https://twitter.com/NursesMakeTheDifference)

International Diabetes Federation | world diabetes day

**DIABETES: NURSES MAKE THE DIFFERENCE**

Education and funding are vital to support healthcare professionals in the fight against diabetes.

Learn why at:  
[www.worlddiabetesday.org/nurses](http://www.worlddiabetesday.org/nurses)  
[#NursesMakeTheDifference](https://twitter.com/NursesMakeTheDifference)

**6 million**  
more nurses needed

International Diabetes Federation | world diabetes day





## From maternal health to COVID-19 relief: The Ngora Freda Carr Hospital story

The relationship between the Rotary Club of Kampala Central and Ngora Freda Carr Hospital in Ngora District, Eastern Uganda dates back four years when a few club members, during their official work-related trips identified the need to lend a hand to the people of Ngora.

The club thereafter applied for a global grant worth US\$192,000 addressing the maternal and child health issues, thus enabling the hospital get a rehabilitated and fully equipped operating theatre, and a maternity ward with all its attendant features fit for a hospital.

The grant involved refurbishment of the dilapidated structures that housed the maternity ward and operating theatre, provision of a 15,000-litre water tank to supply water to the ward and theatre, and reconstruction of a walkway between the theatre and ward.

The structures were then fitted with delivery beds, examination coaches, oxygen concentrators, baby incubators, autoclaves, operating theatre table (hydraulically adjusted), operating lamp ceiling type, mobile operating lamp with rechargeable batteries (for emergency cases in case there is no power), dressing trolley, hand held pulse oximeter, vacuum extractor,

sterilizer drums, portable stretcher and a manual vacuum aspiration set.

The grant also had a component of emergency obstetric and neonatal training for the local nurses and midwives and a Vocational Training Team (VTT) from the United Kingdom was scheduled to visit six times over a period of three years. Three visits were accomplished – October 2017, October 2018, and November 2019, and over 300 nurses and midwives were trained.

### The COVID-19 Pandemic

Following the outbreak of the COVID-19 pandemic, and its effects on the world economies, plus travel restrictions imposed across the world, the VTT could not travel to complete their trainings as had earlier been planned.

The Club and its partners then agreed to convert the funds meant for the VTT to a COVID-19 intervention by providing medical equipment and drugs to help the hospital cope with, and manage any cases and eventualities that may arise from the outbreak and also enable them maintain the Standard Operating Procedures (SOPs) as instructed by the Ministry of Health during provision of medical services to patients. The club applied to The Rotary Foundation and this change in use was approved.

**The medical equipment worth UGX 73,604,741 included: infrared thermometers, surgical face masks, infusion sets, nasal cannulas for newborns, pediatric nasal oxygen cannula, diluents, thermo printers, ward screens, vertical pressure steam sterilizers, medical mattresses with PVC covers, stool containers and a medical oxygen concentrator.**



Others are: infant phototherapy unit machine, infant warmer, phenytoin solution for injections, theatre caps, microcuvettes for hemoglobin, salbutamol respiratory solution, sodium valproate acid, humidifier bottle, phenobarbital, thermometer electronic, nasogastric tubes, pasteur pipette, hand sanitisers, patient beds with back rest and castors, needles and rabies vaccine.

While handing over the donation in August 2020, the Hospital Administrator Dr. Amos Odit revealed that the Club's previous interventions had already yielded positive outcomes, with new medical officers attracted to work in the hitherto hard-to-work facility. Dr. Odit said that the hospital has since recruited a gynecologist, a midwife and two medical officers.

### About Ngora

Located 253 kilometers from Kampala, Freda Carr is a rural Private-Not-for-Profit Hospital, founded in 1922 as a small medical mission with a donation from a one Mr. Ernest Car in memory of his daughter Freda who had died of malaria, in East Africa. Today, 97 years later, Freda Carr Ngora Hospital provides care to a population of



more than 150,000 people directly and up to 250,000 people indirectly annually. The hospital is an affiliate of the Uganda Protestant Medical Bureau.

Sheila Naturinda  
**President - RC Kampala Central**



RTR. SARAH OWEMBABAZI

## I spent two cold nights by the road side, but would still choose the DCA again and again....

In 2016, I was requested by now Rtn. Rittah Nakasawe to join the District Conference and Assembly (DCA) Mobilisation Committee. Since she was my Club Assistant District Rotaract Representative, I could not say No!

I had always heard about the DCA, paid for in dollars. It had never crossed my mind that I would pay all that money to attend an event (at the time even the word dollar was intimidating)!! Not even after listening to the good stories shared by attendees of previous DCAs. Then, I was a student member of the Rotaract Club of Uganda Technology and Management University (RUTAMU).

With the mobilisation task at hand, I realised it was difficult to promise people heaven when you have no idea about it. Quickly, I read about the DCA, painfully looked for the US\$70, and paid for my first DCA, then embarked on the assignment. I must state that Ugandan's love travelling, so we had a good turn up of over 60 Rotaractors from Uganda for the 93rd DCA in Arusha, Tanzania.

Even after sleeping out in the cold by the roadside in Kisumu and Nairobi while heading to Arusha, it was still a great and non-regrettable experience (DM bus travellers can relate). We are grateful to the people that offered us water, and food. Several Rotaractors were willing to share resources to ensure will all reached Arusha. It was during this time that I learnt to always travel with emergency money.

Once you attend your first DCA, you immediately get

hooked, and never want to miss at any cost. The DCA feeling is unique! I cannot quite explain it to you. It's the climax of the Rotary year! With the awards, ever heated Rotaract assemblies, aftermath discussions, road adventures, and the amazing night life, you do not want to get second hand information.

Behind the scenes, the DCA committee members do a lot of lobbying, and the cost for Rotaractors is subsidised. It is only after attending a DCA that the money makes sense. The value is four times what you pay. So friends, as your Rotaract Registration Chair for the final Rotary D9211 DCA, I encourage you to pay up. I have listened to stories of the Finale D9200 DCA in Mombasa, and wished I had was a Rotaractor then.

Meanwhile, it is very important that your club has a representative at the District Assembly. As a club, you could contribute for one or two members to represent you as a voting delegate on resolutions voted for during your club assembly.

If your club has 20 members, each member could contribute U\$5 which is an equivalent of UGX 20,000 for you to have a representative. Refer to the Rotaract DCA Handbook - page 24 and 25. Alone we can do so little, together we can do so much, said Hellen Keller. Since you are in Rotaract now, I encourage you to register, sacrifice, save, pay, and attend this FINALE DCA for D9211. Catch you in Munyonyo!!

**For Rotaract Registration Concerns, call 0700982330**  
96th Rotaract Registration and Mobilisation Chair  
Rotaract Club of Lake Victoria

Rotary  
District 9211



Rotaract  
District 9211



**96<sup>TH</sup> DISTRICT  
CONFERENCE  
& ASSEMBLY**  
DISTRICT 9211 | KAMPALA UGANDA | 21<sup>ST</sup> APRIL 2021

# End of an era, Beginning of a new dawn

**21<sup>ST</sup> – 24<sup>TH</sup> APRIL 2021  
SPEKE RESORT MUNYONYO**

**Early bird**  
(Up to 31<sup>st</sup> Dec 2020)

|               |              |
|---------------|--------------|
| Rotarians -   | <b>\$200</b> |
| Rotaractors - | <b>\$100</b> |

**Late Registration**  
(Up to 31<sup>st</sup> March 2021)

|               |              |
|---------------|--------------|
| Rotarians -   | <b>\$250</b> |
| Rotaractors - | <b>\$120</b> |

**Register NOW and SAVE**

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

Registration: [www.rotaryd9211.org](http://www.rotaryd9211.org)  
Chair Registration: **Peter Mukuru** +256 772 412 830

Youth On to DCA  
(UG): **Rachel Kiwumulo** +256 787 363 748  
(TZ): **June Russel Gondwe** +255 718 515 490

#DCA96 @D9211





# The volunteers reward

Voluntary organisations grapple with the question of how to ensure benefit to their members. Volunteers also wonder how they can benefit from commitments that do not get them financial gain. The question becomes even harder when asked by potential new members to these arrangements. Overtime, I now know and see reward in many ways depending on the task, achievement, and event. I will share these ways first and end with the school of thought I subscribe too.

For some volunteers, the reward is always a simple thank you in public or private, to lighten up their hearts and get them going again. Other volunteers prefer tangible rewards and recognitions such as plaques and certificates. Leaders must understand that these categories of people exist and should be catered for in all ways possible. However, it is important to note that the people supposed to move the thanks and offer these rewards might not do it due to many reasons. What next then for the volunteer? Do you call it quits simply because someone has not said - thank you?

The question brings me to my conviction of the best reward to volunteers, a reward that never fades, one that comes from no one else but the volunteers themselves.

**While we participate and undertake various assignments and initiatives in our clubs and communities, we should know that there is no better reward than seeing a successful initiative and getting fulfilment that comes from the heart.**

That way, our pursuit to serve and make the lives of others especially the less privileged better will not be hindered by whether we have been recognized, appreciated or given shout outs. It might never happen, but if it does, we can only welcome it as a plus. Let us strive to find fulfilment, happiness and reward in seeing

lives change, projects completed and the ways of life greatly improve. This should be an ultimate fulfilment and reward for volunteers.

Rtr. Emmanuel Lukeera  
**Rotaract Club of Kampala City**



# Running water and books – a welcome combination for Njiro Schools

As part of its contribution to serving the communities within its environs, the Rotary Club of Arusha Mt. Meru (RCAMM) is promoting education/literacy and improving water and sanitation in Njiro Primary and Secondary schools.

## Basic Education and Literacy

The club stocked the Njiro Primary School Library with English language and Mathematics textbooks and story books. The library was also furnished with shelves, tables and chairs which were previously lacking. Njiro Secondary School got Biology, Physics, Mathematics and English language text books, plus Oxford dictionaries and literature novels among others. In addition, the school will also get free internet connection. The head teachers and students could not hide their joy, with one of them from the school's Interact Club exclaiming that, *"tukanashukuru sana mungu awabaliki sana,"* meaning - thank you so much, and God bless you. Stocking the three libraries (including Arusha City Library) cost US\$4,094. The project was also supported by Rotary Club of Hendersonville, USA.

## Water and Sanitation

In a bid to provide free water to both schools, wells were drilled and water pumps installed. The project, which cost US\$ 9,518 will help reduce the schools' national water bills. It was supported by the Rotary clubs of Alpharetta (USA), and Boras Viskan (Sweden), the American Commerce Bank, USA and Rtn. Bill Sinclair.

Rtn. Yvonne Catherine Kahimbura  
**RC Arusha Mt. Meru**

Email Address: [rotaryarushamountmeru@hotmail.com](mailto:rotaryarushamountmeru@hotmail.com)  
Facebook: [Rotary Club of Arusha Mount Meru](#) | [twitter](#) | [website](#)







## ShelterBox: Offering recovery after Tanzania floods

Heavy rain in Tanzania led to flash flooding earlier this year. Lindi region in the south-east was hardest hit, with more than 5,500 families displaced across several villages. Some homes were washed away; others were so badly damaged by water that they were uninhabitable. Property and land were left waterlogged. More than 2,000 families were relocated to a site on higher ground, but a lack of materials and tools hampered many families' ability to build adequate shelter. Initially the shelter response was very limited. Only 80 family tents were available to provide some initial shelter in the resettlement camp. Families were therefore forced to segregate by gender and sleep collectively with others on a rotational basis, to maximise the use of the few tents available.

Through a partnership agreement with International Federation of Red Cross (IFRC) who implemented the response together with the Tanzania Red Cross Society (TRSC), ShelterBox has supported 677 households in Lindi region with shelter kits and solar lights, worth £53,500. In the early stages of the response, these families were identified as the most vulnerable and had been unable to build any form of shelter since being displaced. IFRC have complemented the ShelterBox aid by providing CGI, nails and labour for roofing. The ShelterBox team also delivered remote training on how to use the solar lights and items within the shelter kit, most effectively to a small team of staff/volunteers from

the TRSC, along with members of the affected community.

### Why solar lights?

The resettlement site which was allocated to the families by the Government is unoccupied land so does not have a pre-existing electricity supply.

The solar lights are invaluable for so many day-to-day activities: work, education, family activities or simply moving around at night. They are more than just light – they can provide comfort and allow families to regain their livelihoods.

### Shelterkit items

Early in the response, lack of tools and materials was identified as a key barrier in families being able to start building activities. The shelterkits will enable families to complete construction of their homes by creating weather tight walls, and in some cases extend existing structures so they have a more suitable covered living space.

The kits can be used to construct latrines, fences, water collection points and building of systems to collect rainwater from shelters. They can also be used for activities such as rubble removal, digging drainage ditches and preparing ground or for associated livelihood activities such



as boat building, furniture making or agriculture gardening. The tools and tarpaulins are versatile and can support families in many ways. The items in the kit include:

- Tarpaulin: sheets of heavy-duty tarp can be used to create walls and roofs
- Rope(s): this universal essential can make shelters secure and stable
- Hoe(s): this tool can prepare the ground and later be used for farming
- Tie wire: fix tarpaulins or bamboo structures with 500g of wire
- Tin snips: the snips can be used to cut tie wire or tin roofing plates
- Handsaw: the saw will enable people to use timber or bamboo if it's available
- Roofing nails: we include 500g worth of nails, with washers to seal out the rain
- Shovel: this can prepare foundations for a shelter or dig drainage ditches
- Nails: 1kg of timber nails will also secure any repairs
- Claw hammer: another universal tool for nailing together a home

### Connection between ShelterBox and Rotary

ShelterBox is a remarkable Rotary people of Action Story. ShelterBox started as a Rotary Club project by a club in the UK in 2000. Rotary members around the world supported ShelterBox which then grew and became an independent

charity. The close relationship with Rotary members both through awareness and fundraising and in countries responding to disasters led to ShelterBox becoming Rotary International's Project Partner in Disaster Relief in 2012.

RI President Holger Knaack addressed ShelterBox's International Conference in September sharing his congratulations for 20 years of 'People of Action'. He said:

*"It's incredible to think that ShelterBox grew from one Rotary Club's millennium project. But it wasn't just that one Rotary club's dedication and passion, it was the fact that the Rotary family around the world really believed in the mission and got behind it, recognizing the clear cause so much so that over the years international teams and affiliates have grown, all from Rotarian and Rotaract roots, which just shows how with commitment, dedication, and passion and also a global network, one club's idea can grow into an internationally recognized organization, which is helping to shape the humanitarian sector in the area of emergency shelter."*

*This shows, with global support and collaboration, what the Rotary family as people of action can achieve. And I understand that Rotary is still part of ShelterBox's DNA, with over one thousand members of ShelterBox's staff and volunteers throughout the organization coming from the Rotary family"*





**In Tanzania, ShelterBox has collaborated with Past District Governor Sharmila Bhatt to access necessary information and permission required to provide the appropriate support. On behalf of Rotarians in Tanzania, Sharmila thanked ShelterBox for supporting the 677 families.**

#### Coronavirus mitigations

ShelterBox is now responding to an additional crisis within a crisis. As well as supporting communities as they recover from the devastation the flooding has brought, there is also the need to help protect families from the threat of Coronavirus. The response has been adapted to include mitigating actions to ensure communities being supported are not harmed.

#### These include:-

- Social distancing and handwashing facilities during distributions.
- Response staff/volunteers use face masks at training and distributions.
- Distributions spread over three days, reducing number of families at each point of distribution.
- Using the distributions as an opportunity to educate about the virus.

#### What next after the post distribution evaluation?

Although some of the beneficiaries are already excited about the kits, with some already using the solar lights for reading and community meetings, a post distribution monitoring survey will be conducted, to help evaluate the

effectiveness of the response.

This means the organisation keeps on learning. By listening to feedback, adapting and improving, they can ensure that the families they support are in the best possible position to start piecing their lives back together.

The end of ShelterBox's response is not the end; the training delivered, and the community connections made during a response are key for future disaster preparedness. The impact of the partnership between ShelterBox and Rotary reaches far and wide. Once ShelterBox has worked with a community to lay the foundations for their onward recovery, the teams can then share information about the community's longer term recovery and development plans with local Rotary clubs, ensuring a sustainable response and preparing for any future disasters"

Rtn. Alex Youlten

**Rotary Club of Cober Valley, Helston-UK**  
Rotary Partnership Manager at ShelterBox

*More information from:* <https://www.shelterbox.org/where-we-work/tanzania-flooding/>

RTN. THOMAS SCHERER



## Too much is never enough – how to double club membership in 12 months

During a recent presentation on how to grow membership to my club – the Rotary Club of Dar-es-Salaam Oysterbay, one of the members asked: 'What is the point? Why should we grow membership? A very relevant question, of course, and one that deserves its own stage entirely.

#### The brief answer is:

1. Membership growth has for many years been the internal strategic priority of Rotary International (the external priority being the eradication of polio). As clubs we are encouraged to contribute to such international growth.
2. More people can achieve bigger things than fewer people. And quoting our club's mentor, the late Past District Governor (PDG) Hatim Karimjee: 'There is only so much one individual can achieve. A group of people can achieve much more. And if these are a group of friends, then we can move mountains'. And this, of course, is what Rotary is all about: friendship and moving mountains together.

As a third reason in our particular context, there is the need for Rotary Tanzania to grow its numbers to a level that allows us to form our own district. As the biggest club in the country, the Rotary Club of Dar-es-Salaam Oysterbay has got a responsibility to lead, inspire, and show the way.

Having a club in the country with more than 100 members will be an important milestone and will inspire other clubs to try and achieve the same.

But now back to our topic of '**How to Double Club Membership in 12 Months**'. Membership growth depends on two factors: recruitment and retention. This article only covers recruitment. Please note, however, that recruitment without clearly defined plans for retention is pointless. Membership growth will always be a result of both factors combined and never the result of one of them alone.

#### Planning and Defining Goals

The first step on your journey towards more members is to define the membership target. During execution of your plans this target will allow you define milestones, track your progress and intervene when necessary.

When defining your target, strike a balance between ambitious goals and realistic, achievable goals. If the goals lack ambition, you will not use your club's full potential. If the goals are overly ambitious you risk disappointment. It's all about the right balance.



**Most importantly, plan with the intention and determination to achieve your goals. We do not define goals because Rotary International is asking us to do so. The job is not done once you have entered your goals into the Rotary website – that’s when it starts. In line with all of the above we at Oysterbay chose a target of doubling membership within 12 months. In our case this means adding 62 members by 30 June, 2021 bringing the new total to 124.**

**Ways and Procedures**

When we look at the integration of new members in big numbers, we need procedures and processes. We cannot improvise. Such procedures and processes must positively impact the:

- Quality of our input into the recruitment process, i.e. selection of guests.
- Process of conversion of a guest into a Rotarian, which ends with induction.

Taking this one step further – the two main factors influencing our recruitment success are:

- 1.Absolute number of good-quality guests we identify and process.
- 2.Conversion rate, i.e. the ratio of Rotarians we get out of a certain number of guests.

In simple terms: we will fail in our efforts if we only identify a small number of potential Rotarians. We will also fail if we identify a large number of candidates, but lose most of them on the way towards induction. Our focus therefore has to be on scouting for quality in numbers and increasing our conversion rate.

**Scouting for Quality**

The main criteria for the quality of guests is ‘compatibility with Rotary.’ As we know, Rotary is not for everyone. We have to identify those who are compatible. When evaluating a potential guest ask yourself the following questions:

- **Commitment:** Is this person ready to commit in the way we want and expect? Commitment is mostly defined in terms of time, engagement, participation, and the willingness to accept responsibility and leadership roles.
- **Money:** Can this person afford Rotary? While

Rotary is not expensive, it is not free either and we have to be clear about it.

- **Values:** To the best of my knowledge, is this a person who has ethical values that are in line with Rotary’s? Is this somebody I trust?
- **Expectations:** Try to find out what expectations towards membership he/she has and ask yourself if your club can meet them.
- **Personal factors:** Is this somebody I want to become my friend? Does he/she fit into the existing fabric of my club?
- **Diversity:** Will his/her addition make my club more diverse? Most important here is gender balance. Other factors are age, professional background, ethnicity/nationality, hobbies & interests, etc.

If somebody ticks all of these boxes, then it will be an excellent idea to invite him/her to a club fellowship or activity. I strongly believe that every existing member knows at least one such person. In Oysterbay, we have therefore coined yet another Rotary acronym: EEMIONPM. Every Existing Members Introduces One New Potential Member. And if they all do, then you need...

**... Processes that Help You Increase your Conversion Rate**

**Managing the process from a guest's first introduction to induction is the responsibility of the membership committee. Below is a summary of the process in 10 steps as we have it at Oysterbay. The entire process as outlined should take not less than two and not more than three months.**

**The Process Towards Membership in 10 Brief Steps**

**Step 1:** The sponsoring member invites a guest to a weekly meeting and introduces him/her with name and classification/professional background to the club.

**Step 2:** If there is mutual interest in a possible membership the guest is asked to attend two more consecutive weekly meetings. The guest is now a prospective member.

**Step 3:** During this initial period, the membership committee sends the prospective member a standard email explaining Rotary’s main goals and characteristics and also describing the type of person(ality) we are looking for. The prospective member is asked to confirm in writing his/her interest in joining Rotary.

**Step 4:** Upon written confirmation of interest by the prospective member he/she is asked to provide a curriculum vitae to the membership committee.

**Step 5:** After the third meeting, and after provision of a CV, the prospective member is invited to a ‘New Member Orientation Meeting (NMOM) where mutual objectives, expectations and obligations are explained, and discussed and during which the prospective member is given additional information on Rotary.

**Step 6:** The prospective member is given a Membership Application Form to be signed and returned to the membership committee. The application form contains a declaration of intent by the prospective member to comply with obligations and requirements of membership in Rotary as they have been explained.

**Step 7:** The prospective member is now a candidate

and is asked to attend three consecutive weekly meetings taking the total of meetings attended to at least six.

**Step 8:** The Membership Chair proposes the candidate for membership to all club members. The members are asked to respond within seven days.

**Step 9:** Provided there is no objection by any member, the candidacy is discussed by the board and, presuming there is no objection, a date for induction is set. The following has to happen before induction:

- The Treasurer issues an invoice to the candidate for dues/subscriptions for the current term.
- Candidate pays
- Membership committee shares links to relevant information with the candidate (Club constitution & bylaws, relevant publications from [www.rotary.org](http://www.rotary.org) )

**Step 10:** The candidate is inducted. The membership committee assigns him/her to a committee and a buddy group, and the Secretary registers the new member with RI and ClubRunner.

One last piece of advice: Never push or rush anybody into membership. We do not want to induct anybody for short-term glory. We want to induct for long-term impact and for long-term friendship.

Rtn. Thomas Scherer  
**RC Dar-es-Salaam Oysterbay**

*For more information or background feel free to contact me via e-mail: [tom@retom.com](mailto:tom@retom.com)*



**PDG Harish Bhatt inducts new members into RC DSM Oysterbay last month**





## Embracing FAN in Tanzania

All Rotary clubs in Dar-es-Salaam joined in a Fitness and Nutrition (FAN) activity at White Sands Hotel. The clubs included: Mbezi Beach, Oysterbay, Sunset, Dar City, eClub Masaki, Bahati and DSM. They engaged in different activities like Yoga, Tai Chi, Tae Bo, Afro Dance, Quantum breathing to crown it off with a nutrition talk.



## RC Karatu Rotary hikes Moyo Hill

The RC of Karatu hiked up Moyo Hill in neighbouring Rhotia Town. Music, dancing and singing carried the members through the dusty trails and bush, as they covered 5.5km with an elevation gain of 52 meters.



Rotary  
D9211



# OPENING OPPORTUNITY TO BELONG



..... Are you .....

A female Rotarian, Rotaractor, Innerwheel or Rotarian Spouse?

A female passionate about community service projects but not attached to any Club?

A female who wants to give back to community and make a real difference?

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

A female who wants endless networking and business opportunities?

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

Join a fun - filled fellowship of likeminded People!

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0757625852 Red Rose Joyce Katende



therotaryroses@gmail.com

0703333007 Red Rose Petal Winnie Karungi Ssewava



# DG's Club Project Visits

## RC Sunrise Kampala: Ndwaddemutwe Community Project

In 2017, the club in partnership with the Rotary Club of Mendip (UK) got a global grant worth US\$71,972 to implement the Ndwaddemutwe Community Project. The project seeks to empower the community to carry out sustainable livelihood activities under basic education and literacy; disease prevention and treatment; and economic and community development.

A three-classroom block at Ndwaddemutwe Primary School, which also includes the head teacher's office was renovated; a borehole to serve the primary school and community installed; three health camps conducted and a total of 2,112 patients (718 males and 1,394 female) treated; three water tanks were procured for installation at the school for water harvesting; and a microfinance training conducted by Salama Shield Foundation, for the four women's' groups namely: Nabibuga Bisooboka Women's Group, Mayangayanga Bakyalu Twezule; Nanga Sunrise Women's Group; Ndwaddemutwe New Life Women's Group in preparation for microcredit scheme soon to start.

Pending activities include: electrification of the school; equipping Kimenyedde Health Center II; procuring 10 computers, tables, chairs and bookshelves for the computer/library room; and conducting trainings in computer literacy and library management, among others.

*Other international partners include – Rotary clubs of Bridgewater, Weston-Super-Mare, Rotary E-Club of District 1200 all in the UK; and District 3201, India.*

## Rotary Club of Kampala North: Bududa Adopt a Community Project

With a global grant worth US\$219,000, the Rotary Club of Kampala North in partnership with the RC of Jinja Source of the Nile, RC Kisugu Victoria View, RC of Madras Coromandel (India), RC Busan Noksan and RC Suncheon-Sunghwa (South Korea) and Uganda Breweries Ltd is implementing the Bududa Adopt a Community Project.

The project covers the following focus areas: Disease prevention and treatment; water, sanitation and hygiene; basic education and literacy; and economic and community development. The community was sensitised on health and nutrition through health awareness days, and strengthening Village Health Teams (VHTs). The club also mobilised resources and conducted corrective surgeries for 14 children with disabilities.

With funding worth UGX 330million from Uganda Breweries Ltd, a water project connecting to the existing Bududa-Nabweya Gravity Water Scheme for 3.4kms supplies a community of about 2,000 people in five villages in Buwaali Sub-county. Thirteen public stand taps were provided, giving the Bududa community access to clean drinking water.

*For projects details, check The Wave August 2020 at: <https://clubrunner.blob.core.windows.net/00000050146/en-ca/files/homepage/the-wave-newsletter---august-2020/the-wavedigitalaugust.pdf>*







## Why businesses fail: Post COVID-19 pandemic business rescue mechanisms for distressed companies

The 2019 Coronavirus Disease (COVID-19) pandemic led to a number of countries locking down their economies in order to curb the spread of the pandemic, and protect their citizens and residents. A number of businesses and institutions halted their operations suddenly. These include: hotels, shops, malls, salons, entertainment centres, tourist stations, places of worship, and learning institutions, among others. A few of these businesses and institutions have since resumed business and many are finding it hard to re-open or take off due to the losses occasioned by closure, loss of clients, failure to pay workers, change in business models, accumulated rent and related costs. As businesses resume, it is critical to note that beyond the impact of COVID-19, there are other factors that make many businesses fail.

Businesses irrespective of the amount of investment/capital they start with, can rise to greatness or fail if they cannot adapt, innovate or deploy corporate governance principles. A number of businesses fail because of internal and external factors. These include: operating informally, lack of a business plans, change(s) in technology, failure to adapt, new business models, laws of demand and supply, lack of corporate governance, lack of risk management strategies, failure to separate the business from personal issues, employing incompetent staff, inadequate skills, failure to access affordable funding/credit for recapitalisation

or expansion, failure to manage growth and expansion (sustainability), failure to use their movable property (chattels) to secure credit, high rent rates, failure to understand the role of shareholders and directors, lack of knowledge on the value of intangible assets like intellectual property and short term investment horizons, among others.

The plight of business men and women over their ailing undertakings has in the recent years, attracted a lot of media attention. This is a cause for concern that requires countries to look into why businesses are failing, and how they can be rescued since the business/private sector drives economies by employing masses, creating wealth and production of goods and services.

Internal causes of business failure can be assessed using a SWOT (*Strength, Weaknesses, Opportunities and Threats*) analysis tool, while external factors can be gauged using the PESTLE (*Political, Economic, Sociological, Technological, Legal, Environmental*), and the 7Ps (*Price, Place, Product, Promotion, Process, People and Physical evidence*) analysis tools, among others.

One of the primary roles of the State is to create a favorable environment for private sector development for all players in the market place, including micro, small, medium and large

enterprises (MSMEs). This implies that the regulatory and institutional framework must deliberately address the cost of doing business, infrastructure and financing mechanisms for access to affordable finance, markets and labour for MSMEs, among others.

Despite being one of the most entrepreneurial nations in the world, the failure rate of businesses in Uganda is quite high. It is therefore critical that every business establishment follows some generally acceptable principles of management that can be a lifeline, rescuing the businesses from failing.

Mechanisms of salvaging ailing businesses may also vary since there are businesses that are the responsibility of the state, and those that only the private company can do. It is the State's obligation to provide infrastructure/environment that enables businesses to grow, which has been achieved to a great extent. On the other hand, it is every company officer's responsibility to see that the affairs of the company are run in a proper manner.

Primarily, it is the State's role to ensure that there is peace and security, through the observance of law and order. This provides a basis for businesses to grow undisrupted by armed conflict or uprisings. The State has put in place legal, political, economic, credits, and education systems that provide opportunities for the business community. It has created incentives for people to save, invest and innovate by guaranteeing property rights, policy implementation and enforcements of laws. Institutional and physical infrastructure are very key for the success of business, and the need for inclusiveness, which creates incentives for entrepreneurship and economic growth. To an extent, the cost of doing business has been addressed by eliminating complicated processes of formalising and licensing of businesses.

On the other hand, business entities must build a culture of discipline, do the right things, and improve leadership in order to achieve success. They should also make the right strategic plans, and invest in the right places and equipment. Like humans, these entities also need mentors. Businesses must also adequately use technology, one big lesson that the COVID-19 pandemic has taught us.

Business entities must scan their environment, avoid copying businesses without strategy, assess risks in their area of operation and lay strategies to mitigate them. Businesses must plan and invest funds in getting the rights skills on board, identify areas of wastage and

eliminate them in order to cut costs and optimally utilize their financial and human resources.

Jim Collins in his book, *Good to Great*, states that success in business is found in three main areas - disciplined people, disciplined thought and disciplined action, and that these were likely the most significant factors in determining a company's ability to achieve greatness.

Business leaders are encouraged to maintain a risk register and related records, and observe the code of ethics and the principles of corporate governance. Businesses must also invest in research and development. Other solutions to business recovery may be found in recapitalisation, downsizing, mergers and acquisitions.

**Jim Collins and Jerry Porras in their book - *Built to Last*, advise business owners to build companies that can prosper far beyond the presence of any singer leader and through multiple product life cycles. Companies should be able to adapt and change over time in response to market conditions.**

The Companies Act, 2012 provides for incorporation, regulation and administration of companies. The same Act provides for principles of corporate governance, which makes the board accountable for the performance and affairs of the company. The officers of the company are expected to act in good faith with due diligence and care and in the interest of the company.

Businesses, especially family-owned should be run by qualified professionals. They should also put in place codes of ethics for all stakeholders. The procedure for implementing, monitoring and enforcing codes of ethics should be ensured. Promotions must be based on integrity, and training on business values in order to ensure ethical standards are met.

**President - Rotary Club of Bukoto**  
Director Intellectual Property at URSB



DR. KONRAD MEYFARTH, PP



## Rotarians Against Malaria: For a malaria free world

In Uganda and Tanzania several people know the facts about malaria. That more than 400,000 people die of malaria each year (worldwide), and every two minutes a child dies of malaria.

However, not everyone knows that Rotarians have made a difference in fighting malaria worldwide. They have helped control malaria and saved millions of lives. Rotarians and partners have pioneered adding bed nets in polio vaccination campaigns (Rotary Matching Grant Lawra Ghana 2002). Rotarians were the first to put bed nets into all households in many villages (Zambia 2003), which drove death rates there to zero. Longlasting insecticidal nets for all is now standard. Rotarians (Zambia 2009-on) scaled up use of Community Health Workers (CHWs) to drive malaria to near zero. The model using CHWs is shared with Uganda and other countries.

In the Pacific, Rotarians and major partners organized the first full country and ongoing coverage with bed nets for Papua New Guinea between 2010 and now. They also collected the first detailed population records with health data. In South-East Asia, Rotarians collaborated with partners and the Government to remove malaria from Timor-Leste (2006/18). Currently, Rotarians are helping maintain zero malaria in the country.

Rotarians find and prove up innovations that work, and collaborate with many players. Often we make the difference to drive malaria to zero.

### Can we Rotarians fight malaria at this time, within the dangers caused by COVID-19?

Yes, we can and we should! We can use malaria work to spread the word on COVID-19 prevention, as we did with Ebola.

Today, we have a global campaign to end malaria that is driven by the Rotarians Against Malaria (RAM)-Global Rotarian Action Group. RAM-Global has members from all over the world. Different Rotary malaria grants are already being implemented in many countries.

In 2020, in the Gambia, Rotarian Dr. Emma Bruce, started a malaria educational awareness campaign entitled "Sensitization of pregnant women and mothers of children



under five years on malaria prevention at local health centers and hospitals during antenatal consultation days and pediatric outpatient clinics". This activity combined two of Rotary's main focus areas which are – disease prevention and treatment, and maternal and child health. The activity helped prevent the spread of malaria among the most vulnerable groups affected by malaria.

Funding for the malaria educational awareness campaign was from grants from The Rotarian Malaria Partners, Bill and Melinda Gates Foundation, Rotary Club of Normal Illinois, Rotary Club of Des Moines and Normandy Park.

#### Our goals

RAM-Global's goals for Uganda and Tanzania are to find Rotarians and Rotaractors to join RAM-Global so as to end the deaths and devastation that malaria brings to communities. To achieve our goals, we need your help to build a network of RAM-Global members recruited from Rotary Clubs in your countries.

Together with German Rotary Clubs and RAM-

Global, we will develop malaria projects and look for additional funds to help you. Our common cause to end malaria is the core of our work and communications!

For more information and to join RAM-Global, individually and as a Rotary Club, please visit [www.RAM-Global.org](http://www.RAM-Global.org).

#### Contacts:

Dr. Konrad Meyfarth, Africa-Ambassador for RAM-Global. Contact me via: [konradmeyfarth@gmx.de](mailto:konradmeyfarth@gmx.de).

In Tanzania, contact Rotaractor Aloyce Paul Urassa: [louisurassa@gmail.com](mailto:louisurassa@gmail.com) or Rotarian Faye Cran: [fayecran@habari.co.tz](mailto:fayecran@habari.co.tz)

Dr. Konrad Meyfarth, PP  
RC Berlin Bruecke der Einheit, Germany





# DG’S VISITS

ROSETTI NABBUMBA NAYENGA

| Date          | Activity 9 (AM)  | Activity 12 (Noon)   | Activity 2 (PM)                               |
|---------------|--|--|---|
| Sun 01-Nov-20 | RC Wobulenzi   |  | RC Kiwenda                                    |
| Mon 02-Nov-20 | OTHER DUTIES   |  | RC Kansanga                                   |
| Tue 03-Nov-20 | OTHER DUTIES   |  | RC Makindye + RC Nakasero Central             |
| Wed 04-Nov-20 | OTHER DUTIES   |  | RC Nsangi                                     |
| Thu 05-Nov-20 | OTHER DUTIES   |  | RC Nateete Kampala                            |
| Fri 06-Nov-20 | OTHER DUTIES   |  | RC Kyengera + RC Nabbingo                     |
| Sat 07-Nov-20 | RC Kasangati (+project visit Makukuba)                                     |  |   |
| Sun 08-Nov-20 | (UG Opportunity President's Scientific Retreat with the District Gorvenor) |  |   |
| Mon 09-Nov-20 | OTHER DUTIES   |  | RC Buloba                                     |
| Tue 10-Nov-20 | OTHER DUTIES   |  | RC Bunga                                      |
| Wed 11-Nov-20 | RC Bugolobi Morning Tide (7.00-8.00am)                                     |  | RC Portbell                                   |
| Thu 12-Nov-20 |  |  | RC Bugolobi                                   |
| Fri 13-Nov-20 | RC Njeru   |  | RC Kayunga                                    |
| Sat 14-Nov-20 | RC Kampala Ssese Islands (+ Project visit Ssese islands )                  |  |   |
| Sun 15-Nov-20 | OTHER DUTIES   |  |   |
| Mon 16-Nov-20 | OTHER DUTIES   |  | RC Kampala Munyonyo                           |
| Tue 17-Nov-20 | OTHER DUTIES   |  | RC Kampala Naalya                             |
| Wed 18-Nov-20 | OTHER DUTIES   |  | RC Kiwatule (+ Kampala Sunshine in Formation) |
| Thu 19-Nov-20 | OTHER DUTIES   |  | RC Kampala Springs                            |
| Fri 20-Nov-20 | OTHER DUTIES   |  | Inner Wheel Clubs UG                          |
| Sat 21-Nov-20 | (Physically scientific and hybrid) 96th DCA Retreat 9am-4pm                |  |   |
| Sun 22-Nov-20 | OTHER DUTIES   |  | RC Bulindo                                    |
| Mon 23-Nov-20 | RC Kampala Early Bird  | RC Lubowa  |   |
| Tue 24-Nov-20 | OTHER DUTIES   |  | RC Kisaasi Kyanja                             |
| Wed 25-Nov-20 | OTHER DUTIES   |  | RC Kyambogo Kampala                           |
| Thu 26-Nov-20 | OTHER DUTIES   |  | RC Namugongo                                  |
| Fri 27-Nov-20 | OTHER DUTIES   | RC Metropolitan and RC Kampala 7 Hills (separate boards, joint assembly- ,3.00-5.00pm,5.00-6.00pm) |   |
| Sat 28-Nov-20 | ROTARY FOUNDATION DINNER   |  |   |
| Sun 29-Nov-20 |  | RI Zone 22 Institute,-arrival of delegates   |   |
| Mon 30-Nov-20 |  | RI Zone 22 Institute,-arrival of delegates   |   |

# Greater Masaka Mega Fellowship 2021

12-14 FEB 2021

• **Venue** Hotel Brovad

- **Reg fees:**  
Rotarians 120,000/=  
Rotaractors 80,000/=

## Payments Details

**Centenary Bank ,Masaka Branch**  
**A/C Name: Greater Masaka Mega fellowship**  
**A/C No. 3202415975**

**Mobile pay**  
**(PAG) Harriet Naddumba**  
**0772669779 / 0701026941**

Rotary Opportunities Open Doors





# Why you should register your business today

In Africa, up to 70% of people who regard themselves as entrepreneurs do not own a registered business. This could be attributed to plain ignorance, as they do not know or understand the importance of registering a business. To others it is a choice to avoid the upfront cost of registration when they start their business.

If you plan to start a business soon, the reasons in this article will prevent you from missing out on the benefits of a legally registered business.

## Gives you a unique identity (and protects it too)

There is a certain pride that comes with the identity of your own business. It's no longer that big idea you have had in your head for years. It is now a real thing that legally exists; with its own name and address.

Some people choose their business names on emotional grounds (like their father's, mother's, wife's or child's name or even their own name). Some prefer names that inspire, while others will go with names to portray good qualities about the business. Whatever name you choose is totally up to you. The first thing the Business Registration Office does is to check that no other

business already exists with the same name. Under law, no two businesses should have the same name to avoid confusing the public. This search could take a few minutes or several days.

Once it is confirmed, you will be allowed to go ahead with the other business registration processes and unless your business goes bankrupt and is formally dissolved, no other person can use or register the same name ever. You are legally free to design a logo, create business cards and letterheads and do anything you want with the name.

## Protects you from personal liability

Without the legal protection of limited liability, you could lose your business and personal property if something goes wrong (if somebody sues for heavy damages).

Imagine you started a trucking and haulage business with two trucks that carry heavy goods for customers from the sea port to the inner cities. Unfortunately, one day a truck in your fleet has a fatal accident and five people are killed. Your biggest problem is the court case brought against you by the relatives of the deceased who are suing for damages of say over UGX100 million. Even if you sold the other remaining truck, it would not be enough for a settlement.

**If your business is registered as a limited liability entity, the worst that could happen is that only your business will be responsible for paying the damages because it is a separate entity from you. However, if you are running an unregistered business, your personal property maybe used to settle any outstanding debts the business cannot settle.**

Do not forget, not all company types can offer this protection. Only limited liability type companies can do this. Sole-proprietorships and partnerships (except limited liability partnerships) cannot provide protection from personal liability.

## Makes you look serious and attracts more customers

Today, most customers, especially the corporate type, expect a serious and responsible business to be registered. In fact, most companies will not do business with an unregistered business. In certain cases, it is against the law for regulatory and tax reasons. How can you issue receipts to customers for products you sell or services delivered? Chances for your business to grow will be out of reach.

## Easier to get bank credit and investment from investors

For banks, there are basically two categories of loans: Personal and Business loans. Most banks will gladly lend you money to buy a new car or house, but none will give you money to fund a business that is not registered. To qualify for a business loan, the number one and non-negotiable requirement is that your business must be registered. Period! The same goes for investors interested in financing your venture. They need assurance that the funds are not going to be used for your personal needs.

## For continuity

Nestlé, Cadbury, Shell and Toyota. Do these names ring a bell? Of course they do. These are big multi-billion dollar businesses that have existed for decades. In fact, most of the founders are deceased, but these businesses (which were quite small when they started ages ago) remain very big and successful today. In Africa, it is hard to come across businesses that outlast their founders.

Just a few have. A registered business is an asset that can be passed down (as an inheritance) or sold by its owners to a new generation who can continue to own and run the business.

Rtr. Innocent Jr Robin

**Founder/Team Leader PGUganda**

PP RAC Kampala East

**Most banks will gladly lend you money to buy a new car or house, but none will give you money to fund a business that is not registered.**





Rotary clubs  
celebrated  
World Polio  
Day







TOGETHER, WE

# SAVE LIVES

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



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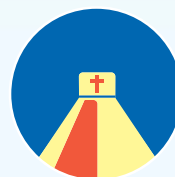
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