



the

WAVE

Issue no. 03 | September 2019

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Chief Editor

Charles Odaga  
RC of Kampala South



# EDITORIAL

Yet another connecting month has elapsed. Our Rotary train never seems to stop. On behalf of my Editorial team and on my own behalf, I bring you greetings and wishes of the very best blessings for the month of September. We are extremely elated that more and more readers are taking keen interest in sharing stories about the activities a happening in their clubs', together we will make this newsletter the number one choice for all.

We had an extremely exciting month of August we witnessed the successful completion of the Rotary Cancer Run VIII in Uganda. This event continues to grow from strength to strength while focusing on a very noble cause – to build two bunkers for two linear accelerators at the Rotary Centenary Cancer Ward at Nsambya Hospital in Kampala, Uganda. We are proud that we will share so stories and photographs about the run.

We are still appealing to clubs and individuals who have businesses to contact us and utilise this newsletter for advertising. Our rates are very competitive and attractive, you can also be sure of the targeted audience. So do get in touch.

The commissioning of the hospital in Ngora is another exciting project that we would like to share a story about. The Rotary Club of Kampala Central delivered a master class in project execution and handed over the completed Women and Children ward during the month.

Again I invite you to enjoy the newsletter and beseech you to share as many stories and photos from your clubs in order for us to fully 'connect'.

## The Editorial Team

Dorothy Waniale – Contributor  
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(In formation).

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RC Kisugu Victoria View

Jackie Mali – Contributor  
RC of Kampala East

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Rct. Club of Lake Victoria





# RI President September Message

*Mark Daniel Maloney*  
*President 2019-20*



Here in the United States, another summer is winding down. And for the Maloney family, every summer ends with a return to my hometown of Ridgway, Illinois, for the annual Popcorn Day festival, where I am honored to serve as the "Popcorn King," the master of ceremonies for the day's events.

Regardless of the season, every family has its own traditions. I would like to suggest a new one for yours: Find an opportunity to introduce your family to Rotary. One of my family's traditions is to take our daughters and grandsons to the Rotary International Convention. The 2020 convention in Honolulu will be a wonderful way to introduce your children and grandchildren to the internationality of Rotary. We are planning many family-oriented events for everyone to enjoy.

Any time is a fabulous time to bring family members on a Rotary service project or to a fundraising event. But perhaps you have not seen many family-friendly events at your club. That is precisely why one of my top priorities this year is to make most Rotary events welcoming to family members.

We must foster a culture where Rotary does not compete with family, but complements it. We should never expect our members to choose between the two. That means being realistic in our expectations, considerate in our scheduling, and welcoming of children at Rotary events on every level.

Often, the young professionals that Rotary needs to attract in order to remain a dynamic 21st-century service organization are the very people who have the greatest family responsibilities. We must not keep these prospective young members away from their families by holding events on evenings and weekends at which their children are not welcome.

For too long, we have closed the doors of many Rotary events to children and sometimes even spouses. What wasted opportunities these are! Every chance we have to pass on the gift of Rotary to young people is one we must take if we are going to grow Rotary and ensure that the next generation is fully engaged in our mission.

So let us open our doors and do it in a fun way, with opportunities that make our children and grandchildren want to learn more about Interact, Rotaract, and Rotary membership. Start small if you must — perhaps by holding some of your meetings at more family-friendly times — but think about how you can continue these kinds of events for years to come.

Bringing children to Rotary events is not just fun; it also exposes them to the world! Make this a memorable year for your family — and an unforgettable year for the ever-expanding family of Rotary as Rotary Connects the World.



## DG's September Message

It is now two months since the start of the connecting Rotary Year 2019-2020. The ended month of August was Membership and New Club Development Month and from all indications, it has been a great month for exposing Rotary to the wider community and for membership growth. Several clubs participated in the Rotary Cancer Run and the Eastern Mega Fellowship. Thank you for connecting the world.

The month of September, we highlight Basic Education and Literacy, one of the six areas of focus. My friends, did you know that worldwide, many children have no access to education and people over the age of 15 are illiterate. Rotarians are supporting educational projects that provide technology, teacher training, vocational training teams, student meal programs, and low-cost textbooks to communities. The goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy.

As Rotarians we dare to imagine a world where all children have access to education and opportunities for productive work as adults. Literacy is central to ensuring that all children develop the capacity to imagine a better future and the skills necessary to shape those dreams. The power of literacy lies not just in the ability to read and write, but rather in the capacity to apply these skills to effectively connect, interpret and discern the complexities of the world in which we live. Literacy is essential to solving the challenges of the world, including eradicating poverty, malnutrition, poor health care and inadequate sanitation.

Rotary affords each of us the opportunity to help provide basic education and literacy skills to those in need in our communities as one of the six areas of focus for grant funding, Rotary International has endorsed this area of work as important and impactful. What you need to do is to define a problem, propose a solution that may require funding and measure the impact of the project itself.

Without basic education and literacy, people will no doubt be disadvantaged in future opportunities for success and support of their families. Basic Education and literacy skills are the basic tools that can change a life, and, with each life changed, families and ultimately societies are positively impacted.

I ask you to channel your energy this month in enabling your community to a better future; a brighter future.

As a reminder, by now you should have paid your Rotary International half-yearly dues, District and Country Dues. If you have not then I urge you to do so poste-haste.

My friends, we are truly part of a wonderful organization. Through the clubs I have visited as part of my official visit as District Governor, you have done a lot of impact in the respective communities. Be proud to be a Rotarian – I certainly am.

Let us do our part to provide this basic human need!

F X Sentamu  
District Governor 2019 - 20  
Rotary International District 9211

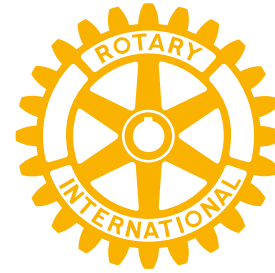
**Rotary**  Tanzania &  
District 9211 Uganda





# Advertise in "The WAVE"

Rotary  
District 9211



the  
**WAVE**  
2019-2020

## OPPORTUNITY

Starting with the month of September, we are offering an opportunity to all Rotarians and Rotaractors who would like to advertise their businesses on this online platform. We have included a card with very attractive rates to enable us not only grow our businesses but Rotary too. All proceeds from this advertising space will go towards the Rotary Foundation of the respective countries. We believe this will be a great opportunity to directly reach the over 5,000 Rotarians and further organically reach their networks.

	Monthly	Quarterly (4months)	Half Year	Full year
FULL PAGE	\$200	\$790	\$1100	\$1800
ONE HALF	\$100	\$290	\$575	\$1000
ONE QUARTER	\$50	\$140	\$285	\$550

For More Detials and Bookings Call: +256 754 411 001  
Rtn. Charles Odaga - Chief Editor



# FELLOWSHIP AT THE SUMMIT OF KILIMANJARO WITH DG XAVIER SENTAMU

In many ways, climbing is the process of achieving your goals. For those who want to climb big mountains, each step they take towards the summit is driven by their desire to stand on the summit. Reaching a mountain peak is a ‘dream come true moment’ for many adventurers, but enjoying fellowship at the peak of Mt Kilimanjaro is an even more enticing idea for Rotarians. Think about the thrill or “summit fever” as you approach the peak. Truly an amazing thought.

Climbing is an amazing and exciting activity that involves the extremes of pleasure and hardship, of both risk and reward. It is an inherently risky endeavor when you start moving higher and higher above the ground.

District Governor Xavier will host a team of willing Rotarians to be part of a great milestone in District 9211: climbing Mt Kilimanjaro. The purpose of this scaling of the mountain in northern Tanzania is to raise money to support maternal and child health projects for different clubs. Each participant, in addition to agreed costs, should fundraise at least \$1,000 to the Rotary Foundation for the mother and child health cause.

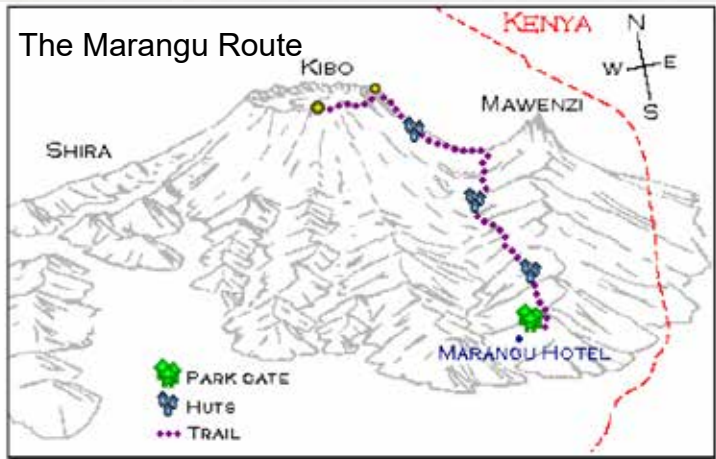
Prices Per Person in a Group of 8 or more 5 Days

Residence Status	Accommodation 2 nights HB	Climb Package	Park Fees	Total Per Person
EA Citizens	\$190	\$630	\$45	\$865
TZ Residents	\$190	\$630	\$525	\$1345
Non-residents	\$190	\$630	\$732	\$1552

Tip of 100-150 \$

DG Xavier says that he is mentally and physically prepared for the task to raise funds. He has been doing loads of exercise amidst his already very busy schedule. He is further encouraged by the fact that Rotarians, Rotaractors and guests from Kilimanjaro area, Dar es Salaam, Arusha and Uganda are on board.

“I call upon other capable persons to join us in this adventure,” says the DG. The run is scheduled for late October. He believes a visit to this most popular tourist attraction is worth considering. He hopes to raise more than USD 10,000 for The Rotary Foundation through this hike.



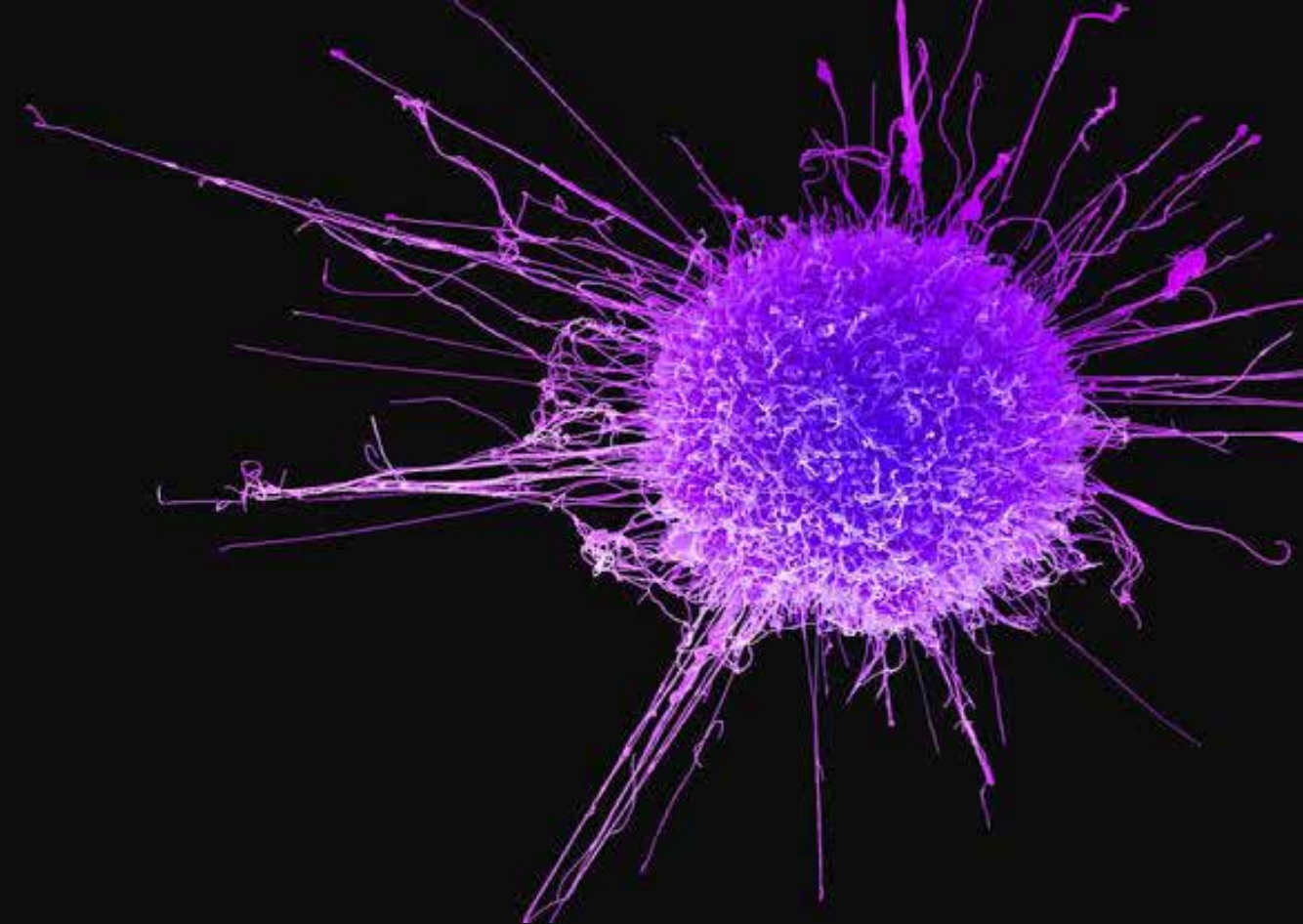
“It’s not the mountain we  
conquer but ourselves”

Registration: TZ - Furaha / Country Office  
UG - Beatrice / Country Office

The chosen trail will be the Marangu Route, which is a four-day hike to the peak and one day to descend.



# What You Need To Know About Cancer



Cancers can happen at any age, and most especially at the extremes of age - i.e. in the young and in the old.

Environmental causes including smoking, alcohol, diet and exposure to other cancer causing agents, are probably a lot more important and interact with one's genes to create cancers.

Once cancer cells develop in an individual, the body may identify them as foreign and destroy them or they may "hide" from the immune system and evade destruction.

Cancer cells have uncontrolled growth and spread to other more distant parts of the body such as the lungs, liver, bones, brain and skin to form metastases.

Cancers may spread to neighboring structures by direct growth or through the lymphatic system to lymph nodes or through the blood stream or cavities such as the abdominal cavity to distant organs.

To achieve a cure, effective disease control or palliation, multiple treatments maybe required including surgery, radiation, chemotherapy, hormonotherapy, transplantation and recently immunotherapy.

The age of the patient, the fitness of the patient, the type and severity of other medical problems the patient may have, all determine how aggressive treatment maybe. Not all patients are fit for all treatments!

A cancer diagnosis is usually confirmed with a biopsy where a tissue sample is taken and reviewed by a pathologist who states what type it is, and which organ it's most likely to be from. The pathologist may also examine lymph nodes where available which may assist in staging of the cancer. Imaging with x-rays, ultrasounds, CT scans, MRI's and PET scans are used to stage as well as assist in guiding treatments.

Cancer screening involves the identification of early cancers in patients who maybe without symptoms. Breast scans or mammograms, cervical smears or pap smears, rectal exams combined with a Prostatic Specific Antigen (PSA), skin surveys for skin cancers and colonoscopies in patients with blood in the stool or altered bowel habits may all be approaches suitable for certain cancers. Everyone past middle age and more so with family history of cancer should be discussing regular annual clinical review with their general practitioner.

Cessation of smoking and taking moderate amounts of alcohol, hepatitis B vaccination for exposed populations, HPV vaccination for teenage girls (and boys), weight loss and exercise, limiting hormone replacement to less than five years could all reduce one's cancer risk. Lifestyle changes are probably the most important intervention.

Unconventional cancer treatments may include "feel good" treatments or complementary therapies such as exercise, diet and juicing, massage, "detox", aromatherapy. Alternative therapies may be harmful and should be viewed more carefully. Malnutrition on the other hand, worsens outcomes in cancer patients.

When faced with a new diagnosis of cancer, it is important to get good medical advice from a specialist who treats cancer. Cancer outcomes are very dependent on expertise and the quality of the decision making. "Dr. Google" unfortunately while very useful in assisting patients get information often does not come with a road map of treating cancer.

Ugandans like to look overseas for everything and often seek medical help and cancer services outside the country even before speaking to local specialists. Your local general practitioner is very useful in your

overall management but may not be up-to-date with regards to what treatment options are available or recommended and often will seek the advice of a specialist.

Specialists communicate back to your local practitioner. Always remember that the best doctor you have is the doctor available to you.

Medical practitioners have got an obligation to provide you with enough information in a language you can understand so that you can chose among available treatment options. Communication is very important in the management of cancer patients. Family support and patient motivation are important in cancer management.





Every year is a learning point for me, and it keeps reminding me of one of the best decisions I will ever take in my entire life. Joining Rotary.

Two years ago, I was asked to head the Cancer run team, and my immediate reaction was, IMPOSSIBLE. After a few minutes and the intervention of a friend who was down with cancer at that time, I called back and accepted the responsibility. Sleep was a luxury that night, as I had to start thinking of how I would start eating the elephant.

I picked a team to work with, which was not easy, we planned to ensure the vests are here on time and generally that we get through the whole event incident free. I started sharing my plans and my fears with a number of rotarians from different clubs, and what I originally thought was Impossible, started looking a bit possible.

The main committee I chose, worked tirelessly to deliver one of the best cancer runs we have had. They spent their money and time, they gave advice freely, they walked an extra mile to see all this come into place.

The Presidents and Cancer Run officers in clubs picked the tickets, they accepted to become hawkers and delivered a fantastic cancer run. This year, we had our highest sales through clubs, and we had the highest number of fliers for promoting cancer run designed by clubs at their cost posted on different social media platforms. Clubs approached sponsors, they ensured they were taken care of, they kept bringing back feedback to the main committee and finally all was in place.

I really get frustrated knowing that there is no better word I can use to express how I feel about the

contribution each and every one made towards the success of the cancer Run than THANK YOU. The success of Cancer Run is a reflection of the ever increasing dedication and enthusiasm you all display on a continual basis.

Thank you the leadership of Uganda Rotary Cancer program for trusting us with this responsibility, I hope we made you proud. To the Rotary family, our Sponsors, the wonderful hands of the committee members where each run took place, my club that gave me a hero's welcome, I thank you all. I pledge to remain a true Rotarian, that's the best gift I can give each and every one of you. Together, we will continue to make a difference in the lives of those less privileged than ourselves.

**We Worked hard,  
We worked as a team,  
we were on the Frontline,  
We made Cancer run 2019  
a success!**

*Juliet Kyokunda  
Chairperson Rotary Cancer Run 8, 2019.*





# Misconception About Rotary

*Vivien Katusabe*  
*Rotaract club of Kampala Kibuli*

It's the greatest misconception prevalent in our society that one should be well schooled and wealthy to join Rotary. I was very saddened to hear a boda boda man recently say that the Rotary cancer run was for the schooled class of people in Uganda. Could it be that we're not marketing enough? Could it be that all we portray to the rest of the world is craze, fun, laughter and togetherness? But then again what's Rotary without all that and service? Let there be meaning for service they say.

So I think what is important is that we can't change the fact that people already have made a decision about Rotary. But I don't think that can stop us from trying to correct some of the misconceptions that are out there.

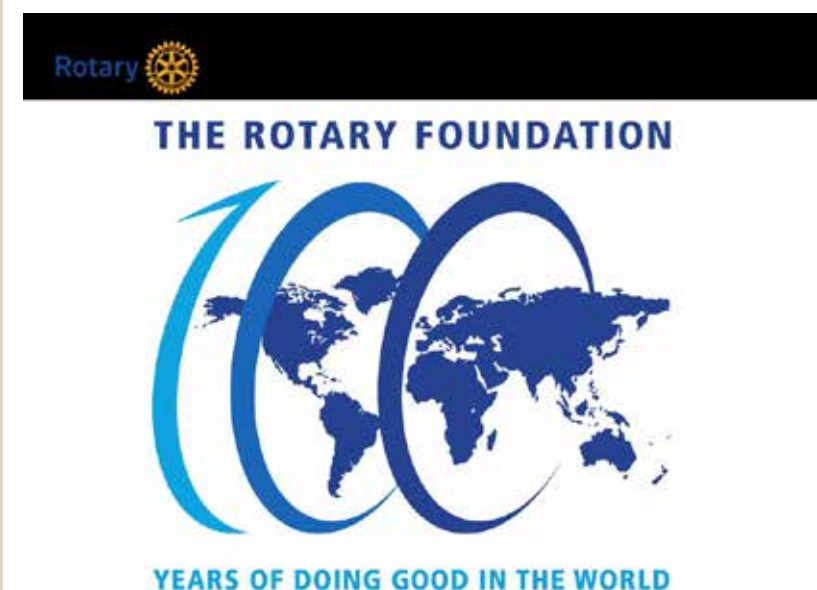
Before we make these posts, pause and think whether it brings growth to the viewers. How the viewers would perceive the information. Would investors in our projects feel it adds value to them and the general public?

At our club meetings, have we tried to conduct these sessions in the local languages commonly used and are popular in our communities? How about we get

random days and hold our club meetings in markets e.g. Kisekka or Kikuubo?? Wouldn't that help improve the misperceptions? After holding fundraising events and projects, how about we take photos that portray the actual cause for example at a medical camp, clubs focus on sharing photos of the patients benefiting from the cause and not after events portraying lots of fun, beer and food. Could we put a lot of focus on the impact we have in our communities rather than the monthly themes? It would make a lot more sense to share smiling faces of children benefiting from a literacy project. The smiles of children are magical and explain gazillion things we may never put into writing. How we tell our stories is very important.

Public relations need to focus on what we have done and its impact.

The Rotary brand is our identity and this has a lot to do with the public image. We ought to be consistent with our identity. Our identity is proper and effective communication. May we increase public awareness and understanding of Rotary in our communities? Virtually nothing is impossible in this world especially if you put your mind to it and maintain a positive attitude.







# RC TANGA CENTRAL TRANSFORMS THE LIVES OF DEAF PUPILS

Our club was chartered in November 2018 and on the very same day our club announced the goals for 2019.

Upon visiting Chuda School in Tanga town, the members envisaged the poor conditions of four classrooms out of the eight classrooms in the deaf wing. It was devastating to see that 98 deaf children, both boys and girls were sharing one toilet which was in a poor condition and totally unhygienic. This project became our utmost priority to renovate the classrooms and to construct six toilets (three for girls & three for boys).

The club decided to do fund raising musical razzmatazz evening with lot of fun whoopie games & activities, which took place on March 2019. We had hired a DJ all the way from Mombasa and our desire was to have an evening that would fill the hearts of people with desire to help with our project. We had wonderful raffle prizes; Fly Dubai air ticket for Dar es Salaam Dubai Dar es Salaam, Coastal Aviation air tickets - Tanga Zanzibar Tanga, Auric Air Services air ticket - Tanga Zanzibar Tanga, Hotel Verde Zanzibar – a stay for a couple for two nights, Madinat Al Bahr Zanzibar – a stay for a couple for a night and many many more. We also had donation of cement bags for construction, hardware items & tiles for the toilets, donation of shoes and sweets all the way from Nairobi for the Chuda School and many many more!!!

Even before the evening of our fund raising we were supported by corporate donations from Diamond Trust Bank, Exim Bank, cash donations by

individuals and that enhanced us to start the classroom renovations. We managed to raise 15,745,000 Tshs.

The renovations of the classrooms and the construction of six toilets (3 for girls and 3 for boys) started in full swing during the month of March 2019, with a great help of a volunteer (he would like to remain silent. The club is extremely grateful for his superlative work and without him it would not have been possible to finish the works within the targeted period.

With great sigh of oomph, the project was completed on 17th June 2019. The children were super excited and came over the weekend to clean the area and help the place look in an immaculate condition for the inauguration. The project was handed over to the school on 19th June 2019. It was a great pleasure and an honour, our chief guests' representative Mr. Joseph Shayo and Mr. Godfrey Nkingo from the Regional Commissioner and District Commissioner's office and PDG Jayesh Asher were present to inaugurate the handover of the classrooms and toilets.

It was a sheer delight to see the appreciation feeling on the children's face. They drew a beautiful art work on the black board to show their gratitude, they presented a fashion show with beautiful hand sewn clothes which were designed by them, they waved with their hands which is a way to say how thankful they were and gave a promise to keep the school clean. It was intriguing for the members of Rotary Club of Tanga Central to have managed to help the school and to have fulfilled their wish.







*By Nkotanyire Innocent Mugerwa  
Rotaract Club of Kampala East*



Every day, millions of 18 to 35-year-old youth walk through the doors of their work places with anticipation and great hopes for their future. Some will fall into leadership positions, but something so important should not be left to chance or to the few.

Every youth has the potential to be a leader, and their mentors and role models have the responsibility to establish a climate that nurtures their growth as self-sufficient, engaged citizens, and to develop their leadership skills.

Leadership as "a process of social influence in which a person can enlist the aid and support of others in the accomplishment of a common task." Isn't that a skill we would like all our students to have? When students have the opportunity to lead, they become architects of their futures and change agents in their schools and communities.

Adults sometimes doubt the readiness of young adolescents to be leaders or perhaps they are apprehensive about what will happen if they share the mantle of leadership with students. That concern ignores one of the key attributes of effective youth mentorship. Effective youth mentorship empowers youth and provides them with the knowledge and skills to take control of their lives.

Providing all youth with leadership opportunities helps them grow into responsible adults. If we want Youth to work in partnership with adults, we must give them the opportunities to develop leadership skills that allow them to manage time, work as a team, set goals, solve problems, facilitate meetings, defend positions, and make effective presentations. In other words, we must help them develop effective life skills.

Too often, we defer leadership to later grades or even to adulthood, and then ask people to be leaders, to make critical decisions, when they have never developed that skill. While mentors should help Youth practice making decisions at all levels, it is critical in the youthful years to start making some decisions with consequences. If we ever plan to ask youth to lead, we must prepare them. If we don't help them practice decision making, we are setting them up to fail when we do so

We to create two resources that help identify the different stages in youth engagement/leadership and the adults' supporting roles at each stage: Understanding the Continuum of Youth Involvement and Youth-Adult Continuum. The first shows youth development from participation to voice, leadership, and engagement. The second identifies the roles of adults as they support youth along the development continuum roles that require the re-envisioning of adult-youth interactions.



# ALUMNI TURNED ROTARIAN



By Rtn Jimmy Musiime  
Rotary Club of Kabale

When my supervisor gave me an assignment to assist the Rotary Club of Kabale to sort books donated by Book Aid International little did I know that this was my first step to join Rotary. That was about 20 years ago when I worked as a college librarian at National Teachers College Kabale. The only thing I knew about Rotary was that my Supervisor was a member of Rotary, an organisation of well to do people. A poster with a Rotary emblem entitled "The Four Way Test" hung behind his decent office desk, but this did not make any sense to me. I accomplished the task given to me when the assortment of books were distributed to various education institutions in Kabale. However part of the books were given to the Rotary Club of Virunga, in Kigali, Rwanda. This gave me an opportunity to accompany the team of Rotarians that delivered the books to Kigali.

Through these interactions with Rotarians I realized that I shared the same values and views as Rotary especially the desire to help others without any conditions attached. So I got more out of this assignment than I had expected. I also began to regard Rotarians with high esteem although nobody invited me to their fellowships.

I took yet another giant step many years later in 2015 when I scooped a Rotary International scholarship, the Royce and Jean Abbey Cultural Ambassadorial Scholarship that took me to Australia to study agroforestry. The scholarship funds were to be managed by the Rotary Club of Flemington, District 9800 of Melbourne, Australia, which was my host Club. Again this arrangement brought me closer to Rotary because the host Club appointed one of their members as my Counselor to take charge of my itinerary. Apart from the agroforestry engagements while in Australia I was tasked to attend Rotary fellowships and to give presentations about my work in Uganda in various Rotary Clubs in the Victoria region of Australia where I was based. This gave me opportunity to understand how Rotary operates and to pick more interest. By coincidence my Counselor Rotarian Hugh Stewart who was the Club International Director when I arrived was installed as President, Rotary Club of Flemington 2015/16 during my stay in Australia. Before my departure the Rotary Club of Flemington organized a grand farewell party in my honor and adorned me with a prestigious badge engraved "Rotary Scholar 2015". It is during this function that I felt time was ripe for me to join Rotary when I return to Uganda, and indeed this came to be.

Earlier in preparation for this trip the Rotary Club of Kabale which recommended me for this scholarship, had equipped me with Club banners to be presented to the various Clubs I visited. These Clubs in turn gave me their own banners to bring to the RC of Kabale. This itself gave me opportunity to act Rotarian. In this vein I want to thank the Rotary Club of Kabale for supporting my application for this scholarship, which inspired me and enabled me wear Rotary lenses, but more importantly for accepting to induct me into Rotary when I came back in December 2015. I am greatly indebted to Rtn PAG

James Ndomeirwe , PHF , who mentored me all along this journey to Rotary. Thank you for inspiring me and I pledge to inspire others to join Rotary.



Since joining Rotary the Club has given me opportunity to serve as Membership Director, Secretary, and Community Service Chair respectively. I also attended the District Conference in Dar es Salaam which increased my desire to support Rotary activities as a way of paying back. I have also learnt that the motivation in Rotary is derived from touching the lives of those in need in our communities and even on the other side of the world. Rotary has exposed me to leadership skills through training and participation which has added value into my life. While in Australia I visited Clubs that were full of fun. For example the Rotary Club of Yea, District 9790 had a group of elderly Rotarians who were musicians and would entertain members with their compositions during fellowships!

Therefore let us use not only our professions to enhance the object of Rotary but even our hobbies. My appeal to my fellow Rotary Alumni is to find ways of giving back to Rotary and to our communities by way of connecting to the rest of the world out there.





TOGETHER, WE

END POLIO

Rotary  PEOPLE OF ACTION



**I WANT  
TO END  
POLIO.  
JOIN ME.**

ROTARY'S

# WORLD POLIO DAY

ONLINE GLOBAL UPDATE

**24 OCTOBER 2019**

Visit the Rotary International  
Facebook page to RSVP.

[#endpolio](#) | [endpolio.org](#)





# SAVING THE WOMEN OF NGORA; THE ROTARY CLUB OF KAMPALA CENTRAL REFURBISHES AN OPERATING THEATRE & MATERNITY WARD.

By Sheila Naturinda &  
Sarah N Bakehena

Located approximately 248kms from Hotel Africana, Ngora is a beautiful small district in the far eastern part of Uganda.

Like most areas across the country, women and children in Ngora have for long lacked ‘better’ health care services.

A rural Private Not for Profit Hospital, Freda Carr hospital was founded in 1922 as a small medical mission with a donation from a one Mr. Ernest Carr in memory of his daughter Freda who had died in East Africa.

Today, the hospital annually provides care to a population of more than 250,000 people directly and indirectly.

In Uganda, high-impact interventions are not reaching all of the women and newborns who need them especially those in rural districts. This could be a thing of the past for mothers and babies in Ngora district as a result of the USD192, 000 project interventions that Rotary has donated to their community.

The project involved the refurbishment of the dilapidated structures that housed the Maternity ward and operating theatre at the hospital, provision of a 15,000 liter water tank and reconstruction of the walkway between the Operating Theater and Maternity Ward.

It also included provision of equipment that included delivery beds, examination coaches, oxygen concentrators, baby incubators, an autoclave, operating theatre table, operating lamp ceiling type, mobile operating lamp with rechargeable batteries. The project also has a component of emergency obstetric and neonatal training for the local nurses and midwives.

While commissioning the fully refurbished operating theatre and maternity ward, the Rt.Hon.Deputy Speaker of Parliament, Jacob Oulanyah, emotionally narrated the good that follows a good gesture, like Rotary. He was glad that he had donated to The Rotary Foundation and was motivated to continue giving because of the good works he had witnessed Rotary do.

In his remarks, the hospital administrator, Dr John Odit, described the hitherto dire situation of the hospital and the community it serves; “The hospital faces a struggle every day to serve its community; dilapidated buildings, inadequate equipment and lack of funding for staff and drugs makes the achievements of the hospital in providing the care it does nothing short of miraculous,” he said.

The news also attracted cheer and praise from a cross section of Kampala residents especially those who have their childhood memories around Ngora.



Charles Lwanga Kiiza President Rotary Club of Kampala Central extended his appreciation to the following partners for all the support: Members of Rotary Club of Kampala Central, the various International Partners, the Hospital Administration, the Local Government and the Community in Ngora.

In attendance were Members of Parliament from the region, Hon. Jacqueline Amongin, Hon. David Abala, Hon. Silas Aogon, Representatives from the Ministry of Health, DG Francis Xavier Sentamu, whose focus is on Maternal and child health, the Country Chair Emmy Arima Taniko, District Grants Chair, AG Joseph Niwamanya and the Rotary Fraternity.



### Clubs Involved:

- a. The Rotary club of Kampala-Central in Uganda
- b. Rotary Clubs of Thanet
- c. Cardiff West
- d. Reading Matins
- e. Marlow
- f. Marlow Thames
- g. Harpenden Village
- h. Reading Maiden Erlegh
- i. Reading Abbey in the UK

The supporting Organization: Rotary Doctor Bank GB&I and WASRAG.

### Expected Outcomes:

- a) Reduced the mortality and morbidity rate for children under the age of five;
- b) Reduced maternal mortality and morbidity rate;
- c) Improved access to essential medical services;
- d) Trained community health leaders and health care providers for mothers and their children;
- e) Disease prevention and treatment in infants and expectant mothers;
- f) Educational studies for career-minded professionals related to maternal and child health supported;
- g) Community development and economic empowerment enhanced.





# ROTARY CLUB OF KAMPALA NAGURU

*Rtn Joyce Katende (PHS),  
World Connecting President  
2019-2020, Rotary Club of Kampala Naguru*



RCKN has embarked on several projects that include; monthly immunisations campaigns in the Naguru Go down area and the renovation of Naguru High School. The renovation will involve building of a health centre and addressing the water and sanitation needs of the area.

On 17th August 2019; Rotary club of Kampala Naguru connected with the Naguru Community through a Rotary family health day to address various medical issues that included, cancer screening, HIV testing and counselling, malaria treatment, maternal and child care as well as financial literacy. It was an ultimate activity that made a difference in our world.

Rotary Club of Kampala Naguru (RCKN) is a ten year old club that meets every Monday, 7pm -8 pm at the Hilton Garden Inn, opposite British High Commission. We are passionate about Rotary and particularly improving our Naguru community and growing membership of Rotary.

On the 22nd of July, RCKN Chartered Interact Club of Naguru High School, the event was graciously officiated by the District Governor F Xavier Sentamu. In addition to chartering this interact club, RCKN was able to secure an international partner (Rotary e-club 9920 francophone) for the interact Club; an event that was witness by Rtn. Chris Major from the USA. This partnership, added 10 chess boards to the Interact club as well as additional three weeks chess training and mentorship classes. Truly 'Rotary connects the world'.







## Discover & harness YOUR passion through Rotary

*Mali Jacqueline  
Rotary Club of Kampala East*

### Turning Point in Rotary

My sponsor told me about Rotary in 2016. There was a hint of curiosity like you dear reader may have experienced. There is that common saying 'every dog has it's day!' In September 2016 in Nakagawa, Japan during a site visit as part of a study to learn communities influence urban planning, my classmates and I visited a community; Majority of these were women. They explained how through a roster, they landscape the community park and a cafe. With a roster, they welcome guests, cut pictures to update notice board with activities done, clean. This boosts their economic and social livelihood. This brought back memories volunteer work with youth, persons with disability and women I did in 2006 with a local authority in Kampala City. With an appreciation of special interest groups, I had never known where the connectivity would come until that moment. One question stuck: "What have you done apart from your work assignments to improve the world?" In March 2017, I was inducted and the Club members of Rotary Club of Kampala East sang with joy. As this took place the words of an icon came to mind.

### Inspirational moments

Founder Apple Company Steve Jobs while delivering a key note address at Walden University graduates stated; "You cannot connect the dots looking forward; you can only connect them looking backwards." Many people in society both young and old face personal dilemmas in the search for purpose in life. He however seeks to clarify through his own life how one could face this through the theory: Connecting the dots.

### Do not be afraid to Dare

During the first Club visit I made; Rotarian Protasio Begumisa (Dr.) of Rotary Club of Nansana on July 11th 2018 presented on leadership skills. This was the first Club visit I had done and his words were an eye opener into the 'new world' I was in. I recall in a



recent event a comment made by the Chairperson of an organizing Committee: she said "Rotary has one of the best events managers and could form a company because of the diligence of the members." In his remarks, Rotarian Protasio indicated that Rotary is a good ground for mentoring leaders. As he spoke about the prices of leadership he said: there is "self-sacrifice, loneliness, criticism, rejection, pressure due to high expectations and fatigue." But his concluding remarks were consoling: In leadership, you place people in the right places so that they can be successful and not regress because you may cause confusion. By doing so there is multiplication if you put people in the right places. Such is the persona of Rotary.

### Open up and Be Nurtured

Upon being entrusted with the role of Public Relations at my Club, I had no idea of how the systems in Rotary operate except the principles my mentor shares. Rotary has in place various ways you can embrace knowledge: through planned talks at the Club, training under Country Office, leadership courses at Rotary Leadership Institute (RLI), taking on administrative roles outside one's Club and mentoring others. Rotary creates a platform to identify with a passion. True your classification is in a given field but you enjoy the discovery and serve. The theory of Connecting the dots in my view; we begin life, are educated, earn and develop a status. To maintain this, you search (or are sought out) for networks of like-minded people or groups. Your past poses questions on where your life should go. The rich structure Rotary has, mentoring, leadership roles/opportunities and responsibilities given your open heart will lead to there. Is it singing, dancing, ushering, speaking, comedy, storytelling, events arrangement name it...it is all there. You can dare.

I thank God for Rotary! I have learnt to appreciate leaders in Rotary world over and the beauty of youthfulness where dreams begin.



# ROTARY

## Business

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# EXPO

Gateway to networking

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In the early afternoon of 1st July 2019, clad in traditional attire for the central region in Uganda, the Rotary Club of Mengo was full of cheer as they hosted the District Governor DG F. Xavier Sentamu at their Club venue; Pope Paul Memorial, Kampala City.

The Club members shared with the District Governor their plans for the Rotary Year 2019/2020. Membership extension, public relations and service projects were key among the areas to focus on with clearly laid out targets to fulfill.

The Club members exhibited pride and joy upon sharing the idea of a Rotary Business expo as a gateway to: networking, information sharing and friendship amongst individuals in the rotary fraternity.

The Club President Rotarian Twaha Lukwanzi introduced innovations which are in line with the Rotary International theme 2019/20: Rotary Connects the World. In his presentation he shared that the Club developed a proposal and exposition which is projected to be beneficial at 3 levels:

**District:** Members in the District can be encouraged to share their classifications for inclusion in the Rotary data base. They will appreciate professions and skills they may tap into to implement their community service projects.

**Annual Business Expo::**The Club will hold this each Rotary year in which businesses, talents, professions, including manufactured items of individuals in rotary fraternity can be showcased. Through this connections and support can be done.

"The objective of this Rotary Business Expo will be to expose or create an opportunity individuals to show case skills, attract potentials new members in Clubs and a useful data bank for partners and rotary fraternity as well" says T. S. Mukasa, Club Vice President.

**Community services:** to help address any challenges affecting our communities, we serve clubs and communities through human resource. By identifying missing classification and funding gaps, this would call for inclusion of other classifications and inward generation of funds to Clubs and individual Rotarians.



# HONOLULU HAWAII 2020

## The On To Honolulu Officer

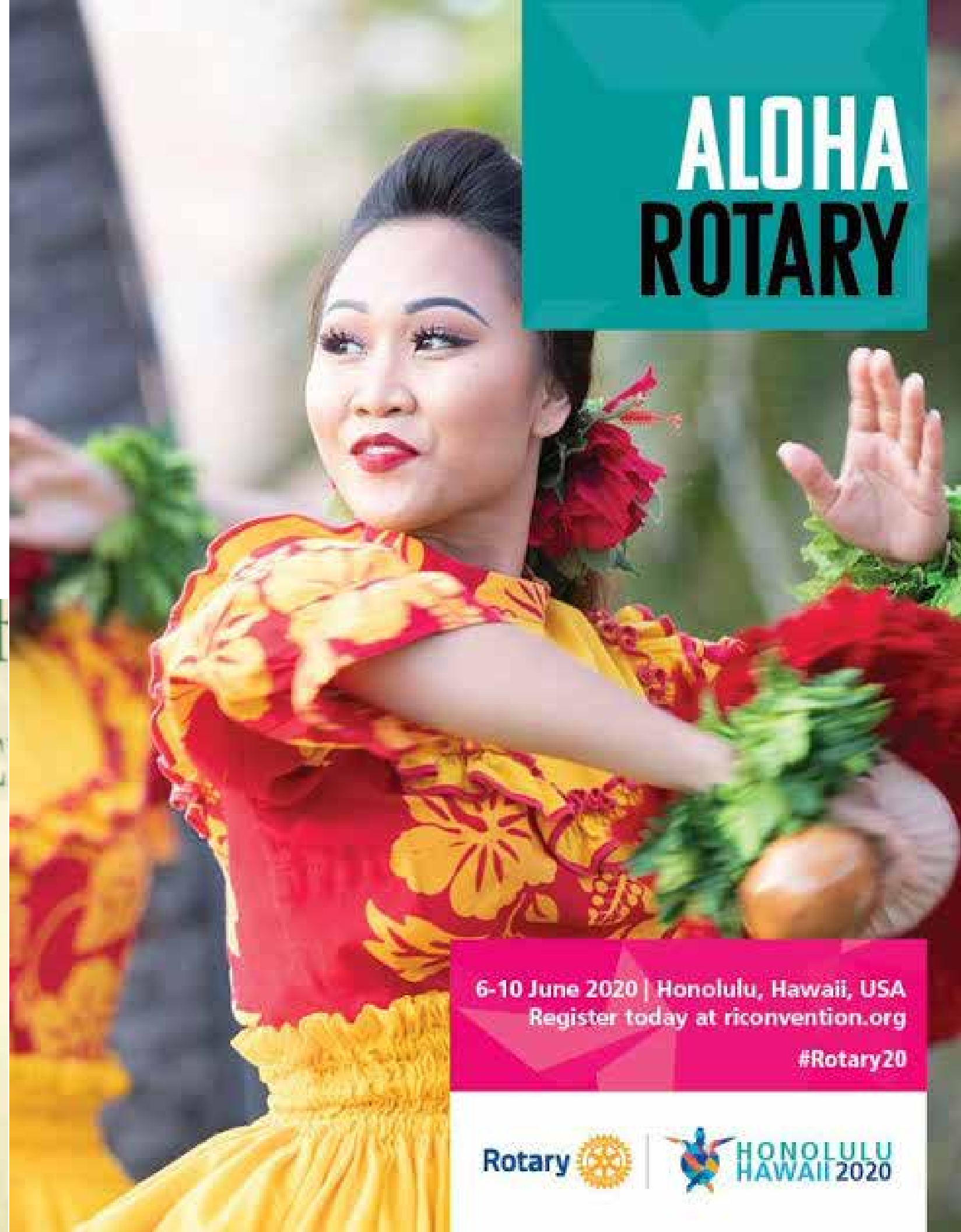
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Rotary  
District 9211



# ALOHA ROTARY



6-10 June 2020 | Honolulu, Hawaii, USA  
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