



ROTARY INTERNATIONAL DISTRICT 9211

EMMANUEL KATONGOLE
District Governor



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The Wave

A Monthly Publication of District 9211

DISTRICT GOVERNOR'S COMMUNIQUE

My Family of Rotary,

In August this year during my exciting Club visits I was introduced to Akola Y'afuna, an RCC sponsored by RC Masaka. The group had an array of handcrafts and produce, which they proudly displayed with gratitude to their sponsors. What I found so amazingly gratifying was the spirit of giving that came with their hospitality. Out of their proceeds they donated \$30 to The Rotary Foundation! This simple yet not so simple act warmed my heart. In an instant I realised that there are those who know that Rotary does not empower them so that they can make a good life only for themselves. They understand that whoever is empowered needs to empower another and another according to their capacity.

Surprisingly though, there are not so many people who understand this. I have heard of, and come across, groups that expect Rotary to spoon feed them. When they are given clean water, they expect Rotary to do the maintenance work. A whole community cannot contribute even \$5 to repair a broken tap, waiting for Rotary to provide the money. This is the dependency syndrome that must be discouraged. As Rotarians, we have an obligation to encourage sustainability in our communities.

Members of Akola Y'afuna should be hailed for understanding that it takes combined efforts to fight poverty, disease, illiteracy and the like. Can we emulate them and do even more than we are doing? Every Rotarian understands that he/she has an obligation to the less fortunate.

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ROTARY INTERNATIONAL PRESIDENT RON BURTON
2013 - 2014

D9211 WELCOMES YOU TO AFRICA



Emmanuel Katongole, District Governor 2013-2014



Editorial

Fellow Rotarians and Friends,

Once again, we bring you Rotary greetings from *The Wave*. Welcome to The Rotary Foundation (TRF) Month. Thank you for your support, both in contributing articles and reading the publication. It is quite heartening to see the rate at which we are receiving interesting and high quality material from Rotarians and Rotaractors. We appreciate your commitment to sharing useful information, Rotary and non-Rotary alike.

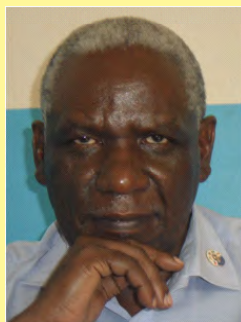
We have, as usual, lined up good reads for you. Learn about TRF and how you can engage it to change lives. In DG Emmanuel's message you will learn what he expects of us as Rotarians. Our very own PDG Steven, District TRF Chair has something for us to learn. Please read these two messages and get more enlightened. If you missed the Governor's visits, you can have a look at the pictures and get to know how exciting they were. We have RC Kasangati showing off their Vocational month activities. Don't miss them. Have you heard from RC Kihiki recently? They are one proud Club. Who wouldn't be? They are making strides through Youth Service. Just check them out. We have a lot more for you, just stay with us.

The Wave, doing our part in Engaging Rotary to Change Lives

**Please do not forget to visit our website,
www.district9211.org for these and other exciting stories.**

**Jocelyn Ekochu
DG's Newsletter Officer 2013-2014
Assistant District Secretary 2013-2014**

**PLEASE JOIN US AS WE HOST ROTARY
INTERNATIONAL PRESIDENT RON BURTON
4TH – 6TH NOVEMBER 2013**



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Every Rotarian joins Rotary for his or her own reasons. Often, the reason someone decides to join isn't the same as the reason that person ultimately decides to stay. When I was asked to join Rotary, I accepted because I thought it would be a

good way to get more involved in my community. In the end, though, what really got me excited about Rotary service was something I didn't even know about when

I joined: our Rotary Foundation.

I knew I could do plenty of good work through my Rotary Club in Norman, Okla., USA. But through our Foundation, I could have a hand in the work of every single Rotary club and district around the world. I could look at any Foundation-supported project, any Foundation program, any country that was declared polio-free, and say: I helped make that happen.

Once I realized that, there wasn't any turning back.

RI PRESIDENT'S MESSAGE

I've been very fortunate that over the years, I've gotten to see an incredible amount of our Foundation's work firsthand. The more I see, the more passionate I become about our Foundation. When you visit a school for AIDS orphans and meet the kids who are being cared for, educated, and taught a trade – and when you know, as you look into their faces, that if it weren't for our Foundation, they would be sleeping on the street, eating out of the trash – you don't ever see our Foundation in the same way again.

We are in the middle of one of the most exciting years we have ever known for our Rotary Foundation. We've just rolled out a new grant model, one that will challenge and inspire us all to think bigger and to develop more ambitious projects that will have a more lasting impact. We've accepted a new challenge from the Bill & Melinda Gates Foundation, which has committed to match, two to one, every Rotarian dollar contributed to polio eradication for the next five years, up to US\$35 million per year. And we are now fighting the final battles in our war against polio – a war we are absolutely committed to win.

Our Foundation's goal always has been Doing Good in the World. With our new grant model, we aren't going to be satisfied with simply doing good. We will do the most good we can, in the most lasting ways possible – for the people who need us the most.



2014 Rotary International Convention Sydney, Australia | 1-4 June 2014



From Page 1



Members of Akola Y'afuna Development Group donate \$30 to TRF

We all know the value of giving, and we have gone out of our way to do what is required of us. We are empowered, not only with resources and expertise, but also with compassion and the right attitude. For this I'm eternally grateful.

This month therefore, I want us to reflect more on the other side of TRF. We have donated money for projects all over the world, and we shall continue to do so. However, we need to remember that money is only as important as what it is used for. In this case I'm looking at our projects.

Through our Clubs, we are obliged to engage TRF in our quest to do good in the world and change lives. I know we have been doing this, but let us double our efforts and increase the number of projects in our communities.

We should not relax until every community has clean water; we need to ensure that treatable and preventable diseases are under control; we want to see a state of relative peace; every child must go to school before we hung our gloves up, and every mother has to be assured of proper medical care, both for herself and her child.

We must create favourable Club conditions in order to qualify for TRF grants and increase our impact. The best way to do this is by adopting good governance practices. Let us be transparent and accountable to members, partners, the District and RI/TRF. Our reporting should always be regular, timely and accurate. Every Club member must be encouraged to pay his/her dues in time for proper planning. RI website is a very rich source of documents that we can make use of for guidance. We need to comply with all the relevant policies in order to stay focused.

By engaging TRF, fellow Rotarians, there is no doubt that we shall surely change lives. After all, changing lives is what we are mandated to do through Service Above Self.

Emmanuel Katongole
District Governor, D9211

2013 – 2014

www.facebook.com/dgkatongole

www.twitter.com/dgemmanuel



The Late Florence Nakamya

Florence Nakamya (pictured), a beautiful, 23 year old Ugandan woman who was looking forward to the arrival of her second child booked herself into a public hospital in Mukono, east of Kampala City. Sadly her dream was not realised.

Press reports have it that she could not raise the UGX250,000 (about \$96) which was allegedly asked for. The only doctor in the hospital is said to have opted to take her to his private clinic at a reduced cost of UGX90,000 (about \$ 35). The saddest thing about this whole saga is that she was later dumped at another hospital, dead, reportedly from a ruptured uterus. She had been married for 5 years, and left a devastated husband and a 3 year old daughter.

WE HAVE NO OPTION BUT TO DO SOMETHING

Anyone can guess the reactions of the population. Some people were baying for the doctor's blood, itching to subject him to mob justice. Others castigated the government for allowing such to happen. There were several complaints about the inadequate health budget which was blamed for this incident and others like it. The area Member of Parliament was not surprised that it happened (in her own words) due to the poor facilitation of the hospital. But the majority of the population just looked on, desperately battling with feelings of uselessness. The feeling of "I wish I could do something about this..." was written all over their faces, registering utter hopelessness.

What prevents goodhearted people from making a contribution is, most times, their feeling of inadequacy. "I only have this little, but what can it do?" They lament. Well, the little you have, added to the little I have, and the little that your friend has, can grow so fast that the results will blow you away. The Rotary Foundation offers us a chance to do something about maternal and child health. Let's donate now.

WITH THE ROTARY FOUNDATION, WE ARE ALL WINNERS

By PDG Stephen Mwanje, District TRF Chair

I sometimes wonder what Arch Klumph would say if he were to come back and see what the Rotary Foundation has grown to be. Today, the Rotary Foundation is the engine that drives Rotary's international humanitarian service. It is almost impossible to imagine Rotary today without the Rotary Foundation. Most of Rotary's signature programs today would not exist without the Rotary Foundation. But how do we make this sustainable and guarantee that our Foundation continues to grow even stronger? Sustainability requires us to make giving a habit, not just a one off.

'Am self made' is a very common phrase that all of us must have heard (or even used). But is anybody really 'self made'? I personally believe that nobody is self made in this world. We are all beneficiaries of different support systems and we continue to thrive because of the help we get from others. Different people have made and continue to make contributions to our well being. Even as successful business people and professionals, we continue to grow and prosper because of the support of others (customers/clients). It is therefore only fair that we give back to society, after all these communities too have, in one way or another, continuously made contributions to our own success. This is partly the reason I believe that we as Rotarians need to look at our Rotary Foundation as golden opportunity that helps us give back to the communities; by contributing to and participating in the Rotary Foundation programs.

Through the Rotary Foundation, we all become winners. Remember the story of the Special Olympics in Seattle? At these Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for a 100 yard dash. At the gun, they all started out, not exactly in a dash, but with relish to run the race to the finish and win. All, that is, except one little boy who stumbled on the asphalt, tumbled over a couple of times and began to cry. The other eight heard the boy cry. They slowed down and looked back. They all turned round and went back... Every one of them. One girl with Down's syndrome bent down and kissed him and said, "Will this make it better?" Then all the nine linked arms and walked together to the finish line.

Everyone in the Stadium stood and the cheering went on for seven minutes. People who were there are still telling the story. Why? Because deep down we know this one thing: What matters in this life is more than winning for ourselves. What matters in this life is helping others win, even if it means slowing down and changing our course.

We as Rotarians are already winners, because we are all successful people in our businesses and Professions. We are leaders of leaders. Our Rotary Foundation offers us this rare opportunity to make others win. In the end, we are all winners.

Giving should never be left to a few people in our Clubs. Every Rotarian Every Year means that each and every one of us needs to make a contribution every year, even if that contribution is just \$10. As one author once observed, 'one man striking one match can light up the whole forest'. Our performance to date does not give a very good picture. We (Uganda and Tanzania) had established ourselves as top givers and users. Statistics for Q1 though are a bit worrying. We need to work a little harder on both our giving and utilisation. Like the runners above, we need to pull together as Clubs and as a District so that our Foundation continues to thrive and, in the end, we are all winners.

In serving our communities we need to participate. We should address the true needs of the communities and this can only be so if we carry out a needs assessment. Without this important step, we risk wasting resources on things that are not the true needs of people we serve. Club qualification is another requirement if we are to access the Global Grants, which would enable us do bigger programs with greater and sustainable impact.



AG Raju Sheth, DG Emmanuel Katongole, DGE Harish Bhatt, Rtn Markus, VCC Sharmila Bhatt, PDG Hatim Karimjee, President of RC of Oysterbay Nadine Athallah just paid for their suspended coffee as a way of fundraising for TRF. They don't get the coffee, but the proceeds go to TRF.



We also need to do things right, in addition to doing the right thing. District Governor Emmanuel and I have been under immense pressure, especially from our international friends/partners to authorise applications, mainly Global Grants. We are now back to a situation where the local Clubs have opted to stay off the scene, with requests for approval coming from external partners, and in many cases without the local Clubs being involved or even copied in. The external Clubs are the ones now preparing the applications and answering all the questions! The local Clubs simply wait to sign off applications and reports. Many of you know the stewardship challenges that Clubs in the past found themselves in, and we are now faced with a threat of getting right back there unless we change this practice.

As D9211, we have established a clear procedure for Clubs to follow. In all cases, contact must be made by the local Club in order to demonstrate involvement, commitment, and ownership. The application (in PDF format) should be sent to the Country Grants Officers, Lydia Bujara and Massimo Tognetti for Uganda and Tanzania respectively, copying in the District Grants Chair, Sarah Odongo. These officers help us establish whether the Club submitting the application is qualified, has no outstanding reports, is in good standing and also assist with checking on the completeness/accuracy and compliance of the application. Please use them because they are there to serve and guide you as we continue to ENGAGE ROTARY and CHANGE LIVES.

What matters in this life is more than winning for ourselves. What matters in this life is helping others win, even if it means slowing down and changing our course.



PP Francis Kwimbere (above) and PP John Mallya (below) both of RC Dar es Salaam North receive their PHF pins from the President Gasto



DG EMMANUEL ON A ROLL Club Visits Pictorial



DG Emmanuel with a young girl at RC Dar es Salaam Bahari



Installing Charter President of Rct. Club of Alpha



DG with Rtn Keen Twesigye (L) and Rtn Doreen Nagujja (R) at RC Kampala East



Posing for a photo with members of Dar Bahari



DG with President Venkatesh of Dar Bahari



DG Emmanuel shares Groundnuts with Rotarians at RC Nateete



DG appreciates his portrait given to him by members of RC Kibuli



DG addressing the members of RC Kampala East



Fellowship by the fire with RC Kibuli at Hotel Africana



DG with Rtn Matovu of Kampala Kibuli

ROTARY CLUB OF ARUSHA FUNDRAISES FOR A NEW BUILDING EXTENSION FOR THE ARUSHA MENTAL HEALTH TRUST AT MT MERU REFERRAL HOSPITAL

By Emmanuel Bajulu



Emmanuel Bajulu (with back to camera), AMHT Director with the team

Wednesday 25th September 2013 was a memorable day in the history of mental health services in the Arusha Region. The day saw newly constructed rooms handed over for the use of mental health services at Mt Meru hospital. Marked by a special lunch hosted by the Rotary Club of Arusha, it attracted many club members led by their president, Mr Satbir Hanspaul, who is a representative of RK Foundation of the Netherlands. Also present was Mrs Patricia Mccaully Terhell, Dr. Mlay the Doctor in-charge of Mt. Meru Hospital, staff members of Arusha Mental Health Trust led by director Emmanuel Bujulu and other dignitaries. The dream for the building extension started last year when RK Foundation donated seed money for the project. The Rotary Club of Arusha through the advocacy of DR. ROBIN PETERSON (a member of staff at AMHT and a Rotarian) kindly added to that and was not only willing to finance the original plan, but also to add more space to the existing "class room" which hosts our training sessions and other group therapies.

This was a break through experience, as the availability of an extra four rooms will allow much needed privacy for clients with Psychological and serious mental illness. Arusha Mental Health Trust is now able to host a number of clients at the same time in a much more favourable environment.

The project started in May 2013 and was formally handed over for use on 25th September 2013. The additional space comprises 4 clinic rooms, an extension to the existing class, and a hut "Banda" with the famous Zanzibar benches.

Arusha Mental Health Trust truly understands and embraces the spirit of serving the under privileged, which is embraced by the Rotary Club Arusha. We understand the need for mental health care and the

burden brought about by the scourge of drug abuse, poverty and associated economic hardship. This has led to an increase in serious psychiatric diseases and psychological problems such as trauma, depression, and phobias, among others. Mental health worldwide receives less priority, thus leading to poor budgetary support which does not allow for much needed input.



The Banda

Rotary Club of Arusha has agreed in principal to finance phase two of the extension. This will allow for an inpatient facility for the many patients who require admission and lessen the burden of care to their families. These include drug abuse and alcoholism cases, patients who cannot be managed at home due to their disruptive behaviour or difficult symptoms. We look forward to this generous investment towards the needs of this and the coming generation.



President Satbir Hanspaul of Rotary Club of Arusha



The Rotaract Club of Muhimbili University was admitted into Rotary in June 2013. The club is the youngest 'baby' of Rotary Club Dar-Mzizima. Its main objective is to promote responsible citizenship and leadership potential in young men and women aged 18 to 30 in Muhimbili community and in the neighbourhood. The programs of the club are built around the motto; "fellowship through service."

Although it is new in Rotary, the club is busy serving its community. As one of its projects, Muhimbili Rotaract club conducted a medical camp on Saturday, 27th April 2013 at Muhimbili University, where community members attending the camp were screened for non-communicable diseases. The diseases screened for were: Diabetes, hypertension and Obesity. In addition, oral health screening and sensitization were done in collaboration with Tanzania Dental Students Association (TDSA). There was also a blood donation activity which was done in collaboration with Muhimbili University Blood Donation Club. The main objective of this project was to address the burden of non-communicable diseases in our community at an individual level. The event was under the sponsorship of Rotary Club of Dar-es-salaam Mzizima, K-Scientific Suppliers, Muhimbili National Hospital, Muhimbili University, Dr. Mohamed/Accu-Check, DTV and Clouds FM.

ROTARACTORS ENGAGE ROTARY TO SAVE LIVES: SCREENING FOR NON-COMMUNICABLE DISEASES WITH MUHIMBILI ROTARACT CLUB

By Ludovick Lagoma



Rotaractors taking Random blood glucose

A total of 221 participants from Muhimbili community and different parts of Dar-es-salaam were attended to. They were aged between one and 83 years. Fourteen percent of the participants had Blood pressure suggestive of Hypertension, 2.7% were likely candidates of Diabetes and 35.3% were either overweight(18.6%) or obese(16.7%). Poor oral health had a prevalence of 23.4%. Eighteen units of blood were collected.

Every participant was counseled and advised about the desired life style for better health in accordance with his/her health status as per the screening.

Some of those found with health problems were helped to receive appropriate health care after the screening.

This was the Club's second project after visiting children living with cancer at Muhimbili National Hospital on 1/12/2012. The health camp was the first project of its kind and the club is planning to make this an annual event. The club conveys its sincere gratitude to all the sponsors for their wonderful contributions towards the success of the event.

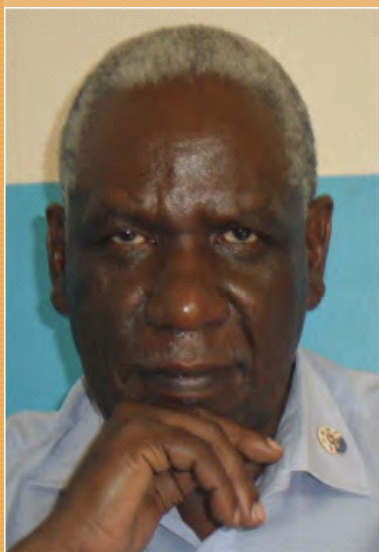


Rotaractors measuring blood pressure

ROTARY CLUB OF KIHIFI (RCK) – THE “TO GO TO” CLUB FOR YOUTH SERVICE

By Dr. Bukirwa W. Henry

IPP/Director TRF and International Service



The 2012-14 Rotary years have been very exciting for RC Kihifi, as far as the Youth Service (YS) avenue is concerned. In my opinion, the single most important achievement by RCK over this period is the successful organization of four effectively functioning Interact Clubs and two Rotract Clubs.

Their overall performance especially by Interact Clubs has been pleasantly amazing. They have all embraced the Rotary spirit a lot faster, and more effectively; than I had anticipated.

Since their charter, the Interact Clubs have continuously come up with pleasant surprises. They all meet weekly with satisfactory attendance rates, strictly conduct their fellowship according to the standard Rotary format, have effectively functioning administration and have registered significant membership development. The most impressive achievement is successful implementation of Club Service as well as Community Projects.

Interact Club of Kihifi Muslim have embarked on a tree planting project combined with a leisure Park for the whole School, in addition to goat rearing. Initial funding for all these was entirely mobilized from Club members without any external input.

The Interact Club of Bishop College Comboni – Kambuga (BCKK) distinctly stands out. They not only have a well tended tree planting project but have also adopted two Primary School pupils for whom they pay school fees and provide all the scholastic materials. To crown it all, BCKK's Charter ceremony on 13th April, 2013 at their College was an astounding success. On the same day, they launched their Signature Project of Cleaning the Kambuga District Hospital Compound.



Cleaning Kambuga Hospital

And indeed they are the brains behind the proposed production of a magazine which they hope to be an indefinite program, jointly implemented with the other Youth Service Clubs in Kanungu District. The Rotract Club of Kihifi, which is only three months old, has enthusiastically embarked on a fruit Garden for Kihifi Health Centre IV, in addition to providing exercise books to Primary Schools.

As a special dedication to Rotary Youth Service, RCK sponsored two joint fellowships in September involving all the Youth Service Clubs in Kanungu District with substantial participation by other Youth Service Clubs; especially from Kampala. These joint fellowships are highly interactive with due emphasis on Project presentations by the Youth Clubs.

In conclusion my insatiable wish is that ultimately all the members of the Youth Service Clubs in Kanungu District will mature into Rotarians thus fulfilling the saying: “Yesterday's Interactor, is today's Rotaractor; and tomorrow's Rotarian”. The sky is the limit.



The pupils acknowledging the book donations

The Interact Club of Kihifi High School has embarked on renovation of the School entry Roundabout in addition to tree planting and support for two Primary School pupils. Interact Club of St Teresa Calcutta have a very well maintained tree planting Project and an income generating Vegetable Garden.

THE MONTH THAT WAS – OCTOBER 2013

CELEBRATING THE VOCATIONS MONTH

By Rtn. Julie Kamuzze Musoke (PHF)

We need to go and tell it on the mountains! What a way to start the Vocations month! On October 5, 2013, the Rotary Club of Kasangati visited Quality Chemical Industries Ltd as part of its celebration for vocations month. This is a state of the art pharmaceutical plant that manufactures the latest Anti-Retroviral (ARVs) and Anti-Malarial (ACTs) medicines. The plant is under the leadership of our own District Governor for D9211 Emmanuel Katongole, as CEO. It is under a licence from Cipla Ltd, one of the leading drug manufacturing companies in India.

Forget that it was the first Friday of the Month where most Club Members end up in Guvnor for Oldies' Night as part of Team Building and Bonding. This time around, the first Friday of October meant something else to the members, that is, sleep early in preparation for a tour on Saturday October 5, 2013 at 8:45 a.m.

At exactly 9:30 a.m. we set off from Kasangati to Luzira where the plant is located. On arrival at the plant, we were received by the Personal Assistant to DG, Ms. Winnie Namutaawe. It was exactly 10:00 a.m. We were taken through the dry run at the Front Office Desk and we were briefed about what was expected of us during our visit. "This could be another version of Emirates," one Rotarian commented, impressing all of us.

We were then handed over to a group of lovely welcoming ladies and gentlemen to take us to our respective changing rooms.

Within ten minutes, everyone was set for the tour under the able guidance of Mr. Edward Masengere. There were many lessons to learn. We noted that most of the raw materials are imported from India. We wondered whether this does not make it very expensive and asked why they do not get local raw materials. We proceeded to the production unit, where we learnt that they manufacture ARV's and Anti-Malarial drugs only. We then proceeded to the quality control and packaging units. The tour lasted two hours.

As we concluded the tour, I thought that Uganda would be a world class country if we had more Katongoles in the country. Just consider the fact that the land which was a sweet potato garden six years ago is now a pride of Uganda employing thousands of people. I encourage all Rotarians to tour this facility. By the time we were done with the tour, we had developed a better understanding of the contribution made by other vocations and the environment in which that occurs. We need to appreciate all vocations this month.



QCIL staff at work

The Bazaar

The following week, on Saturday October 12, 2013 RC Kasangati held its Bazaar. The Bazaar is an annual event which is held as part of the activities to celebrate the RC Kasangati Charter night and vocational awards. Unlike other annual Bazaars, this time around RC Kasangati in collaboration with Health workers from Kasangati Health Centre, Mulago Hospital and Uganda Blood Transfusion Service carried out a Medical outreach and the services provided included: Cervical cancer screening, HIV Counseling and Testing, Dental and Eye Care Services, Medical Examination and Treatment of common conditions, Safe Male Circumcision, Family Planning and Blood Donation. About 200 people turned up for the medical outreach and UGX. 900,000/= was raised in the Bazaar, that is the sale of used but usable items.



Lady Rotarians ready for the Tour

THE BAZAAR IN PICTURES



A Dentist briefs Interactors of Kampala International School



A Dentist attend to a patient



Group photo with the Rotaractors



Sorting the items

OMARA ATUBO, THE “PRODIGAL SON” RETURNS HOME AS DG EMMANUEL INDUCTS 7 INTO THE ROTARY CLUB OF LIRA

By President Edwin Okabo

It was joy on September 4, 2013 when our District Governor, Rtn. Emmanuel Katongole welcomed the lost Rtn. Daniel Omara Atubo back home. Atubo is a prominent figure in the political history of Uganda. He served in various political positions. These included Member of Parliament for nearly 25 years (from 1979 to 2011) and Minister for 10 years. Born 65 years ago, Atubo is honoured as the first Lango to enroll as an Advocate graduating from Makerere University. Atubo is happily married with children and grandchildren. He joined Rotary in August 1993 as a member of Kampala East but later became inactive due to heavy political commitments. He is now back and has pledged full commitment. “I am now back for real and until death do us part,” he said.

The District Governor also inducted the Mayor of Lira Municipality, His Worship Morris Odung Omara aka “Apakacaalwak” (the servant of the people). Morris is the current Vice Chairperson of Urban Authorities Association of Uganda (UAAU) a body which brings all the Mayors and Town Clerks in Uganda together.

Among other high profile members inducted into the Club was Christopher Jogole, the Executive Director of Freidis Rehabilitation and Disable Centre. Talwana Bucha Nathan, an engineer by profession was also inducted by the District Governor. Nathan is the Principal of Uganda Technical College Lira which hosts the Rotaract Club of UTC Lira. Joining the list is Moses Okeng, the founder and Executive Director of Hope for Children and Widows Community Association (HOWCA), Felix Otim the Regional Program Assistant of Equipping Truth Ministries and Basil Aguma working as the Secretary District Service Commission Lira.

DG Emmanuel welcomed the new Rotarians to the Rotary family on behalf of the RI President. He encouraged the Rotarians to invite at least one member to Rotary before the end of the Rotary year 2013/14.

Thanking Rtn. PP Dr. George Olwit for bringing back the lost son Rtn. Daniel Omara Atubo, the DG urged members of Rotary Club of Lira to continue with membership growth and development.



**Above: DG Emmanuel in a photo with the new inductees
Below: Congratulating Rtn. Daniel Omara Atubo after his induction**





TRACCUGANDA.ORG



TRACC (TAKING ROTARY ASSISTANCE TO COMMUNITIES AND CHILDREN)

By Joseph Mutajjululwa C.P, PHF

TRACC Administrator, Rotary Club of Kyotera

If you were to shake hands with each of the TRACC Uganda beneficiaries we helped this year alone, you would walk a receiving line more than one mile long. Over the past year the TRACC program (3 H Taking Rotary Assistance to Communities and Children –TRACC Gant # 66365) TRACC has help restore health, dignity and hope to 1,111 men, women and children.

The TRACC project area covers the large rural areas of Rakai and Masaka districts, the first areas hit by HIV/AIDS in Sub Saharan Africa, and still with the highest prevalence rate in Uganda at nearly 12% compared to the National rate which is 6%. Because of HIV/AIDS and other effects of extreme poverty, many children have lost one or both parents and are unable to tend to their own welfare and schooling. Many adults affected by HIV/AIDS are discriminated against and feel hopeless about their life-chances.

The primary objectives of the TRACC program are:

- a) To enable and sustain the most vulnerable children to achieve stable and productive lives in their own communities with better education, job employment prospects, nutrition and health. The program is gender-focused and equally accessed to bring up healthy educated children who are able to pass on the benefits of health, nutrition.
- b) To address the effects of HIV/AIDS among affected adults, thus improving the community's ability to sustain themselves financially through sustainable agricultural practice, entrepreneur development and economic growth opportunities to their extended family and the wider community.

Since 2007, the Rotary clubs of Kalisizo, Masaka and Kyotera have worked tirelessly to build capacity and manage the TRACC project. Their dedication and commitment to serving their communities to build a better future for all concerned has generated outstanding and sustainable results. They were acknowledged by their local communities, NGO partners, Canadian Rotary club partners in district 5360, CRCID (Canadian Rotary Collaboration for International Development) and The Rotary Foundation of Rotary International (TRF).

TRF recommended TRACC for future funding because "The TRACC program was one of the first Rotary projects to understand the importance of a program based approach to build sustainability and capacity for the benefit of local stakeholders by using a participatory approach." TRACC has now become a brand name in Rotary Circles in Canada while the Rotary Club of Calgary has taken it as its International Centennial signature project 2013/2014.

Volunteer guardians approved by local Rotarians assist the children whenever possible to stay in their own homes. More than 120 trained members from six Rotary Community Corps(RCCs) developed by TRACC assist with mentoring and monitoring the children's home conditions, adequacy of subsistence farming and their physical and mental well-being. Over 186 Older children are given Practical and Technical vocational training to enable them to earn a living.

Those who are unable to attend university and other post-secondary institutions are assisted through another program of the Rotary Club of Calgary (The Curly Galbraith Global Memorial Fund) as fund-raising allows. Currently, 25 students are enrolled in this program. The TRACC program has been deemed by Bow Valley College(BVC) of Calgary as an excellent educational setting with a rich cultural exchange opportunity for students going into human services internationally.

Over the past two years, BVC has sent 18 students and five instructors to the area as interns. The students' contribution to the community has enhanced counselling and guidance among the TRACC supported children. Both TRACC and BVC are committed to nurturing the relationships through annual student intern visits.

The 1,111 participant enrolment to the TRACC program this year is impressive: 457 school-aged kids are happy to be in class and fed every day while 186 older orphaned children are enrolled in technical and vocational skills training. Another 25 students have qualified for University while an ambitious 443 surviving parents and guardians' entrepreneurs are micro-credit recipients.

Of the 186 students enrolled in vocational skills training, 123 beneficiaries have graduated from diploma/certified programs like carpentry, motor mechanics, sewing, hairdressing, welding, catering and hotel management, plumbing, electrical installation, nursing, primary teaching, agriculture, veterinary assistants and laboratory assistants. While 65% are employed locally by local business, 23% are self-employed. To ensure financial sustainability in the community, 251 Income Generating Projects(IGA's) have been started to boost income levels in Child Headed Families (CHF). Agricultural projects, including 39 local poultry, 9 passion fruit gardens, 61 piggeries 142 maize and bean gardening, banana plantation and tree planting have been introduced under this program.

Over the past seven years more than 4,000 vulnerable Ugandans have directly benefited through the TRACC program. The program has multiple-projects within the program including home rehabilitation, construction of new homes, construction of pit latrines provision of safe and clean drinking water etc. Each project is designed to be relevant and integral to the other to build on the strength and foundation of building capacity and sustainability in the region that benefits all.

If you are interested in learning more about TRACC Uganda, or would like to get involved, please visit our website at www.traccuganda.org



FELLOWSHIP OVER A CHARCOAL STOVE

By Rtn. John Mallya, RC of Dar es Salaam North



As a visitor from the Rotary Club of Dar es Salaam North (D9211) I was treated to an event of a kind that demonstrates the unique universal nature of Rotary fellowship. Having learned that this visitor in town is also a Rotarian, members of the Rotary Club of Port Elizabeth (D9370), South Africa, invited me through Rotarians Lebohang and Pamelato a lovely Braai/Tshisa/Nyamachoma. About 50 Rotarians, spouses, family and friends displayed their expertise on a number of open charcoal ovens. It was no small feat given that with ladies in attendance, men only were tasked to do the actual barbequing; so we had to excel at it. It was also nice for Club President, Andrew Binning to have handy a flag highlighting the 'rainbow' nations spirit and it represented the gathering very well. Cheers Rotary.



89TH DCA CORNER
By Peters Musoke, 89th DCA Chair

The Commonwealth Resort, Munyonyo, where the 89th District Conference and Assembly will be hosted, is a nice and cozy place. All Rotarians and guests will be accommodated comfortably in the same hotel, ensuring interaction and fellowship.

The Resort is in a serene environment, a comfortable distance from the noise and pollution of the city. It offers a fresh feel of the African hospitality in a highly modern setting. You can take the evening off and just sit outside your room, enjoying the fresh breeze from Lake Victoria. You can also take a walk around and stretch your legs in the clean well-kept grounds. Or you can have a nice cup of coffee in one of the restaurants, with fellow Rotarians, Rotaractors and guests, after a day's proceedings. There is also a chance to while the evening away on horseback or boat ride, or take a dive into the pool. You will find all that in the one place. There could have been no better choice for the DCA than this resort.

We have negotiated for all Rotarians and guests to have a choice between a king-size bed or twin-bed rooms. Every room comes with a balcony that gives you a stunning panoramic view of Lake Victoria. We have further negotiated room rates per day ranging from US\$100 for shared facility to US\$ 75.00 for single occupancy.

At such unusual rates, the accommodation sub-committee is promising all delegates the best comfort they have ever come across as you enjoy the District Conference and Assembly under District 9211.

Please register early to benefit from the early bird rate of US\$ 150.00 (before December 31st, 2013) and also make your choice of a room early.



Please visit their website -
<http://www.spekeresort.com/accommodation.htm>



GLOBAL POLIO ERADICATION INITIATIVE

(Source: Rotary International Website)

The fight to end polio is led by the Global Polio Eradication Initiative, which includes Rotary International, UNICEF, the U.S. Centers for Disease Control and Prevention, the World Health Organization, the Bill & Melinda Gates Foundation and governments of the world, with the support of many others around the globe.

High levels of vaccination coverage must be maintained to stop transmission and prevent outbreaks occurring. The Global Polio Eradication Initiative is constantly assessing the optimal use of the different vaccines to prevent paralytic polio and stop poliovirus.

FUND THE FIGHT

Polio has declined rapidly since 1985, but the fight isn't over. While polio is a crippling and potentially fatal infectious disease, for as little as US\$0.60, a child can be vaccinated for life. Rotary raises funds to make sure every child receive access to the polio vaccine. Every \$1 donated by Rotary is matched by \$2 by Bill & Melinda Gates Foundation. Their money will not only make a difference, but also mobilize the communities for Supplemental Immunisation Activities (SIAs), National Immunisation Days (NIDs) and especially routine immunisation.

See the impact your contribution can make.

\$15 = 25 Doses of Polio Vaccine



4 different oral polio vaccinations are available to stop polio transmission.

From left to right: mOPV3, mOPV1, mOPV, bOPV and tOPV

Just 60 cents (UGX1560) will protect a child for life!

\$350 = 350 Vaccine Carriers



Oral polio vaccine must be kept cool to remain effective.

\$100 = 800 Finger Markers



After children receive the vaccine, their pinky fingers are stained with purple ink to show they've been immunized. This is an effective, affordable and safe way to ensure every child is reached.

\$50 = 100 Vests for Volunteers



Bright yellow vests help those seeking vaccination to recognize health workers and volunteers easily.

\$25 = 50 Posters promoting Immunization Days



This promotional tool is essential in getting parents to bring their children to vaccination areas. In Uganda, UNICEF is having them translated in different local languages.

Once again, I appeal to all Rotarians in District 9211 to engage and participate in polio immunization. Let us contribute towards Polio as we Engage Rotary, Change Lives.

Yours in Rotary,

Florence Tinkamanyire
Country PolioPlus Officer, 2013-2014

We are this close to eliminating polio



THE ROTARY PROFESSIONAL & LEADERSHIP DEVELOPMENT FORUM

Tim Byekwaso Jr

Professional & Leadership Development, Chair
Rotaract Uganda 2013-14

One of the cardinal attributes of the Rotary membership is that a particular individual (Rotarian/Rotaractor) has got to have a classification or Vocation (Rotaract) to defend. This is what defines our respective professional identification, a feature that is premised on the idea that if one sets out to help others; they ought to have the ability or capacity to go about it. Like elsewhere in the world, Rotaract Uganda, a rather charitable cluster (of Rotaract Clubs) is composed of young professionals and university students. We are a budding breed with varying aspirations but the common ingredient in achieving our contrasting professional/career goals is a deliberate and continuous development path veiled in an array of mentorship programs, many of which have been spelt out by the Rotaract Uganda Country Professional and Leadership Development (PLD) Team.

Professional development is a major cornerstone of the Rotaract program, and one of the main differences between other traditional service Clubs and Rotaract. Suffice to note, Rotaract is one of the only service organisations for young professionals that enables college students and young working professionals from ages 18 to 30 to proffer service to humanity, and help nurture themselves professionally and as future leaders.

The set of Rotaract goals (as is the Object of Rotary) is a philosophical statement of Rotaract purpose and responsibilities of Rotaractors. The concept of vocational service is rooted in the Second goal, which calls on:

Rotaractors to "promote and emphasise":

1. High ethical standards in business and professions
2. Respect for the rights of others
3. The dignifying of all useful occupations as an opportunity to serve society

That notwithstanding, Rotaract Uganda's PLD Committee has initiated the Rotary Professional & Leadership Development Forum as a landmark effort to foster constructive debate. The notion behind the Rotary Dialogues is to have as a great number of people (especially the youth) participate in topical issues of their concern around the region. The diversity in profession and culture of the Rotary/Rotaract membership spells a healthy atmosphere of tolerance amongst Rotarians and Rotaractors, something that inadvertently fosters and encourages a pluralistic approach to addressing our socio-economic, health, education and leadership burdens. In Rotary/Rotaract, we believe in community service aimed at sustainably improving the welfare of mankind hence the century-old adage, Service Above Self.

The inaugural dialogues session held on the August 2013 at Kati-Kati Restaurant was a major success, thanks to the representation many Rotaract Clubs had and the high-level discussion held by our panelists; Mr. Robert Kabushenga, CEO-Vision Group, Mr. Fabian Kasi, MD-Centenary Bank and DG Emmanuel Katongole, CEO, Quality Chemical Industries Limited. With the discussion centered on Business and Finance, the panelists ably dissected several misgivings of our business ecosystem. The next debate, which will hinge in Career growth, Leadership and the Media, will take place in the second quarter, on the 30th November 2013. More details of which will be revealed as we draw closer.

I would like to thank Rotary and Rotaract Clubs that turned up for the inaugural session and urge all to maintain the momentum in growing the Rotary brand even bigger through a consistent effort in granting Club and Country projects the commitment they deserve. The Country Professional and Leadership development committee remains committed to towing that path with you and as such do not hesitate to make contact if you have any mazes to manoeuvre.

A luta Continua!

Young people should be at the forefront of global change and innovation.

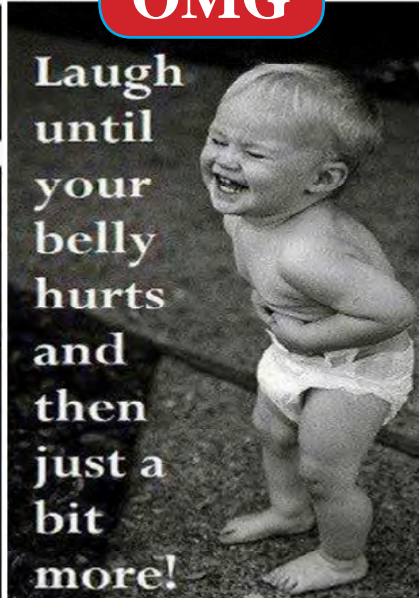
Empowered, they can be key agents for development and peace. If, however, they are left on society's margins, all of us will be impoverished.

Let us ensure that all young people have every opportunity to participate fully in the lives of their societies.

No one is born a good citizen; no nation is born a democracy. Rather, both are processes that continue to evolve over a lifetime. Young people must be included from birth. A society that cuts off from its youth severs its lifeline

Kofi Annan

OMG



DEAR THIS COMPUTER IS NOT WORKING AS PER MY COMMAND.....
DARLING ..IT'S A COMPUTER NOT A HUSBAND.....!!



To Mom:

I'm hungry...
I'm cold...
I'm hot...
Can I have...
I want to watch...
Where are you?
Can you ask Dad?
Can you help me...
He hurt me...
She hurt me...
I want to go there...
When are we...?
Why are we...?
Why can't we?

To Dad:

Where's Mom?

Before you see what I did to your shoes...



Just remember I love you!