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RI President's Message: Mental Health and Your Club

Dear fellow Rotary members, The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had



a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan (“one who lights up the home”) with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health centre where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders

from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children’s Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children’s Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this

Editorial

How We Are Commemorating Community Economic Development this Month

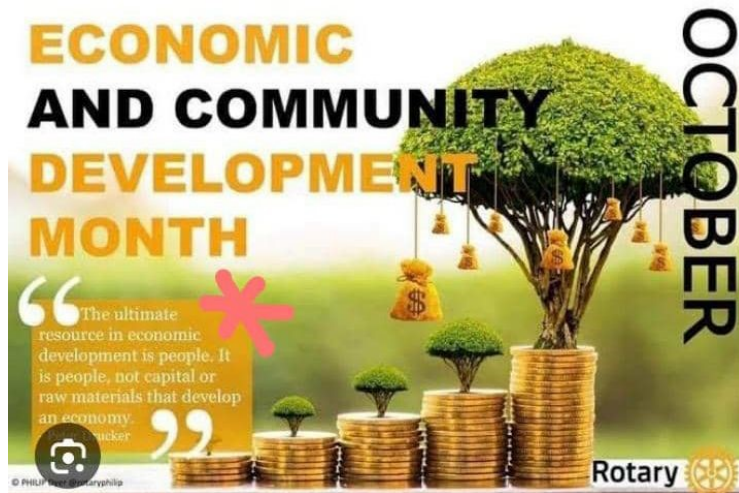
Different organizations and actors have documented and published different lists of the world's global issues affecting mankind. These include the World Bank, UN, and Rotary International (RI). The issues most commonly listed are poverty, disease pandemics, desertification, conflict, democracy and development. Interestingly, many if not all, of the issues have been categorized by RI into seven areas of focus – including community and economic development.

As we celebrate our national independence this October, we need to think more about how we can promote community economic development as an aspect of community and economic development.

Nothing degrades mankind as poverty! If many of our country men and women (now estimated to over 30%) are wallowing in poverty, why then should we be surprised if they are exposed to hunger; cutting down trees; have none or limited access to health care and education?

As we commemorate community economic development this month and create hope in the months ahead, we can partner as clubs and corporations to take advantage of the presenting opportunities. Indeed, this is what RC Semuto has done in the following ways:

First, we are actively engaged in the afforestation of 10 acres provided by the Buganda Kingdom under the Ekibira Kya Kabaka Initiative (EKKI). Through EKKI we are partnering with the Bombo Road Corridor Rotary & Rotaract Clubs to grow trees. which will be looked after by the three upcoming Interact Clubs at Bbowa County headquar-



ters of Bulemeezi.

Second, we are partnering with environmental groups to skill women and youth in turning organic waste into briquettes for cooking as alternatives to wood fuel – thus conserving the environment and generating income.

Thirdly, we are pioneering an annual School Spelling Competition among primary schools in Semuto Town Council to improve literacy skills and self-esteem among pupils as they correctly write and speak English and Luganda.

Fourthly and finally, all the above initiatives are integrated with BCUP activities to stop the unfolding boy crisis. These include talks on responsible masculinity to adolescent boys in school, and to those dropped out of school.

Fellow Rotarians, let us collaborate to create and keep hope by advancing initiatives that promote sustainable community economic development.

HCP Kaka (Kakaire) Fredrick Nyende, RC Semuto

RI President's Message Cont'd from Pg 1

will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It's what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just "How are you?" but also "How are you really?" By doing so, Rotary can continue to Create Hope in the World.

R. GORDON R. MCINALLY
President, Rotary International

DG Edward's Message: A Quarter of Achievements and New Horizons

Dear Fellow Rotarians,
Our first quarter is done!!
And what a success it has been. Thank you so much people of action for impacting communities working within the 7 Areas of Focus.



As we reflect upon the past quarter, I am filled with immense pride and gratitude for the remarkable accomplishments of our district. Each of you has contributed to the tapestry of success that now graces our Rotary journey. It is with great pleasure that I share the news of our district's outstanding performance at the Rotary Zone Institute in Lusaka, Zambia. Our collective efforts were honoured with numerous awards, a testament to the dedication and hard work of our Rotarians especially during the year that preceded us.

We therefore pay tribute to our Amazing Governor Hon Dr Mike Kennedy Ssebalu and the whole team, for doing amazing things in amazing

ways, that resulted into amazing awards. That our membership growth on the African continent emerged as number 1 and in Foundation giving, we emerged number 3 is no mean feat. Thank you, DG Mike. The awards we garnered at the Institute serve as a beacon of our district's commitment to excellence. They are a testament to the impact we are making in our communities and beyond. These accolades belong to each and every one of you, for it is your unwavering dedication that has propelled our district to new heights.

During my visits to various clubs, I have witnessed firsthand the incredible work being done. From life-changing projects to initiatives that address the most pressing issues of our time, our clubs are beacons of hope and agents of positive change. Your tireless efforts in areas ranging from environmental conservation, to education and literacy, to community empowerment, the boy child

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empowerment, are nothing short of inspiring.

This month, our focus on education and literacy has yielded exceptional results. Through mentorship programs, and innovative educational projects, we are sowing the seeds of knowledge and empowerment. The impact of these endeavours will be felt for generations to come, shaping a brighter future for our communities.

Now, as we step into October, a month dedicated to economic and community empowerment, I am filled with anticipation. Together, we will harness our collective strength to uplift communities, foster entrepreneurship, and drive sustainable economic growth. Let us continue to be the catalysts for positive change, igniting a fire of progress that burns brightly in the hearts of those we serve.

Friends, whenever people do good, they should sit together and toast to the good- let us do this in April at the Common Wealth Resort Munyonyo during our DisCon- I pose the question now; have you registered? The other two celebrations of World Polio Day and the TRF Dinner of 21st November and 25th November respectively, are coming up soon. How I look forward to being with all you, and seeing you all win the great awards the team has put up. In case you have not yet known, the overall contributing club winner shall be taking to its farm a whole cow, second runners up 3 goats and the first runners up 2 goats.

And on the 3rd day of November, we shall also have the Peace Concert, 50% of whose proceeds shall be for the Peace faculty and the other half to the Annual fund; ooh the things that make Rotarians celebrate milestones- Let us meet there.

In closing, I extend my deepest gratitude to each Rotarian for your unwavering dedication and tireless efforts. Together, we are writing a story of hope, compassion, and progress. Let us march forward with purpose, knowing that our collective endeavours will continue to shape a better world for all.

Yours in Rotary

Edward Kakembo Nsubuga
District Governor 9213



District News

RI DISTRICT 9213 GUIDELINES FOR ALLOCATION OF DISTRICT DESIGNATED FUNDS (DDF)

FOR GLOBAL GRANTS (GG) Rotary Year 2023/2024

SN	Particulars	Amount (USD)
1	DDF Carried forward from 2022/23	\$128,432.58
2	DDF Tagged to Project Funding for 2022/23 carried forward (July approvals) + Polio Plus	- 27,000.00
3	DDF Tagged to Global Grants (GG) submitted to TRF but not yet approved	- 25,000.00
4	Total Uncommitted Available DDF for 2023/24	76,432.58

The available DDF this Rotary year is only **US\$ 76,432.58** much lower than USD 90,243.10 for last year. Over the last couple of years, we've witnessed a reduction in available DDF mainly caused by these factors:

Reduction in the TRF contributions tagged to the Annual Program Fund (APF) as clubs have preferred to tag donations to approved GGs.

The increased support to clubs by the District Rotary Foundation Committee in developing "bankable" projects thus utilizing almost all the DDF that is available.

The available DDF of **\$76,432.58** is a moving balance since the reviewing and approval of Grants by TRF is a continuous process and not tagged to a year, and there are many Global Grants in draft status, and many others being initiated.

My encouragement to clubs is increased funding to the TRF (Annual Program Fund -APF) and fast-tracking your applications for GGs.

From the submission above, DDF utilization for RY 2023/2024 the following guidelines will apply:

As it was last Rotary Year, in order to support our Rotaractors carry on impactful large scale projects, we have ringfenced a minimum of US\$ 7,500 of the DDF for Rotaract GG(s).

It has also been decided to allocate \$10,000 to Polio Plus this year (down by US\$5,000 from last year

given the size of available DDF).
 VTT - There will be no special allocation for standalone VTTs grants. However, VTTs that are part of a GG will continue to be supported as these have been proved to assist in creating capacity, impact and sustainability of projects.
 No part of the DDF will be used for District Grants given their limited reach. We encourage all clubs to focus their energies on more impactful and wider reach projects.
 Rotary clubs that partner with Rotaract clubs are highly encouraged and will be given priority in DDF allocation.

Explicit Guidelines for Global Grants 2020/2021

All clubs seeking DDF support for their global grants will have to abide by the following:

DDF will be awarded only to qualified clubs.

Clubs that have any overdue report after qualification will automatically lose their qualification status and will have to re-apply to the District for qualification.

DDF will only match club contributions even if TRF no longer matches club cash contributions. Clubs are encouraged to urge members to contribute to TRF as a basis for raising project funds. A club seeking DDF of \$5,000 must commit to contribute a minimum of \$5,000 to that GG.

The minimum club contribution to attract DDF support will be US\$1,000. The intention is to

encourage more contribution and active participation in the GGs.

Clubs that intend to apply for DDF should share their proposed Financing plan with the District Grants Committee for guidance. The club President will then submit, by mail, a formal request to the District Grants Chair Rtn. Nelson Kabwama (kabwamanel@yahoo.com), for confirmation of availability and level of DDF that will be allocated.

DDF will be allocated on a first come first served based on the following scale:

- Grant value of \$30,000 - \$40,000:
Maximum \$2,000 to match club contribution 1:1
- Grant value above \$40,000 - \$60,000:
Maximum \$3,000, to match club contribution 1:1
- Grant value above \$60,000 - \$80,000:
Maximum \$4,000 to match club contribution 1:1
- Grant value above \$80,000 -

\$100,000: Maximum \$5,000, to match club contribution 1:1

Grant value above \$100,000: Maximum \$7,500, to match club contribution 1:1

So, for every dollar contributed by the club, the District will match it with one-dollar subject to the maximum specified based on grant value. We have also put a ceiling for clubs at \$10,000. This is to avoid having a club taking an unfair share of DDF.

A club or group of clubs may present special requests for consideration where the above limits imply inadequate funding for their grant plans and these will be reviewed by the DRFC Team on a case by case basis while ensuring fair access to DDF by all clubs. The decision of the DRFC Team on any such requests will be final.

Francis Xavier Sentamu
District Rotary Foundation Committee Chair
2022-25
RI District 9213 (xsentamu.rotary@gmail.com)

My Experience of the Rotary Zonal Institute In Lusaka, By Rtn. Beliah Bashabe

I usually write a personal day journal - okay, that's the plan always but sometimes I fail - procrastination. When I experience different circumstances or people, I certainly do note the experience down. So when our Port Bell Flyer announcing a fellowship where I would share my Zone Institute experience went round, several friends inboxed "We are waiting for the written one". Hence this.



I attended the above training in Lusaka from 5th to 10th September 2023. I travelled with Kenya Airways through Nairobi, in the morning. I arrived at the Airport early and had two hours to spare after the check-

in and immigration processes. I have now internalized the wisdom of arriving early for International travel. It provides time for any unforeseen circumstances that can potentially lead to a canceled journey. And this can be very disruptive. In his autobiography, the late Ibrahim Muwanga (famously known as BMK) advises about this habit while traveling internationally. And he travelled a lot in his life. (Please find and read his book if you haven't). It is an erudite book from a man that did not go far in formal education. But he was well educated, the education one gets from travel and exposure to places and cultures other than one's own. Experiential travel.

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Rtn. Beliah Experience Cont'd from Pg 6

I had a short layover in Nairobi. On the plane out of Nairobi I sat with a Zimbabwean couple. The Lady told me they were coming from Uganda - from visiting Pastor Kakande's Church! At home many people have divergent views about this church. Holy water, holy rice, healing... several. Some think that he exploits people's faith. I am sure he would gladly quote the saying that a prophet is never recognized in his home town! Because apparently he has international followers as well. Lusaka Airport, called Kenneth Kaunda International Airport has a brand new and impressive terminal building. We were picked by shuttle with a helpful Rotaractor called Vanessa. She was helpful on the transportation part throughout the conference.

Second day I visited the conference center, Mulungushi International Conference Center; (another brand new building), for registration. Later in the evening we visited a Club for a drink. Driven by an amiable taxi driver called Festus. He taught me several local words. The main languages spoken in Lusaka are Nyanja and Bemba, though in general they have 72 according to Festus. And they are related to the Bantu languages spoken here. I found "Oli Bwangi" for How are you very close to the Kiganda greeting of "Oli Bulungi". Water is "Manzi". The staple food is maize mixed with Cassava, they call it "Nsima" not very different from Kinyarwanda/ kifumbira's "Omutsima" for Kalo. And many others.

The Zone Institute apparently started as a training for incoming leaders. I think mainly the District Governors. Now it has been opened up for other Rotarians, spouses and Rotaractors. There are separate sessions for training the leaders and then the plenaries meant for all Rotarians. Our zone 22 covers Africa and is currently represented by Director Patrick Chissanga from Zambia.

Thursday was Conference day. I arrived to a Foundation seminar presentation. It was a refreshing talk. I say refreshing because most content will not be new. What's new is the inspiration one gets by listening to other people, senior Rotary people's experiences.

Our own PDG Ken Mugisha presented about membership. And his presentation was well received. In the discussions DG Mike shared his big five on avenues for recruiting new members: Family, Work Place, Faith organizations, Old boy/girl clubs and

Neighborhood. I noted an applause for that as well. Both our districts 9213 and 9214 were recognized on foundation giving. And I felt proud. As DG Edward keeps reminding us, we need to applaud the Amazing team.

There were presentations on many other aspects and service experiences in Rotary: Public Image, The endowment fund, Rotarians/ Rotaractors partnerships, Family Health, The environment. RIP Gordon who was in attendance elaborated on the new discussion about Regionalization. It's basically a plan to have Regional flexibilities to take cultural and other logistical differences adopted as we implement our service effort. For example, in some areas, leadership capacity is diminishing and there are discussions on extending some service leadership terms to two years. Not in our Zone of course.

The official opening ceremony was held on Friday. Zambia's Vice President presided over the function. She is called Mutale Nalumango. Tall with a confident gait. And she spoke well, after herself being inducted as an honorary Rotarian by RIP Gordon. "If being passionate about Malaria, passionate about Maternal and Child Health, passionate about Mental illness, is what it means to be a Rotarian, then I am a Rotarian" she said to a thunderous applause.

The Chairman and founder of Professional Insurance of Zambia spoke on behalf of the sponsors (An elderly Zambian, I think of Asian descent). We were told he is a born again Christian and started the Prison fellowship in Zambia. And he dropped several wise words for us... "An intelligent person sometimes gives unsolicited advice. A wise person keeps quiet until there are no more options" he said. "WIFI has limited coverage but a Wise eye has unlimited coverage". He even quoted Shakespeare:

"Laughing faces do not mean absence of sorrow! They mean an ability to deal with it" I enjoyed that old, wise (and apparently very wealthy) but compassionate man's speech greatly.

I also enjoyed the Boys Brigade Band performance at the flag raising and their play of the Anthems. I have always liked the anthem that is shared by most Southern African countries. It's based on Enoch Sitoga's 1897 song 'Nkosi Sikelel' iAfrika (Xhosa word for Lord Bless Africa). Different countries

have since changed the lyrics to suit their circumstances, but the melody still stays very pleasantly the same.

There were conference side kicks too. I mean side *kicks* (you mischievous people!)

On one of the evenings we attended a wine tasting event at the Radisson Blu Hotel. It was nice with good music and a good crowd. The Chardonnay was nice but not chilled, so I made with Chenin Blanch. Served by a well-toned and amiable man that educated me about the wine. I chatted with Governors John and Geoffrey, and Rtn Simal. Simal is Ugandan and an old friend. He now works in Lusaka. We did University together and it was a very good catch-up time. As we navigate the midlife, biological changes that reflect passage of time (I am unsuccessfully trying to avoid the word Aging!) happen to us a bit differently. We were all impressed by Simal's very sharp memory of people and past events. He later kindly dropped all of us to our hotels.

The organizers had arranged a game of golf for the delegates. How kind! So on Saturday I played at the Lusaka Golf Club. I played with a Zimbabwean Doctor, a Zambian lady and a Nigerian. The Zambian Doctor kept joking that our playing team was an African Union, when we took our after game pictures. He told me first-hand how bad the economic and political situation is back home in Zimbabwe. Sanctions, a very poorly managed transition from Robert Mugabe and extreme corruption that is not helping matters.

Later we had lunch and a drink at the Golf Club. I enjoyed Nsima with beef and vegetables. I ordered beef many times while in Zambia on recommendation from Simal. He said Zambian beef is good. The animals are purposefully raised as beef animals. I remembered that the cows in Uganda are sold after

they have aged. Some move long distances - so what they have is just muscle, exercised hard muscle that cannot be tender or tasty. I found it amusing but agreed. A cousin of mine that lived in SA also told me some time back that the slaughter method commonly used here, of tying an animal and cutting its throat stresses it. That stress compromises the tenderness of the meat.

Our Zambian hosts organized a cultural Dinner at a fairly far off venue. Mainly Zambian food and in large offerings. The Ugandans were reluctant to try a crunchy appetizer (insect looking) but yours truly did, and it was good. A certain country's delegates that usually like to loudly rush to serving centers were shamed. The food was enough. More than enough actually, even for the Ugandans that patiently waited for the queues to lessen. The Zambians told us that kind of sumptuous offering is called Amatebeto, (if I remember correctly). Usually served at traditional marriage ceremonies. But people left early- the Zambian nights can be real cold. And it was out door.

So it was a very enriching experience for me. Very. And worth the resource expenditure, of money and time.

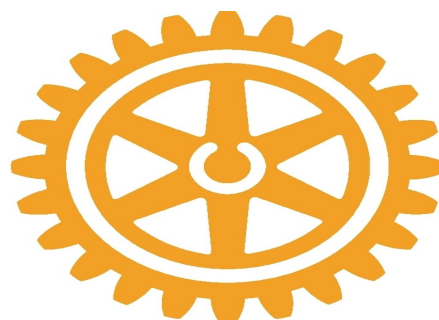
Just a parting caution though - I am an optimist. And so I usually look out for things that worked, that added value, that were enjoyable. It does not mean there were no low downs. That wouldn't be life. I see them, those low downs. if I am able to give relevant feedback, I do. If I am not able, I pick a lesson and walk.

The next Zone Institute is in Mauritius 23rd to 28th September 2024. Don't say I never told you.

Beliah Bashabe, RC Portbell

Rtn. Beliah is Assistant Governor for Area 16 Clubs which includes RC Semuto

Rotary



Summary List of Club Awards Rotary District 9213, Rotary Year 2023-24

DESCRIPTION	STATUS
A. INCREASE OUR IMPACT	
1. THE ROTARY FOUNDATION (TRF)	
1.1 THE ROTARY FOUNDATION (TRF) AWARD	Do Not Apply
1.2 EVERY ROTARIAN GIVING AWARD	Do Not Apply
1.3 POLIO PLUS AWARD	Do Not Apply
1.4 PAUL HARRIS FELLOWS (PHF) AWARD	Do Not Apply
1.5 MAJOR GIFTS AWARD	Do Not Apply
2. SERVICE PROJECTS	
2.1 GLOBAL GRANT (GG) PROJECTS AWARD	Clubs Should Apply
2.2 NEW GLOBAL GRANTS AWARDS	Clubs Should Apply
2.3 NON GLOBAL GRANT PROJECTS AWARD	Clubs Should Apply
2.4 BCUP AWARD (EDUCATION SUPPORT)	Clubs Should Apply
2.5 BCUP AWARD (ECONOMIC EMPOWERMENT)	Clubs Should Apply
2.6 JOINT COLLABORATION	Clubs Should Apply
B. EXPAND OUR REACH	
3. MEMBERSHIP	
3.1 HIGHEST GROWTH DURING ROTARY YEAR	Do Not Apply
3.2 MEMBERSHIP DIVERSITY AWARD	Clubs Should Apply
3.3 MEMBERSHIP EXTENSION AWARD	Do Not Apply
4. PUBLIC IMAGE	
4.1 CLUB BULLETIN AWARD	Clubs Should Apply
4.2 PUBLIC IMAGE AWARD	Clubs Should Apply
4.3 SOCIAL MEDIA AWARD	Clubs Should Apply
C. ENHANCE PARTICIPANT ENGAGEMENT	
5. MEMBER ENGAGEMENT	
5.1 MEMBER PARTICIPATION & ENGAGEMENT AWARD	Clubs Should Apply
5.2 YOUTH MENTORSHIP AND ENGAGEMENT	Clubs Should Apply
5.3 DISCON ATTENDANCE AWARD - 1	Do Not Apply
5.4 DISCON ATTENDANCE AWARD - 2	Do Not Apply
5.5 DISCON LONG DISTANCE AWARD	Do Not Apply
5.6 SERVICE BEYOND CLUB AWARD	Clubs Should Apply
5.7 CLUB OF THE YEAR AWARD	Do Not Apply
D. INCREASE OUR ABILITY TO ADAPT	
6. TECHNOLOGY AND INNOVATION	
6.1 LEARNING AND INNOVATION AWARD	Clubs Should Apply

Antimicrobial Resistance, Key Drivers And Its Devastating Outcomes To Public Health

By Rtn. George William Kisitu

Antimicrobial Resistance (AMR) is a phenomenon used to explain the changes that occur to microorganisms over time that make them non susceptible to antimicrobials that used to kill/manage them. Microorganisms include fungi, bacteria, viruses and microscopic parasites whereas antimicrobials include antifungals which treat fungal infections, antibiotics which treat bacterial infections; antiviral treat viral infections; and antiparasitics managing parasitic infections in humans, animals and plants.

AMR is a global health and developmental threat which requires urgent multisectoral action in order to achieve the Sustainable Development Goals (SDGs). Indeed, the World health organization (WHO) declared AMR as one of the top 10 global health threats facing humanity.

The main key drivers of this threat include overuse and misuse of antimicrobials leading to development of drug resistant pathogens. Overuse begins with over prescription of a particular molecule of drugs like amoxicillin in humans, oxytetracycline in animals and acetamiprid in crops which are commonly available and easily accessed over the counter. Misuse involves wrong use of antimicrobials especially without prescription where drugs are obtained over the counter and used



to manage unspecific pathogens/infections. This is exacerbated by an increasing development of substandard and falsified/counterfeit antimicrobials which are constantly shipped into underdeveloped and corrupt economies. Such products are always cheaper and contain active ingredients that are sublethal or non-active to the targeted microorganisms hence encouraging development of resistant strains to the used antimicrobials. Furthermore, lack of clean water and sanitation with inadequate infection prevention and control promotes the spread of microbes some of which can be resistant to antimicrobial treatment.

There are several devastating outcomes from AMR that include death, disability and prolonged illness resulting into longer stays in hospitals, the need for more expensive medicines and financial challenges for those involved or affected. Without effective antimicrobials, the success of modern medicine in treating infections including major surgeries and cancer chemotherapies will always be at increased risk.

In 2019, the WHO identified 32 antibiotics in clinical development that address the WHO list of priority pathogens, of which only 6 were classified as innovative. This creates an urgent need of solutions to curb down this growing health challenge which will be addressed in my next issue.

Rtn. George William Kisitu is the District Veterinary Officer, Nakaseke District. He is also the Hope Creator Club Administrator, RC Semuto.

Knowledge Deficiency- The New Cancer Among Professionals,

By Rtn. Daniel Muwanguzi Mukiibi

Knowing or knowledge often refers to, information, and skills acquired through experience or education at a theoretical level. Knowledge could be in many fields. Education, business, media, politics, sciences, environment, art, craft, management, Theology, astronomy, Engineering, medicine, Agriculture, Aviation, Military Technology, etc. This knowledge leads to acquisition of a skills and development of an attitude based on general and specific ethical practice accruing to a given field of knowledge.

On the other hand, understanding and comprehension often call for application or putting the scattered pieces of knowledge together to form a discipline. Practice warrants for use of facts gained or ideas acquired to do things with comprehension. One becomes wise in an area by applying ideas or skills from the knowledge gained. Sadly, all these truths commonly mature only to yield pride among people, especially professionals of this age.

The Holy Bible talks about people perishing for lack of knowledge, lack of total knowledge of how to do or apply knowledge in the world. Knowledge MUST be fluid. That is, it has got to be changing. Knowledge can be enhanced, revised, upgraded, ameliorated, amended, augmented, bettered. Knowledge is always growing and improving for the better through access to new research and new ideas and new improved ways of practice in any given field. Any person in any field who disconnects from learning more in their field of practice can be sure of becoming expired, defunct, extinct, van-



ished, gone, departed, done, bygone, obsolete in their field of practice.

To such people, they find pleasure, delight and gratification in their lame pride of “I know it all”. It’s an attitude of self-fulfilment and self-satisfaction in their sense of achievement. They are comfortable and contented with what they know. They are darlings of themselves and their current knowledge. The apple of their own eye and treasured possession of their knowledge and a personal object of admiration. They marvel at themselves with pride in what they know and do thinking it’s the best of best without an iota of doubt. Ego is what drives them to think they don’t need to ask help or seek assistance from others. Self-worth stops them from recognizing other talents and how to tap into them. Geocentrism is the brother of pride. They both come from self-idolization.

The world is full of expired leaders in many fields who are proud and satisfied with their current knowledge. Yet such people are clearly lacking and don’t see value in bettering, correcting, elaborating, fixing, remodeling, repairing, upgrading, refining, boosting, build on and revamping or polishing up their knowledge, skills and attitudes. Even when opportunities are clearly right in their face.

Such people feel they know it all. Sadly, some Rotarians may house this antiquated, medieval, dated, out-of-date, outmoded way of approaching life with a full blown dose of professional pride. We see knowledge deficiency in agricultural practice, in medicine, in church leadership, organizational leadership, financial management, planning authorities, political circles, business entities, in military sciences, in the arts and media. Pride is not hard to see in society as evidenced by the little knowledge applied in our professionalism.

As C. S. Lewis put it, “there is no greater sign of

Knowledge Deficiency- The New Cancer Among Professionals,

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confirmed pride than when one thinks he or she is good enough”.

Many deceive themselves to be above reproach and correction given what they have achieved in their areas of practice. Others are blinded by different accolades to believe they cannot learn from those in junior positions.

If there is something I have so far learnt as a Rotarian, it's the call to be humble and open to learning from anybody regardless of their position in society, academic achievements and general appearance. Knowledge has never been and can never be monopolized. You can learn from anybody. At least knowledge of the direction where one wants to proceed. We all depend on others, on a magazine, on the radio, on the TV, on the Internet or a newspaper to know how to do and apply things better.

The Rotary family has got many platforms to learn including myrotary – especially the Learning Center, weekly zoom meetings and presentations, the Rotary Leadership Institute, District Learning Assemblies or Seminars and several other thematic presentations. You cannot fail to learn something new every time you attend these trainings.

I will share an example in this regard. There

is a classic story of a professor of astrology who hired a boat and was helped to sail to a tropical beach to do a three-day research. The professor and the local boat driver pitched a shared tent on the beach to sleep in. Deep at night, the professor woke up his local driver in haste and asked. Please tell me what you see. The driver responded without hesitation. I can see the bright stars and the moon. The professor asked again what does seeing the stars and moon mean for the driver? The driver replied that this meant that their tent had been stolen otherwise they wouldn't be seeing the stars in a tent. The professor had missed the obvious knowledge here and had been overtaken by his astrological theories.

Without pride, parents, married couples, professionals and people of all kinds have a lot to learn from each other once their pride is buried. Where professional pride exists, knowledge and learning becomes limited. This creates a toxic environment with less innovation, less creativity and less imagination. Talents and abilities cannot be nurtured well in an environment where pride is everyone's piece of cake.

I implore Rotarians to embrace open-mindedness, humility and meekness to grow their knowledge base in their professionalism.

Rtn. Daniel is the Africa Regional Coordinator for SEAN. He is also the club's TRF Committee Chair



CREATE HOPE in the WORLD

Why Talk About Waste by Zoë Lenkiewicz

We all produce solid waste in our homes, businesses, markets, schools and health centres. Solid waste is anything that we no longer have a use for, and so discard. A wide range of materials are found in solid waste, from plastic bags and vegetable peelings to old shoes and used batteries. Some materials such as vegetable peelings will rot down, but most other types of waste do not. Instead, they accumulate in the environment, polluting land, rivers and the oceans.

Around one in three people in the world do not have their waste managed properly. Where municipal governments do not provide this service, people have to dispose of their waste themselves. This often means they: drop it on the ground, throw it in a river, drain or dry river bed, burn it in the yard, or take it to a local informal dump site. When waste is disposed of in these ways, it causes harm to people, livestock and wildlife.

Worryingly, we are producing more and more waste, and by not managing it properly we are causing problems for future generations. Fortunately, waste management can be very cost-effective and can even generate a profit. Introducing a simple system can provide jobs and improve public health, as well as raising people's perceptions of a place.

When different types of waste materials are mixed together they pollute farmland and water courses, attract vermin, increase the spread of disease and produce harmful gases. Waste thrown in rivers, canals and gullies blocks drainage and makes flooding worse. This can lead to the spread of water-borne and mosquito-borne diseases, such as dysentery, cholera and malaria.

Children who grow up where there is no waste management service suffer the most. They are twice as likely as other children to develop diarrhoea and six times more likely to develop breathing problems, and their physical and mental development is often stunted.

Decisions that we make about our waste at home can have global consequences. Carbon and methane gases given off from waste are contributing to climate change. Dead seabirds and mammals washing ashore with stomachs full of plastic are a sign of what can happen when we fail to manage our waste properly.

The good news is that, if waste is managed properly, it is worth money. By keeping the different waste materials separate, they can be recycled into new products and sold to generate an income. For example, some plastics can be turned into furniture or construction materials. Woody waste can be turned into a low-smoke cooking fuel. Food waste can be turned into compost to improve soil quality.

With a simple waste management service, the neighbourhood becomes cleaner, children's health improves, fewer livestock and wild animals get sick, and a range of jobs can be created. Once people understand these benefits, most will pay a small amount of money towards waste management in their community. The important thing to remember is to keep the materials separate. This is much easier if you can collect waste close to where it is generated – for example, directly from homes or offices. When the materials are all mixed together at the dump site they are very difficult (and quite unpleasant) to work with. But when they are clean and separated, the materials are a good resource for making new products.

As well as making the community cleaner and safer, community waste management brings local economic benefits:

- Anyone, including local youth, women and marginalised groups can organise waste collection and reprocessing activities, creating jobs and generating income.

- New products made locally from waste can be used instead of expensive alter-

Why Talk About Waste Cont'd from Pg 10

natives.

A stronger, healthier community is better able to continue with their daily work.

People do not need large machinery or expensive vehicles to manage their waste. There are plenty of no-cost or low-cost ways that communities can recover the value from waste materials.

It is quite common for people to look down on those who work with waste. But in fact, these people are environmental heroes. They are providing a very valuable service, preventing pollution, protecting public health and generating their own income. To work in

waste management and recycling is something to be proud of.

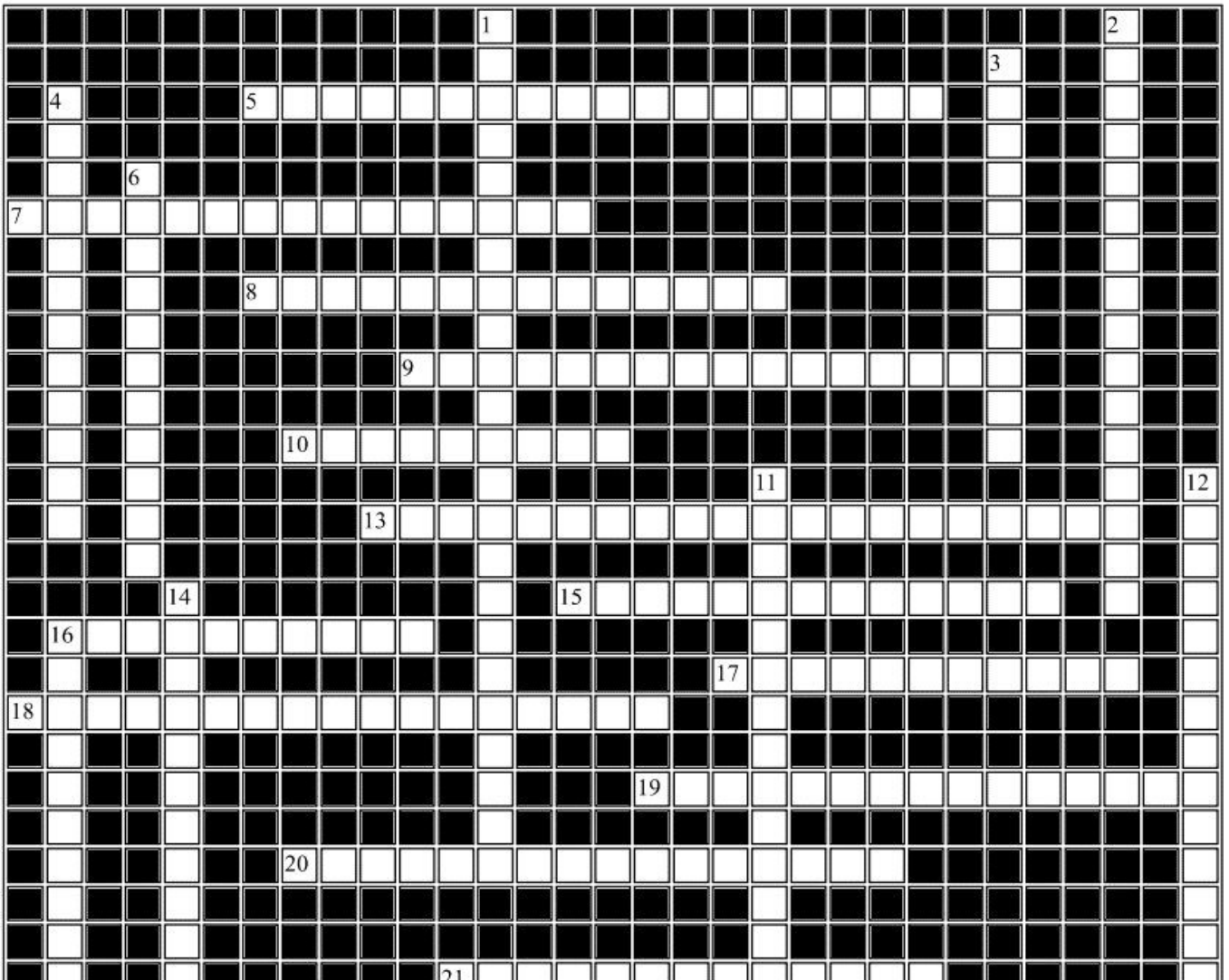
We encourage everyone to talk to their community about the benefits of working together to support a local waste and recycling system.

Zoë Lenkiewicz is Head of Communications at WasteAid, a charity helping communities to develop lowcost solutions to their waste problems.

This article first appeared in the Footstep Magazine Issue 107 of 2019



Your District Leadership Team Part 1—Cross Word Puzzle



Across

Down

- | | |
|--|--|
| <ul style="list-style-type: none"> 5. Public Media Relations Officer (3 Words) 7. Vice Grants Chair (2 Words) 8. Strategic Planning Vice Chair (2 Words) 9. 99th DISCON Chair (3 Words) 10. Strategic Planning Chair (2 Words) 13. Rotary Foundation Committee Chair (3 Words) 15. International Service (2 Words) 16. District Executive Secretary (2 Words) 17. Vice District Trainer (2 Words) 18. Deputy District Trainer (2 Words) 19. Qualification Chair (3 Words) 20. Inter Country Committee Chair (2 Words) 21. Website Design/Webmaster Chair (2 Words) 22. DG's Newsletter Editor (2 Words) 23. 99th DISCON Treasurer (2 Words) 24. Grants Chair (2 Words) | <ul style="list-style-type: none"> 1. PIME Chair (3 Words) 2. IT Support Services Chair (2 Words) 3. Stewardship Chair (2 Words) 4. Social Media Platforms Chair (2 Words) 6. Membership Growth, Experience & Extension Committee Chair (2 Words) 11. District Trainer (3 Words) 12. IT Support Services Vice Chair (2 Words) 14. Vice Lieutenant Governor (2 Words) 16. District Treasurer (2 Words) |
|--|--|

Please turn to Pg 16 for
the
answer key

The Rotary Norms (English/Luganda)

English	Luganda
<p>Rotary Grace Lord God, we thank you for the good company and pleasant conversations of our fellow Rotarians and guests. May we be always thankful and ever mindful of the needs of others Amen</p>	<p>Okwebaza Mukama Katonda, tu kwebaza olw'emikwano n'embozi empomu gyetulina neba na Lotare n'abagenyi baffe. Otubeere okwebazanga n'okujjukira abo abali mu bwetaavu. Amiina.</p>
<p>The Loyal Toast Fellow Rotarians and all our guests, let us toast to the good health of the President.</p> <p>Response To his excellence the President of the republic of Uganda.</p>	<p>Okwagaliza Ba na Lotale n'abagenyi baffe, twagalize Pulezidenti obulamu obulungi.</p> <p>Okudamu Eri ow'ekitibwa Pulezidenti w'eggwanga Uganda.</p>
<p>The Four Way Test of the things we think, say or do:</p> <ol style="list-style-type: none"> 1. Is it the truth? 2. Is it fair to all concerned? 3. Will it build goodwill and better friendships? 4. Will it be beneficial to all concerned? 	<p>Oku gezesebwa okwe' mirundi ena mu bye tulwoza, bye twogera oba bye tukola:</p> <ol style="list-style-type: none"> 1. Ge mazima? 2. Bwe bwenkanya eri abo bekikwatako? 3. Kinazimba okwagaliza okulungi n'emikwano emisukulumu? 4. Kinaba kya mugaso eri abo be kikwatako?

<p>The Object of Rotary The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:</p> <ul style="list-style-type: none"> • 1st The development of acquaintance as an opportunity for service; • 2nd High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society; • 3rd The application of the ideal of service in each Rotarian's personal, business, and community life; • 4th The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service. 	<p>Ekirubilirwa kya' Lotare</p> <p>Ekirubilirwa ky'a Lotare kwe kuzamu amanyi n'okutumbula endowozo y'obuwereza, naddala, okuzamu amanyi n'okutumbula:</p> <ul style="list-style-type: none"> • Ekisoka, enzimba y'okumanyagana nga omukisa gw'obuwereza; • Eky'okubiri, omutindo ogwe'kika ekya wagulu mu milimu ko n'obukugu; oku siima omugaso gw'emilimu emirungi; n'okusamu ekitibwa omulimu gwa buli mu na Lotale nga omukisa okuwereza abalala; • Eky'okusatu, enkola ey'endowozo y'obuwereza mu bulamu bwa buli muna Lotale, mu milimu gye, ne mu bitundu bya ffe; • Eky'okuna, entumbula y'okutegera ku mutendera gwensi yona, okwagaliza okulungi, n'emirembe okuyita mu bwa sseruganda muni yona, ey'emilimu, n'obukugu bw'abantu abegatidde mu ndowozo y'obuwereza.
<p>Final Toast let's toast to Rotary International</p>	<p>Okwagaliza Okusembayo ka twagalize Lotare eyensiyona</p>
<p>Response To Rotary the world over.</p>	<p>Response Eri Lotare ebuna muni yona</p>

Edutainment Corner

Joke of the Month October

Two men met in heaven. 'What did you die of?' asked the one. 'I died of extreme cold. And what about you?' 'I came home from work and thought I heard my wife talking to a stranger. On entering the house, I searched every nook and corner but could not find anyone anywhere. I felt so guilty of my suspicion that my heart failed.' Hearing this, the other one said, 'Had you cared to open the fridge, neither of us would have died.'

★★★

Health—Buddy Group in Charge



ROUND-ABOUT BUDDY GROUP INCHARGE



Program of the Month

Rotary Club of Semuto
CREATE HOPE IN THE WORLD

COMMUNITY ECONOMIC DEV'T MONTH (OCTOBER 23)

- 01** ROTARY QUIZ @Hilltop Hotel Semuto
- 08** CLUB ASSEMBLY @De-Kaash Hotel Semuto
- 15** INVESTMENT PRESENTATION PP ROBERT KAKUMBA @Hilltop Hotel Semuto
- 22** PRESENTATION @Hilltop Hotel Semuto
- 27** BOARD MEETING @De-Kaash Hotel Semuto Friday 6pm - 8pm
- 29** ROTARY FELLOWSHIP @Hilltop Hotel Semuto

Advertisements



A LEADER IS

A Listener, **Loyal**, Respectful, Reliable, Proactive, Honest, **Passionate**, Energetic, An Accomplisher, Strategic, Helpful

RLI CALENDAR 2023/2024

Intake	Module	Dates
16th Graduate & 24th Undergraduate Class	Module 1:	Sat July 15, 2023
16th Graduate & 24th Undergraduate Class	Module 2:	Sat, Aug 12, 2023
16th Graduate & 24th Undergraduate Class	Module 3:	Sat, Sept 16, 2023
17th Graduate & 25th Undergraduate Class	Module 1:	Sat, Oct 14, 2023
17th Graduate & 25th Undergraduate Class	Module 2:	Sat, Nov 11, 2023
17th Graduate & 25th Undergraduate Class	Module 3:	Sat, Dec 02, 2023
18th Graduate & 26th Undergraduate Class	Module 1:	Sat, Jan 20, 2024
18th Graduate & 26th Undergraduate Class	Module 2:	Sat, Feb 10, 2024
18th Graduate & 26th Undergraduate Class	Module 3:	Sat, Mar 16, 2024

Fee: 115,000/= Per Module for meals
Protea Hotel, Kololo. 8am
 Email: infoatrluganda@gmail.com

Improve your Rotary Knowledge and Leadership Skills

25th INTAKE

UNDERGRADUATE

MODULE 1 Topics - 14th Oct 2023

- Introduction to RLI
- Insights into leadership
- My Rotary World
- Foundation 1: Our Foundation
- Ethics - Vocational Service
- Engaging Members

Fee: 115,000/= Per Module for meals, Protea Hotel, Kololo. 8am
For registration call Sarah Rubanga - 0752 735 768
For Payments send to (DO NOT CALL)
 Sylvia Kizito Nakajugo on 0789 913 242 or 0708 691 213
Deadline: 10th Oct 2023. Email: infoatrluganda@gmail.com

2024 Rotary Youth Exchange (RYE)

Call for Applications

Deadline: 30th Nov 2023

Eligibility: 15 - 17 years (as of July 2024)
Must be recommended by a Rotary Club
RYE Starts: 2024, Ends: 2025

Benefits

1 year tuition funding in foreign host country and host family care.

Parental Responsibility
Air ticket, Insurance, Passport & Vaccinations
(Lucky applicants get scholarships to fund some of these)

Send applications by email
George (D9214) ochiengg1908@gmail.com
David (D9213) davidsam.semakula@gmail.com

Seminar Details: Monday 9th Oct 2023 | 50k @ participant (meals & venue inclusive)
Contact: Rtn. Florence (+256 756 818 169)

Date:
8th - 10th December

Theme:
Building Resilience

Venue:
Kaazi Camping Grounds

Fee:
380,000 UGX

Advertisements



99TH DISTRICT CONFERENCE
KEEPING HOPE ALIVE

Rotary District 9213

DATE
18-20 APRIL 2024

VENUE
MUNYONVO SPEKE RESORT

EARLY BIRD REGISTRATION
\$200 FOR ROTARIANS
\$120 FOR ROTARACTORS
DEADLINE: 31ST DEC 2023

REGISTRATION LINK - <https://discon.rotaryd9213.org/>



ROTARY INTERNATIONAL CONVENTION SINGAPORE 2024
25th - 29th May

	TRAVEL DATES	TICKETS ONLY, STARTS FROM	TICKETS AND ACCOMMODATION 6 NIGHTS STARTS FROM	
	23 rd - 30 th May - 2024	\$ 2000	\$ 2850	PER PERSON SHARING BASED ON TWIN OR DOUBLE ROOM IN A 4 STAR HOTEL.
	23 rd - 30 th May - 2024	\$ 1550	\$ 2400	
	23 rd - 30 th May - 2024	\$ 1550	\$ 2400	
	23 rd - 30 th May - 2024	\$ 1450	\$ 2300	

SERVICES OFFERED:
Ticketing, Hotel Booking, Visas Assistance, Holiday Packages, Travel Insurance



SHARING HOPE IN SINGAPORE

SINGAPORE | 25-29 MAY 2024

When the Rotary family comes together for the 2024 Rotary International Convention in Singapore, we'll share ideas, friendship, inspiration, and hope — with each other and the world!
Register and pay by 15 December 2023 before prices increase.



Register today at convention.rotary.org



Our Photo World



Make A Date with A Club

Time:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Kampala Early Bird	Kampala Sunrise	Bugolobi Morning Tide Kampala Maisha	Kampala Day-Break	E-Club of Ntinda Kampala Morning Stars Kibuli	
8:30 AM							Kampala Morning Glory
12:40 PM					Kampala		
12:45 PM		Mengo					
1:00 PM		Jinja City	Rubaga	Kampala West			Kampala City
3:00 PM	Sonde			Yumbe			
4:00 PM	Kiwenda						Bukedea
5:00 PM	Bulindo Gayaza Kyanja Metro Semuto		Kabulasoke Gomba				
5:30 PM				Tororo			

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 PM		Kampala North	Acacia-Sunset-Kampala	Arua	Bugiri	Bweyogerere Central Kampala 7 Hills	E-Saturday Evening Jazz IF
		Kampala South	Iganga	Jinja	Fort Portal	Kampala Kawempe Kampala Kibuli	
		Njeru	Kampala Wandegeya Soroti Central	Kabarole	Gulu	Kampala Metropolitan Tororo Sam Owori	
			Kihihi	Kampala-Central Kasana-Luwero Kigumba	Hoima-Kitara	Kireka Movers	
			Kololo-Kampala	Kumi	Kampala Springs Kayunga	Nkumba	
			Lira	Lugogo Mango Tree Koboko	Kampala Ssesse Islands		
			Makindye	Metro	Kitante		
			Masindi	Mubende	Kitgum		
			Mbale	Nansana	Mbale Metropolitan Source of the Nile Tororo		
6:30 PM		Nakawa	Bweyogerere-Namboole Butabika Royals Kampala-Impala Kyadondo	Rotary eClub Literacy IF		Naggalama	
6:45 PM				Kyambogo-Kampala			
7:00 PM		Kampala – Naguru	Arua Eco City	E-Club of Naguru	Bugolobi	Kampala Palms	
		Kampala Munyonyo	Bukoto	Kira	Gaba	Kasubi	
		Kasangati	Buloba	Kiwatule	Kampala	Kiteezi	
		Mukono Central	Kampala Naalya	Mukono	Kampala East	Manyangwa Nakwero	
		Namasuba	Kiboga		Makindye West	Ntinda	
			Kisaasi-Kyanja		Najjeera		
			Lugazi Central		Namugongo		
					Nateete		
					Nsasa		
					Ntinda Metropolitan		
					Seeta		
					Wakiso		

RC Semuto, Our club

Rotary is the world's first service organization, made up of nearly 33,000 clubs in more than 200 countries and geographical areas. Its members, called Rotarians, are ordinary men and women from business, community and professional backgrounds, impassioned with the desire to serve their communities and the world by volunteering their time, treasure and talent.

Rotary's motto, *Service Above Self*, exemplifies this humanitarian spirit to the rest of the world.

As RC Semuto, we joined this amazing family of Rotary on 15th May 2023. For now, we are the only club in Nakaseke district positioned to serve far-flung parts of other neighboring districts like Luwero, Wakiso, Nakasongola, Masindi, Kyankwazi, and Kiboga.

Semuto and its environs was battle ground to the 1980-85 war where thousands of lives and property were lost. Consequently, the community is yet to fully recover in almost all areas of life including basic education and literacy; water and sanitation; conflict management, and fighting diseases, etc.

In joining Rotary, you are joining people of action who unite to create lasting change across continents, communities and in ourselves.

For advertisements, inquiries or contributions, please connect with us via:

Email: thebillboardrcsemuto@gmail.com **Whatsapp:** 0705-090227/0775-409914/077-4388334

