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RI President's Message: The Road to Peace

This month, Rotary takes a step toward supporting peacebuilding in the Middle East and North Africa region.

In November, Rotary and District 2420 are hosting a signing ceremony for our newest peace center in partnership with Bahçeşehir University in Istanbul.

The ceremony is the first in a series of events recognizing the new center at BAU and Rotary's work to promote peace. The 2024 Rotary International Convention in May will mark 25 years since the first Rotary Peace Centers were announced - coincidentally at the Rotary Convention in Singapore in 1999. Recruitment for the first cohort of Rotary Peace Fellows at BAU also starts in 2024, and selected candidates will



begin their program in early 2025.

Since its beginning, the peace centers program has prepared more than 1,700 peace fellows working in more than 140 countries to create a more peaceful world. That is certainly worth celebrating, but Rotary Peace Fellows are more than statistics on a page. Their actions have helped Create Hope in the World and will continue to do so.

For example, Jennifer Montgomery and Goret Komurembe - peace fellows from the program at Makerere University in Uganda -

are co-founders of Magenta Girls Initiative. The international non-governmental organization equips Ugandan girls and young women with the support and tools to overcome harmful gender norms, generational poverty, gender-based violence, trafficking, and trauma.

Ndzi Divine Njamsi, another peace fellow who studied at Makerere, has taken lessons learned about Positive Peace and is sharing them with students of his own in Cameroon. He became interested in the Rotary Positive Peace Activator training program after witnessing extremism, online hate speech, and violence in Cameroon. Since completing the program, he has brought his lessons on peace to students at the Yaoundé International Business School and other organizations in

Editorial

In Support of the Boy Child: My Experience at Kalasa Medical Camp.

It is two weeks now since 28th October when we joined RC Kampala Sunrise, to participate in their medical camp at Kalasa primary school; and one question from one particular parent posed during the parents' session for the Boy Child Support Awareness seminar keeps coming up in my mind.

“... my son dropped out of school to join a brick making group in the swamp. He is hardly 17 years old now, but I can't manage him anymore - what do I do” she asked. I wondered how Rtn. Juliana (Maama Boy at Kampala Sunrise), the lead facilitator of the seminar would answer the question. As I am still thinking about the question, someone suddenly comes in the room (the Church building) and takes Rtn. Juliana out. As she steps out, she turns around and says: “take charge Rtn. Kaka”.

I quickly composed myself to remember two things: adolescence and the bible text in Luke 2:52. In this text, Luke informs us that Jesus the man grew in four different ways: physical, social, intellectual and spiritual growth. I put together both nuggets of information: the perfect man who ever lived on earth grew through adolescence to maturity in four aspects!

On this basis, I proceeded to explain how adolescence, the period between 12-18 years is a critical stage in life for all humans. It's a stage for physical (visible) and psychological (invisible) changes in human growth. These internal and external growth changes also happen very quickly within this growth window. For instance, the shape of the body changes, hair begins to grow, and in the case of boys, the voice tends to deepen; and girls develop breasts.

On the psychological or intellectual front, growth entails developing a sense of self, and defining who you are and what you want. Adolescents at this stage tend to go through a kind of identity crisis, as they wrestle with trying to figure out who they really are. Those who are more easily able to identify who they are, tend to grow up with clearer goals



and a better sense of self.

Those who struggle with identity, however, find it much harder to develop their own individual identity from their primary influences, i.e., friends and family. Rejection, defined as the refusal to accept, submit, hear, receive or admit is a common tendency among adolescents faced with identity crisis.

For parents, this is probably the last opportunity to influence our children. Failure to manage this opportunity may lead to further negative outcomes. Rejection unabated among adolescents, may further manifest as rejection of sexual identity leading to vices like homosexuality; rejection of authority (parental and civil) – ultimately degenerating to all manner of immorality. It is such men (and women), with the rejection mentality who later in life reject their spouses; family and other civic responsibility!

Parenting is hard work! As we support our boy children (all children), we should be mindful of their different growth needs at their different growth stages. We can't afford to sleep on the job.

HCP Kaka (Kakaire) Fredrick Nyende is the Club President, RC Semuto.

Many thanks to HCP Wilson and Rotarians at Kampala Sunrise for the opportunity to participate and learn from you.

the Central Africa country.

The world needs more people like the graduates of the program at Makerere and our other peace fellows. To that end, we can all advance peace by encouraging our local peacebuilders to learn more about Rotary and apply for this impactful fellowship. Rotary members can also mentor candidates for the fellowship. Or you can work with peace fellows who have already graduated. They probably have an initiative or two that would benefit from your help.

Our peace centers in North America, Europe, Africa, Australia, and Asia depend on financial support as well. The program at BAU was made possible thanks to a generous gift of \$15.5 million to The Rotary Foundation from the Otto and Fran Walter Foundation.

This new Rotary Peace Center will offer a one-year professional development certificate in peace and development studies for fellows focusing on peacebuilding within the Middle East and North Africa region.

Peace must be waged persistently; it is the soil where hope takes root. But as with any journey, we take one step at a time. Let's take those steps together.

R. GORDON R. MCINALLY

President, Rotary International

DG Edward's Message: Welcome to an exciting November

Dear Friends,
This month, our Rotary International President reminds us to support and celebrate our peace centres. Promoting peace is one of our main goals. We're encouraged to have conversations that help us understand each other better, so we can all live in peace.



big part of Rotary's promise to work towards peace. These centres provide special training and education to people who want to make positive changes in their communities and around the world.

For us, having peace centres, especially the one at Makerere University in our own country, is something to be really proud of. It shows Rotary Uganda's commitment to making the world more peaceful. These centres offer custom-

We attended the African peace concert, which was a very great success. I want to extend my gratitude to the organising committee chaired by PDG Bob, for a job well done. However, in the same month, we said goodbye to a wonderful man, Rotarian and service leader, PDG Henry Kyemba. He lived a very good life, and a scandal free life as said by many Members of Parliament during the session to eulogise him- we all could attest to that.

made courses to train people who want to build peace and resolve conflicts. To me, peace is something we all need to work for. Without it, there won't be progress or freedom.

Rotarians, peace centres are very important for making people understand each other worldwide and for solving conflicts peacefully. They're a

I've been visiting your clubs and having a great time serving alongside you. With 37 clubs left to visit, I'm confident we'll reach our goals soon. The donations, though a bit slow, are coming in, and our numbers are growing. We all know that the more, the merrier. When you give, and keep giving, we bring hope into the world, just like our theme for this year.

During the World Polio Day celebrations at Kitante Primary School, you showed up in large numbers and demonstrated your strong support for the cause. That commitment is what keeps us going in our mission. We will definitely kick polio out of the world. I encourage you all to join the Polio Plus Society so that together, we can work towards eradicating polio from the face of the earth and have a healthy population.

November is looking busy and exciting already, with the TRF Dinner and awards set for November 25, 2023, at Kabira Country Club. We'll be recognizing and honouring individuals and clubs that have given more than others. I urge my HCP presidents to send in their contributions in these remaining days so they can be part of the competition.

Our first 120 days of work have shown great progress, and I am and will continue to be proud to be your District Governor. I want to thank all my assistant governors, the HCPs, Assistant Governors, District Officials, and of course, my very capable secretariat. We have quite a journey ahead of us.

Let's roll up our sleeves. There's more ahead for us to do and receive.

Edward Kakembo-Nsubuga

District Governor



The poster features a dark blue background with a bokeh light effect. At the top left is the Rotary logo (a gear) and the text "Rotary District 9213". To its right is the "CREATE HOPE in the WORLD" logo. The main title "TRF RECOGNITION Dinner" is prominently displayed in white and gold. Below this, the date and time "SATURDAY 25TH, 5PM NOVEMBER 2023" are shown, along with the venue "VENUE: KABIRA COUNTRY CLUB". A box specifies "ROTARIANS / ROTARACTORS FEE: UGX 200,000/=". The dress code "Dress Code: Black Tie" is also included. The word "INVITATION" is written in large, stylized gold letters at the bottom. A small white oval with the number "100" is on the right side.

Rotary District 9213

CREATE HOPE in the WORLD

TRF RECOGNITION Dinner

5PM SATURDAY 25TH, NOVEMBER 2023

VENUE: KABIRA COUNTRY CLUB

ROTARIANS / ROTARACTORS
FEE: UGX 200,000/=

Dress Code: Black Tie

100

INVITATION

My AG Experience So Far By Rtn. Beliah Bashabe

I have now been Assistant Governor for four months. This is more than a quarter. In normal performance management, years are divided into quarters. Ideally, I should be doing a quarter review. (My Governor might be worried that I am going to stage a **State of the Area** address, complete with TV, Radio, Twitter, Google, WhatsApp) No DG, I won't.

The experience has been fulfilling, though sometimes stressful, like all worthwhile endeavours. We started with the Installations. Other than RC Semuto that had just been chartered late in the previous year, I attended Makindye, EJazz, Bugolobi and Kirinya Bukasa. An Installation is a party, just like all parties. Only for an incoming AG, it must be used to start meeting Club members. Most of these went well, I clearly was meeting very new Rotarians with a potential to expand my network. One must always fight with the African culture of treating leaders with a lot of difference - in order to interact well. "Good evening AG", "How are you my AG" "*Nga otubuzeekeo AG*" - people immediately start greeting. Even people I have known before. It can be enjoyable, and therefore disruptive to good rapport.

Then the Board trainings started. Colleague AGs started posting pictures from their trainings when I had not even thought about it. Pressure. But I quickly got engaged, and luckily some Presidents organised and managed this seamlessly. AG or no AG. I always believe that the success of a Club largely depends on the President. How she planned, how organised, how tireless, how committed, how humble - in other words **how leader**. (I am not writing for an exam, so I can write the wrong construction). But you get the point.

In fact the President's role is the most critical in the delivery of Rotary service. Why? Because all service efforts happen, or are coordinated at club level. Led by a President. When Governors visit my Club, I sometimes ask them which role they consider most critical in their Rotary service journeys, given that they are near the apex. Most agree with that thinking. So, an AG's success is strongly hinged on the leadership pedigree of the Presidents she is serving with.

With the Board training came the Area plans. Our Dean (Asekenye) has evergreen energy. She is on our WhatsApp chat very early, and can post so many messages - including simulated ones with the DG. So we get reminded about all these things. Which means be-

fore I do them I can't relax. I guess that's what responsibility means. I navigated that too, with support from colleagues.



The DG visits are not a party, unfortunately. They are real work. The list of compliance items to fulfill before the visit is long. What I liked though is that it helped me engage the issues of the Clubs and therefore make it easy to support. The actual day of the visit is usually okay. If one has prepared well. You just relax, dress the DG with the chain. It's heavy (We should check DG Edward's height in July. I hope matters won't be worse). Then you introduce the DG. The Only worry being the battery of the phone storing the DG CV can go off. And then you *kutagala* - as one of the AGs has humorously called it.

I hosted my Area Presidents at home for a relaxed chit chat review. Four out of five came, including HCP Kaka all the way from Semuto. I was very happy. It was fruitful; largely Presidents' sharing their experiences with one another. It was good to have the meetup at home. A home setting usually creates a more memorable experience. I treasure the picture we took.

So now I move day by day. Checking on the Club work as we go along, attending fellowship with different Clubs, (actually presiding) over two inductions. These are usually delightful events. I sometimes miss some fun fellowships at my Club. But like I said anything worthwhile always comes at a cost.

As you all know we must struggle to cover as much ground as possible before Christmas. When the new year starts, we begin seeing a new calendar; with installation dates, PETS, STATS, DTTS what are the other ones?

But I am enjoying the opportunity to serve. So far...

Beliah

Rtn. Beliah is the AG Area 16. He is a member of RC Portbell.

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

Water and Health By Allison Liu

Your body is amazing. Without you ever having to think about it, your kidneys remove toxins and waste products from your blood, your skin sweats in order to cool you down and your brain gets a wash while you sleep. Every second of every day your body is hard at work to keep you alive and well, and water plays a crucial role in this. Did you know? Your body is approximately 60–75 per cent water. For example, water makes up 25 per cent of your bones, 75 per cent of your muscles and 90 per cent of your lungs.

Bodily fluids, made largely from water, protect you from injury by surrounding your brain, spinal cord and joints. Water carries nutrients through your body via the blood and enables the elimination of waste and toxins through urine and stools.

Water is so important for the health of your kidneys that frequent dehydration, even if it is mild, may lead to permanent kidney damage. And if you are dehydrated your brain will not be able to function properly.

The sensation of thirst reduces as we age so it is important to make sure that elderly people drink enough water. Studies show that dehydration can cause people with dementia to decline more rapidly. Drinking water is the best way to give your body the liquid it needs. Less liquid stays in the body if you drink tea, coffee, alcohol or fizzy drinks.

Here below, are answers to some important questions about drinking water:

Are you thirsty?

Water is essential for life. It makes up about 60 per cent of our bodies, and we can only live three to five days without drinking. Here are some answers to common questions about drinking water.

How much water should I drink?

Most adults should drink at least two litres of water a day. You may need to drink more than this if you: live in a hot or humid climate; are pregnant or breast-feeding; are carrying out physical activity or exercising; are at an altitude above 2,500 metres; are unwell.

If you are unwell with diarrhoea and vomiting, it is very important that you drink more water than usual to avoid becoming dehydrated. Severe dehydration can be very dangerous for babies and young children.

Is it possible to drink too much water?

If you have become dehydrated, do not drink too much water at once. Drink a small amount at regular intervals over the course of several hours to allow your body to recover gradually. If you drink too much water at once it can cause mineral imbalances and make you feel unwell.

How will I know if I am dehydrated?

If you are dehydrated, you may experience some or all of the following symptoms: thirst, urine that is darker and stronger smelling than usual, less need to go to the toilet, constipation, headache, stomach cramps, dizziness, difficulty concentrating, and tiredness.

It is important not to ignore these signs. Drink water as soon as possible, preferably in the form of rehydration solution.

How do I make my own rehydration solution?

First, wash hands and utensils carefully. Second, add six level teaspoons of sugar and half a level teaspoon of salt to one litre (five cups) of safe drinking water. Third, stir until the sugar dissolves.

Encourage someone who is suffering from diarrhoea to drink as much of this solution as they can to help prevent dehydration and replace essential minerals lost from the body. This is particularly important for children. If they are vomiting, they should take small sips at regular intervals.

Allison Liu is a Health Coach based in the UK

Adapted from the 2023 120 Edition of the Footsteps Magazine.

Giving To the Rotary Foundation, By Rtn. Daniel Muwanguzi Mukiibi

As Rotarians the world over highlight November as the month to emphasize the importance and need for Rotarian support, we should remember the basic responsibility we have as Rotarians to give to TRF.

Our Rotary which first started on 23rd February 1905, by Paul P. Harris, Gustavus Loehr, Silvester Schiele, and Hiram E. Shorey is now an international organization with a mission ***“To provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.”***

The Rotary Foundation (TRF) idea was initiated in 1917, by Past RI President Arch C. Klumph, to support RI “do good in the world.” In 1928, when the fund grew to more than US\$ 5,000, it was renamed “The Rotary Foundation” - a distinct entity from RI.

By default, Rotarians are the primary givers to TRF. Giving to TRF is a noble and virtuous call to all Rotarians. However, Rotarians may ask, and rightly, so, "What is TRF?"

The voluntary contributions given by Rotarians are all documented and recognized. For instance if all our club members gave the initial amount of US\$ 26.50, we would be acknowledged as an all-giving club. If any member gave \$100 or more every year, one would be Sustaining Member. A member, who gives USD 1,000 to TRF, is recognized



as a Paul Harris Fellow (PHF). As you continue adding to the \$1,000, you become PHF level 1, II, III, etc., up to \$10,000 – that makes you a Major Donor (MD). When you continue adding to MD up to \$25,000, you an MD level II; \$50,000 – MD level III; and at \$100,000, you become MD level IV, etc. Other recognitions include being a Benefactor; member of the

Paul Harris Society (PHS); Bequest Society (where proceeds of part of your estate when you are gone is willed to TRF); and Arch Klumph Society.

Our duty now as clubs is to get the ball rolling. Let us give to TRF as soon as yesterday. For those already in motion, thank you and press on. Thereafter, the club will be able to access grants for the many service projects we must undertake in our community.

With such contributions, clubs have put up schools, organized medical camps, built hospitals, grown forests, etc. If our club has (without TRF grants yet) served communities in Semuto, kapeeka and Nakaseke through medical camps, promoted literacy in schools, offered a wheelchair; and many more project in the pipeline; how much more can we do with TRF grants? We will have more impact in our communities, as more lives are changed.

The benefits of giving to TRF are obvious. First, it is the right thing to do; second, we must do good in the world; third, we must create a lasting legacy; and fourth, eradicate polio. I plead that November be not only a stimulator but also encouragement to every Rotarian to live to the ideals of Rotary, by our generous giving to TRF.

Rtn. Daniel is the TRF Chair, RC Semuto.



A Flood of Plastic By Lucy Tanner

Plastic is mouldable, light, strong, waterproof and versatile. Different forms of plastic can help save energy, reduce food waste and support access to healthcare, safe drinking water and household products.

But after it has been used, this same plastic becomes solid waste. And if it is not managed properly it can pollute the soil, water and air, affecting the health of people, domestic animals, fish and wildlife.

Globally, about 2 billion people do not have access to solid waste collection or recycling. This means they have little option but to dump or burn it.

Half of all the plastic made is designed to be used only once before thrown away. For example, water sachets. These have been both a good and a bad thing in many countries. They provide safe drinking water in small quantities for people who otherwise could not afford it. But the sachets are made from a complicated type of plastic that is almost impossible to recycle in a cost-effective way.

When plastic waste, such as sachets and bottles, ends up in rivers or drains it blocks the flow of water, increasing the risk of flooding. Flood water, often contaminated with human waste from flooded latrines and sewers, pollutes wells and other sources of drinking water. This increases the spread of water-borne diseases such as cholera.

As climate change leads to an increase in the likelihood of extreme weather events, such as heavy rain, the need to keep waterways and drains clear of plastic is becoming more and more critical. What needs to happen?

Reduce

We need to substantially reduce the amount of single-use plastic being produced. And at the same time, the management of water resources



needs to improve so people can have safe water without having to buy it in plastic sachets or bottles.

Recycle

We need to ensure that plastic waste is collected and recycled or disposed of safely and responsibly. Local churches and other community groups can do a lot to help in this area.

Commit

We need binding, global commitments that hold governments and companies to account for their actions, such as the United Nations plastics treaty.

United Nations Plastics Treaty

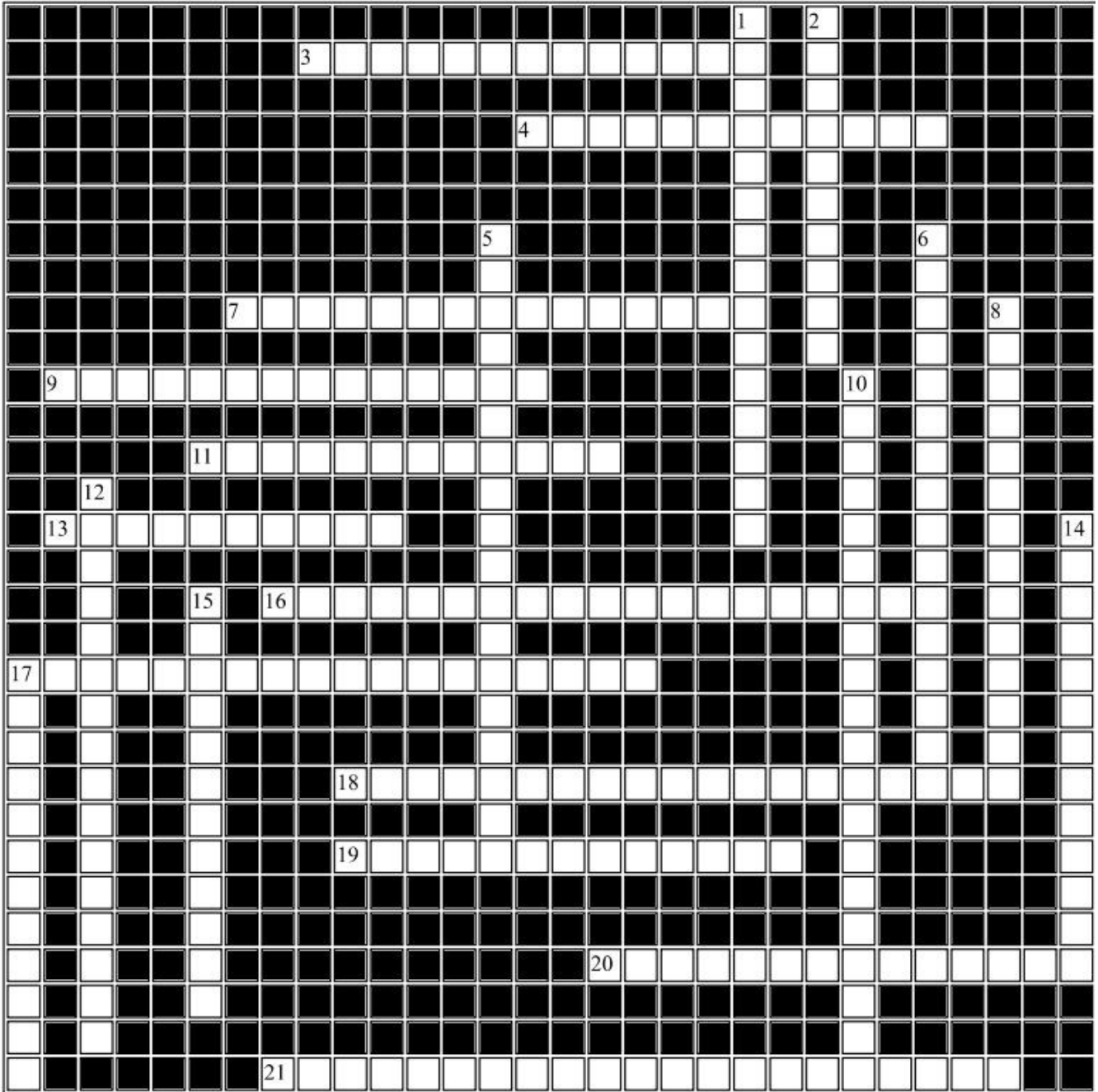
By the end of 2024, leaders from more than 150 governments around the world are hoping to agree on the contents of a global plastics treaty. Tearfund is calling for this treaty to fully address how plastic pollution impacts people living in poverty.

To find out more, visit learn.tearfund.org and search for 'plastic pollution'. To get involved in a global movement of Christians taking action on the waste crisis, visit renewourworld.net

Lucy Tanner is a Senior Associate (plastics and waste) in Tearfund's Global Advocacy and Influencing Group

Adapted from the 2023 120 Edition of the Footsteps Magazine.

Your District Leadership Team Part 2—Cross Word Puzzle



Across

Down

- | | |
|---|--|
| <p>3. District Rotary Community Corps Chair (2 Words)</p> <p>4. District Rotaract PIME (2 Words)</p> <p>7. District Corporate Engagement Chair (2 Words)</p> <p>9. District TRF Polio Plus Chair (2 Words)</p> <p>11. Peace Fellowship Chair (2 Words)</p> <p>13. District TRF Fundraising / Annual Fund Chair (2 Words)</p> <p>16. District Rotary Fellowships Chair (2 Words)</p> <p>17. District Rotaract District Executive Secretary (2 Words)</p> <p>18. District Youth Service Rotary Youth Leadership Awards (3 Words)</p> <p>19. Mental Health Chair (2 Words)</p> <p>20. District Youth Service Youth Protection (3 Words)</p> <p>21. District Programmes Chair (3 Words)</p> | <p>1. District Member Engagement Chair (2 Words)</p> <p>2. Paul Harris Society Coordinator Chair (2 Words)</p> <p>5. District Youth Service Committee Chair (3 Words)</p> <p>6. Rotary Friendship Exchange Chair (2 Words)</p> <p>8. District Rotaract Representative (2 Words)</p> <p>10. Rotary Training Academy Chair (3 Words)</p> <p>12. District Rotaract DISCON Chair (2 Words)</p> <p>14. District Youth Service Youth Exchange (2 Words)</p> <p>15. District TRF Major Gifts and Endowment Chair (2 Words)</p> <p>17. District Youth Service Interact Chair (2 Words)</p> |
|---|--|

Please turn to Pg 12 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>

Story of the Month

A newlywed couple riding in a horse-drawn carriage headed for their honeymoon. Suddenly the horse bolted, and the man said to the horse, "That's one!" They went a little further, and the horse bolted again. The man said, "That's two!" A little further, the horse bolted again, and the man said, "That's three!" He turned around, took out a gun, and shot the horse. Shocked at what she had just witnessed, the new wife exclaimed, "What have you done? What made you do that?" The man replied, "That's one!"

Quote of the Month

"People might not get all they work for in this world, but they must certainly work for all they get."

Frederick Douglass

Answers to Cross Word Puzzle

Across

- 3 Edith Mwijwisa
- 4 Jimmy Muhangi
- 7 Marion Natukunda
- 9 Margaret Okello
- 11 Connie Masaba
- 13 Fabian Kasi
- 16 Blessing Ow'omugisha
- 17 Eunice Kainembabazi
- 18 Winnie Karungi Sewava
- 19 Mebra Lwabaayi
- 20 Judy Obitre Gama
- 21 Godfrey Jjooga Sebukulu

Down

- 1 Samuel Ngambwaki
- 2 Ronald Oine
- 5 Charles Lwanga Kiiza
- 6 Charity Namaganda
- 8 Emmanuel Lukera
- 10 Francis Xavier Sentamu
- 12 Patience Assimwe
- 14 David Semakula
- 15 Joe Nuwamanya
- 17 Edgar Nsereko

Advertisements



Listener Loyal Respectful Reliable Proactive Passionate



LEADERSHIP


Energetic Accomplishment Strategic Helpful Honest

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

10 Reasons to Join A Rotary Club



The Opportunity to Serve

Leadership Development

Citizenship in the World

Business Development

Continuing Education

Personal Growth

Entertainment

Community

Friendship

Fun





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	PER PERSON SHARING BASED ON TWIN OR DOUBLE ROOM IN A 4 STAR HOTEL.
	23 rd - 30 th May - 2024	\$ 2000	\$ 2850	
	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





Rotary Club of Semuto




CREATE HOPE
in the WORLD


HAPPY BIRTHDAY

Rtn Daphine

Sending the warmest birthday wishes to you on your special day!

11th November, 2023





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.

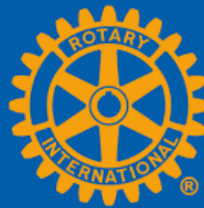
In joining Rotary, you are joining people of action who unite to create lasting change across continents, communities and in ourselves.

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

Email: thebillboardrcsemuto@gmail.com

Whatsapp: 0705-090227/0775-409914/077-4388334

The
Rotary
Foundation



Doing Good in the World



Peacebuilding
and Conflict
Prevention



Disease
Prevention
& Treatment



Water,
Sanitation
& Hygiene



Maternal &
Child Health



Basic Education
& Literacy



Community
Economic
Development



Environment