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**The Change Within**

**T**hese are times that cry out for peace. The Middle East is in its most volatile condition in years. The war in Ukraine is the largest in Europe since World War II, and there are armed conflicts in Sudan and parts of Central Africa. Nearly every continent is experiencing a major armed conflict.

Rotary has a vital role to play in advancing the cause of peace — I often say Rotary needs to work toward peace as aggressively as those who wish to wage war. It's the spirit found in our vision statement: "Together, we see a world where people unite and take action to create lasting change across the globe, in our communities, and in ourselves." We must never lose track of that last call — that to bring about change in the



world, we need to foster change within.

It is up to us to model peacebuilding behavior among each other. We can do better than questioning the motives of one another and jumping to the harshest possible explanation. After hearing words that might strain or offend us, we have an opportunity to ask, with compassion and curiosity, the intent of those offending words. And then we have another opportunity to repair the breach.

If we wish to be a beacon to the world, let us start by being so to one another. Let's help each

other find greater understanding and productive alternatives to words that cause hurt and distrust. And let's stick to our principles, but never doubt the sincerity of each other to end conflicts, not inflame them.

I'm reminded of a speech that U.S. Senator Robert Kennedy made on 4 April 1968, that dreadful day when the Rev. Martin Luther King Jr. was assassinated. Kennedy was in Indianapolis speaking to an audience in a predominantly African American neighborhood where people had yet to learn that Dr. King had been killed.

He shared the terrible news. He honored Dr. King for all he had done for the cause of justice and peace. And then he connected with the fuming, grieving crowd by saying: "For those of you who are

# Preventing Gender Based Violence to Promote Maternal and Child Health

No two events I participated in in the past few weeks have preoccupied my mind the most as the Rotary Foundation (TRF) funded training workshop to prevent Gender Based Violence (GBV); and the walk through the Stations of the Cross, on 13<sup>th</sup> March and the Good Friday of 29<sup>th</sup> March respectively.

In the first event, the GBV project “Restoring Hope, Rebuilding Futures: Gender Based Violence Prevention” is a TRF grant to the Rotary Clubs of Kasangati and Columbia South, Mengo Youth Development Link, and Magenta Girl’s Initiative executed in Mengo-Kisenyi.

My key take home message was that the inequality and inequity in the application of power, authority and resources between the genders, was at the root of the causes of GBV, with women and girls especially in conflict situations, refugees, women with disability and elderly women being most vulnerable. And most unfortunately, the most perpetrators of the vice are men, especially so called intimate partners like boyfriends, brothers, husbands or fathers!

The second event kept me thinking of one man who chose to die on the cross in order to save all humanity – at least from the historical, if not the faith perspective. According to Biblical history, human beings were created in God’s image: “male and female he created them”.

Theologically then, both male and female genders make up God’s image with no single gender able to portray God’s image in its fullness. Unfortunately, many of our cultures advance gender inequality which is the root cause of GBV.

There are multiple effects of violence at the global, national, community and personal levels. Many countries can never achieve their development goals because of GBV. Yet Sustainable Development Goal 5 recognises gender equality as foundational for a “peaceful, prosperous and sustainable world”. Prevention of GBV is crucial for poverty and economic development as violence prevents women from contributing to and benefiting from develop-



ment by restricting their ability to act.

At the national level, GBV undermines human rights, social stability and security, public health, women’s educational and employment opportunities as it reduces productivity and drains the public coffers. GBV severely restricts women’s ability to access family planning and other reproductive rights, which exposes them to grave consequences for sexual and reproductive health including increased maternal mortality. Female Genital Mutilation, a form of violence against women, increases risks of obstructed labour, childbirth complications, new-born deaths, postpartum bleeding, infections, and maternal mortality. GBV limits women’s ability to protect themselves from HIV, yet women living with HIV and AIDS are often targeted for abuse and stigmatisation.

Tackling GBV is key to protecting sexual, reproductive health and rights to reverse the spread of HIV/AIDS and other STIs.

As Rotary highlights maternal and child health this month, what can we do as people of action to prevent GBV?

Foremost, we should encourage male involvement in GBV programmes as it is widely acknowledged that the struggle to transform gender relations and to eliminate GBV cannot succeed without male involvement.

Secondly, we should advocate for parenthood where all children are equally valued raised with the same expectations, rights, and responsibilities to enhance their full capabilities equally, free of harmful gender expectations. We should teach our girls and boys to respect each other, share things fairly, and cooperate on tasks together.

Black and are tempted to be filled with hatred and distrust at the injustice of such an act, against all white people, I can only say that I feel in my own heart the same kind of feeling. I had a member of my family killed.” It was the first time he had spoken publicly about President John F. Kennedy’s assassination. And while many American cities exploded in violence that

night, Indianapolis did not.

It is in times of crisis and despair that we need empathy most of all. Empathy is the most powerful tool of peace, and it is vital if we are to take the first brave, humble steps to Create Hope in the World.

**R. GORDON R. MCINALLY**  
**President, Rotary International**

**It is More Than Gratitude**

**D**ear Friends, The time has finally come. As we approach the culmination of this year, we stand just a few steps away from celebrating our collective achievements. This edition of the magazine is dedicated to expressing my heartfelt gratitude to all the Hope Creator Rotarians. Your dedication and support have been truly remarkable. Together, we have witnessed outstanding progress across all clubs, and for that, I extend my deepest appreciation.



District to my sister Ann, we shall tap ourselves on the back and say “Hey, we did it!”

To the Council of Governors, I am very indebted to you. Let us uphold this spirit of collaboration and mentorship as we welcome the incoming Governor. Your wealth of knowledge and experience is priceless. My heartfelt appreciation also

goes out to my Vice Governor, John Ndamira-Magezi, for his contribution that has been instrumental to our success.

I would like to begin by acknowledging the exceptional work of all my Hope Creator Presidents (HCPs). Your commitment and dedication in managing and ensuring the success of our clubs has been invaluable. It is through your efforts that we have reached this significant milestone.

I must also acknowledge the exceptional leadership of the District Rotaract Representative (DRR) Emmanuel Lukeera and his team. Your innovative ideas and enthusiasm have been a driving force in our efforts. I believe that our partnership with young leaders is crucial to the future of Rotary, as growth and innovation are essential for our continued success.

During my tenure, I had the privilege of learning about the inspirational initiative led by the female HCPs caucus, known as “the galz,” under the leadership of the HCP of Upper Kololo. Their collaborative efforts and focus on achieving excellence have without a doubt propelled our clubs to new heights. To all the members of the “galz,” I am grateful.

A special thank you to the Editor of the Rolling Wave for your tireless efforts in keeping us informed through the monthly publication and documenting our progress for future generations. As we look forward to coming together in person in just two weeks, let us raise our glasses to celebrate these achievements and many more. Your presence at this gathering will make it truly special.

To my district officials and the Secretariat, for your steadfast support and companionship throughout this journey, where together, we have achieved extraordinary results across various avenues, including contributions to the Foundation, Public Relations, and Membership growth. Your dedication has not gone unnoticed. In two months, as we pass on the reigns of this great

Thank you for your dedication, support, and commitment to Rotary. Together, we will continue to make a positive impact on our communities and the world at large. See you on April 18th.

**Edward Kakembo-Nsubuga**  
**District Governor**

## International News

### A Creative Look At The Four-Way Test By Dennis Wong

Imagine yourself addressing conflicts through the lenses of fellowship, empathy, accountability and trust. That is the Four-Way Test. Imagine the power four questions and twenty-four words can have to help resolve conflicts without violence and fulfil our Rotary peace mission.

The Four-Way Test is Rotary's unique approach and process to address conflicts, solve problems and make decisions to achieve desired outcomes. It can help us be more successful in reaching mutually beneficial, sustainable and scalable solutions.

The Four-Way Test has been a go-to for Rotary members when they have found themselves in difficult situations. With the Rotarian Code of Conduct, it is an ethical and effective guide for Rotary members to use for their personal and professional relationships. Furthermore, the concepts of conflict transformation embrace many of the Rotary principles. The Test is about fellowship, empathy, accountability and trust.

Conflict transformation is the process to transform conflict into constructive change without violence. It differs from conflict resolution and conflict management approaches by recognizing "contemporary conflicts require more than the reframing of positions and identification of win-win outcomes. The very structure of parties and relationships may be embedded in a pattern of conflictual relationships that extend beyond the particular site of conflict. Conflict transformation is a process of engaging with and transforming the relationships, interests, discourses and, if necessary, the very constitution of society that supports the continuation of violent conflict."

The Four-Way Test is not a rigid process. Be creative and consider flipping the order of the four questions. Below are ideas for using The Four-Way Test and conflict transformation concepts for constructive change without violence.

- Will it build **GOODWILL** and **BETTER**

#### **FRIENDSHIPS?**

FELLOWSHIP. Rotarians are known for being sociable and building relationships. Ensure the process is civil and there's a feeling of respect and openness to ask questions that can lead to creative and innovative solutions. Discuss and agree on desired outcomes.

- Will it **BENEFICIAL** to all concerned?

EMPATHY. Have an open mind and a curiosity for new ideas, novel applications and different point-of views. Consider many options and build on different ideas. Come to mutually beneficial solutions that are sustainable and scalable.

- Is it **FAIR** to all concerned? ACCOUNT-

ABILITY. Keep in mind both the Golden Rule and the Platinum Rule. Identify and include all interested and affected parties. Try to understand the other point-of-views in the context of conflict and reaching shared goals.

**Is it the TRUTH?** TRUST. From the Rotarian Code of Conduct, act with integrity and high ethical standards. Acknowledge and define the problem including the root causes. Collect information and apply critical thinking by asking questions to identify the difference between facts, beliefs, assumptions and opinions. Moreover, be a trusted problem solver.

The Four-Way Test is an adaptive process. It takes into account everyone's point-of-view and concerns, as well as their needs and wants. The process is designed to build goodwill and earn trust so a particular end result is mutually beneficial, sustainable and has scalable outcomes.

I encourage you to consider using The Four-Way Test to address conflicts or work towards conflict transformation in your community.

Please [contact me \(rotarydennis@gmail.com\)](mailto:rotarydennis@gmail.com) for more information, as well as your comments.

*Dennis Wong is Co-Founder of the Rotarian Action Group for Peace and member of the E-Club of World Peace*



## RLI (UG) CALENDAR 2024/2025

Intake	Module	Dates
<b>19th Graduate &amp; 28th Undergraduate Class</b>	<b>Module 1:</b>	<b>Sat July 20, 2024</b>
19th Graduate & 28th Undergraduate class	Module 2:	Sat, August 24, 2024
<b>19th Graduate &amp; 28th Undergraduate class</b>	<b>Module 3:</b>	<b>Sat, Sept 21, 2024</b>
20th Graduate & 29th Undergraduate Class	Module 1:	Sat, October 26, 2024
<b>20th Graduate &amp; 28th Undergraduate Class</b>	<b>Module 2:</b>	<b>Sat, November 23, 2024</b>
20th Graduate & 28th Undergraduate Class	Module 3:	Sat, December 14, 2024
<b>21st Graduate &amp; 29th Undergraduate Class</b>	<b>Module 1:</b>	<b>Sat, February 1, 2025</b>
21st Graduate & 29th Undergraduate Class	Module 2:	Sat, March 1, 2025
<b>21st Graduate &amp; 29th Undergraduate Class</b>	<b>Module 3:</b>	<b>Sat, April 5, 2025</b>

**Fee: 115,000/= Per Module for meals**  

**Protea Hotel, Kololo.**

**8am**
  
**Email: infoatrluganda@gmail.com**

## District News

### 99TH DISTRICT CONFERENCE – KEEPING HOPE ALIVE

#### PRE-CONFERENCE ACTIVITIES

TIME	ACTIVITY	RESPONSIBLE OFFICER(S)
<b>WEDNESDAY 10TH – MONDAY 15TH APRIL 2024</b>		
	DISTRIBUTION OF PACKED BAGS TO DELEGATES THROUGH CLUB DISCON ON-TO OFFICERS VENUE: ARCH FORUM LIMITED KANJOKVA STREET, KAMPALA	RTNS. LILLIAN NTUULO JOLOOBA & PATRICK LASSU
<b>SATURDAY 13TH APRIL 2024</b>		
8:00AM – MIDDAY	ROTARACT DISTRICT ASSEMBLY (ONLINE)	RTR. EUNIA KAINEMBABAZI
8:00AM – 1:00PM	ROTARY DISTRICT LEARNING ASSEMBLY (ONLINE)	DES GERALD OBAI DESE PHYLLIS KOBUKINDO KWESIGA
<b>DISTRICT FINANCE MEETINGS</b>		
	DISTRICT ROTARY FINANCE COMMITTEE MEETING	DES AND DISTRICT FINANCE TEAM
	DISTRICT ROTARACT FINANCE COMMITTEE MEETING	DRR AND TEAM
<b>MONDAY 15TH APRIL 2024</b>		
8:00AM	LEGENDS TEAM START SET-UP AT SPEKE RESORT MUNYONVO	LEGENDS TEAM
	THE ROTARY INTERNATIONAL PRESIDENT'S PERSONAL REPRESENTATIVE (RIPPR) ARRIVES IN THE COUNTRY	DG EDWARD KAKEMBO NSUBUGA, RTNS. JANE KABUGO & MESHACH NUWABEINE
<b>WEDNESDAY 17TH APRIL 2024</b>		
8:00AM	ARRIVAL AND SET-UP FOR REGISTRATION/LOGISTICS TEAMS AT SPEKE RESORT MUNYONVO	RTNS. ERINA NAFULA, LILLIAN JOLOOBA & PATRICK LASSU
9:00AM	DELIVERY OF ALL LOGISTICS AT THE VENUE (BRANDING, TAGS) AT SPEKE RESORT MUNYONVO	RTNS. LILLIAN JOLOOBA, PATRICK LASSU HOPE WAIRA, COLLINS MUGUME, FARIDAH NAMUTEBI & DEAR JEANNE
9:00AM	FINAL SET-UP FOR HOUSE OF FRIENDSHIP AND MEDICAL TEAMS	LEGENDS TEAM, RTNS. DIANA TEGULE & DENNIS OKWIR
10:00AM	DISCON DRY-RUN AT SPEKE RESORT MUNYONVO	ALL COMMITTEE HEADS AND MEMBERS
2:00PM	AWARDS AND OTHER GIFTS DELIVERED AT MUNYONVO	RTNS. BONNIE NSAMBU, ROSEMARY MUTVABULE, CAROLINE MBODANA & RTR. EUNIA KAINEMBABAZI
4:00PM	FINAL COMMITTEE MEETING ON-SITE	ALL COMMITTEE HEADS AND MEMBERS
<b>THURSDAY 18TH APRIL 2024</b>		
9:00AM	SERGEANT-AT-ARMS BRIEFING AND HANDOVER OF REGALIA	RTN. DENNIS WANDERA/RC KIWATULE
10:00AM	LAST DRY-RUN FOR THE CONFERENCE	ALL COMMITTEE HEADS AND MEMBERS
10:00AM – 7:00PM	ARRIVAL AND REGISTRATION OF DELEGATES (DISTRIBUTION OF TAGS)	RTN. ERINA NAFULA
10:00AM – 8:00PM	DELEGATES CHECK INTO THE HOTELS	RTN. PAULINE WANTANTE
11:00AM – 1:00PM	GOVERNORS' COUNCIL MEETING WITH RIPPR	DES GERALD OBAI
1:00PM – 2:00PM	LUNCH FOR RIPPR AND DISTRICT GOVERNORS' COUNCIL	RTNS. NALONGO JUSTINE NANTUWA, MESHACH NUWABEINE/JANE KABUGO
2:30PM – 4:00PM	FIRST MEETING – ROTARY DISTRICT NOMINATING COMMITTEE	DG EDWARD KAKEMBO NSUBUGA
	FIRST MEETING – ROTARACT DISTRICT NOMINATING COMMITTEE	DRR EMMANUEL LUKEERA
4:00PM	DISCON KEYNOTE SPEAKER ARRIVES IN THE COUNTRY	RTN. MESHACH NUWABEINE

**District News - Club President Installations**

**FIRST CHARTER ANNIVERSARY  
&  
INSTALLATION OF SECOND CLUB PRESIDENT**



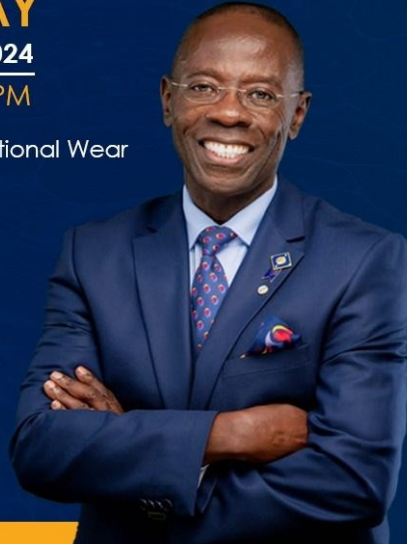
**Rtn. Patrick Charles Kibaya**  
President Elect

**SUNDAY**

**19<sup>th</sup> MAY 2024**

Time: 2.00PM

Dress Code: Traditional Wear



**DG Edward Kakembo Nsubuga**  
Guest of Honour

Venue: Country Gardens Semuto

Rotarians Shs. 50,000  
Rotaractors Shs. 30,000 **FEES**

For RSVP & Payments, please send to:

**Club Treasurer Rtn. Rose K. Kibaya**  
(0772-442990/0706-315091)



In partnership with

Ugasolutions Pharmaceuticals Ltd | Buwazi Estate | Country Gardens Semuto | Elgon Estate

**Rotary**  
District 9213



**SAVE THE DATE**

**29th JUNE**  
SATURDAY

**PE MAUREEN BIRUNGI**  
INSTALLATION

Time: 3pm

Venue  
Kasangati Resort Centre

X RCKasangati f Rotary Club Of Kasangati

# District News - Club President Installations

**Rotary**   
Club of Gayaza

 THE MAGIC OF ROTARY

**3<sup>rd</sup> Presidential Installation CEREMONY**

**P.E. Flavia Nzaaro**

**22<sup>nd</sup> June 2024**  
@Speke Resort Munyonyo  
Starting 3pm

*Save the Date*

 **NYAYO GARAGE**  
0757 001 002 | 0776 202 785

 **Shale Finance**

 **Saddlers Realty**

 **ARDENT**

 **ST. MARK SCHOOLS - KAYUNGA**

 **SEGAMI**

 **ECUA**

[@Rcgayaza](#) [www.rotarygayaza.org](http://www.rotarygayaza.org)

**Rotary**   
Kampala Naalya

 THE MAGIC OF ROTARY

**INSTALLATION OF THE 13<sup>TH</sup> PRESIDENT**

**RTN. SYLVIA JAGWE OWACHI**

**7PM TUESDAY 25<sup>th</sup> JUNE 24**

 **Ndere Cultural Centre, ntinda**

*Save the Date*

Dress Code: Smart

 [rotarykampala\\_naalya](#)  [RotaryNaalya](#)  **Partnership**  
**RelaDental**  
Smile for Miles

 [RotaryClubOfKampalaNaalya](#)  [www.rotarykampalanaalya.org](http://www.rotarykampalanaalya.org)



**District News - Club President Installations**



Rotary  
Club of  
Kampala Kawempe



THE MAGIC  
OF ROTARY

# CHARTER NIGHT & PRESIDENTIAL INSTALLATION Ceremony

Save the date

21

JUNE 2024

Friday

Time : 05:00pm. - 08:00pm

VENUE: @Hotel La grande



Magic President

PE SUNDAY KIZITO

FEE

Rotarians & Guests **50,000/=**  
Rotaractors **30,000/=**

 @Rotary club of Kampala Kawempe
  @rckawempe
 



Rotary  
Kampala Ssesse Islands



CREATE HOPE  
in the WORLD

# INSTALLATION Of the 34<sup>TH</sup> PRESIDENT

MOSES J. SSEBUGWAWO

Save  
the  
Date

Fri.  
17th  
MAY  
2024

📍 UICT Gardens, next to MUBS

CONTRIBUTIONS PLEASE CONTACT

GLADYS NABASAALA - 0779 658 019 / 0757 892 552

# District News - Club President Installations

**Rotary**  
Club of Lubowa

**THE MAGIC OF ROTARY**

## Installation INVITATION

*Join Us on*

**SATURDAY, JUNE 22, 2024**  
ARK GARDENS,  
AKRIGHT CITY, 2:30PM  
DRESSCODE: **MAGICAL COLORS SMART**

**UGX 100,000**

**RHONA NAMBO KAMUKAMA, PHF**  
PRESIDENT 2024 - 2025

RSVP CONTACTS: PP ELIZABETH KINTU 0772-667906 RTN DANIEL MWINE 0782783723

**Rotary**  
Club of Rubaga Lake View

**CREATE HOPE in the WORLD**

## PRESIDENTIAL INSTALLATION

Friday  
**31st**  
May - 2024

▶▶▶ Peter Kizza Kiyingi

*Save THE Date*

## International News

### The Best Ways To Protect Children From Pneumonia And Diarrhoea

**D**espite being preventable and treatable, common communicable diseases are still responsible for the deaths of large numbers of young children each year, particularly in the world's poorest regions. According to the World Health Organization, pneumonia, diarrhoea and malaria were responsible for 29 per cent of global deaths among children under the age of five in 2018.

#### **Pneumonia**

Pneumonia is a dangerous infection that affects the lungs. It may be caused by bacteria, viruses or fungi. When someone has pneumonia, their lungs become congested with fluid which makes breathing difficult and painful. They may also develop a cough and a high temperature. If caught soon enough the disease can usually be effectively treated with antibiotics.

Pneumonia is the leading infectious cause of death among children under five. Many of these deaths are linked to undernutrition, poor sanitation, inadequate access to health care and indoor air pollution caused by stoves and people smoking.

The best ways to protect children from pneumonia include:

- frequent handwashing with soap
- keeping homes free of smoke
- early and exclusive breastfeeding
- good nutrition after weaning
- vaccination, particularly against pneumococcal infections and measles
- vitamin A supplementation.

#### **Breast is best**

Breast milk contains antibodies that help babies fight off viruses and bacteria. Babies who receive only breast milk for the first six months, and who continue to have breast milk for up to two years, have fewer ear infections, respiratory illnesses and bouts of diarrhoea.

#### **Diarrhoea**

Between 70 and 90 per cent of child deaths caused by severe watery diarrhoea can be prevented by the use of oral rehydration solution. Zinc supplements are also helpful and selective use of antibiotics may be recommended in certain circumstances.

The best ways to protect children from diar-

rhoea include:

- the use of safe water for drinking and washing (if in doubt, boil water for two minutes before drinking)
- community-wide sanitation
- frequent handwashing with soap
- early and exclusive breastfeeding
- Vaccination against common infectious diseases such as measles and rotavirus.

#### **Make your own oral rehydration solution**

Add six level teaspoons of sugar and half a level teaspoon of salt to one litre (five cups) of safe drinking water. Stir until the sugar dissolves. Encourage the person with diarrhoea to drink as much of the solution as they can to help prevent dehydration. If they are vomiting, they should take small sips at regular intervals.

#### **Antibiotic resistance**

Since their discovery, antibiotics have saved millions of lives. However, widespread misuse of the drugs means that bacteria are becoming increasingly resistant to them. This is making it harder to treat the diseases caused by these bacteria.

Preventing infections from occurring reduces the need for antibiotics and slows the development of antibiotic resistance. Help prevent infections by vaccinating children against common infectious diseases and washing your hands regularly with soap.

In addition:

- Only take antibiotics that have been prescribed to you by a health professional. Follow the instructions and do not stop taking them until you have finished the course of treatment (even if you begin to feel better).

- Never share antibiotics.

Do not buy antibiotics from unregulated sources such as street vendors, the black market or online. Antibiotics do not treat viral infections such as colds and flu. Taking antibiotics when they are not needed leads to antibiotic resistance.

**Published by Children for Health.  
Children for Health is dedicated to developing children as communicators of essential health messages in their families and communities.**

## International News

### Maternal Health Information At Your Fingertips By Lily Walkover

Every pregnant woman has the right to a healthy pregnancy and birth, but many women lack access to the information they need, and knowledge about when to seek medical help. Is it possible that mobile phones can help? With the expansion of mobile technologies, there are new and exciting opportunities to increase access to life-saving health information.

Hesperian Health Guides, publisher of *Where There Is No Doctor*, has developed a mobile app to support community health workers, pregnant women and their families. The word ‘app’ is a short form of the word application. A mobile app is a programme specifically designed for a mobile phone.

The Safe Pregnancy and Birth app contains information on:

- how to stay healthy during pregnancy
- how to recognise danger signs during pregnancy, birth, and after birth
- what to do when a danger sign arises
- when to refer a woman to emergency care
- instructions for community health workers with step-by-step explanations such as ‘How to take blood pressure’,
- ‘How to treat someone in shock’ and ‘How to stop bleeding’.

This app is designed to help pregnant women, and the people who care for them, learn how to identify danger signs during pregnancy and birth, as well as life-saving actions that can be taken. The clear images and simple step-by-step instructions make it useful for a range of situations, for example:

- training health workers, or independent learning
- aiding communication between a health worker and a pregnant woman and her

family

- helping guide someone through an emergency.

Safe Pregnancy and Birth can be used on any Android or iPhone, as well as online for those who do not have a smart phone. Hesperian is currently working to make the app available on lower-end phones, as well as in more languages.

Like all Hesperian content online, it is available free of charge. The app has been downloaded over 70,000 times in 179 countries, and recently won the ‘She Will Innovate’ competition hosted by Intel and Ashoka changemakers.



### What Are These Now Popular Savings And Credit Cooperatives In Uganda?

By Rtn Henry Buwule Musoke

**S**avings and Credit cooperatives (SACCOs) are member owned Microfinance Institutions (MFIs). Today, microfinance has gained global acclaim as an important poverty reduction tool in many developing countries including Uganda (Gibbons & Meehan, 2000). As Morduch (2000) rightly observed, few recent innovations have held much hope for reducing poverty in developing countries as microfinance. "Microfinance is not simply banking; it is a development tool." Poverty reduction is unarguably the overarching objective for governments, NGOs and other development partners for investing in microfinance. Microfinance has the capacity to efficiently and effectively provide sustainable financial services to the active poor who are otherwise excluded from the conventional financial systems for lack of collateral.

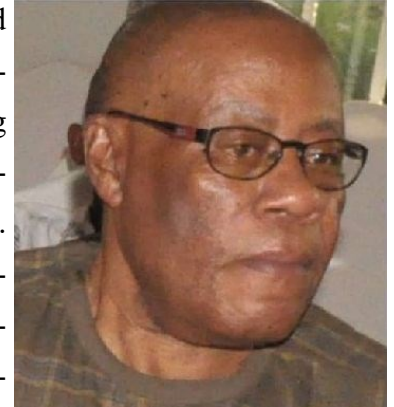
A Savings and Credit Cooperative (SACCO), is one form of cooperative whose business is to provide financial services to its members. Savings and credit co-operatives (SACCOs) are member-owned microfinance institutions, that intermediate savings into loans. The business model of most SACCOs is to collect or mobilize Savings from their members and to intermediate them into loans. Only members can use the services of SACCOs, because the Ugandan Law prohibits SACCOs to make savings or lend out money. (Markus & Schmidt, 2011). In Uganda, particularly, in

rural areas, Savings and credit co-operatives provide access to banking services which are lacking in many communities. They also play an important role in the formation of small and micro businesses. They can

affect the kind of financial "deepening" that the World Bank envisage, as they consistently reach the poor in a sustainable way (Thapaliya,2009).

SACCOs extend convenient and secure means of saving money and obtaining credit at reasonable but market-based interest rates to their members. Like any other cooperative, a SACCO's organization is based on a common interest or bond of members such as workers of the same organization, or members of the same community, who are well acquainted with each other. SACCOs' membership is open to everyone in the community, who qualifies to become a member and to one who has a common bond with others, regardless of their race, religion, gender or even job status. As a financial intermediary, a SACCO, targets both rural and urban low and middle-income population of the country.

SACCOs make it possible for the low-income earners to access reasonably priced credit terms and conditions that are favorable to them. Most of the low- and medium-income groups, who have no land titles as security to offer to formal banks would find it difficult to access credit in absence of these institutions, and, therefore would possibly perpetually remain poor (Buwule,2016 ). SACCOs empower people to fully



### What Are These Now Popular Savings And Credit Cooperatives In Uganda? - Cont'd

raise their productive potential. Through their varied activities, these institutions are in many countries significant social and economic actors in national economies, thus, making not only personal development a reality, but also contributing to the well-being of the entire humanity at the national level (Kyobutungi, 2011). A SACCO is an essential link in bringing large segments of the communities into a formal financial structure.

The thrust of Savings and credit co-operatives is on savings mobilization. The major aim of SACCOs is to build a financial base from which members can borrow for their needs and at the same time grow and sustain their organizations. SACCOs differ from other credit-driven Micro-finance institutions whose business is aimed at making money for the capitalists who own those institutions.

SACCOs satisfy the requirements of their members without undue complications. Thus, they provide them with interest on their own savings and shares and, reward them for participating in their operations. They help to prevent and overcome poverty. They also en-

courage productive activities by providing credit required by its members. They further members' education and learning as well as the spirit of mutual aid and self-reliance. SACCOs lead to a greater understanding of democracy and the democratic process, due to their nature and the principles they use.

Demographically, SACCOs provide access to affordable finance, build capital, and recreate social dynamics among members and communities who have little access to mainstream financial services and support self-help and mutual help. SACCOs empower not only households but also most individuals to participate in decision making, contribute towards the growth process and ensure against vulnerabilities (Getachew,2016) .

SACCOs among other reasons are mainly formed:

- To fight poverty through improving the members' economic and social conditions by enabling them to access financial services.
- To fight exploitation of weak members by the powerful individuals or institutions by pooling their own resources to meet their needs.
- To fight unemployment through giving out money to help engage its members in profitable activities.



## YOUR GIFT CAN PROVIDE CLEAN WATER

Clean water, sanitation, and hygiene education are basic necessities for a healthy environment and a productive life. Your donation to our Foundation's Annual Fund provides these essentials in communities close to home and around the world.

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

## Red Eyes Outbreak: Urgent Measures Needed in Kampala and Surrounding Districts.

By Rtn. Tadeo

In recent weeks, Uganda, particularly Kampala and surrounding districts, has been grappling with a concerning increase in cases of red eyes, medically known as conjunctivitis. As a public health officer stationed in this region, it's imperative to address the unique challenges and urgent measures needed to combat this outbreak effectively.



The outbreak of conjunctivitis in Kampala and surrounding areas presents a multifaceted challenge due to various factors including densely populated urban areas, inadequate access to healthcare facilities, and limited awareness about preventive measures among the population.

One of the primary drivers of the outbreak is likely the highly contagious nature of viral conjunctivitis, which spreads rapidly in crowded environments such as schools, markets, and public transportation hubs. Additionally, factors such as poor sanitation, lack of access to clean water, and overcrowded living conditions exacerbate the transmission of the infection.

Inadequate hygiene practices and limited availability of resources further contribute to the spread of conjunctivitis in this region. Many individuals may not have access to clean water for handwashing or may lack awareness about the importance of avoiding touching their eyes with unwashed hands.

### Signs and Symptoms:

- **Redness:** The whites of the eyes appear pink or red due to inflammation of the conjunctiva.
- **Watery Discharge:** Eyes may produce a watery discharge, which can be clear or slightly thick.
- **Crustiness:** Especially noticeable upon waking in the morning due to dried discharge.
- **Itchiness or Irritation:** Eyes may feel itchy or irritated, prompting rubbing, which can exacerbate symptoms.
- **Sensitivity to Light:** Photophobia may occur, making it uncomfortable to be in bright light.

### Prevention:

- **Hand Hygiene:** Regular handwashing with soap and water/sanitizing is crucial, especially after touching your face or coming into contact with potentially contaminated surfaces.
- **Avoid Touching or Rubbing Your Eyes:** Minimize the risk of spreading infection by refraining from touching your eyes with unwashed hands.
- **Personal Items:** Refrain from sharing items

like towels, pillowcases, or eye makeup to prevent the spread of infection.

- Awareness strengthening in communities especially schools, markets etc

### Management:

- **Isolation:** Individuals with contagious conjunctivitis should avoid close contact with others, especially in shared spaces like schools or workplaces, until symptoms improve or until cleared by a healthcare professional.
- **Hand Hygiene:** Those affected should maintain good hand hygiene to prevent spreading the infection to others.
- **Avoiding Eye Rubbing:** Minimize rubbing or touching the affected eye to prevent further irritation and spread of the infection.
- **Warm Compresses: Applying warm compresses to closed eyelids can help alleviate discomfort and loosen crusts.**
- **Prescription Medications:** Antibiotic eye drops or ointments may be prescribed for bacterial conjunctivitis, while viral conjunctivitis often resolves on its own without specific treatment. Antiviral medications may be prescribed for severe cases of viral conjunctivitis.
- **Cleaning:** Regularly clean and disinfect surfaces that come into contact with the eyes, such as eyeglasses or contact lenses.
- **Seek Medical Advice:** Consult a healthcare professional for appropriate diagnosis and management, especially if symptoms are severe, persistent, or accompanied by vision changes.
- Adhering to proper hygiene practices, minimizing contact with others during the contagious period, and seeking medical guidance when necessary, individuals can effectively manage and reduce the spread of contagious conjunctivitis.

The outbreak of red eyes in Kampala and surrounding districts demands a coordinated and multi-sectorial response to mitigate its impact and prevent further transmission. By implementing targeted interventions focused on surveillance, community engagement, hygiene promotion, and capacity building, we can effectively control the outbreak and safeguard the health of our communities. Time is of the essence, and decisive action must be taken to address this public health challenge.

**Rtn. Tadeo is Public Health Officer at St. Francis Kijaguzo Health Centre, Semuto**

## Building Together, Stronger: How Community Ownership Drives Sustainable Solutions in the Rotary Clubs' interventions.

By Rtn. Daniel Katakaya Magandazi

Rotary clubs are synonymous with community service. Spanning from a range of initiatives such as clean water projects, Rotary clubs are well-known for their dedication to making a positive impact within the communities. However, building partnerships intensifies the effectiveness of the solutions –as the community itself feels invested in the outcome. Here, the principle of community ownership or stakeholder buy-in becomes paramount leading to a Shared Vision, Shared Responsibility.



are actively involved, they develop the skills and knowledge to tackle future challenges on their own. Rotary clubs can act as key facilitators in enhancing community capabilities by offering knowledge transfer mechanisms such as training workshops or resource allocation. This empowers the community to develop the internal expertise necessary for long-term project sustainability.

For example, a Rotary club working on sanitation awareness might train community members on hygiene education best practices. This empowers them to become champions for good health within their social circles, creating a ripple effect that extends far beyond the initial campaign. Thus, re-enforcing the perspective of a brighter future for the community.

Traditionally, community service initiatives have employed a volunteer-driven, needs-based approach. This approach relies on external resources to implement solutions based on the perceived requirements of the target community. However, a more sustainable approach makes involving community members from the very beginning a strategic imperative. By including them in project planning, implementation, and evaluation, Rotary clubs foster a sense of ownership and responsibility. This enables Rotary clubs to empower communities for the long haul.

### Empowering for the Long Haul

The benefits of community ownership extend far beyond a single project. When communities

### Building a Brighter Future

Rotary's global reach allows them to connect communities with diverse expertise and resources. Prioritizing stakeholder engagement and capability development fosters project longevity. By empowering communities to achieve self-sufficiency, Rotary clubs ensure the continuation of their initiatives beyond the initial intervention. This translates to a sustainable impact model where the community assumes ownership and responsibility for addressing its own challenges. This cultivates a collaborative ecosystem and fosters a shared accountability framework, ultimately leading to the establishment of more resilient and empowered communities.

Rtn. Daniel is a PhD Student at the University of Wales Trinity Saint David



PEACEBUILDING AND CONFLICT PREVENTION



DISEASE PREVENTION AND TREATMENT



WATER, SANITATION, AND HYGIENE



MATERNAL AND CHILD HEALTH



BASIC EDUCATION AND LITERACY



COMMUNITY ECONOMIC DEVELOPMENT



ENVIRONMENT



### New Ideas For Rainwater Harvesting At Home by Murray Burt

In rural areas, the main water sources are normally groundwater bore wells or surface water, rivers and lakes. However, an often overlooked, easily accessible and sustainable source of safe drinking water during the wet season is rain. In tropical and sub-tropical climates, the quantity of water collected from rainfall can be substantial.

There are clear advantages to rainwater harvesting at home: improved health, easy access, low cost, and ease to manage.

Traditional methods of rainwater harvesting used in Uganda and Sri Lanka include rainwater collection from trees, using banana leaves or stems as temporary gutters. Up to 200 litres may be collected from a large tree in a single storm.

Very low cost domestic rainwater harvesting systems can be easily installed on most corrugated iron or clay tile rooftops in rural and urban areas, using various forms of guttering, first flush diverters and plastic or ferro-cement tanks for collection and storage.

However, in some rural areas most people live in simple thatched roof structures, which are not suitable for traditional rainwater harvesting. Tearfund has therefore researched and tested an innovative and simple 'ultra low cost' way of harvesting rainwater without using rooftops.

In many populations on the move, especially in emergency and post emergency situations, plastic sheeting is a basic commodity that many households own. It is either given through distributions at refugee camps or camps for internally displaced persons, or purchased on the local market. Plastic sheets are used for many purposes including as shelter for homes or shops. They can also be used for rainwater harvesting. Calculations based on rainfall data from Colombo, Sri Lanka, show there would be an average daily yield of more than 60 litres



over six months of the year from rainwater harvesting using an 8m<sup>2</sup> plastic sheet for collection.

Using plastic sheeting is one option for rainwater harvesting without using a roof. Other locally available materials can also be successfully used, such as single corrugated iron sheets and cloth.

There are no rules for construction. Think of new ideas using whatever materials you have available to catch and collect the rainwater. The principle is always the same: catch the rainwater on a clean surface before it hits the ground, and channel into a clean collection container.

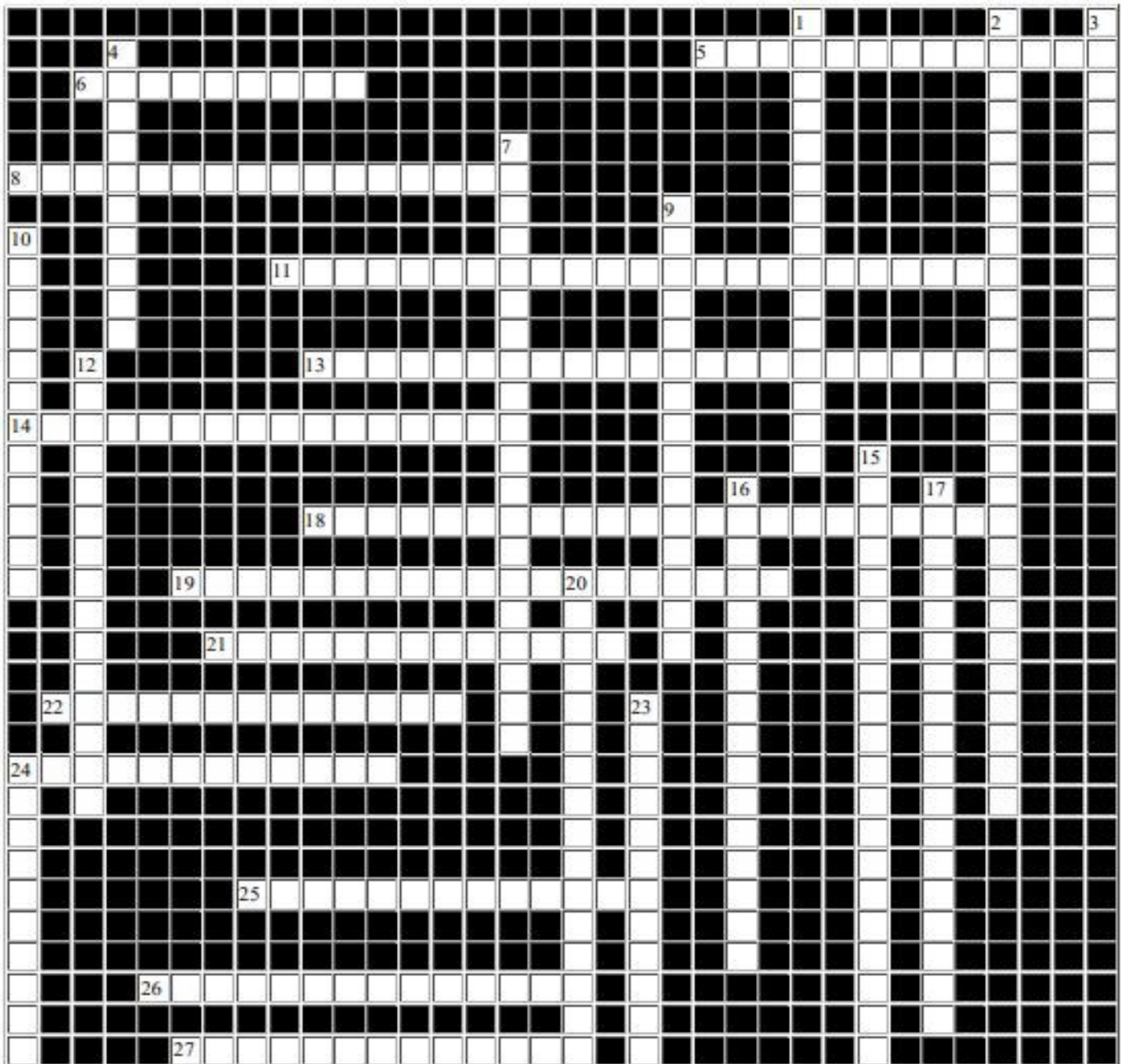
It is easy to scale up rainwater harvesting systems. In emergency situations, rainwater harvesting can be made available to all and can even contribute as a significant water source in large communities and camps.

Remember to promote good hygiene at the same time, making sure that each part of the system is clean. Cover the water container and make sure the stored water is not removed by dipping hands or scooping using dirty cups or other dirty items.

Rainwater which has been stored for a long period may require disinfection. Protect water containers with a screen to stop mosquitoes breeding and keep out sunlight to prevent the growth of algae.

***Murray Burt works as Programme Manager with DFID WASH in Nairobi, Kenya.***

# Hope Creator Presidents (Part 4 of 4) - Cross Word Puzzle



**Across**

- 5. RC Nakasero Central
- 6. RC Seeta
- 8. RC Portbell
- 11. RC Semuto
- 13. RC Nakawa
- 14. RC Namugongo
- 18. RC Njeru
- 19. RC Upper Kololo
- 21. RC Naggalama
- 22. RC Wobulenzi
- 24. RC Nsansa
- 25. RC Mukono
- 26. RC Tororo
- 27. RC Najjeera

**Down**

- 1. RC Soroti Central
- 2. RC Nansana
- 3. RC Mukono Central
- 4. RC Sam Owori
- 7. RC Sonde
- 9. RC Naalya States
- 10. RC Ntinda Metro
- 12. RC Yumbe
- 15. RC Sunrise Kampala
- 16. RC Source of the Nile
- 17. RC Ntinda
- 20. Re Ngora
- 23. RC Wakiso
- 24. RC Saturday eJazz

Please turn to Pg 22 for the answer key

### Two Good Fellows Recognised As Honorary Members

In pursuance of Article 7 on membership and specifically section 6 on Honorary membership the Club's Board meeting of March 2024, unanimously agreed to honor two good fellows for their distinguished and meritorious service in the furtherance of the Rotary ideals and for their generous contributions to Rotary's causes. The two good fellows are Mr. Zackary Bishagenda and Dr. Mukuzi Muhereza.

Rtn. Zackary Bishagenda is charter member of the Rotary Club of Ntinda. Having transferred membership is currently a member of the Rotary Club of Kololo where he is on sick leave.



Rtn. Zackary has a BA in Social Work and Social Administration from Makerere University and Postgraduate Diplomas in Law from the Law Development Centre and in Public Administration from the Uganda Management Institute.

He worked with National Social Security Fund after University from April 1976 in various positions in the Compliance department up to 1989 when he joined the National Water and Sewerage Corporation from 1989 to 1997 as Personnel and Administration Manager.

He joined Centenary Bank as Chief Manager Administration from 1997 to

2006 and then retired into real estate business in Kampala and Semuto.

Rtn. Zackary generously supported the club's 2023 School Spelling Contest in Semuto, and has now offered to sponsor the forthcoming Nakaseke District School Spelling Contest later this year.

He is a Paul Harris Fellow Level 2.

Dr. Mukuzi Muhereza is a medical doctor qualified from the National University of Rwanda, Butare. He is skilled in clinical care and emergency surgical operations, with experience of over 20 years in clinical, health systems, people management and organizational psychology.



He is currently a Senior Medical Officer, at Nakaseke Hospital in Nakaseke District Local Government. Dr. Mukuzi fluently speaks and writes good English and French. He also fairly speaks and writes Kiswahili, Acholi, and Runyankore.

Dr. Mukuzi has always participated in the Club's Health Camps and Cancer Run by offering his expertise in the medical field.

# The Rotary Norms (English/Luganda)

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

<p><b>The Object of Rotary</b>                      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"> <li>• 1<sup>st</sup> The development of acquaintance as an opportunity for service;</li> <li>• 2<sup>nd</sup> 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;</li> <li>• 3<sup>rd</sup> The application of the ideal of service in each Rotarian's personal, business, and community life;</li> <li>• 4<sup>th</sup> The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.</li> </ul>	<p><b>Ekirubilirwa kya' Lotare</b></p> <p>Ekirubilirwa ky'a Lotare kwe kuzzamu amanyi n'okutumbula endowoza y'obuwereza, naddala, okuzzamu amanyi n'okutumbula:</p> <ul style="list-style-type: none"> <li>• <b>Ekisoka</b>, enzimba y'okumanyagana nga omukisa gw'obuwereza;</li> <li>• <b>Eky'okubiri</b>, 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;</li> <li>• <b>Eky'okusatu</b>, enkola ey'endowoza y'obuwereza mu bulamu bwa buli muna Lotale, mu milimu gye, ne mu bitundu bya ffe;</li> <li>• 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 ndowoza y'obuwereza.</li> </ul>
<p><b>Final Toast</b>                      .... let's toast to Rotary International</p>	<p><b>Okwagaliza Okusembayo</b>                      ..... ka twagalize Lotare eyensiyona</p>
<p><b>Response</b>                      To Rotary the world over.</p>	<p><b>Response</b>                      Eri Lotare ebuna muni yona</p>



Rotary District 9213



Rotaract District 9213



# 99TH DISTRICT CONFERENCE



KEEPING HOPE ALIVE

MUNYONYO SPEKE RESORT

19TH APRIL 2024

TOPIC AT THE DISCON

## AN OPPORTUNITY FOR THE YOUTH CHANGING THE WORLD ORDER



FACILITATOR  
**ALEX NIYONZIMA**  
DATA ANALYST & RESEARCH ASSISTANT

### PANELISTS



**AWEL UWHANGANVE**  
MANAGEMENT AND LEADERSHIP SPECIALIST



**DAN KASIRIVE**  
FINANCE CONSULTANT PROJECTS AND SUSTAINABILITY



**DR. BIRUNGI KORUTARO**  
CEO KILIMO TRUST



**DOUGLAS LWANGA**  
TEAM LEADER PURPLE SKILLS KLINIC FOUNDATION

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19TH APRIL 2024

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WHAT'S ALL THE FUSS WITH THE FAD ESG ?

(ENVIRONMENTAL, SOCIAL & GOVERNANCE)

PANELISTS



RTN JANE OKOT P' BITEK LANGOYA

CHAIRPERSON ICOSA UGANDA CORPORATE GOVERNANCE CONSULTANT



MONA SSEBULIBA

CEO ABI FINANCE LTD



ADRIAN BUKONYA

COUNTRY DIRECTOR MASTERCARD FOUNDATION

99thDISCON REGISTRATION LINK - <https://discon.rotaryd9213.org/>





99TH DISTRICT CONFERENCE  
KEEPING HOPE ALIVE

DISTRICT GOVERNOR'S BANQUET

PREPARE TO BE SWEEP AWAY BY THE GLAMOUR, EXCESS AND ENCHANTMENT OF A NIGHT STRAIGHT OUT OF THE GREAT GATSBY

DATE 20TH | TIME 6PM  
APR 2024

DRESS CODE GREAT GATSBY OUTFIT



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**Rotary**  
District 9213



**Rotaract**  
District 9213



**99TH  
DISTRICT  
CONFERENCE**

KEEPING HOPE ALIVE

**MUNYONYO  
SPEKE RESORT** | **19TH  
APRIL 2024**

GUEST OF HONOUR

**OWEK. CHARLES  
PETER MAYIGA**

THE PRIME MINSITER OF THE KINGDOM OF  
BUGANDA



He is the Katikkiro of the Kingdom of Buganda, one of the oldest and largest Kingdom's in Africa, with a population exceeding 14 million people.

He is a qualified lawyer, and one of the founder partners of Buwule and Mayiga Advocates, in Kampala. He is a writer and has so far written five books including King on the Throne and Buganda ku Ntikko.

Rotary   
District 9213

Rotaract   
District 9213



KEEPING HOPE ALIVE

MUNYONYO SPEKE RESORT | **19TH**  
APRIL 2024

TOPIC AT THE DISCON

**"THE WORLD OF AI – IT  
TRANSFORMING AFRICA"**

She is well versed with the Technology (IT) landscape, having led and worked with teams across different industry sectors like Manufacturing, Aviation, Banking, and the Technology industry.

She has a career spanning over 15 years with 6 years being in executive leadership.



KEY NOTE SPEAKER  
**CATHERINE MURAGA**  
MICROSOFT, AFRICA DEVELOPMENT CENTER,  
MANAGING DIRECTOR

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District 9213

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# CARIBBEAN NIGHT

GET READY TO DANCE TO DANCEHALL  
AND SALSA AT THE SOIREE WHERE  
THE SUN NEVER SETS ON THE PARTY.  
PAKA KUWULIRA BUBI

DATE **19TH** | TIME **6PM**  
APR 2024

DRESS CODE **WHITE AND FLORAL**



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KEEPING HOPE ALIVE

# REGGAE Night

SHAKE YOUR DREADLOCKS TO GOOD  
VIBES, POSITIVE ENERGY AND THE  
INFECTIOUS RHYTHM OF IRIE MUSIC.  
TERI KUZIKIZA

DATE **18TH** | TIME **3PM**  
APR 2024

DRESS CODE **KEEP IT RASTA**



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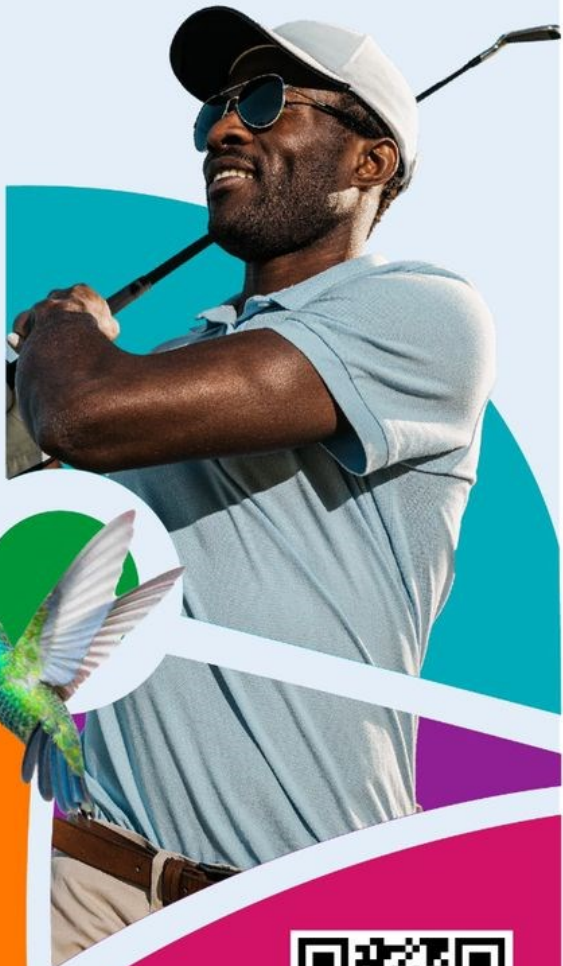


# 99TH DISTRICT CONFERENCE

KEEPING HOPE ALIVE

MUNYONYO SPEKE RESORT | 19TH APRIL 2024

FITNESS AND HEALTH — GOLF TOURNAMENT —



# SWING TO FITNESS

TEE OFF FOR HEALTH AT THE ROTARY GOLF TOURNAMENT  
12:00PM – 5:00PM

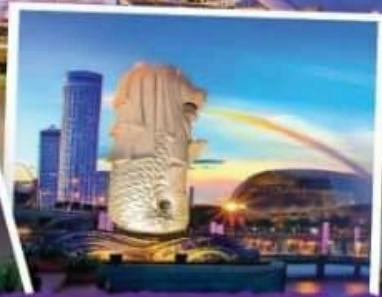
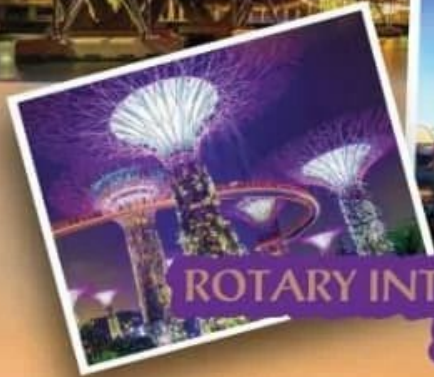


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**ROTARY INTERNATIONAL CONVENTION  
SINGAPORE 2024  
25<sup>th</sup> - 29<sup>th</sup> May**

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

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**NOTE: Fares are based on availability and guaranteed at the time of ticketing.**



# 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](https://convention.rotary.org)



# Our Photo World



Group Photograph at the 13th March GBV Training Workshop at Bukandula Hotel in Kampala



Amazing President Moses Addressing the GBV Training Workshop Participants at Bukandula Hotel in Kampala



**Our Photo World**



**Receiving Exchange Banner from RC Entebbe Base**



## 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

**R**otary 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 15<sup>th</sup> 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](mailto:thebillboardrcsemuto@gmail.com)

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

## Rotary International Fellowship for Family Rotarians



<b>What?</b>	Invitation to join and form the International Fellowship of Family Rotarians		
<b>Why?</b>	Families are increasingly becoming dysfunctional due to fractures inflicted at home - leading to ills like the unfolding Boy Child Crisis with political and socioeconomic implications. The primary purpose for IFFR therefore, is to leverage international friendship to strengthen families, communities, and the global society.		
<b>Who?</b>	Rotarians, Rotaractors and all with a common interest to strengthen family life		
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Creating and Keeping the Hope Sustainably			