

LUBIGI TIMES Magazine

APRIL. ISSUE 2024,
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A Magical Moment



LUBIGI TIMES Magazine

APRIL. ISSUE 2024

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The first glimmers of a lasting change

I am deeply gratified by Rotary magazine's focus on mental health in this edition — and I'm ecstatic about the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve. In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn't be described as broken only because it didn't exist. But I also offered a highly aspirational wish that Rotary could help build that system.

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown, and some of their brave, inspiring stories are highlighted in these pages. Former Rotaractor Freddie Almazan has an especially powerful personal narrative that you can learn about here — and hear firsthand at this month's Rotary International Convention in Singapore.

You can read in this month's Rotarian issue about a great example of a project with the kind of sustainable impact that creates lasting change: Rotary clubs in Colorado endowing a paediatric mental health fellowship at Children's Hospital Colorado. At the convention, you can also hear from 2024 People of Action honourees lauded for

the impact they and their clubs have made through mental health initiatives. Bindi Rajasegaran will talk about a Rotary led project in Malaysia helping children develop skills to cope with mental health challenges and building capacity for support throughout the country.

In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for adolescents, in her hometown of Nagpur, India. Read about the project in the "Stand by me" feature. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact. After you've read through the magazine, I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact.

When we focus on impact, we bring Rotary's vision statement to life, creating lasting change across the globe, in our communities, and in ourselves.

R. GORDON R. MCINALLY-
President, Rotary International



We are ready to Descend

Dear Friends,

Welcome back from the 99th District Conference! What an extraordinary event it turned out to be.

I wish to firstly recognise our organising committee led by Rtn. Robert Kiggundu. Your dedication and hard work culminated in a conference that will be remembered for years to come. I also extend my sincere appreciation to all the Rotarians and Rotaractors who not only attended but also made early payments, demonstrating your trust in us, and commitment to the process. It is because of your proactive support that we were able to execute a well planned and thought-out conference.

Let the success of the 99th District Conference serve as a blueprint for the upcoming 100th edition. We should strive to replicate the same level of excellence or even surpass it. I urge everyone to subscribe to the conference early to allow the team plan effectively and avoid any last-minute surprises.

A special acknowledgment goes out to the Governors Council for your unwavering support, guidance, and encouragement not only at the Discon, but through-out my time as Governor. Your role as mentors and cheerleaders has been invaluable, and I am truly thankful for all that you do.

I cannot overlook the invaluable contributions of our sponsors – Centenary Bank, Airtel, CAA, Uganda Breweries, Uganda Airlines, Roke Telecom, Fireworks, TTB Investments, National Water & Sewerage Corporation, UEGCL, Saraya, UBOS, Ambitious Construction, Goldgate Accountants, Excel Insurance, St. Joseph's Hospital, Wakiso and ArchForum. Your partnership and involvement in our celebration made it even more special, and we are immensely grateful.

To the DRR and all Rotaractors, as well as the Chair of Rotaract Night, Patience Asiimwe, your dedication and hard work were truly commendable. It is reassuring to see such capable and diligent individuals who will carry on our legacy of service. Thank you all for your outstanding contributions.

A special shoutout to the Hope Creator Presidents, Assistant Governors and my great District officers, for your outstanding work. Did i tell you we have now become an all giving district? Imagine everyone has given something, we have changed the history of our district, and our collective generosity has a ripple effect on the communities we serve, and I am proud of the impact we have made.

My Club RC Kampala Ssese Islands, never before have I felt such pride in being associated with a team as remarkable as ours. We started together, walked through all clubs together, u contributed the most at the Discon and made our closure banquet a glory. To each and every one of you, I owe a debt of gratitude..

As we enter the final phase before the end of the term, let us maintain our momentum and finish strong. Let us tie up all loose ends, complete our reports and accountabilities, and prepare the incoming team for a smooth transition. By working together, we can ensure a successful handover and make way for the upcoming Magical team.

In surpassing our targets and making a positive impact on the world and ourselves, we have undeniably Created Hope in our World.

Edward Kakembo-Nsubuga

District Governor



The pasikaali i knew*

Robert Walakira (EYECON MEDIA)

A week after Pasikaali's passing, as I scrolled through heartfelt obituary messages dedicated to him on various social media platforms, the reality finally sank in: Pasikaali is no longer with us. It is difficult to grasp, but undeniably true.

Now feels like the appropriate moment for me to reflect on Omukungu wa Kabaka, Pasikaali Ssekasamba, a first-generation immigrant who left a profound impact on many people in Britain, earning immense respect and admiration within both the Ugandan London community and the Mengo establishment.

My name is Robert Walakira, and I had the privilege of working closely with Pasikaali for over a decade.

I first met Pasikaali in 1994, upon my arrival in London and settling on Glenparke Road. His shop, situated on Upton Lane, was just three minutes away from my home, and my mum often sent me there for African groceries.

When he began offering money remittance services, my visits to the store became even more frequent.

Initially, my interaction with Pasikaali was transactional - I would enter the shop, grab whatever I needed, pay, and leave. However, our relationship deepened around 1998 when we began engaging in business conversations.

I recall he had a music stall tucked away at the back of the shop, filled with tapes of Ugandan music. Sensing a business opportunity, I proposed the idea of transferring Ugandan music onto CDs, to which he responded enthusiastically.

At that time, Compact Disks were the in-thing, and I am pretty sure that in the entire Ugandan music industry, only The Afrigo Band had their music released on them.

Our agreement entailed him providing the music, while my task was to digitize it, transfer it onto CDs, and then retrieve my payment after he made the sales. Of course, he would take a cut from it, and every Monday, I would collect my envelope.

Different from many Ugandans, it is worth noting that not once did Pasikaali say to me: "komawo enkya, simanyi luli." I consistently found my envelope prepared for me to pick up. A true testament to Pasikaali's reliability and integrity.

Our partnership flourished further when I ventured into promoting music shows. Pasikaali's unwavering support was evident during Maddox Sematimba's inaugural UK Tour in 2002, and he assisted me in selling tickets to the early birds.

The pinnacle of our collaboration, however, occurred during the 2004 Independence show, featuring The Afrigo Band and Jose Chameleone. Moses Walugembe (currently a proprietor of Labamba bars in Uganda) and I organized the show, which occurred at the height of Chameleone's popularity with hits like "Dorotia" and "Beyi Kali," while Afrigo's "Bajikwongere" dominated the club scene.

I vividly remember another promoting company, RAKS Entertainment, decided to counter our event with a conflicting show on the same date.

Although we had the same target audience, the RAKS Team decided to organize a show at Stratford Rex featuring the renowned Chaka Demus and Pliers.

Now, those familiar with the London Borough of Newham before the construction of the Olympic Village know that Coconut Grove was only a stone's throw away from Stratford Rex, but despite the challenges of the conflicting date with RAKS Entertainment, Pasikaali remained a steadfast ally and gave our posters prominence in his shop. He would even slip our flyers into every customer's shopping bag. That is how loyal Pasikaali was.

Using his soft-spoken skills, he would remind confused revellers that our event was the place to be.

Showcasing his patriotism, Pasikaali would tell shoppers that: "obeera mugu wadalu okugenda mu show ya ba Jamaica nga Ssemadongo eri mu kibuga."

Our show was truly a success, and I believe that Pasikaali's marketing efforts were instrumental in our success considering Chaka Demus and Pliers had hits like "Tease Me" and "Murder she wrote," which were incredibly popular, especially with mainstream pop fans at the time.

An exemplary businessman and true to his word, Pasikaali upheld his commitments to serve the community and supported numerous initiatives by Ugandan.

When I conceived the idea of launching a community magazine, EYECON, Pasikaali was the only Ugandan business owner who embraced the idea from the outset.

While most were hesitant to embrace the idea, Pasikaali displayed exceptional trust by placing an advert and providing upfront payment, even before seeing the magazine's draft.

Indeed other business owners, such as Yosef of Salabed, William of Pier One, Charlie Lubega of Club Mystique, and Robert Kavuma of Akabira Night Club, placed advertisements in subsequent editions; however, Pasikaali was the first to embrace the idea.

As a matter of fact, some of the funds I used to pay the company which printed the first issue of EYECON MAGAZINE came from Pasikaali's advert.

And whenever EYECON magazine rolled off the printing presses, Pasikaali's shelves were the first to get stocked because I wanted him to have the honour of seeing the mag before anyone else.

Pasikaali and I used to call each other "Mwanaweeka", and before I bid farewell to my friend with "MHSRIEP," let me share something special about him.

Pasikaali had a passion for seeing African owned businesses in Britain succeed, and here is the kicker: for the first four years, he turned down any commission from Eyecon Magazine sales, always stating, "Njakufuna olulala, let the business grow first, Mwanaweeka."

This Mwanaweeka was truly the epitome of Ubuntu, and he embodied the altruistic spirit of unity and okukolagana.

My heart goes out to his wife, Eva, the children, and the entire Ugandan community.

Rest easy, Mukungu, naye wanumye nnyo, muganda wange.

Ayi Ssabasajja, twaakumye bubi.

SHARING HOPE WITH THE WORLD

SINGAPORE
25-29 MAY 2024

#Rotary24



**Sat. 27th April,
2024.**

VENUE: ST PETERS CHURCH OF UGANDA NSUMBI









RFHD





A war between your two selves

By: Rtn. Africa Muhangi

Last month, I had an opportunity to visit my cousin that has progressed well in intensive agriculture. By our standards, he is not complaining and I adore him as progressive farmer. As we took an evening walk at his farm, I was curious to learn how he managed to set up a rather simple but economically viable enterprise. It was evident that what he has, was not an overnight achievement. As we watched his cows return to the kraal, he reminded me that when you set a goal or write down a plan, you are imagining what you want your life to be like in the Future. One critical learning from him was how he kept looking at his Future in the Present time of his life, kept motivated by the positive benefits of working toward his Future.

I posed a question: why is it that most your age mates of 70 years are struggling to make a living? A very fascinating response from him: "It's how you fought a war between your two selves as you are growing up". He was referring to "Future You" and "Present You". In the Present, we set goals with imaginations of what we want our life to be like in the Future. Standing at Present You, you are looking at "Future You", it's easy to see the positive benefits of working toward that goal or carrying out that plan. But there's a problem. When your planning and goal setting are complete at Present You, you find yourself stuck in the comfort of your Present moments with less actions focused on Future You. Your concentration is on living and caring for "Present You", with less concentration on "Future You". And research has shown that Present You really likes instant gratification. And so, you enter into a war between your two selves. Future You and Present You.

Future You wants to live a long and healthy life free from cancer and respiratory disease. Present You really wants "just one more" cigarette to help take the edge off of the day. Future You wants the safety and security of a well-funded retirement account and cash flow generating assets. Present You really wants that new BMW or swanky apartment.

The challenge is that the consequences of the actions in Present You that affect the Future You are not immediate. They are often years away. You feel good in the moment and the negative consequences of your actions are deferred for months or even years. In Present You, the immediate rewards of your actions outweigh the long term consequences of Future You. The Future You knocks when you are "naked" and trapped in the Z.Z song (Zenkolako Zendya).

Getting organized and conscious of your Present circumstances puts you in a position to build toward the Future you want. The fastest way to move forward in life actually is not doing more. It starts with stopping the behaviors holding you back. Avoid behaviors that make you take one step forward and one step backward. Example, before you focus on making more money, reduce your spending. Until you do this, it doesn't matter how much money you make. You'll always spend what you have (or more).

Taking these foundational areas of life and organizing them is essential to creating Future You. Very few people consciously plan and design their life. But you have complete power over the details of Present You the moment you decide you're worthy of that power.

Invest in Future You using the Present You. When you choose to forego momentary gratification at Present You in order to have an enhanced Future You, you are investing in your future. Most people fail to do this successfully. Most people don't purposefully invest in their finances, relationships, health, and time. But when you invest in yourself — and in your future — you ensure your future present moments will continue to get richer and more enjoyable. Thus, your life will continue getting better and more in-line with your ideal vision.

Getting organized and investing in Future You is futile if you're not tracking what you are doing in the Present You. In regards to the most important areas of your life, you need to be on top of what's going on. Tracking is difficult. If you've tried it before, chances are, you quit within a few days. Research has repeatedly found that when behavior is tracked and evaluated, it improves drastically. If you're not tracking the key areas of Present You, then you're probably more off-course than you think at Future You. If you were to be honest with yourself, you'd be stunned how out-of-control things have become. You can track whatever priorities you have. But I can absolutely promise you that once you do, your conscious awareness of these things will increase. Your ability to control these things will enhance. Your confidence will wax strong and you'll be living a simple, yet organized and refined life.

Desist the common thinking about yourself as a one person. You are composed of three different selves: your Past, your Present, and your Future. There are no risks at all in your Past because there is nothing you can change. You live in the Present as you plan for the Future.

Future You is who you believe you're going to be in the future, attracted to new things and driven by expectation. It's who you will be when you focus on your goals. Present You determines what you're capable of right now. When you shift into your Future-Based Self, you'll see a future that's completely new, scripted with endless opportunities. You'll see that your capabilities will naturally increase throughout your life. Instead of reacting to events, you can articulate a Future You that you want and take the appropriate steps to reach based on actions in the Present You. The more you trust in your ability to create the Future, using the Present the bigger and bolder your dreams will become.

It's indeed a war between two selves.





HAPPY BIRTHDAY APRIL BABIES



Rtn Cissy



***Rtn Stephen
Ssebulime***



***Rtn George
Kibuuka***



“ME TOO” Is the magic word

