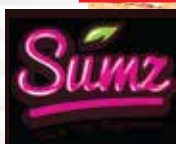


# LUBIGI TIMES

## Magazine

**OCT. ISSUE 2023 EDITION (VOL.4)**



# LUBIGI TIMES Magazine

**OCT. ISSUE (VOL.4)  
2023 EDITION**

## CONTENTS

**3** PRESIDENTS MESSAGE,  
**CHRISTINE NALUBWAMA  
GWANJA.**

**4** RI PRESIDENT MESSAGE  
**R. GORDON R. MCLNALLY**  
THE ROAD TO PEACE

**5** DISTRICT GOVERNOR'S  
MESSAGE  
**EDWARD KAKEMBO  
NSUBUGA**  
ROTARY D9213

**6** HOW TO AVOID THE FIVE  
EMPATHY TRAPS  
**RTN. HENRY DUKU**

**8** MEDICAL INSURANCE AND ITS  
CHALLENGES  
**RTN. BENERD OBEL**

**12** DEAR BOY CHILD  
**RTN. LAMBERT RUSOKE**

**13** LIFE SUCCESS - ANALOGY OF RACE  
CAR. **RTN. AFRICAN MUHANGI**

**17** FAMILY HEALTH DAYS  
**RTN. BALYEJUSA ALLEN  
NAKAYIZA**

**20** BOOK RECOMENDATION  
**RTN. LAMBERT RUSOKE**



### EDITOR'S NOTE.

I welcome you dear Rotarians to our October Lubigi Times magazine issue. The magazine is well packaged to entertain you so grab your water bottle and run along with us for all the October activities and more to come. Much appreciation to our dear writers please keep us busy with your educative articles.

**Chief Editor: Rtn. Rachel Agumenaitwe**

**0774 270 858** 

**Dear friends,**

The curtains have been drawn on October, a month dedicated to **community and economic empowerment**, plus marking the beginning of the 2nd quarter of the Rotary Year 23/24.

It was action filled, what we planned out to do, was achieved to fruition, thanks to the dedication, passion and perseverance of the club members.

To start off, was the District Governor's visit to the club and he as well served as chief guest at our Nakuule Hospital Tusimbudde Fundraising Dinner.

D.G Edward Kakembo Nsubuga was amidst us and we couldn't hide our gratitude and pride, to have a very down to earth reputable Rotarian leader, sharing his wisdom with the community of Nansana. We pledge to continue pushing for his leadership desires.

Together with club members, the following corporate partners were a joy to work with. Special appreciation goes to:

- Little Muheji Primary school
- Psalms food industries
- Spruce collections
- Stanbic bank
- Nansana Local community and guests
- Fellow Hope Creator Presidents and Rotary clubs present.

The Organizing committee led by the ably ever green Past County Chair and Past President Rebecca Mutaawe was out in the skies, rallying the Nansana troops to have this one well documented. It was memorable.

Next up we visited Mbogo Mixed Secondary School in Kawanda, under our Boy Child Uplifting Program (BCUP) activities, where the young souls were tutored through on a future to anticipate and how to easily and steadily play along.

Our monthly fellowships tilted to the monthly theme of economic empowerment and no better senior citizen to share a money story than Owek. Aloysius Ssemanda, of the Multitec Business Academy brand.

We went on to have a talk about the much talked about Parish Development Model by officials from Wakiso DLG and how the program can better be utilised to the appreciation of beneficiaries amidst the pessimism being spread.

## HCP. Christine Nalubwama Gwanja's Message.



What month can be celebrated without cutting cake over birthdays and anniversaries, a sign of membership experience. Wait, there was also going out to Coco Beach to loosen up on life.

The month concluded with our annual Rotary Family Health day at Nakuule and the impact was there for all to take in.

To mention, Hippos buddy group members contributed 1.1 million shillings towards the Nakuule Health Centre construction. A commendable act from the members.

I would love to extend our warm welcome to Rotarian Robert Yiga who joined as a new member to the club in October and it is our encouragement to every member to bring new members in order to strengthen our club.

All these activities were achieved due to member engagement through their buddy groups innovativeness and exciting fellowships every week.

We thank the Hippos buddy group for facilitating all this to make us preside over these enjoyable fellowships and other events. Thank you indeed!

Let us embrace November which is a month of the Rotary Foundation and the New Generation mainly in supporting the foundation to achieve its mission as we also invest in Youth programs in order to secure the future of Rotary. Wishing you a productive month of November as we continue to create hope in the world.

**Thank you.**





# The Road To Peace

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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 centres 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 nongovernmental 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 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**



# Welcome to an exciting November

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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.

We attended the African peace concert, which was a very great success. I want to extend by 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.

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

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**

# How To Avoid The Five Empathy Traps

**As we offer service,** empathy is one of the most important gifts we can give someone who is struggling. But as we're reminded of empathy this time of year, we should reflect on why we don't show it often enough throughout the year.

Empathy is the ability to emotionally understand what other people feel and to imagine yourself in their place. It's not always so easy, though. Empathy requires experience, and until we've walked in another person's shoes, we may find it difficult to understand the emotions they are experiencing or why they do the things they do.

It isn't fair to judge others based on our own experiences, but we do it all the time. Often, we don't even realize it. This is not because we are bad people. It may be that we simply haven't developed empathy yet. Or, maybe we do practice empathy—but we've fallen into an empathy trap.

Take a moment to review the following five empathizer traps and honestly acknowledge ones that you have fallen into and how you can do better. And don't forget to celebrate the ones you've overcome.

## 1. The Stingy Empathizer

The stingy empathizer chooses who is and isn't worthy of their empathy. We all can easily fall into this trap without realizing it, especially when it's a perspective or situation drastically different from our own. For example, someone who has never lost a job or had to face a difficult challenge on their own may perceive someone who is living on the street and begging for money as lazy with no one to blame but themselves for their situation.

But if you believe that each of us has the same inherent worth and is deserving of the same dignity that we each believe we deserve ourselves, then you will believe that everyone is worthy of empathy. We need to stop being stingy with our willingness to understand another human being. We have all sought empathy in our lives. If we all seek it, shouldn't we all offer it as well?

## 2. The Reluctant Empathizer

This is someone who has developed their empathy muscle and puts it into practice, but who on occasion finds themselves holding their empathy back. Unlike the stingy empathizer, it is not because they don't think the individual or group is deserving; rather, it is based on concern for the consequences of displaying their empathy. When the idea that empathy equals weakness is so prevalent in our society, it can be easier to sit on the sidelines and withhold your empathy than to risk being perceived as weak or unaligned with the majority.

If you've ever been bullied and your friends watched and then empathized with you in private, or you've been the friend who stood there and did nothing, you know what I'm talking about. It happens all the time in the work environment and in public and social settings. The desire to empathize is there, but instead we choose to turn away. We need to stop holding back our empathy for fear of how we will be perceived. When we display our empathy unapologetically and with confidence, others will begin to perceive it as the incredibly beneficial strength that it is.

## 3. The Impatient Empathizer

This type empathizes with the person they are listening to, but once the exchange has happened, they want the other person to move on already. But empathy doesn't work that way. It includes supporting a person through the time and space they need to work through their feelings or circumstances.

When we find ourselves unable to empathize with why someone continues to feel the way they do, we have another choice: We offer grace and kindness instead of pushing them to get over it or move forward before they are ready.

## 4. The Natural Empathizer

Some people are born with an already developed empathy muscle that enables them to empathize without having to think about it. But natural empathizers have empathy traps, too. Some think they don't need to work their empathy muscle, that they don't need to pay attention to how they empathize. Are they, at times, being reluctant or stingy?

They may not understand that we are all evolving empathizers who must continue to strengthen our empathy muscles. I think the traps that natural empathizers fall into are true for anyone with a natural skill or talent. The key is to recognize the potential traps and work to avoid them.

## 5. The Judging Empathizer

The judging empathizer judges those of us who may not always be on top of our empathy game. In those instances, judging empathizers may not say it, but they are certainly thinking, "What is wrong with you? How can you be so unsympathetic?" Rather than judging another's lack of empathy in that moment, take the opportunity to be a nurturing empathizer by helping and encouraging others to develop their own empathy muscle. The nurturing empathizer doesn't fall into any of the empathy traps. They are the empathizers who are willing to help others on their empathy journey.



I love novelist and essayist Leslie Jamison's description of empathy as a kind of travel: "Empathy requires us to be a respectful guest who is there to observe, reflect, and seek to understand another person's experience." To be able to develop the ability to feel another's experience, we must extend ourselves to travel across our borders and into someone else's experiences, allowing us to peer into someone else's feelings, thoughts and ideas to find where they intersect with our own.

**BY: PP. HENRY DUKU**



**ROTARY OUTING AT COCO BEACH**





## At the burial of PP. Ssuuna's Mother

### MEDICAL INSURANCE AND ITS CHALLENGES

Medical insurance, also known as health insurance, is a type of coverage that pays for medical and surgical expenses incurred by the insured individual or their covered dependents. It is a contract between an individual or a group (such as an employer) and an insurance company, where the individual or group pays regular premiums in exchange for financial protection against the costs of medical care.

Here are some key points about medical insurance:

1. **Premium**: This is the amount you pay to the insurance company on a regular basis (usually monthly) to maintain your coverage.
2. **Deductible**: This is the amount you must pay out of pocket for medical expenses before your insurance starts covering costs. Higher deductibles often lead to lower monthly premiums.
3. **Co-payments or Co-insurance**: These are the costs you share with your insurance company for covered medical services. Co-payments are usually fixed amounts, while co-insurance is a percentage of the total cost.
4. **Network**: Many insurance plans have networks of healthcare providers (doctors, hospitals, clinics) that they prefer or contract with. Using in-network providers can often result in lower costs.
5. **Coverage**: Different insurance plans offer various levels of coverage. Some may cover essential healthcare services, while others provide more comprehensive coverage, including preventive care, prescription drugs, and specialty care.

6. **Preventive Care**: Many insurance plans cover preventive services like vaccinations and screenings at no additional cost to encourage early detection and wellness.

7. **Policy Terms**: Insurance policies can have different terms, such as the coverage period (usually annually) and any limitations or exclusions. It's essential to understand the details of your policy.

8. **Types of Plans**: There are various types of medical insurance plans, including Health Maintenance Organizations (HMOs), Preferred Provider Organizations (PPOs), Exclusive Provider Organizations (EPOs), and Point of Service (POS) plans. Each has its own features and restrictions.

9. **Government Programs**: Some countries, like the United States, have government-sponsored health insurance programs, such as Medicare for seniors and Medicaid for low-income individuals and families. In Uganda the National Health Insurance bill which makes medical insurance compulsory is being .

10. **Employer-Sponsored**: Many people receive health insurance coverage through their employers as part of their employee benefits package. Employers often subsidize a portion of the premiums.

11. **Individual Plans**: Individuals who don't have access to employer-sponsored insurance can purchase individual health insurance plans from private insurers or through government-run marketplaces.

Having medical insurance can provide financial security in the event of unexpected medical expenses, and it can also encourage people to seek necessary medical care when needed. The specific terms, coverage, and



costs of medical insurance can vary widely. Medical insurance while essential for accessing healthcare and managing healthcare costs, comes with its fair share of challenges. These challenges can vary depending on the country's healthcare system, the specific insurance plan, and individual circumstances.

Here are some common challenges associated with medical insurance:

1. **\*\*Cost\*\***: High premiums, deductibles, co-payments, and co-insurance can make medical insurance expensive, making it difficult for some individuals and families to afford coverage.

2. **\*\*Limited Coverage\*\***: Insurance plans may not cover all healthcare services or treatments, leaving individuals responsible for some medical expenses. Some plans may exclude certain pre-existing conditions or specific treatments.

3. **\*\*Network Limitations\*\***: Insurance plans often have networks of healthcare providers. If you use an out-of-network provider, you may incur higher costs or even be responsible for the full bill in some cases.

4. **\*\*Complexity\*\***: Understanding insurance policies and their terms can be challenging. The language and terminology used in insurance documents can be confusing for consumers.

5. **\*\*Claim Denials\*\***: Insurance companies may deny claims for various reasons, including paperwork errors or disputes over medical necessity. Dealing with claim denials can be frustrating and time-consuming. In case you are faced with such denials please lodge your complaint with the Insurance Regulatory Authority, online

6. **\*\*Prior Authorization\*\***: Some insurance plans require prior authorization for certain medical procedures, tests, or medications. This can lead to delays in care and added administrative burdens for both patients and healthcare providers.

7. **\*\*Waiting Periods\*\***: In some cases, there may be waiting periods before certain benefits, such as coverage for pre-existing conditions, take effect. During this time, individuals may be responsible for their medical expenses.

8. **\*\*Coverage Gaps\*\***: Transitioning between insurance plans or experiencing gaps in coverage (e.g., when changing jobs) can lead to periods without insurance and potential challenges in accessing care.

9. **\*\*Rising Premiums\*\***: The cost of medical insurance premiums tends to increase over time, often at a rate higher than inflation. This can strain household budgets.

10. **\*\*Lack of Transparency\*\***: It can be challenging to get clear and consistent information about the cost of healthcare services, making it difficult for individuals to make informed choices.

11. **\*\*Administrative Burdens\*\***: Navigating the administrative aspects of insurance, such as claims processing and understanding coverage details, can be time-consuming and frustrating.

12. **\*\*Inadequate Coverage for Specific Needs\*\***: Some individuals may have specialized healthcare needs that are not adequately covered by standard insurance plans. This can result in high out-of-pocket costs.

13. **\*\*Underinsured Individuals\*\***: Even with insurance, some people may still face financial hardship due to high out-of-pocket expenses or coverage limitations, making them effectively underinsured.

14. **\*\*Health Disparities\*\***: In some cases, access to quality healthcare and insurance coverage may vary by socioeconomic factors, leading to disparities in healthcare outcomes.

15. **\*\*Changes in Coverage\*\***: Insurance companies can change the terms of their policies, including covered services and provider networks, which can disrupt continuity of care for individuals.

Navigating these challenges often requires careful research, advocacy, and sometimes legal assistance. It's essential for individuals to thoroughly understand their insurance policies, regularly review their coverage, and seek help when dealing with complex insurance-related issues. Additionally, policymakers and healthcare providers are continually working to address some of these challenges through healthcare reform and improved transparency in the healthcare system.

**Article by: Rtn. Benerd Obel**







# The Rotary Boy Child Uplifting Program & Tree planting

20TH  
FRIDAY  
OCT.  
2023.

@MBOGO MIXED SCHOOL.  
10:00AM









**Dear Boy Child:  
Who is Responsible for your future?**

The Rotary Club of Nansana, through the District 9213 initiative of the Boy Child Uplifting Program (BCUP), visited Mbogo Mixed School in Kawanda on October 20th, for a day's engagement with the boy child. The initiative, which is aimed at addressing critical issues faced by the boy child in Uganda, seeks to solve the problem of the increased number of boys dropping out of school with statistics indicating that for every 10 boys that start school at kindergarten, only three successfully make it to tertiary institutional level.

Led by the president Christine Nalubwama, Mbogo Mixed students were eager to listen in to what the members of Nansana Rotary Club had come with for them. The discussions of the day were guided by the questions, "Who is responsible for your future?" and "What kind of father/dad do you want to be?".

The answers given by the boys were very interesting and had students mention things like wanting to be a rich father, a patient father, a calm father, a God-fearing father, a present father, a responsible father, to mention but a few.

On the question of who was responsible for their future, many agreed that it was themselves as individuals to pull through and become what they desire. The engagement didn't not leave out the challenges of the boy child that they faced and the Rotarians present were on hand to assuage a few of these worries.

Being a mixed school, the girls weren't excluded from the day's activities as engagements with them on how to treat boys and have respect for each other came in handy.

And indeed, Rotary as a whole does appreciate the girls for shinning and trending in everything, but decided to come up with the boy child initiative to ensure that the boys are equally cared for like the girls. On top of the boy child talk, President Christine led the school authorities and students into planting trees as a way of creating a sustainable environment for future generations.



**By Lambert Rusoke**



Blessings all through this week.  
We have gotten an Angel,  
Bethuel Elkanah Rusoke  
Adyeeri this day. Glory to God!  
Congratulations Mr and Mrs Rusoke.

# LIFE SUCCESS - ANALOGY OF RACE CAR

Succeeding in life and business is a lot like becoming a world champion race car driver. You need to have three critical things; highly skilled driver (that's you), behind the wheel of the right vehicle (your life/business), who runs races with a well-trained pit crew (your team). Having these three will not guarantee you success. Knowing how to deploy these three will guarantee you success as intertwined below:

**The Driver must be highly skilled:** As Race cars don't drive themselves, it's the same to ones' life or business. To win a race champion, the driver must be highly skilled, with a perfect vision behind the wheels. If a driver can't see the race track clearly, stands no chance of winning. The tracks are always filled with tight corners, narrow straight ways where tiny errors can result in catastrophic consequences. In our lives/businesses, it's the same. If you can't see clearly, if you don't have a defined and compelling vision for where you want to be over the next three, five, ten years...you stand no chance of competing with others. What is your Vision? If you can't see clearly, get your eyes checked first. It's essential to have a perfect vision while behind the wheels of one's life/business. Your vision must be clear. It must focus you to where you are heading.

**Don't drive drunk or tired:** Can you imagine what would happen if, at the next car race, one or more drivers showered up hammered after a long night at "Kimeza"? It would be chaos, right? Or what if the driver was sober but the members of the pit crew all showed up hammered? He would be out of luck if one of his tyres flattened or something in his engine needed fixing. And just like the drivers and pit crew members must be in their A-game (not drunk or tired) in order to win races, so too must you keep yourself in peak mental, physical, and emotional condition to succeed. You must always Rest and Recharge. Our minds and body, like anything else, need time to rest and recharge to perform at their best. An important, and often overlooked, component of recharge and performance that deserves more attention is the food with which you fuel your performance. Just like race cars can't run on low grade fuel, neither can you perform at your best if you're consuming a diet of crappy "fuel" in form of processed foods, alcohol, tobacco etc.

**Plan Every day the night before:** If you visit a racetrack the night before a big race, you will find many of the competitors examining the track, looking at the turns, and mentally rehearsing the following day's performance. The reason is simple. The best performers all know that success is contingent on planning and preparation. By taking a few minutes every evening to plan your next day will dramatically increase your chances of success.

**Put on your seatbelts always:** The seatbelt holds the race driver in the seat to prevent flying out of the windshield whenever the car goes veering off the road or smashes through a roadblock. The seatbelt doesn't stop veering off the road, it minimizes the impact of the occurrence and protects the driver. There are distractions that will take you off even if you do everything to eliminate them. The key to success is not to eliminate distractions, but learn how to manage distractions when they arise. This is the art of self-leadership. To effectively manage a succeeding team, you must first learn how to lead and manage yourself. This is achieved by implementing and adhering to a set of personal rules. This art of self-leadership serves as a





proverbial “seatbelt” that will prevent you from flying out of the windshield whenever your car goes veering off the road or smashes through a roadblock.

**You must have a right car:** Even the best driver in the world stands no chance of beating his competitors without the right car. No matter how focused, productive, and energized you are, you can’t succeed without doing the right systems in your life/business. What you are doing must be the right one in line with your vision.

**Enter the first race and start your engine:** To become a professional racecar driver, you must first enter a race. You can be the baddest driver in town, own the best customized car with all of the latest bells and even have a perfect pit crew filled with some of the latest high performers. But if you can’t enter into a race completion with other drivers, you can’t win any races. The same principles applies in life/business. You can be the most knowledgeable expert in your field, but if you don’t deploy such in the field of your specialty to compete with others, you can’t succeed.

**Get on the track and put a good show:** Just like a good race car driver knows that he must put on an exceptional show to build a following of raving fans (who bring in the best sponsors), as an employee or business owner, you must “put on a show” for your existing employers/customers to ensure you keep them once you have closed them. You must give your sponsors what they paid for. Before you worry about anything else, ensure that you are able to effectively deliver your first promise to your new employers/customers.

**Keep your car up to date:** The fastest car model in 1950’s had a top speed of 158 MPH and the fastest car model in 2022 has close to 300 MPH, almost double that of 1950s. If you’re to put these two cars against one another, regardless of who was driving, which would you bet on? To answer other than the model of 2022 would be insanity. And it’s not different in our life/business. Technology and best practices are changing on what feels like a daily basis. And information and skillset required to succeed in 2023 is drastically different from what it was in 1980, 1990, even 2000. You must continuously refine your craft, and learn about new developments in your field. If you don’t, you will be left in the dust.

**The Pit Crew or the team that supports your journey:** In the same way that the best race car driver (with the fastest car) cannot hope to compete without a savvy pit crew capable of quickly changing tyres, filling the car up with fuel, tending to mechanical breakdowns. The best performers know that they are only as good as the team they lead and the individuals they have in their corner. You must have a very good and dedicated team that handles other tasks as you concentrate on the race. In addition to hiring team members to take on the tasks outside of your area of genius, you need to bring in someone who can provide an objective set of “outside eyes” on your daily operations. Just like a race car driver needs a knowledgeable mechanic.

**Find your Sponsors:** Like most of the players in major sports, few race car drivers make their fortunes by actually racing. Instead, they make their millions by signing up sponsorship deals with big companies. In your life and business, most of the money will not come directly from what you do, but from the connections that you make. As the old saying goes, “it’s not what you know, but who you know”

THANK YOU; **Article by Rtn African Muhangi.**







ROTARY FAMILY HEALTH DAY PHOTOS 28/10/2023







### **The Meaning of Rotary Family Health Days**

Way back in 2011 stephene Mwanje, a past District Governor in Uganda, envisioned all the rotary club in Uganda “ working together on a common cause” a year later RFHD was launched in his Nation and has been held every year with the exception of 2020.

This is why RFHD is always conducted every April and October that's why this time we as Rotarians of Nansana. We had to put into action and bring services to Nansana Community. where RFHD its concept rides on the need to provide free medical treatment to communities as its has always been. more so to Rotary Hospital Of Nakkule as a project under rotary club of Nansana which is aimed to be up graded to hospital where more services will be provided than it is now since it's at level II.

Therefore the community itself is much appreciated for all the services that have been given to them by the Rotarians where they have a feel of whatever expected of Rotarians is achieved by the community. This involves

- General check ups
- Eyes screening
- HIV testing
- Screening for Cancer cervix
- Screening for BP and HT
- Strengthening girl child by providing sanitary pads
- Mental health awareness

Out of all the above at least we were able to attend to 327 (0-5yrs and above 5yrs 215) clients that accessed services, this means health service in Nansana Community is more wanting.

Therefore as we prepare for the next RFHD in April 2024 we call upon you all to always seek for medication since its free of charge as a way of appreciating Nansana Communities

**To Serve Above Self**

**RFHD**

**Rtn Balyejjusa Allen Nakayiza**



**Nakuule Health Centre II  
-Kibulooka, Nansana.**







First seven tour to the Nakuule site by DG - board meeting - Fundraing dinner event





**First seven tour to the Nakuule site  
by DG - board meeting  
- Fundraising dinner event**





**Book Recommendation**  
*(In Loving Memory of PDG Henry Kyemba)*

### **Henry Kyemba's State of Blood:**

This is Henry Kyemba's memoir of being a member of Milton Obote's government in Uganda, and then -- somewhat to his surprise -- finding himself highly placed in Idi Amin's government after Amin ousted Obote in 1971.

This is a cool and rational description of what Amin put his country through, and it is clear that Kyemba doesn't want to know, or at any rate linger over, too many of the details of Amin's genocide of his own constituents, the destruction of the country's economy or Uganda's standing in the international community.

Heavily illustrated with photos. Well-written and carefully thought out, telling us each time he has to leave out a name for fear of getting a friend or colleague killed.

The text starts with a list of 100 people he knows who were killed by his boss -- including the author's own brother.

Well worth a look.







**FELLOWSHIP MOMENTS**











**Rotary**  
District 9213



**Rotaract**  
District 9213



# 99<sup>th</sup> **DISCON**

**18<sup>th</sup> – 21<sup>st</sup>  
APRIL 2024**

**@Speke Resort  
Munyonyo**



**EARLY BIRD  
REGISTRATION**

**Rotarians – USD 200**

**Rotaractors – USD 120**

 <http://munyonyo.rotarydiscon.org/>