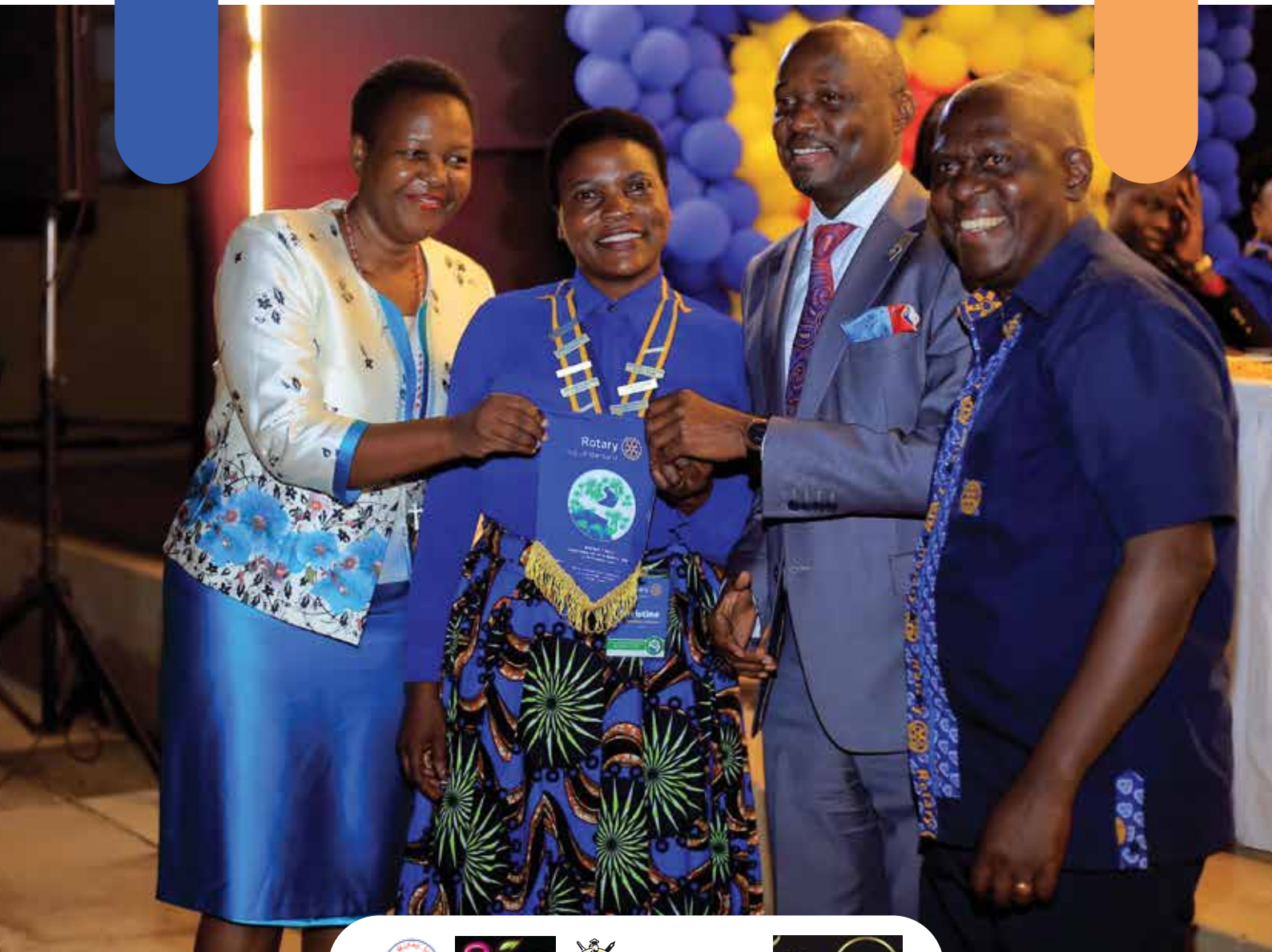


LUBIGI TIMES Magazine

MARCH. ISSUE 2024, EDITION (VOL.8)



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LUBIGI TIMES Magazine

MAR. ISSUE 2024

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Chief Editor: Rtn. Rachel Agumenaitwe
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In today's fast-paced world, prioritizing fitness and exercise is paramount for overall well-being. Regular physical activity not only enhances physical health but also boosts mental clarity and emotional stability. Whether it's a brisk walk in the morning, a high-intensity interval training session, or a calming yoga practice, finding an exercise routine that suits your lifestyle is essential. Consistency is key; even small, daily efforts can lead to significant improvements in strength, endurance, and vitality. Embrace the journey towards a healthier you, one workout at a time.

Title: "Maximizing Fitness: The Key to a Healthier Lifestyle"

March 2024 highlights

Dear beloved Friends,

As we approach the month of April, we would like to express our appreciation and gratitude for all the support and dedication you have exhibited in serving humanity throughout the month of March.

March was indeed filled with numerous activities, much like February:

- RC Nansana celebrated Women's Day.
- Two consecutive fellowships were conducted, reflecting on the month's theme. One had PDG Peace Taremwa, and the other had Eng. Felix Twinomucunguzi, Commissioner from the Ministry of Water and Environment.
- Charter Night celebrations, coupled with a family tree fellowship, rounded up the month. Special thanks go to the Chief Guest PDG Ken, AG Robert Semakula, AG Stephen Matovu, HCPs, PAGs, all Clubs, and guests for gracing the function with a jolly mood. Two PHFs were recognized: Rtn. Patrick Bingi and Rtn. George Kibuuka. Thank you for the support.

Appreciation goes to the Lions buddy group, Past Presidents, and Rtn. Rebecca Bamugha for the entire organization, not forgetting all club members for their financial and non-financial support towards the event.

Let us embrace April with new life.

Thank you.



**HCP. Christine
Nalubwama
Gwanja's Message.**



**CREATE HOPE
in the WORLD**



The change within

These 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 behaviour 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 neighbourhood 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 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



For those of you who are 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.

- U.S. Senator Robert Kennedy



It is more than Gratitude

Dear 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.

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.

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.

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 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 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.

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.

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

Double down on your decisiveness



There is an old tale that “if you put a donkey in the middle between two bowls of water, it’ll just stand there until it dies of thirst, not knowing which way to go.” Both bowls are equally close and both are filled with water. But the donkey is unable to decide which bowl to walk to and will stand in between them until it passes out from thirst. I don’t know if this particular tale is true or not, but it illustrates an important struggle that holds many of us back from making decisions to move us forward because we are in the middle of competing alternatives.

I have interacted with close friends that have many different options and opportunities and ideas they could pursue but they fail to ever pick one and focus on it. Instead of going all in on their ‘One Thing’, they waste years trying to figure out what to chase, bouncing from idea to idea, business to business, and skill to skill until they find themselves—a decade later—having made plenty of motion without gaining any momentum. To succeed, you must overcome this ‘thirsty donkey paradox’ and develop that single-minded focus required to go after your biggest goals and dreams. It doesn’t matter if you aren’t certain what you should do right now. Do something, go all in, and if you believe you made the wrong decision after giving it your all 18-24 months...then you can focus on something different. Not before.

Pick ONE goal and go after it with all of your heart. If it doesn’t work out, you still made more progress, learned more lessons, and cultivated more connections than you would have sitting on your chair theorizing about what you should do.

In our own lives, it’s easy to get stuck in indecision. And I see this play out in the lives of nearly many people I interact with. Many of us are paralyzed with opportunities. We want certainty. We want some sort of guarantee that the path we’re on is exactly the right path. But the world doesn’t work this way. Success is messy. It’s confusing. And it’s anything but a straight line. And you must accept that pain, failure, and suffering are simply the price of admission. You will make mistakes (that cost you thousands or millions of shillings). You will make the wrong decision (more than once in your life). And you will fail time and time again. And even though failure and the wrong decisions will cost you, indecision will cost infinitely more. If you waste years of your life waiting around for the “right” opportunity or the “perfect” idea, you will never achieve great success or learn from massive failures. Instead, you will suffer each and every day from the slow but certain failure caused by inaction and indecision.

Most of us waste years of our life being indecisive. One of the number one traits that separate successful people from the rest of the population is their ability to rapidly make big decisions and pivot along the way. They make decisions...even huge decisions quickly because they know they can always make a different decision later.

Life is busy. It can feel impossible to move toward your dreams. If you have a full-time job and kids, it’s even harder. How do you move forward? If you don’t purposefully carve time out every day, make decisions to progress and improve—without question, your time will get lost in the vacuum of our increasingly crowded lives. Before you know it, you’ll be old and withered—wondering where all that time went. As a certain Professor once said; “You pile up enough tomorrows, and you’ll find you are left with nothing but a lot of empty yesterdays.

” Sadly, most people’s lives are filled to the brim with the nonessential and trivial. They don’t have time to build toward anything meaningful. They are in survival mode.

Stop wasting time “thinking” about what to do. Make a decision and stick to it. Realize that indecision always costs more than the wrong decision. Remember, perfect is the enemy of done. Flex your decisiveness muscle. So be decisive. Commit to a course of action. Embrace failure, setbacks, and frustration as part of the process.

Very few have taken the time to take their lives into their own hands. It was social and cultural to live our lives on other people’s terms just one generation ago, where we could go to school, acquire good grades, get a paid job. And many millennials are perpetuating this process simply because it’s the only worldview we’ve been taught. However, there is a growing collective-consciousness that with a lot of work and intention—you can live every moment of your life on your own terms. You are the designer of your destiny. You are responsible. You get to decide. You must decide—because if you don’t, someone else will.

Indecision Is A Bad Decision.

SHARING HOPE WITH THE WORLD

SINGAPORE 25-29 MAY 2024

#Rotary24



Nansana's 15th Anniversary Unites Clubs with Shared Heritage



**Robert Walakira (The Amasiro Post)
RC Kasubi**

When a top leader acknowledges you by name, it instils a sense of value and fosters confidence, leading the led to maintain a positive attitude toward the leader's vision.

While addressing members of the Kasangati Family Tree gathering to commemorate RC Nansana's fifteen years of service, Past District Governor Ken Wycliffe Mugisha impressed the crowd by calling many members by their names and urged the incoming Presidents, including: K'la East's Jacqueline, Kasangati's Maureen, Gayaza's Flavia, Wakiso's Ggyavira, and Irene from Kampala Life Stars, to set ambitious goals and ensure their fulfillment during their presidency.

Highlighting the impact of collective efforts, Ken, who was recently decorated with an Honorary Doctorate from the University of Tennessee, announced that because of collective efforts, a donation of \$200,000 from Rotarians to Malaria Free Uganda will benefit both the Rotary Mengo Blood Bank as well as the Nakasero Blood Bank. Ken is the Chairman of Malaria Free Uganda.

During the knees-up, Ken also emphasized the importance of purposefulness among Rotarians, urging them to proudly showcase their achievements and contributions. "Rotarians should climb up tall buildings and blow the trumpet's highest notes," Ken said. Halfway through the celebrations, Ken bestowed PHF recognition sapphires upon two new members,

including Patrick Bingi MP and George Kibuuka, a five-year Rotary veteran who is currently battling prostate cancer.

Ken, however, expressed dissatisfaction with non-contributing Rotarians by referring to them as "fake." The PDG who serves as the Membership Chair of Rotary's Zone 22 was echoing Mario Cesar Martins de Camargo, the RI President Nominne's sentiment.

RC Nansana has so far planted 15,000 trees and the Mission Green Governor thanked them for it, and rallied each Rotarian to contribute \$100 towards the Rotary Endowment Fund next year.

He went ahead to request any Rotarian who reckons they won't be able to afford to donate \$100 to the Rotary Endowment Fund to come forward and be prayed for.

However, no one in the crowd stepped up, prompting PP Richard Were to inform the PDG that since 80% of Nansana's club members are already PHFs, contributing \$100 won't be an issue.

Ken, a renowned non-profit fundraiser, emphasized the significance of the time spent on the Kimeeza. He further stated that during his tenure as governor, the district received 53 Major Donors, but most interestingly, much of the persuasion occurred during the Kimeeza sessions.

The event was attended by HCPs from Kasangati, Semuto, Gayaaza, Nagalama, Kasubi, Matugga, Kawempe, Wakiso, and Mahaba.

The President Designates of both Nansana Metro in formation and the Provisional RC of Kanyanya were also present, and so was Emmanuel Okecho, the D9213 Rotaract President of Presidents.

Assistant Governors Robert Ssemakula, Stephen Matovu, and AGE Geoffrey

March Fellowship Moments





Physiotherapy in diabetes management

By Rtn Yiga Robert (Rolian physiotherapy services, ntinda 1)



Diabetes is a chronic condition affecting millions of people worldwide. Careful management and maintenance of good health are key to preventing associated complications. One crucial aspect of diabetes management is regular physical activity. This article, will explore the connection between physical activity and diabetes, highlighting its benefits and emphasizing the Role of physiotherapy.

Diabetes is essentially a result of the body's failure to regulate glucose either by cells not responding to insulin or failure by the gland to produce enough insulin which in the end leads to accumulation of excess sugars in your blood. Engaging in physical activity helps regulate these sugar levels by promoting glucose utilization by muscles.

Muscles utilize glucose as an energy source when exercising thus improving insulin sensitivity, hence contributing to better blood sugar control.

Regular and consistent exercise can significantly reduce the risk of developing TYPE 2 Diabetes which is often linked to lifestyle factors, including physical inactivity and diet. Additionally, physical activity lowers the risk of complications such as heart disease, stroke, and kidney-related problems.

Physiotherapy and Physiotherapists play a vital role in maintaining stable blood glucose levels through prescribing tailored exercise programs to individual needs so as to ensure optimal glucose regulation and minimize the risk associated with diabetes. Aerobic exercises included in consistent Physiotherapy sessions improve heart health reducing the risk of heart disease and related issues due to improved circulation and overall cardiovascular function in diabetic patients.

Strengthening exercises prescribed by physiotherapists enhance muscle strength and flexibility that support and ease daily activities of living. Furthermore, this reduces the risk of injuries and enhances overall mobility.

Monitoring your weight is also key in Diabetes management; physiotherapists may prescribe a weight management program that will help burn Calories to promote lean muscle mass, essential for diabetes control through preventing obesity, another risk factor for TYPE 2 Diabetes.

Neuropathies and other types of pain are very common in individuals with diabetes. Physiotherapy techniques, such as manual therapy and targeted movement prescriptions, alleviate pain improving the quality of life and encourage adherence to an active lifestyle. It is important that you consult a qualified physiotherapist to create a personalized exercise plan that aligns with your health goals bearing in mind that consistent physical activity, along with proper nutrition and medication, can significantly improve your overall well-being as you navigate life with diabetes.



HAPPY BIRTHDAY MARCH BABIES



Johnson Kiiza



***Owek. Rtn
Aloysius
Ssemmanda***



RC Nansana @ 15Years!

RC Nansana charter night celebrations

