



LUBIGI TIMES

Magazine

JULY 2023 EDITION (VOL.1)



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To all those that contributed to this Magazine,
a big thank you and please keep those
articles coming.

Chief Editor
Rtn. Rachel Agumenaitwe

0774 270 858 

**PRESIDENT'S MESSAGE,
Christine Nalubwama Gwanja.**

Dear Friends,

The month of July has come again, which marks the beginning of every new Rotary year. This brings in new energy on how best we are to move as a Club and so here we are.

There are challenges controllable and uncontrollable but it is crucial we remain optimistic. The task ahead of us is possible and this is designed by our work plans spiced up with the Club calendar.

With our shared values, we are sure that "HOPE" will be felt in ourselves and in the communities we serve.

During this month of July, we have exhibited steady take off

A structured hand-over

Held a board meeting and Club Assembly

Held two committee meetings (Club Administration and TRF)

The Zebras buddy group was in charge showcasing participant engagement

Unveiling of the Boy child signature project by our Club Ambassador

5 A Side football tournament participation emerged the third Runner Up, highest peak of the month

A reflection on the Maternal and Child Health month theme.

Friends, let us remain and continue to build on the solid foundations that have been laid by our past leaders, strengthen the bonds of service and friendship. Let this be our chance to answer the calls and indeed our time to put back the people/ communities and so open doors of Creating Hope in the World.

Rotary Club of Nansana continue to promote a collaborative approach other than a competitive one in its operations.

We all know we can, Welcome August.

Thank you.

God bless you and May God bless the Mighty Club of Nansana.

**PRESIDENT'S
MESSAGE,
Christine
Nalubwama
Gwanja.**



Collaboration





My Call to Action

Even as we face new and serious challenges, Rotary takes care of its members and those we serve, works to build lasting peace, and embeds belonging and inclusion in everything we do. That is why I am asking everyone in Rotary to Create Hope in the World.

This year, we're prioritizing projects to support mental health. This effort is deeply personal to me. I know what it's like to see someone suffer in silence. I have also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment.

Research shows that performing acts of kindness is an effective step any of us can take to protect our well-being. And by building peace within, we become more capable of bringing peace to the world.

Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections. This year, we'll promote virtual international exchanges for members to strengthen those vital connections.

Peace isn't a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently and bravely. Everything we do across our areas of focus has the potential to foster the hope that can make peace possible.

The spirit of connection and purpose should inspire every Rotary member. When club leaders focus on offering an excellent club experience, we retain more members and attract more prospective members. We must make our clubs as welcoming and as engaging as we can.

Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves. All people of action need to be able to imagine a place for themselves in Rotary it's up to us to ensure they can do so.

Over the next year, I will be putting a focus on continuing our journey in diversity, equity, and inclusion ensuring that Rotary reflects the communities we serve and continues to take significant steps toward accessing the full range of human talents and experiences, so that we can better serve humanity. And we will continue to empower women and girls by helping them unlock the potential already within them.

As we begin this journey together, I take inspiration from Scotland's national poet, Robert Burns, who in the 18th century spoke of all the world becoming kin, promoting "sense and worth, over all the earth." This has long been my call to action, and I share it now with you.

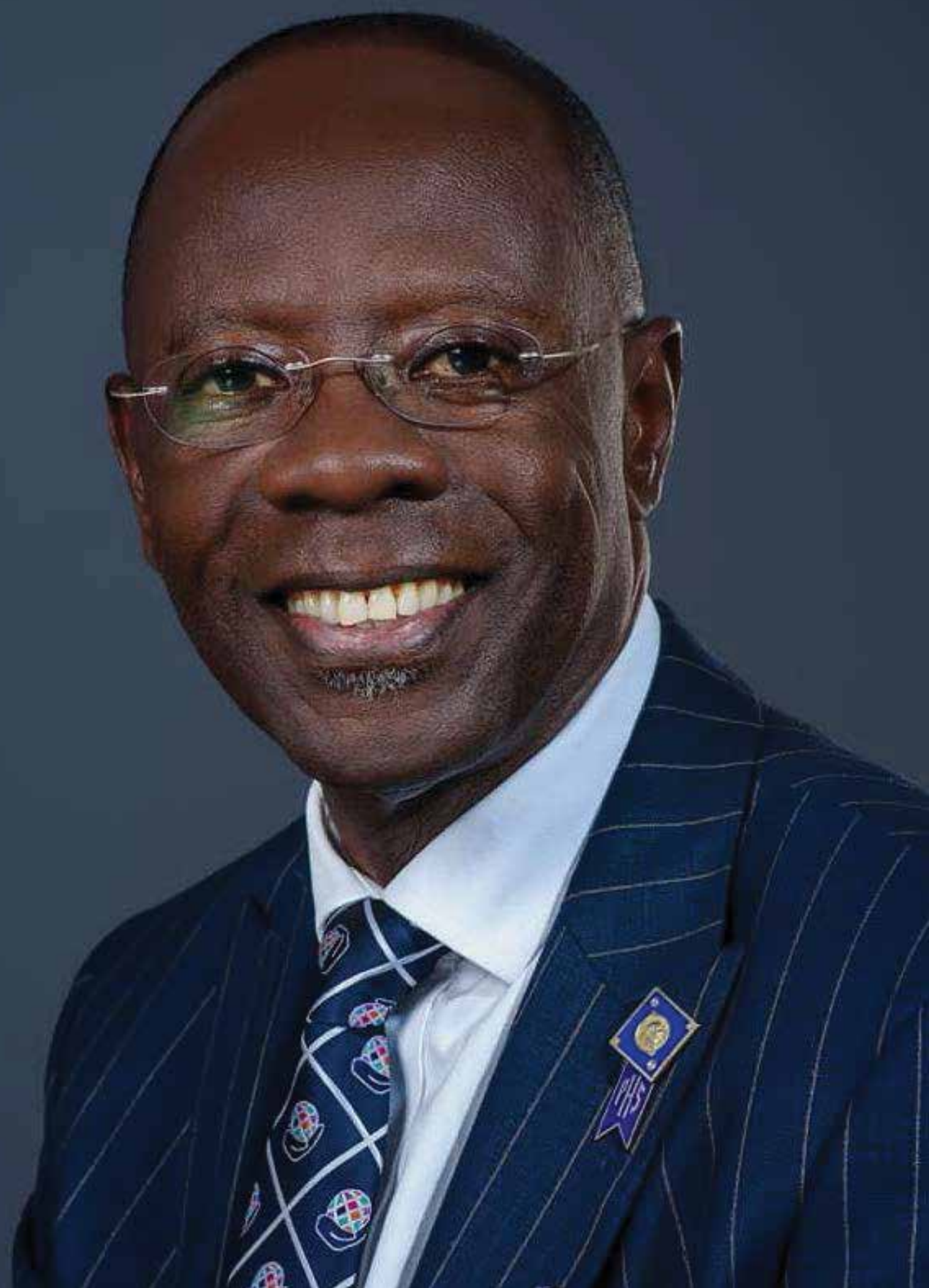
Let us build peace within and spread it freely. Let us create belonging and imagine the future of Rotary afresh. Let us work together joyously and Create Hope in the World.

R. Gordon R. McInally
RI President 2023-24



Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace.

R. Gordon R. McInally RI President 2023-24



District Governor's Message

Dear Fellow Hope Creators,

A new day, a new Rotary year, a new theme to energise us, but with the same mission of Service Above Self.

Entering into the 3rd year of our district, the theme for this year could not have been better. We served to change lives as an infant district. We have been amazing in the Imagine year as toddlers and adolescents. We are now ready as adults to Create Hope in the World.

As a district, our growth could not have been so rapid and marked within two years. All thanks to the leaders who have diligently served us in the last two years.

As your team leader in the Hope Creator Year, I am excited to be part of this wonderful family in D9213. We have a great team to take our district to the next level.

Let us not forget to tell our stories. Stories of hope we have created, what we stand for, and most importantly, stories of creating hope where the word “hope” did not make sense

A level where hope will not only be spoken about but felt and experienced. Creating Hope within ourselves, our club members, and in our communities.

I welcome each one of you to be part of the story.

A story of life-changing interventions through our service to humanity. Stories of creating hope in the communities around us through our various service projects and growing Rotary through membership retention, recruitment, and extension to bring more hands on deck.

Creating hope, in communities we may never know through giving to The Rotary Foundation.

Let us not forget to tell our stories. Stories of hope we have created, what we stand for, and most importantly, stories of creating hope where the word “hope” did not make sense.

I look forward to interacting with all of you in your various clubs during my visits to your clubs. I shall visit all your clubs physically, listen to your grand plans, and motivate you to realise those aspirations.

I wish you the best as we serve to create hope in the world.

Yours in Rotary Service,

Edward Kakembo Nsubuga
District Governor, Rotary District 9213

Need to appraise self

Greetings to all readers and thanks for choosing to read the Lubigi Times

As we start the "Hope Creator Year" we need to ponder and evaluate "The Rotarian in Us". I believe this is the right time to ask ourselves the tough questions and tick the boxes.

1. Did I follow the four-way test to the later in the prior year? What can I do to improve or maintain my position?
2. Did I do good to the world? "For instance, what was my contribution to the Rotary foundation or particularly Polio fund"
3. Did I Participate in Club activities? What was my impact in the club in the previous year? "For instance, what was my effort towards the Nakuule Hospital project, Cancer Run, project writing, Family of rotary etc.?"
4. Did I pay my dues on time to facilitate payment of RI, District invoice and club activities?
5. What was the level of my attendance to fellowship and visits to other Clubs?
6. Which service did I offer in the previous year amongst the following: Club service, Vocational service, community services, international services or youth services?

You can now score yourself on a quantum of 1 to 5, 1 representing poor and 5 representing excellent for each of the question.

I have evaluated myself; I can assure you the results are not the best; I believe I can do better. Please do your own evaluation and send to me if you so wish

!!!! haaaaaaa haaaaa , please remember the "Four test" while doing the valuation.

Please let us promise to do better in the "Hope Creator year". With that I wish the fraternity a good year of service.

IPP Ssekandi Micheal(AP)

Need to Appraise Self



By:
IPP Ssekandi
Micheal(AP)

Nansana Keep household name in Five a Side Football Ranks

By: Lambert B Rusoke



The Rotary Club of Nansana put up a formidable display at the just concluded Rotary football five a side tournament, and registered a splendid fourth place finish, for the second year in a row. The football tournament, that's an annual fundraiser event for the Rotary Club of Kiwatule, saw Nansana, escape the "jaws" of early elimination, by shrugging off RC Bugolobi Morning Tide, in what was one of the closest groups in the history of the tournament, and only had to be separated by goal difference, with Nansana having scored one more goal more than their Bugolobi rivals.

Prior to the Saturday 22nd July showdown, the competition tone had been set a few days before this, with the draws for the 40 Rotarian clubs that had registered for this year's do. Nansana, having finished fourth the last time round and walking away with a cash prize of Ugx.2,000,000, had been seeded as one of the top dogs, and group four had its "big boy" waiting for who to beat. Ex-International and legendary Express FC and Uganda Cranes star, Fred Tamale, the man who scored the first goal at the Nelson Mandela Stadium in 1997, when Express FC pipped rivals SC Villa 1-0, got the honours to draw the other four teams to join Nansana. That's how Bugolobi Morning Tide, Bwebajja, Muyenga Breeze and Kampala Ssesse, got their work cut out.

Action proper, the day was tense, fun, competitive, but all inclusive of Rotary ideology. We started the tournament with a little complacency, and lost narrowly to Bugolobi Morning Tide in the opener.

We then, dominated our second game against Muyenga Breeze, taking an early lead but failing to capitalize on our dominance. And then we paid for that dearly, as a last minute shot, went past our goalie to make it 1-1, and thereby looming at elimination. Up next was Bwebajja, in a must win fixture, and boy, we did rekindle our pre-tournament "big boy" tag by white-washing Bwebajja 3-1, to send a signal to the doubters. But we had one big hurdle. Kampala Ssesse, who have over the years suffered elimination at the hands of Nansana, and were not willing to let us have our way, as they were already qualified and nothing to lose, but wanted to draw their revenge for last year's elimination at Nansana's hands in the quarters. They put in a good shift. But we had to win this to get through to the next round. We surely dominated them and led the game, only to concede an equalizer at the death for 1-1. But with Bwebajja holding Bugolobi Morning Tide to a draw, that was enough to send us through to the last round of 16 on meagre goal difference.

With the tone for champions now set, Muyenga was next on the slaughter list with a 3-1 beating, and onto the quarter finals to face Kira, who we eliminated on penalties, before eventually falling short again against Kampala Sunshine, the eventual winners, at the semis, losing 1-0, in a game played late on, with the Lugogo flood lights not providing a clear scene for the field of play.

We left with our heads held high as the vibe and support from the 12th man, was second to none. Clad in our black and pick jerseys, powered by Spruce Collections and Tangawizi Tea, companies belonging to our Rotarians Rebecca Bemugha and Bosco Kaboggoza respectively, the winning was both on and off the pitch.

The prize money that RC Kiwatule shall award us, shall be tilted to a project of our choice, and then wait for the next year, to go guns blazing again to regain our 2018 tittle.





ROTARY 5-A-SIDE Team



Rotary
Club of Nansana

CREATE HOPE
in the WORLD

AUGUST
2023

Club Monthly Dashboard

THEME: MEMBERSHIP & NEW CLUB DEVELOPMENT

ELEPHANTS BUDDY GROUP IN-CHARGE.

- > Wed. 2nd
Fellowship about Membership:
Topic: The Cycle.
- > Tue. 9th
Fellowship on Buddy Groups.
- > Wed. 16th
2nd Club Assembly for RC Nansana
- > Wed. 23rd
Club Fellowship (About Membership)
- > Sun. 27th
Rotary Cancer Run
- > Wed. 30th
RC Nansana Fun Fellowship



ALLOW YOURSELF TO SUCCEED

I don't know where you are on your success journey right now, but what I do know is that if you're reading this article then you probably want more money, more freedom, and probably to be your own boss, right?

Well, after working with a number of people, I've never met one person who doesn't want to succeed. Instead, I have seen most of the people are holding themselves back from the success they're capable of... even though they are spending time and money to fix the problem. Everyone wants to succeed. No one wakes up in the morning and says, "Muhangi, it looks like a great day. I think I'll hold myself back from success today!" Nor does anyone say, "I think I'll buy this book (or go to this seminar, or start this mentorship program) so I can SABOTAGE myself better!" Everyone wants to succeed...on the conscious level.

But have you ever stopped to think about the cost of actually allowing yourself to succeed? I've asked this question to people in my one-to-one talks, and the response I get is... dead silence. I can almost hear people's minds whirring as they ask themselves: "Muhangi, I never thought of that before...What could be a Cost of allowing myself to succeed?"

What is stopping you from Success is hidden in your subconscious mind, it's like you're driving down the road of life...with one foot on the brake. The fastest way to get your foot off the brake is to see why it's there in the first place. List the reasons why you want to succeed and the reasons why you don't need to succeed. This helps you understand what's holding you back--and what's driving you forward. Then think through what is going to cost you when you let yourself be more successful.

Every decision you make comes from your internal perception of why you should or shouldn't do that thing. So ask yourself..."If a friend came to me with the exact same problems I'm facing right now...what would I tell them?" Once you have your answer, go and take action. Because that is what you should have done all along. You already know the solution to whatever problems you're facing. You know what you should do. But your conflicting emotions are keeping you stuck in indecision. You have plenty of great ideas and big plans, but you're stuck. You're spinning your wheels, making lots of motion but failing to build momentum. You have clarity on where you want to go...but lack the discipline to make it happen.

But if you're fighting against a "poor" mindset it doesn't matter how hard you work, because your subconscious beliefs will sabotage your success. Even if you have the best resources, systems, and work ethic on the planet.

Successful people learn to train their attention to focus on what they want, rather than what they don't want. Psychologists call this selective attention and "conscious integration." Start by making the wrong thing hard to do and the right thing easy – which sometimes requires you to be creative. In order to succeed, we need to take action. In order to take action, we need motivation. And sometimes it takes a lot of self-discipline to motivate ourselves into action.

You are a conscious being. Where you place your awareness is fundamentally what you will become. Again, what you focus on expands. Your consciousness either expands or contracts based on what you choose to focus on. The ability to control and guide your attention. You must become aware, faster, when you're focusing on something that is wasteful, such as social media or other forms of low-level distraction. As you guide your attention toward the good in life, as well as what you want, you will magnetically attract into your life the right people, opportunities, and resources.

The good news is that you can change that. The bad news is that only you can change that. Then understand that it is YOUR responsibility to initiate any change you want to see in your life.

You can claim to have a burning desire to succeed but really do everything possible to self-sabotage. No personal responsibility. And with that they don't take action and then 12 months go by and at best they're in the same place in life that they were last year... only older.

Your success is in your failure. And it's best to be willing to "get punched in the face now in order to wear the Championship belt later."

**ROTARIAN
AFRICAN
MUHANGI**





The Annual Corporate Dinner

Nakuule Rotary Health Centre Fundraiser



SATURDAY 14TH OCT. 2023



**MULTITECH BUSINESS
SCHOOL**

MORE DETAILS TO FOLLOW



<https://rotarynansana.com/nakuule-project/>

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**MULTITECH BUSINESS
SCHOOL**

Call for Support to Upgrade Nakuule Health Center II



Project Name

**Upgrade of
Nansana Health
Centre II to
Health Centre IV**

Project implementer

**Rotary Club of
Nansana**

Project Budget

\$1.2 Million



Figure 1: Health Centre II-Current.



Figure 2: Construction started



Figure 3: Proposed Health center IV

1. The problem we are trying to solve

Nansana Municipality is one of four Municipalities in Wakiso District, in Uganda. Nansana's rapid growth and transformation from a Parish into a high population density Municipality (Nansana has a Population growth rate of 4.1% which is above the national growth rate of 3.03%) calls for an urgent upgrade of the health infrastructure to match pressing community health needs for over 365,000 residents. The current health Centre II, which is the second lowest level, is as per the government's health policy supposed to serve a Parish with an average population of 4,000 people. A health Centre II facility, is led by an enrolled nurse, working with a midwife, two nursing assistants and a health assistant. It runs an out-patient clinic and serves a few thousand people. The current health center II is serving about 100-fold its capacity leaving many people unable to get the required basic health services in area, with the government unable to upgrade the health center using its lean budget amidst competing national priorities.

Key Facts



Nansana has
365,000
Residents



with a high population
growth rate of
4%



hence the urgent need
for a health center that
can serve over

4,000 People



2. Objective/ Goals

The overall objective of the proposed project is to enable Municipality residents, most of them low income earners and urban poor to access affordable medical services. The upgraded Nakuule Rotary Health Centre IV will improve health service quality, quantity and affordability especially women, the elderly and youth who form the majority of the population.

This project is aimed at building infrastructure and equipping Nakuule Health Centre to upgrade to Nakuule Rotary Health Centre IV (Mini-Hospital) which is needed to serve the current population. The new hospital will have infrastructure for wards for men, women, and children. It will also be able to admit patients, accommodate senior medical officers and doctors and have a theatre for carrying out emergency operations. The Centre will be able to cater for referrals from health Centers II and III within Wakiso district, currently the district with the highest population in Uganda.

3. Background

The Rotary Club of Nansana, Buganda Kingdom, Buganda Land board and Nansana Municipality entered a tripartite partnership to renovate and upgrade the current Nakuule Health Centre to the standards of a fully-fledged Health Centre IV. Nansana Municipality is one of four Municipalities in Wakiso District. The district which is part of the Buganda Kingdom and is Uganda's most densely populated district with over two million people. The partnership aims to support the operationalization of Uganda's health sector aspirations as outlined in the National Development plans (NDP II and III) and elaborated in the Health Sector Development Plan (HSDP). The partnership seeks to support a priority area in the HSDP by collaboratively strengthening the Uganda Government's health service delivery in Nansana Municipality in terms of infrastructure development and equipping. In the partnership the government will provide medical personnel and drugs, Buganda Kingdom has provided the land, and Rotary club of Nansana is spearheading the mobilization of funds for the construction and equipping of the hospital.

4. Key Result Areas/Outcomes



400

patients Served daily both in-patient and outpatient.



70

outpatients served daily.



8 Wards and
2 Operating theatres



Laboratory, X-ray,
and CT-Scan Services



5. Project Activities and Budget

Bill No.	Description	Cost \$	Club Contribution \$	Balance \$
1	Substructure	\$ 129,543	\$ 55,556	\$73,987
2	Ground Floor	\$ 221,125		\$221,125
3	First Floor	\$ 244,653		\$244,653
4	Second Floor	\$ 147,557		\$147,557
5	Roof Construction and Coverings	\$ 22,024		\$22,024
6	External Works And Drainage	\$ 159,012		\$159,012
	Sub-Total	\$ 923,914		\$923,914
7	Add: Preliminaries	\$ 63,889		\$63,889
8	Add: Mech & Elect Works	\$ 246,951		\$246,951
9	Add: Contingencies	\$ 61,738		\$61,738
Grand Total		\$ 1,296,491	\$ 55,556	\$ 1,240,935

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30th
ANNIVERSARY

**Tukuyozayoza
okutuuka ku
Matikkira aga 30.
Wangaala Ayi
Beene Magulu
Nyondo,
Ronald Muwenda
Mutebi II**

Sumz
Taste The Difference

ONLINE SHOP
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**Rtn. Frank Magala,(r),the
"Kawuula" of Buganda,
shares warm moment with
Rtn. Dennis Ngabirano,CEO
Psalms Foods Industries, at the
30th Coronation anniversary
celebrations of the Kabaka of
Buganda.**

Rotary
District 9213 & 9214



RotaryCancerRun



@UgRotaryCancerP

#RotaryCancerRun23



**ROTARY
CANCER
RUN 20
23**

To register, click the link or scan the QR Code below:
<https://tickets.ugandarotarycancer.org/>

Rotary
District 9213 & 9214



Rotaract
District 9213 & 9214



CREATE HOPE
in the WORLD



99th

**DISTRICT CONFERENCE
MUNYONYO
25th - 28TH APRIL 2024**

**Early Bird
Registration**

30th Apr - 31 Dec 2023

