

LUBIGI TIMES Magazine

FEB. ISSUE 2024 EDITION (VOL.7)



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LUBIGI TIMES Magazine

CONTENTS

FEB. ISSUE 2024

3 PRESIDENTS MESSAGE,
CHRISTINE NALUBWAMA
GWANJA.

4 RI PRESIDENT MESSAGE
R. GORDON R. MCLNALLY
THINK LIKE A ROTARY
PEACE FELLOW

5 DISTRICT GOVERNOR'S
MESSAGE
EDWARD KAKEMBO
NSUBUGA
ROTARY D9213

7 AN ARCHITECT
OR AN ENGINEER
IN LIFE
BY FRED MUKASA

8 WHY IS PEACE IMPORTANT?
BY REBECCA MUKASA MUTAAWE

11 MENTOR MAGIC
BY DUKU HENRY,

16 BOOK REVIEW:
BENEDICT KAKEETO
KASEKENDE:
AN AUTOBIOGRAPHY.
BY LAMBERT BRIAN RUSOKE

17 A PRISONER OF
THE PAST OR A
PIONEER OF THE
FUTURE ?
BY RTN AFRICAN MUHANGI

19... MONTHLY EVENTS' PICTORIAL



EDITOR'S NOTE.

Allow me take this opportunity amidst these uncertain weather conditions we are facing lately to welcome our dear Rotarians to our Lubugi Times Magazine February Issue. And also check how far we are fairing with our 2024 plans (Resolutions).

We know that a plan is a document so please the first step is to have your plans well written down incase you have not, this will help you tickoff, revise and evaluate. As we approach the end of February, I hope you have several achieved plans to tick off.
All the best in the new month of March

Chief Editor: Rtn. Rachel Agumenaitwe

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February Highlights

The month of February was unique with its twenty-nine (29) days, during which remarkable achievements were registered.

The Peace and Conflict Prevention Month was spearheaded by the Elephants buddy group, filling it with various activities, including:

Reflections on the month's theme by PCC Rebecca Mukasa Mutaawe and AG Alfred Bakyusa.

A courtesy visit by DG Fransisco Ssemwanga D9214 marked the peak of the month, during which two members, Peter Edward Basembeza and Isaac Kiddu, were inducted.

Additionally, TRF recognized Vice President Dennis Ngabirano PHF+2, AG Stephen Matovu Muwonge PHF+4, and Rtn. Moses Mwesigwa Rwaheru PHF, alongside birthday celebrations.

Appreciation goes to the Membership and TRF directorates for the entire arrangement, as well as the clubs and guests who attended our event.

The Charter Certificate was also presented to the Extreme High School Interact Club in Namayumba, accompanied by colorful celebrations. Thanks to the School Administration, Youth Service Director Rtn Darius Atukunda, and the Rotaract Club of Nansana for their support in achieving this.

Work without relaxation is not good for our health. In most cases, we forget to take care of ourselves as Rotarians. A fun Aerobics fellowship concluded the month, preparing us for the Water, Sanitation, and Hygiene month of March.

Congratulations to RC Nansana for its achievements, particularly to the Elephants buddy group.

Thank you.



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



**CREATE HOPE
in the WORLD**



Think like a Rotary Peace Fellow

There are many pathways to peace, and in Rotary, we are fortunate to have Rotary Peace Fellows who demonstrate this truth time and again. Each year, Rotary awards up to 130 fellowships for leaders around the world to study peace and development, and what these peace fellows learn prepares them to work in conflict prevention and resolution and promote Positive Peace. Here are a few examples of the creative ways peace fellows advance peace:

Promoting sustainability: Alejandra Rueda-Zarate combined her Rotary Peace Fellowship in peace and conflict resolution with her master's degree in energy and resources to support her dream of protecting the Colombian countryside. She founded the organization NES Naturaleza in 2011 to help farmers in Colombia and across rural Latin America gain access to knowledge and training to uphold sustainable farming standards. That support has improved the lives of nearly 4,500 farmers, inspiring many of them to become entrepreneurs. And it's helped promote both natural and social sustainability throughout Latin America.

Ending racism: Peace fellows Geoffrey Diesel and Kathy Doherty have applied their fellowships in peace and development studies toward co-founding the Racial Equity Project, a subcommittee of Rotary Positive Peace Activators in North America committed to studying ways to create a more peaceful society through antiracism efforts. The Racial Equity Project takes a deep look into how the eight Pillars of Positive Peace could support efforts to address racism, and it

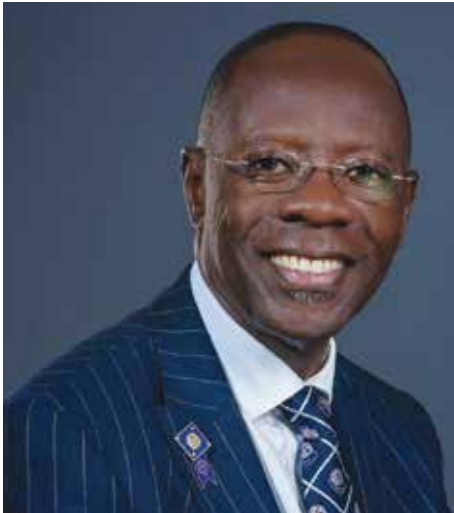
works to spread this message to communities across North America. The organization initially grew from Rotary's strategic partnership with the Institute for Economics and Peace, a global think tank dedicated to promoting Positive Peace.

Managing disasters using data: Through a Rotary Peace Fellowship, Jamie LeSueur earned a master's degree in social science within peace and conflict research. He now leads emergency operations for the International Federation of Red Cross and Red Crescent Societies, setting a management and operational framework for agency collaboration in emergency response situations. Jamie has found that research data is a powerful tool to bring calm to the complex world of disaster response. No matter what an organization's protocols might entail, letting research be the foundation for decision making helps clarify even the most complicated emergencies.

These stories — and hundreds like them — show how Rotary is creating a generation of leaders ready and able to build peace worldwide. Nearly 1,800 peace fellows have graduated from Rotary Peace Centers, and they are applying their craft in more than 140 countries.

May the continuing work of peace fellows and the Rotary members who support them inspire you to continue to Create Hope in the World through service, fundraising, and creative thinking.

R. GORDON R. MCINALLY-
President, Rotary International



For the love of Peace

February has been a Peace building and Conflict Prevention Month. Peace is what we all strive for; for it is within a peaceful society that humanity flourishes. February is also a great month for Rotary because it includes the anniversary of the first meeting of Rotary held on February 23, 1905, in Chicago.

Dorothy Thompson reminds us that peace is not merely the absence of conflict but rather the presence of imaginative alternatives for addressing conflicts – alternatives that transcend passive or aggressive responses, alternatives that reject violence. During my visits to Northern Uganda, I have witnessed firsthand the embodiment of this ethos. Rotarians there have embraced the essence of Rotary to actively participate in alternative dispute resolution mechanisms, thereby mitigating the escalation of land disputes in the area. Despite the trials faced by their region we take pride in their dedicated efforts.

For the year following ours, we had a successful and well attended DTTs in Gulu city. From it, my appeal to the Hope Creator leaders is to ensure that the TRIKA is not broken. Work with the incoming team, so that as we descend, they ascend and start on a high. We do not encourage a vacuum in leadership of Rotary so the current must work with the incoming and the future designates, so that planning is wholesome. As I conclude my clubs visits this week in Northern Uganda, I would like to say that, it has been an exciting journey and let me use this opportunity to thank all the Rotarians in District 9213 for the immense support accorded

to me during this Rotary year where the Theme is “Create Hope in the World.”

Over the weekend, I attended a mega fellowship in Northern region West Nile to be specific, that attracted about 20 different clubs including four from 9214. It was a great success and the theme was based on Palliative care, where the proceeds going forward will be used to construct a palliative care centre in Arua. The icing on the cake was the induction of the State Minister for Finance in charge of Privatisation and Investments Hon Evelyne Anite- into Rotary club of Arua Eco-City with her making a commitment to be an active member at all times, and partnering with rotary together with the investors she knows, to grow our community projects portfolio. Ms Anite's interest in rotary stems from our code of conduct; the transparency we exhibit and the fact that, unlike politicians, we give communities without expecting a payment- they do the opposite. This not only makes us unique; it also makes us believable and credible.

Friends, with only 3 months to go, let us stay on course and not lower our guard because we need to surpass our goals, and finish strong. Have you registered for the mega celebration of our all times at Munyonyo? Has your club registered? I encourage us to ensure we participate in the Discon, so that, like we started together, we conclude this together because we have been Creating Hope in the World together.

Edward Kakembo-Nsubuga
District Governor

DG Fransisco's courtesy visit



Extreme High School Interact Club Charter Celebrations



An architect or an engineer in life?

By Fred Mukasa

Author is a Registered & Practicing Architect and PN of RC Nansana

Dear Editor,

I appreciate the insightful article, titled as above, by Rtn. African in the Nov. Issue 2023 Edition (Vol5) of this magazine.

While I value his creativity and clarity in all his articles, I would like to provide additional insights into the roles of an architect, addressing a few points for the benefit of our readers. It is however important to note that my remarks are not a critique of Rtn. African's article since he's a lay person in both fields.

1. Architects extend their involvement beyond blueprint creation. In collaboration with other professionals they conduct feasibility studies, develop project briefs, provide design in different stages, prepare bid documents and evaluate of tenders. Architects' roles do not stop here either. They continue to supervise the construction works, ensuring quality and adherence to plans and specifications, and are usually Team Leaders on most projects.

Even after the project has been completed and occupied by owner, on expiration of an agreed period which is usually between 6-12months, referred to as Defects Liability Period, the architect along with his/her team goes back and assesses its performance, showcasing their ongoing commitment to the project.

It is actually advisable to retain the architect on the maintenance team of the building, hence emphasizing the point that architects' services do not stop at blueprint.

2. Architects, not "engineers" specify building materials. The writer seems to have used the word "engineer" to mean "builder" rather than professional engineer in certain instances.

While builders (Yinginiya) play a crucial role in construction, architects determine material specifications in collaboration with fellow professional engineers (civil, mechanical, electrical). Builders may propose ideas, subject to approval by the Project Supervising Architect.

This underscores Rtn. African's statements; "The architectural role should not be a responsibility of the many" and "These are people under the instruction of the architect". These statements further accentuates the fact that architects are ultimate decision-makers.

Despite occasional misconceptions, where architects are jokingly labelled as mere "fundi", it's important to note that **architects are actually Master Builders** because they bring people's dreams to life.

I want to admit that it's not only my brother African who thinks that architect's services end at blueprint (at design). Some developers think builders are more knowledgeable than designers because they see them putting together bricks/blocks and mortar and actualise the project. They forget that it's the architect who managed to transfer that dream onto paper and thus nobody can understand it better than him/her. It is therefore advisable that developers continue involving architects throughout the project life, as their supervision fees are considered a minute percentage compared to the overall cost of the building. **The provision of architect's invaluable expertise prevents costly mistakes.**



Why is Peace Important? Unlocking the Key to Global Harmony.



By Rebecca Mukasa Mutaawe
District Membership Attraction
Chair.

Peace is vital for the well-being and growth of individuals, communities, and nations.

A peaceful environment fosters social stability, human rights, and economic development.

Diplomacy and understanding are crucial tools in the pursuit of harmony and peace globally.

The Role of Peace in Social Stability **Preventing Conflicts**

Peace plays a crucial role in maintaining social stability by preventing conflicts. When societies prioritize peace, they actively attempt to address the root causes of conflicts, such as unequal resource distribution or ethnic tensions. Addressing these issues can create an environment that fosters mutual understanding and discourages violence.

For example, peacebuilding efforts can promote dialogue between groups with differing perspectives, fostering a shared responsibility for resolving conflicts. When individuals feel heard and respected, they are more likely to engage in constructive communication instead of resorting to violence.

Facilitating Economic Progress

Another important aspect of peace for social stability is its ability to facilitate economic progress. In times of peace, your society can focus on critical areas like infrastructure development, education, and healthcare. As a result, your country becomes more prosperous and provides better opportunities for everyone.

In a peaceful environment, businesses can thrive, and people can invest in their future without fear of losing their assets to violence or unrest. This fosters innovation, creates jobs, and ultimately raises the overall standard of living. By emphasizing the importance of peace, you can help usher in economic progress and social stability for future generations.

Peace and Human Rights

Protection of Civilians

Peace plays a crucial role in safeguarding the lives and well-being of civilians. In a peaceful

environment, you are less likely to face threats of violence, and your fundamental human rights can be better protected. For example, during times of peace, governments, and societies can dedicate more resources and attention to establishing respect for the rule of law, which is instrumental in achieving long-term stability and securing the effective protection of human rights. Moreover, peaceful societies provide a safe space to pursue your aspirations, practice your beliefs and express your opinions without fearing violence or persecution.

Promotion of Equality

Peace also prioritizes promoting equality by providing opportunities for all individuals to live without discrimination. Establishing and maintaining peace create a conducive environment for addressing societal inequalities and fostering social harmony. As a result, you benefit from a more inclusive and just society where your rights and needs are acknowledged and respected.

For example, peacebuilding efforts often emphasize the human rights dimensions in their initiatives, which encourages member states to recognize and address the human rights issues underlying conflicts. Consequently, your right to equality and non-discrimination can be better protected and promoted in a peaceful society.

Psychological Benefits of Peace **Improved Mental Health**

Experiencing peace in your life can significantly impact your mental health. Peaceful environments positively contribute to a more stable emotional state, allowing you to think more clearly and make better decisions. When surrounded by peace, managing stress, anxiety, and other negative emotions is easier. You can boost your immune system and overall emotional well-being by cultivating inner peace.

There are many simple ways you could improve your mental health by embracing peace:

- Practice mindfulness meditation
- Engage in regular exercise
- Connect with nature
- Cultivate positive relationships

Reduced Rates of Crime and Violence
Peaceful societies typically report lower rates of crime and violence. Reducing conflict and hostility creates a safer environment where people can thrive. This fosters a sense of community, trust, and collaboration among individuals.

As you live in a less violent community, you benefit directly from reduced crime rates. You'll likely feel safer, more secure, and more connected to your neighbors. This promotes social cohesion, which is vital for overall well-being.

In conclusion, promoting peace in your life and in society offers numerous psychological benefits. Fostering improved mental health and reducing the rates of crime and violence will lead to a more fulfilling, happier life.

The Global Impact of Peace

Encouraging Cultural Exchange

Achieving peace plays a significant role in promoting cultural exchange. When conflicts and wars subside, you can learn from other cultures and appreciate their customs and traditions. As a result, global understanding and respect for different cultures can improve proliferating conflicts. Harmony between nations and communities paves the way for intercultural cooperation, leading to advancements in various sectors, including arts, science, and education.

Sustainable Resource Management

Peaceful nations have better chances of ensuring sustainable resource management. Conflicts often lead to economic difficulties and lack of food and water, which pose significant challenges to the sustainable development of a region. Without war, you have better opportunities to focus on resource management, conservation, and fair distribution.

A stable environment crucially assists you in implementing proactive measures that promote long-term sustainability and resilience against potential future crises.

Peace can help you develop more sustainable approaches for your population, economy, and natural resources.

Pathways to Achieving Peace

Education and Awareness

To achieve peace, one of the critical steps you can take is through education and awareness.

By equipping individuals with knowledge about different cultures, religions, and perspectives, you foster an environment of tolerance and understanding

1. Also, promoting education about conflict resolution and communication can help address issues before they escalate into violence.

As a society, investing in educational programs that teach empathy and compassion is essential. This can be achieved through extracurricular activities, workshops, or subjects integrated into the curriculum. Additionally, raising awareness of the importance of peace and its benefits can assist in changing the societal mindset and creating a more peaceful world

2. International Cooperation

Another crucial element in the pursuit of peace is international cooperation. By working together, countries can address global issues contributing to conflicts, such as poverty, inequality, and climate change

3. Collaborative efforts towards a common goal can help build trust and understanding among nations.

Forming international alliances and partnerships can also play a significant role in maintaining global peace. These can take shape through diplomatic relations and joint efforts in addressing conflicts and crises

4. Encouraging dialogue and negotiation to resolve disputes peacefully can contribute to stability.

By focusing on education and awareness and fostering international cooperation, societies can pave the way for a more peaceful world. As individuals, it's essential to recognize the role you can play in this pursuit and take the necessary steps to promote and maintain peace in your daily

Why is peace important for society?

Peace is essential for a thriving society, fostering trust, cooperation, and stability. You can focus on improving your well-being and pursuing opportunities in a peaceful environment.

A well-functioning government is one example of how peace contributes to social progress. Low levels of corruption, equitable distribution of resources, and acceptance of the rights of others also demonstrate the importance of peace in society.

How does peace contribute to development?

Peace contributes to development by creating a favorable investment, infrastructure, and innovation environment. It also promotes education and human capital, which are crucial elements for societal progress. In peaceful conditions, resources can be allocated toward achieving sustainable development goals to create more prosperous and resilient societies.

What role does peace play in our daily lives?

Peace plays a vital role in your daily life by providing a safe environment to work, learn, and interact with others. It reduces stress and anxiety and allows you to concentrate on personal growth and the well-being of your loved ones. Peace also encourages community harmony, promoting goodwill and understanding among diverse groups.

Why is peace crucial for the community's well-being?

Peace is crucial for a community's well-being because it enables individuals to live in a safe, supportive environment that fosters social connections, economic development, and shared understanding. Good relationships with neighbors and cooperation among community members contribute to collective well-being, creating social cohesion and minimizing tensions.

How does peace promote growth?

Peace promotes growth by providing a stable environment where businesses can thrive, individuals can pursue education and skill development, and communities can build strong social networks. A strong business environment combined with adequate human capital increases productivity, innovation, economic expansion, and social improvement.

Why is peace significant for maintaining stability?

Peace is significant for maintaining stability because it minimizes the risk of violence, civil unrest, and international conflicts. Governments can concentrate on addressing societal needs and promoting development when peace prevails. Stability creates a foundation for progressive policymaking and supports a balanced distribution of resources, reducing inequalities and tensions within and between nations.

Author Paul Jenkins



**RC members representing at the burial of
PAG Jotham Mubangizi's father in_law.**



Rotary
Club of Nansana



**CREATE HOPE
in the WORLD**

CHARTER CELEBRATIONS

"MAKING 15 YEARS OF SERVICE"

& FAMILY TREE FELLOWSHIP



CHIEF GUEST:

PDG KEN MUGISHA

WED. 27TH MARCH, 2024.

VENUE: IVORY HOTEL, NANSANA, 6:00PM.

Family Tree Clubs:

RC Kampala East (Mother club to RC Kasangati), RC Kasangati (Mother club to RC Nansana) RC Gayaza, RC Manyangwa Nakweru, RC Kiteezi, RC Nsasa, RC Kyanja Metro, RC Semuto, RC Naggalama, RAC Nangab, RAC Kasangati, RAC Kawempe, RAC Kyanja, RAC Naggalama In-Formation, RC Kanyanya In-Formation, RC Kakiri Gobero In-Formation, RC Kampala Kawempe, RC Wakiso, RC Matugga, RAC Wakiso Central, RC Kasubi, RAC Nansana, RC Nansana Metro In-Formation



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MENTOR MAGIC: How to make mentorship work for your career



BY DUKU HENRY,
Senior Partner at Duhon Associates.

There is no debating this: Mentors make a difference to your career. “Studies show that good mentoring can lead to greater career success, including promotions, raises and increased opportunities.” (Forbes, January 20, 2019)

According to data from a CNBC/SurveyMonkey survey conducted in the USA, 90 percent of employees with a career mentor are happy at work. Big companies are paying attention: 100 percent of the Fortune 50 have mentoring programs and 84 percent of Fortune 500 companies have mentoring programs. (Forbes, May 19, 2022).

But how do you find a mentor if you are not working for one of these progressive giants with a mentoring program? Once you have been through the basic mentoring process in a company with a mentoring program, how do you find other mentors – different mentors who can help you develop new skills and help you uncover new insights into your career?

Many people over the years have found the prospect of finding mentors challenging. “How do I do this? I don’t feel comfortable going up to a senior leader and asking them, ‘Will you be my mentor?’

And those instincts were right. That’s not the way to initiate a mentoring relationship. So how does this mentoring thing work, anyway?

Let’s start at the beginning. When are mentors most helpful to your career? Many people find mentors incredibly helpful in the early years of their career when they are learning the ropes of their job – not only the technical skills, but also, how to talk and present, how to negotiate tricky interpersonal situations, how to decipher the unspoken protocol of an organization, and a big bugaboo for so many of us: office politics.

Once we have found our footing, we might feel that we don’t need mentoring quite as much. We are in a groove in our careers. Then comes a fork in the road: A job with a new company or the bid for a promotion. Once again, a mentor will be valuable in navigating these new waters.

Climbing up into leadership requires a shift from a tactical, day-to-day execution role to a strategic one. Making that leap is often achieved more easily and successfully with a mentor – or a team of mentors that help us address different aspects of leadership and management, not to mention the increasingly complex internal politics.

The need for mentors never really goes away. There may be periods in your career when a mentor isn’t essential to your growth, but inevitably the time will come when you need a mentor.

Before you go on the hunt, ask yourself, are you actually ready to be mentored?

Before looking for a mentor, think hard about whether you are ready to be mentored and ready to invest in the relationship. Being a mentee isn’t sitting at the foot of a mentor and having them impart wisdom. The mentor is offering their valuable time and hard-won wisdom; these are gifts that you acknowledge and express gratitude for not just with words, but by your attitude and your actions.

Being a great mentee means being open-minded, ready to change, dedicated to preparing ahead of time for sessions with your mentor, and committed to following through on goals or projects established with your mentor. How do you prepare? Know what skill or competency you are looking to build, or the question you need help with. Before the meeting, send an email with a subject line that succinctly telegraphs the topic of the meeting and outlines what you’d like to discuss. This ensures that valuable time during your meeting won’t be wasted on laying out why you are there, and it gives your mentor time to prepare as well.

Next, prepare for the meeting itself. Detail the steps you have already taken to build the skill or answer the question yourself. What has worked? What didn’t work? What are some strategies that might work that you can present to your mentor for their input?

Doing the upfront work will make any mentoring meeting more productive, and it will demonstrate to your mentor that you are serious about improving and respectful of their time and input.

Once you have met with a mentor, it’s critical to actually do “the homework,” meaning that you are going to run with the ideas and strategies discussed in your mentoring session and try them out. You’ll want to take notes on your Progress so that you’ll be able to report back and further deepen your knowledge and your relationship with your mentor. They are getting to know and understand you through these interactions.

Very importantly, mentors are typically helpful people by definition, and they WANT to know how you are getting on. They have offered up thoughts and advice, and would like to know if it helped, and what progress you have made. Your updates and feedback are a very important part of reciprocating in the relationship.

The bottom line: Mentoring is not to be undertaken lightly. It's a two-way street and you have to be ready to invest by being thoughtful, proactive and communicative and by following through.

If you are ready to do all that, then it's time to start the search for mentors. What makes a good mentor?

Mentors are typically people further along in their careers who have skills, expertise and experience that you can learn from. A mentor might be a more senior peer, it could be your boss, or your boss' boss, or an experienced leader or SME in another functional area. Usually, you find mentors within your own organization, but there are times when going further afield will make sense. A cool thing to know, if you haven't discovered this already, is that there are established mentorship programs that you can participate in. Who you look for depends on what you are trying to learn. Your primary task is to identify what you need to learn, and then find a person with that expertise who is open to sharing their knowledge. Chemistry is also important. Find someone you can talk with comfortably and with whom you can feel at ease.

Trust is a critical component of a mentoring relationship. This next statement will ring true to everyone in digital trust: It takes time to develop trust. That's why mentoring relationships are generally not instantaneous. The trust in a mentoring relationship needs to go both ways.

You may be sharing information that you would like to have kept between you and your mentor. You need to know that you can trust them to do that. On the other side of the equation, your mentors are trusting you to be respectful of the time they invest in you, and that you will safeguard any confidential information they entrust to you.

We demonstrate our trustworthiness through our actions. Observe potential mentors in a variety of situations and assess their professional reputation

(internally and/or externally). Your objective is to ensure you feel confident that a mentor is someone you can both learn from and trust. And, make no mistake, they will be doing the same with you!

Where should you look for a mentor? In talking with people about how they found their mentors, there were a few common themes:

- They had worked with the person on a project at work.
- The mentor was a go-to person for a particular area of interest or skill development.
- The mentor was an internal client and they had established a good relationship over time.
- They met via a volunteer day at work.
- They met through an affinity group at work.
- They met through a professional group.

What all these things have in common is that the connection happened organically in settings that fostered a way for people to connect in the natural way that people connect. The meeting was not forced.

Tip: Look for settings that appeal to you and where you can meet new people (and potential mentors!), engage with them, and allow your work and personality to shine.

A cybersecurity director at a major financial services company said that one of the most productive ways she had met people who later became mentors was by setting up meet-and-greets and informational interviews with people in other departments. "Strive to learn how their function relates to the company overall or to their own team; this is always a quick way to build a relationship with someone."

However, it wasn't like the person just met the person – there seemed to be some chemistry, and BOOM, they had a mentor. It took time and repeated exposure to develop the relationship.

A consultant at a major management consulting company told me that she had developed a cadre of mentors by finding a senior person on each of her projects that she could talk with and seek advice from as the project progressed. During the course of her multi-month projects, these senior people had the chance to get to know her and see the quality of her work.

Once the project had finished, she stayed in touch, fostering the relationship. She now has a "team" of five mentors who know her and her work, and are ready to mentor her as other questions or development needs arise. In Office, Remote, Hybrid ...

Many of the people I have spoken with about their experiences with mentors noted that it was much easier to develop relationships in face-to-face settings. When work largely went remote, it took more effort and planning to build connections. One couldn't just ask a question in the hallway after a meeting or casually drop by someone's office for a quick chat.

An IT audit supervisor I spoke with said that he had made it a practice while working remotely of keeping his camera on during meetings. He did this to stay in the sightlines of his leadership, mentors and potential mentors. He also noted that he was able to build better connections with seniors and staff who sought him out for mentoring when they, too, kept their cameras on. With work environments still in flux after the titanic shift prompted by the pandemic, it will take some creativity to figure out the best methods for building connections with potential mentors and fostering organic relationships. Good things to consider will be the culture of your workplace and the preferred communication and interaction styles of your potential mentors. A tip for early-career professionals is to capitalize on the time when you are in the office to talk with people in person.

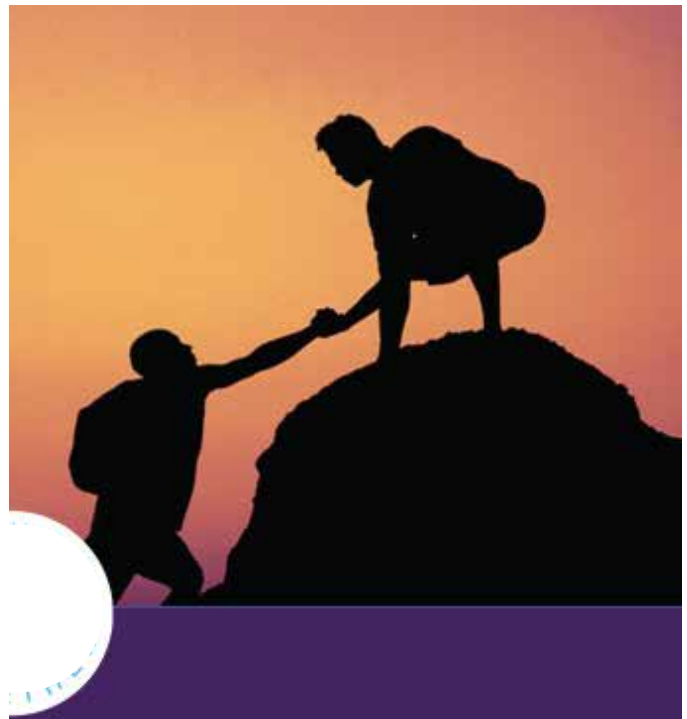
Several managers noted that their staff often send emails or Slack messages rather than walking down the hall (or across the building) to talk face-to-face with a client or colleague.

They characterized it as a habit that had really taken hold with the pandemic. Their concern was the reduced opportunities for valuable person-to-person connections that build trust and help people build beneficial relationships, including mentoring relationships. The watchword was don't "hide" behind email, get out there and be seen and known.

Wrapping up, this was a short course on how to make mentoring part of your career toolkit.

Working with mentors is what successful professionals do because great careers aren't built in a vacuum. There is just too much to know; too many decisions to make along the way. We keep ourselves from wasting time, making poor career choices, and learning the hard way by engaging with mentors

There are many ways to find mentors, and established mentorship programs offer you both their mentoring program and myriad opportunities to meet with potential mentors through your normal or usual events both local and global conferences, meetings, seminars and other avenues. And, once you've experienced the magic of mentoring, consider becoming a mentor yourself. Not only will you learn things yourself through the experience, but also you will be rewarded by seeing others grow and succeed. It's a beautiful thing.



ARE YOU A
MENTOR
MAGNET?

—HOW TO ATTRACT A
MENTOR—

RC Nansana Members handing over the Charter certificate to Extreme High School Interact Club.

Rotary
Club of Nansana





Book Review: Benedict Kakeeto Kasekende: An Autobiography.

By Lambert Brian Rusoke

If you have followed Uganda's banking industry for some time, then the name Kasekende isn't new to the ears.

Yes, you guessed right. It resonates with the former Deputy Governor in Loius, a former Standard Chartered Bank U MD, Herman, and the Finance Trust Bank MD, Annet. But also, the name Eng.Martin Kasekende rings a bell to many boardroom corridors in the country. Famous family, so you may conclude. Far from it. At least from the autobiography, this is a story of humble beginnings from an educator, a father and a friend to many.

I was attracted to buying this autobiography because of the simplicity of the lay out, and the cover design, with a cover picture depicting a young and energetic, smart Benedict Kakeeto Kasekende, plus the pitch at the back cover that includes the premise of the Kasekende family story, the setting, the main characters, and a hint of a life's legacy to behold.

Benedict Kakeeto Kasekende was no ordinary man. He was a man before his time, a man of faith, wisdom, education and tradition. A man who loved his country and his family. This is a story of the heart, of the people and memories that Benedict held dear, carefully narrated and recorded for all to cherish.

Away from the famous bankers and economists of the family, my attention turned to the rotary fraternity in the Kasekende family. One person that comes to fore here is our very own Bernard Kakeeto.

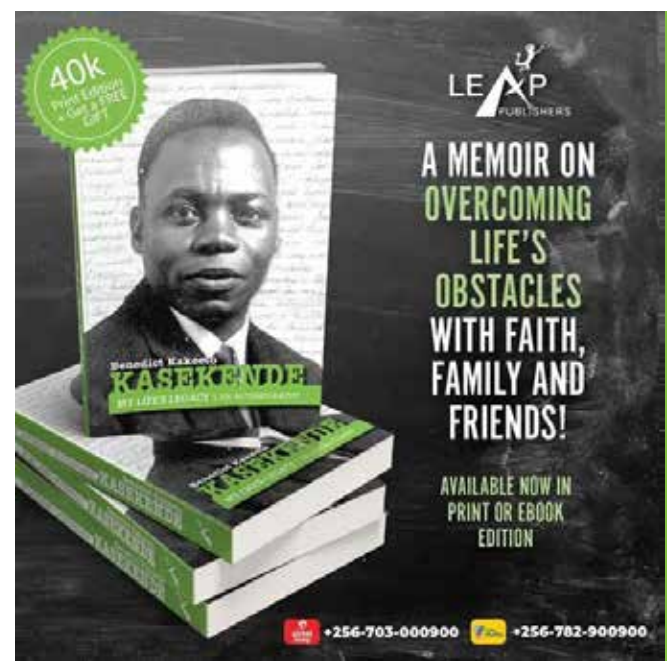
And if you are a member of Nansana RC and haven't known him that much, no need to worry, because his father, Benedict writes about him in whole

(as he did for all his other children). On page 180, under the chapter "Family Ancestral Records", mzee Kakeeto writes as thus on Bernard;

"Bernard Kakeeto was born on 23rd January 1957. He is my third born child after Martin and Mary Margaret. He is a mechanical engineer, specializing in the generation of power. Bernard enjoys working as a farmer in his free time. Bernard also enjoys hockey and is a member of several clubs, including the Rotary Club of Nansana. Bernard married Jane on 21 April 1990. He has two sons and two daughters"

No wonder, Benard Kakeeto, is the humble rotarian that we all know. He never shies away from advising the younger people, sharing with us his experience lessons and that's in part thanks to the deeds of his father.

A good family read, tapping into the life stories and lessons from one of Uganda's impactful families. The legacy lives on.



A prisoner of the past or a pioneer of the future?

By RTN African Muhangi

Over the last days, I have heard very interesting and engaging conversation with a friend that was literally “written off” in 2022 after being discharged from the hospital in Masaka on doctor’s advice to return home and prepare for her last days. Our hard talks and conversations always rotate on being “a prisoner of the past or a pioneer of the future”. A very life threatening experience she has gone through and a very brilliant future ahead as a pioneer in her life because of its unique experience that she is turning into a positive.

Through her experience of being “written off” and living a second life, I always reflect on many of my fellow middle-aged men and women who have entered the second half of life I interact with who are still grumbling and complaining about earlier unhappy experiences, who are still blaming their problems on other people.

They’re angry with their parents, fuming at an old boss, still simmering over their ex-spouse etc. As you listen to their problems, one cutting through thread is that most their perception of their problems are mental because they time travel: they go to their past life and regret the experiences they gone through or what has been done to them, or migrate their minds to the future and feel anxious about events that haven’t even happened. It’s all too easy to slip into the past and be a prisoner of things that happened in your life that you cannot change. Many choose to embrace the psychology of helplessness and victimhood, preferring to explain all their struggles in terms of the actions of others as they happened in the past.



When we experience pain, we devise meaning to interpret our pain; “It wasn’t my fault,” “I didn’t deserve this,” “I’m so unlucky.” or we can choose to engage our pain; “What could I have done better?” “What can I learn from this?” “How can I use this pain as motivation?”). Depending on what meaning we choose, we will generate stories that help inform and determine our future actions. We then become emotionally attached to these stories, treating them as extensions of ourselves. We protect and promote our stories.

Every time you blame someone else or make excuses, you give your power away. You feel weakened and diminished... Without the acceptance of complete personal responsibility, no progress is possible. On the other hand, once you accept total responsibility for your life, there are no limits to what you can be, do and have. Psychologists say human beings have a natural propensity to accumulate pride and shun regret. Whether we recognize it or not, we tend to take responsibility for the positive developments in our lives and attribute unfavorable developments to others or circumstances. But victims don’t create change. It’s only when you choose to focus on what you can do and how you should act that you gain power.

Businesses and other organizations today are looking for people who are willing and able to think, who are self-directing and self-managing, who respond to problems proactively rather than merely waiting for someone else’s solutions.

If you stumbled, get back up and brush yourself off, and get right back on track – Learn your lessons and move on. The past is the past, what's done is done. You can't change what's behind. You only control where you go and what you do. Be focused on what matters and be clear on what counts so you make the right decisions for your right life, right now. In fact, if we refuse to change our beliefs, then we will experience the same pain again and again and again.

Radical responsibility changes everything. It means you own your thoughts, impulses, feelings and actions. You are accountable for the consequences they bring and the impact they have on others. This is not a burden, incidentally. It's a privilege and an honor to take ownership of your actions. It creates freedom and control. It gives meaning to life. Self-reliance is the great source of personal power. We create ourselves, shape our identity and determine the course of our lives by what we are willing to take responsibility for. Want to change your life and solve your problems, starting today? Accept complete responsibility and take the giant step from childhood to adulthood. Self-responsibility is the key to personal effectiveness in every sphere of life. Say three simple words: **I am responsible.**

Regret of the past or anxiety of the future are the thieves of the present. Pain is an attachment to the past.

"Reflect upon your present blessings — of which every man has many — not on your past misfortunes, of which all men have some." — Charles Dickens

Are you a PRISONER of your PAST or a PIONEER of your FUTURE?





All Thirsdlay Clubs Fellowship

Conflict resolution fellowship at Ivory hotel on the 7/February/2024





**RC Nansana
mother club
members at
RC Kasubi
during the
District Governor's visit**

HAPPY BIRTHDAY

FEBRUARY

BABIES



RTN Deo



***PP. Dr. John
Mulumba***



***VPE Robert
Nsimbe***



Rtn Africa Muhangi



***Special Recognition
to George Mutebe***



The Galant Elephant Buddy Group Members Shinning



Pinning of PHF Members

AG Stephen Matovu PHF +4
Vice president Dennis Ngabirano PHF+2
Rtn Moses Rwaheru PHF

Induction of new Rotarians to RC Nansana by DG Francisco Ssemwanga





DG Fransisco Ssemwanga's courtesy visit



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KEEPING HOPE ALIVE

MUNYONYO
SPEKE RESORT

18-20
APRIL 2024

**REGISTRATION
EXTENDED
TO 15TH MAR 2024**

FOR ROTARIANS

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FOR ROTARACTORS

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