

LUBIGI TIMES Magazine

AUGUST 2023
EDITION (VOL.2)



rcnansana



**MULTITECH BUSINESS
SCHOOL**



<https://rotarynansana.com>

LUBIGI TIMES Magazine

AUG. 2023 EDITION (VOL.2)

CONTENTS

3 PRESIDENTS MESSAGE,
CHRISTINE NALUBWAMA
GWANJA.

4 RI PRESIDENT MESSAGE
R. GORDON R. MCLNALLY
PEACE IN PRACTICE

5 DISTRICT GOVERNOR'S
MESSAGE
EDWARD KAKEMBO
NSUBUGA
ROTARY D9213

7 KNOW HOW TO GET EXACTLY
WHAT YOU WANT IN LIFE.
RTN AFRICAN MUHANGI

9 THE LONGEST BUT LAST SWEET
ENCOUNTER WITH THE SPECIAL
BEAST HE WAS!
PP JOHN WASSWA MULUMBA (PHF)

11 INTERNATIONAL DAY OF
THE BOY CHILD: NURTURING
AND EXPOSURE
RTN REBECCA MUTAWE

13 EMBRACING THE JOY OF BEING A BEGINNER
NANSANA COULDN'T MISS OUT THE 1.5BN CANCER RUN.
BY LAMBERT B RUSOKE.



**CALL FOR
ARTICLES**

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

Highlights of the membership and new club development month

Dear Friends,

Because of August, we have been able to celebrate the Membership and New Club Development. There is a reason for this, Membership is the engine of rotary formation and without it we are no more!

The power of collaboration has been at the center of our club dealings during the month as the Elephants buddy group has fully kept members engaged throughout all media platforms and during fellowships in a bid to fulfill its planned activities. This has also attracted new members to the club. Thank you.

Among the key engagement activities, we have had;
Anniversaries and Birthday celebrations summed up by cake cuttings
Zumba Dance FAN and FUN activity
Mental health well-ness talks
Cancer run launch and actual participation both at Wakiso and Kololo with our rota-kids , Andys and Anns.
Fresh guidelines on corporate membership for club growth by our AG Robert Ssemakula.
Held a board meeting and a Club Assembly as a pointer to good governance.
All these have been moments of Joy and peace.
Friends, steadily let us embrace September.

Together, we can, and Lord willing, will make a difference.

Thank You.

PRESIDENT'S MESSAGE, Christine Nalubwama Gwanja.





Peace in Practice

The International Day of Peace takes place 21 September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace through observing 24 hours of nonviolence and cease-fire.

It is not enough, as people of action, to simply avoid making war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration.

In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted

Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programs and make them more accessible.

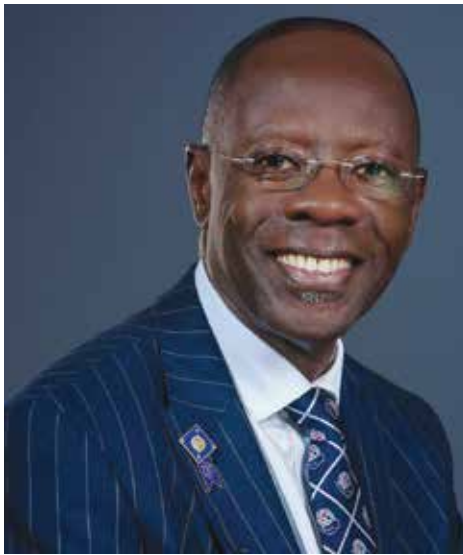
A virtual exchange uses online platforms to connect people from different parts of the world so they can share their traditions, priorities, values, and more. Virtual exchanges can serve as a window to another part of the world through activities such as teaching a digital cooking class, learning a new language, or even designing service projects with a global impact.

These online chats have the potential to inspire new connections and more respect between societies. Taking that knowledge and using it to better the lives of our fellow human beings is the next step.

Let's see where it takes us.

R. GORDON R. MCINALLY

President, Rotary International



Reflections on August: A Journey of Rotary Spirit, Growth, and Hope

Dear Fellow Rotarians,

Time flies, and here we are again, in the embrace of another month. The first two weeks of this month took me on an exhilarating journey to the Eastern part of our country. To my friends in Jinja, Mbale, Bukedea, Kumi, Soroti, Ngora, and Katakwi, thank you. Your warmth, your cuisine, your hospitality – they all spoke volumes about your unwavering commitment to Rotary. Your spirits are a testament that the flame of Rotary will forever burn bright.

Among the highlights was the chartering of the Rotary Club of Ngora. It fills my heart with pride that our district boasts a Club of 78 members, a beacon of Rotary's growth outside Kampala. The wildfire of the Rotary spirit has spread across our nation, uniting us all in service. This single action was evidence that our celebration of membership and extension did not go to waste. You know our strength is in numbers for each new member adds to our collective ability to make a tangible difference in our communities. Ngora stands as a testament to this truth, a result of your dedication.

Membership is the cornerstone of Rotary, the bedrock from which our impact blossoms. It is through our shared passion that we extend our reach, amplifying our influence and community service globally.

With such great numbers, which definitely talk of great projects, I urge you all to embrace the art of storytelling. The North, the East, the Central – our regions are brimming with untold stories of Rotary's

transformative work. Let us share these stories to preserve our legacy, inspire others, raise awareness, and celebrate our achievements.

As we crowned the month, I was honoured to join you all at the Uganda Cancer Annual Run on the 27th. Our participation kindles hope, not only for ourselves but for those battling cancer. As a united front, I can prophesy that we shall conquer this adversary called cancer. Twelve years since the inception of the run, our progress shines brighter than ever.

Now, mark your calendars guys for the 21st day of October, when we gather for the district TRF Dinner/World Polio Day. Hosted by the Rotary Clubs of Kiwatule and Kyadondo, the Kabira Country Resort will witness a great evening of a sumptuous dinner and an award winning episode. This day will however commence with polio activities from Kitante Primary school grounds. Let us unite to champion our cause and share our cheers.

As September dawns, I call upon you all to embrace the theme of Basic Education and Literacy. Let the BCUP foundation guide us to empower individuals through education, nurture literacy, and arm them with skills for a brighter future. See you at the finish line.

Yours in Rotary

Edward Kakembo Nsubuga

District Governor 9213



99TH DISTRICT CONFERENCE

KEEPING HOPE ALIVE

Rotary
District 9213



Rotaract
District 9213



DATE

18-20
APRIL 2024

VENUE

MUNYONYO
SPEKE RESORT

EARLY BIRD REGISTRATION

\$200

FOR ROTARIANS

\$120

FOR ROTARACTORS

DEADLINE: 31ST DEC 2023

REGISTRATION LINK - <https://discon.rotaryd9213.org/>

99th
DISCON

18th - 21st
APRIL 2024

@Speke Resort
Munyonyo



EARLY BIRD
REGISTRATION

Rotarians - USD 200

Rotaractors - USD 120

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



Know how to get exactly what you want in life.

As I had put up the title for this article; “How to get exactly what you want in life”, I recalled the story of The Executive and The Fisherman. Perhaps you’ve heard it. “There was once a businessman who was sitting by the beach in a beautiful village. As he sat, he saw a fisherman rowing a small boat towards the shore having caught quite few big fish. The businessman was impressed and asked the fisherman, “How long does it take you to catch so many fish?” The fisherman replied, “Oh, not very long.” “Then why don’t you stay longer at sea and catch even more?” The businessman was astonished. To which the fisherman responded,

“This is enough to feed my whole family. The businessman then asked, “So, what do you do for the rest of the day?”

The fisherman replied, “Well, I usually wake up early in the morning, go out to sea and catch a few fish, then go back and play with my kids. In the afternoon, I take a nap with my wife, and evening comes, I join my buddies in the village for a drink — we play guitar, sing and dance with my friends” The businessman offered a suggestion to the fisherman. “I am a PhD in business management.

I could help you to become a more successful person. From now on, you should spend more time at sea and try to catch as many fish as possible. When you have saved enough money, you could buy a bigger boat and catch even more fish. Soon you will be able to afford to buy more boats, set up your own company, your own production plant for canned food and distribution network. By then, you will have moved out of this village and to the capital city, where you can set up Headquarter to manage your other branches.” The fisherman continues, “And after that?” The businessman laughs heartily, “After that,

you can live like a king in your own house, and when the time is right, you can go public and float your shares in the Stock Exchange, and you will be rich.” The fisherman asks, “And after that?” The businessman says, “After that, you can finally retire, you can move to a house by the fishing village, wake up early in the morning, catch a few fish, then return home to play with kids, have a nice afternoon nap with your wife, and when evening comes, you can join your buddies for a drink, play the guitar, sing and dance throughout the night!” The fisherman was puzzled, “Isn’t that what I am doing now?”

The fisherman kept asking probing question thus: “And after that? The fisherman had a clear vision for what he wanted. He had a clear path to get there that didn’t involve so much sacrifice.

What will be your story? “How will you measure your life?” What sacrifices are you making, and why? Are they worth it? In most cases, you don’t have to kill yourself at work just to retire and die. That’s not how you want to spend your future. You can change it. It starts with creating a clear vision for your life and your family’s future. I am not suggesting you do not work. But I am suggesting you sit down and think about where you really want to be in life. You don’t have to be trapped in someone else’s plan. You can design the life you want. But it starts with knowing where you want to be and having a map for getting there. After all, you can’t get directions if you don’t have a destination, right? And as they say, “Knowing is half the battle.”

One does not need great wealth and power, nor enemies that want to see you dead, in order to know that life is beautiful. One does not need to work 60 hours a week, to lose health to work, or to set aside for tomorrow the things that matter today. With better planning, with a vision, and with the right decisions for your right life, you can enjoy the beautiful life much more today. A clear and concise vision for our future reflects our desired destination in life. The path to success is obvious. It shows you how to get there fast and avoid detours. It saves us time and energy while getting exactly what we want in life.

But you must also have the right mindset. And you must learn how to get out of your own way.

You must have a vision before you start strategic planning. Most people get visualization all wrong. They focus on the outcomes they want to achieve instead of the processes they must follow to achieve them.

You have to decide where your time and energy are most effectively expended every day in order to be as effective as you want and need to be. In addition to determining where your time and energy are most effectively spent, you have to put the habits and structure in place to execute what you need to get done.

In our current information age, we are bombarded with emails, phone calls, texts, and a laundry list of things to do that suck away our time and energy. While we cannot avoid the aforementioned ‘time and energy suckers’, it is our duty to ourselves to put the right structure in our day and safeguard our time and energy like our success depends on it...because it does.

Keep tracking your progress on what matters to you. Have a clear picture to help you determine what’s working and what isn’t. And this applies to every area of your life. But, you will never get what you want from the way you contribute to the world until you learn how to align your actions with your essence. And you cannot do that until you know who you are.



Article by: RTN African Muhangi

The longest but last sweet encounter with the special beast he was!

By PP John Wasswa Mulumba (PHF)

It was a beautiful sunny Saturday morning of 4th August 2018, farmers busy setting up their stalls of a mazing diversity of seeds of different crops which colored the exhibition tables with more than the rainbow can offer. Meanwhile the community members from far and wide were arriving in huge numbers with very expectant faces to learn, enjoy but also to explore opportunities for making money. By 9:30 a.m. dignitaries and invited guests from as far away as Kampala had started arriving. As one of the organizers of the function, I was enjoying exchanging pleasantries with all manner of guests. The NGOs and CBOs as well as government entities responsible for community transformation were very well represented.

A few meters away I notice a group of new arrivals. As I approach them, I realise they were not strangers. It was a team from PELUM, an NGO consortium led by their Chairperson and Rotary's Past President Omulangira Joseph Ssuuna (PHF). "What are you doing in this Bunyoro village of Kibayire?" I teasingly quizzed. 'I am here as the initially identified Chief Guest but thank God I am a freeman simply enjoying this marvelous exhibition', he retorted. That marked the start of a fun day for the two of us. Omulangira enjoyed every inch and moment of the exhibition which culminated into the official opening of a bank for seeds in the community. The community was destined to enjoying a system very similar to commercial banks but this time dealing in seed. "You are doing great things out here" he repeatedly remarked as farmers and community members displayed a wealth of knowledge on the crop diversity they possessed. From resistance to pests and diseases, to drought tolerance, to great taste so they narrated.

Omulangira Ssuuna is a great lover of community service and the environment exemplified by his long carrier path working with NGO's such as Community Development Resource Network (CDRN), Participatory Ecological Land Use Management (PELUM), Action Aid etcetera, etcetera. Impactful evidence is right at his home village in Kyankowe. A mile away from the Kampala-Mityana road you are welcomed by a big acreage of pine trees he planted covering the beautiful ancestral hill. His strong resolve, focus and vision enabled him to achieve this despite the fires that burnt his trees on several occasions.

On the Road

Jubilations of winning exhibitors filled the air as they were awarded with farm equipment and certificates. A sumptuous meal, music, dance The sun didn't care though as it started threatening to hide behind the hills beyond the oil wells. Omulangira abandoned his entire entourage and a more comfortable limousine and decided to travel back to Kampala with me in a 'kabangali' (pick-up vehicle). Those of you who know the humorous nature of this gentleman can easily imagine how enjoyable the journey was. With just the two of us and our driver we shared lots spanning cultural, social, political and even family life. We particularly engaged our thoughts with the challenges of increasing work-load and social demands as one's age advanced. He had, for a couple of years, frequently talked about how he looked forward to retirement into his green country home and was working tirelessly to ensure it was in a state he desired.

By the time we arrived in Nansana, we had developed 'engoombo' that "Bwotegendereza oyabika" meaning if you are not careful with life pressures, you can perish. Little did I know that the four- hour journey was going to turn out to be the sweetest, longest, most memorable but also the last one- on-one conversation with pleasurable Omulangira Ssuuna.

The bloody Sunday

We parted beyond 9:00pm but having shared our engagements the following day.

Omulangira was to travel from his Kyengera home to Mityana to join a family meeting of friends to play an advisory role. Late afternoon, I see a call coming through from Ann Allen (Mrs. Ssuuna). I didn't imagine a communication anywhere far from "Mukulikeyo egulo". Alas, it was! Omulangira had collapsed in the family meeting and rushed to a health facility for first aid. An ambulance had been mobilized and evacuation to Nsambya hospital was under way.

The smart thing to do, so I thought, was to dash to Nsambya Hospital. On arrival, we learn that the high dependency facility in the intensive care unit (ICU) was full and therefore patient admission in such a state was not possible. The ambulance had already driven out in search for another health facility. Now the panic levels were rising fast!

As I fumble with my phone set to call Ann Allen, a call comes in from the Ambulance, "we are heading to UMC Victoria Hospital, Bukoto". I momentarily lose sense of direction- is right turn right or left turn right! The urge of rushing through traffic builds up much as I have no idea what I should do on getting there.

'Excuse me!' I ask a uniformed personnel; 'where is the ICU'? Take the lift, he retorts. "Doctor", Allen calls out on seeing me, + 'there are documents that require signatures, come in'. With hasty limbs but a hesitant heart I succumb. I peep at Mulangira, tubes and life support machines all over him; he is way far from my own known for entertaining young and old with special lyrics such as 'Kano akati akakalu akawamanga, nkelondere nkantwale nfumbe; nabano abaana baali balongo'

Theatre

Dr. Mukasa (MHSRIP) walks in. 'That is the surgeon', so I hear from other arriving relatives and friends. Between the ICU and theatre is the corridor and waiting space. Traffic of the theater team increases, criss-crossing the two lifesaving units. Theater processes unfold but for seemingly too long! Finally, the ICU patient carrier trolley reels out; Mulangira abode. Dr. Mukasa himself (now dressed in green) pushing the bed.

Doors to first theater room open, bed swiftly pushed through; door closes before us then opens immediately! "Three- four of you come in here!" Dr. Mukasa beckons. We rush in. "Pray for the patient" he calls. As I struggle with the prayer, he says enough, enough; he disappears with the patient beyond the next double door.

The long harrowing wait

One hour, two hours, three hours, four hours; not even the most revered news anchor, CNN or Aljazeera could provide us with the badly needed updates from the strictly 'no unauthorised persons' facility. Fifth hour, traffic between the theater and ICU resumes. None of the theater staff is saying anything! None of us has the courage to ask either! 'Could there be another door the other side of theatre for worst case scenario!!' my thoughts kept oscillating.

Finally, the trolley bed rolls out of the theater just to be met with tens of tearing, petrified eyes. Omulangira is still alive! Within a few minutes Dr. Mukasa, very considerate about our state of mind, comes out and informs us that despite the serious injuries the patient had received in the brain, he had successfully fought the surgery battle.

Post hospital

This month of August marks a 5 year long difficult journey for our dear Omulangira Ssuuna and his family. Unable to move himself, stuck in a wheelchair with no single word from his lips, only his CREATOR knows what the future holds Let us continue supporting and encouraging Ann Allen and family.



Article by PP John Wasswa Mulumba





Omulangira Ssuuna Club Visit

DG'S VISIT

&

Tusimbudde Dinner Dance to the
Nakuule Rotary Health Centre

Fee: 100k



SATURDAY 14TH OCT. 2023

Edward Kakembo Nsubuga
District Governor Rotary District 9213



VENUE:

IVORY HOTEL, NANSANA.
3:30PM



<https://rotarynansana.com>

f i t rcnansana



**Book your
Invitation
now!
@ only 100k**

International day of the boy child: nurturing and exposure

Champion Boy Child Program D9213

The development and well-being of children are crucial for building a prosperous and harmonious society. While discussions around gender equality often focus on addressing the challenges faced by girls, it is essential not to overlook the specific needs and concerns of boys.

The boy child plays a significant role in shaping our world, and it is important to understand and support their growth, development, and rights.

We took the time to visit communities and school and ask questions about the boy child and how their world could be shaped for good.

According to ArcBishop Stephen Kazimba he believes that; "Considering the nature of a boy, who grows to become a man, they are not known for sharing their problems or what they go through" she encourages that (BOY-child) they should not suffer in silence bottling up their troubles which can make them a bitter person in society".

DG Edward also told the Rotarians in D 9213 that, they should speak out whenever they are faced with any problems or any form of abuse".

DG Kakembo said "The boy child needs more attention on equal even with the girl child unless we will continue to have lawlessness in the society because the boy child has been neglected for far too long"

To another DG Edward "The Boy child also needs to be taught from the cradle which is what they are doing right now,

to understand crying is part of growing too, it is alright to cry. They should also report any abuse they are passing through, to their teachers as well"

Some of the challenges today's boy child faces also include:

Unique Challenges

Just like girls, boys face their own set of challenges as they navigate through childhood and adolescence.

Society often expects boys to conform to rigid gender norms and stereotypes that can limit their self-expression and emotional well-being. Boys may experience pressure to display toughness, suppress their emotions, or conform to certain masculine ideals. It is essential to recognize and address these challenges to foster a healthy and balanced development.

Emotional Well-being

Societal expectations often discourage boys from openly expressing their emotions, which can have detrimental effects on their mental health. Encouraging boys to embrace their emotions, teaching them emotional intelligence, and providing them with safe spaces for communication and support are crucial. By promoting emotional well-being, we help boys develop healthy relationships, empathy, and self-awareness.

Education and Learning

Education is the foundation for a successful future. However, boys may face unique academic challenges, such as higher drop-out rates, learning difficulties, or societal pressure to focus on physical strength rather than intellectual pursuits.

It is important to provide equal educational opportunities for boys, encourage their academic interests, and create inclusive learning environments that cater to their needs.

Health and Physical Development

Boys' health and physical well-being deserve equal attention. Promoting healthy lifestyles, physical activities, and proper nutrition helps in their overall growth and reduces the risk of health problems later in life.

Addressing specific health issues that affect boys, such as male-specific diseases or mental health concerns, is also crucial.

Role Models and Positive Masculinity

Boys look up to role models who embody positive qualities and values. Encouraging the representation of diverse male role models, including those who embrace empathy, compassion, and respect, helps boys develop a broader understanding of masculinity.

By challenging toxic masculinity and promoting positive role models, we create a healthier and more inclusive society.

Equal Opportunities and Gender Equality

Promoting gender equality requires addressing the needs and rights of both girls and boys.

Advocating for equal opportunities in all areas of life, including education, health-care, employment, and decision-making, ensures that boys can flourish and contribute positively to society without facing discrimination or bias.

The boy child is an integral part of our society, and their well-being, growth, and rights should be given due attention.

By acknowledging their unique challenges, nurturing their emotional well-being, providing equal educational opportunities, prioritizing their health, and promoting positive masculinity, we create a more inclusive and equitable world for all.

Fostering the potential and ensuring the rights of the boy child is not only beneficial for their individual development but also vital for building a brighter future for generations to come.

As the world celebrates international boy child day today the world should begin especially in third-world countries, like Uganda, where the boy has been neglected for far too long hence the need for a change.

**Authored by
PCC REBECCA MUKASA
MUTAWE**

to understand crying is part of growing too, it is alright to cry. They should also report any abuse they are passing through, to their teachers as well”

Some of the challenges today’s boy child faces also include:

Unique Challenges

Just like girls, boys face their own set of challenges as they navigate through childhood and adolescence.

Society often expects boys to conform to rigid gender norms and stereotypes that can limit their self-expression and emotional well-being. Boys may experience pressure to display toughness, suppress their emotions, or conform to certain masculine ideals. It is essential to recognize and address these challenges to foster a healthy and balanced development.

Emotional Well-being

Societal expectations often discourage boys from openly expressing their emotions, which can have detrimental effects on their mental health. Encouraging boys to embrace their emotions, teaching them emotional intelligence, and providing them with safe spaces for communication and support are crucial. By promoting emotional well-being, we help boys develop healthy relationships, empathy, and self-awareness.

Education and Learning

Education is the foundation for a successful future. However, boys may face unique academic challenges, such as higher drop-out rates, learning difficulties, or societal pressure to focus on physical strength rather than intellectual pursuits.

It is important to provide equal educational opportunities for boys, encourage their academic interests, and create in



Embracing the joy of being a beginner

By Lambert B Rusoke.

Being a “beginner” should be embraced and appreciated for the doors it opens to new experiences and opportunities for growth.

Why, then, do so many of us shy away, even reject the newbie status?

Well, there are many reasons, but one that stands out for me, and tell me if you can relate, is the fear of how others will judge me.

Being bombarded with the highly polished, climax moments and achievements of others a particular field of work can lead to distorted thinking.

It starts with comparing yourself to people who are more experienced, which can trigger feelings of inadequacy and self-doubt. A real confidence crusher!

Think about back then when you hadn't yet jumped into the business you're now perfectly good at. You would scroll through social media platforms, checking out folks who were creating impactful and insightful business value chains.

And such stories, we have heard from our own Rtn.Ngabirano Dennis of Psalms Foods and Rtn.Frank Magala of Hotel Ivory, to mention a few.

Even though they knew they had some good ideas to drop in the business arena with their start-ups, they weren't feeling business -ready to shift the business environment gears.

Imagine not only being a newbie in business, but being a newbie with an audience watching. An audience not willing to have below par products albeit your inexperience in the field.

RC Nansana Winning One Million from 5-A Aside

You become like a curious kid. What happens when I press this button? How can I smooth out that transition?

This whole journey clues us on something big: the value of a beginner's mind.

Starting from scratch means we've got a blank canvas and an open mind — the perfect recipe for learning and letting creativity flow.

And the best part? With a beginner's mind, there's no need to pretend to have it all figured out, no more "fake it till you make it." Instead, it's all about celebrating the power of humility and embracing the process of growth.

And let's not downplay the immense benefits a beginner's mind brings to even the most experienced leaders.

Case in point: CEO Michael Dell once participated in a PwC survey that inquired about what traits aid in a CEO's success. His response? "I would place my bet on curiosity." Well, guess what? As a beginner, you're brimming with curiosity!

So, let's have the quick confidence and drive to rediscovering the joy of being a beginner and allowing your curiosity to guide you into exciting new realms within your career!



Nansana couldn't miss out the 1.5BN Cancer Run.

The annual Rotary Cancer Run was carried out across the country at different regions of the country, and the results were there for all to see. Ugx.1.5 billion was raised, in a fundraiser effort geared to fighting Cancer. The Rotary Club of Nansana was in the middle of the run, with members participating through the Kololo Chapter run and Wakiso Chapter run. And this has continued for the 12 years running, that the run has been on.

This year's run that was held August 27th 2023, under the theme 'Run for Hope,' was looking to increase participation and reach the goal of raising shs.2 billion. And the various runs in towns and cities including; Wakiso, Entebbe, Masindi, Fort Portal, Jinja, Arua, Ibanda, Kabarole, Masaka, Gulu, Kiboga among other towns, was massive and intentional.

Beatrice Lugalambi, General Manager Corporate Communications and Marketing at Centenary Bank said, "Launching the runs upcountry only serves to highlight our joint commitment to eradicating cancer and improving community well-being. The Cancer Run's success is an encouraging reminder of what can be accomplished when people come together for a common cause."

Lugalambi added, "Centenary Bank extends its heartfelt appreciation to Rotary for spearheading the efforts in the fight against cancer and taking the fight against cancer to more places across the country. We are proud to be part of this incredible journey with Rotary, and consistently supporting initiatives aimed at fighting cancer. Throughout the years, the bank has actively participated in the run, not only as a financial sponsor but also by encouraging employees and customers to take part in this meaningful event."

For the past 12 years, the Rotary Cancer Run has played a pivotal role in the fight against cancer, contributing significantly to the construction of cancer facilities in Nsambya Hospital, including a new wing extension of 2 bunkers that will house the 2 LINAC cancer testing and treatment machines.

The run has evolved into a significant event, attracting runners from across Uganda and even participants from around the world. By launching the marathon throughout the nation for its 12th edition this year, is testament of the dedication and commitment to the cause.



By Lambert Rusoke



Nansana vows to keep running.

Buddy Group Sparkle: Stop over thinking! Do these 3 things instead

Ever catch yourself caught in a dialogue loop where you are replaying work conversations in your head? What did the boss really mean by that statement? Did she really mean to say that?

In fact, for a group of us, one study revealed more than 50% of people are chronic overthinkers. We ruminate and we replay things over and over again in our head. While it is not always negative, excessive overthinking can hinder our progress and prevent us from deciding. So, how do we stop overthinking when we need to get things going? Let's explore 3 reframe strategies:

Trust Yourself: You possess more knowledge and insight than you give yourself credit for. Remind yourself of your competence and expertise, and trust your ability to handle challenges.

Talk it Out: Sometimes just having a person you can run your idea by is all you need to process what's on your mind. It's not that you need others to make the decision for you, but verbalizing it is a way of clarifying your thought.

Label It: Combat overthinking by giving it a name. Labeling the overthinking mind can help you recognize when you're doing it, which can help you pivot. Give yourself a deadline for when you need to decide by so you don't drag things on indefinitely. Lastly, optimize your decision-making process by focusing on your values and priorities.

Reflective Questions.

1.Are you an overthinker yourself?

2.How do you manage it?

Let's discuss these in our buddy groups and see what magic it brings out.

**By Rtn John Robert Okware
Membership Director.**



**Club members
attending
AG Stephen
Matovu
birthday party.
*Mini Visit***

Book Corner:

Snippets compiled by Lambert B Rusoke.

1.Think Again: The Power of Knowing What You Don't Know, by Adam Grant. Adam Grant challenges and tickles middle-aged and experienced executives in a world that seems to change at warp speed, and argues that staying curious, unlearning, and relearning are essential. Just like all Adam's books, this one too gives great inspiration to do just that. To THINK AGAIN.

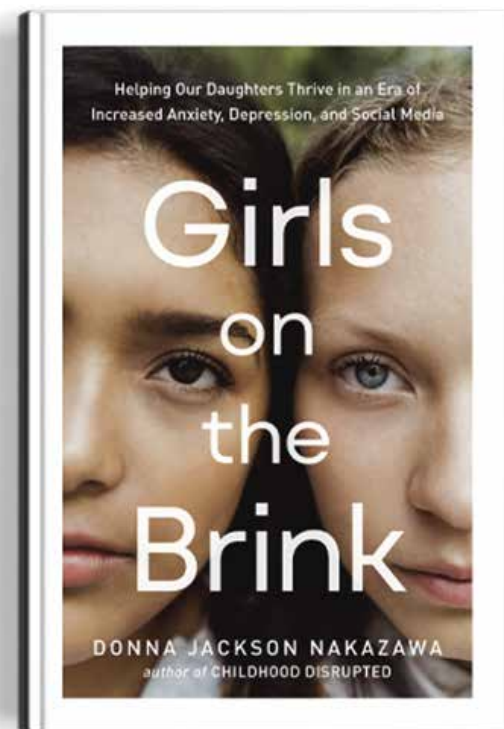
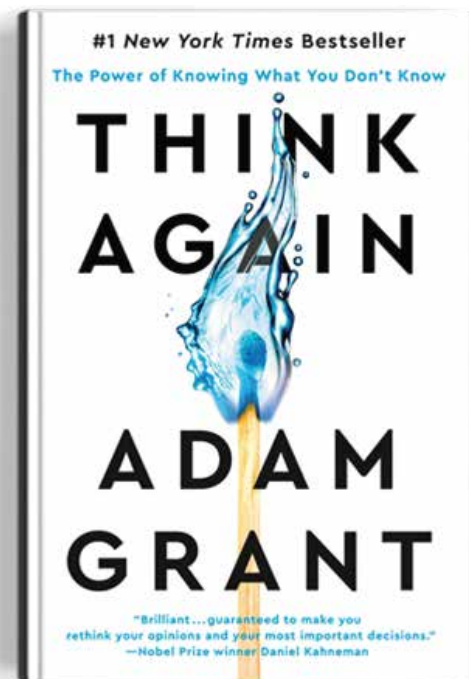
2.Girls on the Brink: Helping Our Daughters Thrive in an Era of Increased Anxiety, Depression, and Social Media, by Donna Jackson Nakazawa. This book examines teenage mental health through interviews with teenagers and offers practical guidance to parents. A good read to knowing how best to counter such scenarios in the ever-changing world facing our young ones.

3.Talent: How to Identify Energizers, Creatives, and Winners around the World by Tyler Cowen and Daniel Gross.

The authors believe that the only thing a manager can actually rely on in times of crisis is their team.

It's always a challenge to not only find the best talent but also give them enough space for their own decision making, as well as the necessary tools to grow.

This book offers good, hands-on insight into how to identify talent and interview promising, yet sometimes overlooked, potential hires.



Reccomended Reading.

Member participation in Club activity a Given for club Vibrancy



I have noted over years that member participation in club activities at RC Nansana is good, however we need to aim for 100% participation. I am also happy that President Christine has at least assigned each of us a Job in this Rotary year. Its is worthy to not the Committees have been constituted and the buddy groups as platforms to engagement are in places, thank you club admin "Derick" for spear heading this. Being a Membership month, I decided to pen down some of the causes of low participation in club activities that may not be unique to our club be rather across board" generic". I envisaged the following causes: Limited orientation of members, Limited/lack of planning for member engagement, Lack of assessment and planning for member skills and know-how, Poor communication strategies, Lack of recognition of Member service and effort. The causes are quiet a handful and as volunteers we may fail to handle all the mentioned give time and resource limitations.

However, on a generic note the following suggestions can suffice: Do a members satisfaction survey!!!, Member engagement planning is very critical, Effective communications "ie need for timely communication and feedback/reports, and accountability", Recognition/ appreciation / thanks.

As I conclude, I request you envision on the following as a club member: Ask yourself" what have I done in the past 6 months to benefit my Rotary Club?". Have you ever wondered "what would become of your club if every member has done about as much as you have?".

Rotary is a personal thing. If you take pride in your club and give some of your personal time, thought, effort and energy, then your club will be much stronger and more valuable to your community. Remember, you are a Rotarian. Be involved!

IPP Ssekandi Micheal
Regional Membership Coordinator
Region 3



Birthday Moments



Rtn Freeda's birthday





Fellowship Moments



Rtn Esther Mwanjje spear headed the Cancer Run Launch at RC Nansana



