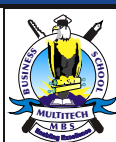
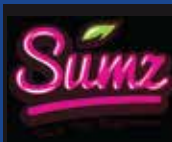




LUBIGI TIMES Magazine

DEC. ISSUE 2023 EDITION (VOL.6)



LUBIGI TIMES Magazine

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EDITOR'S NOTE.

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

Chief Editor: Rtn. Rachel Agumenaitwe

0774 270 858 

Dear Friends,

Warm greetings from the RC Nansana

The month of December marks the end of 2023, and its here that we celebrate the Birth of our Lord Jesus Christ and prepare to embrace the new year with new life.

Likewise it marks the end of our 2nd quarter in the Rotary year.

This December we are happy to report about our achievements as a club. We have had collaborative efforts which was led by the Buffaloes buddy group during our fellowship meetings, and these included; Election of our President Nominee Designate(PND) Rtn. Frank Magala, the family of rotary mobilised us to attend a give away and introduction of our club member Rtn. Yusufu Nyakahuma's daughter in Fortportal. We thank members who extended the financial support to the family and even travelled. For good governance, we held a board meeting and a club assembly to deliberate on issues of our club. We participated in a bonding session of the Rotaract club of Nansana at their TRF fundraiser which was also successful and enabled more bonding among members.

What of Christmas without Christmas carols? We organised the buddy groups to participate and this marked our final fellowship. It was full of great reflections and indeed prepared us to receive the newly born Christ in our lives.

Finally this month, the club attained the qualification status and also received a certificate for our newly Interact club of Extreme High School, Namayumba. Congratulations to the members of RC Nansana!

Once again, we thank everyone for your dedicated service throughout the year and this quarter.

Wishing you all a Happy New Year filled with continued success in serving humanity and spreading hope. Let us continue to create a difference in 2024.

We thank you.



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



Light the path out of dark days

In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centres to

help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

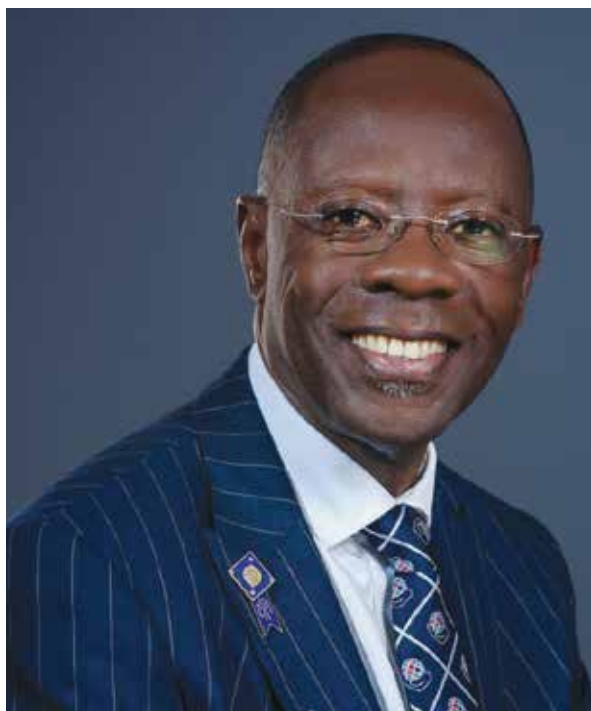
Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and non-members alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at positivepeace.academy/rotary.

There is no denying that incidents of violence and atrocities being perpetuated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days. Together, let's Create Hope in the World.

R. GORDON R. MCINALLY-
President, Rotary International



It is 2024, and our Finish Line is Close

My Dear Rotary Community,

As we step into the dawn of a New Year, marking the commencement of our final six months together under my role as District Governor, I am deeply grateful to each and every one of you.

I trust that the recent Christmas holiday provided you with a well-deserved opportunity to unwind and reconnect with your loved ones. I hope that amidst the festivities, you also extended a helping hand to those in need, embodying the spirit of Hope that defines our Rotary mission.

I extend my heartfelt appreciation for your unwavering contributions during the first half of this Rotary year. Together, we have achieved numerous milestones and witnessed the continued growth of our service community. The year 2023 has been characterized by remarkable progress and success, as highlighted in our State of the District address. We stand on the brink of breaking records in various focus areas, and I urge you to maintain this momentum, for our finish line is within reach.

I have 16 clubs left on my official visits schedule, but I still cherish the privilege of having met many of you, seeing your passion for service in all the areas of focus, and seeing you stand up to be counted in club meetings, district events, and gatherings large and small.

As we draw closer to the conclusion of this chapter, let us reflect on our journey that began in a bustling district conference room in Mbarara City, and commit to concluding our time together with the same Vigor, passing on the reins of this great District to my esteemed successor, and Sister Ann Nkuutu.

The success of our District Conference depends on your participation, and I implore each one of you to register and be present for the Discon in April.

May the year 2024 unfold as a period of abundant blessings, continuing our mission of Creating Hope in The World.

Edward Kakembo-Nsubuga
District Governor

Best employee of the year Rtn Abu Kawenja as awarded by the Katikkiro of Buganda



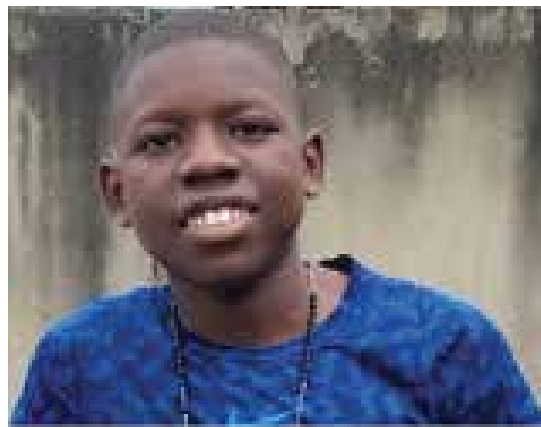
RC Members attending the give away ceremony of Rtn Yusuf Nyakahuma's daughter in Fortportal



Also represented at PE RC WAKISO LUBOWA SEBINA GYAVIIRA DAUGHTER'S INTRODUCTION-Kasengejje



LIFE IN
PRIMARY SCHOOL



School life in primary is a story to tell. For someone who started primary one in 2016, it is a very long journey to complete in nine years due to the two years of no school as an effect from COVID 19. Primary life comes with worries, uncertainties school requirements and not knowing what one will become in future.

While at school, it is a struggle with competition from classmates for class grades academically and co calicular activities. Despite all those encounters, encouragement from parents and family, support from teachers and fellow colleagues, it becomes a healthy competition and eventually in one way or another everyone becomes a winner.

The most exciting class is primary seven where all the focus is on the candidate right from home, school, community, and the nation at large. It is frightening but at the same time you look forward to being on top of the school class.

As PLE comes close you cannot run away from the anxiety that comes along with it but when you think of the vacation ahead, your fears are put on hold. All in all, it is a long and difficult journey but with help from our teachers, parents and most importantly God, success comes your way. Looking forward to the best grade.

From Isaac Mark Mutebi, P.7 Vacist
Namilyango Junior boys school



Self-medication is yet an issue in this 21st century. Due to Information and Communication technological advancements wherein, information is so easily accessible as Artificial Intelligence breakthroughs are at there fastest in both research and development, drug and medicines usage information is assumed to be as easy to decipher task wherein most are inexperienced in this field thereby doing half-baked analysis and self-medication accordingly.

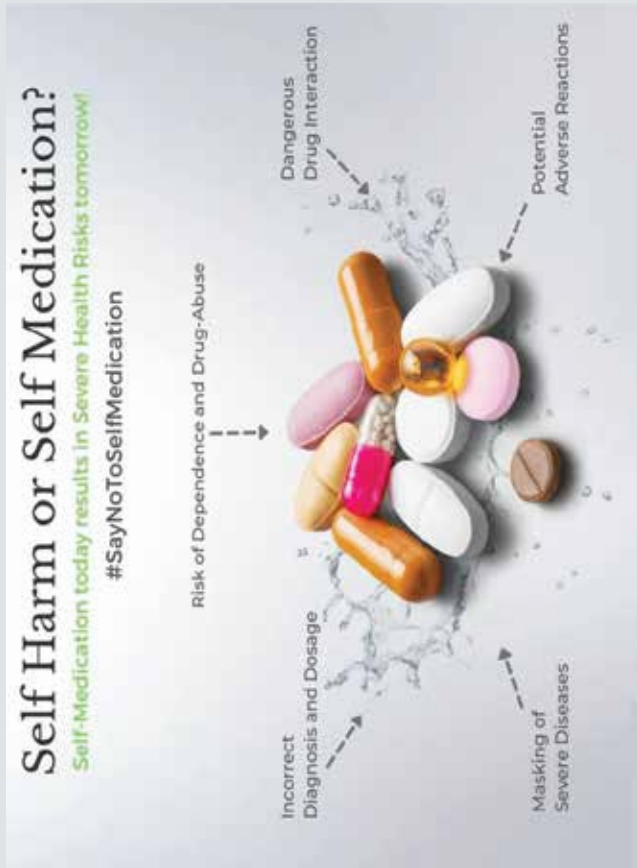
Its common among most, medical professionals and non-medical professionals alike as treatment of a person follows an informed decision of the medical personnel from patient data (like weight, height, age) medical history (past, social, current medication usage, presenting complaint), lab data pertaining that particular ailment. Thus, can be defined as the use of drugs to treat self-diagnosed disorders or symptoms, or the intermittent or continued use of a prescribed drug for chronic or recurrent disease or symptoms. Self-medication can be defined as the self-consuming of medication without getting advice from a physician for either diagnosis or treatment. In simpler terms it is defined as the use of drugs to treat an illness or symptom when the user is not a medically qualified professional.

It is a common practice globally and the resulting irrational drug use is raising concerns. The substances most widely used in self-medication are over-the-counter drugs and dietary supplements, which are used to treat common health issues at home. These do not require a doctor's prescription to obtain and, in some countries, are available in supermarkets and convenience stores. In Uganda, some of the most common examples of this practice all over the country is use of drugs like Metronidazole aka “Flagyl” for any stomach upset, use of Paracetamol aka “Panadol” for any slight headache, use of Artemesinin Combined Therapies (ACTs) aka Coartem for any prolonged fever-like feelings in both adults and for their children. This has led to masking of the actual disease as lab tests may not easily detect the illness thus wrong diagnosis and cause relapses of disease in future.

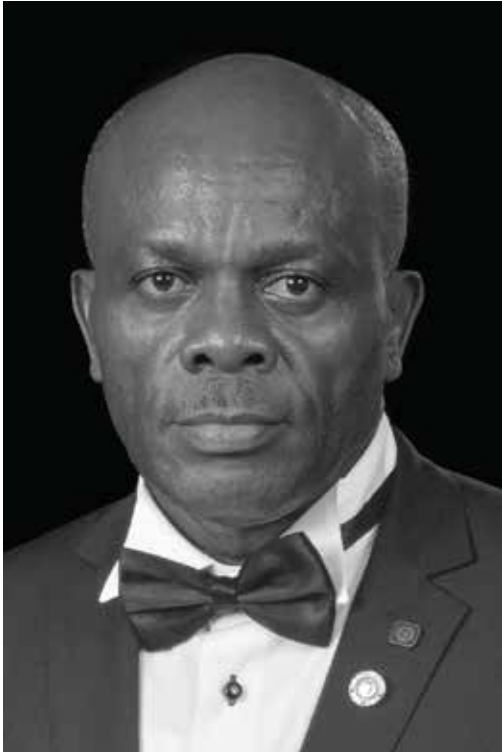
This vice has led to a draw-back in medical practice. As we can attribute it to the ticking time bomb of the global issue of Anti-Microbial Resistance wherein a known Antibiotic drug no longer works as it should for a particular known microbial based illness. Drug dependence/addiction to psychoactive drugs is yet another issue as substance abuse is inevitable. Hormonal imbalances in the youth due to the serial use of emergency pills thus a rise in reproductive issues like infertility, unplanned pregnancies, even abortions due to irregular periods. Masking of severe diseases, potential adverse effects, dangerous drug-drug and drug-food interactions, fetal malformations (birth defects) among others can be attributed to this.

This can be dealt with accordingly by a joint effort of all concerned parties that is patients, medical professionals and legislators. As there is still hope to end the vice and go the right path of medicines use. Drugs should be acquired through the right means (by qualified medical personnel through a medical facility) and for the right use (right person, right diagnosis, right prescription, right drug dispensed for the correct period and correct route) at all times. Therein we can stall, stop or avoid the repercussions that come with this increasingly chronic vice.

Kean Godwin Mutaawe (BPharm)
Rotaract Club of Jinja



SERVICE ABOVE SELF AND FREEDOM OF CHOICE



By PAG Richard Were

In 2009, the year before I joined Rotary, I can attest that my network and principle of choice was different and of-course my ultimate responsibility was of a freelance in nature.

In Rotary, we join a global network of people who unite to take action to create lasting change in the community and also change in ourselves. We are guided by that principle of Service above self which I think guides our choices and sometimes our actions unknowingly.

By Joining Rotary, we all know that we are joining a voluntary organization to serve the community and the less privileged people. On the Surface of things, Rotary membership is about Voluntarism. However on a deeper level, its about a Self-inquiry on what you are volunteering to provide. Its not normal to volunteer to give nothing and Rotary is neither a restroom or an observation platform. You select to volunteer to provide your skills and professionalism, your finances and most importantly your time. This gives you the opportunity to give and receive without judgement and to derive sustenance and strength from the relationship and the membership.

Rotary membership is therefore ultimately about considering oneself as an integral part of the universe and overcoming the limits of the individual self. This what I may refer to as the principle of Service above self. Service not only helps other people, but it also satisfies me knowing I positively impacted someone else's life.

Service is in itself a practice and therefore calls for a personal practice and involvement. The motto "Service above self" ultimately is a principle that guides our choices ,actions and moral responsibility while on service.

Service above self and gives Rotarians that mental responsibility and this in most cases guides as the principle of choice and purpose. Service above self-perse sometimes gives you that mental guilt and in some circumstances condemns your choices.

To drive this point clear, "suppose you arrive at a shop on the evening of the Christmas holiday to buy a cake with your last 50,000/= note for your already made preparations. There is only one cake left in the shop and everything is closing down. On the steps of the shop, someone is begging and its clear to you that he is clearly in distress for survival. You stop, and it seems completely clear to you that it is entirely up to you what to do next. You can give your money to the Begger, or go in and buy the cake, or just walk away. You're not radically free to choose in this situation because, Mentally the principle of service-above self mentally has condemned your freedom. You're fully and explicitly conscious and cant escape that mental consciousness. I can say, in 2009 I was mentally free to choose with no mental condemnation. Ultimately with this membership, I now consider myself as an integral part of the universe and my little contribution can make the desired change.

Service above self is indirectly the principle that binds the mental actions of Rotarians to do good, but also gives the satisfaction and change within us.

We need to embrace a Rotary Culture.

By Lambert Rusoke

Nowadays, we hear that one of the conditions for Rotary Clubs to become nimble and build relationships effectively is collaboration. To build the right things correctly, we need cross-functional teams working together to achieve the same goal.

Easy to say, hard to implement? Right?

I have observed that building diverse teams is quite often a weak point during strategy implementation. So, how do you make it work?

It is not enough to just tell people from different classifications like customer service, marketing, operations, finance, audit, development, doctors, artists, teachers, to say the least: please, come and work together. They have different ways of working, habits, functional leads, and even tools they use for task planning.

A club leader's facilitation is crucial. But how exactly do we make it work?

This also a club president's dilemma, in trying to build a positive Rotary Culture.

Culture waves in Rotary Activity management into the everyday routine of club members. With more eyes and ears on the look out for rotary vibes if i may use today's language, a club is much less likely to be blindsided-and that's a significant competitive advantage,in carrying out service projects ,building positive relationships and moving the club to prowess.



It's also mindful to note and appreciate that positive rotary culture protects the members, the communities being served, and the rotary brand at large.

A great rotary culture isn't something that can be built in a single all-member email or all-hands meeting. It takes time to educate people, spark dialogue and instill a belief that everyone has the power to make a difference in the world through service .

DECEMBER BABIES



PAG Richard Were



Rtn George Mutebe



Rtn Patrick Barugahare



PP Henry Duku.



Rtn Rebecca Bamugha



Rtn Constant Okello Obura

**HAPPY
Birthday!**

Embracing and Understanding Diversity, Equity and Inclusion.

**By Micheal Ssekandi
(Club Trainer)**

Dear readers.

In this article I bring you an insight into Diversity, Equity and Inclusion. As we endeavor to grow our clubs, it is important to understand that our Clubs mirror the community that we live in, it is also important to note all of us are different because we are shaped by different backgrounds and many other factors.

Rotary international recognizes that fact that we are different and therefore as clubs we need to understand and also deal with the aspects of Diversity, Equity and Inclusion "DEI".

In the earlier days of Rotary, when Chicago attorney Paul Harris founded Rotary, he invited his colleagues and friends to create a club where professionals of diverse backgrounds could exchange ideas and form meaningful friendships. Over time, that expanded to giving back to their communities.

Since its first club meeting more than 100 years ago, Rotary has grown into an international organization with clubs in nearly every country in the world. Our membership comprises people with countless individual identities who share a singular passion for making the world a better place for everyone.

In recognition of Rotary's history as a diverse organization, and in our careful planning for our future, Rotary has reaffirmed the organization's commitment to diversity, equity, and inclusion.

Rotary's Board of Directors voted in 2021 to adopt an updated DEI statement affirming the importance of these efforts- titled Our Commitment to Diversity, Equity and Inclusion:

"At Rotary, we understand that cultivating a diverse, equitable, and inclusive culture is essential to realizing our vision of a world where people unite and take action to create lasting change.

We value diversity and celebrate the contributions of people of all backgrounds, across age, ethnicity, race, color, disability, learning style, religion, faith, socioeconomic status, culture, marital status, languages spoken, sex, sexual orientation, and gender identity as well as differences in ideas, thoughts, values, and beliefs.

Recognizing that individuals from certain groups have historically experienced barriers to membership, participation, and leadership, we commit to advancing equity in all aspects of Rotary, including in our community partnerships, so that each person has the necessary access to resources, opportunities, networks, and support to thrive.

We believe that all people hold visible and invisible qualities that inherently make them unique, and we strive to create an inclusive culture where each person knows they are valued and belong.



In line with our value of integrity, we are committed to being honest and transparent about where we are in our DEI journey as an organization, and to continuing to learn and do better."

This statement is an exciting step forward in Rotary's commitment to creating a positive environment for current and future members, as well as the communities they serve. In line with the above statement, as clubs we need ask ourselves the following questions.

How diversity is our club in terms of age, ethnicity, race, disability, socioeconomic status, culture, marital status, languages spoken, sex, thoughts, values, and beliefs? Has our club put in place a plan and strategies to manage the identified gaps in diversity, equity and inclusions?

It is also important to look to a simple and important aspect search as "our meeting Venues" are they friendly to the Disabled persons, the old and persons with sight impairment, is the language used in meeting understood by all?

Clubs should engage people from all cultures, experiences, and identities, and making them feel welcome and a part of the Rotary experience, this will allow us to increase our membership, which is vital to the health and longevity of the organization. Inviting diverse perspectives will offer us new and bold ideas to keep Rotary relevant for the next century.

In embracing equity clubs should carefully consider how to provide differing levels of support, opportunities, and resources so that participants have a welcoming and productive experience.

When we embrace equity, we create an environment built on respect and dignity for all members.

Here's how diversity, equity, and inclusion can be applied to a real-life situation. Imagine you're planning a party for members, friends, and family:

Diversity means that everyone is invited to and welcome at the party.

Equity means that everyone has the chance to help plan the party and make decisions.

Inclusion means that everyone is fully engaged — dancing, talking, eating, laughing — together.

I believe rotary Rotarians can pick a leaf and continue planning for Diversity, Equity, and inclusion for stronger clubs and Rotary.

(Source: Additional excerpts from Rotary Learning Centre)

CHRISTMAS E NANSANA









Rotary Club of Nansana Metro In-Formation

TOPIC:

The History & Why Rotary

GUEST SPEAKER:
CP CHARLES LUBEGA

FRI. 5TH JAN. 2024

VENUE: HOLLYFAM, NANSANA
7:00pm - 8:00pm

 <https://rotarynansana.com>

   rcnansana



Rotary
District 9213



Rotaract
District 9213



CREATE HOPE
in the WORLD



99th
DISCON

18th - 21st
APRIL 2024

