Rotary
Club of Kasangati

The Tear gas

Rotary Club of Kasangati-Weekly Newsletter

MOTTO SERVICE ABOVE SELF

MONDAY 26TH / OCT / 2026, VOL 25, ISSUE 17



Rotary Kasangati

October 2026 is the Community Economic Development month

'ROTARY STRENGTHENS COMMUNITIES' ECONOMIC RESILIENCE AND ADAPTIVE CAPACITY



BUILDING ECONOMIC RESILIENCE & ADAPTIVE CAPACITY

IN RESPONSE TO ENVIRONMENTAL & CLIMATE-RELATED HAZARDS & NATURAL DISASTERS.

TABLE OF CONTENTS

RI PRESIDENT'S MESSAGE	5
DG GERALD OBAI	6
RC KASANGATI PRESIDENT'S MESSAGE	7
THE ROTARIAN MINUTE	10
FELLOWSHIP PICTORIAL	11
TRF CADRE MATTERS	13
SOUL DIET	14
LEADERSHIP	15
BASIC EDUCATION AND LITERACY CORNER	17
ADULT LITERACY	18
ROTARY PERSPECTIVE	19
EDUCATION VIEWPOINT	20
WATER & SANITATION	23
MONEY MATTERS	24
BUSINESS	25
INSPIRATION	26
HEALTH HEAVEN	27
ELDERLY CARE	28
HEALTH & WELLBEING	29
THE PRAYER	30
QUOTATIONS THAT TEACH	31
LAUGH. REFLECT. GROW.	32
WORDS OF WISDOM	33
KNOW ROTARY	34
POEM	35
MENTORSHIP	36
AMAZING PEOPLE	38
CELEBRATIONS	39
INSURANCE	48
CROSSWORD PUZZLE	49

WELCOME



Eng.Sandra Atukunda
Bulletin Officer
Rotary Club of Kasangati

WE MEET EVERY MONDAY
7:00 - 8:00PM
@ KASANGATI RESORT CENTRE

RCkasangati

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Editor's MESSAGE

This is a special issue that deserves your full attention.

Dear Readers,
Welcome to yet another exciting issue of Teargas, your trusted collection of stories, reflections, knowledge, and inspiration designed to inform, challenge, and uplift us as Rotarians and individuals.

In this issue, we have the District Governor emphasize the four things each Rotary club should focus on, one of them is telling your story because no one can tell it better than yourself. We should therefore be keen to acquire the necessary art of telling our stories excellently. The other three focus areas are equally amazing, don't miss any.

Every 24th October, Rotary marks world Polio Day and President Ivan shares an inspirational message detailing why RC Kasangati must stay in the polio fight. Now if you belong to RC Kasangati, this is s must-read because good sheep listen to their shepherd! Let me remind you that listening to your leader is not about slavery – it is about order, covering and growth! In this issue's Rotarian Minute, our write shares the story of Dorothy Horstmann, a pioneer in the fight against polio. You will be inspired by whatperson can do for humanity once they put passion into their purpose.

We have featured our President Nominee, Rtn Teo Sseruwagi Ngobya in Upclose and Personal, she shared several things about her life including her most cherished rotary connection, you will enjoy this interview I believe.

To grow authentically, it is important to regularly carryout a SWOT analysis of yourself. Our writer has shared guidance on how to do this for purposes of survival and thriving. Every rotarian needs this personal analysis, atleast in my view.

As you turn the pages of this issue, may you find something that informs your thinking, strengthens your purpose, inspires your courage, and deepens your commitment to service.

Until our next issue, keep learning, keep serving, keep growing, and always find reasons to be grateful.



Olayinka Hakeen Babalola
RI President 2026-27
July 2026

RI PRESIDENT'S MESSAGE

99.9 per cent is not 100 per cent

Aminu Ahmed Tudun-Wada knows what polio takes from a child. He contracted the disease as a young boy in Kano, Nigeria, and was left paralysed.

Decades later, when Nigeria was struggling to eradicate polio, Aminu decided that he would use his experience to help protect other children.

He brought together polio survivors and began going door to door, talking with parents about vaccination.

The survivors told their stories. They showed families the effects of polio. And they urged parents to make sure their children never had to go through the same experience.

By 2021, the Polio Survivors Group that Aminu founded had grown to more than 400 members.

Their work helped Nigeria reach a milestone that once seemed impossible: In 2020, the World Health Organization certified Nigeria, and the entire African region, free of wild poliovirus.

I think about people like Aminu whenever we talk about ending polio. Eradication is about children who will never know what it means to lose the ability to walk.

It is about parents who will never have to watch a healthy child become paralysed by a disease that vaccines can prevent.

And it is about making sure the people who remember polio become the last generation that does.

Rotary has been part of this fight for more than four decades. Together with our partners, we have helped vaccinate more than 3 billion children, contributed more than $3 billion to the global effort, and reduced cases of wild poliovirus by 99.9 per cent.

But 99.9 per cent is not 100 per cent. Wild poliovirus remains endemic in Afghanistan and Pakistan. As long as it circulates anywhere, children everywhere remain at risk. And even after wild poliovirus disappears from a country, we must maintain strong immunisation and surveillance systems so the virus cannot find a way back.

Aminu could have looked at his own experience and asked, "Why me?" Instead, he asked a different question: "How can I make sure this does not happen to another child?" That is the spirit we need now.

The final mile of any journey can be the hardest.

But we have walked too far, worked too hard, and protected too many children to stop here.

Let us remember why we began. Let us listen to those who have experienced polio. Let us be the generation that creates lasting impact and ensures no one ever experiences polio again.

YINKA
President, Rotary International

This is not about doing different work. It is about doing our work differently, with greater awareness, greater purpose, and a clearer vision of the world we are trying to build. Every Rotary project carries potential. Our task is to unlock it, not by chance but by choice.

Impact is not about activity; it is about what remains after we leave



District Governor's MESSAGE

DG GERALD OBAI

My Dear Family of Rotary District 9213, What a start!

The first quarter of our Rotary year is done,and I want to say a sincere thank you for the energy, the warm welcome, and the impact you have already created.

Clubs across the District have been engaged in a plethora of life-changing community projects. And I am delighted that road safety is now firmly on the lips of every one of us.

In just 90 days, we have officially launched the Rotary Year with renewed hope under RI President Olayinka Hakeem Babalola's theme: Create Lasting Impact.

I have visited over 60 clubs, and what I have seen is truly inspiring — projects that will outlive us, membership full of passion, and communities that genuinely feel Rotary. I have felt the full force of Rotary. I have reviewed club goals, listened to your plans, and seen the passion in the eyes of Rotarians and Rotaractors. The road ahead is clearly exciting. My challenge to all clubs is to turn those goals into realities.

We have also started strong on our Foundation. We have celebrated new Major Donors and Paul Harris Fellows, and the growth in sustaining members and Every Rotarian Every Year (EREY) is heart-warming. With each dollar we give this Rotary year, we increase the number of lives touched by our generosity.

We open new frontiers, expand our reach, and increase our presence in the community. Each time you look at your recognition pin, know that it represents the smiling faces of those whose lives have been changed by your big heart.

To appreciate your generosity, every donor in the District will be recognised — two special pin categories for those giving a minimum of $100 and $500 to The Foundation, and a beautiful wristband for all donors.

Friends, my message this quarter is simple: Impact is not about activity; it is about what remains after we leave. Sustainable projects that will still be standing years from now. A child who stays in school because we paid her fees. A health centre that saves mothers because we equipped it. That is Lasting Impact.

I am proud to be your District Governor. Let us keep the momentum. Let us continue to inspire, to give, and to serve.

IN QUARTER TWO, I ASK US TO FOCUS ON FOUR THINGS:

1 **Membership with Purpose:** Invite one guest who shares your passion.Membership remains our number one internal priority — it is core to everything we do. Each new member brings new ideas, more hands, more resources, and more compassion. There are many potential Rotarians waiting to be invited.

2 **Give to The Foundation:** Every Rotarian, Every Year — at least $25. Our District Designated Funds depend on it. Our fight against polio hinges on our giving. The future of our Foundation lies in our generosity. Let us make history as a District where every Rotarian and Rotaractor is a donor. Let each of us say, "I will not be the one who denies D9213 the opportunity to create history." Let us make this a legacy year.

3 **Take Rotary to the Community:** That is the only place where Rotary has true meaning. Let every club implement at least one community project aligned to our 7 Areas of Focus.

4 Tell our Story: No one can tell our story better than us. A story of a community having clean water for the first time in generations. A story of a disadvantaged child being given an opportunity to stay in school. A story of our relevance in the lives of millions of people.

I am proud to be your District Governor. Let us keep the momentum. Let us continue to inspire, to give, and to serve.

Together, we will Create Lasting Impact.

Gerald Obai
District Governor

PRESIDENT'S MESSAGE

IVAN **MBABAZI**



RC KASANGATI PRESIDENT'S MESSAGE

Riding the Storm: Fuel, the Shilling and Your Household Budget

Ugandans are paying more for nearly everything this October, and two numbers explain most of it: the price of a litre of fuel and the price of a dollar. Both have climbed sharply since September. For Rotarians who run businesses, employ staff and fund community projects, the squeeze lands twice, at home and in our service work.

The arithmetic is not simple, because fuel, currency and prices feed on each other. Understanding it is the first step to riding out the storm.

Fuel: the cost that touches everything
In February, Kampala pump prices averaged about Shs5,000 a litre. By mid-year they hovered between Shs6,300 and Shs6,700, and by mid-October some stations were quoting close to Shs7,000, a rise of roughly 40%. Upcountry it is worse; Karamoja has seen prices above Shs7,000.

Three forces are at work. Uganda imports all its petroleum, so conflict around the Strait of Hormuz has raised the cost at source. Government added Shs200 per litre in excise duty from 1 July. And the falling shilling makes every imported litre dearer.

Fuel is not only a motorist's problem. It drives transport fares, food prices, school runs and the cost of running a generator. UBOS reported fuel inflation of 26.2% in the year to June, while overall inflation was still only 3.7%. That gap will close as transport costs work their way into what we eat and buy.

The shilling: paying more for the same dollar

At the start of September a dollar cost about Shs3,790. By 5 October it cost about Shs4,035, after the shilling broke through the 4,000 mark to a record low. That is a fall of about 6.5% in five weeks.

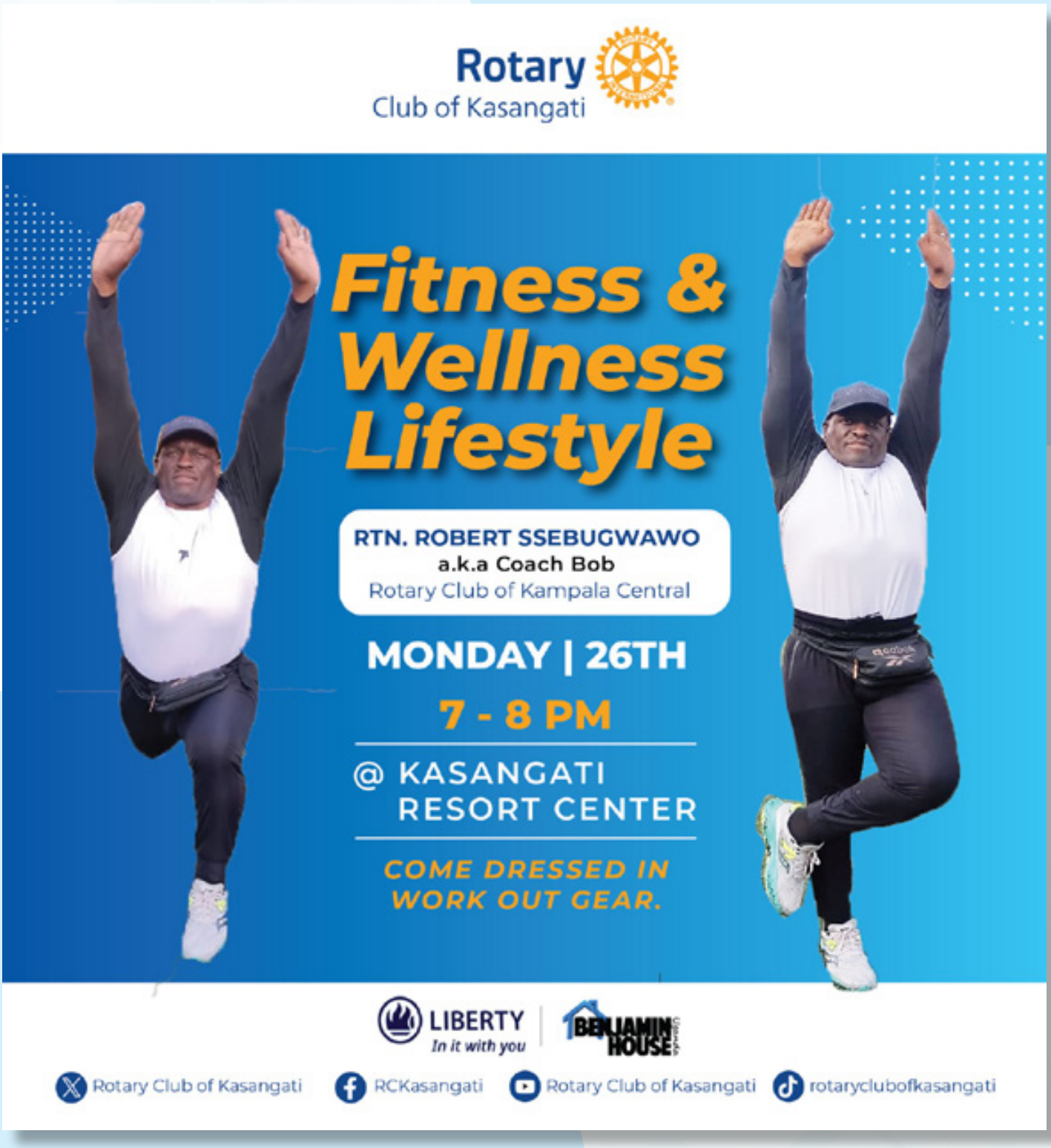
Here is the math that matters. A laptop, a spare part or a school fee priced at $1,000 cost Shs3.79 million in early September. Today it costs over Shs4 million, about Shs245,000 more, with nothing about the item changed. Anyone holding a dollar loan, paying rent in dollars or importing stock feels this immediately.

Expect the effect to spread. Imported goods, medicines, fertiliser and building materials will reprice, and businesses will pass the cost on. Interest rates could also rise if the Bank of Uganda acts to steady the currency and contain inflation, making borrowing dearer.

Riding the storm at home

1. Know your numbers. Write down this month's spending on fuel, transport, food and school costs, and compare it with six months ago. You cannot manage what you have not measured.
2. Cut kilometres, not just litres. Combine errands, carpool to work and club meetings, and keep tyres inflated and vehicles serviced.
3. Watch your dollar exposure. Avoid new dollar borrowing if you earn in shillings. Negotiate rent and contracts in shillings where you can.
4. Build a buffer. Even one month of essential expenses set aside gives breathing room. Keep it in a SACCO, savings account or government securities rather than idle cash.
5. Buy local. Ugandan food and goods are less exposed to the dollar than imports, and buying them supports local livelihoods.
6. Defer big imported purchases. If the new car, phone or appliance can wait, let it wait until prices settle.
7. Add an income stream. A small side business, poultry unit or kitchen garden can offset rising costs.

Service above self, even in lean times
Hard times test fellowship. Let us check on members who are struggling, share transport to meetings, and keep our projects lean and well targeted. The communities we serve feel these prices far more than we do. Tightening our belts should never mean loosening our commitment to Service Above Self.


Rotary
Club of Kasangati
Fitness &
Wellness
Lifestyle
RTN. ROBERT SSEBUGWAWO
a.k.a Coach Bob
Rotary Club of Kampala Central
MONDAY | 26TH
7 - 8 PM
@ KASANGATI
RESORT CENTER
COME DRESSED IN
WORK OUT GEAR.
LIBERTY
In it with you
BENJAMIN HOUSE
Rotary Club of Kasangati
RCKasangati
Rotary Club of Kasangati
rotaryclubofkasangati

ON THE GOVERNOR'S TRAIL

DG Gerald Obai

DG Gerald Obai together with Rotarians at the project visit to Kidudu Primary School





DG Obai with the DHO and Rotarians while handing over mattresses to Kyenjojo General Hospital during his visit to the Rotary Club of Kyenjojo Metro

Dorothy Horstmann, a pioneer in the fight against polio

Dr. Dorothy Horstmann, born in 1911 in Spokane, Washington, played a pivotal role in the history of medicine by making a fundamental discovery: the presence of the polio virus in the blood before it reaches the central nervous system.

This major breakthrough proved that a vaccine capable of stimulating the production of blood antibodies could block infection, paving the way directly for the development of the vaccines by Jonas Salk and Albert Sabin.

Later, mandated by the WHO, her scientific evaluations made it possible to validate and approve Sabin's oral vaccine on a global scale.

Her scientific work forms the cornerstone of Rotary International's activities.

By demonstrating the effectiveness and safety of the oral vaccine, which is easy to administer on a large scale, Dr. Horstmann provided Rotary with the essential tool to launch its global "PolioPlus" program.

Her scientific legacy now allows Rotary and its partners to be on the verge of eradicating polio.



The Rotarian Minute is a project of District 1700, initiated by Jean-Claude Brocart, Rotary Club Toulouse-Ovalie, PDG 2004-2005, District 1700, France.

Compiled by Sophie N. Bamwoyeraki

THE ROTARY ADVANTAGE
RC Kasangati Fellowship









MANYANGWA BUDDY GROUP PROJECT & HOME HOSPITALITY









The Manyangwa Buddy Group of the Rotary Club of Kasangati has successfully completed its service project at *St. Kizito Primary School, Nabitalo.

The group supported the school to renovate its library and staff room, provided furniture for both facilities, and stockedthe library with essential reading materials.
Following a specific request from the school to help reduce the high pupil-to-textbook ratio, the Buddy Group procured Mathematics and English textbooks for P.5 and P.6 pupils. In addition, through the generosity of *PAG Sophie*, the group secured practice books and readers for learners at all levels.

The items were officially delivered on *Friday, 23rd October 2026*. The team also delivered a success card to the P.7 candidates to wish them well in their final exams.

The activity was climaxed with a warm and memorable Buddy Group Home Hospitality hosted by one of our members,PAG Moses Ssebagala*. It was a great experience of fellowship, bonding, and celebration of service.
We thank the Manyangwa Buddy Group members and their Buddy Chief Rtn Olivia Ssebunya for living the spirit of Service Above Self.

#RCKasangati #PeopleOfAction
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We thank the Manyangwa Buddy Group members and their Buddy Chief Rtn Olivia Ssebunya for living the spirit of Service Above Self.

#RCKasangati *#PeopleOfAction*
#Service Above Self

TRF CADRE MATTERS

1.	Accram	Nyenje	accramnsubuga@gmail.com	9213	Water, Sanitation, and Hygiene
2.	Ben Rogers	Kiwu	benkrota@gmail.com	9213	Water, Sanitation, and Hygiene
3.	Brenda	Anena	bdanena@gmail.com	9213	Global Health
4.	Doreen	Busingye	dmuheru@yahoo.com	9214	Community Economic Development; Dev
5.	Edwin	Babimpa	eabimpa@yahoo.com	9214	Peace; BEL; CED
6.	Flavia Maria	N. Miiro	flatmiiro@gmail.com	9213	Global Health
7.	Francis	Tusubira	fftusu@gmail.com	9213	Basic Education and Literacy; CED
8.	Fredrick	Muyodi	fjmuyodi@gmail.com	9214	WASH; Environment
9.	Gloria	Opwonya	gopwonya@gmail.com	9213	Financial Auditing
10.	Jane	Nakato	jfnakato@yahoo.com	9213	Basic Education and Literacy
11.	Joseph	Mubiru	mubjosey@yahoo.co.uk	9214	Global Health Water, WASH
12.	Kimberly	Kasana	kasank@gmail.com	9213	Community Economic Development
13.	Kisenyi	Sanasio	kisenyisanasio@gmail.com	9214	Basic Education and Literacy
14.	Marion	Natukunda	wwwmarionjster@gmail.com	9213	Global Health, WASH
15.	Moses	Arorwa	marorwa@gmail.com	9213	Financial Auditing
16.	Moses	Musiitwa	mosmumm@gmail.com	9213	Water, Sanitation, and Hygiene
17.	Nelson	Kyagera	kyagera2000@yahoo.com	9213	Community Economic Development
18.	Peter	Isabirye	drimpinc@gmail.com	9213	Global Health
19.	Richard	Kalungi	richardkalungi41@gmail.com	9213	Global Health Water, WASH
20.	Samuel	Mukasa-Kajubi	samfaroukajubi@gmail.com	9213	Financial Auditing
21.	Sophie	Bamwoyeraki	sophiekb3000@gmail.com	9213	Basic Education and Literacy
22.	Specioza	Kiwanuka	specioza.kiwanuka@gmail.com	9214	Comm Economic Dev; Environment
23.	Walter	Nono	nono@accamail.com	9214	Financial Auditing

We serve Rotary members as consultants who offer clubs and districts guidance on:

- Understanding Rotary's areas of focus,
- Designing community assessments
- Considering cultural and environmental factors · Planning and implementing projects
- Evaluating a project's technical feasibility
- Incorporating elements of sustainability
- Measuring to demonstrate results
- Using strong financial management practices
- Navigating the global grant application process · Determining scalable programs
- Evaluators appointed by The Rotary **Foundation to:**
- Review applications for Foundation funding
- Evaluate the quality, sustainability, and management of approved activities funded by the Foundation, including global grants, district grants, corporate social responsibility grants, disaster response grants, Programs of Scale, the Rotary Healthy Communities Challenge, and other initiatives and partnerships
- Oversee how Foundation funds are spent through financial reviews and audits
- Make recommendations to help Rotary staff members and Trustees make informed decisions about programs
- Offer guidance to project sponsors on how to address any challenges and make changes to have a larger impact
- Learning facilitators at grant management seminars, club meetings, Rotary institutes, district conferences, and other Rotary events that involve topics in which we have expertise

Check the table above and identify the CADRE that can assist you in any given area of focus.

Compiled by **Sophie Nuwagira Bamwoyeraki**-CADRE BEL, RC Kasangati


SOUL DIET
Sarah: Look at this profit! Thanks to Rotary's support, our poultry farm is thriving! We never imagined this success!
Amina: It's amazing! We are so grateful to Rotary for the startup funds. Our dream came true! We are now counting our success!
Rotary
CLUB
SUPPORTING
LOCAL ENTERPRISE
Rotary

LEADERSHIP: 11 COWARDLY BEHAVIORS YOU MISTAKE AS BEING A "GOOD PERSON"-Part 2



Rtn. Ronald Kawaddwa

As I aspire on the great journey of leadership,I usually come across great reads that surprise me but also provide great learning lessons for me. Whenever I do that,I have learnt to pose and further share with your our readers.

Sometimes you call it kindness because the truth is harder to admit. You aren't being kind, you're avoiding discomfort, rejection, confrontation, or guilt.
And the longer you disguise fear as goodness, the more your own life starts paying the bill.

7. ALWAYS BEING THE ONE WHO "UNDERSTANDS"

You understand their bad mood. Their excuses. Their broken promises. Their disappearing acts. Their disrespect.
But when does someone have to understand you?
Compassion without boundaries eventually becomes self-abandonment.

8. AVOIDING DIFFICULT CONVERSATIONS UNTIL THE PROBLEM EXPLODES

You don't want drama, so you keep swallowing things. One comment. One disappointment. One betrayal. One more time. Then one ordinary Tuesday, you explode over something tiny because you've been carrying an entire warehouse of unspoken anger.

9. LETTING PEOPLE TAKE ADVANTAGE OF YOU BECAUSE "THAT'S JUST HOW I AM"

No. You're not obligated to remain easy to use just because you've always been generous.
If someone only values you when you're convenient, becoming less convenient isn't cruelty. It's self-respect.

10. REFUSING TO LEAVE BECAUSE YOU'RE AFRAID OF STARTING OVER

You tell yourself you're loyal.
But sometimes you're simply scared of the unknown.
Starting over is painful. Staying somewhere that is slowly killing your confidence can be even more expensive.
Don't confuse familiarity with loyalty.

11. NEVER STANDING UP FOR YOURSELF BECAUSE YOU WANT TO BE "THE BIGGER PERSON"

Being the bigger person doesn't mean becoming everyone's punching bag.
Sometimes the mature response isn't forgiveness, silence, or walking away.
Sometimes it's looking someone directly in the eyes and saying, "You don't get to treat me like that."

"Always remember, "You are Rotary-Live it!!

KINDNESS WITHOUT COURAGE CAN BECOME A TRAP

Being a good person doesn't mean being agreeable, silent, endlessly forgiving, or permanently available.
You can be kind and still say no.
You can forgive and still leave.
You can love someone and still hold them accountable.
You can choose peace without surrendering your dignity.

The goal isn't to become harder. It's to become honest enough to recognize when your "goodness" is actually fear wearing a beautiful disguise.
Because sometimes the person you keep protecting from discomfort... is the very person destroying your peace.
So ask yourself: where in your life are you calling it kindness when, deep down, you already know you're just afraid to stand up for yourself?

RC Kasangati Young Exchange student

Elaine Mutagubya



> My Spanish is also improving. My friends have been teaching me new words, and I can now count from 1 to 10 and have basic conversations. I am even starting to understand some words when my teachers speak in class. I also got my school books and started getting more connected with the other exchange students.

The Digital Divide: Will AI Leave Developing Nations Behind? 2 of 2



By Rosa Kemirembe Mushega



Artificial intelligence is dominating global headlines, but the conversation we're hearing is largely a Western one, focused on job displacement, AI companions, and machines doing our thinking for us. But what does "AI taking over" actually look like in a developing country like Uganda?
That's the question at the heart of this week's Teaching for Success Inclusive podcast.

The Real Conversation We're Not Having

If you follow tech news, the message is clear: AI is coming for our jobs. It writes emails, creates art, crunches data, and even generates AI companions that some people now prefer over human friendships.

But this narrative assumes something fundamental: that everyone has access to the tools in the first place.

In contexts where millions struggle to afford daily data bundles, where a smartphone is a shared family asset rather than a personal device, and where classrooms lack textbooks, let alone tablets, the AI conversation sounds very different.

The real risk isn't that AI will "take over" in developing nations. It's that AI will bypass them entirely, widening an already dangerous gap between the haves and have-nots.

A Pattern We've Seen Before

This isn't new territory. During the COVID-19 pandemic, when schools closed worldwide, Uganda experienced a stark digital divide.

Students who could afford data and devices continued learning through Zoom and Google Classroom. They had access to teachers and materials. But children in rural villages and urban slums, whose parents couldn't afford smartphones or data bundles, fell silent. Months of education disappeared. Not because these children lacked intelligence or work ethic, but because the tools for learning were locked behind a paywall.

Now imagine that same dynamic, amplified by artificial intelligence.

When a student in a private Kampala school has an AI tutor personalising their lessons, while a child in a Gulu village has no teacher at all, what chance does that second child have in tomorrow's job market? We're heading toward a future where the rich get smarter faster, and the poor are left behind with no skills, no tools, and no hope.

An Uncomfortable Question

This forces us to confront a difficult truth about our society. In Uganda, and many developing nations, we have a pattern. When resources are scarce, we often look after our own: our family, our tribe, our immediate circle. We move forward, even if it means leaving others behind.

We see this selfishness in business, in politics, in how resources are distributed. So the question for the AI era is: Will we repeat that pattern?

Will we allow AI to become just another tool for the elite, another way to automate luxury for the few while the majority struggle to afford basics? Or will we demand something different? Will we insist that AI serves most people in this nation, not just those who can afford it?

This article is adapted from the Teaching for Success Inclusive podcast with Rosa Kemirembe. For more articles like this, visit the Teaching For Success website teachingforsuccess.ca.

A Heart-to-Heart Conversation Exposing the Comparison Trap: A Narrative of Modern Pressures and Shared Vulnerability



Last Thursday, the meeting began with a quiet but palpable vulnerability. As the young women settled into the library at Asante Lane, the initial conversation centred on the heavy, familiar weight of jealousy and envy. However, as the women began to speak more candidly, they peeled back the layers of their daily lives, revealing a deeply interconnected web of internal struggles and social pressures that went far deeper than surface-level rivalry.

The Cycle of Comparison

At the root of almost every struggle discussed was the relentless habit of comparison. This endless benchmarking naturally gives way to a profound sense of discontentment. It breeds a quiet, persistent dissatisfaction with their own milestones, appearance, and personal progress, making it incredibly difficult to celebrate their own journey.

Social Defenses and Survival

The conversation shifted toward when these internal anxieties spill over into their relationships, they manifest as protective, defensive behaviours. The women noted how easily they can slip into gossip, sometimes using negative talk as a flawed tool to bond with peers or mask their own vulnerabilities

Unmasking the Root

Ultimately, the breakthrough of the meeting came when the group identified the underlying current driving all of these behaviours: pervasive self-doubt. When comparison, perfectionism, and social pressures become too heavy to carry, the women begin to internalize these negative messages, actively eroding their own self-worth.

By bringing these temptations into the light and naming them together, the meeting closed not with a sense of defeat, but with a shared relief, marking the first step toward building a more authentic person within them. Also, the fact that they are enough even though they are not classroom-educated with diplomas and degrees. Most of them revealed that their lack of confidence ended that day.

What food taught me about inclusion, belonging



Participants enjoy a meal and dialogue during a Peace Kitchen event. For World Food Day on 16 October, Rotary Peace Fellow Elaine Pratley reflects on what happens when we gather around a table... and notice who's still missing.

Elaine Pratley I'm a peacebuilder, and this is my confession. After years of researching "food peacebuilding," I decided to put my research into practice by helping people connect across differences and divides through my favourite language: food. Peace Kitchen was born in Melbourne, Australia, as a way of creating experiential dialogues about all sorts of topics, with food as our signature methodology.

While we had organised many Peace Kitchen dialogues over the years, this latest one in August was special. We wanted to help people break out of their normal social circles. In one of the world's most multicultural cities, it can, ironically, be hard to meet folks outside our normal socio-economic groups.

I thought the hard part of bringing 150 people together for this Peace Kitchen dinner would be getting 150 people to show up. I was wrong. We filled every seat within days, including with Rotary members from District 9800 (Australia). There was a real hunger for meeting people outside our usual bubbles.

The harder part was the actual food. Working with food is a bit like trying to decode an adolescent's grunt. Tread carefully! Vegetarian. Vegan. Halal. Allergies. Intolerances. Foods people love, foods they avoid, and foods they simply cannot eat. Frankly, I spent an inordinate amount of time thinking about what could go on everyone's plate before anyone had even sat down. But the more I looked around our Peace Kitchen dialogue, the more I realised that dietary requirements were only the beginning.

Despite deliberately trying to create a welcoming space and inclusive table, there were still plenty of people missing. Our event was on the second floor. We had invited people with disabilities, but the venue itself made it difficult for some people to participate. An invitation only goes so far.

We were holding Peace Kitchen above a Salvation Army soup kitchen. While we had invited people using their services to join us, no one did. Not because they weren't welcome. I found myself wondering whether the room felt like it was for them. Would I walk into a room of 150 strangers if I wasn't wearing the right clothes, or didn't have the confidence or the kind of life experience I thought belonged there? Especially when most of my energy had gone towards getting through the day? Hmmm... I also thought about the disposable cutlery. We were bringing 150 people together to talk about peace, connection, and the world we share. Yet the sheer size of the event meant using disposable plates and cutlery.

I wasn't thrilled about the waste, but it was the most practical option within our means. As someone who spends much of my working life thinking about how we create spaces where people can connect across difference, I feel these contradictions keenly. But perhaps that is what I love about food. It makes the contradictions of our world difficult to ignore. The plate tells the story. Look at almost any meal closely, and you can see much more than what's on the plate.

You can see poverty in who grows our food and who can afford it. You can see gender in who is expected to cook, care, and feed others. You can see environmental questions in the water, soil, energy, and waste behind a meal. You can see migration and identity in the foods people carry with them, adapt, and share.

And then there is the possibility of peace (imperfect, incomplete, but nevertheless real) in what can happen when people who might otherwise never meet sit down together. At Peace Kitchen, 150 people from different countries, faiths, and professions shared a meal. They arrived with different experiences, assumptions, and stories. The dinner didn't solve poverty. It didn't make our venue accessible. We still created waste. We still held multiple, perhaps even contradictory, viewpoints. But something did happen. People who might never otherwise have crossed paths had a reason to sit beside one another. They heard stories they might not normally hear. They discovered things they didn't expect about people they had just met. And perhaps most simply, they were reminded that despite our social, cultural, economic, and political differences, we all need to eat.

That is why I keep coming back to the humbly-shared meal as a tool for peacebuilding. Rotary members and Rotary Peace Fellows already know the power of gathering around a table. We do it at club meetings, fundraisers, conferences, community events, and at our Rotary Peace Centers. We call it fellowship. Other questions we could ask. But I wonder if we can ask a little more of our tables. Who isn't here...and why? Who can't physically get into the room? Who can't afford to participate? Who has been invited but still doesn't feel like they belong? And once we notice, what could we change? For me, that is part of what building peace looks like. Not creating a perfect table where everyone agrees and every problem has been solved. I'm not sure such a table exists.

Perhaps it's more about noticing who is missing. Being curious about why. And then asking what we can do to make a little more room. Because food does more than nourish us. It connects us to the planet, to the systems that shape our lives and, when we share it, to each other. This World Food Day, perhaps the question isn't simply what's on our table? Perhaps it's who gets a seat at the table...and who gets through the door in the first place?
About the author: Dr. Elaine Pratley is founder of Peace Kitchen, a Rotary Peace Fellow, and author of Hungry for Peace (Edinburgh University Press, 2026)



SOPHIE NUWAGIRA BAMWOYERAKI
Education Leader and Consultant

Co-Authoring Adolescent Guidance in Uganda's Secondary Schools

Uganda's secondary education landscape is undergoing a profound transformation, from traditional boarding institutions to rapidly growing day schools across the country. Discussions in staffrooms, on parents' forums, and Parent-Teacher Association (PTA) meetings focus on a singular challenge: student behaviour and evolving peer dynamics.

Guiding the next generation cannot be achieved by finger-pointing. It requires a synchronized alliance between the home and the classroom. For years, public discourse has alternated between accusing overworked teachers of failing to enforce discipline and accusing busy parents of neglect. This binary view helps no one. Modern socioeconomic shifts stretch both families and schools to their limits. The solution rests in a shared governance model where neither side bears the burden alone. Both must act as equal pillars of support.

The structural architecture of the Ugandan school system is defined by boarding routines and competitive target-setting. These factors shape the daily experience of students. Because boarding schools are highly sought after as the standard for academic success, parents routinely hand over physical custody of their children for three months at a time. Consequently, scheduled visiting days serve as the primary point of contact between parents and children. This abrupt transition forces teachers to assume an intense parental role. With educators taking on this surrogate responsibility, a unified moral standard between the home and the school becomes absolutely critical. Compounding this challenge is the system's relentless focus on high grades. Academic drilling dominates the daily schedule. Because schools are consumed by competitive target-setting, educators have very little time to address the behavioural or emotional needs of a child.

Academic success cannot happen in a vacuum. Ultimately, managing a student's development requires active, continuous collaboration with families. For urban day scholars, intense daily commutes and a lack of centralized transit create significant behavioural challenges. Students often leave home by 5:30 am and return after dark, creating unsupervised transit windows where peer influence operates outside the view of both parents and teachers. Additionally, a sharp behavioural pivot occurs because mobile devices are strictly banned at school but central at home. This shifts students from highly disciplined, low-tech environments directly into unsupervised digital spaces during school holidays. To counter this, character development must be continuous. Parents must mirror the school's structural discipline at home, as adolescents quickly exploit any inconsistencies between institutional rules and domestic expectations. Ultimately, effective behavioural guidance relies on total alignment between schools and parents.

Moving forward requires practical frameworks that treat educators and guardians as teammates rather than opposing parties. This means moving away from rigid engagement structures that ignore the realities of long working hours and gruelling traffic on the highways. Schools can adapt by optimizing how and when they communicate. Rather than relying on traditional, day-long General PTA meetings on weekends, schools can adopt asynchronous updates via secure technology. Recording short audio briefings outlining term goals or behavioural trends allows parents to listen via WhatsApp or Telegram broadcast channels during their morning commute. Schools with high concentrations of day scholars can organize decentralized, regional parent hubs. Meeting parents at a church/ mosque drastically cuts down travel times.

For boarding schools, staggering visiting hours by class : Education : Educationprevents campus traffic gridlock. It ensures meaningful face-to-face check-ins. Similarly, day schools can replace rigid weekday consultations with evening or Saturday morning windows. In one of my previous roles as a head of school, we introduced an initiative called 'Drop In to Monitor.' This program created a flexible window for parents to visit the school at their convenience, subject to prior coordination with the school administrator to ensure teachers were prepared. By enabling parents to combine school visits with their existing less-busy routines, this arrangement fostered regular, meaningful communication and ensured parents remained actively engaged in their children's education.

Uganda's socio-economic future depends on the resilience and integrity of the youth currently navigating our secondary school system. Educating the whole child is an intricate, collective endeavour. It cannot be solved by isolation or mutual recrimination. By stepping away from blame, acknowledging the systemic pressures that stretch both environments, and embracing models of co-ownership, parents and educators can build a unified front. This partnership will successfully steer our adolescents through their most formative years.



Personal Information

- **Full Name:** Rtn. Teo Sseruwagi Ngobya Mukasa
- **Marital Status:** Married to Mr. Ronald Mark Ngobya Mukasa (Retired Banker & Charter President of the Rotary Club of Kanyanya)
- **Children:** Three children

Educational Qualifications

- **Master of Business** Administration (MBA) – Makerere University
- **Bachelor of Business** Administration (BBA) – Makerere University

Personal Motto

"Service Above Self, guided by faith, integrity, and a commitment to positively impact every life I encounter."

1. The Professional Angle

I am a dedicated public servant and banker, currently serving at the Bank of Uganda, where I have built a fulfilling 34-year career. My professional journey is anchored on the core values of accountability, transparency, integrity, and excellence. Operating in an environment that demands the highest ethical standards has shaped me into a resilient, versatile leader and a committed team player. While I have successfully executed numerous responsibilities throughout my career, my greatest passion lies in currency operations and administration. Over the years, I have had the distinct privilege of mentoring younger colleagues who now look to me as a resource person, consultant, and role model. For me, seeing others grow and succeed through shared knowledge remains the most rewarding aspect of my profession.

2. The Rotary Connection

My Rotary journey began in the early 1990s as a young professional newly stationed at the Bank of Uganda, Masaka Branch. Driven by an innate passion for helping others—whether within my family, workplace, or community—I sought a network of like-minded professionals dedicated to societal transformation. Rotary was the perfect fit. I initially served for two years in Masaka before pausing to pursue further studies. My deep-rooted desire to serve humanity eventually brought me back home to Rotary on 23 May 2022. Since then, I have remained an active, deeply committed member, and I am honoured to serve as the President Nominee (PN) for 2028/2029.

3. Impact & Service

The Rotary Polio Eradication Initiative stands out as the most meaningful project to me. Witnessing how Rotary has spearheaded a global movement to protect millions of children from the devastating effects of polio is profoundly inspiring. It stands as a powerful testament to collective action, proving that when committed individuals unite behind a shared purpose, we can solve global challenges and permanently transform lives.

4. A Little Inspiration

If I could offer one piece of advice to a new member, it would be this: "Don't just attend Rotary meetings; get involved in Rotary service." Rotary's true value is unlocked through active participation—volunteering for projects, serving on committees, and building authentic relationships. The friendships you forge and the lives you touch will always be far more rewarding than simply holding a membership card. Rotary is a unique space where ordinary people achieve extraordinary results together. The more you invest of yourself, the more you will gain in personal growth, leadership, and the unmatched joy of making a lasting difference.

5. Personal Insights & Faith

Beyond my professional life and Rotary commitments, my weekends are dedicated to my family and my faith. As a mother and a church leader, I am deeply passionate about initiatives that empower women and youth, strengthen families, and build resilient communities. Since 2013, I have faithfully served in various leadership roles at St. John's Church of Uganda, Kanyanya. This includes serving as the Chairperson of the Christian Women Fellowship for eight years, Chairperson of the Mothers' Union for eight years, and Secretary to the Parish Council for four years. Currently, I serve as the Special Envoy of the Parish Priest to the Parish Council and the Gayaza Archdeaconry, supporting strategic spiritual growth and community outreach.

6. The Fun Icebreaker

Something that might surprise my fellow Rotarians is that, despite my busy corporate, church, and Rotary schedules, I am a passionate organic gardener at home! I love spending my free time nurturing fresh fruits and vegetables. There is a special joy in tenderly tending to this produce and donating the very best of my harvest to support our church fundraisers.

MEMBERSHIP

Building Belonging: The Membership Pipeline That Sustains Rotary

By Rtn. Paul Nampala, RC Kasangati

"To hit a district goal of 10 new quality members per club, we must move beyond chance and adopt a system." Membership growth is not accidental—it is intentional.

The most effective way to achieve this is through a structured Membership Attraction & Integration Pipeline. This pipeline ensures that prospects are identified, welcomed, and meaningfully engaged from day one.

Prospect Identification
Every club should have a clear process for identifying potential members. Prospects can be found through community projects, professional networks, and personal invitations.

A simple tracking list or database ensures no one is forgotten. "Every friend you bring is a potential Rotarian, and every Rotarian is a potential world-changer."

Buddy Group Integration
New members must be paired with buddies or small groups immediately.

This prevents them from feeling lost and accelerates their sense of belonging. Clubs that skip this step often see attrition within months. Fellowship is not just about attendance—it is about connection.

Engagement Pathway
Within the first 90 days, new members should be actively involved in at least one project, one fellowship activity, and one leadership opportunity.

This structured pathway ensures they experience Rotary's impact, fellowship, and growth potential early. Engagement is the bridge between attraction and retention.

Why This System Works

- Consistency: Every prospect is handled the same way, reducing the risk of losing potential members.
- Belonging: New members feel connected from day one.
- Retention: Attraction is tied directly to engagement, ensuring that new members stay.



Rtn. Paul Nampala, RC Kasangati

Closing Thought
"Survival keeps a club alive. Thriving makes a club a beacon." By adopting a Membership Attraction & Integration Pipeline, Rotary clubs can move confidently toward growth goals. More importantly, they can ensure that every new member is not just counted, but truly connected—belonging to a fellowship that changes lives and communities.

Rotary's SDG Footprint: Turning Service into Sustainable Change – Part 2



By: Rtn Eng Sandra Atukunda
Senior Engineer (Ministry of Water and Environment) RC Kasangati

The United Nations Sustainable Development Goals (SDGs) provide a shared vision for a better world by 2030. They call on governments, businesses, communities and individuals to work together to end poverty, improve health, protect the environment and create opportunities for everyone. For Rotary, these goals are more than a global development agenda; they offer an opportunity to turn our commitment to service into lasting, measurable change.

While Rotary's seven Areas of Focus do not correspond exactly to individual SDGs, they complement many of the goals. From promoting peace and fighting disease to supporting education, improving sanitation and protecting the environment, Rotary members are already contributing to the kind of world the SDGs seek to create.

Let us explore how SDGs 8 to 17 connect with Rotary's mission and areas of service.

SDG 8: Decent Work and Economic Growth

Creating opportunities for people to earn a dignified living
Economic growth means little if people cannot find decent work, earn a fair income or support their families. SDG 8 promotes productive employment, entrepreneurship and safe working conditions. Rotary contributes by supporting vocational training, mentoring young people, encouraging entrepreneurship and helping communities develop sustainable livelihoods. Clubs can organise business skills workshops, connect young entrepreneurs to experienced professionals and support vocational programmes that equip young people with practical skills.

These efforts complement Rotary's focus on community economic development. When people gain the skills and opportunities to support themselves, families become more resilient, communities grow stronger and dependence on aid can gradually decline.
SDG 9: Industry, Innovation and Infrastructure

Building solutions that improve lives
Communities need reliable infrastructure, appropriate technology and innovative ideas to thrive. SDG 9 encourages sustainable industries, innovation and resilient infrastructure.

Rotary members can contribute their professional knowledge to projects that improve access to clean water, sanitation, electricity, education and healthcare. Engineers, health professionals, environmentalists and business leaders can work together to identify community challenges and develop practical solutions. For example, a Rotary club may support the installation of a safe water system at a school, promote clean energy technologies or help a community adopt improved waste management practices. Such projects demonstrate how innovation becomes meaningful when it responds to real human needs.

SDG 10: Reduced Inequalities
Ensuring that no one is left behind
Inequality limits opportunities and prevents communities from reaching their full potential. SDG 10 calls for greater inclusion and equal opportunities, particularly for people who face social or economic barriers.

Rotary's commitment to service above self challenges members to look beyond personal circumstances and reach people who are often overlooked. Through scholarships, disability inclusion, support for vulnerable families, girls' education and community outreach, clubs can help reduce barriers to participation and development.

Rotary's focus on basic education and literacy, maternal and child health, and community economic development provides practical ways to promote inclusion. The goal is not simply to help people survive but to create conditions in which they can participate fully and live with dignity.

SDG 11: Sustainable Cities and Communities
Making our communities safer, healthier and more liveable

As towns and cities grow, they face challenges such as poor sanitation, unmanaged waste, flooding, pollution, inadequate housing and pressure on public services. SDG 11 calls for inclusive, safe, resilient and sustainable human settlements.

Rotary clubs can support community clean-up campaigns, tree planting, drainage protection, sanitation awareness and responsible waste segregation. They can also work with local authorities and residents to protect wetlands, improve public spaces and encourage disaster preparedness. In Uganda, for example, protecting urban wetlands and improving waste disposal can help reduce flooding, protect water resources and create healthier neighbourhoods. These efforts connect Rotary's environmental work with its commitment to disease prevention and community development.

Has your buddy group identified a service project yet? These are fertile aspects to consider!





MONEY MATTERS

S.W.O.T YOURSELF FOR SURVIVAL AND THRIVING.

Rtn. Yosamu Barekye
(Debt Management and Finance Advisory) Tel: 0771 866 513, Email: barekyey40@gmail.com

We are in a season that is demanding a self-review to position for survival even as the times get harder. In such times there is need for self-review even as we review many other changing factors. You may rush to blame the economy when it is working in your favor right now. There will always be good seasons for some, and the same seasons will be hitting other badly. It all depends on the positioning of a person and an organization. Just as an example, during Covid-19 season, the industries that were manufacturing protective gears like masks and sanitizers were thriving! There were industries that emerged and other that changed strategically! So, unless you do a clear self-review, you may not position yourself strategically for survival and possible thriving in such times. One of the models or tools that is used in corporate organizations which can be well applied at a personal level is the SWOT analysis Model (Strength, Weaknesses, Opportunities and Threats). Let us delve into how this can be applied on an individual level or even a small undertaking to position for survival and thriving even in hard times. This model calls for a realistic and candid questioning of who you are and what you face. The more candid and realistic one gets the more beneficial it would be when they apply the outcome.

STRENGTH.

All people regardless of status have at least a strength. There is a unique advantage you have that another person may not have. By nature, and character some people may be good savers, hardworking, patient, people person, good at sales and marketing, having knowledge and skills in a specific field, an extensive experience, resources at one's disposal, location at a given time and many other such things. In the bible a story of a woman who was in debt and distress and when she approached a prophet seeking for help, the prophet asked her a pertinent question: what do you have in your house?

WEAKNESSES.

You could be having all advantages and resources but if you don't address your weakness, they can most likely erase the advantages. There are people with say a lot of family land, but their weakness is that they are lazy to do agriculture. It could be procrastination, or that you are not connected to others who could help. Limited resources in some instances limit our positioning. It could be lack of knowledge! When you get to know your weaknesses, then you seek to find the solution so that you release yourself to survival or thrive. The strength and weaknesses are internal, and personal to a person or organization.

OPPORTUNITIES.

Looking at your surroundings including the general economy and into the future, you will realize as I said in the introduction that every season, good or bad as it may appear, comes with some advantages that if one assessed and took on, they can thrive. The rainy season comes with an advantage of planting or water harvest, whereas the dry season comes with advantage of selling the water! The increase in foreign exchange rates is an opportunity for the exporters to earn more! What opportunities are available in your surrounding and in the times, we live in, what is coming in the future?

THREATS.

In the surroundings, there will always be limiting factors even as you seek to take advantage of the opportunities. Like there will be competition for the same opportunities. The weather may not be favorable even as you see the opportunity for say agriculture. The activities that have the potential may come with risks which are potential problems. These you plan for how you can handle them. This is where such things as taking an insurance policy comes in. So SWOT yourself at any given time for not only survival but also to thrive!

Yosamu Barekye-https://redeemerfinancials.com/

The Courage to Move When Necessary

Rtn Brian Ssenoga

One of the most remarkable lessons we can learn from honeybees is that survival sometimes requires the courage to leave behind what is familiar and venture into the unknown. A bee colony does not remain in one place simply because it has invested time and energy in building a home. When food sources become scarce, living conditions deteriorate, or the colony becomes overcrowded, the bees may need to relocate in search of a more suitable environment. This process is closely associated with swarming, a natural method through which a colony reproduces by dividing, with the queen and part of the worker population leaving to establish a new home.

Relocation is not without risk. The bees may encounter predators, harsh weather, inadequate food supplies, or difficulty finding a suitable nesting site. Yet, remaining in an environment that can no longer sustain the colony may present an even greater danger. The bees demonstrate an important principle: sometimes, the greatest risk is not moving; it is remaining where survival is becoming increasingly difficult.
This speaks directly to our lives, businesses, careers, and communities. We often become attached to familiar surroundings, established routines, relationships, or ways of doing things. We may continue investing our time, money, and energy in situations that no longer serve our growth simply because we fear the uncertainty that comes with change.

A business may cling to an outdated business model while customer needs evolve. A farmer may continue using the same methods despite changing weather patterns. An individual may remain in a career that offers neither growth nor fulfilment because starting afresh seems too frightening.

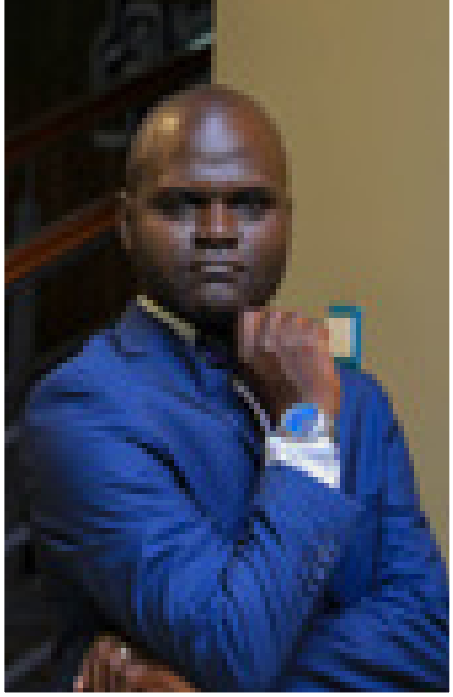
The honeybee reminds us that flexibility is not a sign of weakness or failure. It is an essential ingredient of resilience. Knowing when to adapt, when to change direction, and when to begin again can make the difference between stagnation and survival.

However, successful relocation requires more than the willingness to leave. Scout bees search for potential nesting sites, assess available options, and communicate their findings to the colony. Through this collective process, the bees increase their chances of finding a suitable new home.

For human beings, the equivalent is thoughtful decision-making. Before abandoning an existing situation, we must study our options, assess the risks, seek advice, prepare adequately, and develop a realistic plan for the next step. Flexibility does not mean changing direction at every obstacle; it means recognising when circumstances demand a different approach and responding wisely.
In Uganda's changing economic environment, this lesson is particularly relevant to entrepreneurs, farmers, and young people. Markets shift, technologies advance, consumer preferences change, and opportunities emerge in unexpected places.

Those who remain willing to learn, innovate, and explore new possibilities are often better positioned to withstand uncertainty. A honey producer, for instance, may discover that selling raw honey alone is no longer sufficient and decide to explore value addition through honey-based cosmetics, herbal infusions, or other bee products, provided market research supports the investment.

Ultimately, the honeybee teaches us that we must not confuse loyalty to a place, practice, or past success with commitment to our future. Sometimes, growth requires us to leave behind what has served us well in the past so that we can embrace what will sustain us tomorrow. The wisdom lies in knowing when to stay, when to adapt, and when the time has come to move.

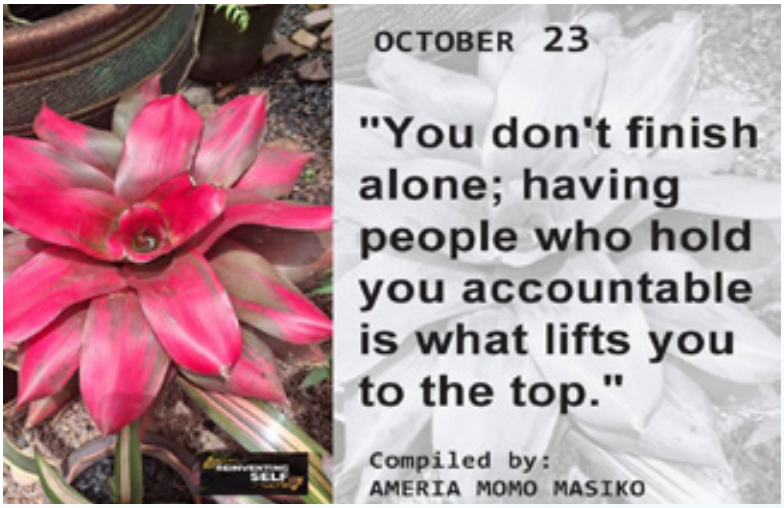




The Writer is the Executive Director of Mihoney, an agribusiness with a focus on the honey value chain.
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Accountability To Finish





An important reminder of the things that will enable us to make it happen. Remember that to finish well, succeed, and achieve what God placed in your heart, you cannot do it alone and anyhow.

You need people who are allowed to ask you hard questions. People who are allowed to say," you said you would do this. How far have you gone?"

That is accountability. And It is not to shame you. It is to shape you. It keeps your feet from wandering when the journeygets long.

Many start with fire, but only those who allow themselves to be checked, corrected, and encouraged, finish what they started.

Understand that, achievement needs discipline. And discipline grows best when someone is walking with you, watching with love.

Today, don't hide. Open your process to someone you trust. Let them see your progress. Let them hold you, not to pull you down, but to lift you to the top.

Finishing well is not a one-person journey. It is a shared journey.
Journal:

- Where have I been avoiding accountability?
- Who will I invite into my process this week?

Prayer:
Almighty Father, thank You for grace that holds me. Provide me with people who will hold me accountable, who will love me, correct me, and help me finish what You started in me. Give me humility to listen and strength to stay on the path. Amen.

Violence Against Children at Home: An Introspective Call to Responsibility



Rtn. Gloria Kasozi

This week, I interacted with a 17-year-old girl, Ritah whose foster mother had reported a persistent decline in school grades, isolation, and low activity. During our conversation, she shared that she was still mourning the loss of her grandmother, the person she described as her anchor: the only one who understood her, protected her, and made her feel truly wanted. Now that her grandmother was gone, she felt exposed, unseen, and alone.

She also spoke about feeling as though she did not fully belong to her foster family. She felt she was treated differently from the other children, punished harshly for small mistakes, and burdened with more housework than the rest. She said this through tears. Although she was grateful for food, medical care, clothes, education, and shelter, it was clear that the absence of emotional safety was quietly affecting her confidence, concentration, and sense of worth.

The Violence We Do Not Always Name

When we speak of violence against children, many of us imagine visible wounds, loud shouting, or extreme acts of abuse. Yet violence in the home can also be quiet. It may appear as constant humiliation, unfair treatment, emotional neglect, excessive punishment, rejection, threats, name-calling, or making a child feel like a burden. A child may be clothed, fed, and sent to school, yet still be wounded by the daily message that they are less loved, less valued, or less deserving than others.

In Uganda, child-protection organizations have continued to warn that violence, exploitation, abuse, and neglect threaten children's physical health, mental well-being, education, and future development. Many children experience physical violence, and preventing abuse requires parents, caregivers, communities, and service providers to recognize children's rights, report violations, and practise positive parenting.

Looking Inward Before Looking Elsewhere

The story of this child invites us to pause and ask uncomfortable questions. In our own homes, do all children feel equally loved? Do we use discipline to guide, or to release our anger? Do we listen when children change behaviour, or do we quickly label them as stubborn, lazy, rude, stupid or ungrateful? Do we create space for children to grieve, speak, make mistakes, and still feel safe? Sometimes violence survives in homes because it is hidden behind ordinary language. We say, "That is how children are raised." We say, "I also went through it and survived." We say, "At least I provide for them." But children need more than survival. They need belonging. They need correction without cruelty. They need adults who understand that protection is not only about keeping danger outside the gate, but also about ensuring that love, fairness, and dignity live inside the house.

Our Individual Responsibilities

Preventing violence against children begins with each adult taking personal responsibility. Parents, guardians, relatives, neighbours, teachers, faith leaders, and community members all have a role to play. We must refuse to excuse harmful behaviour simply because it happens in private or because the adult involved is respected. A child's pain is not less serious because it happens within family walls.

- We are responsible for listening carefully when a child's behaviour changes.
- We are responsible for correcting children with patience, not humiliation.
- We are responsible for treating all children in our care with fairness and dignity.
- We are responsible for seeking help when stress, poverty, grief, or anger affects how we parent.
- We are responsible for reporting abuse, neglect, and exploitation instead of keeping silent.

A Personal Commitment

The prevention of violence against children is not only a government programme, a school policy, or the work of organisations. It begins in the tone of our voices, the fairness of our rules, the gentleness of our correction, and the courage to notice pain before it becomes permanent damage. In our homes, this means practising positive discipline, creating space for children to speak without fear, sharing care fairly, and seeking support when our own stress, grief, or anger affects how we parent. Each of us must ask: if a child lived under my care, would they feel safe not only to eat and sleep, but also to speak, cry, learn, belong, and be loved? Every child deserves a home where protection is more than a promise. It must be a daily practice. If we are willing to look inward, change harmful habits, support struggling caregivers, and speak up when children are harmed, then our homes can become the first and strongest places of safety.

Rtn Businge Margaret Bashaija
Executive Director and Founder of Tick Bedside Nursing Care and Elderly Home.
For more information call: 0772467311/0701467311
Office line: 0200924173 or visit our
Website: www.tickbedsidenurses.com



ELDERLY CARE

Are Elderly Homes the Answer? Rethinking Residential Care for Older Persons in Uganda

On a Sunday afternoon in a village in Nakaseke district, an elderly mother sits outside her house, watching the road. She is waiting for one of her children to visit. Her eldest son works in Kampala, her daughter lives in another district, and her youngest child is struggling to provide for a young family.

They all love her, but weeks can pass without a visit. When she falls ill, the question is no longer who loves her most, but who can leave work, pay for treatment and provide the care she needs.

Her situation reflects a difficult reality facing many families in Uganda today. The traditional promise that children will care for their parents in old age remains deeply rooted in our culture, but economic hardship, urbanisation, migration and changing family structures are testing that promise. **What happens when family love remains strong, but the capacity to provide care is no longer enough?**

Are elderly homes the answer, or should older persons continue to be cared for exclusively within their families?
For generations, Ugandan families and communities have provided the first line of support for older persons. Grandparents have raised children, preserved cultural knowledge, settled family disputes and contributed to household welfare. Age has traditionally commanded respect. Yet respect must translate into practical care, and many families now struggle to balance employment, financial obligations and the demanding needs of ageing relatives.
Some older persons live with chronic illnesses, limited mobility, loneliness or conditions requiring professional assistance. Others spend long days alone, unable to access nutritious meals, regular healthcare or meaningful social interaction. In such circumstances, family care, however well-intentioned, may not always be sufficient.

Well-managed elderly homes can provide a valuable alternative. They can offer safe accommodation, nursing support where appropriate, balanced meals, medication assistance, companionship and organised activities. They can also support families whose older relatives require care beyond what can reasonably be provided at home. However, residential care is not a universal solution. Some facilities may be unaffordable, while poorly managed homes risk exposing residents to neglect, isolation and abuse. For many older Ugandans, leaving familiar surroundings can also be emotionally difficult. An elderly home must never become a destination for unwanted parents or a convenient excuse for family abandonment.

Uganda needs a care system that gives older persons choices, protects their rights and recognises that different families have different needs.

That responsibility cannot rest with families alone. Government must strengthen standards, inspection and accountability for residential care facilities while supporting affordable services for vulnerable older persons. Healthcare providers should improve access to geriatric and community-based care. Civil society organisations, faith-based institutions and the private sector should invest in home-based nursing, day-care services, caregiver training and dignified residential facilities.

Families, too, must act. We should plan for our parents' old age before a crisis occurs, share caregiving responsibilities, visit regularly and involve older relatives in decisions about their own lives. Communities can organise support networks to identify isolated older persons and connect them to appropriate services.

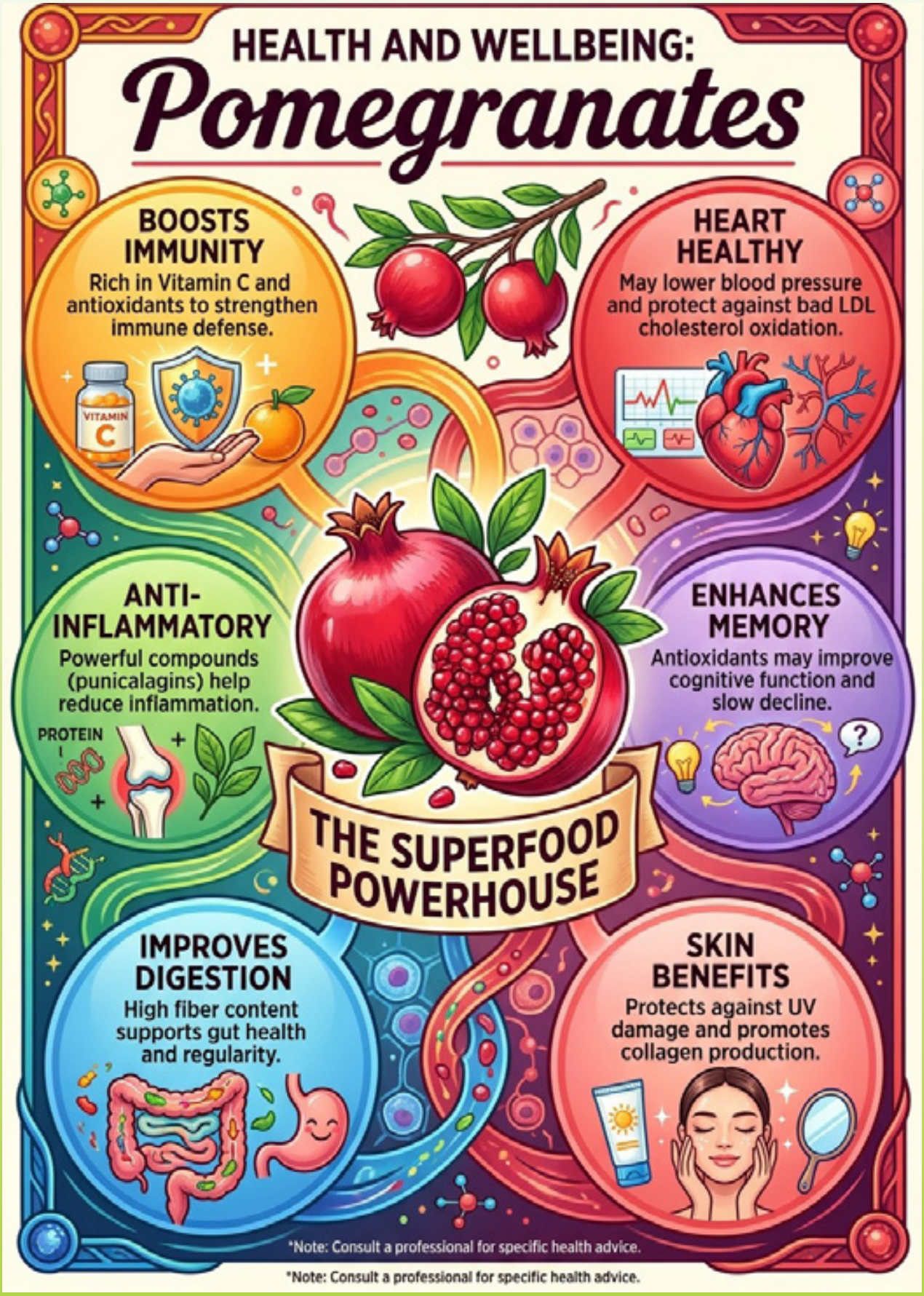
Organisations such as Tick Bedside Nursing Care and Elderly Home have an opportunity to demonstrate how professional care can complement family responsibility. But responsible providers also need partnerships, skilled workers, sustainable financing and clear safeguards to ensure that dignity remains central to every service.

The call to action is clear: government, families, healthcare professionals, businesses, religious institutions and community leaders must work together to build an integrated elderly-care system for Uganda. This means developing and enforcing care standards, financing services for those who cannot afford them, training caregivers, supporting families and ensuring that residential homes are safe, compassionate and accountable.

We must stop asking only, "Who will take care of our elderly?" Instead, we must ask, "What systems are we building today to ensure that every older person can age safely and with dignity?"

Our older persons spent their lives building families, communities and this nation. They deserve more than gratitude expressed in words. They deserve care backed by action. The true measure of our humanity is not simply how we honour older persons in public, but how we protect their dignity when they are most vulnerable.

The writer is the Executive Director Tick Bedside Nursing and Elderly Care. Tell +256772467311 +256701467311
Email: tickbedsidenursing@gmail.com www.tickbedsidenurses.com



*Note: Consult a professional for specific health advice.



THE PRAYER

Our GRACE of the DAY

Heavenly Father, we come before you this morning with thankful hearts,lifting up our communities and asking for your divine guidance and protection.

For Our Children Shield our children while at school and at home today. Guard their minds, protect their bodies from harm, and surround them with your peace so they can learn and grow in safety.

For Our Families
Bring harmony into our homes. Heal divisions, deepen our patience with one another, and let your love be the foundation that binds our families together in unity.

For Our Nation Pour out peace upon our land. Calm the storms of conflict, unite our diverse citizens, and let safety, justice, and tranquility prevail across every community.

For Our Leaders
Grant wisdom to our rulers. Guide their decisions with integrity, truth, and compassion so they may lead with justice and look after the well-being of all people.

For the Rotarians
Sustain the Rotarians with grace. Strengthen them as they serve our communities, multiply their efforts to do good, and fill their hearts with joy as they put service above self.
Amen.

Have a fruitful day!



CP Flavia Mwondha Nampala

CP Kyanja Metro

QUOTATIONS THAT TEACH
From the book of the day

"God, help me to see what comes my way as an opportunity instead of an inconvenience."

Lysa TerKeurst
"In the short term, you are as good as your intensity.

In the long term, you are only as good as your consistency."

Shane Parrish
Consistency compounds! Starting is always hard.But it is always good to remember that to finish one has to definitely start.So start today."

Anonymous
"Where there is a lack of rest, there is an abundance of stress." Lysa TerKeurst

When do you rest?
"Our lives change externally as we change internally."

Caroline Myss
"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."

Bill Watterson
Be present!
"Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate."

Albert Schweitzer
"A man's real belief is that which he lives by. What a man believes is the thing he does, not the thing he thinks."

George MacDonald
What do you believe?



Laugh. Reflect. Grow.

By Evelyn Osiime

Author, Crossroads Hub | Career Transitions| Counselling & Psychology Student

Do It Afraid: When Opportunity Calls, Dare to Say Yes

When I was first invited to serve on a board, I froze. Not because I was overwhelmed with excitement, but because I was overwhelmed with doubt.

"Maybe they have mistaken me for someone else."
"I have never done this before."

"What if I make a mistake in front of everyone?"
In my mind, I was already drafting the politest "Thank you, but perhaps next time" email.
But let's be honest. It wasn't humility speaking. It was fear.

Fear disguised as being realistic. Fear whispering, "You are not ready. You are not qualified enough. What if you fail?"

I almost turned down the opportunity before the real work had even begun.

Then I reminded myself of something important: Every experienced leader was once a beginner. Every person who confidently sits at the decision-making table once had to learn, make mistakes, ask questions and grow into the role.

You do not become ready for every opportunity before accepting it. Sometimes, readiness develops as you show up, learn and do the work.
So, I said YES!

I showed up, and the experience has stretched me, challenged me and helped me grow in ways I could never have planned.

I am learning that courage does not mean the absence of fear. It means refusing to let fear make every decision for you.

At G4G, we have a way of putting it: "Do it afraid!"
And that is my nudge to you this week.
When opportunity knocks and fear answers the door, do not let fear have the final say. Pause, assess the opportunity, and if it aligns with your values and purpose, dare to take the step.

You may not have all the answers. You may not feel completely prepared. You may even make a few mistakes along the way.
That is okay. Growth often begins where comfort ends.

Say YES to the opportunity. Show up willing to learn. Allow yourself to grow into the person the opportunity requires you to become.
You might just surprise yourself!

Remember: You do not have to feel fearless to take a courageous step. Sometimes, you simply have to DO IT AFRAID!

HANG IN THERE

Living life is not for the weak! I usually look at WhatsApp status of young adults regretting why they grew up and found all sorts of expectations, obligations, and bills waiting for them.

The massive, universal truth is that adulthood comes with an unadvertised price tag, and the transition is hitting young adults incredibly hard right now. The collective sigh on WhatsApp statuses is the reality of a generation realizing that growing up wasn't the ultimate freedom they were promised as kids—it was just a trade-off for a heavier backpack of responsibilities; It is the modern "Welcome to Adulthood" Shock. Young adults today are confronting a unique perfect storm that makes the usual growing pains feel even heavier: rent, insurance, groceries, utilities—the sheer volume of recurring monthly expenses is a shock to the system, especially when monthly salaries often don't match the cost of living. They are suddenly expected to navigate career building, maintaining relationships, some "deputising" their parents, and planning a future, all at the same time. Social media does not make it any easier; one keeps peeking on WhatsApp, Instagram, X or Facebook and it seems their peers are making it big; buying houses, traveling, wedding, or landing dream jobs, and this makes their own struggle feel like an individual failure rather than a normal phase of life.



LOYCE Kwikiriza

Senior Sociologist/ Poet/Preacher

Growing up in the South West, kids wanted to grow up and become like Aunt so and so or Uncle so and so from Kampala, because the thinking was like they have it all; eating whatever they want, traveling wherever they want, and buying whatever they want. Nobody knew what they go through or that it is not all rosy. Adulting has now taught them of the constant, exhausting need to make decisions every single day, and the realization that they are now the primary person responsible for fixing their own problems and most probably, their extended families' problems and expectations as well. They are the current "Aunties" and "Uncles" from Kampala!

Dear Reader, this is a call not to vent, not to be grumpy, not to give up! Adulting is an endurance sport, and some days the hurdles feel a lot higher than others while other days are sweet and very enjoyable; celebrating successes and achievements. The hard and difficult days are not to knock you out, they challenge you to be better than yesterday. If you are navigating a particularly heavy season right now, remember that temporary exhaustion doesn't mean permanent defeat. Take a pause, breathe in, pray, think through your alternatives, and move on; that is part of the process. Never ever think of giving up; persist, persevere, carry on, stay strong, keep going, stick it out, HANG IN THERE! To the onlookers, you are making it, you are doing great, you are their inspiration!

Understand Rotary Economic and Community Development

Rotary Economic and Community Development Month is an annual observance each October where Rotary International highlights projects that combat poverty, build local economies, and create sustainable, long-term livelihoods rather than short-term charity.

Core Focus Areas

- **Sustainable Growth:** Building lasting economic improvements and self-reliance instead of temporary hand-outs.
- **Entrepreneurship & Empowerment:** Supporting local business owners, community leaders, and marginalized groups—with a strong emphasis on women—through training and resources.
- **Microfinance & Banking:** Partnering with local microlenders, establishing mobile banking options, and supplying equipment.
- **Vocational Training:** Providing skill-building workshops, business planning, accounting, and agricultural support.

Key Goals of The Rotary Foundation

- **Capacity Building:** Strengthening entrepreneurs, local organizations, and community networks.
- **Productive Work:** Creating opportunities for dignified, well-paying jobs.
- **Poverty Reduction:** Targeting under-served populations living in extreme economic hardship.
- **Professional Studies:** Supporting fellowships and academic tracks tied to economic development.

POEM

PERSEVERANCE

Perseverance through relentless hardship is paramount. Success often waits just beyond the bleakest moments, hidden from view.

While financial burdens, exhausting obstacles, and deep anxieties are universal, they do not dictate your final outcome.

When life demands too much, pause. Rest is entirely permissible, but complete surrender is not.

Tragically, countless people abandon their ambitions on the absolute precipice of a breakthrough, entirely blind to how close they were to triumph.

Defeat is often an illusion. By resolving to stick to the fight when you are hardest hit, pushing through that final trial transforms apparent failure into sudden victory.

Don't Quit

Edgar Albert

When things go wrong, as they sometimes will,
when the road you're trudging seems all uphill,
when the funds are low and the debts are high,and you want to smile but you have to sigh,when care is pressing you down a bit - rest if you must, but don't you quit.

Life is queer with its twists and turns.
As everyone of us sometimes learns.
And many a fellow turns about when he might have won had he stuck it out.
Don't give up though the pace seems slow - you may succeed with another blow.

Often the goal is nearer than it seems to a faint and faltering man;

Often the struggler has given up when he might have captured the victor's cup;
and he learned too late when the night came down,how close he was to the golden crown.

Success is failure turned inside out - the silver tint of the clouds of doubt,
and when you never can tell how close you are,it may be near when it seems afar;so stick to the fight when you're hardest hit - it's when things seem worst; you must not quit.

Sophie N. Bamwoyeraki Weekly Poetic choice.

The Mask No One Knows About but You



Diana Muhairwe

CMaxwell leadership Coach|DISC Consultant|C.E.O Blühen Solutions Limited

Helping purpose driven people and teams to lead with heart, work in harmony and grow with purpose.

At 8:15 a.m., Miko (not real name) walked into the office with his usual smile.

He greeted the receptionist, checked on his team and asked his colleague how the weekend had been. By 8:30, he was leading a meeting, making decisions and reassuring his team that everything was under control.

Nobody noticed that he had barely slept.

The previous night, he had spent hours worrying about school fees, an outstanding loan and a difficult conversation with his wife. He had questions he could not answer and fears he did not know how to express.

But Miko had a reputation to protect. He was the dependable one. The problem solver. The man who always found a way.

So he wore his mask.
At 5:00 p.m., his colleagues thanked him for another productive day. At home, his wife asked how he was doing.
"I'm fine. Just tired."

He retreated into his phone, hoping the silence would give him relief. Instead, it created distance between him and the very people who could have supported him.

Miko's story may be closer to yours than you care to admit. Perhaps you are the manager who must always appear confident, the employee who cannot afford to look overwhelmed, or the parent who feels responsible for keeping everyone else together.

The danger is not that you have difficult days. It is that you become so committed to looking strong that you stop allowing yourself to be supported.

Leadership expert John C. Maxwell teaches that leadership begins with influence. Yet our influence is not strengthened by pretending to have no struggles. It grows when we have the courage to recognise our limits and respond to them wisely.

Psychologist Brené Brown writes in Dare to Lead, "Vulnerability is the birthplace of innovation, creativity and change."

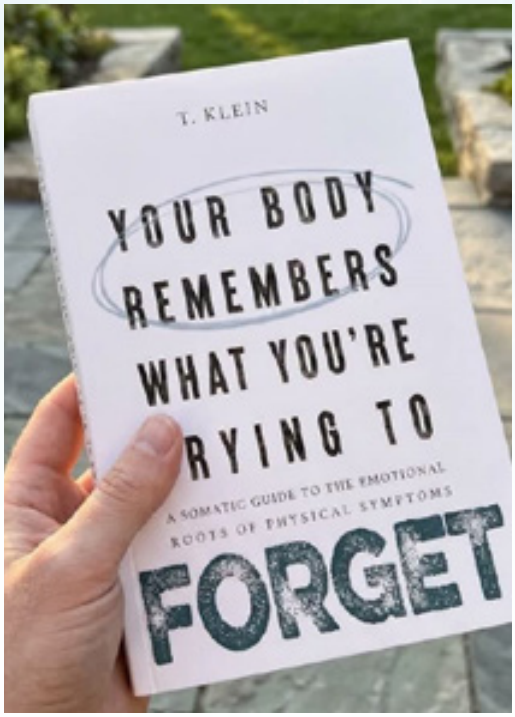
You do not have to tell everyone your private struggles. But you need someone with whom you can be honest. You need to recognise when you are overwhelmed, ask for help when necessary and stop treating exhaustion as proof of commitment.

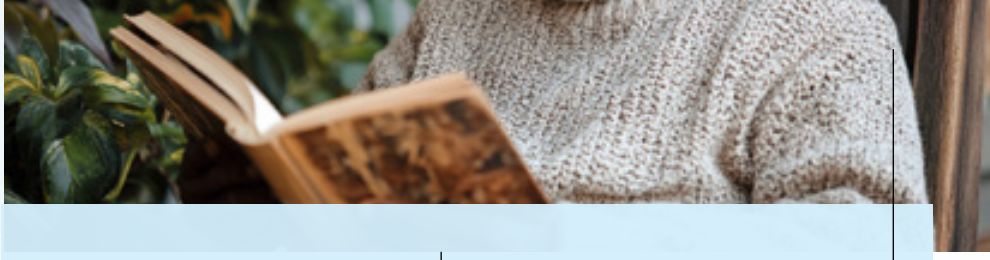
Today, try three things.
• Name one burden you have been carrying silently.
• Speak honestly with one person you trust.

• Identify one practical step you can take to address what is troubling you.
You may not be able to solve everything today. But you can stop pretending that everything is fine.

Remember, the people who depend on you need your presence, not just your performance.

And sometimes, the bravest thing a strong person can do is admit, "I am struggling, and I need help."





BOOK OF THE WEEK

Most of us have a particular relationship with our own pain. We negotiate with it, silence it, schedule around it, and, when it refuses to leave, quietly resent it. The tight jaw, the knotted stomach, the headache that arrives right on time before every hard conversation: we treat them as malfunctions in an otherwise well-run machine.

T. Klein's Your Body Remembers What You're Trying to Forget asks what happens if you stop fighting and start listening.

The book opens with a line that stopped me: your symptoms are not here to punish you. It's an unusual thing to read when you're in pain, and it changes the temperature of everything that follows. The premise is that physical sensations can be a form of communication, an invitation to look at old grief, unspoken boundaries, or shame we've been carrying without a name. Whether or not you agree with every connection, it's a wonderfully humane way to meet your own body.

What makes it captivating is its design. This isn't a book you read once from start to finish and shelve. It's a field guide to 122 physical conditions across 11 body systems, built so you can look up the thing that's bothering you, from tension headaches and jaw tightness to digestive trouble, hip tension, skin flare-ups, and insomnia, and start right there. Each entry follows the same gentle structure: the emotional pattern that may be driving the symptom, a specific somatic exercise for that part of the body, a reframe to loosen the old story, and a journaling prompt to help you see how it applies to your own life. It's a bottom-up approach, working with the body and nervous system instead of arguing with them, and the exercises mean the insight doesn't just stay in your head. It moves.

Klein writes for readers of The Body Keeps the Score and Louise Hay's work, and you can feel both lineages: the interest in how emotion lives in the body, and the warmth of someone who wants to hand you something practical.

Readers have described it as a pairing of Hay's reflective tone with the body-map thinking of traditional medicine, with a page for each ailment, which is exactly what makes it so easy to return to on a hard day.

I'd like to be honest about what this book is, because that honesty makes it more useful, not less. It's an interpretive framework, not a diagnostic tool. The idea that the body stores emotional experience is a compelling and widely discussed one, and it's also debated by researchers, so some of the specific links drawn between emotions and conditions are best read as invitations for reflection, not established causes. Persistent or worsening symptoms deserve a proper medical evaluation, and the book is at its best when used alongside that care, never in place of it.

Held that way, as a source of questions rather than verdicts, it becomes a quietly powerful companion.

What I loved most is the shift it asks for. Instead of "what's wrong with me?", it nudges you toward "what is my body trying to tell me?", and then gives you something to do about it. Breathe here. Move like this. Write about that.

If you've spent years treating your body as a problem to manage, this book offers a gentler possibility: that it's been trying to talk to you all along.

Keep it somewhere close. On the nightstand. Next to the journal. Because the next time your shoulders climb up toward your ears or your stomach tightens before a conversation you've been avoiding, you'll have somewhere to turn, and a different question to ask.
#books #fblifestyle

Book/Audiobook: https://amzn.to/447mghV
You can access the audiobook when you register on the Audible platform using the same l!nk.

Meet Selwa Hussain, with the heart in the bag.

As you start off this week, I request you to frankly appreciate God for the gift of life and for all the 'small' gifts from Him that we always take for granted.

Today, I invite you to meet Selwa Hussain, a 43-year-old mum of two, from UK who carries her heart, externally, in a bag, in a rucksack, not internally, in a body, like you and I carry ours. Amazing, isn't it! Her unusual story began in June 2017 when she felt terribly breathless. She somehow managed to drive to her family doctor in Clayhall who referred her to a local hospital where doctors told her that she was suffering from severe heart failure. As the medics in Harefield Hospital struggled to save her life, they realized she was too ill to have either a support pump for her weak heart or a heart transplant. She then underwent a life-saving operation in 2017 where Surgeons removed her diseased natural heart and replaced it with an artificial heart implant. This successful radical operation made her the second person in Britain to have an artificial heart. This Amazing £86,000 device that keeps Selwa alive, is in a 6 kg rucksack that she carries on her back all the time.

The backpack contains an electric motor which pushes blood around her body at 138 beats per minute in rhythm that causes her chest to vibrate. She carries a second unit on standby in another backpack, just in case the first one fails. Her husband or Carer must be with her constantly as they have just 90 seconds to connect her to the backup machine if disaster strikes. Gracious God!

Selwa knows she is a very fortunate and unique woman to lead a normal life once again as she awaits a heart Donor, who is difficult to get by. Occasionally she gets a lot of embarrassing questions from strangers who notice the tubes running from the backpack and beneath her clothes. They are all amazed when I tell them my heart is on my back, in a bag, not in my body.

Like Jonathan Lockwood Huie said, "Each day be happy and grateful for what you have, independent of yesterday and of other people".



PP Elizabeth Ssempebwa
RC Kitezi

Love yourself. Like Arthur Ashe said: Start where you are. Use what you have. Do what you can. Selwa Hussain decided to be alive, with her external heart and she lives a normal life. What have you decided to do about that life threatening challenge you are faced with? Give up ? No way. Let Selwa inspire you. One step at a time. One day at a time. With or without the internal heart, she moves on, like a soldier matching forward. So you shall. So I will. So we shall. Amen and Amen.

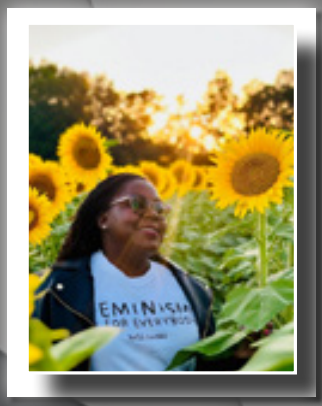


Selwa Hussain displays the rucksack carrying her heart.



CELEBRATIONS

MONTH OF OCT. BIRTHDAYS



Rtn Agnes Muyanga
6th October



Rtn Sandra Barekye
23rd October



Rtn Sauda Kivumbi
25th October



Rtn Yosamu Barekye
27th October



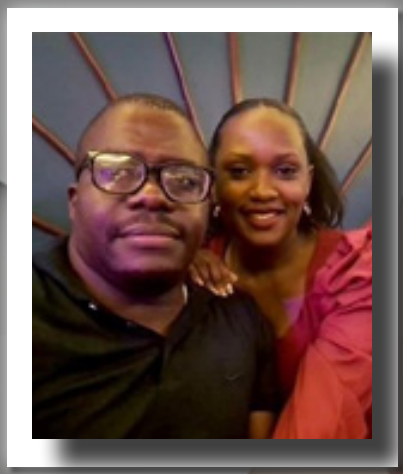
OCT - WEDDING ANNIVERSARIES



Rtn Ibrah kabanda
3rd Octobe



Rtn Carol Namubiru 16th
October

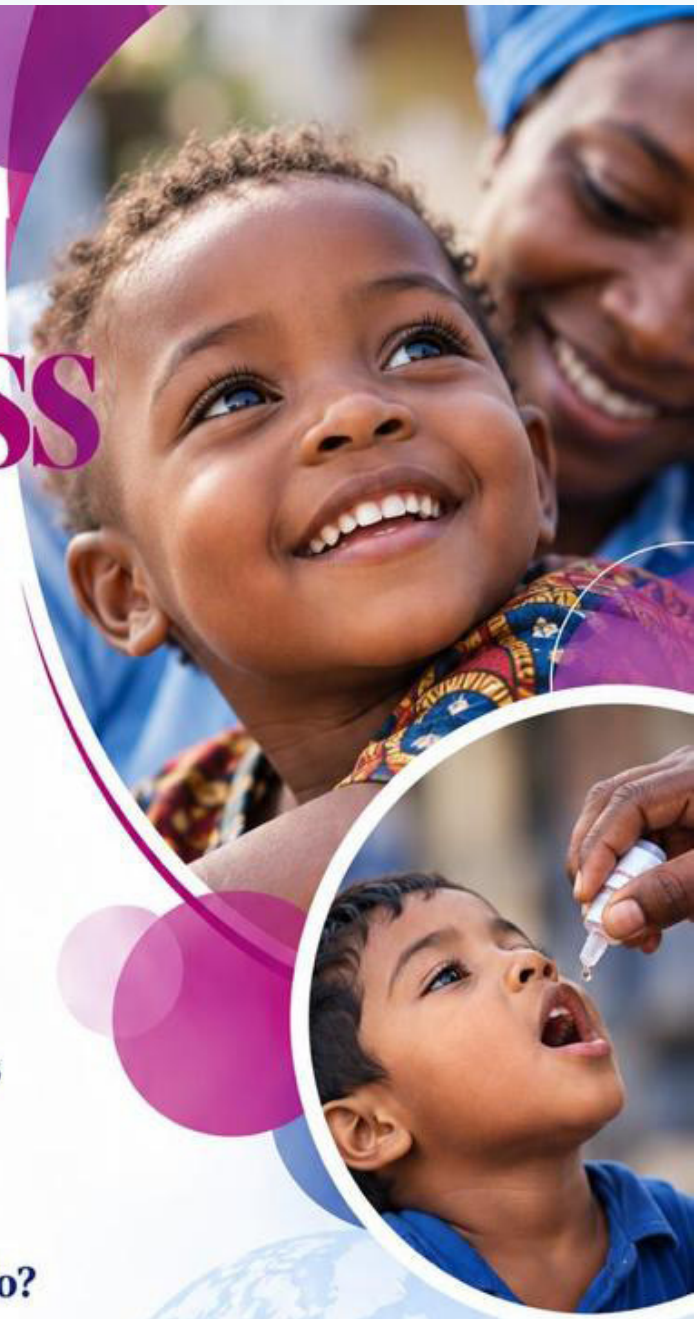


Rtn Emma Lukyamuzi
20th October

World Polio Day 2026 • District 9213

POLIO AWARENESS

Protect Every Child



What is Polio?

Polio is a highly infectious disease that can cause paralysis and lifelong disability.

How does it spread?

It spreads mainly through contaminated water, food, and poor sanitation.

Why vaccination matters

Vaccination is the safest and most effective way to protect children and stop the spread of polio.

What can communities do?

Support immunization, share accurate information, and encourage every family to vaccinate their children.

Every child deserves protection.



Support immunization.
Raise awareness.
Help finish polio.

WE ARE THIS CLOSE.
END POLIO NOW.

Rotary
Club of Kasangati

PROGRAM LINEUP OCTOBER, 2026

COMMUNITY ECONOMIC DEVELOPMENT MONTH

BUDDY GROUP MANYANGWA

5TH MONDAY	Presidential Update: First 100 Days- President Ivan Mbabazi
12TH MONDAY	Catalyzing Uganda's Future: How the African Development Bank is De-risking Investment and Unlocking Private Capital: Rtn Francis Ogwang Country manager East Africa Development Bank
19TH MONDAY	"The Rotary Advantage: Fostering Personal Growth and Economic Empowerment" Rtn. Grace Nanyonga Mugisha: RC Mukono Central
24TH SATURDAY	World Polio Day: Polio Immunization and Maama Kits - Kasangati HCIV
26TH MONDAY	Fitness and Wellness Fellowship: Coach Bob

LIBERTY
In it with you

BENJAMIN HOUSE

Rotary Club of Kasangati | RCKasangati | Rotary Club of Kasangati | rotaryclubofkasangati

The ROTARY ACTION PLAN

Rotary

TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE ACTION
TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES

As we stand on the cusp of eliminating polio, we find ourselves poised for our next challenge. **The time is right to move toward realizing a new vision that brings more people together, increases our impact, and creates lasting change around the world.** To achieve the vision of Rotary International and The Rotary Foundation, we have set four priorities that will direct our work over the coming years.

INCREASE OUR IMPACT

- Eradicate polio and leverage the legacy
- Focus our programs and offerings
- Improve our ability to achieve and measure impact

EXPAND OUR REACH

- Grow and diversify our membership and participation
- Create new channels into Rotary
- Increase Rotary's openness and appeal
- Build awareness of our impact and brand

ENHANCE PARTICIPANT ENGAGEMENT

- Support clubs to better engage their members
- Develop a participant-centered approach to deliver value
- Offer new opportunities for personal and professional connection
- Provide leadership development and skills training

INCREASE OUR ABILITY TO ADAPT

- Build a culture of research, innovation, and willingness to take risks
- Streamline governance, structure, and processes
- Review governance to foster more diverse perspectives in decision-making

The Rotary Foundation

Doing Good in the World

Peacebuilding and Conflict Prevention | Disease Prevention & Treatment | Water, Sanitation & Hygiene | Maternal & Child Health | Basic Education & Literacy | Community Economic Development | Environment

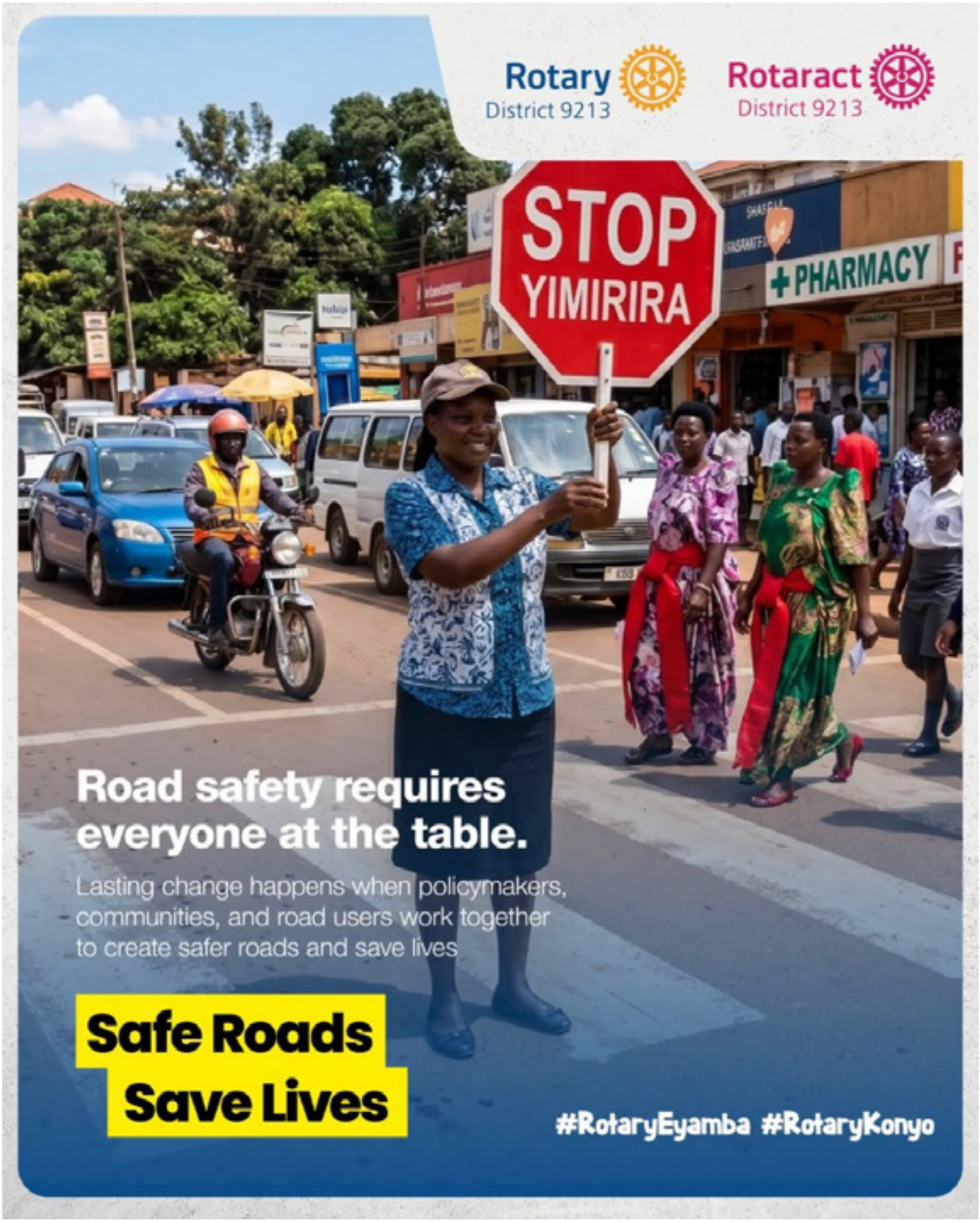
Rotary

THE FOUR-WAY TEST

Of the things we think, say or do:

1. *first* — Is it the **TRUTH**?
2. *second* — Is it **FAIR** to all concerned?
3. *third* — Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. *fourth* — Will it be **BENEFICIAL** to all concerned?


Rotary
D9213
D9214
Rotaract
D9213
D9214
BARCELONA
2027
ROTARY INTERNATIONAL CONVENTION
Barcelona
2027
26-30 JUNE 2027
FIRA DE BARCELONA
GRAN VIA
5 DAY EARLY BIRD OFFER
Register 17-21 September 2026
REGISTRATION RATES
CATEGORY | 17-21 SEP 2026 | 22 SEP 2026 - 31 MAR 2027 | 1 APR-30 JUNE 2027
AGE 31+ | US$595 | US$795 | US$895
AGE 30 OR UNDER | US$250 | US$350 | US$400
AGE 5-18 | US$20 | US$30 | US$40
UNDER AGE 5 | FREE | FREE | FREE
SATURDAY, HOUSE OF FRIENDSHIP ONLY | US$60 | US$60 | US$100
MD Farouk Busuulwa
D9214 Chair 2027 RI Convention
PP Pauline Wantate
D9213 Chair 2027 RI Convention


Rotary
District 9213
Rotaract
District 9213
STOP
YIMIRIRA
+ PHARMACY
Road safety requires everyone at the table.
Lasting change happens when policymakers, communities, and road users work together to create safer roads and save lives
Safe Roads Save Lives
#RotaryEyamba #RotaryKonyo

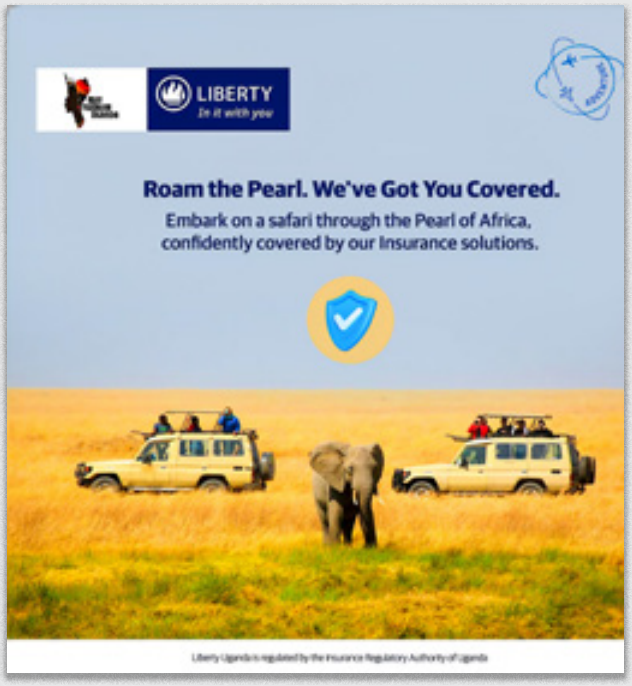

Rotary
Club of Kasangati
The Tear gas
Rotary Club of Kasangati-Weekly Newsletter
MOTTO SERVICE ABOVE SELF
CALL ON BUSINESS OWNERS TO ADVERTISE IN OUR WEEKLY
TEARGAS BULLETIN
INQUIRE/RESERVE A SLOT:
peacemindral@gmail.com 0706 426 884
PAYMENTS: Rtn Yosamu Barekye 0772 822 266
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HCP Nyenje Nsubuga RC...
AFRICA RISING
Grow to Serve
Rotary
Zone 22
7th ALL AFRICA
ZONE INSTITUTE
UGANDA 2026
SPEKE RESORT
MUNYONYO - KAMPALA
November 26-28, 2026
FOR IMMEDIATE RELEASE
ZONE INSTITUTE 2026
RESCHEDULED
380 US$
Rotarians
Spouses
Guests
220 US$
Rotaractors
Secure your seat NOW.
Register on:
africazoneinstitute.org
UP TO SEPTEMBER 30


DEAR FELLOW ROTARIANS,
Philanthropy is not about the size of the gift.
It's about the size of the heart.
Imagine a District 9213
where every Rotarian is a giver.
Where our Foundation becomes so strong
that no community is left behind.
Let's move from members to
Rotarian Philanthropists.
Start today: https://trf.rotaryd9213.org
Give to Impact. Lead with generosity.
Change lives.
#RotaryEyamba #RotaryKonyo #EveryRotarianaphilanthropist


LIBERTY
In it with you
LIBA
Protection. Convenience.
Flexible. Quick. Safe.


Don't Drive Uncovered
Buy Motor 3rd Party Cover
LIBERTY
In it with you
• Pay Via MTN: *165*4*5*5# or Airtel: *185*7*6*1#
• Receive SMS reference
• Download your sticker at www.liberty.co.ug


LIBERTY
In it with you
Roam the Pearl. We've Got You Covered.
Embark on a safari through the Pearl of Africa,
confidently covered by our Insurance solutions.


SAFE SAFARI
INSURANCE
Ensure comfort while on the move for your
business, employees, clients and travelers.
This serves for groups and individuals.
Liberty Uganda is regulated by the InsuranceRegulatory Authority of Uganda
Contact Details
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In it with you


LIBERTY
In it with you
One Spark Can
Cost You Everything!
Safeguard your assets with
our fire insurance coverage
To get a quote call: +256 414 233 794

LIBERTY
In it with you

MOTOR THIRD PARTY INSURANCE

THE ROAD LESS WORRYING

How Motor insurance from Liberty Insurance Uganda is keeping Ugandans safe.

In Uganda where the roads are as unpredictable as the weather every journey tells a story. The daily drive through Kampala's bustling streets or the roads that lead to remote villages is more than just a commute but an adventure filled with its fair share of bumps, bends and surprises. Whether you are navigating the chaotic traffic of Entebbe Road or taking a drive along the serene stretches of Jinja road you never know what awaits around the next corner.

For many Ugandan drivers their vehicle is more than just a means of transportation but a livelihood and companion and yet amidst the hustle and bustle of daily life, there's always a lingering concern: "What if something goes wrong?" It could be an accident, a breakdown or even theft. That's where motor comprehensive insurance from Liberty Insurance Uganda and the digital insurance platform- LIBA come in, trusted partners that ensure your journey is not only smoother but also safer.

With LIBA, purchasing motor insurance has never been easier. LIBA offers a fast, reliable and convenient digital platform that allows you to compare policies and select the best coverage.Take James, a hardworking father of three who drives his Premio through the streets of Kampala every day. Like most Ugandans he is a businessman by day and a family man by night and his car is his lifeline but one evening while navigating the traffic near Nakawa Market, James finds himself in a tight situation when a boda boda suddenly swerves in front of him and hits his car damaging the front bumper however James is not worried as he had secured motor insurance through LIBA.

Without insurance this incident would have meant draining his savings or even taking on debt to cover the repairs fortunately James is among the growing number of Ugandans who have realized the value of having motor insurance. Through LIBA he had acquired his motor insurance with just a few clicks, he reported the incident and received assistance promptly. Within a few days his car was back on the road and good as new. No stress and no sleepless nights. "I can't imagine what I would have done without motor insurance" James says.

Across Uganda, drivers, boda-boda riders and vehicle owners are discovering the peace of mind that comes with purchasing motor insurance on the go from Liberty Insurance Uganda through the LIBA platform. On roads where anything can happen from unpredictable weather to erratic drivers and potholes that could swallow a whole car, having motor insurance is not just a luxury but a necessity.

Liberty Insurance Uganda with its digital platform LIBA understands the unique challenges faced by Ugandan motorists. With the convenience of LIBA, you can get instant motor insurance online in just a few clicks making it easier than ever to ensure you are covered wherever your journey takes you.

There are plenty of reasons why more and more motorists are choosing Liberty Insurance Uganda for their motor insurance needs:

1. Comprehensive Protection: Liberty's motor insurance which is currently available through LIBA covers everything from accidents and theft to fire and natural disasters. In a country where a sudden downpour can turn a smooth road into a slippery challenge having such extensive coverage is invaluable.

2. Third-Party Liability: With Uganda's roads filled with a mix of vehicles from SUVs to taxis and boda bodas, accidents are very common. Third-party insurance ensures that in the event you are responsible for damage to another person's vehicle or property, you are not left bearing the entire financial burden.

3. Roadside Assistance: Imagine being stranded on the highway to Masaka after a breakdown or a flat tire. With Liberty Insurance Uganda help is just a phone call away. Our reliable roadside assistance ensures you are never alone no matter where your journey takes you and we are in it with you.

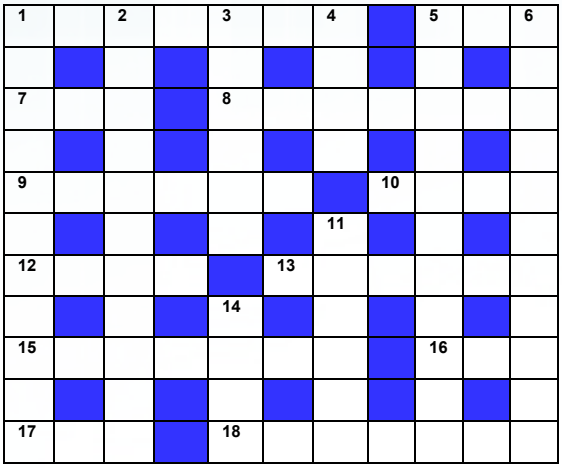
4. Quick and Hassle-Free Claims: The claims process through LIBA is straightforward and swift. Drivers like James appreciate that in times of stress, they do not have to jump through hoops to get the help they need. With LIBA's online interface, you can initiate and track your claim conveniently. 5. Affordable and Flexible Plans: Understanding the diverse needs of Ugandan drivers, Liberty Insurance Uganda offers a variety of plans that are not only comprehensive but also affordable. With LIBA's digital platform, you can explore plans, get quotes, and purchase insurance in minutes whether you are a taxi driver navigating the daily grind or a motorist going on with your day-to-day activities.

From the commuter in Kampala to the delivery rider in Gulu, Liberty Insurance Uganda through LIBA has a plan that fits every need and budget. Whether you need comprehensive coverage or third-party liability, our goal is to keep you and your vehicle protected so you can take on the road less worrying. Take control of your vehicles safety today. Click this link https://crm.liberty.co.ug/ to purchase your motor insurance instantly. Protect what matters with the insurer of the future.
In it with you.

CROSSWORD PUZZLE

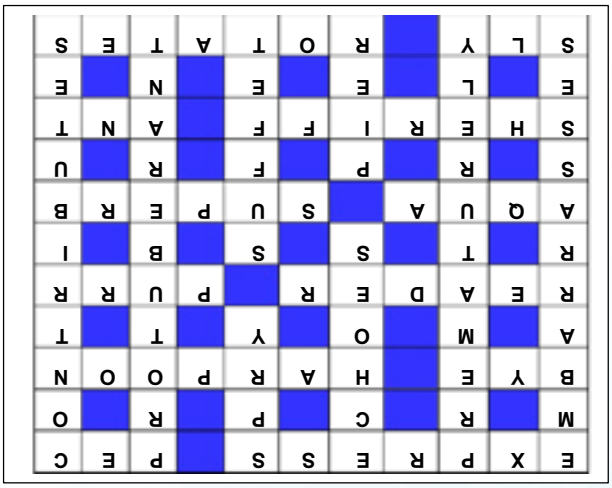
Challenge yourself with a crossword puzzle not only to sharpen your memory and build your vocabulary, but also to unwind and relieve stress.

For cognitive function and mental agility



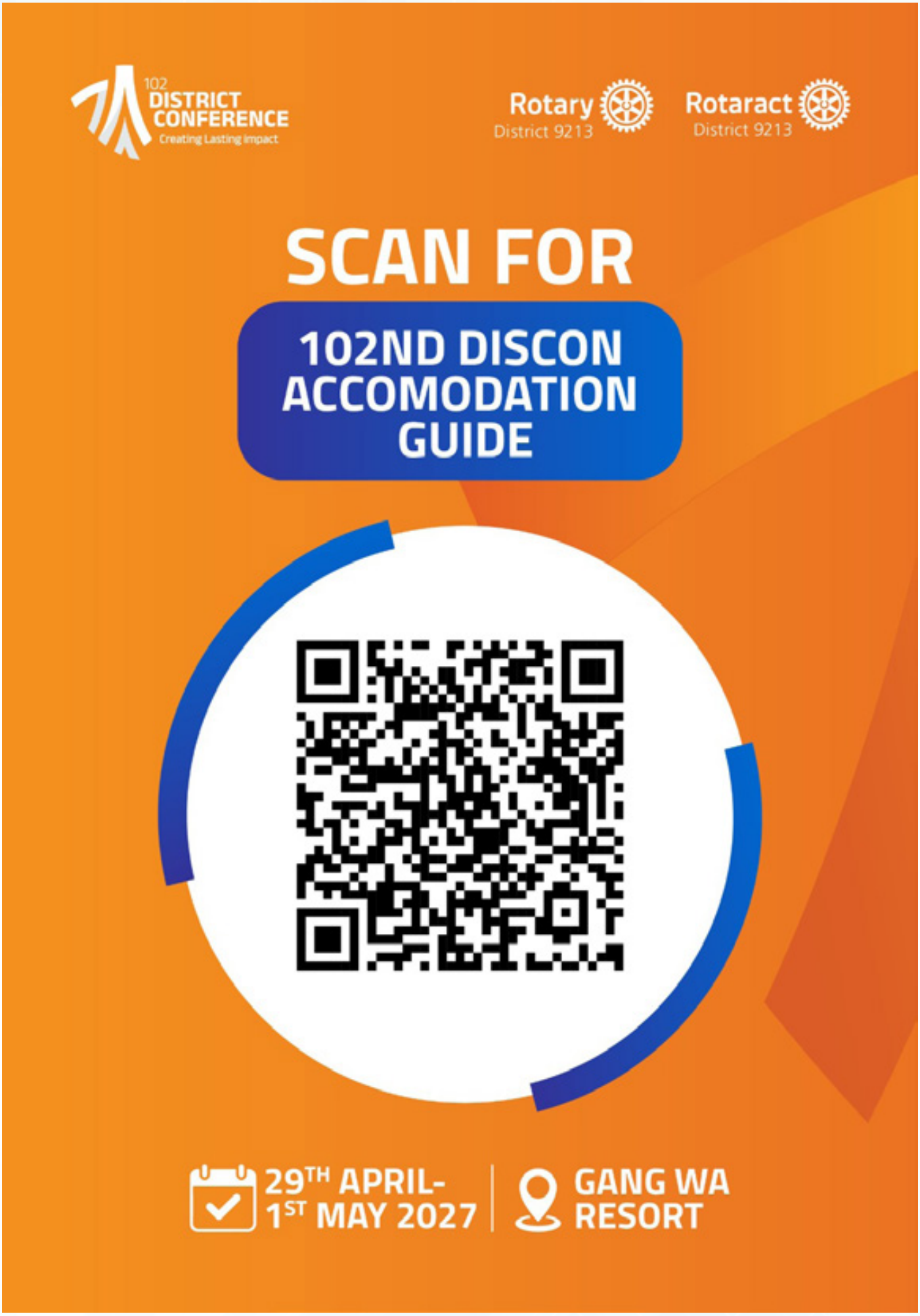
Across	Down
1 Put into words (7) 5 Chest muscle (3) 7 Adieu (3) 8 Whaling spear (7) 9 Book user (6) 10 Cat sound (4) 12 Relating to water (4) 13 Magnificent (6) 15 Marshall (7) 16 Aardvark's dinner (3) 17 Willy (3) 18 Spins (7)	1 Discomfits (11) 2 Early (11) 3 Reverberated (6) 4 Agile (4) 5 Bulging (11) 6 Adds (11) 11 Self-service meal(6) 14 Jetty (4)

ANSWERS




Rotary
District 9213
RYLA
Green
minds
Bold
Actions
#Gen Earthguard
2027


102
DISTRICT
CONFERENCE
Creating Lasting impact
Rotary
District 9213
Rotaract
District 9213
EARLY
BIRD
TICKETS
GANG WA RESORT
GULU CITY
$130
ROTARACTORS
$200
ROTARIANS
Valid until November
30th 2026
Scan to Register
29th APRIL TO
1st MAY 2027
GANG WA RESORT
& SPA GULU CITY
In Partnership with
Redsquare
advertising + motion


102
DISTRICT
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Creating Lasting Impact
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District 9213
SCAN FOR
102ND DISCON
ACCOMODATION
GUIDE
29TH APRIL-
1ST MAY 2027
GANG WA
RESORT