



BUKOTO DIGEST



**NOVEMBER
2021**



Rotary International President's Message

Shekhar Mehta
President 2021-22

I first discovered the value of service when I saw how a few simple acts can immeasurably change lives. It began when I joined others in my club for a project to bring toilets and clean drinking water to rural villages near our city. It moved forward when we promoted sanitation and provided opportunities for education across the country, thanks to generous gifts from supporters who believed in our projects as much as those of us on the ground did.

There is no better time of the year to be reminded of that generosity than November, which is Rotary Foundation Month.

As the charitable arm of Rotary International, The Rotary Foundation is the engine that powers so many Rotary projects throughout the world. The Foundation transforms your gifts into projects that change lives. It is the Foundation that helps us to get closer to our goal of eradicating polio, to show more people how we promote peace through tangible actions, and to demonstrate the impact our projects have in our areas of focus.

Consider some recent projects that were made possible by the Foundation:

The Rotary clubs of Guatemala La Reforma, Guatemala, and Calgary, Alberta, received an \$80,000 global grant to organize a comprehensive plan to train nurses and rural health care workers to prevent and treat cervical cancer and to implement a sustainable system of referrals in

seven regions of Guatemala.

More than two dozen hospitals in Honduras received personal protective equipment for their medical staff thanks to a \$169,347 global grant sponsored by the Rotary clubs of Villa Real de Tegucigalpa, Honduras, and Waldo Brookside-Kansas City, Missouri.

The Rotary clubs of Cotonou Le Nautile, Benin, and Tournai Haut-Escout, Belgium, received a \$39,390 global grant to provide agricultural training at an ecologically responsible permaculture mini-farm connected to a center for children in Sowé, Benin. This will help a new generation of farmers become economically self-sufficient.

I like comparing The Rotary Foundation to the Taj Mahal, a monument of one man's love for a woman. The Foundation is a dynamic monument of our love for all of humanity.

This month I am asking all Rotary clubs to bring attention to the Foundation. It is what connects all Rotarians worldwide and transforms our collective passions into projects that change lives. Visit rotary.org/donate; once there, you will have an opportunity to give directly to the program you're most passionate about.

Thank you for giving your all to Rotary. You are the reason that Rotary is able to do more and grow more. Let's continue to represent that important legacy this month, this year, and beyond as we Serve to Change Lives.

District Governor's Message

John Magezi Ndamira
District Governor D9213
2021-22

I congratulate you, fellow Rotarians, on completion of the first quarter of RY2021-22. It has been a learning experience, but also gratifying for me on my official visits to clubs. I have experienced amazing projects that change lives in our communities, the joy of inducting new members, and celebration for Rotarians recognized for the generous gifts to the Rotary Foundation. My gratitude to Change Maker Presidents, Assistant Governors and Area Support officers who have contributed to the attainment of these accomplishments. In the remaining nine months ahead of us, I encourage each one of you to Do More and Grow More as we lay a firm foundation for D9213. I implore you to keep up the positive energy that you have so far exhibited, as you work towards accomplishing your goals.

I further congratulate you on successfully hosting the Rotary International President Shekhar Mehta and First Lady Rashi. I remain indebted to the Chairs of the projects that showcased activities namely Sam Owori Rotary Vijana Poa Village, RI - USAIDWASH Program, Rotary Centenary Bank Cancer Center, Maternal and Child Health Program, Empower Girls Initiative, Rotary Mengo Hospital Blood Bank, and Rotary Peace Center-Makerere University. I applaud the efforts of the Rotary and Rotaract Clubs that admitted 140 and 115 new members respectively; and the Rotarians and Rotaractors that were recognized for generous gifts to the Rotary Foundation. I am also indebted to the generosity of Indian Association and Ruparelia Group for the warm reception to President Shekhar. I appreciate the Organizing Committee led by PDG Robert Waggwa Nsibirwa for the unrivalled team spirit, passion, and talent that made the visit of the RI President a memorable one.

Our theme in October is Economic and Community Development. The work of Rotary is in the community, and every community has its own unique needs and concerns. The disparity in our community's needs and the capacity to meet them is quite appalling. The ability to generate personal income and contribute to community wellbeing is simply a dream that looks so distant for many people. Unemployment and underemployment, along with a lack of economic opportunity, appropriate training, and social services, are key concerns particularly in our communities.



As people of action, who are called to serve and change lives, I encourage you to come up with effective interventions and create that impact that will leave a positive mark in our footsteps. I encourage clubs to undertake projects that generate a skilled and productive workforce and create more opportunities for entrepreneurship. At such a time when Covid-19 pandemic has changed the way we live and work, we should support our communities to change and adapt to new ways of work in their day-to-day lives to suit the changing times.

Polio eradication has been the top priority program for Rotary International since 1985 with an aim of eradicating polio from the globe, and we are very close to eradicating only the second ever human disease, after small pox. I encourage all clubs to join the rest of the world to celebrate World Polio Day on the 24th October 2021 and to renew our commitment to undertake more awareness campaigns and routine immunization to counter the threat of new cases.

COVID-19 vaccine hesitancy is real in our communities and WHO tells us that getting the vaccine protects us from falling seriously sick when we get exposed to the virus. For now, we are not sure when the pandemic will be over, but every person who gets protection from the coronavirus by getting a vaccination helps us move closer to in-person meetings and events. I therefore encourage each one of you, working with friends and family, to promote observance of SOPs by Ministry of Health and to go for vaccination against COVID-19; for you and I are eager to get back to in-person fellowships and engagements with communities as we Serve to Change Lives

Club President's Message



Edith Mujwisa
RC Bukoto President
2021-22

Hello, Rotarians, Rotaracters, and Rotary Friends. I'd like to express my heartfelt appreciation for everything you've done in the first four months of this Rotary year. November is a joyful month in rotation, a time of year to be reminded of generosity as Rotary Foundation Month. The Rotary Foundation is the driving force behind so many Rotary projects worldwide. This month represents an opportunity for us to move closer to our goal of eradicating polio, to show more people how we promote peace through tangible actions, and to demonstrate the impact of our projects in our areas of focus.

As a changemaker year, we must push ourselves to expand and do more in terms of projects and activities with national reach and influence in our communities. Consider new ways to broaden our impact in our communities by undertaking larger and more ambitious initiatives that address community needs such as eradicating polio, empowering girls, improving access to water and sanitation, protecting the environment, and improving child and maternal health.

As we carry out our many responsibilities, I challenge us to fulfill the request of the Rotary International President to focus on the Rotary Foundation this month. It is what binds Rotarians all over the world together and turns our shared passions into life-changing projects. I ask that all

Rotarians contribute to the TRF, which may be done by contributing directly to the TRF officer or by going to rotary.org/donate.

I would like to encourage us to make significant contributions to the Rotary Foundation, recognizing that the Rotary Foundation is the backbone of our projects.

Thank you for your dedication to Rotary. Rotary is able to do more and grow more as a result of your efforts. As we Serve to Change Lives this month, this year, and beyond, let's keep that essential legacy alive.

SERVICE PROJECTS

JULY 2021 – JUNE 2022

At the beginning of July, a number of service projects were identified to be carried out during the current Rotary year. Despite the impediments posed by the COVID-19 pandemic, the Club has made significant progress in implementing the Service Projects. The following is a list of what has been accomplished thus far:

01

VIJANA POA:

PDG Robert Waggwa Nsibirwa created the Vijana Poa Project to train, skill, and empower youth to improve their livelihoods. Due to the fact that this was a brand-new project, a series of sensitization talks on Vijana Poa were held to help us better understand it. The first beneficiaries of this project have been identified as two groups. This includes 25 Mulimira Zone youth and 9 Kabutemba School teachers. Both groups had their needs assessed, and they identified their areas of interest. A training program is currently being developed so that they can begin their training.



As part of our global effort to mitigate the effects of climate change, the Club is planting trees through the Mission Green Project. The Club has access to a total of 60 acres, but for this Rotary year, we plan to plant 30 acres. After being reviewed by the legal entities on both sides, a Memorandum of Understanding (MoU) between the Catholic Diocese of Kasana Luwero and the Rotary Club of Bukoto is ready for signing. This partnership will last five years.

02

The official launch of the tree planting took place on October 23, 2021, at St Jude Tadeo Galikwoleka in Luwero, where we have 10 acres. The exercise was led by Rt. Hon. Dr Miyingo, Minister of State for Education and Sports, as the Guest of Honour. We will continue to cover the remaining acreage in the coming months, weather and funds permitting.

MISSION GREEN PROJECT:



03-1

KABUTEMBA: ADOPT A VILLAGE PROJECT (CLUB SIGNATURE PROJECT): HEALTH CENTRE KABUTEMBA:

According to the Kabutemba community's needs assessment, a health center and water are at the top of their list of priorities. A design for the building has been created. We are currently seeking funding to begin construction on the health center.



03-2

WASH PROJECT KABUTEMBA:

The community's other top priority is water. The two tanks available at school do not have enough water for everyone, but the school, community, and upcoming health center will rely on it. Because rainwater is only available seasonally, the only alternative source of water is a borehole about a kilometer away from the school and proposed health center. You can imagine the gridlock if the same source of water served two other villages.

The Club is seeking a global grant to help with the water crisis. A proposal is in the works.

03-3

KABUTEMBA GENERAL:

The Club distributed clothing and food items to the Kabutemba community and teachers in September 2021. During the month of October, food items and money were distributed to the school's teachers in collaboration with the Rotaract Club of Bukoto. The Rotaractors also collected food for the orphaned family in Kabutemba for whom they had built a house.

This project could not begin in July 2021 due to the lockdown. However, following the lifting of the lockdown, the first immunization session was held on October 30, 2021. This will now happen on a monthly basis.

04

IMMUNISATION MULIMIRA ZONE:



We are looking for funding to carry out this project.

06

VISUALLY IMPAIRED PROJECT:

The Club, in collaboration with the Housing Finance Bank, distributed essential food items to vulnerable families in Mulimira Zone 1. Beneficiaries included the elderly, pregnant women, and the sick.

07

COVID-19 RELIEF:



08

PREVENTION, MITIGATION & REDUCTION OF DOMESTIC VIOLENCE:

A half-day workshop on "Prevention, Mitigation, and Reduction of Domestic Violence" in Mulimira Zone 1" was held at Kisuule Primary School in Bukoto on September 1, 2021. It primarily targeted LC1s, Councillors, and the Mulimira Zone Family Division of Police. The Makerere University Rotary Peace Centre collaborated on this workshop. At least two additional workshops will be held next year to cover LCs and Councillors from other Mulimira Zones.



09

JJAJA NANTALE:

When schools reopen in January 2022, the payment of school fees for the benefiting children at Jjaja Nantale Orphanage will resume.

10

BUDDY GROUP PROJECTS:

This is a new initiative in which each Buddy Group will carry out a project of their choosing during the current Rotary year. So far, two of the five buddy groups have decided what they will do. The specifics will be communicated in writing.

On September 8th, 2021, Makerere University hosted a one-day workshop. The goal was to discuss how to proceed after the project's expiration in December 2021. The following people attended the workshop: KCCA, Ministry of Health, community representatives, and local councillors (LCs).

The first fumigation at Mulimira Zone took place in September, followed by two more on October 2nd and 23rd, 2021. During the month of November, more fumigation activities are planned.

MALARIA PROJECT MULIMIRA ZONE:





TOURISM IN UGANDA

Uganda is one of the most beautiful countries in Africa. With its dense misty forests, snow-peaked mountains, glassy lakes and sprawling savannas, it's no wonder Winston Churchill dubbed this wonderful country the 'pearl of Africa'. While mountain gorillas are the allure for many visitors, there's an astounding variety of attractions for tourists.

Situated at the geographical heart of the African continent, Uganda has long been a cultural melting pot, as evidenced by the existence of 30-plus indigenous languages belonging to five distinct linguistic groups, and an equally diverse cultural mosaic of music, art and crafts.

There are a number of types of Tourist who come to Uganda and can be categorized as; Business Tourists, Food Tourist, Adventure Tourists, The Eco Tourist, Event Tourists, Religious Tourists, Leisure Tourists and Medical Tourists.

Uganda is a country jam-packed with breathtaking scenery, natural wonders that will amaze you. Bwindi Impenetrable Forest was named the most beautiful place in the world by CNN-Travel. Mgahinga Gorilla National Park was named the third "Must-Photograph" place in the World.

Uganda, with its 10 National Parks, is an emerging tourism destination with considerable potential for investment and growth. Abundant in wildlife and breathtaking landscapes and a rich culture that will make your trip the most memorable.

Ugandan Attractions include;

In Uganda, it's possible to view all of the "Big Five" - surely a memory to cherish for a lifetime. "Who

doesn't want to boast that they've seen elephants, rhinoceros, buffaloes, lions and leopards during their wild African safari?" This makes Uganda one of the few destinations where you really can see the Big Five in their natural habitat.

At the cultural core of modern-day Uganda lie the Bantu-speaking kingdoms of Buganda, Bunyoro, Ankole and Toro, whose traditional monarchs still serve as important cultural figureheads. To the north-east, the vast, arid plains are reigned over by the Karamajong, a fierce, semi-nomadic cattle-herding tribe, believed to have migrated south from Ethiopia several centuries ago. Their distinct languages and kingdoms, as well as the vast geographical and climatic differences between the regions, Uganda's communities still retain many fascinating cultural distinctions that are commonly displayed through their music, dance, cuisine, crafts, folklore, and traditional healing rituals.

Uganda is a birder's paradise. Over half of all bird species in Africa can be found here, making it one of the richest birding destinations on the continent. Crammed into this diminutive country is an astonishingly rich diversity of habitats, from the scenic shores of Uganda's many great lakes to the lush forests of the Albertine Rift and the banks of the mighty Nile River. The record for the number of species recorded in a three-week period is 665... Pack your binoculars, some sturdy shoes and your checklist, and challenge yourself to spot even more!

Explore Uganda – on the tip of discovery with the safest and most hospitable parks in Africa!

www.uwa.gov.ug

ADVENTURE AWAITS

@ KIDEPO VALLEY NATIONAL PARK

UWA
Uganda Wildlife Authority

UWA is the national authority responsible for the management and conservation of Uganda's wildlife and natural resources. It is also responsible for the regulation and control of hunting and trade in wildlife and their parts and products.

UWA is committed to the conservation and sustainable use of Uganda's wildlife and natural resources. It is also committed to the promotion of ecotourism and the development of the wildlife industry.

www.uwa.gov.ug

BEAUTY AWAITS

@ SEMILIKI NATIONAL PARK

UWA
Uganda Wildlife Authority

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www.uwa.gov.ug

DRAMA AWAITS

@ QUEEN ELIZABETH NATIONAL PARK

UWA
Uganda Wildlife Authority

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www.uwa.gov.ug

WONDER AWAITS

@ MGAHINGA GORILLA NATIONAL PARK

UWA
Uganda Wildlife Authority

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www.uwa.gov.ug

FREEDOM AWAITS

@ RWENZORI MOUNTAINS

UWA
Uganda Wildlife Authority

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THROW THE ROTTEN APPLE OUT

"There is too much negativity in the world. Do your best to make sure you aren't contributing to it." -Germany Kent

Over the past few years, I have met so many negative thinking people that I am beginning to wonder where things went wrong! Was this how our parents and grand parents were? Or is this something that has just recently cropped up?

From my beautiful memories, I remember most of the people I met and interacted with while I was young, were charismatic, inspiring personalities who gave positive vibes to all the youngsters around them. My parents, their friends, our teachers, uncles and aunties, and even the house helps around us had numerous teachings to give us. My interactions with them were life-changing lessons that taught us to love, respect, tolerate and, most importantly, be positive about life, people and relationships.

The most unpleasant person to be around is someone who complains about everything and appreciates nothing.

Today, people are either fussing over little issues or always cribbing and grumbling about everything: their jobs, house, money, children, bosses, workers, husbands, wives, kids' schools, relatives and the list goes on and on...!

So I begin to wonder: what lessons are we giving to our young ones? What legacy are we leaving behind? Again, I ask the question, what went wrong?

Negative thinking breeds within us. We keep repeating that negative thought until it becomes a reality and truth in our minds! The more you think about it, the more you believe in it, and it soon engulfs your whole being.

Negative thinking can be easily juxtaposed with a rotten apple. One rotten apple spoils the lot. A

negative thinker's constant repetition of thoughts easily translates on to others... the more one hears, the more one internalises, the more one believes.

Let's learn to spot the rotten apple within us. Throw it out... it takes us nowhere!
I will end with a few quotes.....

"Some people grumble that roses have thorns; I am grateful that thorns have roses." -Alphonse Karr

"Negative thinking is contagious. Do your best not to dwell on negativity, it will consume you and prevent you from becoming your best self."
-Germany Kent

"It is not always possible to do away with negative thinking, but with persistence and practice, one can gain mastery over them so that they do not take the upper hand." -Stephen Richards

"If you realized how powerful your thoughts are, you would never think a negative thought."
-Peace Pilgrim

"You cannot have a positive life and a negative mind." -Joyce Meyer

"Being miserable is a habit; being happy is a habit, and the choice is yours." -Tom Hopkins

I do hope by now, you have thrown the rotten apple out!

