



ELECTRONIC MAGAZINE

28 FEB

MUNYONYO Sunrise



www.rotaryclubofkampalamunyonyo.org

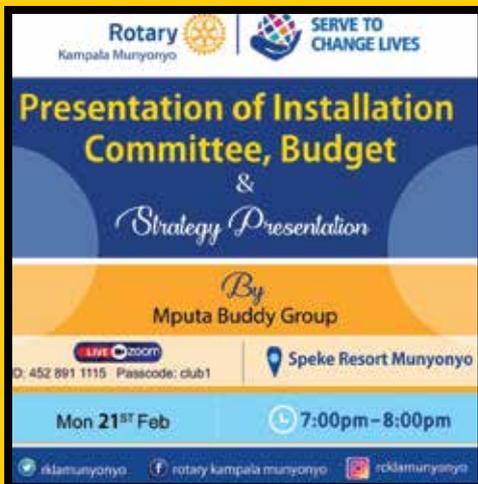
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Munyonyo Sunrise | February 2022

Inside Munyonyo Sunrise



- 02 Inside Munyonyo Sunrise
 - 03 Editor's note
 - 04 President's note
 - 05 RI President's message
 - 06 DG's Message
-



- 07 20 benefits of being a Rotarian
 - 08 Rotary offers more
 - 09 Peace and Conflict Resolution
 - 10 Above love
 - 11 February Events-fellowship
-



- 12 Rotary's Anniversary
- 13 Stay motivated
- 14 Birthdays and Anniversaries
- 15 Announcements and Ads
- 16 Our Partners

Editor's note

Peace is better than war, and conflict resolution can be made without a wastage of life and resources.

Because people aren't perfect and relationships are messy, we all need to learn how to resolve conflicts. In Rotary, February is focused on Peace and conflict resolution most of which is very vital as we celebrate LOVE.

In this month, a number of clubs have had discussions on how best they can have peace in their homes and families.

At RC Kampala Munyonyo however, we spent the month of love, peace and conflict resolution sharing love between club members and guests of the club and our aim was to strengthen the friendship bond because with a stronger bond, resolving conflicts is not a hard nut to crack.

We are positive the goal was hit as you'll find a number of bonding activities ahead in this edition.



Rct. Rebecca Ainembabazi



Rtn. Patience Kentalo

PEACE AND CONFLICT



JAMES KUSEMERERWA

PRESIDENT ROTARY KAMPALA MUNYONYO
Change Maker President

Greeting friends, congratulations upon completion of the month of February 2022. The Theme of the month was Peace and Conflict Resolution. I share some key high lights on the topic from our authentic resources;

Conflict Resolution: Conflict occurs in situations in which two or more interdependent parties (either individuals or groups) have interests, outcomes, and/or goals that are incompatible in some way. If the parties are completely independent, or if their interests, outcomes, and goals are completely compatible, then no conflict can exist, because, to put it colloquially, there is nothing to fight about.

What Is Difference Between Peace And Conflict?: There is only one thing to define when it comes to whether peace is, or isn't: Conflict, from the Latin, "to clash or engage in a fight." A couple or couple of individuals are pursuing mutually incompatible goals when peace is considered.



What Is The Difference Between Conflict Resolution And Peace Building? :

A peace making process focuses on bringing an ending to a conflict, while peace building involves predating or ending the conflict. In conflict resolution, state-building as well as socioeconomic developments aren't considered aspects of peace building.

Does Peace Mean No Conflict?: Being peaceful means avoiding hostility or violence and living among fellow citizens as friends. The term 'peace' is frequently linked to a lack of conflict (such as war) and the absence of anxiety (such as fear of being killed).

What Is The Difference Between Conflict And War?:

A war must be broad and intentional, and must have been declared by the government at the onset. Personnel and fighters must move between front positions in order to defend territory against attack. Two parties may disagree on whether or not a threat is real, and that makes them conflict.

Did You Know?

Disabled people remain significantly less likely to be in employment than non-disabled people.

Negativity toward the elderly and people with disabilities

Almost 90% of men/women globally are biased against women,

Bias against the formerly incarcerated

Bias against the Homeless

Helpful Steps toward Peace & Conflict Resolution

Listen carefully

Practice understanding

Engage peacefully

Forgive when necessary

SHEKHAR MEHTAR

Rotary International President 2021 - 2022

At the start of the Rotary year, I challenged every club to plan and host at least one practical and action-oriented Rotary Day of Service. The event should address a challenge your community is facing that fits into one or more of Rotary's areas of focus and should bring together volunteers from within and outside of Rotary.

Rotary Days of Service can motivate Rotary, Rotaract, and Interact clubs to plan innovative and impactful projects. They can showcase your work as people of action and introduce prospective members to your club.

I've been inspired by your response so far, and I want to share with you just one project that has captured my imagination.

India is home to an estimated 74 million people with diabetes, a disease that is a leading cause of death. Furthermore, about 50 percent of those people remain undiagnosed.

Rotary, together with the Research Society for the Study of Diabetes in India, saw the urgent need to diagnose, track, and treat people who have diabetes. Working together and with other organizations, we hosted a nationwide blood glucose testing camp on 29 September, which is World Heart Day.

The camp was spread across more than 10,000 sites in India, with more than 2,000 Rotary and Rotaract clubs participating in the effort. More than 1 million blood-sugar tests were conducted in a day, an accomplishment recognized by the Asia Book of Records. But more important than breaking a record is the fact that tens of thousands of people learned that they may be living with diabetes. They can now be treated for the condition, and they also have been made aware that they should take extra measures to shield themselves from COVID-19 and scores of other diseases that are caused or worsened by diabetes.



This month, on 23 February, the anniversary of Rotary, let us celebrate with more service days, showcasing Rotary's work in our areas of focus. I look forward to hearing about your Rotary Days of Service. Please share your projects on Rotary Showcase, or browse that webpage to find inspiration and project partners. In particular, I encourage you to execute projects that focus on empowering girls, as they have been disproportionately affected by the pandemic. The Empowering Girls initiative is resonating very well with members of Rotary as well as with non-Rotarians. The governments and NGOs in various countries are appreciating this meaningful effort. Let us keep focusing on it.

I am also happy that the Each One, Bring One ethos is bringing fruitful results. Let us ensure that all club members introduce at least one person to Rotary, and that we then all work to engage new members and keep them in our clubs.

In whatever we do, remember that we must push ourselves to grow more, do more as we Serve to Change Lives.



Stay motivated & Positive

“ ”

The only people without problems and adversity are six feet under the ground. To live s to face problems, pain and suffering. These things are vehicles for growth, expansion and lifelong learning. They are part of the human experience.

By: Rotarian Hanz Nyanzi

97TH DISTRICT CONFERENCE **ARUSHA** 12 - 14TH MAY 2022

Rotary
District 9214



Rotaract
District 9214



SERVE TO
CHANGE LIVES

EARLY BIRD Before 31st Dec 2021

Rotarians \$190
Rotaractors \$100

From 1st Jan 2022 to 28th Feb 2022

Rotarians \$220
Rotaractors \$100

From 1st March 2022 Onwards

Rotarians \$250
Rotaractors \$120

Payment instructions will be conveyed soon.



Theme Nights

Networking

Safaris & more

Rotary family (of Rotarians and Rotaractors worldwide) make up 1.4 million among 7.9 billion people globally; barely 0.018%. We Rotarians are deeply privilege to be part of this unique family which comprises of all races, religions, and professions, who share values and goals in life who have come together to serve to change lives.



Young Kimaro
District Governor D-9214

We are as strongly committed to grow our Rotary family to do more good in the world. That has been RI President Shekhar's challenge – Each One Bring One. While growing Rotary, our Rotarians have been made mindful not to sacrifice quality for quantity, which is self-defeating in the longer run. We anticipate clubs to achieve exceptionally large numbers of new inductees (membership expansion) and a good number of new clubs (membership extension) this year.

Lastly, we remember with great sadness late PDES(Dg211)/DGN(Dg213) Aggrey Kankunda and all other Rotarians who passed on this year. They left their imprints in the communities they served and in our hearts. We were privileged to have had them walk with us, side by side on our Rotary journey.

NEW OPPORTUNITIES AS WE RING IN THE NEW YEAR: 2022

New culture does not happen because it has been declared. It takes times to be practiced enough to be internalized. With constant reminders we will deepen our culture of Putting Clubs at the centre with the District providing support and encouragement. Partnering with youth in project design, leading interact clubs, and promoting internships in Rotarian run organizations, and Teamwork in everything we do from project design and implementation to running club and district committees, and collaboration across clubs.

In addition, new frontiers are opening up.

Rotary has been invited to sit on the Council of Eliminating Malaria. This opens opportunity for Rotary to engage in a dialogue with the Government for collaboration on other fronts where Rotary is effective in changing lives. The most urgent need of yesterday is to support the COVID-19 vaccination rollout. To prepare for it, Rotarians in Tanzania can learn from the experience of their counterparts who have supported the same in Uganda..

Sustainable development does not happen automatically because we have provided improved facility, built structures, provided books, desks and chairs, delivered computers, trained staff, and provided seedlings. Very often, the outcomes aspired for from such interventions need mindset changes for the impact to be felt and to be long lasting.

Often these interventions require a number of minimal costs which can be incorporated at any point in the project cycle. They can even be introduced as a stand-alone "zero-cost" projects. Some mindset changes involve:

Talking to parents to bring about mindset change to make parents willing to give deserving girls fair opportunity to advance to higher levels of schooling.

Introducing a system at schools which will help eliminate water wastage.



Rotary's Anniversary & World Understanding and Peace Day



February 23 is both Rotary's anniversary and World Understanding and Peace Day. On February 23rd 1905, Paul Harris and his three friends started Rotary by holding a small meeting in room 711 of the Unity Building in Chicago. We have come a long way, since then, but we still have a long way to go to achieve goodwill, peace, and understanding among all people of the world.

February is a chance for every club to pause, plan and promote our Fourth Avenue of Service – Our continued goal for goodwill, peace, and understanding among all people of the world, as we also celebrate February as Peacebuilding and Conflict Prevention Month.

What is your Club doing?

Many clubs take the opportunity to launch an international community service activity or make contact with a Rotary club in another country. It is a good month to initiate a Rotary Friendship Exchange, a new international service project or encourage support for PolioPlus and other Rotary Foundation programs.

At Rotary Club of Kampala Munyonyo, we celebrated this day with a club meeting and goals setting led by Mpuuta Buddy Group.

Service Above Self.



20 Benefits of being a Rotarian

By Change Maker President: James Kusemererwa

1. Friendship

In an increasingly complex world, Rotary provides one of the most basic human needs: that of friendship and fellowship. It is one of two reasons why Rotary began in 1905.

2. Business Development

The second original reason for Rotary's beginning is business development. Everyone needs to network. Rotary consists of a cross section of every business community. Its members come from all walks of life. Rotarians help each other and collectively help others.

3. Personal Growth and Development

Membership in Rotary continues your growth and education in human relations and personal development.

4. Leadership Development

Rotary is an organization of leaders and successful people. Serving in Rotary positions is like a college education. Leadership means learning how to motivate, influence, and lead other leaders.

5. Citizenship in the Community

Membership in a Rotary club makes you a better community citizen. The average Rotary club consists of the most active citizens of any community.

6. Continuing Education

Each week at Rotary there is a program designed to keep you informed about what is going on in the community, nation and world. Each meeting provides an opportunity to listen to different speakers and a variety of timely topics.

7. Fun

Rotary is fun, a lot of fun. Each meeting is fun. The club projects are fun. Social activities are fun. The service is fun.

8. Public Speaking Skills

Many individuals who joined Rotary were afraid to speak in public. Rotary develops confidence and skill in public communication and the opportunity to practice and perfect these skills.

9. Citizenship in the World

Every Rotarian wears a pin that says "Rotary International." There are few places on the globe that do not have a Rotary club. Every Rotarian is welcome – even encouraged – to attend any of the 29,000 clubs in 194 nations and geographical regions. This means instant friends in both your own community and in the world community.

10. Assistance when Traveling

Because there are Rotary clubs everywhere, many a Rotarian in need of a doctor, lawyer, hotel, dentist, advice, etc., while traveling has found assistance through Rotary.



ABOVE *Love*

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Christian feast day honoring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world. It has its origin in Rome, Italy hence the Christian attachment to its present day meaning.

In England, flowers are presented on the day of lovers since the XVII century. This tradition came from France from Louis XVI, who gave Marie Antoinette red roses. They are the symbol of Valentine's Day and symbolize the blood of Aphrodite, the goddess of love. Two drops of her blood fell on white roses, making them red.

This day has nothing to do with African culture but since the colonization of Africa, it has been officially recognized and observed by African culture.

Africa and Africans can use this day in an African way of appreciating their loved ones.

How can Africa turn this romantic day into something African? That is a question being asked by most scholars. How?

By: Rotarian Margaret Ann Mazzi Wampamba

February Events

Rotary Kampala Munyonyo | SERVE TO CHANGE LIVES

MONDAY 7th February

VOCATIONAL SERVICE
Award Fellowship
of the Rotary Club of KAMPALA MUNYONYO

AWARDEE: Dr. Sikander Lalani
Managing Director/
Chairman-Roofings Group

CHIEF GUEST:
PDG Ken Mugisha

GUEST OF HONOUR:
DGE Peace Taremiwa

LIVE ZOOM
ID: 452 891 1115 Passcode: club1
7:00pm-8:00pm

Speke Resort Munyonyo
rotaryclubofmunyonyo.org

Rotary Kampala Munyonyo | SERVE TO CHANGE LIVES

A Val's Day Memorable Wrap up

With
Princess Mazzi Wampamba
(Rotarian)

Speke Resort Munyonyo

LIVE ZOOM
ID: 452 891 1115 | Passcode: club1
14th February 2022

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Rotary Kampala Munyonyo | SERVE TO CHANGE LIVES

Presentation of Installation Committee, Budget & Strategy Presentation

By
Mputa Buddy Group

LIVE ZOOM
ID: 452 891 1115 Passcode: club1

Speke Resort Munyonyo

Mon 21ST Feb | **7:00pm-8:00pm**

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Rotary Kampala Munyonyo | SERVE TO CHANGE LIVES

Presentation By Mukene Buddy Group & The Majors Band

LIVE ZOOM
ID: 452 891 1115 Passcode: club1

Speke Resort Munyonyo

Monday 28th Feb | **7:00pm-8:00pm**

@RCKlamunyonyo | Rotary Kampala Munyonyo | rcklamunyonyo

CELEBRATING OUR MEMBERS

BIRTHDAYS & ANNIVERSARIES

Rotary Kampala Munyonyo | SERVE TO CHANGE LIVES

2nd February



Happy Birthday
AG Ahmed Lwasa

FOR MORE INFORMATION VISIT

[@rcklamunyoyo](#) [rotary kampala munyonyo](#)
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Rotary Kampala Munyonyo | SERVE TO CHANGE LIVES

2nd February



Happy Birthday
Rotarian
FRED WASUKILA

FOR MORE INFORMATION VISIT

[@rcklamunyoyo](#) [rotary kampala munyonyo](#)
[rcklamunyoyo](#) [rotaryclubofmunyonyo.org](#)



We congratulate Rotarian **Juliet Nyonyintono** for the great achievement of marrying off her daughter **Marie Kawooya** to **Abraham Kakooza**.

RC Kampala Munyonyo family wishes you a happy marriage.



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Universal House, Shop G 27
Luwum Street, Kampala

UK Mall, Shop G 10
Kansanga Gaba Rd

xoptionsboutique@gmail.com

P.O. Box 6936 Kampala

Facebook: X-Options



Our Partners



Rotary Offers More

11. Entertainment

Every Rotary club and district has parties and activities that provide diversion in our business life. Rotary holds conferences, conventions, assemblies and institutes that provide entertainment in addition to Rotary information, education, and service.

12. The Development of Social Skills

Every week and at various events and functions, Rotary develops your personality, social skills and people skills. Rotary is for people who like people.

13. Family Programs

Rotary provides one of the world's largest youth exchange programs; high school and college clubs for future Rotarians; opportunities for spouse involvement; and a host of activities designed to help family members in growing and developing family values.

14. Vocational Skills

As Rotarians, we are expected to take part in the growth and development of our own profession or vocation; to serve on committees and to teach youth about our job or vocation. Rotary helps to make you better at your chosen profession.

15. The Development of Ethics

Rotarians practice a Four-Way Test that governs our ethical standards. Rotarians are expected to be ethical in business and personal relationships.

16. Cultural Awareness

Around the world, practically every religion, country, culture, race, creed political persuasion, language, color, and ethnic identity is found in Rotary. It is a cross-section of the world's

most prominent citizens from every background. Rotarians become aware of their cultures and learn to love and work with people everywhere. They become better citizens of their countries in the process.

17. Prestige

Rotary members are prominent people: leaders of business, various professions, art, government, sports, military, religion, and all disciplines. Rotary is the oldest and most prestigious service club in the world. Its ranks include executives, managers, professionals – people who make decisions and influence policy.

18. Nice People

Rotarians above all are nice people -- the nicest people on the face of the earth. They are important people who follow the policy of "It is nice to be important but it is more important to be nice."

19. The Absence of an "Official Creed"

Rotary has no secret handshake, no secret policy, no official creed, no secret meeting or rituals. It is an open society of men and women who simply believe in helping others.

20. The Opportunity to Serve

Rotary is a service club. Its business is mankind. Its product is service. Rotarians provide community service to both local and international communities. This is perhaps the best reason for becoming a Rotarian: the chance to do something for somebody else and to sense the self-fulfillment that comes in the process and return of that satisfaction to one's own life. It is richly rewarding.