



# THE STADIUM

Weekly Bulletin 15th August 2017



## ROTARY CLUB OF BWEYOGERERE-NAMBOOLE

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### President's Message

Dear Rotarians, August is the membership month. Members mean a lot to rotary. They are rotary's greatest assets when we have many hands on the job its easily accomplished.

It's the community needs that have necessitated that clubs grow in quantities but most importantly to check the quality of members.

Attracting, engaging and retaining members therefore is the focus of clubs today

Strengthening membership and membership development is the responsibility of all rotary members all year long.

Dual membership, as accepted today that is Rotaractors being accepted to serve into rotary clubs and so as to have them transit into rotary clubs easily.

In attracting members you are reminded not to miss out on the many valuable resources that are available for prospective and current members.

When we employ membership development clubs improve the members experiences so that more prospective members join and more current members stay.

Clubs must remain relevant to their members and community, leaders should try to discover opportunities for growth and develop a membership development plan for their clubs.



**Ruth N. Mukasa**  
President - RCBN 2017/18

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## ROTARY: MAKING A DIFFERENCE

**Ian H.S. Riseley**  
President - Rotary International

Dear Fellow Rotarians,

When someone asks you, “What is Rotary?” what do you say? I think we have all had the experience of being asked that deceptively simple question and finding ourselves suddenly at a loss for words. Even the most articulate among us have a hard time capturing the essence of our organization in just a few sentences.

As an organization, Rotary has always had a difficult time conveying the scope of our work; not just what we do, but how we do it, and the value of what we contribute to the world.

As an accountant, I like numbers. They work in every language, and often they communicate complex information much more effectively than words. That is why, in this Rotary year, I am asking each club to provide Rotary headquarters with two numbers; the amount of money, both in cash and in kind, spent on humanitarian service; and the number of hours of work performed in Rotary’s name. If we want these numbers to be useful, they have to be accurate. That means beginning now to accurately track the hours and the money that our clubs spend on their service.

The simplest way for clubs to provide this information at the end of the year will be by entering it every month on Rotary Club Central—a tool that has been completely rebuilt and relaunched to be significantly more useful, and user-friendly, than it has been in the past. If for some reason (for example limited internet access) your club is not able to connect to Rotary Club Central, please be in touch with your district governor, who will ensure that your information can be submitted through other means.

I cannot emphasize strongly enough that the goal of this effort is not getting the largest and most impressive numbers. There is not going to be any competition for recognition, or public use whatsoever of the numbers reported by any individual club. The goal is accurate and reliable numbers that we can present confidently in our public image work, in our membership materials, and to our partners—numbers backed by specific data, on the club level, that answer not only the question, “What is Rotary?” but the

question, “What does Rotary do?” in time will enable us to make more of a difference, for more people, in more ways, than ever.

I strongly believe that with numbers, we will be better able to demonstrate the value of Rotary: Making a Difference—

which in time will enable us to make more of a difference, for more people, in more ways, than ever.



ROTARY:  
MAKING A  
DIFFERENCE





## “ROTARACT CLUB OF BWEYOGERERE NAMBOOLE FOSTERS MENTORSHIP TO PROVISIONAL ROTARACT CLUB OF KAMPALA NAALYA”

On 2nd August 2017, the Rotaract Club of Bweyogerere Namboole under the directorate of international service visited and fellowshiped with the Provisional Rotaract club of Kampala Naalya with an objective to negotiate on how to foster mentorship and exchanges ideas about partnership opportunities. The Provisional Rotaract Club of Naalya is a 4 month old club and is mothered by Rotary Club of Kampala Naalya. Their fellowships are held every Wednesday 6pm at Ndere Center located at Kisaasi.

The delegation was led by the club president MGP Jimmy Osuret, IPP Sabiiti Tom, Director Club administration Njuki Allan Joshua, Club Secretary Jackie Mbote, Rctr Aisu Justus, Rctr Namukwaya Eve and Rctr Kayiira Shakib.

In his presentation MGP Jimmy Osuret inspired the hosting Club under the Theme: How to build a Successful Rotaract Club highlighting on what has made Club Destadia to grow into a model club. He hinted on having club structures, considering joint partnerships, drawing work plans and budgets, visiting other clubs fellowships and projects, participating in both country and district activities, ensure effective club reporting among others.

The hosting Club welcomed and appreciated us for masterminding this timely initiative and expressed interest and desire to learn from us. As a model Club in the district we look forward to plan frequent visits and dialogues with this young club to ensure that they register significant growth and success.



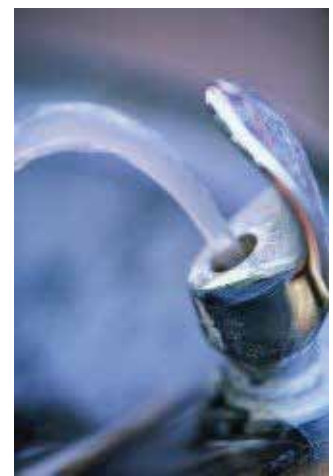
*From Left MGP Jimmy Osuret shares his presentation on how to build a successful Rotaract Club and Right President of Provisional club of Kampala Naalya with his secretary listening to the talk.*



*Rotarians and Rotaractors following proceedings of the fellowship*

Compiled by **Rctr. Njuki Allan Joshua**  
Director Club Administration

## CHLORINE IN DRINKING WATER THE GOOD, THE BAD & THE UGLY NEWS



The addition of chlorine in drinking water has been the standard in water treatment in the United States since 1904.

Thus, for over 100 years we have trusted and relied on chlorine to purify our water and kill off any waterborne pathogens. The good news is that chlorine has done a

good job in killing off most microorganisms in the water.

In fact, the United States has one of the safest water supplies in the world, and I am truly grateful for this.

Without chlorine (or some other form of water disinfection treatment), millions of people would die from devastating infections such as cholera, salmonella, and others.

### The Bad of Chlorine in Drinking Water

The bad news is that chlorine treatment does not absolutely ensure that by the time our drinking water comes out of our home faucet it is free of unhealthy microorganisms.

Dangerous bacteria (such as e-coli and coliform) are still found in chlorinated tap water on occasion. When this happens it is primarily due to problems related to the treatment system itself or to the transport of the water to our homes.

Thus, relying on chlorine disinfection alone is a false guarantee that the water from your tap is safe to drink.

Even minimal exposure to these types of bacteria can cause symptoms similar to the flu, such as headaches, diarrhea, cramps, nausea or vomiting.

Thus, I highly recommend a tap water filter at the point-of-use (your water faucet) to ensure adequate filtration of unhealthy micro-organisms, as well as other many other contaminants, that could end up in your drinking water.

### The Ugly Side of Chlorine

The ugly side of drinking chlorinated water has only recently been documented.

And it has to do with the long-term health effects of chlorine and its disinfection by-products (DBPs).

What the studies have found is that chlorine itself is not the main problem; rather it has to do with what happens when the chlorine mixes with any type of organic matter in the water.

In the 1970s scientists discovered that when chlorine is added to water, it forms Trihalomethanes (THMs), one of which is chloroform. THMs increase the production of free radicals in the body and are highly carcinogenic (cancer causing).

Chlorine and THMs have been linked to various types of cancer, kidney and liver damage, immune system dysfunction, disorders of the nervous system, hardening of the arteries, and birth defects.

### Negative Effects of DBPs and Chlorine

Unfortunately, we are learning the hard way that our attempts to prevent illness by adding chlorine in drinking water has contributed to another problem—the increase of cancer and heart disease. Check out what the experts have to say:

“Cancer risk among people using chlorinated water is as much as 93 percent higher than among those whose water does not contain chlorine,” according to the U.S. Council of Environmental Quality.

According to the BreastCancerFund.org, “One common factor among women with breast cancer is that they all have 50 to 60 percent higher levels of these chlorination by-products (THMs) in their fat tissue than women without breast cancer . . .”

**Continues....**

# RCBN NEWS & EVENTS

**22<sup>nd</sup> Aug.** Membership Day

**27<sup>th</sup> Aug.** Rotary Cancer Run

**29<sup>th</sup> Aug.** DG'S visit to RCBN

"Long-term drinking of chlorinated water appears to increase a person's risk of developing bladder cancer as much as 80 percent," as documented in a study published in the Journal of the National Cancer Institute. Some 45,000 Americans are diagnosed every year with bladder cancer. "The drinking of chlorinated water has finally been officially linked to an increased incidence of colon cancer. An epidemiologist at Oak Ridge Associated Universities completed a study of colon cancer victims and non-cancer patients and concluded that the drinking of chlorinated water for 15 years or more was conducive to a high rate of colon cancer," according to Health Freedom News, January/February 1987.

But drinking chlorinated water is only half the problem. Bathing and showering in unfiltered tap water is just as bad as drinking it, according to the Journal of Public Health and numerous other scientists and doctors. See "Chlorine in Tap Water - Why Use a Bath and Shower Filter?" A Better Way to Disinfect Water

The primary reason adding chlorine to water for disinfection has become so widely accepted is not because it is the safest or most effective way to disinfect water — it is the cheapest.

Is there a better way? A handful of cities such as Las Vegas, Nevada, and Santa Clara, California, have begun treating their water through a process called ozonation. It is more expensive for the city, but the side effects are minimal.

Ozonation is a step in the right direction for these large cities and I would like to see other cities follow their example or find other non-toxic disinfection solutions.

For those of us who don't live in these cities, there are a few options. The most powerful and cost-effective way to get chlorine-free water is to invest in a whole house water filter or to purchase a drinking water filter and/or bath and shower filter for your home.

A Final Thought

Do you know what happens when you put chlorine into a fish bowl?

All the fish die. That is why fish tanks come with a de-chlorinator. So then why are we drinking and showering in this chemical that kills another organism in a matter of hours

--

Nkooka James

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"Angry people are not always wise"

## The Loyal Toast

To his! Excellency the president"

## CLUB ANTHEM

ROTARIANS OF BWEYOGERERE WE ARE READY TO SERVE  
AND PROMOTE THE WORLD.

SERVICE ABOVE SELF IS THE WAY WE CAN LEAD,  
WE SHALL LIVE TO SERVE AND PROMOTE THE CLUB.

CHORUS - JUBILATE, JUBILATE OUR CLUB. X2  
OH LONG LIVE BWEYOGERERE, WE ARE PROUD OF YOU  
WE ARE PROUD OF YOU.

DAUGHTER TO OTHER CLUBS AND MOTHER TO OTHER CLUBS  
WE SHALL CHERISH YOU FOR EVER MORE

## ORDER OF FELLOWSHIP

- The Grace, The Royal Toast, The Four Way Test
- Apologies
- Introductions (Visiting Rotarians, Rotaractors, Interactors. Guests)
- Report visitations to other clubs
- Announcements and Rotary Information
- Guest speaker (if any)
- Final announcements, Raffle, Statistics
- Final toast

### THE GRACE

**1 For** what we are about to receive, May'the good Lord make truly thankful and ever mindful of the needs of others. Amen

**2 For** Friends and Fellowship We thank thee oh Lord. May we always be mindful OF the needs of others.

AMEN

## THE FOUR WAY TEST

OF the things we think, say, or do

1- IS IT THE TRUTH?

2- IS IT FAIR TO ALL CONCERNED?

3- WILL IT BUILD GOODWILL AND  
BETTER FRIENDSHIPS?

4- WILL IT BE BENEFICIAL TO  
ALL CONCERNED?

## The Object of rotary:

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and in particular to, encourage and Foster

**First:** The development of acquaintance as an opportunity for service.

**Second:** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society.

**Third:** The application of the ideal of service in each Rotarian's personal, business, and community life.

**Fourth:** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.