

THE PASSION

JULY ISSUE 2024





9 BARRELS

Scotch whisky

Millennials Choice



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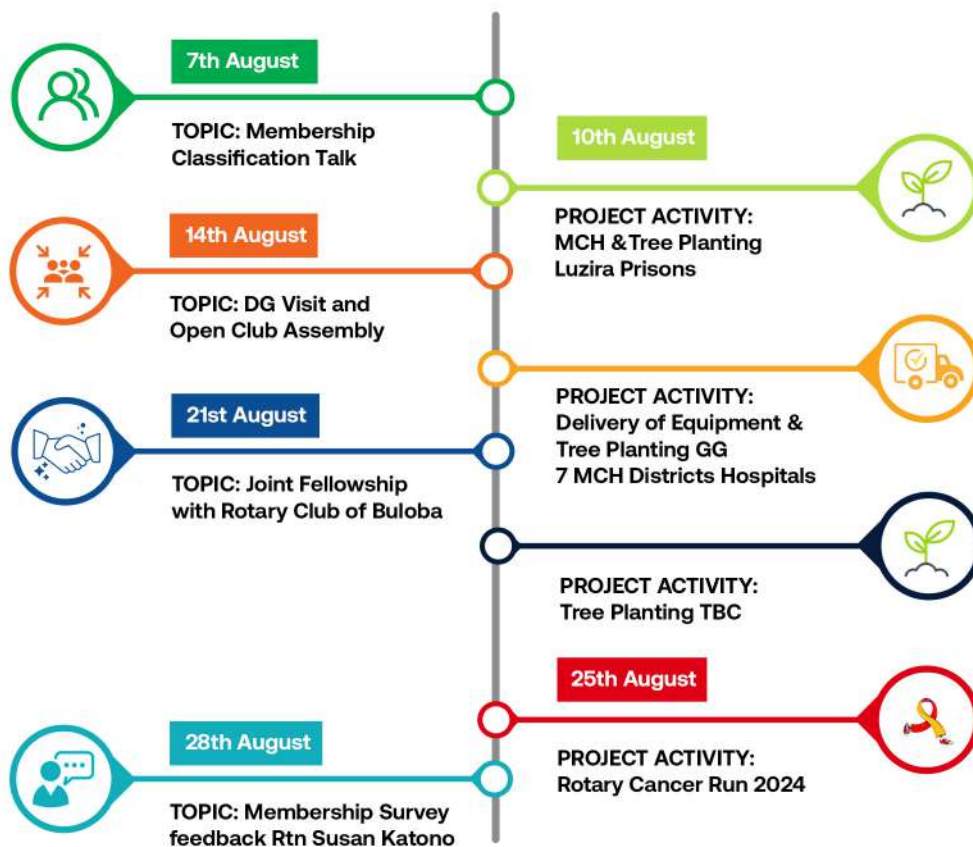
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AUGUST CLUB CALENDAR



Cherry Buddy Group coordinator for the Month of August

Meets:
Every Wednesday | 6:00PM
Venue: Hotel Africana

Join us
Online via

zoom

Meeting ID
211 485 5714



> Rotary Club of
Kampala Central

July 2024

Chief *Editor's* Note

Dorothy Namubiru Mwesigwa

Editor-in-Chief



Dear Rotary Family,

July has been a remarkable month for the club, filled with milestones. We are grateful to all the club members who participated in the two special projects: the launch of “Plant Your Balance” in Jinja, and the visit to Kyengera Women’s Hospital. The icing on the cake was a beautiful fellowship as we celebrated 31 years of existence.

In Uganda, “Plant Your Balance” was launched on 10th July 2024, with DG Anne Nkutu commissioning the tree nursery at Wanyange Girls SS. This nursery will supply seedlings to schools and communities in the area to plant trees around the Lake Victoria and River Nile Basin, in line with one of the seven objectives of the Rotary Environment Program: protecting water resources.

The club also visited Kyengera Women’s Hospital, participated in tree planting, community cleanup, and toured the facility on Saturday, 20th July 2024. Friends in service, don’t be left out—let us serve our community together.

Our gratitude goes out to the Pear Buddy Group, who did a tremendous job giving us an exceptional experience every single Wednesday of July and organizing a wonderful anniversary celebration.

Editorial Team



Rtn Vivian
Bahati



Rctr. Abass
Bwanaheri



PP Sheila
Naturinda

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July 2024

Rotary International *President's* Message

Stephanie A. Urchick

President 2024-25



Towards A Greater Vision

Rotary is at its best when we foster a sense of inclusion and belonging in our clubs. In fact, I would go so far as to say that belonging is The Magic of Rotary itself.

With a focus on inclusivity and belonging, it is easier to be united in a common purpose. When we are committed to one another and focused on our goals, we are most effective.

Rotary's Action Plan can help. The Action Plan comes with tools you can use to collect feedback, assess your club's strengths and weaknesses, and address challenges.

The world is changing, and our clubs can't afford to stand still. But the changes we make need to be consistent and strategic – building on one another toward a greater vision. The Action Plan can help you work toward that vision and create effective change within your club. Following the Action Plan and addressing suggestions from the community will go a long way to fostering the sense of belonging we want all Rotary members to feel in their clubs.

That's why expanding our commitment to diversity, equity, and inclusion is so important. Committing ourselves to each other's well-being is the first step to expanding our reach, allowing us to spread Positive Peace in these troubled times.

Peacebuilding is one of our top priorities, and one of the most effective ways we can build peace is with our Rotary Peace Fellowships, through which peace and development professionals learn how to prevent and end conflict.

We offer the fellowships through our Rotary Peace Centers at leading universities around the globe, where more than 1,800 Rotary Peace Fellows have graduated. And thanks to a \$15.5 million gift from the Otto and Fran Walter Foundation, we can

continue supporting peacebuilders in more regions with the next peace center at Bahçeşehir University in Istanbul.

Opening another peace center is a monumental achievement, and it is my great honor to invite you to celebrate at next year's Rotary Presidential Peace Conference at the Istanbul center. The three-day conference 20-22 February will highlight the many ways our family of Rotary advances peacebuilding. Registration for the conference is officially open. I hope to see you there.

The 2025 Rotary Presidential Peace Conference has great potential for our peacebuilding efforts – but only if we have your support.

The truth is, we're not going to bring peace to the world, end polio, or grow membership by waving a wand and saying some funny words. It's up to you. You create the magic with every project completed, every dollar donated, and every new member inducted.

I love my Rotary family and I know you do too. That's why I know that together, we can make every club and district simply irresistible. This year, let us change the world by embracing The Magic of Rotary.

“

We're not going to bring peace to the world, end polio, or grow membership by waving a wand and saying some funny words. It's up to you. You create the magic with every project completed, every dollar donated, and every new member inducted.



District Governor's Message

Anne Nkutu

District Governor D9213

Sustaining the Magic!

Welcome to the New Rotary Year!

It is both an honor and a privilege for me and the dedicated Magic Team to lead our district through the Rotary year 2024-25. Like all of you, I am incredibly excited about the opportunities that lie ahead and the achievements we aim to realize during this special year of the Magic of Rotary.

Building upon the successes of “Creating

Hope,” our focus remains steadfast: to ensure the sustained delivery of the Magic of Rotary, not just for the coming year, but for generations to follow. However, it is important to recognize that while it may appear effortless, creating true ‘magic’ in our clubs and in communities requires dedication and concerted effort from all of us.



At the start of each year, our clubs set ambitious goals with the best of intentions to achieve them. But along the way, life happens and often times we do not achieve as much as we had hoped for. In his popular book “Atomic Habits” James Clear notes that: “new goals do not deliver new re-sults. Rather, it is new practices and lifestyles.” For instance, aspiring to achieve a fit physique requires not just

setting the goal but embracing the regular exercise, balanced nutrition, and disciplined lifestyle that accompany it. This includes mundane tasks like monitoring calorie intake and preparing nutri-tious meals.

Success is not solely determined by our goals, but by the systems and habits we develop. As James Clear aptly puts it, “Goals are good for setting a direction, but systems are best for mak-ing progress.” Goals provide direction, but systems create the consistent progress needed for sustained success.

Therefore, I urge every Rotary leader at

the club and district levels to prioritize the purpose and processes underlying our endeavors. Regardless of the goals your club has set, clarity on the “how and why” is essential. It demands diligence and meticulous attention to detail in how and why we attract new members; how and why we contribute to the Rotary Foundation; how and why we must enhance our public image; and how and why we undertake service projects.

Musonius Rufus wisely stated, “If you accomplish something good with hard work, the labor passes quickly, but the good endures.” To build resilient clubs capable of delivering the enduring Magic of Ro-tary, we must be prepared to put in the hard work and develop strong systems.

With your dedication, passion, and commitment, I am confident that we will achieve remarkable ac-complishments. So here’s to a year filled with irresistible club experiences, transformative projects, and the vibrant spirit of Rotary in action.

July 2024

President's **Message**

Rtn. Marion Muyobo

President 2024-25



*Welcome to a
new Magical
Rotary Year
2024/2025.*

The ship has set sail and left the dock with all passengers on board, and we are cruising though not yet at full throttle, but this is where we are meant to be at this part of the milestone of the journey.

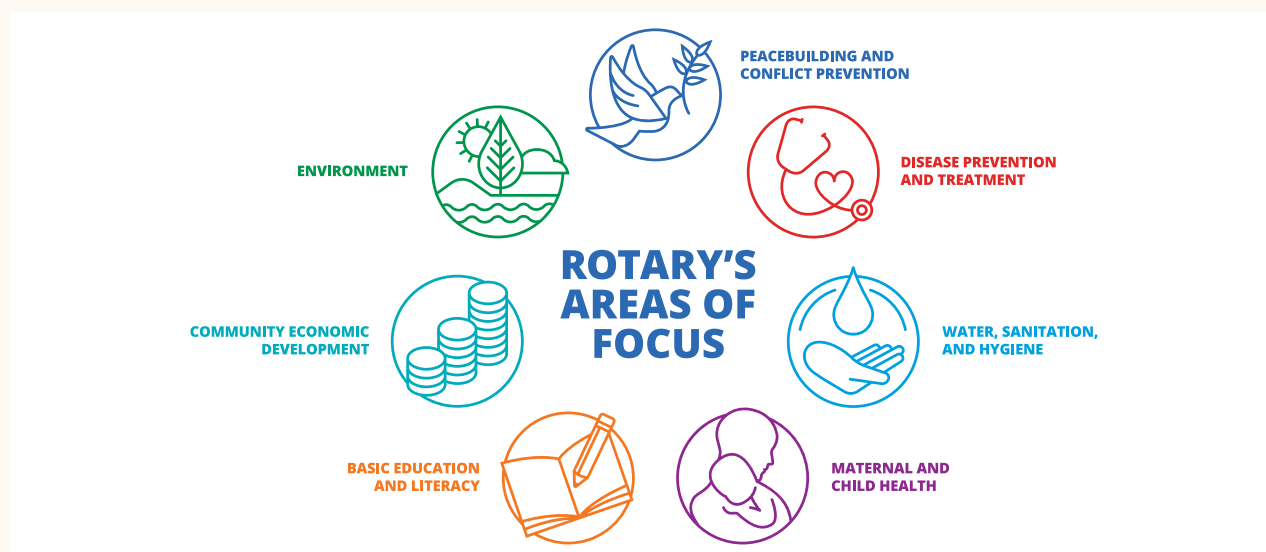
As a club we sat together at the Club Retreat and later at the Club assembly to draw and approve the route plan. I am immensely proud of the dedication and service club members have shown towards bettering the club to serve communities. Let's not go to the communities and serve, let's go with the communities and serve. Involve them in the planning execution and monitoring of our activities. DG Anne's message and that of President

Stephanie are that we need to consolidate and sustain our projects. This year we are going to focus on the execution of the 3 Global Grants we have. We are the lead of 2 (supplying equipment to Kyengera Women's Hospital and 67 Health Centres in 7 districts) and partners with Rotary E-Club of Uganda Global on the third.

As a club our vision is To be Recognised as a Green Club for community service and

promotion of peace. To remain authentic to this Vision we have to go out plant and grow trees. Let's check our-selves monthly on this.

There are 4 areas our Goals are based on are 1) Increasing Impact 2) Expanding our Reach 3) enhancing Engagement and 4) Increasing our ability to adopt. These all revolve around the 7 Areas of Focus



Every Rotarian from the Rotary Club of Kampala Central made a Commitment to serve in the Community. In July this started with the events at Wanyange where DG Anne Nkutu launched the Plant Your Balance Campaign, then the club also commissioned a tree nursery. In Jinja the club also commissioned the traps to capture waste at inlets to Lake Victoria. Some club members also visited the Kyengera Womens Hospital to gain an appreciation of the project plan for medical outreaches and plant trees. As a club we have committed to plant trees everywhere we go. Let's not keep it as a commitment, let's actually do it.

The year ahead will give us an opportunity to strengthen the image of the club. We

have 12 members serving beyond the club, Plant Your Balance was launched at Kampala Central, The Club has been selected as a fitness Role Model. These are testament to what we can achieve. We have not even scratched the surface. We can do more but each and every member has to participate. A chain is only as strong as the weakest link. Don't be the weak link.

My humble plea to every member is it is all hands on deck. Bring new members even corporate ones, participate in service projects, give to the Rotary Foundation. Ask yourself, "if not me then who".

Let us continue to uphold the values of Rotary International, striving for excellence and fostering goodwill and peace. Together, we can achieve remarkable milestones.

ANNUAL GOALS (2024/2025)

1

INCREASE OUR IMPACT

Fundraising

- TRF \$25,000
- > 5 PHFs
- \$5,000 Polio Plus
- 100% Members paid EREY
- Nile Run (50-30=20m) and Green Festival (30-20=10m) =>20m+10m=30m

Service Projects

- GG execution – MCH Model districts, Kyengera, Butiti, Program of Scale
- GG application New Grant
- Impactful Service projects – Treeplanting,
- L.Victoria Cleanup, medical camps (Luwkanga & Luzira), Basic Education, Watsan.
- Key Areas of focus covered

Collaboration

- 3 corporate partners + 1 New
- Multiclub participation – Joint fellowships
- Support to Cancer Run

2

EXPAND OUR REACH

Growth

- 10 New Members -> Total 80 members

Youth Engagement

- Strengthen our 3 Rotaract clubs
- Revive 4 interact clubs
- Support RYLA participation
- Support transition of rotaractors to Rotary

Visibility

- Adoption of “People of Action” brand messaging on social media, showcase, activity video
- Club activities in showcase
- Passion Magazine Monthly

3

ENHANCE PARTICIPANT ENGAGEMENT

Member Engagement

- Buddy group Leads Fellowship
- Fellowship Calendar Key Themes for the month and topics for each week + member classification talk
- Each member allocated a committee
- Service project participation by member tracked weekly 50 very active
- 60% fellowship attendance
- Two Jazz Fellowships
- 35 Members attend DISCON and 10 RI

Personal and Professional Development

- 100% club leadership done online trainings
- Family of Rotary anniversaries, 4 home hospitality, 1 Christmas exchange, check ins

4

INCREASE OUR ABILITY TO ADOPT

Future Fitness

- Succession planning
- Grant Qualification requirements in place

Governance

- Strategic plan in place
- Key Report submitted-DG, monthly, finance
- Club policies in place-Finance, Procurement
- Key fiscal committees in place, Finance, Audit, procurement
- Follow set member admission process
- Mentorship process for inductees

Harnessing Technology

- Club Runner information update-passion, documents (MERTS, Club Charter Certificate)
- Profiles and Procedures updated & In use



DISTRICT CONFERENCE

ON THE NILE

Over a century of Rotary Service in Africa

CIVIL SERVICE
COLLEGE JINJA | **9 – 13**
APRIL 2025

EARLY BIRD REGISTRATION

FOR ROTARIANS

FOR ROTARACTORS

\$200 | **\$120**

DEADLINE: 31ST OCTOBER

Scan to register.



**Registration
is Now Open**



100thDISCON



Rotary Kampala Central



Awards

Rotarian of the Year

Rtn Bernard Kibumba (2023/2024)



Rotarian *of* the Year

Last month, our very own Rtn Bernard Kibumba was given the Rotarian of the Year award. This award is given to a person who has been exemplary throughout the Rotary year. Rctr. Abass Bwanaheri caught up with him, and this is what he had to say



Interviewer: Rotarian of the Year in your first year! That is an incredible achievement, Ben! What surprised you most about this recognition?

Rtn Bernard: *Truth be told; I didn't believe it was me. I didn't see this award coming—it took me by surprise. Just like any other normal Wednesday, I showed up for*

fellowship to witness the handover of office from IPP Francis Wangi to President Marion Muyobo and boom, the award of Rotarian of the Year 2023/2024 went to me. It was an exciting moment that got me so excited and happy beyond words. It inspired me to serve more and do a little extra from my normal service to Rotary.

Interviewer: Looking back, how did your experience as a Rotaractor prepare you to hit the ground running as a Rotarian?

Rtn Bernard: *Rotaract provided me with opportunities to serve in several leadership positions, including being the president of the Rotaract Club of Nateete Kampala. These positions allowed me to address community needs and motivated me to join Rotary, where I could broaden my impact. It's because of such experiences that it was easier for me to engage and serve at the Rotary level.*

Interviewer: Your work as the Cancer Run Officer was a major highlight. Can you share some strategies you used to mobilize members and exceed

expectations with selling kits?

Rtn Bernard: *When I was appointed Cancer Run Officer, I wasn't entirely sure how to engage the club members—I was just trying to learn and adapt. I accepted the role and, with guidance from my president, I got to work. First, I reached out to my Rotaract friend Angel Kiseka, now a past President of Rotary Club Nateete Kampala, for advice. After that, I pushed our club admin for a Cancer Run activation date. I then started reaching out to every club member individually, encouraging them to register and buy as many kits as possible. During every fellowship, I continued to push members to buy more kits. I maintained a list of who bought what, which encouraged members to buy more for their family and friends. We also sent letters to corporate companies, who positively responded to our cause. Finally, I personally delivered kits to members' homes and offices. With all these efforts, we managed to score highly as a club.*

Interviewer: Beyond the Cancer Run, you tackled various projects and even served as sergeant at arms on several occasions. Did you have a favorite project, and what did you learn from wearing so many hats?

Rtn Bernard: *Wearing so many hats not only opened my mind to how club business is executed but also gave me a golden opportunity to get to know club members and bond with them. All projects were amazing, but my favorite was the Nyenga Woodlot project. As the mission green officer, I focused on re-establishing what had been a failed orchard into a thriving one.*





Interviewer: Being recognized as Rotarian of the Year must be incredibly motivating. What does this award mean to you personally, and how does it fuel your future involvement?

Rtn Bernard: Absolutely, this award is motivating. Having served on the board for an entire year, I felt ready to hand over responsibility to the next person, but being named Rotarian of the Year... Oh my God, this motivated me to serve even more and become a better Rotarian this year, 2024/2025. I'm committed to serving and doing a little extra, with or without office.

Interviewer: For Rotaractors considering transitioning to Rotary, what advice would you give based on your experience.

Rtn Bernard: Sometimes Rotaractors have an unrealistic opinion about Rotary Clubs and Rotarians in general. From my experience, ready Rotaractors should join a Rotary Club as soon as possible. Rotarians

are friendly, supportive, and there's great fun in Rotary at the same time. So, I encourage those ready Rotaractors to cross over and join Rotary to serve even more.

Interviewer: It seems your first year has been a whirlwind! How do you balance such active participation with your personal and professional life?

Rtn Bernard: I've made Rotary a part of my big rocks. As I plan my week, I allocate time for family, work, and Rotary. When it's time for Rotary activities, I try to contribute a little more than expected. This approach makes my time and input valuable.

Interviewer: Rotarian of the Year for the second time in a row—should we hope for that by the end of the Rotary year?

Rtn Bernard: Well, if it happens, I'll be very grateful. But just as this award took me by surprise, I'll continue offering my service above self to Rotary, not just to maintain the award.





Travel

Reasons you need a Holiday

By

Dorothy Namubiru Mwesigwa



Reasons you *need* a Holiday



Taking a holiday is essential for maintaining physical and mental well-being, particularly in today's fast-paced and high-pressure world. Constant work and stress can lead to burnout, which negatively affects productivity, creativity, and overall health. A holiday provides a much-needed break, allowing individuals to recharge and rejuvenate. This break from daily routines and responsibilities reduces stress levels and prevents chronic stress-related illnesses, such as anxiety and depression.



Physically, taking a holiday is vital to combat the sedentary lifestyle that many people lead. Engaging in leisure activities, whether it's hiking, swimming, or simply walking around a new city, promotes physical health and reduces the risk of issues like heart disease and obesity. Additionally, rest and relaxation during a holiday can improve sleep patterns, which are often disrupted by the demands of work.

Mentally, a holiday can enhance focus and creativity. Time away from work allows the mind to relax and process information subconsciously, often leading to better problem-solving abilities and innovative thinking upon return. This mental break helps in maintaining cognitive functions and reducing mental fatigue, ultimately contributing to higher productivity and efficiency at work.

Holidays also offer a valuable opportunity to reconnect with family and friends. Strengthening these relationships is crucial for emotional health, providing support, love, and a sense of belonging. Quality time with loved ones can lead to improved mood, reduced feelings of loneliness, and a greater sense of happiness and fulfillment.

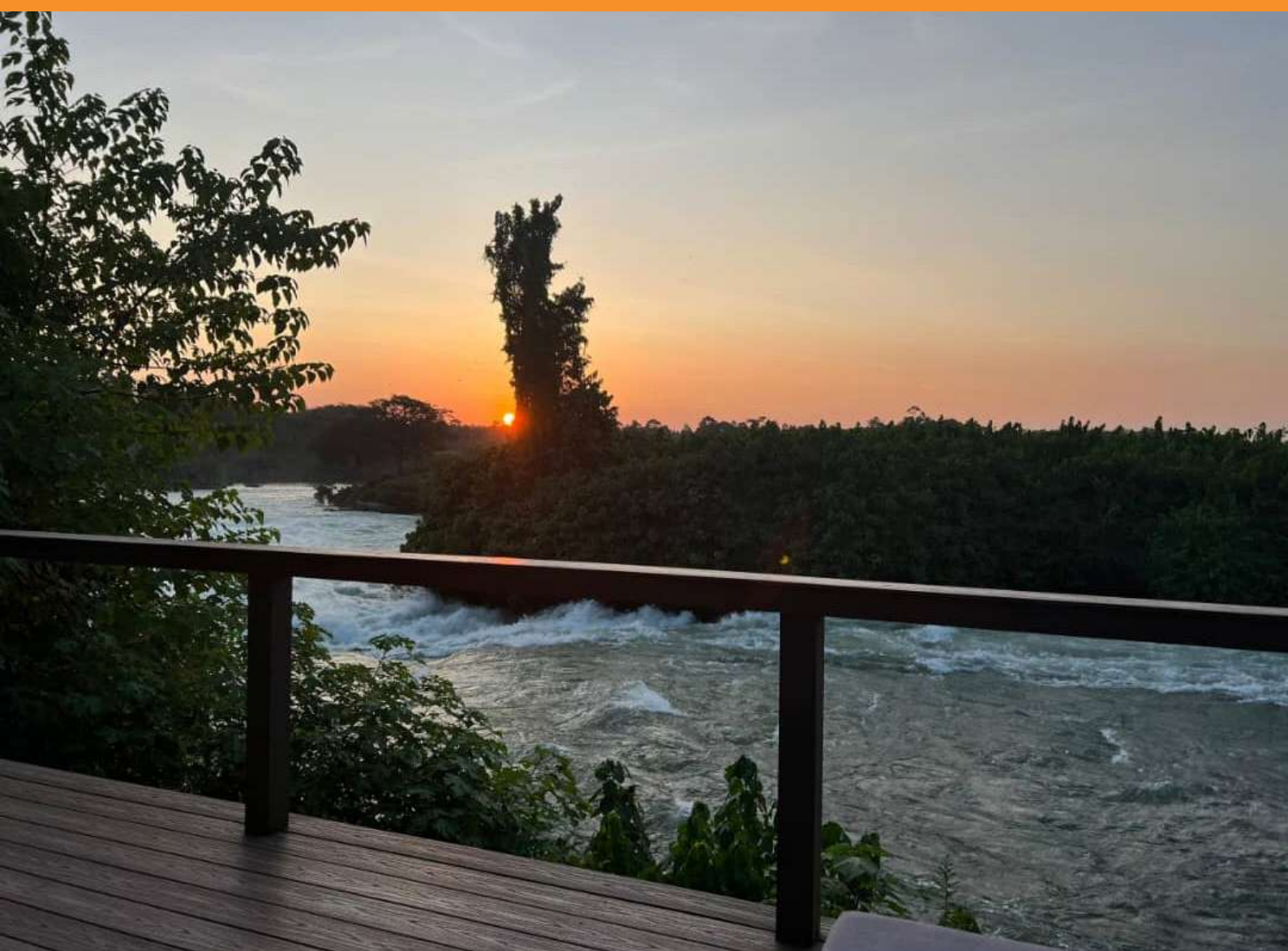


Exploring new places and experiencing different cultures during a holiday broadens perspectives and fosters a greater appreciation for diversity. This cultural exposure can lead to personal growth, a more balanced worldview, and a deeper understanding of global issues. It encourages open-mindedness, adaptability, and empathy, traits that are increasingly important in our interconnected world.

Moreover, holidays can help in setting and achieving personal goals. Whether it's learning a new skill, pursuing a hobby, or

simply taking time to reflect on life, holidays provide the space and time needed for personal development and self-discovery.

In conclusion, taking regular holidays is essential for maintaining a healthy work-life balance, enhancing physical and mental health, and fostering personal and professional growth. It is an investment in one's overall well-being and productivity. By prioritizing time off, individuals can return to their daily lives with renewed energy, clarity, and purpose, ultimately leading to a more fulfilling and successful life.





Project

**Planting a Greener
Future**



Planting a *Greener* Future

Rotary Club of Kampala Central Launches “Plant Your Balance” Initiative

The Rotary Club of Kampala Central is taking a big step towards a greener future with their ambitious new initiative, “Plant Your Balance.” Launched on July 10th in collaboration with RC Jinja, RC Source of the Nile, RC Njeru, and RC Jinja City, the project is a multi-pronged attack on environmental issues in Uganda.

A Personal Touch on Reforestation

At the heart of “Plant Your Balance” lies a unique concept that encourages individual action. Inspired by Rotary’s 100-year history, the campaign urges participants to plant a number of trees equal to the difference between their age and 100. This simple yet personal approach makes

environmental responsibility relatable and fosters a sense of ownership.

Planting the Seeds of Education

The initiative goes beyond just planting trees. A new tree nursery has been commissioned at Wanyange Girls Secondary School. This nursery serves a dual purpose: providing a steady supply of saplings for the project while simultaneously educating students on the importance of tree planting and environmental stewardship. The future generation is being equipped with the knowledge and tools to become responsible caretakers of their environment.



The “Plant Your Balance” initiative is a shining example of the Rotary Club of Kampala Central’s commitment to environmental responsibility and community service.

Combating Plastic Pollution

“Plant Your Balance” also tackles the critical issue of plastic waste. The project included the installation of plastic trap gates at channels leading to Lake Victoria, Africa’s largest freshwater lake. These gates act as a barrier, preventing plastic pollution from entering the delicate aquatic ecosystem and contributing to a cleaner lake.

Launch Event Highlights

The launch event at Wanyange Girls Secondary School was a day of action and inspiration. Rotarians, Rotaractors and volunteers from various clubs came together to officially open the tree nursery and install the plastic trap gates. Guest of Honour, DG Anne Nkutu, emphasized the importance of environmental conservation

and the role that each individual can play in making a difference. “This project is a testament to Rotary’s commitment to creating a sustainable future,” she said. “I encourage continued efforts in similar projects.”

The “Plant Your Balance” initiative is a shining example of the Rotary Club of Kampala Central’s commitment to environmental responsibility and community service. By addressing reforestation and waste management, the club is not only creating a positive impact on the local environment but also fostering a culture of environmental awareness and action among the younger generation. This project serves as a powerful testament to the impact that collective action can have in creating a greener future for all.





Experience

**30 months in
Rotary**



30 months in *Rotary*

and I am beyond Proud of me

**By Rtn. Robert SSEBUGWAWO
(Coach Bob)**

The time is April 2023 and Immediate Past District Governor D9213 Edward Kakembo-Nsubuga has just received the reigns of the leadership of the district from PDG Mike Kennedy Ssebalu in Mbarara city. Although he will sit in the office officially 3 months later, his plans for the district had already commenced and his brain was working full time to ensure all of us build the year together. His chance was to ensure communities received Hope “Create Hope in the World.”

IPDG Edward and I chanced to interact, we built a bond, we talked, we discussed what I know best- Fitness and Wellness, and a friendship started from there.

In a brief yet meaningful conversation, Edward shared his vision of staying fit, healthy, and maintaining his overall well-being. Because his year theme was creating hope in the world, there was no way he would achieve this if him and his team didn't keep fit and healthy. Edward and I knew that we cannot give what we don't have. So, the journey of me being a part of the district team- me in charge of

my classification – health and wellness commenced. I didn't only become a close buddy to Edward, but I also was glad this relationship with him would eventually shape my work and greater being within the Rotary family.

Come July 2023 and Edward sits in office. My first task was to design a fitness and wellness program tailored for all Assistant Governors. Edward's goal was to enhance their efficiency and effectiveness during the year, as they served and assisted him keep clubs awake to their mandates. This request marked the beginning of numerous collaborative efforts. During official workshops and retreats, together with my dedicated Fitness and Wellness Team, we provided sessions that were well-received and appreciated by all participants. We shared invaluable tips on personal health management, including regular physical exercise, healthy eating, self-care, regular medical check-ups, preventive health measures, and the importance of social health.

Edward's enthusiasm for health and fitness

drew us closer. With my classification being Fitness and Wellness, our discussions on promoting healthy and active living among Rotarians in Uganda became a common pursuit. We envisioned a healthier Rotary community across both Districts 9213 and 9214.

One day, during our regular conversations, Edward informed me that he had recommended me to Rtn. Robert Henry Kiggundu the Chairman of the 99th Discon, to ensure we embedded Fitness and Health within all the Discon activities in Munyonyo. I accepted the responsibility with a sense of honor and determination, committed to fulfilling the expectations placed upon me.

Being part of the 99th Discon Organizing Committee was a transformative experience for me, and I gained deeper insights into the Rotary service and also built warm, collaborative relationships with many senior Rotarians who generously shared their knowledge and experiences across numerous spaces. Working closely with Chairman Rtn. Kiggundu, was another

great experience for me, it earned me ability to look beyond one thing- serving until the future.

As the new year starts, of witnessing the Magic of Rotary, I must say in the 30 months so far, I have already created magic especially within myself and witnessed the same magic around the rotary circles and within the communities.

This year, under the able leadership of DG Anne Nkutu, I am also team leader for the Magical Rotary Fitness Lifestyle Culture Theme, whose objective shall be to build a Future Fit Rotary Community that can serve Humanity effectively and efficiently. I have never been prouder.

My active interactions with IPDG Edward have solidified and enriched my journey as a Rotarian. His wise counsel and mentorship have been invaluable, making me a better Rotarian, always ready to serve communities through my expertise in Fitness and Wellness. For this, I am profoundly grateful.





Did you *know*

the milestones of the Rotary Cancer Run?



Rotary
District 9213 & 9214

RotaryCancerRun @UgRotaryCancerP

ROTARY CANCER RUN MILESTONES

WHAT HAS BEEN ACHIEVED SO FAR?



36 Beds **UGX 1.5** BILLION

Constructed a 36-bed cancer treatment centre at Nsambya Hospital.



Fitted the center with equipment worth over **USD 150,000** including staff training that was acquired through two Global Grants.

Contributed **200M** to construction of the Rotary Blood Bank at Mengo Hospital.



Commenced the construction of 2 bunkers that will house the 2 LINAC cancer testing and treatment machines. Phase 1B almost Complete.

TOTAL FUNDS REQUIRED

USD **3.6M** or approximately UGX **13.8** billion to go towards the construction of the bunkers and associated spaces.

TWO LINEAR ACCELERATORS **TWO** BUNKERS

HOW MUCH HAS BEEN RAISED?

UGX **4.36** BILLION

2024 RUN'S TARGET

UGX **4** BILLION

HOW HAS MONEY BEEN RAISED OVER THE YEARS?

68,000,000	2012
94,604,700	2013
188,778,120	2014
228,282,662	2015
300,399,000	2016
757,670,600	2017
708,511,104	2018
759,924,980	2019
133,980,000	2020
375,000,000	2021
1,324,765,600	2022
1,100,000,000	2023

- ★ Money from the 1st three Rotary Cancer Runs (2012, 2013 & 2014) constructed the Rotary Centenary Bank Cancer Centre at Nsambya Hospital.
- ★ UGX 200M from the 2015 Rotary Cancer Run constructed the Rotary Blood Bank at Mengo Hospital.
- ★ Funds raised from the runs between 2016 to 2021 were used for phase 1A of the construction of the radiotherapy centre (bunkers).
- ★ The remaining money from the above runs has rotationally been used to purchase kits for recurrent runs.

ABOUT THE 2024 RUN:

DATE: Sunday 25th August, 2024.
VENUE: Kololo Ceremonial Grounds and in all major towns across the country and around the globe.
REGISTRATION FEE: UGX 30,000 and comes with a kit.



ROTARY CANCER RUN 2024

SPREAD MAGIC IN EVERY STEP

REGISTRATION FEE:
30,000/=

To register, click the link or scan the QR Code:
<https://tickets.ugandarotarycancer.org/>





f @RotaryCancerRunUg
X @UgRotaryCancerP
#RotaryCancerRun24

Rotary
D9213
D9214

Rotary
Cancer
Program
Uganda



SCAN ME
TO REGISTER



<https://register.rotaryugandacancer.org/>

SPREAD
MAGIC
IN EVERY
STEP



**ROTARY
CANCER
RUN 2024**

**SUN 25
AUGUST**

KOLOLO AIR STRIP

TIME: 6AM



Registration Fees

30,000/=
comes with a vest

ALL PROCEEDS GO TO
COMPLETING THE BUNKER
AT NSAMBYA HOSPITAL



MAVD McCANN



First *Pharmacy*

and Rotary Club of Kampala Central Join Forces to support the Annual Rotary Cancer Run

First Pharmacy's commitment to community wellness takes on a new dimension as they partner with the Rotary Club of Kampala Central, with a substantial contribution of UGX 20,000,000, for the highly anticipated Annual Cancer Run. This initiative aligns with First Pharmacy's mission to inspire better health, provide expert care and innovative solutions.

The Cancer Run this year aims to raise UGX 4bn shillings through registration and donations towards a target of 11.8bn required for the construction of a Cancer Care Centre at Nsambya Hospital.

First Pharmacy's involvement in the Cancer Run is more than just a financial gesture; it's a testament to their mission to inspire better health and provide expert care. The partnership with Rotary Club of Kampala Central underscores a shared vision of a healthier future for all Ugandans.

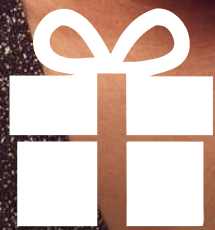
Beyond the 3 physical branches in Kampala, First Pharmacy has embraced technology to make healthcare accessible and

convenient. Their innovative app, available on both the Google Play Store for Android users and the App Store for iOS users, is a game-changer in the industry. This app brings unparalleled convenience, allowing customers to order from the comfort of their home or office. Deliveries are not only prompt and free within Kampala but also extend countrywide, ensuring that patients across Uganda have access to their necessary treatments.

Customers using the app are able to order a wide range of products, from Over-the-Counter medications and supplements to cosmetics and other healthcare items, all sourced from trusted international and local brands. Their extensive stock guarantees that every customer finds exactly what they need, backed by the assurance of quality and reliability.

For more information on First Pharmacy's services, visit their website.





Birthdays

**August
Birthdays & Anniversaries**



August Birthdays

AUGUST BABIES

Travis Muhwezi	Child	11th August	You are a gift yourself and you deserve the best of everything.
Manuel Muyobo	Child	12th August	We wishyou a fantastic day and a wonderful year ahead
Kevin Kagimu	Child	12th August	The day is all yours,have fun
Ayden Ariho Muhirwe	Child	15th August	We wish a happy birthday.May all your drems come true
Josephine Kitaka Aleper	Rotarian	16th August	You are a gift yourself and you deserve the best of everything.
Chris Arembe	Spouse	17th August	May happiness bloom in your heart all year long
Michelle	Child	17th August	May this special day brings lots of smiles ,joy and fun to you
Winnie Kabumbuli	Rotarian	17th August	You are a gift yourself and you deserve the best of everything.
Ivan Muyima	Rotarian	20th August	You are a gift yourself and you deserve the best of everything.
Aaron Micheal	Child	22nd August	We wish a fantastic day and a wonderful year ahead
Vignesh Suresh	Child	23rd August	We send you birthday wishes wrapped with all our love
Bassalirwa Racheal Martha	Child	23rd August	You are a gift yourself and you deserve the best of everything.
Malcolm Muyobo	Spouse	24th August	May your birthday be as lovely as you are
Hannah Najjemba	Child	25th August	On this birthday,We wish that you become the best version of yourself .
Vanessa Pink Onono	Child	27th August	You are a gift yourself and you deserve the best of everything.
Sandra Natukunda Ruhongore	Spouse	28th August	Abottomless happy birtjday greeting from the bottom of our bottomless loving hearts to you
Trivon Bisaso	Rotarian	30th August	Thank you for simply being amazing
Mahirwe Valentina	Child	30th August	We wish a fantastic day and a wonderful year ahead
Amelia M. Kyaka	Spouse	3rd August	Wishing you the best today and every day.You deserve it.
Agatha Arembe	Rotarian	6th August	May you receive the greatest of joys and everlasting bliss



August Anniversaries



Rotarian

Moses Ssonko

2nd August

On one hand you have all the years of your marriage. May you run out of fingers and toes to count all those to come



Rotarian

Marion Muyobo

21st August

Cheers to a decade filled with love. Break out the bubbly and toast to your past, present and future



Rotarian

**Winnie
Kabumbuli**

06th August

You planted the seed years ago, it's your love that keeps your family tree rooted

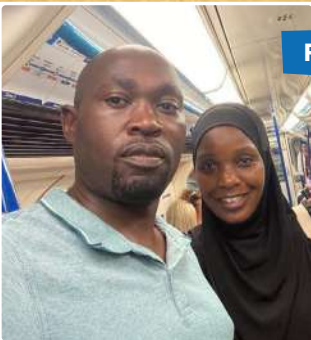


Rotarian

**Ivan
Muyima**

26th August

It's time to celebrate all over again



Rotarian

**Moses
Matovu**

10th August

Fate had big things in store when the two of you were paired



Rotarian

**Fred Gyaviira
Kyaka**

27th August

Cheers to two imperfect pieces that fit perfectly together



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Our window tint guarantees:

- **Comfort:** Block up to 70% of solar heat for a cooler ride on a sunny day.
- **UV protection:** Our window film equivalent to SPF 285 to ensure up to 99% rejection of UV rays.
- **Glare by 95% reduction.** Prevent glare from the sun and headlights from blinding you on a sunny day or at night.
- **Safety:** Our 100 microns tint film prevents injury from broken glass and smash and grab theft.
- **Save on fuel usage:** Less reliance on air-conditioner means less fuel burned.
- **Custom look:** Our tint enhances the appearance of your vehicle. You know it looks better with quality tint.



REACH US

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Email: premiumglassprotection@gmail.com**



Fellowship

The Great Team Behind the Wonderful July Fellowships



Rtn. John Tumusiime



PP. Christine Nantogo



Rtn. Juliet Kyeyune



Rtn. Vivian Bahati



Rtn. Bissy Mirembe



PAG. Emmy Kwesiga



Rtn. Steven Katerega



Rtn. Valeria Kubaana



Rtn. Joan Akoth



Rtn. Nathan Kamba



Rtn. Ssonko Moses



Rtn. Ivan Muyima



July

Fellowship

1. Drug Safety in Pregnancy and Breastfeeding

Ensuring the safety of drugs during pregnancy and breastfeeding is crucial for both maternal and child health. Certain medications can pose risks, such as birth defects, preterm labor, or developmental issues. It is essential for pregnant and breastfeeding women to consult healthcare providers before taking any medication. Safer alternatives or adjusted dosages may be recommended to mitigate risks. Drug labels and categories can guide these decisions, emphasizing the need for careful consideration of the benefits and potential hazards.

2. Kyegera MCH Global Grant Project Overview

The Kyegera Women's Hospital project aims to enhance maternal and child healthcare services by reducing neonatal and child mortality rates, and improving access to essential medical services and training for community health workers. Significant pre-project works have been completed, such as grinding terrazzo, polishing, connecting water supplies, installing electricity, and painting, preparing the hospital to serve its community

effectively. Improved areas include the surgical main theatre, sluice room, sterilization room, recovery room, theatre laboratory, and other essential facilities. The project extends heartfelt gratitude to its generous sponsors, particularly the Rotary Club of Kampala Central, Rotary Club of Reading Matins (UK), and several other Rotary Clubs from Canada, the UK, and Norway, whose support has been instrumental in transforming healthcare services for women and children in Kampala.

3. Charter Night Celebrating 31 Years as Rotary Club of Kampala Central

The Rotary Club of Kampala Central recently celebrated its 31st Charter Night, marking over three decades of service and community impact. This milestone event highlighted the club's numerous achievements in areas such as health, education, and community development. Members and guests reflected on past projects and discussed future initiatives. The celebration fostered camaraderie among members and reaffirmed their commitment to Rotary's mission of service above self.

4. Urinary Tract Infections (UTIs) in Females: Causes, Prevention, and Treatment

Urinary Tract Infections (UTIs) in females are common and typically caused by bacteria such as *E. coli*, with factors like poor hygiene, catheterization, sexual activity, and low immunity increasing risk. Symptoms include painful, frequent, and urgent urination, lower abdominal and back pain, and pyuria. Preventive measures focus on proper hydration, frequent voiding, post-intercourse urination, protected sex, and good hygiene. Diagnosis involves urinalysis, dipstick tests, microscopy, and cultures, while treatment primarily involves antibiotics, although resistance is a growing concern.

5. Butiiti Adopt a Community Global Grant Project

The Butiiti Adopt a Community Global Grant Project focuses on holistic community development in Butiiti. This project addresses critical areas such as healthcare, education, water and sanitation, and economic empowerment. By adopting an integrated approach, the project aims to uplift the entire community through sustainable initiatives. Activities include building health centers, providing educational resources, improving water supply systems, and supporting local businesses. The ultimate goal is to foster self-sufficiency and improve the quality of life for the residents of Butiiti.

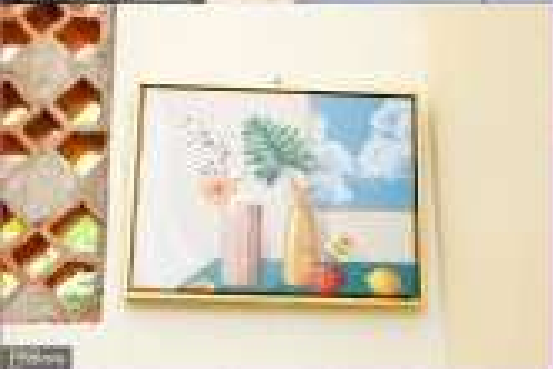


The advertisement features a blue background with a faint image of a school building. In the top left corner is the Lanie Junior School logo, which is a circular emblem with a book and a torch, surrounded by the text "LANIE JUNIOR SCHOOL" and "CHANGE BEFORE YOU HAVE TO". To the right of the logo, the school's name "LANIE JUNIOR SCHOOL NAMUNGONA." is written in large, white, bold capital letters. Below this, the words "CAREER ASPIRATIONS" are written in large, bold, orange capital letters, followed by the tagline "Developed right from the start" in smaller orange text and the hashtag "#LanieJuniorSchool" in white. On the right side, a circular inset shows a smiling male teacher in a light blue shirt and tie, holding a young student in a blue graduation cap and gown who is holding a certificate. At the bottom left, a dark blue speech bubble contains the text "ENROL NOW" in white capital letters.

LANIE JUNIOR SCHOOL
NAMUNGONA.

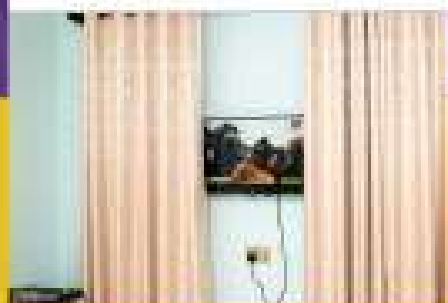
CAREER ASPIRATIONS
Developed right from the start
#LanieJuniorSchool

ENROL NOW



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