



SOUTHERN TIMES

ISSUE 7 - JANUARY 2026



Theme:

VOCATIONAL SERVICE

DISCON 101 THEME NIGHTS



OPENING
Night

16TH APRIL 2026
THURSDAY NIGHT

DRESSCODE:
ELEGANT ISLAND CHIC

ROTARACT
Day

17TH APRIL 2026
FRIDAY

DRESSCODE:
MONOCHROME
BLACK

ROTARACT
Night

17TH APRIL 2026
FRIDAY NIGHT

DRESSCODE:
AFRO-MODERN
ELEGANCE

DG'S
Banquet

18TH APRIL 2026
SATURDAY NIGHT

DRESSCODE:
BLACK TIE

IMPERIAL RESORT
BEACH HOTEL,
ENTEBBE



Scan to register.
Registration
is now open

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Editorial Message

PP Esther Mwambu

Leading with Purpose – Our Vocation as Our Service

At the very heart of Rotary's foundation lies a simple yet profound idea: That our professional lives are not separate from our commitment to service, but are the very vehicles through which we change the world. As we navigate the Rotary month of January under the theme of Vocational Service, we are reminded that being "Fit for Purpose" begins with the integrity we bring to our daily work.

Vocational service is the "bridge" that connects our skills as lawyers, engineers, doctors, and entrepreneurs to the needs of our communities. It is seen in our Classification Defenses, where we share the nuances of our industries, and in our Vocational Tours - from the innovative farm projects of our club members to the corporate businesses man

and other corporate enterprises where as Rotarians we spend much of our time on a daily basis. These moments are more than just learning opportunities; they are a call to use our unique talents to solve complex challenges.

Our current leadership exemplifies this synergy, with a focus on how our professional expertise in various fields can be harnessed to empower local communities. It is the essence of our Rotary mission: Dignifying all useful occupations and recognizing that every Rotarian has a vital role to play in the socio-economic transformation of our

society. As we reflect on the 4-Way Test in our boardrooms and workplaces, let us ask ourselves: How can my professional skill set further the Magic of Rotary today? Whether through mentoring the youth or practicing the highest ethical standards in our business dealings; your vocation is your greatest tool for impact.

Let us continue to serve with excellence, ensuring that our professional contributions remain as impactful as our community projects. Together, we are not just professionals; we are Rotarians in action.

this month's edition of "The Southern Times" magazine profiles among others our Vocational Award recipient for 2025, who is evidence of how individuals worldwide are impacting lives of the less privileged through their vocations..

The magazine also features our RI President and DG's monthly messages; as well as the monthly dosage of where and what the DG was up to in January 2026; the club membership engagements and service Projects in January; as well as pictorials of our AGM, Family of Rotary activities and much more that keeps RC Kampala South the vibrant club to belong to.

Enjoy the reading!



“

Faridah Namutebi

34th President
RC Kampala South

The Vocation as Our Vessel for Service

Fellow Rotarians and Friends,

As we flip through the pages of this edition of the Southern Times, we find ourselves at the heart of what makes Rotary unique: Vocational Service. In our quest to be “Fit for Purpose” this year, we must remember that our most potent tools for change are the very professional skills we hone every day in our offices, clinics, farms, and boardrooms.

Vocational service is the original idea of Rotary. It is the practice of high ethical standards and the recognition of the worthiness of all useful occupations. For us at Kampala South, this is not just a concept - it is our lived reality. Whether we are sharing our professional journeys during Classification Defenses or gaining new perspectives during our Vocational Tours to innovative sites like the farms or enterprises of our members, we are constantly finding ways to align our “work” with our “why”.

In my own journey as a communicator, I have seen how professional insights into communication change the lives of the most vulnerable by effectively exposing the need that exists. Each of you carries a similar spark. Our skills as engineers, lawyers and/or as entrepreneurs are not just for our livelihoods; they are the “Magic of Rotary”. When we mentor the youth in schools or apply the Four-Way Test to a difficult business decision, we are serving and consequently making impactful decisions.

Let us continue to use our vocations to bridge the gap between need and opportunity. By remaining professional in our service and service-minded in our professions, we ensure that our impact is both sustainable and profound.

Yours in Service,

Faridah Namutebi

#RotaryEyamba

THE VOCATIONAL SERVICE AWARDEE AT FELLOWSHIP



Vocational Service Director,
Yvette Muyingo with the Awardee





DG'S MESSAGE:

Geoffrey Martin Kirakute

District Governor - Rotary District 9213

VOCATIONAL SERVICE IS The Heart of Rotary in Action

Vocational Service is one of the Five Avenues of Service in Rotary, and it reflects a simple but powerful idea: our professions are a pathway to serve society. For Rotarians, work is not only a means of livelihood but also an opportunity to uphold integrity, share expertise, and contribute meaningfully to the general community development.

Through Vocational Service, Rotarians practice the highest ethical standards in their professional lives.

Rotary's Four-Way Test; asking whether actions are truthful, fair, beneficial, and conducive to goodwill, guides our decision-making across all occupations.

By living these values, as Rotarians we build trust in our workplaces and set examples of professionalism that extend far beyond our Rotary meetings.

One of the most visible expressions of Vocational Service is the sharing of skills and knowledge.

Rotarians in Uganda come from diverse fields such as medicine, education, engineering, business, law,

agriculture, and the arts. Through vocational talks, mentoring programs, and career guidance sessions, we have helped students and young

professionals make informed career choices and develop confidence. Many Rotary clubs have organized career days, especially for youth from underserved communities.

Through Vocational Service we play a vital role in community development. As Rotarians we often use our professional expertise to address local needs; doctors support Rotary Family Health days and medical camps, engineers advise on water and sanitation projects, accountants provide financial literacy training, and entrepreneurs mentor small business owners. These initiatives do more than offer short-term assistance; they empower individuals with skills and knowledge that create lasting change.

In our Rotary clubs we frequently host discussions on corporate social responsibility, workplace ethics, and sustainable business models. By encouraging fair practices and social accountability, we help build healthier economies and stronger communities.

Through vocational service, members learn about each other's professions, creating opportunities for collaboration. This exchange of ideas often sparks innovative service projects and partnerships that blend professional expertise with humanitarian goals.

In today's rapidly changing world, emerging challenges such as unemployment, skills gaps, and technological disruption demand practical solutions. As Rotarians we are uniquely positioned to respond by aligning our professional capabilities with community needs.

Programs focused on entrepreneurship, digital skills, and vocational training help prepare people; especially the youth for meaningful employment and self-reliance.

Ultimately, Vocational Service reminds us that service does not begin and end with projects. It is embedded in everyday work. By acting with integrity, sharing skills generously, and using professions as instruments to Unite for Good, we Rotarians demonstrate that true service is a way of life. Through Vocational Service, we prove that when professionals commit to ethical standards and community service, they can create positive, sustainable change.

I encourage all of us Rotarians this month to recognize those individuals and organizations that demonstrate outstanding vocational integrity and service.

#RotaryEyamba



RI President's Message:

Francesco Arezzo

**President
Rotary International
2025-2026**

More Than Job Training

In a garage outside Salinas, California, young people who are learning to restore classic cars are doing more than developing a skill — they are reclaiming their futures. This training program provides mentorship and, for some, a path away from gang involvement toward meaningful employment. Graduates leave with certifications, practical experience, and hope.

This is what Rotary's Vocational Service Month celebrates each January — the power of bringing together people with unique skills to do good in the world. It reminds us that integrity isn't just about our actions matching our words. Integrity is in everything we do.

The California automotive program has been such a success because it was built on integrity. Members of the Rotary Club of Carmel-by-the-Sea didn't assume they knew what the community needed. They listened. They learned there was a shortage of skilled mechanics as well as a large number of young people lacking job training. They recognized

that technical skills alone wouldn't be enough, so they partnered with Rancho Cielo, a nonprofit offering counseling and support services alongside vocational training.

That is The Four-Way Test in action. Those four simple questions help us not judge others but guide us toward genuine, effective service.

Consider our commitment to ending polio. For nearly 40 years, we have promised the world's children we will eliminate this disease. Despite obstacles, we persist, and today we are closer to defeating the virus. Keeping this promise is the very definition of integrity.

The same integrity must drive our vocational service. With 1.2 billion young people in emerging economies reaching working age in the next decade and only 420 million jobs projected, we face a critical gap. Communities long excluded from economic opportunities need our support.

But support doesn't mean imposing our will. It means listening to local

needs, building partnerships, and designing projects that communities can sustain themselves.

You have knowledge that can transform lives. Whatever your profession, your expertise combined with Rotary's values creates lasting change. The question isn't whether you have something to offer, it's how you'll use your skills to serve.

This January, I encourage you to ask how your club can address vocational needs in your community. What skills do your members have that could change someone's life? How can your networks open doors for young people? What partnerships can create sustainable jobs?

Let integrity guide you. Let The Four-Way Test light your path. And let the young people in California and the multitudes worldwide who need job skills remind you why vocational service matters. Let us celebrate putting our professional skills to work for humanity with integrity at the heart of everything we do.

Profile of the Vocational Service Awardee 2025/2026

Ryan Ainesaasi Kamugisha Lifestyle Entrepreneur

Character & Consistency
REPEAT...

Personal Profile



2018

Sugar Production arm...
...of Marela Industries, producing Sugar Syrup and Ethanol



Closed off due to scaling factors, and the effects of the pandemic. Plans of having a new strategy to rejuvenate it are underway.

2016

This was a year when my idea bulb was switched on. The "AXE" brand was a gateway into sugar, ethanol and more initiatives that followed.

Marela Industries "AXE" a beverage and alcohol amalgamation creation...

... Offered a unique avenue for creativity and innovation in the food and beverage industry. The ability to create unique beverage combinations provided a significant competitive edge. Beyond attracting customers, beverage amalgamation offered several practical benefits by creatively combining existing ingredients, businesses would reduce waste and increase profitability which was exactly what we did.



From a leap of faith to an industry player

As an entrepreneur with a passion for hospitality, entertainment, value addition and sustainable business, I've dedicated my career to building successful businesses and giving meaningful impact. Throughout my journey, I've honed my skills in strategic planning, business development, team management, financial analysis and networking while holding key leadership roles in various organizations. I'm driven by a deep understanding of market dynamics, customer needs, and the importance of ethical business practices. I believe in creating a positive impact on the communities we serve and inspiring teams to achieve ambitious goals. Beyond the boardroom, I'm an avid researcher, automotive enthusiast, traveler and philanthropist with a strong interest in social impact and community development.

Currently, I'm the CEO of Chama Nation entertainment and Motor Consult, a director in FENA Farms and Wabissa coffee. I'm excited about the future and the continued opportunity to contribute to the business world while making a positive difference.



Extension into a vehicle workshop

2019

As an extension of Motors Consult, a workshop was setup to support day to day car servicing and parts go to place. It was later that it would inspire a whole new renovation to manage clients that lounge around as their vehicles are being serviced.



2017
Mastering business acumen



Location: Kampala
Niche: Car Importation

After a vast experience in the transport industry (Sunny Cabs, Motor Consults) was founded. With a vision to bring high-quality vehicles from Dubai to East Africa. Recognizing the competitive market in Dubai, established strong supplier networks. Focusing on specific area like quality control, customer service, or transparent pricing. Motor Consult quickly gained a reputation for importing a wide range of vehicles, building strong client relationships.



SILO¹⁵

SILO is poised to become the premier destination for young professionals, music lovers, socialites seeking an unforgettable nightlife experience. With a focus on live music, innovative cocktails, a vibrant and premium atmosphere, SILO aims to create a captivating and unforgettable experience that attracts a loyal following and has become a cornerstone of the city's nightlife.



EARLY YEARS.

2012, 2013

Learning, Unlearning and Relearning...

...This was the commencement of my journey into business and building networks that would later turn into places of influence.

2014



Sundowners was one of Uganda's edgy loungers that attracted every young person from Kampala and around. From this, Sunny Cab was bathed.

2015



Starting out as a cab and car rental business, Sunny Cabs would turn out to be one of the most reliable transport for night life lovers and later become the first sort of Uber car services in Uganda.

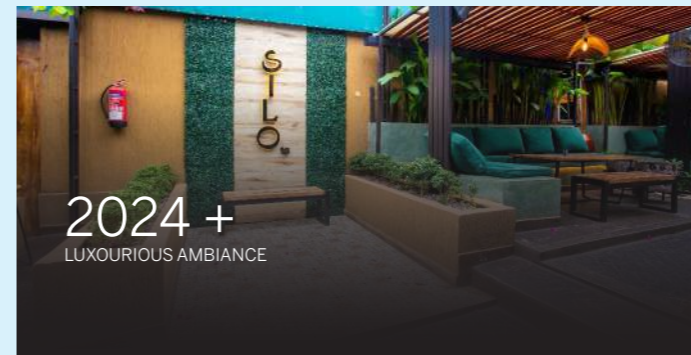
In the next few months, we would start a place of relaxation at the same venue. Both businesses served as backward and forward linkages to each other in terms of revenue.



2020



Garage Lounge later became and is still one of the best hangout spots in Kampala.



2024 +
LUXURIOUS AMBIANCE

Over the past 15 years, I've cultivated a deep understanding of what it takes to build and grow successful businesses. I've honed my skills in strategic planning, fostering innovation, and effectively managing projects and product development.

This experience has equipped me with the acumen to identify opportunities, navigate challenges, and consistently deliver impactful results.

2015

Farming is the life-blood of Africa...

...Nourishing its people and shaping its culture. From ancient traditions to modern innovations, agriculture remains central to the continent's identity.



This was the beginning of **New Bukumbi Coffee** processing factory
A coffee aggregating and primary processing plant.

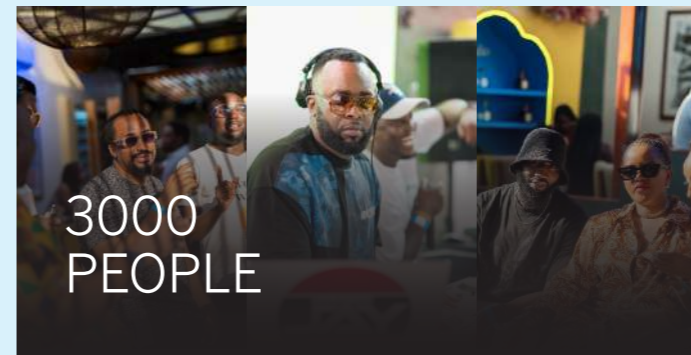


400 Jobs created both direct and indirect
250k+ Metric tonnes sold
Sold interests for USD 200,000 to shareholders.



2023

"Chama Nation"
An entertainment brand that brings together lifestyle, music and top talent on one stage and influencing a great deal of communities. Today, it's one of the benchmarks of events, artists brands and promotion in Uganda.



3000
PEOPLE

www.chamanation.com

Rotary International President-Elect 2026/2027 Olayinka H. Yinka Babalola Message on “Creating Lasting Impact”

“Rotary has changed us. It has shaped who we are and made us better people,” Babalola said at Rotary’s International Assembly in Orlando, Florida, USA, on 12 January. “We often talk about changing the world. We talk about ending polio, about building peace. We do not think enough about how Rotary transforms us.”

A member of the Rotary Club of Trans Amadi, Nigeria, Babalola joined Rotaract as a teenager and enlarged his perspective beyond the limited, privileged outlook he’d once had. That change in awareness came from observing the lasting impact his club had in the community, particularly from teaching people to read and write.

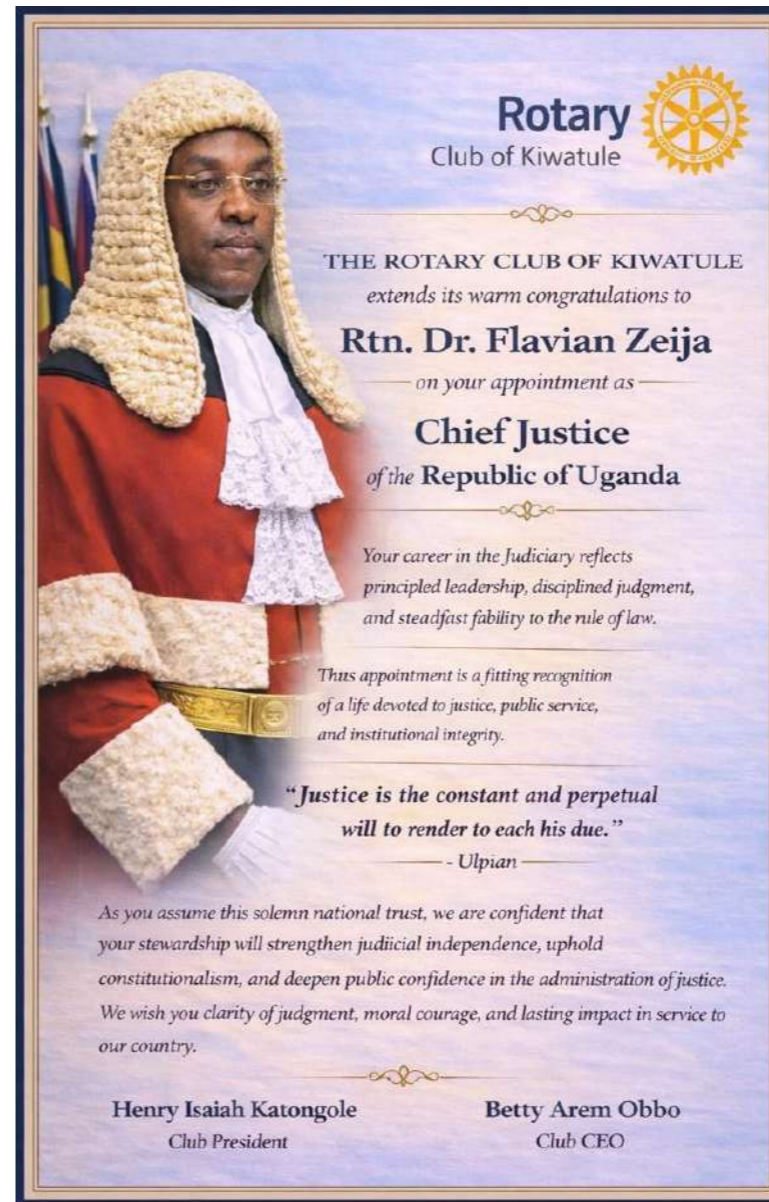
He said, “As members of Rotary, we share a vision of a better future,” he said. “To make this vision a reality, we must acknowledge and unleash the change within ourselves. We must focus not only on outcomes, but on impact. Change and impact are not the same: Change is only the beginning. Impact is what endures.”

He also said, “When we change ourselves, we change our clubs and districts. When we change our districts, we change the communities we serve. And when we change our communities, we create

lasting impact across the globe, in our communities, and in ourselves.”

Rotary President-elect Olayinka Babalola revealed the 2026-27 presidential message, Create Lasting Impact, and observed that:

“As members of Rotary, we share a vision of a better future,” he said. “To make this vision a reality, we must acknowledge and unleash the change within ourselves. We must focus not only on outcomes, but on impact.”



Congratulations Rtn Dr. Flavian Zeija on your appointment as Chief Justice of the Republic of Uganda.

Its a proud Rotary moment for @RotaryKiwatule and @rotaryd9213

Your Service Above Self leadership will deepen the rule of law as we celebrate with the @JudiciaryUG

#RotaryEyamba



DG GEOFFREY MARTIN KITAKULE'S ENGAGEMENTS & OFFICIAL CLUB VISITS

Rotary
Kampala South

**TRF GIVING
RECOGNITION
& NEW
MEMBER
INDUCTION**

WITH
**GEOFFREY M.
KITAKULE**
DISTRICT GOVERNOR - D9213
2025-2026

19TH JAN 2026
6PM EAT

HOTEL
AFRICANA

Buddy Group
Incharge: **Leopard**

@Kampalasouth | #Kampalasouth | #Kampalasouthrotaryclub

Logos: OLEA, PKF, ASA, etc.

Rotary District 9213
Rotaract District 9214

THE FAMILY OF ROTARY PRESENTS
— JOINT —
**Thanksgiving
Fellowship**

20TH
JAN 2026
5PM

HOTEL
AFRICANA

HOSTED BY:
RC KOLOLO - KAMPALA

THEME: ONE FAMILY, MANY FAITHS: HONOURING OUR
FALLEN, GIVING THANKS FOR THE GIFT OF LIFE

CELEBRANTS: MSGR. CHARLES KASIBANTE, RTN VEN. CANON GODFREY B. BUWEMBO, PASTOR RTN RONNIE MUTEBI, SHEKH ELIAS KIGOZI

#UniteForGood
#RotaryEyamba

https://rotaryd9213.org

Rotary
Club of Mapeera - Kampala

**Lighting the
Path Forward**

A Fireside Chat with
DG Geoffrey Martin Kitakule & DGN Fabian Kasi

Date: 12th January 2026 | Time: 6:00 PM
Venue: Mapeera House
Online: <https://health-go-ug.zoom.us/j/99294775176>



THE ROTARY FIRESIDE FELLOWSHIP
Was an evening of fellowship and dialogue which brought together Rotarians and friends for meaningful conversation on Rotary's future, leadership and service in District 9213, with the warm spirit of the newly chartered Rotary Club of Mapeera – Kampala.



Above: New Member Induction
Below: TRF Giving Recognition @ RC Kampala South



JOINT THANKSGIVING FELLOWSHIP

The Family of Rotary organised a special Joint Thanksgiving Fellowship, that brought together Rotarians and Rotaractors of Districts 9213 & 9214 for an evening of remembrance, reflection, unity, and thanksgiving. The Rotarians and Rotaractors gathered as one family with their family members, bound together by service, faith and shared values.

The theme of the fellowship was: "One family, many faiths: Honouring our fallen, and giving thanks for the Gift of Life." The gathering honoured and remembered departed Rotarians and Rotaractors, gave thanks to God for the gift of life, and renewed Rotary's commitment to fellowship, unity, and Service Above Self across all faiths and traditions.

The main Celebrants were: Msgr. Charles Kasibante, Rtn Ven. Canon Godfrey B. Buwembo, Pastor Rtn Ronnie Mutebi and Sheikh Elias Kigozi.

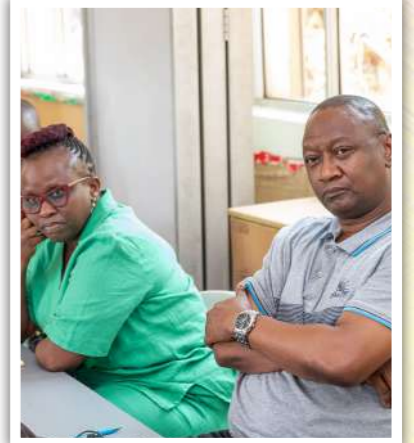


Kampala South AGM held on 26th January 2026



DG Geoffrey Kitakule addressing the Kampala South AGM

Kampala South AGM - January 2026 through the lens

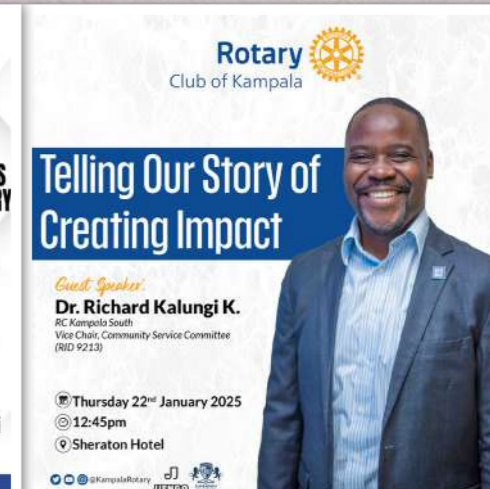
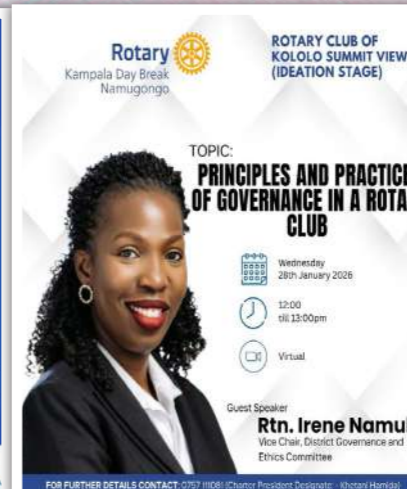
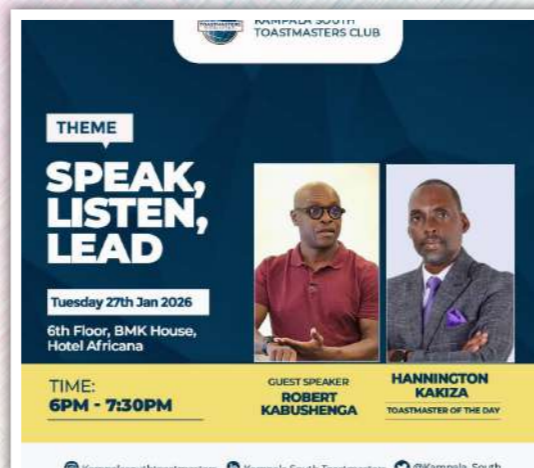


MEMBERSHIP ENGAGEMENT

Weekly Fellowship & More!



Kampala South Toastmasters Club hosted Robert Kabushenga as Guest Speaker at it's fellowship held on Tuesday, 27th January 2026. He spoke about effective communication



Above: Richard Kalungi exchanging a banner at fellowship



Above: Sheilla Namala Presenting at a Family of Rotary Event



Above: AG Ibrahim Kasirye presentation at a Monday fellowship



Congratulations!! Rtn Niyo



Above: Congratulations to Major Donor Mesach Bagarukayo



Above & Below: TRF contribution recognitions



CONGRATULATIONS! TO OUR NEW INDUCTEES



YVONNE ZAWADI

Yvonne is a Police Officer attached to Naguru Police Headquarters, committed to Public Service, Community Safety, Law and Order. Outside her professional duties, she engages in farming and enjoys singing, dancing, and social activities that promote positivity and well-being.

Why She Wishes to Join Rotary:

Yvonne is motivated by a strong desire to serve and give back to the community. She views Rotary as a platform to translate her passion for service into meaningful, sustainable community impact alongside like-minded individuals.

Value to the Club:

With her background in law enforcement and community engagement, Yvonne brings discipline, integrity, teamwork, and a service-oriented mindset, strengthening the club's service projects and fellowship activities.

Sponsor: Rtn. Meshach Nuwabine

Mentor: Rtn. Irene Namuli

Buddy Group: JAGUARS



GOEFFREY NDUGWA

Jeff is a seasoned executive with over 17 years of experience in the cement and construction materials industry across Africa. His career includes senior leadership roles within the Lafarge and Bamburi Group, including Chief Executive Officer for various entities and subsidiaries. He holds an MBA- Heriot-Watt University, PGD in Marketing- CIM (UK), and a BSc. Civil Engineering (Honors)- University of East London. Currently Jeff runs private businesses in real estate and hospitality in Buwate.

Why He Wishes to Join Rotary:

As a returning Rotarian, Jeff is driven by a renewed commitment to service, ethical leadership, and sustainable community development.

Value to the Club:

Jeff brings strategic leadership, governance expertise, and a results-oriented approach to service. His extensive experience in executive management, engineering, and regional operations will strengthen the club's capacity in project oversight, partnerships, mentorship, and sustainable service delivery.

Sponsor: Not applicable (Returning Rotarian)

Mentor: Not applicable (Returning Rotarian)

Buddy Group: PANTHERS



MOREEN TUMWEKWATSE

Moreen holds a BSc. Electrical Engineering from Makerere University and is currently a Project Manager at BlueCrane Communications U Ltd. She has over 3-years' experience delivering infrastructure, ICT, and integrated systems projects.

Why She Wishes to Join Rotary:

Moreen is motivated by a strong commitment to community service and improving access to basic needs through practical, well-managed initiatives. She views Rotary as a platform to apply her technical and project management expertise in service, while strengthening leadership capacity, youth empowerment, and health-related programs in collaboration with like-minded professionals.

Value to the Club:

She brings technical expertise, project management skills, and a structured approach to service delivery, which will support effective planning and successful implementation of Rotary projects, particularly in infrastructure and technology-focused initiatives.

Sponsor: Rtn. Innocent Agaba

Mentor: Rtn. Arthur Kumbu

Buddy Group: PANTHERS



AMINAH ZAWEDDE; PHD

Animah Zawedde is a highly experienced IT and digital transformation professional, currently serving as Permanent Secretary at the Ministry of ICT and National Guidance. She is passionate about leveraging digital innovation to improve service delivery, strengthen institutions, and transform lives across government, academia, and the private sector. Her expertise spans business process re-engineering, systems integration, e-governance, and information security, with a strong track record in policy development, programme design, and strengthening linkages between academia and industry.

Why She Wishes to Join Rotary:

As a transferring Rotarian from the Rotary Club of Maisha, Animah remains deeply committed to service and leadership. She views Rotary as a platform to continue applying herself to support impactful community service.

Value to the Club:

Animah brings strategic leadership, governance expertise, and deep technical insight into digital transformation and public sector reform. Her experience at national, regional, and institutional levels will add significant value to the club's projects, partnerships, policy-informed initiatives, and capacity-building efforts.

Sponsor: Not applicable (Transferring Rotarian)

Mentor: Not applicable (Transferring Rotarian)

Buddy Group: PUMA

SERVICE PROJECTS

The Annual Busesa Medical Camp 2026



Creven Emmanuel Mukwenda
Director Service Projects 2025/2026

GRATITUDE NOTE FROM THE ROTARY CLUB OF FIRST AID AND EMERGENCY RESPONSE FOR THEIR INVOLVEMENT IN THE ANNUAL BUSES MEDICAL CAMP

Over the weekend, Saturday 24th the Rotary Club of First Aid and Emergency Response joined the RC Kampala South and several corporate partners to actively participate in the Annual Busesa Medical Camp, graciously hosted by our District 9213 Governor, Rtn. Geoffrey M. Kitakule.

What an extraordinary experience it was! More than 1,500 people received free medical care from a diverse team of professionals-pediatricians, obstetricians and gynecologists, ophthalmologists, emergency physicians, general doctors, nurses, psychologists, and Rotarians. The camp also featured services in maternal and child health, dental care, optical services, and financial literacy programs, alongside environmental initiatives such as tree planting to improve the local ecosystem.

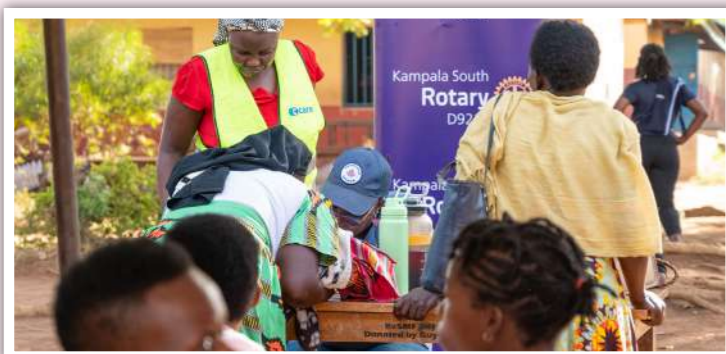
This annual outreach not only provided vital healthcare but also reminded us of the power of teamwork and service: "UNITING FOR GOOD." The impact was humbling and helped us understand other areas we must focus on next time as clinical team reinforcing Rotary's commitment to community health and well-being.

The weekend concluded with a warm hospitality at the District Governor's country home, where fellowship and celebration carried on late into the night.

To the entire team - medical professionals, Rotarians, and community stakeholders - thank you for a job well done! Together, we made a lasting difference.

#RotaryEyamba

Dr Mirriam Apiyo, Charter President, RC First Aid and Emergency Response.





WHY ANTENATAL ULTRASOUND SCANS REMAIN OUT OF REACH

By Ibrahim Ruhweza

Rose Namukose, 35, is a mother of three and now eight months pregnant. She walks slowly inside the dusty gate of Busesa Mixed Primary School in Bugweri district, one hand pressed against her lower back, the other steadying the weight of her belly.

Each step looks measured, careful, as if she is negotiating with her own body to keep moving. The sun hits high and unforgivingly and sweat darkens the fabric of her flowery green dress, clinging to her skin.

Her breathing is heavy, uneven and she pauses often, not to rest fully, but to gather enough strength to take the next few steps.

Her eyes are filled with exhaustion, fixed on the ground ahead rather than the distance she still has to cover. There is quiet unhappiness, the kind that comes from knowing this journey is necessary, but tedious.

THE ONLY ULTRASOUND SCAN

On a Saturday mid-morning, Namukose is among the pregnant women who have turned up for a medical camp organised by the Rotary Club of Kampala South at Busesa Mixed Primary School in Bugweri.

The only ultrasound scan in Bugweri is at Busesa Health Centre IV, which is 15km away from her home in Buyanga village, Busesa sub-county.

After medics at the camp subjected her to a scan, she got shocking information: For the last eight months of her pregnancy, Namukose did not know she was carrying twins because she had never had an ultrasound scan.

"I thought I was seven months pregnant, but nurses have told me that I am eight months pregnant. I had no idea," she said, wearing a worried face. Namukose is worried because she believes looking after twins is more demanding.

"I had not even prepared enough to give birth to two babies. My husband is also not financially stable. I wonder how we shall manage the twins," she said.

NEVER HAD A SCAN

Namukose recalled that when she gave birth to her first child, she never had a scan. "At the time of giving birth, the medics revealed that the baby was too big. In the process of pushing, I had a tear."

Namukose says the tear recurs every time she gives birth. Namukose is among the hundreds of women in

INADEQUATE HEALTHCARE FOR PREGNANT MOTHERS IN BUGIRI

PHOTO BY IBRAHIM RUHWEZA

Bugweri, who complete the pregnancy cycle without going for an ultrasound scan to check the state of their pregnancies due to the lack of a scanning machine.

SCAN RELEVANCY

Her story is similar to that of Habibah Namunana, 21, another resident of Buyanga village, who is six months pregnant. She said for six months of her pregnancy, it was her first experience to undergo an ultrasound scan.

Experts say that ultrasound scans are an important part of prenatal care and are considered safe for both the mother and the baby.

An ultrasound scan helps doctors monitor the baby's development and identify potential challenges early.

The number of scans a pregnant woman needs depends on whether the pregnancy is low-risk or high-risk and on medical guidance.

ECHO NURSE'S PERSPECTIVE

Jane-Liz Nambogo, an echo nurse working with Samaritan Home Health, said under a normal low-risk pregnancy, most health guidelines recommend at least two ultrasound scans.

She said the first scan is usually done between eight and 14 weeks of pregnancy.

"This scan confirms the pregnancy, estimates the due date, checks the baby's heartbeat and determines whether there is more than one baby," she explained.

According to Nambogo, the second scan, often called the anomaly scan, is done between 18 and 22 weeks of pregnancy.

"This scan examines the baby's organs and overall development, checks the position of the placenta, and looks for any structural abnormalities."

HIGH-RISK

Nambogo said additional ultrasound scans may be required if the pregnancy is considered high-risk. This, she noted, can include cases where the mother has medical conditions, such as high blood pressure or diabetes, is carrying twins, experiences bleeding or pain, or if there are concerns about the baby's



A sonographer attending to a pregnant woman during medical camp organised by the Rotary Club of Kampala South at Busesa Mixed Primary School in Bugweri



Rose Namukose, 35, a mother of three, now eight months pregnant. This was during a medical camp organised by the Rotary Club of Kampala South at Busesa Mixed Primary School in Bugweri

growth or position. "Some doctors also recommend a third-trimester scan between 32 and 36 weeks to assess the baby's growth and position before delivery," Nambogo said.

Overall, Nambogo said ultrasound scans are necessary because they help to ensure

the health and safety of both the mother and the baby throughout pregnancy.

During the free medical camp, the antenatal department was overworked, as 118 pregnant mothers turned up among the over 1,000 patients who came for medical attention at the camp.

PERSONNEL GAPS

Jane-Liz Nambogo, an echo nurse working with Samaritan Home Health, said at least each Health Centre III should have a sonographer to check whether pregnant mothers are in good condition.

However, the Government deploys sonographers starting at Health Centres IVs. The whole district of Bugweri has only one Health Centre IV in Busesa, with one sonographer.

According to the 2024 Uganda National Population and Housing Census, Bugweri has a total population of 211,511 people. Of these, 99,283 are males, while and 112,228 are females.

"Some districts with one Health Centre IV have thousands of mothers who, at times, do not get the ultrasound scan services," Nambogo said.

With long queues at Busesa Health Centre IV, mothers can only access scans from private facilities, at a fee.

services are quite rare in rural communities, adding that even the available health centres are not enough to serve all the people. He said the medical camp organised by Rotarians was magical and timely.

"As you can see, the other side of the antenatal care has got an overwhelming number of pregnant mothers eager to get service," he said, adding: "We have given them mama kits, which they will use during delivery. This is just the start."

He commended the Government for creating an enabling environment for Rotarians to reach all the needy, but insisted that the need is still too much.

HEALTH MINISTRY RESPONSE

When contacted, health minister Dr Jane Ruth Aceng said government has plans to equip all health centres countrywide with ultrasound scans.

"We have plans in the near future to see all health centres in the country have more than one ultrasound scan," Aceng said, although she did not specify when they would be procured and delivered.

District Family of Rotary Announcement


Rotary District 9213

FAMILY OF ROTARY EXCELLENCE AWARD

Q2
OCT/DEC

1. Rc Kampala South
2. Rc Upper Kololo
3. Rc. Kira
4. Rc Buloba

The Family of Rotary is proud to recognize and appreciate the Top 4 Clubs the Second Quarter for their outstanding performance, dedication, and commitment to service. Your efforts continue to inspire and uplift our Rotary community, setting a shining example for others to follow.



Rotary District 9213

FAMILY OF ROTARY – DISTRICT 9213 CONGRATULATORY MESSAGE

The Family of Rotary District 9213 congratulates Rtn. Dr. Flavian Zeija of the Rotary Club of Kiwatule upon your appointment as Chief Justice of the Republic of Uganda.

Your exemplary service reflects principled leadership, integrity, and commitment to the rule of law. We wish you wisdom, courage, and lasting impact as you serve our nation.

Congratulations

We would like to extend our heartfelt, warm congratulations to you, Rtn. Dr. Flavian Zeija upon your appointment as the Chief Justice of the Republic of Uganda.

The appointment is a testament to your hardwork, commitment, upholding the Rule of law and your SERVICE ABOVE SELF. May the Good Lord guide you and bless you as you continue to create lasting impact in our nation and the world.

#UniteForGood
#RotaryEyamba

<https://rotary9213.org>



Rotary District 9213

Get together

28 FEB 2026
4PM

WITH

Rc Kajjansi, Rc Kampala Malsha, Rc Kampala Springs, Rc Upper Kololo, Rc Kampala First Aid & Emergency Response, Rc Ussouva Kampala, Provisional Rc Environment & Climate Action, Rc Igaramboga, RAC Kampala South, RAC Upper Kololo, RAC Kampala Malsha.

It's a Love & Joyful Laughter Family Affair

Pay to Respective Club Treasurer

BCF COURTS MUYENGA

TIME 4PM

RSVP: 0756 822 970 (Shellah), 0782 780 808 (Kenya)



Rotary District 9213

DisCon Pulse


January 2026

Inspire | Serve | Impact

DisCon 101 Medical Plan
RC First Aid & Emergency Response

Unlimited Entertainment
Vinka & Azawi to Ignite DisCon 101

More DisCon 101 Speakers
RIPP Ian Riseley & Rotaract Communications Guru David Alexander



Rotary District 9213

PRE VALENTINES FELLOWSHIP

12 FEB 2026

DISTRICT GOVERNOR
GEOFFREY MARTIN KITAKULE

ABBA HOTEL, KYALIWAJALA

HOSTED BY RC NAJJERA & RC NAMUGONGO

DRESSCODE: BLACK, RED OR WHITE

#Unite4good9213
#RotaryEyamba

<https://rotary9213.org>



Rotary District 9213

STYLE THAT SPEAKS AT \$20

This Discon 101 we got you covered in style with our shirts. **Pay for your shirt now before 31st January 2026.**

16TH - 18TH APRIL 2026

IMPERIAL RESORT BEACH HOTEL, ENTEBBE

MALE



Scan to register. Registration is now open



Rotary District 9213

OWN THE ROOM WEAR THE MOMENT \$20

This Discon 101 we got you covered in style with our shirts. **Pay for your shirt now before 31st January 2026.**

16TH - 18TH APRIL 2026

IMPERIAL RESORT BEACH HOTEL, ENTEBBE

LADIES



Scan to register. Registration is now open



Rotary District 9213

SAVOR THE MOMENT WITH FLAVOUR AT \$20

Eat like you own the day this Discon 101. **Booking ends on 31st March 2026. NB: \$20 per day and per meal**

16TH - 18TH APRIL 2026

IMPERIAL RESORT BEACH HOTEL, ENTEBBE



Scan to register. Registration is now open




Rotary District 9213

THIS ISN'T JUST A BAG IT'S A STATEMENT AT \$20


Get yourself a Discon 101 tote bag. **Pay for your bag before 15th January 2026.**

16TH - 18TH APRIL 2026

IMPERIAL RESORT BEACH HOTEL, ENTEBBE



Scan to register. Registration is now open



Babies of January



In Memoriam



Sheila Namara
Chair, Family of Rotary

Rotary
Kampala South

01
Happy Birthday
Rtn. Ceasarine Dukuze

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

03
Happy Birthday
Rtn. Kemigisha Catherine

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

05
Happy Birthday
Rtn. Susan Namuli

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

06
Happy Birthday
Rtn. Diana Tegule

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

06
Happy Birthday
Rtn. Babra Mukunde

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

07
Happy Birthday
Rtn. Barnabas Taremwa

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

09
Happy Birthday
Rtn. Catherine Nairuba

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

16
Happy Birthday
Rtn. Michael Ojok

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

19
Happy Birthday
Rtn. Pamela Nakityo

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

20
Happy Birthday
Rtn. Henry Mukisa

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

21
Happy Birthday
Rtn. Doreen Bakyyenga

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

22
Happy Birthday
Rtn. Matthew Kyaligonza

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

26
Happy Birthday
Rtn. Pearl Karungi

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

27
Happy Birthday
Rtn. Angela Kobusinge

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

29
Happy Birthday
Rtn. Irene Namuli

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Kampala South

30
Happy Birthday
Rtn. Jackie Nansubuga

Hope your special day brings you all that your heart desires. We're wishing you pleasant surprises!

Rotary
Club of Kasangati

DEATH ANNOUNCEMENT

It is with deep sorrow that we announce the passing of our Club Member
Rtn. Justine Busuulwa
SATURDAY, JANUARY 10TH, 2026

Further details regarding funeral arrangements will be communicated in due course.

May Rtn Justine rest in eternal peace.

Rest in Peace! Rtn Counsel Kelechi Azubuiké

DEATH ANNOUNCEMENT

It is with deep sorrow that the Family of Rotary announces the passing of Hon. Rtn Stella Apolot Isodo, a very active member of the Rotary Club of Ngora and Woman Member of Parliament for Ngora District.

We extend our heartfelt condolences to the Isodo family, RC Ngora, and the entire Rotary fraternity.

*Service Above Self
Family of Rotary*

Rotaract
Kampala South

ISAAC JOASH SSEMANDA MEMORIAL FELLOWSHIP

Thursday 29th
January 2026
Time: 6:30pm

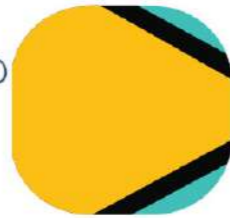
HOTEL AFRICANA

Rotaract Club of Kampala South @rotaractkampsouth @retkampalasouth @rotaractkampsouth

Ndugu Capital athena CONBIGO holidays HWACHA

ROTARY ACCOUNTABILITY PARTNERS (RAPS) & BUDDIES





PARTNER WITH US

LITTLE HEART PROJECT TOTAL: \$283,311



Triage Area

Weighing Scales with measuring rod, Digital weight and Height scale, Mobile Vital signs Monitor with Variable BP cuff lengths, Adult + Paed SPO2 sensors

SUBTOTAL: \$16,832



Consultation Room

Stethoscopes (Paed + Adult) Lithmann, Bed side screens, Examination Couch (With Prop up capabilities)

SUBTOTAL: \$2,054



ECG Room

ECG Machine with Paediatric and adult electrodes, ECG papers A4, Sonography Gel (5 litres), Examination Couch (With Prop up capabilities)

SUBTOTAL: \$14,749



ECHO Room

Echocardiography machine with Neonatal, Paediatric + Adult Cardiac probes, Linear/Vascular Probe, Sonography Gel (5 litres)

SUBTOTAL: \$81,631



Mini Point of Care Laboratory/ Pharmacy

Point of Care INR machine, strips, Warfarin, Benzathine Peniciline, Pen V

SUBTOTAL: \$3,378



Emergency room

CPAP machines with air compressor, Cardiac beds

SUBTOTAL: \$86,649

Human Resource Training

Paediatric Cardiologist, Cardiac Nurses, Training general cadrac staff

SUBTOTAL: \$46,486

Operational Costs

PERSONALE COST - Trainers, OFFICE RUNNING COSTS - Stationary, communication and utilities costs. Contingency

SUBTOTAL: \$31,531

**MENGO HOSPITAL
DIALYSIS CENTER
PHASE II**

**PARTNER
WITH US**

FUELING HOPE
TOTAL: \$230,900

- | | | | | |
|--|--|---|---|---|
| <p>1
Dialysis Machine
USD 135,240</p>  | <p>2
Dialyzer Reprocessing Machine
USD 13,248</p>  | <p>3
Suction Machine
USD 1,656</p>  | <p>4
Dialysis Beds/ Chair
USD 5,000</p>  | <p>5
Ultrasound Machine
USD 2,000</p>  |
| <p>6
Patient Bed ICU
USD 13,800</p>  | <p>7
Patient Monitor Modular
USD 11,040</p>  | <p>8
Patient Monitor Basic
USD 2,000</p>  | <p>9
Procedure Trolley
USD 4,830</p>  | <p>10
Capacity Building
USD 41,400</p> 
5 Nurses
1 Biomedical |



**BOOK YOUR SLOT TODAY
UNDER HOUSE OF FRIENDSHIP**

1 TABLE, 2 CHAIRS
AND A BUSINESS
NAME STICKER | TENT (3DAYS)
UGX 600,000

BOOTH SIZE 2x3	CONTACT PERSONS DIANA ROSE TEGULE 0703162357 JONATHAN KASAMI 0782154443	PAYMENT DETAILS BANK NAME: CENTENARY BANK ACCOUNT NAME: D9213 101ST DISCON UGX ACCOUNT NO: 3100116589
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16TH - 18TH
APRIL 2026

IMPERIAL RESORT
BEACH HOTEL, ENTEBBE



Scan to register.
Registration
is now open