



SOUTHERN TIMES

Rotary Year 2025-2026
Issue 1-July 2025

Theme: *Maternal and Child Health*

Faridah Namutebi
Installed 34th
President





EARLY BIRD REGISTRATION

(Exclusive of Lunch)

FOR ROTARIANS

FOR ROTARACTORS

\$149

\$99

DEADLINE: 31ST OCTOBER 2025

DATE

VENUE

**16-18
APRIL 2026**

Imperial Resort
Beach Hotel,
Entebbe



Scan to register.
**Registration
is now open**



DISCON 101

In
Partnership
with

fireworks
Advertising

Contents

Editorial Message	3
Installation of President Faridah Namutebi	4-5
District Governor's Maiden Visit to RC Kampala South	6
District 9213 in July and District Governor's Club Visits (pictorial)	7
Membership Engagement	8-11
Service Projects	12-17
Feature Story on Maternal and Child Health (MCH)	18-19
Family of Rotary (pictorial)	20-25
The Rotary Foundation (TRF) Giving Message from Director TRF	26-27



Editorial Message

PP Esther Mwambu



Dear Rotarians and Friends of Rotary,

As we conclude the first month of the new rotary year, July 2025, let us reflect on the commitment and dedication that has defined our actions in the past rotary years.

In July we set the pace for new milestones in service to humanity through our service projects, membership engagement, TRF giving, vocations, family of rotary and various leadership roles. We have also braced ourselves for the challenges ahead that will drive us to innovate and serve our communities better this rotary year.

In the pages ahead, you will find inspiring stories of fellowship and service, showcasing the impact of our collective efforts in July, as well as celebrations to mark a new leadership under the stewardship of President Faridah Namutebi; the achievements in the month and the joys of belonging to the family of Rotary.

And, let the spirit of service above self continue to be the driving force for our actions in the coming months, as we continue to foster connections that empower us to create lasting change in communities south of Kampala and beyond.

Together, We Unite for Good!



FARIDAH NAMUTEBI

**34th President
RC Kampala South**

Faridah Namutebi was installed as 34th President of RC Kampala South in a colourful ceremony presided over by DG Geoffrey Martin Kitakule held at Hotel Africana on Monday, 7th July 2025.

The installation was attended by among others several past district governors (PDGs), namely: Mwanje, Tusu, Bob Nsibirwa, Mike Sebalu, John Ndamira and Kakembo Nusbaga. Also, in attendance were several Rotarians representing 74 rotary clubs and rotaractors representing 26 rotaract clubs; as well as members of her family, corporates, friends of rotary and guests; a mini-district conference of sorts as described by many Rotarians present.

Among the conference highlights were the DG Geoffrey Kitakule's remarks where he applauded President Faridah for taking on the leadership mantle in the club, and expressed his confidence in her abilities to bring new dynamics to the club.

President Faridah pledged to build on the solid foundation laid by her predecessors by bringing on board additional corporate sponsors to support the club's initiatives, especially its service projects endeavors. She also committed to raising the TRF giving stakes of the club higher than previous years, and in that respect, the club director for TRF, Mesach Bagarukayo, confirmed the club's giving within July alone as at \$18,000.

Faridah's message to the club:

"As we step into this rotary year, I am filled with hope and determination. Rotary has given me a platform to grow as a leader, to serve with purpose, and to connect with incredible people like you.

Let's make this a year of bold action and deeper impact. Let's focus on meaningful service, strong fellowship and shared growth. I invite each one of you to step forward, bring your energy, your ideas and your heart. Together, we will uplift communities, inspire change, and leave a lasting legacy.

Thank you for your commitment to Rotary. I am

honoured to serve alongside you; and I am excited by the journey ahead!"

She ended by appreciating the organising committee for the Installation Ceremony chaired by Rtn Albert Rubombora, for the wonderful job done in organising the event.

The installation was characterised by the signature rotary networking, glamour and merry-making.



**President Faridah's Vision and Milestones
for RY 2025/2026**

1. Raise \$100,000 in support of rotary causes
2. Achieve 100% Paul Harris Fellows (PHFs) in the club
3. Ensure at least 70% member participation in club projects
4. Foster Innovation in the club's service approach
5. Deepen connection between members and those served by the club



L-R: Albert Rubombora, Chairperson Organising Committee for the installation of President Faridah and Members of the Organising Committee. **Below:** Members of the Management Board, President Faridah's family, Rotarians and Guests at the installation.



DG GEOFFREY MARTIN KITAKULE'S OFFICIAL VISIT



Remarks by DG Geoffrey M. Kitakule

Visiting my own @KampalaSouth this evening — truly one of the most excellent clubs in our district — was a proud and humbling experience.

As a member, it was an honour to preside over the installation of new leadership alongside Past District Governors, Tusu, Steven Mwanje, @BobNsibirwa @dgmagezjohn, @mikesebaluken, @DEdwardKakembo during my official visit as @dgrotaryd9213.

Witnessing the dedication, passion, and unity of our club members reaffirmed why we continue to serve with purpose.

Congratulations to the newly installed president @faridahfah and board. Together, we will continue to Unite for Good and make meaningful impact in our community and beyond.

@dgrotaryd9213 | #unite4good9213



DG GEOFFREY MARTIN KITAKULE'S ENGAGEMENTS & OFFICAL CLUB VISITS





MEMBERSHIP

"OUR MISSION, YOUR MOVE"

WHAT KEEPS A ROTARY CLUB ALIVE? Not plans. Not titles. Not polished agendas. It's people — passionate, purpose-driven, fellowship-loving people. It's YOU — the members of the Rotary Club of Kampala South.

Surely, people have joined our club, for the projects, for the service, for the impact, but they stay because of YOU- your friendship, the fellowship, and for the fun — the kind you can only find at Rotary Club of Kampala South.

THEREFORE, AS MEMBERS, WE ARE THE HEARTBEAT OF OUR CLUB.

We are the energy, that keeps it alive. And to keep our heartbeat strong, our mission this RY is simple: -

-We need to retain our 155 members by ensuring they feel welcome, valued, and celebrated.

-But, as we retain, we also need to continue growing; and this year we have to recruit and mentor 24 new members to our club.

But, we can't do it without you. We need your voice, your stories and your guest invites. Because when you show up with passion, others take notice and want in.

OUR CALL TO ACTION; LET US:

REIMAGINE – Do you know someone that belongs at the Rotary Club of Kampala South? Invite them to our fellowships, our projects, or to our club events — or for our "KIMEEZA". It doesn't matter just do it; refer someone using <https://portal.clubrunner.ca/9165/Form/refer-a-member>.

RECONNECT – Reach out to a member you haven't seen in a while. Let them know they're missed — no pressure, just good vibes.

RECOMMIT – As members, we need to recommit, because you're not "just a member." You're the reason this club is alive.

RECOGNIZE – We are all unique as members, and we all have contributed in different ways to keep our club alive. Let us celebrate each other; our uniqueness and let us celebrate each other's contributions.

Rotary works because of its people, but the Rotary Club of Kampala South thrives because of YOU. Let's keep showing up for each other. Let us grow the Rotary Club of Kampala South TOGETHER.

OUR CLUB. OUR MEMBERS. OUR STRENGTH

Club Membership Bulletin- 1/2025"



MEMBERSHIP ENGAGEMENT IN JULY



Hudson Mutalya
MEMBERSHIP DIRECTOR



Above: Ambassadorial Visits
Below: Rotary 5-A-Side Event 2025



Buddy Group stats for July 2025

Jaguar 53%
Panther 50%
Lion 49%
Leopard 45%
Puma 45%
Tiger 43%

The Buddy Group of the month is Jaguar



ROTARY ACTION PARTNERS (RAP) of July 2025



MEMBERSHIP ENGAGEMENT IN JULY

MONDAY FELLOWSHIPS



MEMBERSHIP ENGAGEMENT IN JULY

MONDAY FELLOWSHIPS



SERVICE PROJECTS

Visit to the Refugee Settlement in Kyaka II, Kyegegwa District- Solid Waste Management and WASH Global Grants



Creven Emmanuel Mukwenda
Director Service Projects 2025/26



SERVICE PROJECTS

Visit to the Refugee Settlement in Kyaka II, Kyegegwa District- Solid Waste Management and WASH Global Grants

IMPACT ACHIEVED FOR SOLID WASTE MANAGEMENT GLOBAL GRANT AS AT JULY 2025

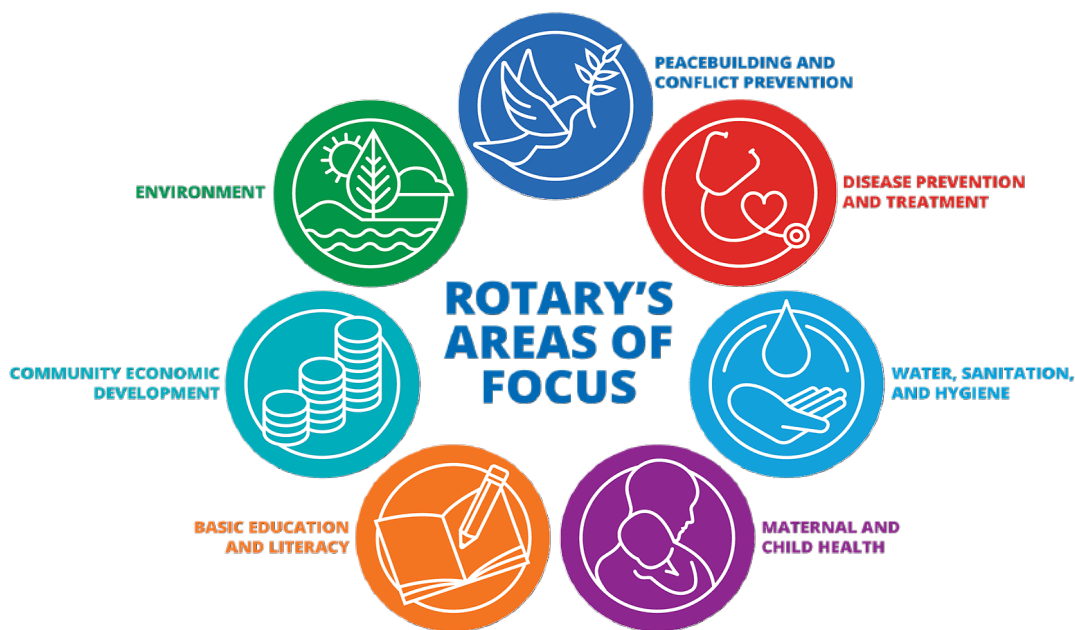
Item	At the beginning	During project	Notes
Volumes of solid waste generation by households and businesses in the settlement per month	105000 Kg	122666.7 kg (122.7 tons)	These volumes keep increasing as businesses and population increase.
Solid waste collected in the settlement by volume per month	29400 Kg	73600kg (73.6 tons)	The existed collection groups initially used wheelbarrows, thus low input. The groups now use motorized tricycles and are doing more rounds easily.
% of solid waste collected	28	60	Progressive
% of solid waste recycled.	5	62	These include plastic bottles collected and sold to recycling companies, and biodegradables for cooking fuel briquettes and compost manure.
% of solid waste transported to dumping sites.	95	38	Recycling has heavily reduced the volumes delivered to dump sites, thus cutting on fuel expenses for solid waste management groups and also reducing greenhouse gas emissions.
Solid waste management groups	4	5	Give, Usafi ni muhimu, Usafi tungane, Umoja kwa maendeleo and Amani
Registered solid waste management businesses	0	5	Amani and Give for Bukere, Usafi ni muhimu for Sweswe, Umoja kwa maendeleo for Kabologota and Usafi tungane for Byabakoola, who have been molded into sustainable solid waste management businesses.
Communities with Proper solid waste management skills trainings	0	4	Bukere, Sweswe, Byabakoola and Kabologota.
Solid waste sorting and recovery sites established in the communities.	1	5	2 for bukere and 3 from other project communities.

IMPACT ACHIEVED FOR WASH GLOBAL GRANT AS AT JULY 2025

Indicator	Original Target	July 2025 Status	Progress
Daily Water Supply	15+ litres/person/day	17.94 litres/person/day	Exceeded
Beneficiaries Reached	36,800	18,648	Ongoing

Key Successes:

- **More than 10,000 people** now access reliable water via the Sweswe water facility.
- **8,000 residents** benefit from rainwater systems at critical institutions.



Rotary Dialysis Centre (GG2119622)



Location: **Mengo Hospital, Kampala**

Grant Value: **\$84,331**

Team Lead: **Rita Tinka**

Closure Year: **2025**

Providing a facility at a subsidised cost so as to promote inclusion of various patients with chronic kidney disease, and also ensure sustainability of the facility.

Increase awareness on kidney disease and its risk factors, increase availability and affordability of dialysis, promote early detection of Kidney disease through routine screening, improve treatment outcomes and provide employment and training opportunities for health workers involved in kidney care.

The Aggrey Kankunda Memorial Agribusiness Scheme (AKMAS) (GG2353167)



ENVIRONMENT

Location: **Southwestern, Uganda**
Grant Value: **\$100,000**
Team Lead: **Richard Kalungi**
Duration: **3 years**

Agribusiness skills as a way of enabling job creation, food sustainability and robust household income liberation.

Water collection for Sustainability WASH in Ongutoi (GG2457126)



WATER, SANITATION, AND HYGIENE

Location: **Eastern, Uganda**
Grant Value:
Team Lead: **Innocent**

Enhancing Digital Learning In Community Libraries (GG2345699)



BASIC EDUCATION AND LITERACY

Location: **Eastern, Northern Uganda**
Grant Value: **\$64,100**
Team Lead: **Steven Magero**
Duration: **2 years**

To equip learners from Busesa, Katebe, Adjumani and surrounding communities with competencies (knowledge, skills and attitudes) in the safe and ethical use of digital technology needed to, create learning opportunities, to pursue their chosen careers, become entrepreneurs and to contribute to society as active citizens.



Malaria Model Community - Ibaako and Bubenge Parishes (GG2462853)



Location: **Eastern, Uganda**
Grant Value: **\$89,000**
Team Lead: **Catherine Nairuba**
Duration: **2 Years**

To reduce malaria in two highly burdened parishes (Ibaako and Bubenge). To train, supply and oversee community members to deploy a comprehensive suite of malaria interventions to reduce malaria by over 50%.

Partnering with RC Bugiri, RC Kisaasi-Kyanja

Little Hearts Project



Location: **West Nile, Northern Uganda**
Value: **\$50,000**
Cohort Lead: **RC Kampala South**

To enhance the capacity of regional Hospitals to diagnose, treat, and manage pediatric heart diseases, including congenital and rheumatic heart conditions.

It will upgrade infrastructure, procure essential diagnostic and surgical equipment, train healthcare personnel, and increase community awareness to facilitate early detection and intervention.

Partnership with RC Gulu, RC LIRA, RC Yumbe, RC Kiwatule

Program of Scale: Improving Maternal & Infant Care in East Africa



Location: **Eastern, Uganda**
Grant Value: **\$2,000,000**
Cohort Lead: **RC Kampala South**

To empower families, strengthen healthcare systems, and improve health outcomes for mothers and newborns across 35 districts in Uganda, with the support and collaboration of key stakeholders, including District Local Governments and District Health Teams
RC Kla South, RC SON, RC Iganga, RC Busia, RC Busia Borderline, RC Bugiri Municipality, RC Bugiri Rct Bugiri, Rct Busia Border, Rct Iganga, Rct SON, Rct Victoria Nile, Rct Kla South

OUR VISION

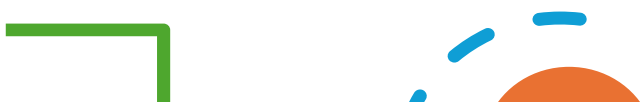
**Track Impact
Build Partnerships
Deepen engagement and Visibility**



SERVICE PROJECTS - 2025'2026			
First Quater	Second Quater	Third Quater	Four Quater
Kyaka II Vistt (Solid Waste and WASH)	Mission Green-PKF	Busesa Outreach	TRANSITION (REPORTING AND HAND OVER)
Nyaconga Kabale	Kikandwa Health Camp	Joint Blood Drive	
Little Heart Program launch	World Polio Day	Impact and Sustainability Fellowship	
Mbale Outreach-Mukki	Recognition Fellowship (Cocktail evening)		
Malaria Global Grant Launch			
Donor Recongnistion Fellowship			

CALL TO ACTION

**Pre-registration and participation
Help us identify CSR partners
Share your skills, networks and ideas
Be our project ambassadors**



Maternal Mental Health Crisis and What you can do about it



Dr. Christine Biryabarema
Obstetrician & Gynaecologist

Maternal Mental Health Illness (Post Partum Mental Illness)

DEFINITIONS

- Mental Health: A state of mental wellbeing that enables people to cope with:
- Stresses of life
- Realize their abilities
- Learn well
- Work well
- Contribute to their communities

Post partum mood disorders

- These are changes that occur after delivery
- The post partum period is the time after delivery of the baby up to 6 week.

Post partum blues:- mild condition

- Feeling sadness
- Anxiety
- Mood swing

Post Partum depression

- **More severe condition:-** feeling sadness, hopelessness and anxiety

Mood disorders

- Post partum anxiety
- Excessive worry, fear and anxiety

Post partum Psychosis

- Rare but severe condition
- Include symptoms such as hallucination, delusions and disorganized thinking

Symptoms

- **Mood swings:** feeling sad, anxious or irritable
- **Loss of interest:** Loosing interest in activities that were once enjoyable
- Change in appetite or sleep patterns
- **Fatigue :**feeling tired or exhausted
- Difficult in bonding with the baby

Signs of postnatal depression



Risk factors

History of mental health issues:

- Women with a history of mental health issues, such as depression or anxiety are at higher risk
- Lack of social support

Pregnancy and childbirth complication

- Women who experience complications during pregnancy and child birth
- Some of these experiences are near death events

Treatment and Support

Therapy

- Counselling or therapy can make women manage symptoms and develop coping strategies
- Medication
- Anti depressant or anti-anxiety medication
- Support groups
- Family
- Other social support groups. Support groups can provide women with a sense of community and connecting with others who are experiencing similar challenges

Treatment and support

- Self-care;
- Prioritizing self-care, including rest, nutrition, and exercise, can help women manage symptoms and promote well-being

Strategies for support

Increasing access to health care:

- Improving access to health care services, including mental health services, can help rural women receive timely diagnosis and treatment
- Community –based support programs can provide women with access to support groups, counselling and other resources

Cultural sensitivity:

Healthcare providers should be culturally sensitive and aware of the unique needs and experience of rural women

Role of Rotary clubs

Awareness and Education:

Hosting workshops or seminars to educate new mothers, families, and communities, about Post Partum Mental illness, its symptoms and its impact.

Providing resources:

Distributing information materials, such as brochures or posters, to raise awareness.

Support groups:

Creating support groups for new mothers to share their experiences, receive emotional support, and connect with others who have gone through similar challenges

Strategies for support

Education and awareness:

- Educating women and communities about puerperal psychosis and mental health issues can help reduce stigma and early intervention
- Understanding the unique challenges of women, health care providers can develop targeted strategies to support their mental health and wellbeing during the post partum period

Strategies for support

Partnering with healthcare providers:

Collaborating with healthcare providers to refer mothers to support groups or provide additional resources

Community Engagement

Community outreach : engage with local communities to promote awareness and reduce stigma around mental health issues.

Fundraising:

Organize fundraising events or campaigns to support Post partum mental illnesses research, treatment or support services

Service Projects

Home visitation programs:

Develop home visitation programs to provide new mothers with emotional support, practical assistance and connection to local resources.

Mother baby programs:

Programs that provide support, education and resource for new mothers and their babies

Collaboration

Partnering with local organizations:

Health care providers, Non profits or community groups, to amplify efforts and leverage resources

Advocacy:

Advocating for policies and programs that support new mothers and families, such as paid family leave, or mental health services.

Exciting News!

PKF Uganda Extends Partnership with Rotary Club of Kampala South through a Generous Contribution of UGX 16,000,000 towards the upgrade of the Mengo Hospital Dialysis Centre

We extend our sincerest gratitude to PKF Uganda for their continued generosity and dedication to our shared mission



FAMILY OF ROTARY IN PICTURES



Above: Kweranga & Below: Wedding Ceremonies of Asa Mugenyi and Susan Nice Birungi held in Hoima and Kampala on 3rd and 5th July 2025.



FAMILY OF ROTARY IN PICTURES

Potluck Craze!



FAMILY OF ROTARY IN PICTURES

Potluck Craze!



July: Rose gold

July babies are passionate and protective. Fiercely loyal with huge hearts—they love hard and feel deeply.

FAMILY OF ROTARY IN PICTURES

Babies of July

Rotary
Kampala South



SARAH GWOKYALYA

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South




NAMBI PROSCOVIA

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South




DENNIS KAHINDI

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South




AKIKI COMFORT

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South




EBERT BYENKYA

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South



ESTHER MWAMBU

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South



JOHNSON GALABUZI

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South



HANNINGTON HAKIZA

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South



IAN SENKATUKA

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South



JENNIFER BYOKUSHEKA

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South



JOY NEKESA

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

Rotary
Kampala South



SARAH GWOKYALYA

HAPPY BIRTHDAY

@KampalaSouth fKampalaSouth Kiasouthrotaryclub

Target Foundation, Bwambale P&S, OLEA, PKF, CWZI, etc.

July: Rose gold

July babies are passionate and protective. Fiercely loyal with huge hearts—they love hard and feel deeply.

FAMILY OF ROTARY IN PICTURES Babies of July



JULY BIRTHDAYS

1. Comfort Akiiki - 1st July
2. Vicky Nabisenke - 3rd July
3. Dithan Kiragga - 6th July
4. Mathias Kamugasho - 6th July
5. Esther Mwambu - 10th July
6. Richard Kirumira Kalungi - 10th July
7. Ian Senkatuka - 10th July
8. Winnie Mbabazi 14th July
9. Jennifer Byokusheka - 16th July
10. Scar Odong - 18th July
11. Dennis Kahindi - 22nd July
12. Joy Cynthia Nekesa - 23rd July
13. Sheila Namara - 24th July
14. Sarah Gwokyalaya - 25th July
15. Ebert Byenkya - 26th July
16. Rebecca Proscovia Nambi - 28th July
17. Hannington Hakiza - 29th July
18. Johnson Galabuzi - 24th July

Tribute to a fallen Rotarian

Rotary
District 9213

**WITH DEEPEST
SYMPATHY**

As we bid you farewell, We celebrate your legacy which lives on through the countless lives you've touched in our Rotary community. Your dedication, kindness, and service inspired us all. We'll deeply miss your presence, but your impact will continue to guide us. Thank you for your tireless efforts, your friendship, and your passion for Rotary's mission. You'll always be remembered and cherished.

Rest in Peace Rtn Henry Nsamba.

#UniteForGood
#RotaryEyamba

<https://rotaryd9213.org>
Rotary District 9213

THE ROTARY FOUNDATION TARGETS

ON YOUR MARKS, GET SET



Rtn Meshach Bagarukayo Nuwabiine
Director TRF

The Rotary Club of Club of Kampala South started off the 2025/26 Rotary Year with a strong promise to soar to greater heights. On the 7th July 2025, the Club hosted the 'Home Boy' Geoffrey Martin Kitakule, the D9213 Governor 2025/26 for his Official Visit to the Club. He on the same occasion presided over the installation of the Club President Faridah Namutebi and the Management Board.

In her address, President Faridah did not only introduce and commission the Management Board but laid emphasis on specific dockets on the Board that will be the focus of all in as far as immediate realisation of Club goals are concerned. Key among these is The Rotary Foundation and International Service (TRF) Directorate. Whereas the emphasis could have come as a surprise, discussions had been going on between the TRF Chair and the President on how best to get the docket ahead and resoundingly visible.

A segment of the day's program had equally been dedicated to TRF in recognition of the focus the Club is giving to the docket going forward. As the TRF Chair, I used the opportunity given to publicly recognise the gallant Members of RC Kampala South who had in the 7 days of the Rotary Year pledged and paid up to US \$ 22,000, a figure we didn't raise the whole previous year!!

I will herein acknowledge the following for making that possible, a recognition process I will proudly repeat every month.

- Rtn Kitakule Geoffrey
- Rtn Faridah Namutebi
- Rtn Meshach Nuwabiine
- Rtn Rita Tinka
- Rtn Cissy Nakanwagi
- Rtn Matthew Kyaligonza
- Rtn Lillian Kenya
- Rtn Cyrus Aomu
- Rtn Wendy Kasujja
- Rtn Nakito Pamela
- Rtn Henry Mukisa
- Rtn Esther Mwambu
- Rtn Madina Bbule
- Rtn Tegule Diana
- Rtn Waiswa Charles
- Rtn Lucky Tusingwire
- Rtn Judith Arinaitwe
- Rtn Francesca Kakooza
- Rtn Charles Odaga
- Rtn Batuwa Daniel
- Rtn Albert Rubombora
- Rtn Joseph Baroraho
- Rtn Patrick Lassu
- Rtn Mutalya Hudson
- Rtn Haffiswa Bassajja
- Rtn Muzooru
- Rtn Arthur Kumbu
- Rtn Anthony Mwanda
- Rtn Albert Beine
- Rtn Israel Arinaitwe
- Rtn Jane Langoya
- Rtn Jimmy
- Rtn Kemigisa Catherine
- Rtn Sheeba Bamwiine
- Rtn Sheila Namara
- Rtn Paul Muwanga

Even after that great evening, the gallant Southerners have kept the engagement alive with positive vibes; Indeed, we must write not only the 'Ingrish' but the 'algebra' as well.

We at South acknowledge that we are among the largest consumers of the TRF funds through Global Grants utilisation. It is only befitting that we contribute to the raising of this TRF in equal if not greater measure. This is a commitment we will walk and work towards.

Earlier, the Governor had laid his intentions clear while meeting the Members of the Management Board. The President and the Board made commitments in this direction and their realisation therefore is a function of the whole Club. I am elated after realising that the Club is united in this cause. I am proud of you South.

To achieve this, the TRF Committee has set a number of initiatives to engage the Members. These include but are not limited to;

- i. Close and warm member engagement to help each other appreciate the essence of giving. This will involve one to one reach outs to all Club Members.
- ii. Rallying the leaders to lead from the front. The list above is a strong testament to this.
- iii. Segment the Club Members in groups and cohorts that they easily identify with for ease of mobilisation.
- iv. Preaching the gospel of continuous giving. The needs in the communities are ever increasing and therefore giving cannot be a one off! The Club must for example, realise a growth in the number of Paul Harris Society Members (PHSs)
- v. Creating a systematic record of regular small giving which ultimately makes the bundle.
- vi. Create and encourage inter Buddy Groups TRF challenges.
- vii. TRF NIGINA, a way of encouraging pool giving on a monthly basis involving clusters of members all targeting a specific amount.
- viii. Reaching out to people and entities that are

outside the RC Kampala South and even the Rotary circles who can identify with the Rotary cause and encouraging them to participate.

- ix. Focus part of the TRF requests and contributions to specific projects that are at the core of the Kampala South existence, history and pride.
- x. Organise special TRF mobilisation events for the Club such as a TRF Dinner among others.

In the years I have been at South, I have never been proud of my Club as I am now! The zeal to serve and grow the Club including the #roadto500 is unmatched. This is the time to stretch out and conquer. Service has been and shall remain our call and inextinguishable pride.

Let's go South, let's gooooooooooooooooooooo

Rtn Meshach Bagarukayo Nuwabiine (Mish)

Chair, TRF and International Service

RC Kampala South 2025/26



PARTNER WITH US

**THE AGGREY KANKUNDA MEMORIAL
AGRBUSINESS SCHEME (AKMAS)**

TOTAL: \$165,000



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 Penicillin, 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

1

Dialysis
Machine
USD 135,240



2

Dialyzer
Reprocessing
Machine
USD 13,248



3

Suction
Machine
USD 1,656



4

Dialysis Beds/
Chair
USD 5,000



5

Ultrasound
Machine
USD 2,000



6

Patient Bed
ICU
USD 13,800



7

Patient Monitor
Modular
USD 11,040



8

Patient
Monitor Basic
USD 2,000



9

Procedure
Trolley
USD 4,830



10

Capacity
Building
USD 41,400



5 Nurses
1 Biomedical

EVERY CLUB. ONE CAUSE

CANCER RUN PACKAGES

Tier 1 1000 PLUS registrations	<ul style="list-style-type: none"> • 300- seater tent with 200 chairs and 15 tables • Tent positioned on the “high street”
Tier 2 800-999 registrations	200- seater tent with 150 chairs and 10 tables
Tier 3 600-799 registrations	150- seater tent with 100 chairs and 7 tables
Tier 4 400-599 registrations	100- seater tent with 50 chairs and 3 tables
Tier 5 200-399 registrations	50- seater tent with 30 chairs and 2 tables

#AwarenesstoPersonalAction
#CancerRunUg25
 @UgRotaryCancerP
 @CancerRunUg



Registration Fees
UGX 30,000
Comes with a vest

SCAN THE QR CODE



SCAN THE QR CODE

