



THE SOUTHERN TIMES

BEHIND THE SMILES

Ladies mash it up with
Babe Zone at Athena
Hotel in Bugolobi
Page 12-14

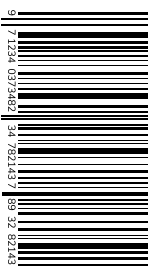


NYACONGA

The signature project now its 10th season was like no other with a BCUP stopover at Ntare School in Mbarara, MCH activity at Kamuganguzi and another special visit to Grace Villa in Kabale. **Page 54-57**

TWINNING CLUB:

RC Milimani and RC Kampala South show the love, again with the Kenyan contingent making the voyage to Uganda to team-up with their hosts for a series of weekend activities and meetings. **Page 48-49**



EDITORIAL

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Our structures should
grow at the pace of
membership growth –
Parity Twinomujuni –
Page 37-39

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**THE SOUTHERN TIMES MAGAZINE IS A
PUBLICATION OF THE ROTARY CLUB OF
KAMPALA SOUTH**



Learn from other people's
mistakes, you might be
able to do so from yours –
Innocent Agaba – Page 26-29

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10 of our members celebrate their special days of achieving another anniversary in life this month. Let's show them some love and affection.

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Soft on the eye moments as we relive some of the snapped, captured and stored images from back in the day.

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Water Collection for Sustainability – An impactful case study of Ongutoi Health Centre

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58-63

From The Uganda Cranes to the Bombers, legendary long distance stars to the Cricket Cranes, our national teams and athletes continue to fly the flag high. You love the Premier League, we got you, too!

EDITORIAL

Navigating a Sea of Impact

SEPT. 2023



INNOCENT NDAWULA
EDITOR IN CHIEF,
The Southern Times Magazine

Welcome to the second edition of the Rotary Club of Kampala South's Magazine for Hope Creators! As we embark on this new journey, we are thrilled to share with you the remarkable growth and inspiring projects that our club has been involved in over the past year. Our mission to create hope, uplift communities, and make a lasting impact remains at the heart of everything we do.

Projects that define us

One of the highlights of this year has been the successful launch of our "Boy Child Uplifting Program." Recognizing the importance of nurturing young boys into responsible and confident individuals, this initiative aims to provide mentorship, education, and support. We believe that by empowering the boy child, we can contribute to a more balanced and equitable society.

The Nyaconga Project, now in its impressive 10th season, continues to flourish. This incredible endeavor not only provides essential supplies to families in need but also offers hope and resilience to a community that has endured countless challenges.

In addition to these ongoing initiatives, we are thrilled to announce the inauguration of the Kamuganguzi Health Centre in Kabale. This state-of-the-art healthcare facility is a testament to the tireless dedication of our members and partners who worked tirelessly to bring quality medical care to an underserved region.

Reviving tradition

We are excited to announce the revival of the much-loved Boat Cruise albeit in a different classy way! This event, which has been a long-standing tradition in our club, is set to return bigger and better than ever. It's not just about cruising the waves; it's about fostering camaraderie among our members, strengthening our bonds, and raising funds for future projects. Hold your breath for the special announcement of the new lookalike event that will blow away your mind.

Activities & profiles

Our Rotary club has been buzzing with activity over the past year. From fundraising events to community service projects, we've been making a tangible impact on the lives of those we serve. We are proud of our members, who have shown

unwavering dedication and commitment to our shared mission.

In this edition, we are delighted to introduce you to some of the Rotary Club of Kampala South's most dynamic and dedicated members. Their stories are nothing short of inspiring, and their passion for service is palpable. Get ready to be intrigued and motivated by their journeys as Rotarians and Hope Creators.

Before we conclude, we want to extend our heartfelt gratitude to those members who have contributed to the editorial work of this magazine and accepted to be interviewed. Your valuable insights and stories have enriched the content and made this edition even more impactful. We kindly request all members to be compliant when contacted for future interviews, as your experiences and perspectives are vital to our shared narrative.

Finally, we invite those of you who have advertisements to contact the editor for inclusion at competitive rates. By advertising in our magazine, you not only support our club's initiatives but also gain visibility among our dedicated readership.

As we reflect on the past year and look forward to the future, let's remember that hope is not just a concept but a powerful force that drives us to create change. Together, as Hope Creators, the Rotary Club of Kampala South will continue to navigate the sea of impact, bringing light and transformation to those who need it most.

Thank you for your unwavering support and dedication. Let's continue to be the change-makers, the dreamers, and the creators of hope.

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**THE SOUTHERN
TIMES**

Rotary
Kampala South 

 **CREATE HOPE
in the WORLD**

OPPORTUNITY

Dear Rotarians and well-wishers, The Southern Times 2023/2024 is a monthly magazine offering a chance to showcase our businesses in an elite way. Support Kampala South's Projects & Activities by advertising what you do. It could be a business, a skill or a consultancy. Let us SUPPORT each other!

SPACE	MONTHLY	3 MONTHS	6 MONTHS	12 MONTHS
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2. Half Page	Buy 20 copies or 600,000	800,000	1,500,000	2,000,000
3. Quarter Page	Buy 15 copies or 400,000	600,000	1,000,000	1,500,000
4. A Strip	Buy 10 copies or 150,000	200,000	600,000	800,000

For more information and booking call; Rtn Innocent Ndwula **+256782 507606** (Chief Editor – The Southern Times 2023/2024 or Deus Muhumuza **+256 756539496** (Club Treasurer – Kampala South)



CWEZI BY THE LAKE
Nambi Road, Entebbe
PRESENTS



Brunch by the Lake

Music by: **DJ Cisse**



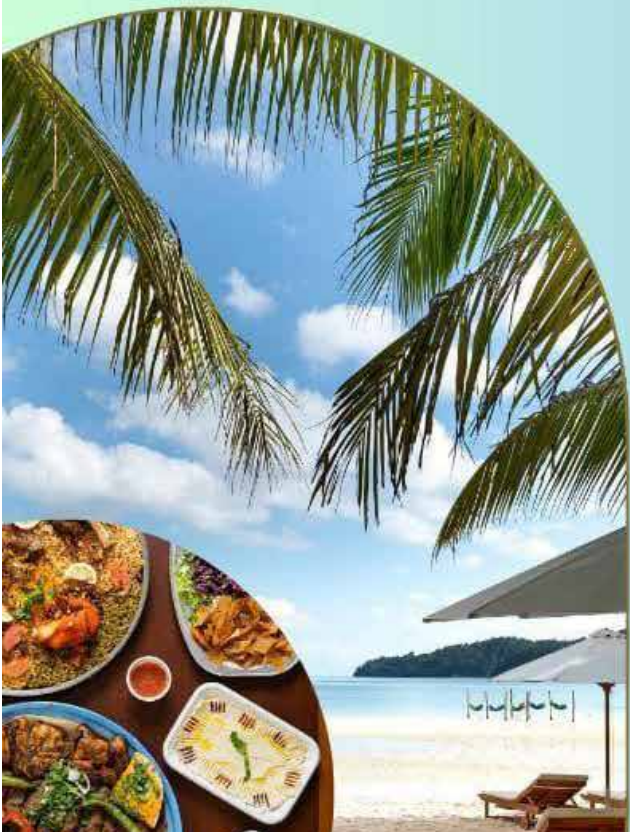
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PRESIDENT'S MESSAGE

Let's continue to be light of hope – Tinka

SEPT. 2023



Rita Tinka
President, Kampala South

Dear Esteemed Members of the Rotary Club of Kampala South and beyond,

I trust this message finds each of you in excellent health and spirits. I am delighted to take this opportunity to share an update on our club's recent activities as we mark the second month of my tenure as President.

The enthusiasm and dedication within our club continue to inspire me, and I am thrilled

to highlight some of our recent achievements and ongoing initiatives:

Our dedication to service and community betterment continues to shine brightly, and I am thrilled to share some of our recent accomplishments and activities:

- Launch of the Maternal and Child Health Grant: We successfully launched the Maternal and Child Health Grant at Kamuganguzi Health Centre in Kabale. This initiative embodies the spirit of Rotary, promoting maternal and child health in underserved areas. I want to extend my heartfelt thanks to all members who participated and contributed to this project.

- Introduction of the BCUP Program: The Boy Child Uplifting Program (BCUP) is another significant milestone

Bodyguard

Duties:

Daniel Wasswa aka Ssemakoks carries an umbrella to help protect HCP Tinka from the searing heat conditions as the latter made her remarks at Kamuganguzi Health Centre.



for our club. Through our MUKII RCC and using MUKII dance troupe as a conduit, we hope to make a tangible difference in the lives of many. Our commitment to creating a positive impact in society has never been stronger.

- 7 By 7 Project Partnership: We are proud to announce that we launched the 7 By 7 project in partnership with the Rotary clubs of Mukono Central, Upper Kololo, Kampala Springs, Kampala Maisha, Bugolobi, and Port Bell. This collaboration will undoubtedly magnify our impact and extend our reach within the community.

Proud history

As we continue our journey into the coming months, I want to encourage each of you to maintain your unwavering commitment and enthusiasm. Our club has a proud history of creating positive change within our community, and there is still much more we can accomplish together. Let this be a reminder of our collective potential and our ability to transform lives for the better.

In the words of Rotary's visionary founder, Paul Harris, "Whatever Rotary may mean to us, to the world it will be known by the results it achieves." Let us persist in our pursuit of excellence, knowing that our efforts are making a lasting impact on the lives of those we serve.

I eagerly anticipate seeing all of you at our upcoming meetings and events. Your passion and dedication are the driving forces behind our club's success. Together, we can achieve remarkable feats.

Thank you for your steadfast commitment to the Rotary Club of Kampala South. Let us persist in our mission to "Serve to Change Lives," and together, we shall make this year one of our most memorable and impactful yet.



Gear In Tow: HCP Tinka (L) receives her Rotary Cancer Run kit from the club's line project officer for the 2023 run Carol Tushemereirwe..

I eagerly anticipate seeing all of you at our upcoming meetings and events. Your passion and dedication are the driving forces behind our club's success.



Positive Vibes: HCP Tinka (C) and PE Sam Sewagudde (L) alongside other Rotarians at the launch of the rejigged Singing & Dancing Competition at Circuit Lounge along Lugogo Bypass in Kampala on September 9th.

ROTARY INTERNATIONAL PRESIDENT'S MESSAGE

Peace In Practice

SEPT. 2023



R. GORDON R. MCINALLY
President, Rotary International

The International Day of Peace takes place on 21st September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace through observing 24 hours of non-violence and cease-fire.

It is not enough, as people of action, to simply avoid making war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

Perfect gesture

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration. In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan.

The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both

countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

Progressive efforts

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint



Pace Setter: Rotary International President Gordon McNally wants Rotarians all over the world to create hope by confronting stigmas, expanding access, and raising awareness about the importance of mental health.

meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programs and make them more accessible. A virtual exchange uses online platforms to connect people from different parts of the world so they can share their traditions, priorities, values, and more.

Virtual exchanges can serve as a window to another part of the world through activities such as teaching a digital cooking class, learning a new language, or even designing service projects with a global impact.

These online chats have the potential to inspire new connections and more respect between societies.

Taking that knowledge and using it to better the lives of our fellow human beings is the next step.

Let's see where it takes us.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so.



Bare Hug: PP Suzan Matovu alias Ssenga Sue embraces a guest to Kampala South's weekly meeting at Hotel Africana during the routine greeting minute conducted at the start.



Beauty & Brains: Kampala South’s ladies brainstormed and strengthened their camaraderie over lunch at Best Western Plus Athena Hotel in Bugolobi, Kampala on 10th September.

BABE ZONE

Taking Our Breath Away

WHAT'S WAS THE PROGGIE!

Plot: Babe Zone Soiree

Plan: Bonding & Luncheon

How: Fireside Chats, Fun Games, Great Conversations, Great Music, Great Food & Surprise Guest.

When: September 10th, 2023

Where: Athena Hotel, Bugolobi

Cover: 60k

Tagline: Get Ready To Mingle & Jingle

The women at Kampala South love to live a little more. How else would they have found time off their busy work schedules and family obligations to put their best feet forward and pull off an enviable meet dubbed; “Babe Zone Soiree” on 10th September, 2023 at Athena Hotel in Bugolobi.

Queen D'Tegs (Diana Tegulle) was hosts of the day that attracted 35 exemplary ladies of services with an aim to rebuild the sisterhood between the new and old ladies of the club, get to know each other in the process, get their

network juices flowing learn a thing or two from the surprise guest of the day.

Ruth Ssebatindira, a Senior Counsel, Founding Partner at Legomarc Advocates, former president of the Uganda Law Society and member of the Judicial Service Commission, delivered an inspirational talk full life lessons that will go a long way in improving their day-to-day operations at their different work stations.

There was a sumptuous dinner, bottomless drinks and a cocktail of games for the exquisitely-dressed ladies. But what is a Babe Zone meeting without cake-cutting – an event that wrapped up the day’s activities as the socializing went on until the ‘Last Woman Standing.’

The event was organized by the club’s Family of Rotary (FOR) office, Membership Director Francesca Kakooza and other selected committees with the ladies throwing down the gauntlet to Kampala South’s men to pull off a similar (or even better) event.

Well in, ladies! C’mon Guys, the ball is in your half of the court, now!



Bridal Reflection: Daphine Nahwera contributing to the to the topic of the day.



Keynote Speaker: Ruth Ssebatindira, a senior counsel, delivered an inspirational talk.



Pinky Feeling: Martha Bagaya chipping in to the subject at hand during the meet.

TAKE AWAYS FROM THE INSPIRATIONAL TALKS

1. Build skill, seek knowledge & show competence.
2. Ready books like High Performance Habits by or Brendon Burchard
3. Build Networks, they are important
4. Put yourself in situations where your courage is tested
5. Face your fears
6. You need to introspect
7. Know your friends; their capabilities, adaptability and response to situations
8. Share your worries and hopes with people
9. Develop good habits for your brain like eating well, resting etc etc
10. Be analytical, a driver, amiable and expressive.
11. Make sure people know what you are doing, the value you are bringing on board.
12. Elevate yourself, beat yourself every time.
13. Create small accountability groups and know what you want to achieve.
14. Kindness is a the new business card
15. Gym and exercise are critical
16. Feed your body and brain
17. Get rid of toxicity; avoid unhappy people and unlucky situations.
18. Trust is important!



Simply Beautiful: Patience Tumushabe alias Pesh speaks about her classification.



Affable Personality: PP Jackie Nansubuga makes her point during the colourful event.



Sumptuous Luncheon: Suzan Namuli, Sheba Bamwine and Shelia Namara dig in at the buffet.



Lady In Red: Babra Nyakato Mukunde was visibly excited to catch up with the other ladies.



Unity A Must: Membership Director Francesca Kakooza was one of the day's organisers.



Hospitality Assured: Major Donor Grace Kavuya was the day's host for Babe Zone Soiree.



Full House: Organisational and simplicity are some of the leading attributes for the ladies.



Queen Looks: Sheba Bamwine is all ears as she listens to the keynote speech from Ssebatindira.



Hello My Friend: Dr. Doreen Bakyenga hugs the day's host MD Grace Kavuya (L) during the social hour.



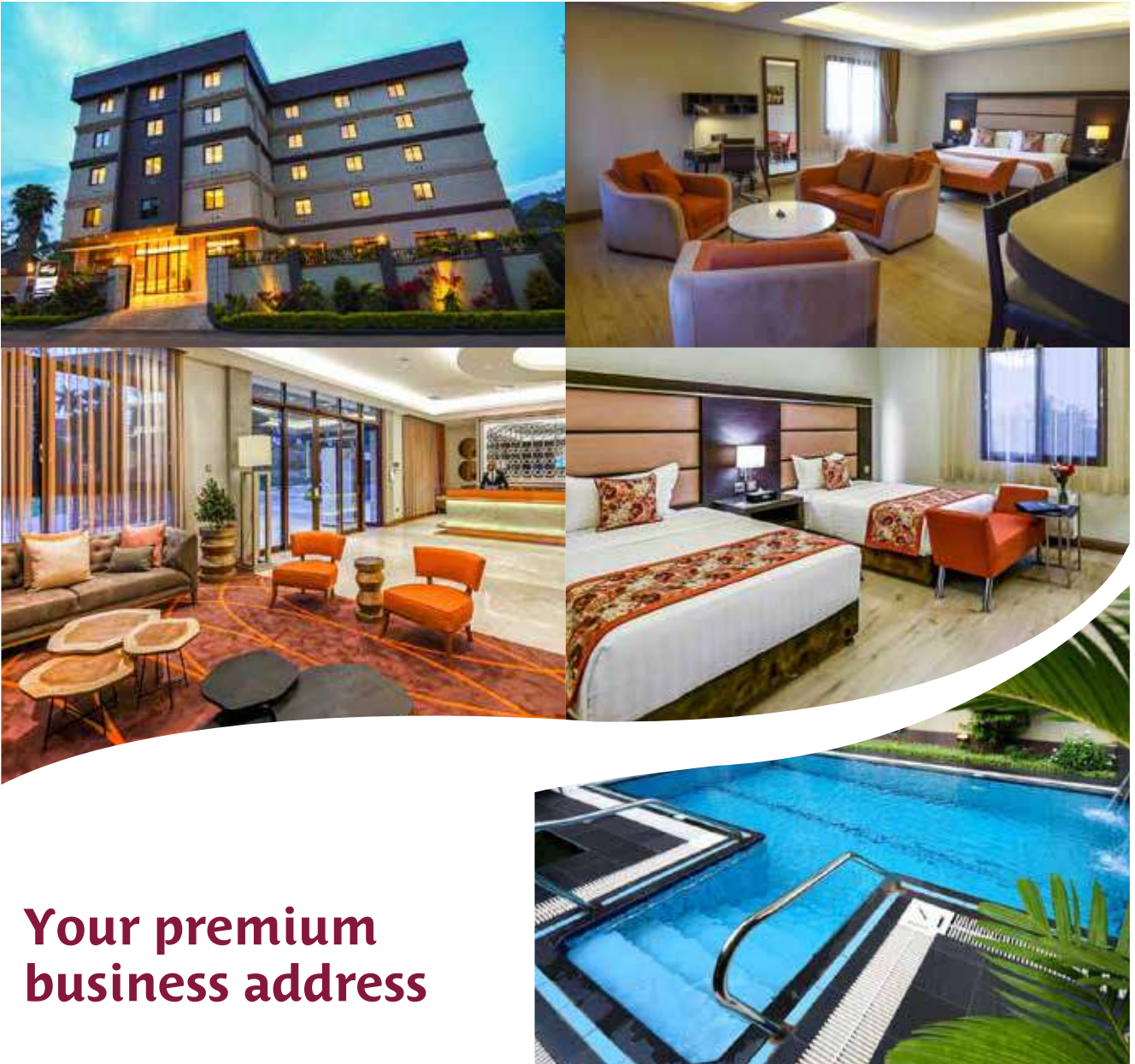
Wise Words: PP Jennifer Carolyn Byokusheka drives a point home as she made her presentation.



Sister Act: Sheliah Namara (L) and Miriam Wegoye smile for the camera at the end of the Sunday meet.



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ROTARY INTERNATIONAL LEARNING CENTER

– GREAT CLUBS DON'T HAPPEN BY ACCIDENT



Be intentional about providing your members with a great club experience.

Our **MEMBERSHIP ASSESSMENT TOOLS** can help you get started.

1

Get to know new and prospective members with the member interest survey.

2

Identify groups in your community that are underrepresented in your club using the diversity assessment.

3

Create a plan to invite more people to visit or join your club with the prospective member exercise.

4

Meet members where they're at in their membership journey using the retention assessment and analysis.

5

Learn what your members want and keep your club relevant with the member satisfaction survey.

6

Understand why members are leaving your club with the exit survey.

Rotary
Kampala South



CREATE HOPE
in the WORLD

HAVE YOU MEMORIZED THIS!

SERVICE ABOVE SELF



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

First; The development of acquaintance as an opportunity for service;

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

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

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

THE FOUR-WAY TEST

Of the things we think, say or do:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

Cheery Moment: Members enjoy a laugh during a weekly meeting at Hotel Africana. At Kampala South, meetings offer a refreshing start to the week.

ROTARIAN CODE OF CONDUCT

The following code of conduct has been adopted for the use of Rotarians:

As a Rotarian, I will

1. Act with integrity and high ethical standards in my personal and professional life
2. Deal fairly with others and treat them and their occupations with respect
3. Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
4. Avoid behavior that reflects adversely on Rotary or other Rotarians
5. Help maintain a harassment-free environment in Rotary meetings, events, and activities, report any suspected harassment, and help ensure non-retaliation to those individuals that report harassment.



Ingrain Charmers: The delightful angels of Grace Villa parade to receive visitors from Kampala South who always pay them a visit every year.



Signature Dance: Members enjoy a choreographed dance routine at the end of the Installation Day events at Hotel Africana on July 3rd, 2023.

HIGHLIGHTS & CALENDAR

Club Calendar

WHAT'S ON THIS MONTH

There are stop-starts scenarios at Rotary Club of Kampala South. It is all systems go with the members eager to keep things heated especially in regards to the Monday weekly meetings.

This month's first fellowship tackled the delicate topic of Autism Awareness that was

well presented by an expert from Vermillion Foundations on 4th September. The second meeting was all about 'Discussing Literacy – which is apparently the theme for the month of September. Allan Mugisha was terrific with his discussions.

All roads led to Circuit Lounge, along Lugogo Bypass, for the launch of the re-invented Singing & Dancing Competition on 9th September which was hosted by Kampala City. We cannot wait to hear you guy serenade and break a leg in equal measure when the big day comes around next month.

Fast forward 18th September is the much-awaited Club Assembly where all checks and balances will be done. The closure to the month has been dubbed; "Rotary By The Green Golf". This meeting will happen on 25th September and there is no doubt that there will be a house full to attend.

Be sure to turn up and attend Kampala South's much-anticipated meetings where it is always a new learning day.



Allure Of Music: HCP Rita Tinka (L) and Linda Asiimwe (2nd R), president Rotaract Kampala North Musical alongside the organizing committee of the Singing & Dancing Competition at the event's launch at Circuit Lounge on September 9th.



Southern Comfort: Kampala South is always prepared to welcome a full house from other Rotary clubs and guests and makes it a point to give them a memorable feeling at Hotel Africana.



Meetings Rejigged: Kampala South members have spiced up the weekly Monday meetings by introducing a variety of exciting activities like the Cheza Dance Session in July.



Key Partnerships: Kampala South doesn't only do solo projects but also partners other clubs and rotaracts like Kampala North Musical for exciting activities like the Singing & Dancing event.

HIGHLIGHTS & CALENDAR

Club Activities & Projects

AUGUST HIGHLIGHTS



Global Cause: Asa Mugenyi preaches his support for the Rotary Cancer Run that took place in August during the event's activation by the club and Kampala North at Shell Club Lugogo using the event's correx message board.



Dancing The Fears Away: The club's Boy Child Uplifting Programme (BCUP) project launch and fundraiser on August 28th comprised of the teen group performance to show the power of the boy-child.

It was an action-packed second month of the Hope Creators Year.

From the launch of the 7 by 7 Boy Child Uplifting Programme (BCUP) Project in Luzira to the Rotary Cancer Run at the Kololo Airstrip, August was as busy as they come. The elders unearthed the; "Tales of Kampala South" and believe me you, they could have spoken until the 'philosophical cows' returned home to their shades.

Creating Hope continued to be the name of the game with the members using different avenues to change lives and make sure the world is a better place to live in for those that are underprivileged.

There was a tour to Nyaconga – The 10th Season! Oh, my! The years have truly come thick and fast. The visit to Ntare School for BCUP was engaging whereas the arrival to Grace Villa in Kabale was both emotional and enthralling. The hikes from Hawks Eye inclusive of the early morning and late evenings was everything any Rotarian would never want to miss out on ever.

The month also had an Induction of New Members and The Rotary Family (TRF) Recognition on 21st August. The BCUP Launch and Fundraiser brought the curtains down on an eventful month that we are certain changed lives and made dreams come true.

HAPPY Birthday



Cyrus Titus Aomu - **03rd**



William Kasozi - **17th**

SEPT BABIES



Jason Tumugabe - **07th**



Arthur Gasasira - **12th**



Cyprian Kamunyu - **15th**



Allen Nambakire - **17th**

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Paul Muwanga - **18th**



Geoffrey Kitakule - **25th**



Paul Lubega - **28th**



Deus Muhumuza - **30th**

TOUCH OF CLASS

SARAH KIRABO; PURITY OF A BRIDE FOREVER

INSIGHT

Preferred words that best describes you?

A jolly, generous, persistent and a focused lady.

Does success come easily?

No, never. It is something one has got to work for endlessly.

Are you easily influenced?

No, I'm not easily influenced. One needs to do the right things.

What possession do you treasure most?

Cattle. I have some cows.

Can you play any musical instrument?

Apparently, no!

What book are you currently reading?

Left To Tell by Immaculée ILIbagizi. It also preaches a lot of faith and forgiveness.

What's the most valuable lesson you have learnt?

Discovering God in the midst of suffering.

Do you have any regrets in life?

It took me time to stand up for myself.

What would you like to know about the future?

Personal growth

What is your preferred drink?

African Tea

Best advice.

Be good to people

Your motto.

Be yourself always

Four things you can't live without?

Rotary, Family, My Mobile Phone & Milk

Tell us about your family?

I am from an extended family. I am the youngest of 11 children. Both my grandparents are still alive. I lost my father at the age of 11 years. Our family is a mix of Baganda and Bahima, originally from Wobulenzi in Luweero District. We are Christians and our family loves pork!

What aspect in life do you think you acquired because of Rotary?

Respect

Did you play any sport in school?

Yes I was an athlete.

What are your hobbies?

Walking, dancing, reading, making new friends and cooking.



ONE-TWOS

Nike or Adidas?

Nike

Arsenal or Man City?

Man City

Tundra or Ford Range?

Ford Range

Reggaetone or Slow Music?

Slow Music

Beach Party or Visiting Friends?

Visiting friends



Navio or King Saha?

King Saha

Indoor or Outdoor Games?

Outdoor games

Afrigo Band or Abeeka Band?

Afrigo Band

Las Vegas or Jamaica

Jamaica



Oprah Winfrey or Queen Latifah

Oprah Winfrey

Denzel Washington or Forest Whitaker

Denzel Washington



Living Life: Sarah Kirabo's playful character makes her a darling of the club who never has any dull moment around her.

VISION

What makes you angry?

Lies and people who spread them.

What makes you happy?

Whenever I am able to defy odds.

Besides after getting beaten, what can make you cry?

Huh! It has got to be a heartbreak, of course.

Who do you give credit for who you are today?

My mother Mrs. Margaret Kamuzana

How many peoples' lives have you influenced directly or indirectly?

Yes, I'm sponsoring my niece's education and they're quite many people from my family and friends that I have supported in times of need. I have also had talks of self-inventing and self-belief with them.

Do you have any future plans?

Yes, I would like to work on my personal growth and also start a family.

Cristiano Ronaldo or Lionel Messi?

Cristiano Ronaldo

Khaki Pants or Skimpy Dresses?

Skimpy dresses

Wine or Water?

Water

ABOUT KIRABO

Sarah Kirabo joined the Rotary Club of Kampala South in March 2019 and she has served on several committees in the club. Her classification is Human Rights Activist. She salutes the rotary family for giving her a sense of belonging.

ROTARY - MESSAGE BOARD

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3RD EDITION

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fireworks

Rotary Kampala South | CREATE HOPE in the WORLD

BUDDY GROUPS IN CHARGE

MONTH	GROUP	TEAM LEADER
JULY	TIGERS	SARAH KIRABO
AUGUST	LEOPARDS	FRANK FAYO (AG.)
SEPTEMBER	LION	KARO TUSHEMERIRWE
OCTOBER	PANTHERS	ALEX NIYONZIMA
NOVEMBER	PUMA	ALBERT RUBOMBORA
DECEMBER	JAGUAR	FREDRICK TUMUSIIME
JANUARY	TIGERS	SARAH KIRABO
FEBRUARY	LEOPARDS	FRANK FAYO (AG.)
MARCH	LION	KARO TUSHEMERIRWE
APRIL	PANTHERS	ALEX NIYONZIMA
MAY	PUMA	ALBERT RUBOMBORA
JUNE	JAGUAR	FREDRICK TUMUSIIME

#KampalSouth #rckampalSouth #Masouthrotaryclub

Singing & Dancing

Creating impact beat by beat

Dance Theme: *Beyond Boundaries*
Song Theme: *Arise/Stand up Africa*

#RotarySDC23

RotarySDC

Have you invited your friend to **join** Rotary?

Rotary District 9213 & 9214 | Rotaract | CREATE HOPE in the WORLD

Singing & Dancing Competition IS BACK

Save the Date: **11th November 2023**

Venue: Kampala Parents School | Tag: Another chance. Registration Fees: TBC

Theme: *Offering communities another chance and inspiring futures*

#RotarySDC23

ROTARY CANCER RUN

THANK YOU RUNNERS

Rotary Cancer Run 2023 was a success because of you and we are proud and overjoyed for the big turn up country wide. Agwanya Wehabe, Agyalwama, Karito, Akwadiro, Wehabe Wehabe muhangwa!

Rotaract | CREATE HOPE in the WORLD

10TH - 12TH NOVEMBER 2023

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Rotary District 9213 | CREATE HOPE in the WORLD | FBU

WORLD POLIO DAY Commemoration

21ST OCT 2023 | SAVE THE DATE

VENUE: KIRANTE PRIMARY SCHOOL | TIME: 9AM

FOR MORE INFO: PRO: MARGARET OKELAL (+256 772 400273) | (+256 772 400273)

Rotary Kampala South | CREATE HOPE in the WORLD

Service Project Activities for Sept - Oct

- 15 Sep: Validation visit for Kyaka II CC in Kyegogwa
- 26-29 Sep: Kibandwa HC - Delivery & Installation of MCH-GG Equipment
- Oct: Mengo Dialysis Outreach
- 30-31 Oct: Commissioning of WASH Kyaka II Global Grant (Phase 1) Kyegogwa

#KampalSouth #KampalaSouth #Masouthrotaryclub



KlaSouth Investment Club

Committee:

1. Joanna Aber - Chairperson
2. Paul Maheme - Vice chair person
3. Charles Odaga - Secretary
4. Paul Nwanga - Treasurer
5. Susan Malovu - Member
6. Henry Makisa - Member

Advisory team:

1. Geoffrey Kitakile
2. Grace Kavuya
3. Vandy Johnsonguri
4. William Kasoti (Legal counsel)

Eligibility:

1. Member of RC Kampala South
2. Member of Kampala South lineage

Joining instructions:

1. Contact the Secretary for an application form
Make initial deposit: UGX 100K to the Dfow bank account below;

• Account name: KLSouth Investment club
• Account number: 01360013929343

2. Return completed form with ID copy and proof of deposit to Secretary (edagacharles@gmail.com) & Copy Treasurer (charlg@gmail.com)
3. Join the club & get a copy of the bye laws
4. Make monthly deposit of at least UGX 100K

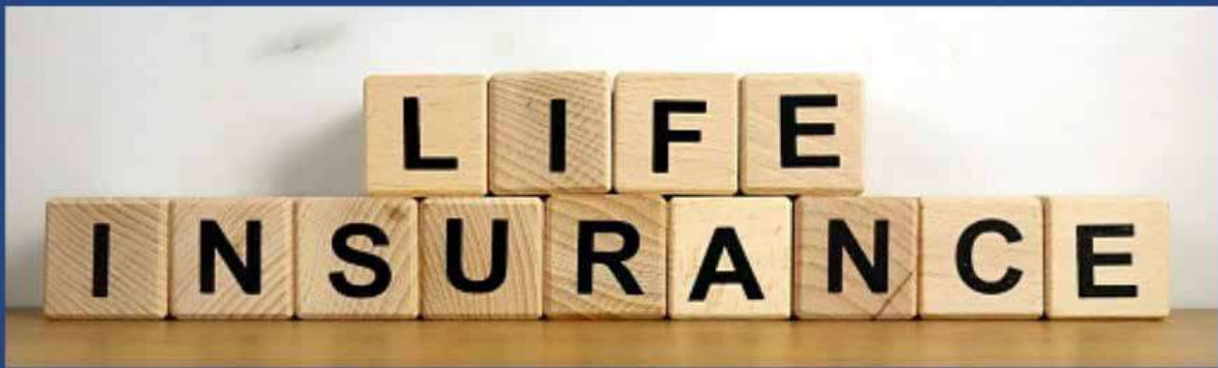
Benefits of joining:

1. Grow your resources as an individual.
2. Earn more from resource pooling.
3. Sense of belonging with other members.

Contact us:

Chair person: +256 782 721 212
Vice Chair person: +256 782 482 008
Secretary: +256 754 411 001

WORLD POLIO DAY 24 OCTOBER



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MY ROTARY JOURNEY

INNOCENT AGABA MIRAZE



Born To Be A Volunteer

When did you join rotary?

I was inducted into the Rotary Club of Kampala South on 16th November 2015, however my journey in Rotary goes way back to Ntare School in 2002.

What is your classification?

I am a Strategy & Financial Management Specialist by profession; however also a passionate farmer.

Are you a former interactor, rotaractor, lions club, youth alive member? If yes, what roles did you play in each of those social selfless service groups?

My journey with the Rotary family began in high school where I served in various positions i.e Treasurer and Vice President of the Interact Club of Ntare School. When I joined Makerere University Business School in 2004, I quickly identified the vibe and integrated with the Rotaract Club of Nakawa MUBS and served as Director Club Administration and Vocational Service.

My most fond Rotaract memories were after campus when I joined the Rotaract Club of Kampala City and served as Director

International Service, Vocational Service and Chair Literacy Fair Project. While in City I served at Country Level as the Inaugural Rotaract Country Professional Development Coordinator 2012/13 and also had the honors of Chairing the Country Youth Project during the RI President Ron Burton's Visit to Uganda in 2013/14.

Who lured you to join?

A good friend who also was my sponsor into Kila South, PAG Aggrey Kankunda (RIP).

Why did you join?

I have since childhood loved to serve, volunteer and I found all this in Rotary; And of course, the vibe is stupendous.

When joining Rotary, why did you choose Kampala South?

Being an alumnus of Rotaract Club of Kampala City, it is not very surprising that when I had to make the move, it had to be RC Kampala South given that City is home to many Southerners. I should add though that it wasn't so easy a choice given that at the time there were plans of chartering RC Kampala City, which is currently my second home.



Fitness Buff: Agaba is a health-conscious individual who has gym sessions on his weekly rota.

What is your earliest memory as a Rotarian?

A few days after induction, as I was still enjoying my “Rotary honeymoon” I was quickly summoned to the dance floor by the Stormers Captain. I clearly remember the words, “Gwe you guys are still fresh, come we go for S&D practice”. Stormers is the official name of the Kla South singing & dancing team. I obliged and like they say, the rest is history.

Which roles have you served from the beginning up to date?

In RY 2016/17 I served as Public Relations Officer under DGN Geoffrey Kitakule’s Presidency, then as Director Club Administration in RY 2017/18, Rotary Cancer Run 2017, Country PR Team, Chair Monitoring & Evaluation in RY 2021/22), Deputy Service Projects Director in RY 2022/23 and currently Director `Service Projects.

What is your nickname, who gave it to you and why do think you were given that particular one?

At any RC Kla South event, if you hear anyone calling, “Original” then they are referring to me. Until 20/21 I was the only Innocent in the Club, until some low budget guy called Innocent Ndawula showed up. So automatically you

can now figure out the other guy’s nickname. Note; (editor has taken note of this and he will revenge – In former president Idi Amin’s voice).

What is your philosophy of life?

Life is a tragedy to feelers, but a comedy to thinkers. Over the years, I have come to appreciate that there are certain things we can never change; we were born, we shall live and eventually die. But what we leave behind are forever memories, lives impacted positively or destroyed; so I encourage us all to think more through life than feel.

Does it match with your Rotary goals?

Sure, I believe it does, especially in building rapport with others, goodwill, and peaceful relations in my professional, and personal life.

What act and by who has humbled you most ever since you joined this selfless serving group of Rotary?

Not easy to single out, but I am always fascinated and humbled by the ever reliable and trustworthy Mr. Majidu, the Boda Boda guy who has been supporting the club since time immemorial. Majidu is not a club member and probably doesn’t understand the Rotary Object, Four-Way Test etc, but every time he is called to action, he does it diligently and with integrity.



Family Matter: Agaba (R) shares a light moment with his daughter Abigail as the son Alpha and wife Grace admirably look on.

What is your notion about the public in Uganda that Rotary is all about partying and more partying?

Well, before I travelled to Dubai I thought everyone there was very rich, but alas; So really, everyone is entitled to their opinion, but I encourage the public to experience Rotary themselves and not rely on social media commentary.

Boy-Child vs Girl-Child? Does the girl-child suffer more or it's just a figment of human nature's imagination?

All have sinned and fallen short of God's glory and hence need intervention. To me it is not an issue of who is perceived to suffer more, we need programs for both to deal with the specific identified challenges in their lives.

What other roles do you play in social service and administration sector in Uganda?

Prominently I am a proud father and husband to one lovely female wife Grace, Church Cell host and experimental farmer. I also serve as Partnership & Resource Mobilization Specialist at MSC, Islamic Financing Advocate, Board Member of the International Association of Strategic Planning (IASP- Uganda Chapter), and Associate Consultant with M Consults Uganda, Board Chair Infinity Investment Club, and support staff Nuli Honey.



Give Me Five: Agaba high-fives Christian Mugenyi, son to Rtn. Asa Mugenyi as Paul Lubega alias Rich Gang looks on during one of the Club Assembly meetings hosted at Asa's beautiful home in Naalya.

What do you deem as your biggest contribution to Rotary in Kampala South and Uganda as a whole?

It's a tough one, might not be the biggest but in Rotary I coordinated the development of the three-year Strategic Plan (2017-19) which was successfully implemented and set a precedent for the subsequent years and in Uganda as a whole I am honored to have contributed to developing the NDP 1 (2011-15), National M&E Policy 2015 and part of the team pioneering Islamic financing in Uganda.

Aside the cocktail of projects that run concurrently, what do you think makes Kampala South tick as a darling of many?

Kampala South has built structures and

systems and religiously follows the laid down procedures of the systems, so this keeps everyone in check; however, within this the club is highly adaptive, innovative and has the hunger to be the Rotary pace setter and problem solver.

Aside Rotary duties, what is your passion?

I love playing and watching basketball, football and working out. Networking, travelling, music and dancing, plus experimental agriculture.

What is the biggest life lesson you've ever received and who was it from?

"Learn from other people's mistakes,

because you might not be lucky enough to learn from yours," this is what my dad told me when I just joined secondary school.

What life lesson would you pass on to a person in your walk of life?

Two quick lessons, number one is lesson above from my father, second related to the first, the best time to plant a tree was 10 years ago, but the next best time is that moment when you realize it (now).

What is your life motto?

It is in a song, The Nights by Avicii ..."one day you'll leave this world behind, live a life you will proudly remember.

QUICK PROFILE

Name: Agaba Innocent Miraze
Occupation: Partnership & Resource Mobilization Specialist
Rotary classification: Strategy & Financial Services
Joined Rotary: 16TH November 2015
Rotary Role: Director Service Projects

ACADEMIC QUALIFICATIONS:

- Master of Business Administration (MBA)
- Bachelor of International Business (BINB - Economics)
- Balanced ScoreCard Certification – Strategy Management
- CIMA Diploma in Islamic Financing
- Certified Enterprise Risk Manager-@CERM
- Certified ISO 22301 Lead Implementer (Business Continuity Systems)
- Certified Expert in Financial Inclusion Policy (CEFIP)

FAMILY:

Wife: Grace Ampurira Agaba
Son: Alpha Nsenga Agaba
Daughter: Abigail Ankunda Agaba

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QUOTABLE QUOTES



Humour - Purpose of Rotary

"Joining Rotary is like having a second family, with mandatory meetings and lots of food."

Translation; A humorous saying that has been used within the Rotary community often used to capture the camaraderie, sense of community, and regular fellowship that are common aspects of Rotary clubs.



African Proverb - Wisdom Comes With Age

"The youth can walk faster but the elder knows the road."

Translation; Young people are more adaptable when they know what's going on, but the elderly have gone down the road already so they know the choices coming up.



Mental Health Moment - Just Be You

"Sometimes no matter how nice you are, how kind you are, how caring you are and how loving you are, it just isn't enough for some people."

Translation; Not everyone will respond positively to your kindness, and that's not necessarily a reflection of your character, but rather a reflection of the complexities of human interactions and individual differences.



Popular Adage - Substance Over Matter

"A rose by any other name would smell as sweet." - William Shakespeare's play Romeo and Juliet.

Translation; The intrinsic qualities or characteristics of something or someone are more important than the name or label attached to it. It suggests that names are arbitrary and should not define the true nature or worth of something. So, regardless of what you call a rose, its sweet fragrance remains unchanged.



TAKING CRICKET TO VILLAGES

Unseen and never done in such a long time, the National Boys Schools Cricket Week lasted for a whole seven days and, wait for it, had 16 participating schools.

You heard right. The practice had been that the week is just a week in words but the tournament usually took not more than five days. As for the participating schools...rarely above 10.

Organised by East Enders Cricket Foundation on behalf of Uganda Cricket Association (UCA), the 2023 Schools Boys Cricket Week tested, rather successfully, the possibility of having a big number of schools and for the whole length of the week.

Dreaming success

East Enders, a sports charity foundation, seeks to be Africa's and Uganda's most successful sports talent incubation hub through grassroots promotion and development of especially Cricket, Tennis, Golf, Hockey and Boxing.

The Boys Schools Cricket week was the first major national sports event to be entrusted with East Enders. Its massive success, where Jinja Senior Secondary School emerged winners after beating Nyakasura School in a nail-biting final, opened a successful holiday program for the sports hub in Jinja- the community cricket clinics.

At East Enders, we believe that whereas schools are good breeding ground for talent since majority young people attend school, community involvement in a sport is a bedrock of support both in terms of religious following and moral support for the game and the player.

Launching community clinics

We therefore launched a community cricket clinic in seven villages on the outskirts of Jinja City and one in Iganga: Namulesa, Kimaka/Amber Court, Walukuba, Bugembe, Mafubira, and Kivubuka. The clinics were the first step at introducing, developing

and running the game of cricket in communities outside of schools.

The response was electric.

"We always thought this was a rich people's game but we are happy that our children can now play it here near home," a parent in Namulesa exclaimed as she stood on the sidelines watching the kids play.

Sadam Oyaga, the Head of Cricket at East Enders says that should the experiment prove right, other regional hubs should consider community engagements.

"Traditionally we hear only of schools. Mwiri, Jinja SSS, Kololo SSS. You do not hear about a community team. In two years to three years, we should be able to hear communities or villages playing against one another here in Busoga Kingdom like Bugembe versus Walukuba West.

"We want to see community members and parents and relatives coming out to watch their children play. That is the reason we have included community outreaches and training to ensure that people understand the game and also identify their children and relatives playing it. We want them to show up and support," he said.



Teaching The Basics: Children in Jinja listen to their coach after partaking in a holiday East Enders Community Cricket Clinic in August 2023.

A portrait of a woman with short, dark, curly hair, smiling warmly. She is wearing a white sleeveless top and large, ornate, circular earrings. The background is a soft, out-of-focus beige.

SIX OF THE BEST *INNOVATIVE PROJECTS THAT HAVE EVOKED CHANGE*

SSENGA TASH'S FINEST PROJECTS

Suzan Tashobya alias Ssenga Tash is easily one of the most affable members at Kampala South. A disarming smile and humility beyond boundaries is what welcomes

you whenever she saunters into presence. She takes credit for truly playing out her classification and occupation to perfection to the benefit of not only those that are underprivileged but also club members. A lady with a big heart, Ssenga Tash opened up about her best six service projects that have yielded fruit.

GLANCE AT SSENGA TASH

Full Name: Suzan Tashobya

Classification: Psychosocial Services

Joined Rotary: 2016

Academic Qualification:

Master of Science in Clinical and Psychological Counselling (MCPC)

Occupation: Counselling Psychologist

Current Rotary Role: Mental Health Champion Team Leader

Previous Roles: Director Family of Rotary (twice) and Club Secretary

Family: Married To Mr. Edwin Paul Tabaro (13 years now)

Children: Three



1. Kikandwa Health Center Project

It is an amazing project that has been seen to benefit the community far and near the health center in accessing basic health care. This includes checks up for sugar levels, High Blood Pressure and HIV status among others. This has helped people to access free services in knowing and acquiring knowledge on some of the above mentioned non-communicable diseases and free psychosocial support that is pre and post counselling before doing tests.



2. Kamuganguzi Health Center

It serves many villages around the area and across Rwanda after the opening of the Gatuna Border. Kampala South's donation of an ultra sound scan was a great relief to the community to help curb down maternal and infant mortality rate through monitored and scanned pregnancies for better support and management.



3. Busesa Library Project

Is an amazing project that has encouraged a habit of reading in the community and at the outbreak of Covid-19 pandemic in Uganda in 2020. I had a privilege to provide counseling services to the adolescents in the music group. One of the touching testimonies about the library was a hiding place for children who were running away from forced labour by parents and hunger at home because they were assured of breakfast and lunch at the library.



4. Rotary Blood Bank

As part of the participants in the Blood Bank project, it is one we hold dear. Every now and again, our members make willing visits there to donate blood and save lives.



6. Friday Lazy Lunch (FLL)

This started in 2019 by a few members of the club who would meet up for lunch on Friday and would invite other members to join them. The numbers gradually picked up and within no time it became a club signature uniting factor. Members enjoy a light moment with each other and distress after a long week's work into the weekend. With the worst of the pandemic long gone, FLL has been reborn and it is in full gear lately. Check your whatsapp forums for the next venue. Note: Pocket friendly venues are chosen to accommodate every member including low budget chaps like SS (P.E Sam Sewagudde).



5. The Family Of Rotary Cook Out

This was an idea that was birthed from the Babe Zone, initially by Past President Rebecca Nambi calling for a get-together for the 'Babez'. It was never adhered to and during her presidency it was officially birthed as the Cook Out and was organised under the Family of Rotary docket which I led by the time. The entire club was involved and engaged through buddy groups and 'Kabulasoke' always gave the rest of the buddy groups a bloody nose! Oh Yeah! It brought about various soft skills from the members, it fostered togetherness, identified new friendships, true bonding and funny moments. But guess what? Some struggling buddy groups like 'Nyachonga' and 'Kikandwa' were seen bringing cooked food from outside whereas 'Bumasiky'e' struggled with their low-budget menu. Ouch!





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WHAT THE DAILIES SAY:

Regional News

The deaths are attributed to maternal health complications.

BY ROBERT MUHEZEA

Worry as Kabale loses 400 babies in one year

Maternal deaths in Kabale District have been attributed to a lack of obstetric services and a shortage of health centre staff and staff on pregnant women to monitor at least one year.

The district health officer in charge of maternal and child health Mr. Patrick Musinguzi said the deaths are a result of a lack of obstetric services and a shortage of health centre staff and staff on pregnant women to monitor at least one year.

"Since since last year to date, we have lost about 400 babies in Kabale due to lack of obstetric services and a shortage of health centre staff and staff on pregnant women to monitor at least one year," he said.

He said the deaths are a result of a lack of obstetric services and a shortage of health centre staff and staff on pregnant women to monitor at least one year.



The president of Rotary Club of Kampala South, Mr. Rita Tinka Mubazi (left), hands over essential health equipment to Kabale District leaders at Kamungu Health Centre in the district.

Court reinstates sacked Imam amid protests

BY FRED MUZALE

KAYUNGA: Kayunga Chief Justice Justice Kusingo has reinstated Sheikh Abdulhadi Shabazz, the Imam of Kayunga Town mosque amid protests from a section of Muslims.

Sheikh Shabazz, who was sacked in 2022 after a court order, was reinstated by the court over his unlawful removal from office.

The defendants included Sheikh Kusingo, the district judge, and the Imam's lawyer, Mr. Suleiman Njiru. The court also ordered the defendants to pay costs.

The court also ordered the defendants to pay costs.

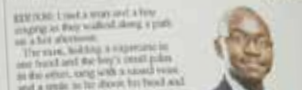
Order in terrorism

BY FRED MUZALE

What does it mean to be a terrorist? The court has ordered the defendants to pay costs.

The court also ordered the defendants to pay costs.

What Rotary means to the world



Rotary means to the world... It is a service to humanity.

Rotary means to the world... It is a service to humanity.

YOUR NUTRI

HOW YOU COOK YOUR FOOD BOOSTS NUTRI

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The president of the Rotary Club of Kampala South, Mr. Rita Tinka Mubazi, said the equipment includes a mobile ultrasound scan fitted with software that will allow mothers and pregnant women through their registered mobile phone numbers to check their maternal health routine through their mobile phones.

She said the equipment includes a mobile ultrasound scan fitted with software that will allow mothers and pregnant women through their registered mobile phone numbers to check their maternal health routine through their mobile phones.

Uganda registers up to 30 infant deaths per 1,000 live births, a number several times higher than four deaths per 1,000 live births registered in developed countries, according to a 2022 World Population Data Sheet released in September.

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Residents who attended the ceremony... The ceremony was held at the health centre.

Residents who attended the ceremony... The ceremony was held at the health centre.

Rotarians... The meeting was held at the health centre.

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HAWK'S EYE LODGE BUNYONI

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Uganda, Indian Rotarians agree on development projects

Rotarians from Uganda and India have agreed on several development projects in Uganda. The projects include building schools, health centres, and water supply systems.

Rotarians from Uganda and India have agreed on several development projects in Uganda. The projects include building schools, health centres, and water supply systems.

OPPORTUNITY



Dear Rotarians and well-wishers, The Southern Times 2023/2024 is a monthly magazine offering a chance to showcase our businesses in an elite way. Support Kampala South's Projects & Activities by advertising what you do. It could be a business, a skill or a consultancy. Let us SUPPORT each other!

SPACE	MONTHLY	3 MONTHS	6 MONTHS	12 MONTHS
1. Full Page	Buy 25 copies or 800,000	1,000,000	2,000,000	3,000,000
2. Half Page	Buy 20 copies or 600,000	800,000	1,500,000	2,000,000
3. Quarter Page	Buy 15 copies or 400,000	600,000	1,000,000	1,500,000
4. A Strip	Buy 10 copies or 150,000	200,000	600,000	800,000

For more information and booking call; Rtn Innocent Ndawula +256782 507606 (Chief Editor - The Southern Times 2023/2024 or Deus Muhumuza +256 756539496 (Club Treasurer - Kampala South)

UNPLUGGED - PARITY TWINOMUJUNI

WHAT YOU SEE IS WHAT YOU GET

How would you describe yourself?

This is usually a difficult question because people are better described by others. I am a God fearing person who loves living a simple life full of happiness.

What is your profession?

I am a certified Internal Auditor and have another Certification in Risk Management Assurance. I did accounting at undergraduate level and at Graduate level did Finance and E4Impact Entrepreneurship.

What is your profession and rotary classification?

My classification is Internal Auditing but I do more work in Governance, Risk and Control Consulting and Corporate Leadership and support. I play in the Hospitality Accommodation Sector.

What entails your daily profession and how do u delivery it as per rotary's Four-Way test?

My longest career was Internal Auditing which I promoted in the Country and beyond. I was the first Certified Internal Auditor in Uganda and this gave me



Hospitality Guru: A Parity Twinomujuni is simply one of the club's best orators – knowing to deliver even the most serious of messages in a manner that leaves the members in incessant laughter.

an opportunity to play a role in developing the Internal Audit Profession. Together with colleagues we started The Institute of Internal Auditors Uganda where I was the second President. We also started the African

Federation of Institutes of Internal Auditors where I am also a Past President. I have served on several committees of the Global Institute of Internal Auditors and several task forces for development of Internal Auditors in Africa and the Globe. In all these positions I maintain the highest levels of simplicity and professionalism.



Hospitality Guru: Also one of the club's Past Presidents, Parity Twinomujuni willingly participates in the collection of Gratitude Pounds (GP). One GP is equated to UGX 5,000.

What has been your biggest moment of satisfaction as a Rotarian?

Serving the community and seeing people grateful of our services.



Who Can Spot Parity?: A Parity Twinomujuni, a six-plus footer, finds his place on the front row on the floor with the rest of the excited Kampala South members after the District Governor's visit and Installation day on July 3rd at Hotel Africana – Kampala.

How happy are you with the growth of Kampala South as a Rotary Club

At first I was scared of the speed but now I enjoy seeing the club grow every season.

Take us back in time, how were meetings conducted?

Kampala South has kept simplicity in its approach to meetings over years. The club actually mirrors my character and if I was to choose another club to belong, it would still be Kampala South. It is very accommodative and tries to satisfy needs of members. Our meetings are always fun and provide opportunity to excel for members who have self-initiative. We have always looked to support each other in Rotary growth. It is though difficult to do well in Kampala South, if you are an introvert.

Anything different not being done today that you would love to do be done by Kla South both in meetings (and as a club)?

Not really. I am satisfied with the way the club is run. We need though to motivate members to be more active in projects. We could target at least that each member gets involved in at least one or two projects per year. With more numbers requires better governance and accountability. Our governance processes

have evolved well and we need to improve them further.

What are the good things you have achieved from Rotary?

They are many but key thing is that Rotary promotes personal professional growth, provides a great support system for an individual and also support for our communities.

Tell us briefly about your family!

I am married to Mary Twinomujuni and together we have raised four wonderful children that we grooming to be great citizens.

Tell us something that you think Rotarians don't know about you as a character!

That is difficult to answer because I tend to be open and don't hide so much my emotions.

Where do you see Kampala South in five years?

We shall continue to grow but my worry shall be if our structures fail to grow at the pace of membership growth. We can no longer pride in our informal approach and in the next five years, we may look at having all



Boys Day Out: Parity Twinomujuni (2nd R) Dr. Richard Kalungi (2nd L) and Alex Niyo (L) listen in as Innocent Agaba and a medical personnel at Kamuganguzi Health Centre brainstorm.



Meeting In Progress: Parity Twinomujuni (C) explains a point to HCP Rita Tinka (R) and Projects Director Innocent Agaba during the MCH exercise at Kamuganguzi HC in Kabale.

formal structures of a corporate body with many employees that support a volunteerism approach.

QUICK PROFILE

Full Name: Parity Twinomujuni

Rotary Classification:

Internal Auditing & Tourism Hospitality

Joined Rotary: July 2002

Occupation:

Tourism Consultancy

Current Role At Your Rotary

Club: Head of Fundraising

Others: Member Service Project, Mental Health and Membership committees

What would you want to be remembered as by Rotarians?

That I lived and enjoyed my Rotary life to the fullest.

Any advice to the boy-child and maybe also a word for the girl-child?

Where I come from they say; "Omusheija obusheija abwetera". This simply means that a man develops his 'manism'. A man is expected to have self-initiative, be hardworking and face the world with opportunism with self-respect and able to support his family. Society does not expect us to empower a boy-child through programs that we have used for the other gender. In my opinion, in supporting the boy-child, we should focus on values and also instill skills that our ancestors used to develop a man but in a modern setting. I would still go for a kick-butt approach and leave room for the individual purpose to come out of each boy-child. A uniform approach for developing a boy-child should not lose focus of the need for each of the boys to form differently. The empowered girl-child should be focused for more participation in economic activities and less dependence on the boy child.

Final remarks?

Rotary is in me and would love to be in it for the rest of my life.



Special Day: The club members born in the month of August cut cake to celebrate their anniversaries after the weekly meeting at Hotel Africana on September 4th.



Showing Gratitude: Club member Caroline Nampijja (L) presents a certificate of appreciation to CP Sam Ngambwaki after he facilitated a meeting themed 'Road To 500' at Hotel Africana on August 21st.

PICTORIAL

LIVELY COCKTAIL OF ACTIVITIES TO KEEP MEMBERS & GUESTS YEARNING FOR MORE



Co-Existing: The club's fundraiser and launch of the Boy Child Uplifting Programme (BCUP) project was one filled with energetic performances from a predominantly boy-child troupe.



Our Way: Club elder Langoya Jane Okot P' Bitek (R) hands over a certificate to a Vermillion Foundation official after a revealing and humbling presentation on Autism Awareness.



Welcoming Committee: (L-R) Paul Muwanga alias Kojja 4P, Bulletin Officer Innocent Ndawula, Attendance Officer Albert Rubombora and Club Admin Pius Kusiima at their weekly meetings' entrance spot ready to serve.



Fresh Blood: PP Anthony Mwandhya (R) introduces Martin Nkoyoyo (alias Yoyo & Benefit in the TV Series Prestife) on his first ever interaction with Rotary. He is a film maker who is desirous to use his vocation to help those who are less fortunate than we are.



Fit Of Laughter: PP Stephen Ssendi (R) of RC Kampala North had the club's Administration Director Ian Mugisha in the exact state he wanted as the two caught up after a weekly meeting at Hotel Africana.



Boys To Men: David Kahwa (L) has some wise words for PP Peter Mukuu's teenage twin sons; Carl and Craig that always find time during holidays to pay the club members a visit during the weekly meetings at Hotel Africana.



Family Support: Club member Denis Kahindi's family acknowledge the recognition from the club members while being introduced at the beginning of a weekly meeting.



QUICK HITS & SNIPPETS

A Dazzling Venue

The triple-skyscraper complex that will host part of the 2024 Rotary International Convention in Singapore is sure to rank as one of the coolest sites yet for the global gathering. To start, there's how it looks. Marina Bay Sands has a roof deck resembling a long boat that connects the trio of 57-story hotel towers and includes an infinity pool.

Attending the House of Friendship and breakout sessions in the convention center below puts you in the heart of a dining, luxury shopping,



Bay Of Plenty: Singapore boasts of several iconic landmarks that are worth visiting from Marina Bay Sands to Gardens by the Bay.

Singapore Sights: A Marina Bay Sands has a roof deck resembling a long boat that connects the trio of 57-story hotel towers and includes an infinity pool.

and entertainment megaplex. Exploring the top attractions is a vacation in itself — one that you can fit conveniently around your convention schedule. Buy a ticket to SkyPark on the roof deck to look over the skyline and the bay.

The Shoppes mall features big-name brands, even including kids clothing stores from Dior, Versace, and more. Book a meal to remember at one of several restaurants by celebrity chefs. Two are recognized with Michelin stars: Cut steakhouse by Wolfgang Puck (one star) and Tetsuya Wakuda's Waku Ghin (two stars), which offers Japanese fine dining with French and Italian touches.

Take a boat ride on an indoor canal fed with rainwater collected in a giant, transparent bowl outside. A waterfall through a hole in the bowl dumps into a pool inside.

A light and water fountain show called Spectra is free each night. And there's still a stacked schedule of live shows, an art and science museum, a nightclub with a three-story spiral slide ... discover the rest 25-29 May when you arrive to start Sharing Hope With the World.

A Forgotten Diary

In 2005, Gerry Coakwell, the incoming president of the Rotary Club of High River in Alberta made an unexpected discovery.

Looking through the cupboards at the meeting place for the club near Calgary, he found the forgotten Rotary diary of George Mack, a charter member of the club and its 1935-36 president. Eight years later, after rescuing the diary from a flood that inundated High River, Coakwell resolved to ensure its preservation.

He discussed the matter with fellow member Wally Gardiner, and together they reached out to Irene Kerr, director of the town's Museum of the Highwood. "Thanks to the efforts of Irene and her volunteers, the diary has been digitized for posterity," says Gardiner.

Speaking with the High River Times, Kerr said, "It was inspiring to see how Gerry treasured and cared for this precious artifact that is so

important in Rotary's long and rich history in High River."



Unbelievable Memoirs: (L-R) Museum's Young Canada intern Megan Phalen, Curator and Director of the Museum of the Highwood Irene Kerr, and Rotarians Gerry Coakwell and Wally Gardiner were all a part of the handing off of the document. Hidden for 70 years, a past president's diary offers glimpses of 1930s Rotary life. The diary of George Mack, president of RC High River from 1935-36, can now be seen at the Museum of the Highwood after being digitalized on February 25, 2023.

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A Global Challenge

In 2021, the United Nations passed a resolution recognizing 25 July as World Drowning Prevention Day and calling on member states to develop national prevention plans with measurable targets.

According to the World Health Organization, drowning is the third leading cause of unintentional injury deaths worldwide.

An estimated 236,000 people die yearly from drowning, with low- and middle-income countries accounting for over 90 percent of those deaths. Drowning is among the 10 leading causes of death globally for 5- to 14-year-olds.

WHO considers drowning preventable and recommends interventions including teaching schoolage children basic water safety and safe rescue skills; training bystanders in rescue and resuscitation; providing safe places away from

water for preschoolage children; installing barriers to control access to water; enforcing boating, shipping, and ferry regulations; and improving flood risk management locally and nationally.



Dreaming Differently: Members of the Rotary Club of Global Water Safety & Drowning Prevention, including (from left) Alina Graham, Eve Fraser, and Brendon Ward, are expanding access to quality swimming lessons around the world.

Where Cultures Meet

In May 2023, when Rotary leaders gathered at the convention in Melbourne to appear in a Welcome to Singapore video, Ghim Bok Chew presented them with silk scarves adorned with a radiant, multihued orchid called the Vanda Miss Joaquim. Chew, an RI director and the chair of the Host Organization Committee for the 2024 convention, later explained to me that the orchid is named after the woman of Armenian descent who first cultivated the hybrid flower in Singapore more than a century ago. “This orchid is Singapore’s national flower and a symbol of our history and national identity,” he said, and this particular orchid is an apt symbol of the island country’s multicultural heritage.



National Attachment: A specific orchid hybrid known as the “Vanda Miss Joaquim” or “Miss Joaquim Orchid” is the national flower of Singapore.

Green Inspiration

In Singapore, you'll discover lots of ideas on how your club can protect the environment — not just in convention breakout sessions but all around the city.

The small island nation wants to inspire the world with its innovations to address climate change and displays its green creativity at most every turn: Plants cover building faces and rooftops to cool the structures, and parks are abundant, with a goal that every resident can walk to one within 10 minutes.

Officials from the city-state hosting the 2024 Rotary International Convention call it a living laboratory aimed at reducing its carbon emissions to net zero by 2050.

Key milestones by 2030 are to plant 1 million

trees, increase solar energy deployments 400 percent, cut about a third of waste to landfills, and freeze growth of internal combustion vehicles.

Here are a few more environmental programs and plans in Singapore that might energize you: “closed-loop” water recycling to reuse every drop, conversion of incinerated waste into sand for construction, car-free town centers for walkers and cyclists with underground roads, vertical farming indoors to increase local food production, and micro-climate modeling for development to strengthen wind corridors, position buildings for natural ventilation, and identify hot spots for greenery.



Treasure City: Singapore sees its green economy as an advantage that drives growth and new jobs.

No Littering In Singapore

Singapore restricts the sale, import, and production of chewing gum to stop the sticky mess from littering properties. EcoWatch named Singapore as Asia's greenest city in 2022 — and a 2021 Time Out survey called it the world's greenest and cleanest city. Singapore is a country of many languages, especially Chinese, English, Malay, and Tamil,

though English is the default lingua franca. Singapore is ranked the sixth most peaceful country worldwide and the first in Asia on the 2023 Global Peace Index. Singapore restricts the sale, import, and production of chewing gum to stop the sticky mess from littering properties.

Green Inspiration



Continuing To Serve: The Mengo Rotary Blood Bank's new board comprises of Kampala South members Dr Richard Kalungi (aka RKK) and PP Peter Mukuru (aka PK). The handover ceremony was held at Emin Pasha Hotel on September 2nd, 2023.

MILESTONES & ACHIEVEMENTS



Decorated: District Governor Nominee Geoffrey Kitakule being pinned as a Major Donor by the Rotary International President Gordon McNally during the 5th All Africa Zone Institute in Lusaka, Zambia that took place from September 4th to 10th, 2023



Rewards Of Service: District 9213 where Kampala South belongs received certification as the best club via Membership Growth & Development for the year 2022/23 and finished third in the category of 'Generous Contribution To The Rotary Foundation during the 5th All Africa Zone Institute in Lusaka, Zambia that took place from September 4th to 10th, 2023.



Conquered: Scovia Namakoye Sybil achieved a personal goal to go up the Mount Washington State Park in New Hampshire, US on September 4th, 2023. The Mountain is a 60.3-acre parcel perched on the summit of the Northeast's highest peak, is surrounded by the extensive 750,000-acre White Mountain National Forest.



Turning Up: Club members gather at Panamera in Kololo-Naguru, Kampala to attend an event of Rct Kampala South in September 2016.

BLAST FROM THE PAST



Voyage Thrills: The Southerners touring the oil-rich region of Hoima District take a leap of faith along Kaiso-Tonya Road in Nov 2019



Helping Hand: Club members helping to unpack and separate medicines during a Health Camp at Kandegeya Primary School in Kabulasoke on October 24th, 2015.



Making A Splash: The club's swimming team comprising of Albert Rubombora, Pamela Nakityo and Charles Odaga show off their medals at the event hosted by Rct Bukoto Swimming Competition at Kampala Parents School on December 3rd, 2017



Sense Of Belonging: A Rotarian from RC Milimani is happy to mix and mingle with the little ones from Grace Villa in Kabale during the recent Nyaconga Season 10 Project tour.

CLUB ACTIVITIES

WHEN THE TWINNIES TWINNED, AGAIN!!!

RC Milimani, RC Kampala South show the love

We Were Here: RC Milimani's ladies soon after receiving club memorabilia from HCP Rita Tinka (2nd L) during a weekly meeting at Hotel Africana last month.

For several years now, the Rotary Club of Kampala South has grown, nurtured and blossomed a twinning relationship with the Rotary Club of Milimani in Nairobi, Kenya D9212. It was thus an opportunity worth taking when an exchange visit by RC Kampala South to RC Milimani was organised at the end of June, 2023. Yours truly was fully on board.

It was an epitome of hospitality and happiness coupled with visits to service project areas west of Nairobi as the hosts and us the 'wageni' made great use of the singing and dancing talents ever bestowed. The mantra; work hard and party hard, was exhibited to fullness. In the discussions that ensued along the three days' visit, it was clearer than ever before that the need to make these twinning visits more regular was more evident.

Opportunity to serve & enjoy

Fast forward, the engagements that followed centred on a possible 'mini' twinning visit by RC Milimani to RC Kampala and the signature Nyaconga Season 10 Blazing provided that opportunity. As it turned out, up to 4 Milimanis signed up to take part in the Nyaconga Season 10! Awesome! Awesome!



As the main Nyaconga team worked themselves lame to deliver a meticulous experience, which efforts hugely paid off, a small team was assembled to keep tabs with the 'Twinnies' coming in from Nairobi and ensure their stellar hospitality. In the entrenched Southern style, the team was seamlessly picked from their respective points of entry, settled into their respective 'homes' for the next few days and quickly fit into the Ugandan vibes!!

Man oh man, there was no space for rest; it was place after place; eating and drinking and dancing and jazzing. Strangely, you could mistake the team to have been born and bred



in Kampala given the speed at which they blended in.

Joy undefined

Come the D-day and all is set for the all-day travel to Nyaconga; all day not because it is such a long drive but it is planned to be a leisurely drive. Despite the late set off arising from unforeseen logistical arrangement, the team remained buoyant and when the rubber finally kissed the tarmac, the beams on the faces told the story without words.

Motherly Touch:

A RC Milimani lady and another RC Kampala South help to administer medication to young child at Kamuganguzi Health Center during the MCH Project work in Kabale.

What happens in Vegas stays in Vegas! Nyaconga the Vegas of Kampala South!!

I can say this though; the experience was one to die for. Climbing up the hill to the reception area, daily trips to and from the Log House, swings and dives at the Hammock and all, it was exciting and tiring in one package. The experience with the Maternal and Child Health project launch, the dancing with the girls at Grace Villa, the water and zip lining moments, the fireplace chat and thereafter.

I was happy to play the neighbourhood watch all through the visit and can attest to the happiness exhibited from all corners.

The drive from Nyaconga marked the start of another phase of enjoyment rather than the end. A lot was still unaccomplished on the hospitality line up and it had to be done. The welcome team thus made every move to ensure the Twinnies had the best experience.

True hospitality

We were honoured to host the Twinnies at the RC Kampala South weekly meeting on Monday at Hotel Africana and a great moment it was. Kimeza followed both at Africana and out in the City suburbs. There wasn't any clearer demarcation between day and night! And before we knew it, the next day had dawned on us and the sumptuous lunchtime Nyamachoma at Meat Guy had to be 'abandoned' and all networks marshalled to secure a lead car and VIP clearance at the Airport if the team were to get onto their flight!!

By God's grace, the Milimanis were safely checked in at the dot and had a safe flight back to Nairobi.

We are eternally grateful to those who made all this possible and taking on the precedent of our former President; WE SHALL ALWAYS LOOK OUT FOR OPPORTUNITIES TO REVENGE.



CLUB PROJECTS

Water Is Life: At Ongutoi Health Centre, there is now accessible water for the staff housing, supplemental water for the centre and irrigation.

WATER COLLECTION FOR SUSTAINABILITY

A Case Study of Ongutoi Health Centre

With a potential Global Grant being developed by Rotary Club of Kampala South District 9213 and Rotary Club of Newmarket District 7070, here is a brief outline for the benefit of all Club members.

The project is located on the site of Ongutoi Health Centre that is located in Amuria District located in the Teso sub-region of North-eastern Uganda. This region was one of two sub-districts that were 100 per cent displaced during the Lord's Resistance Army (LRA)'s insurrection that ended in 2005.

Rtn. Richard Mewhinney from the Rotary Club of Newmarket visited this site for the first time in February 2009. At that time, the Health Centre comprised a small single clinic building that at the time was bat and rat infested with

minimal supplies.

In the beginning

Hearing stories of women having to walk 27-35 kilometers while in labour to receive medical attention leading to a mortality rate in excess of 10 percent, and a desperate plea for a more comprehensive health facility in Ongutoi lead both our friends who introduced us to this site High Adventure Gospel Ministries Canada and Rtn Richard Mewhinney to begin the process of developing the health Centre that exists today.

During the time of the Health Centre Development from 2010-2017, we identified the need to transition to a sustainable income model and move away from dependence on funding from Canada to support health services. Little did we know COVID-19 was on the horizon that would accelerate some changes. From 2018-2022, a pilot project titled Water Collection for Sustainability was developed largely from support of District 7070



Dream Realised: Kampala South members, Ongutoi HC administrators and area's leaders at the water harvesting area of the budding project.



spearheaded by the Rotary Club of Newmarket.

The theory behind the project was to develop a system for rain-water collection and storage that would facilitate irrigation of a crop year-round. The net result would be to generate revenue that would support the project with the primary objective of feeding most of the revenue back to the health centre allowing for long term sustainable affordable health care at Ongutoi Health Centre.

Since the beginning phase of

Haven Of Fruits:

The possibility of water irrigation has made it possible for an orchard of orange trees which was identified as the crop of choice for the region.

implementation in 2018, we have proven the concept works, verifying the ability to collect and store rainwater and drip irrigate an orchard of orange trees that was identified as the crop of choice for this region.

Seeking greater revenue

With additional lands available for the project and the desire to ensure a large enough crop to maximize revenue we are embarking on a Global Grant expansion of the Water Collection for Sustainability model facilitating greater revenue potential and maximizing the support for the health centre.

Since the pilot project was developed and we have moved to the development of the Global Grant, a number of factors have changed.

A small isolated aquifer was found on the site of the Health Centre and HAGCM had a donor that helped with the drilling of a bore hole that provides some additional water supply. The water supply has 3 purposes with the following priority;



Green Vegetation: Several orange trees have blossomed at Ongutoi HC because of the well-implemented Water Collection for Sustainability project.

1. Water for the Staff Housing Area at Ongutoi Health Centre
2. Supplemental water for the Health Centre during dry season if there is a water shortage
3. Supplemental water for irrigation minimizing any potential to buy water if the rainy season was weak or the dry season extends

This has allowed for some additional planting of trees to take place while working towards the Global Grant. Please note, Rotary didn't choose the crop nor is Rotary responsible for the purchase of the trees.

Other changes largely as a result of COVID-19;

HAGCM experienced a significant reduction in donations for the support of the Health Centre and needed to transition to a local operating partner at Ongutoi Health Centre sooner than was originally planned.

The new operating partner is the Roman Catholic Diocese of Soroti Health Unit as they have much experience in running Health Centres and are most enthusiastic about the sustainability model. Even though there has been this change HAGCM continues to

financially support Ongutoi Health Centre currently with donations that are received for that purpose.

With a new operating partner we have had to take a step back to ensure new staff have been trained in the operation of the Water Collection for Sustainability pilot project.

Grant campaign

We have also benefitted from the fact that several members from Rotary Club of Kampala South have joined us at Ongutoi to see the project and participate in some of the activities as we work towards a Global Grant.

Other developments as a result of what has happened at Ongutoi and Water Collection for Sustainability. Replication of what has been put in place is already being seen.

A site close to Mpigi has been developed with great success by a non-Rotary connection who was aware of the Ongutoi project. Further small scale irrigation is being trained to women at a skills development site in Nakyessa.

For a brief view of the pilot project development please view the most recent video at;

<https://www.youtube.com/watch?v=Z1WVQ9eyBjc>



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PROJECT REPORT

All Eyes: RC Kla South and RC Milimani members join medical personnel at Kamuganguzi HC to help weigh children at the project launch.

THE RIVETING STORY OF NYACONGA SEASON 10

From August 18th to 20th 2023, the Rotary Club of Kampala South together with its partners from various Rotary and Rotaract Clubs took to the road to conduct its 10th edition of the signature Nyaconga project which consisted of a number of activities. The program started with an early morning departure on 18th August at Forest mall, a BCUP project at 4pm in Ntare school in Mbarara, the launch of the Maternal & Child Health global grant project at Kamuganguzi on 19th August, Mental Health Session and a courtesy visit to Grace villa girls home on 19th Aug 2023. With this well executed, Nyaconga Season 10 ended and the travelling team returned to Kampala on 20th August 2023.

This Season was special because it was graced by our international partners/ twins from all the way from Milimani – Kenya and also marked the launch of the MCH Global

Grant worth USD 122,620 which is aimed at improving the lives expectant mothers and children under 5 years. The project was also attended by Rotarians and Rotaractors Kabale, Mbarara, Kisoro.

Boy-child uplifting session at Ntare School

On 18th Aug 2023, the Rotary Club of Kampala South together with the Rotaract Club of Mbarara conducted a Boychild uplifting session at Ntare school Mbarara under the theme “men of valor, being the man you should be” The session was attended by over 200 young men from the historical Ntare school famous for having natured two current sitting Presidents, H.E YK Museveni and H.E Paul Kagame.

Brief of BCUP

Over the decades, our society has built an average record of 87% initiatives focusing on mentoring and empowering the girl child, whereas only 13% documented initiatives are focusing on mentoring the boy child.

The continued exclusion of the boy child in gender equality campaigns and programs has created a population at crossroads grappling with crime, low self-esteem, violence, widespread alcoholism, drug abuse, and increased school dropouts.

With closer needs assessment in Uganda, the boys are becoming the weaker sex.

Today, there is substantive debate about the boy child, with many people feeling that there is need to re-think whether the advancement by girls has completely kept out the boys.

The BCUP program seeks to empower and support the boy child to 30% of the boys and young men in Uganda who are currently living below the average life of basic education and employment

Key activities done

The Rotary team was warmly welcomed by Mr Rwampororo together with the Chairman Ntare School OBs Association Mr Kashanku.

The HM who also happens to be a Rotarian from RC Mbarara appreciated the work of service and impact on the community by the club and the rotary fraternity at large and pledged full support for the sustainability of the partnership between Rotary and Interact club of Ntare school.

He also thanked OB Innocent Agaba (Director Service Projects) for having remembered his roots and returning to impact the young men.

The HM welcomed the BCUP program into Ntare school and thanked RC Kla South for choosing this school.

Remarks from the President Rita Tinka

The President gave gratitude remarks to the headteacher for giving the club an opportunity to interact with the men of valor. She further commended the smartness and discipline of the boys asserting that's the true definition of responsible and empowered youth and men

Applauded the club for appreciating rotary by having an interact club which is a symbol of rotary in schools.



Home Of Lions: Ntare School Headmaster Mr. Saul Rwampororo welcoming the Rotarians ahead of the BCUP project exercise. Below are students of Ntare School all ears as the Rotarians made presentations.



Objectives of BCUP session at Ntare School

- To create or consolidate education opportunities for the boy child.
- Conduct mindset change projects through support, share learning experiences and support with rewarding effort and practice for individual and group improvement
- Conduct skilling programs to empower the boy child with life skills.

MCH GG Project Launch at Kamuganguzi HCIII



Equipped For Medical Change: HCP Rita Tinka hands over the portable ultra sound scan machine to a medic. It will help doctors to deal with varying patients complications.

On 19th Aug 2023, the RC of Kampala South together with its partners officially launched the Maternal & Child Health (MCH) Global Grant (GG2230735) at Kamuganguzi Health Centre in Kabale where the following items were handed over to the Health Centre;

- Stethoscope
- Pulse oximeter, fingertip
- Delivery bed
- Height meter
- Adult weight scale
- Portable ultrasound scan mindray dp 10 brand new with 2 probes
- New printer sony
- Scan trolley
- Baby weighing scale manual pan type
- Weight scale hanging type with trocar
- Examination bed ss
- Blood pressure monitor elektro brand
- Muac tape ped
- Fetoscope allumnium

The MCH project implemented by Rotary Club (RC) of South (Host) & RC Taipei East (International) was made possible through a global grant from Rotary Foundation and contributions from the partners listed on the signage that was erected at the Health Centre;

Objectives;

1. Improve the health status of women & children through improved access and quality Reproductive and Child Health services with focused attention to the most vulnerable sections of the society.
2. Promote the Positive health seeking behavior among community particularly in the reproductive age group.
3. Improve the status of Ante Natal Checkups, Post Natal Check-ups and promote institutional deliveries amongst target group.
4. Educate approx. 10,000 adolescent girls and boys through Family Life education in Middle and secondary schools in project areas
5. Promote menstrual health



Joint Partnership: The MCH project implemented by Rotary Club (RC) of South (Host) & RC Taipei East (International) was made possible through a global grant from Rotary Foundation and contributions from the partners listed on the signage that was erected at the Health Centre.



Letting Loose: The scintillating performance from the girls justifiably got everyone dancing

Fellowship with children , administrators

The team then headed to Grace villa Girls home for a courtesy visit. They were warmly welcomed by the excited and vibrant young girls. As usual there were breathtaking performances by the girls which kept the Rotarians on their feet



Noble Deed: At Grace Villa, the Rotarians engaged the little girls, enjoyed the freshly prepared tea and presented donations of clothes and a quick Gratitude Pounds collections amount of UGX 1M.

SPORTS ROUND-UP

Uganda Cranes win battle but lose qualification war



Uganda will not be at the Africa Cup of Nations finals for the second successive time despite beating Niger 2-0 in Morocco on 7th September.

Aziz Kayondo and Joseph Ochaya scored Uganda's goals in the first half but Tanzania held out for a goalless draw in Algiers for the Taifa Stars to qualify alongside Algeria, on the same Match Day.

Algeria ended the campaign on 16 points from six matches and Tanzania on eight, one more than Uganda.

Cranes coach Micho Sredojevic had asked his players for the "final product" which they produced but fate was never in their hands.

Uganda will now turn attention to the 2026 Fifa World Cup qualifiers which start in November this year.

For God & My Country: Uganda Cranes players sing the national anthem before their game against Burkina Faso in Libya.



A Little Too Late: Cranes defender Aziz Kayondo is lifted shoulder high after scoring the opening goal for Uganda. Unfortunately it was a little too late as Uganda failed in its bid qualify for the Africa Cup of Nations.

The Cranes are pooled alongside Algeria, Guinea, Mozambique, Botswana and Somalia.



Legacy Lives: Coach Micho and Fufa consented to part ways after a failed Nations Cup qualification campaign but the gaffer will also be remembered for taking back Uganda to the big time for the first time in 38 years.

Coach Micho leaves as both hero and villain in Uganda

In the end, Uganda Cranes' coach Serbian Milutin "Micho" Sredojevic was always going to be the biblical sacrificial lamb for the senior men's national soccer team's ineptness in their Africa Cup of Nations Qualifiers.

The tournament proper is scheduled for Ivory Coast early next year but Micho was literally sacked after exactly two years and 14 days into his second spell of a three-year contract signed late July 2021.

"Today, Thursday 14th September 2023, Fufa and Mr. Milutin Sredojevic agreed to mutually end the existing employment contract between the two parties," Fufa announced on their website.

"Fufa appreciates all efforts and commitment by Mr. Milutin during his period as Head coach of Uganda Cranes."

Bar the 2017 stint when he took Uganda back to AFCON for the first time in 38 years, Micho's second spell has been admittedly poor, but so have been his employers, Federation of Uganda Football Associations (FUFA), and the Government in failing to define the country's actionable strategy and having a home venue for Uganda, respectively.

Playing home matches, away from home was certainly Uganda's main undoing as the team lacked a 12th man was many a time fighting to stave off fatigue as they were on the road.

But the 54-year-old, who also coached a heavily successful SC Villa side in the early 2000s, will forever remain revered in Uganda's football folklore for having guided Uganda back to the continent's signature tournament on September 4, 2016 when Farooq Miya's solitary goal against Comoros ended years of hurt.



Avenger Mode: Erling Haaland scored 36 goals as Man City won the league last season and he's still at his unstoppable best in the new season as he continues to bang them in for free, literally.

Manchester City Blitzkrieg Sets Early Premier League Pace

The English Premier League is back with a vengeance, and it's Manchester City who have surged ahead to set the early-season pace. Pep Guardiola's men have been unstoppable, accumulating a perfect 12 points from their first four games. With a blend of artistry and precision, City's goals machine Erling Haaland and Julian Alvarez have been orchestrating a symphony of goals, leaving opponents bewildered.

While Manchester City is flying high, the race for second place is as tight as ever. Tottenham Hotspur, Liverpool, West Ham United, and Arsenal are all tied on 10 points, separated only by goal difference. Spurs have shown resilience, Liverpool continues to exhibit their attacking prowess, West Ham is riding the wave



of last season's success, and Arsenal has found renewed vigor.

Football fans around the world can hardly wait to see how the season unfolds, as the drama, excitement, and surprises of English football continue to captivate audiences globally.



Victory For Victor: Victor Kiplangat ran a well calculated race to beat 83 other men to the marathon gold on the streets of Budapest, making him the fifth different world champion ever from Uganda.

Cheptegei, Kiplangat harvest gold in Budapest

Uganda's Joshua Cheptegei and Victor Kiplangat achieved extraordinary success, both claiming gold medals in remarkable displays of long-distance running as Uganda finished third in Africa and 11th globally at the World Athletics Championship in Budapest, Hungary last month.

Joshua Cheptegei, already a global athletics sensation, asserted his dominance in the men's 10,000 meters. With an unmatched combination of speed and endurance, Cheptegei surged ahead in the final laps, leaving his competitors struggling to keep up. His relentless pace and sheer determination secured the gold medal, adding yet another illustrious achievement to his career.

Meanwhile, Victor Kiplangat scripted history in the men's marathon. Battling sweltering heat and a demanding course, Kiplangat showcased exceptional resilience. His strategic approach and unwavering focus allowed him to maintain a consistent lead throughout the grueling race. Crossing the finish line with

determination, Kiplangat claimed Uganda's second gold medal of the event.

The victories of Cheptegei and Kiplangat not only brought immense pride to Uganda but also served as a source of inspiration to athletes globally.



Lasting Legacy: Joshua Cheptegei became the fourth man in history to win back-to-back-to-back world 10000m titles, following the footsteps of Ethiopia's Haile Gebresselassie and Kenenisa Bekele as well as Great Britain's Mo Farah.



Passion Reawakened: Children and youth from different walks of life including students from 16 schools that were participating in the Sky View National Boys Schools Cricket Week gave a rousing reception to the ICC World Cup Trophy when it arrived at Jinja Senior Secondary School on August 28th.

Cricket World Cup Trophy Tour Destined To Inspire Youth

Uganda Cricket Association (UCA) are hopeful the recent World Cup Trophy Tour will endear them not just to more youngsters playing the game but to a larger elite fan base that will attract government support and the corporate world to come through and support the development and growth of the 'Gentleman's Game' right from the grassroots.

The Pearl of Africa was chosen as one of the 18 countries to host the World Cup Trophy globally from 27th June and just among three from Africa.

Uganda got its fair share of hosting the game's 'Holy Grail' from 26th to 28th August across the

country with a series of activities that UCA and its partners aimed at showcasing the country's rich culture as well as its tourism potential.

"We have killed so many birds with one stone and this trophy leaves a lasting legacy," said UCA chairman Michael Nuwagaba.

"It has built belief in the younger generations that it's possible to play at the highest level. We hope to build on its monumental visit and grow the game further.

Only three Ugandans have played in the World Cup; John Nagenda (RIP) and Sam Walusimbi for East Africa at the inaugural showpiece in 1975 and the towering Henry Osinde for Canada in 2007 and 2011.



Showing Their True Colours: The Cricket Cranes were in bullish mood – winning 11 out of 12 matches – enroute to defending their East Africa T20 Trophy in Kigali, Rwanda earlier this month.

Cricket Cranes successfully defend East African T20 Crown

Eleven wins out of 12 matches for a haul of 22 points, Uganda were surely deserved winners as they retained the East Africa Trophy at Gahanga Stadium in Kigali-Rwanda on 2nd September.

“It was a very important tournament for us to bounce back after the disappointment of Namibia,” said South African coach Laurence Mahatlane.

“Given that we were missing a lot of players for the Namibia trip, it was good to see Ssesazi (Simon), Ssenyondo (Henry), Mukasa (Roger), Patel (Ronak) and Ssebanja (Jonathan) back on the park. It was also exciting to work on other options and give different opportunities to some future talent in the country.”

Ssesazi (337 runs) and Ssenyondo (9 wickets) were on the plane from Windhoek

after Day One of the tour bilateral series to pay their last respects to their deceased mother. Mukasa (318) was left back home crocked with a recurring hamstring injury.

Jonathan Ssebanja, making a return to the Cricket Cranes for the first time since 2019, finished among the top 10 bowlers with 10 wicket and another returnee Ronak Patel manufactured 239 runs. There was also a successful story of a debutant in paceman David Wabwire (7 wickets), who had last donned the national colours at the U-19 level.

Uganda returned home yesterday and will continue the hard work in the nets with focus on the ICC Men’s T20 World Cup Africa Qualifier in Windhoek from November 20 – December 1 where two spots are at stake to the coveted World Cup in West Indies and USA next year.

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