



Rotary
Club of Kasangati



The Tear gas

Rotary Club of Kasangati-Weekly Newsletter

MOTTO SERVICE ABOVE SELF

MONDAY 14th/ OCT / 2024 | VOL 23 , ISSUE 16

L-R : AG Frederick Mubiru, MP Johnson Akankwasa (RC Manyangwa Nakwero) MP Maureen Birungi (RC Kasangati), MP JJ Kariisa (RC Kampala Kibuli) and Robert Kayongo (RC Bulindo) at the AGs Visit to RC Kasangati last Monday.



RKasangati



Rotary club of kasangati



Rotary club of kasangati

EDITOR'S MESSAGE



Rtn. FRED KAVUMA
Bulletin Officer

Welcome to the new month of October!

Friends, can you imagine that we have made 100 days in the magical year!? Wow...

Thank you all our readers for always being glued to the Tear gas Bulletin.

Issue 16 release is here, as we bring you interesting Topics on a number of educative and well researched topics. So that you expand your knowledge about Rotary and many other great expounded, well researched articles you wouldn't miss.

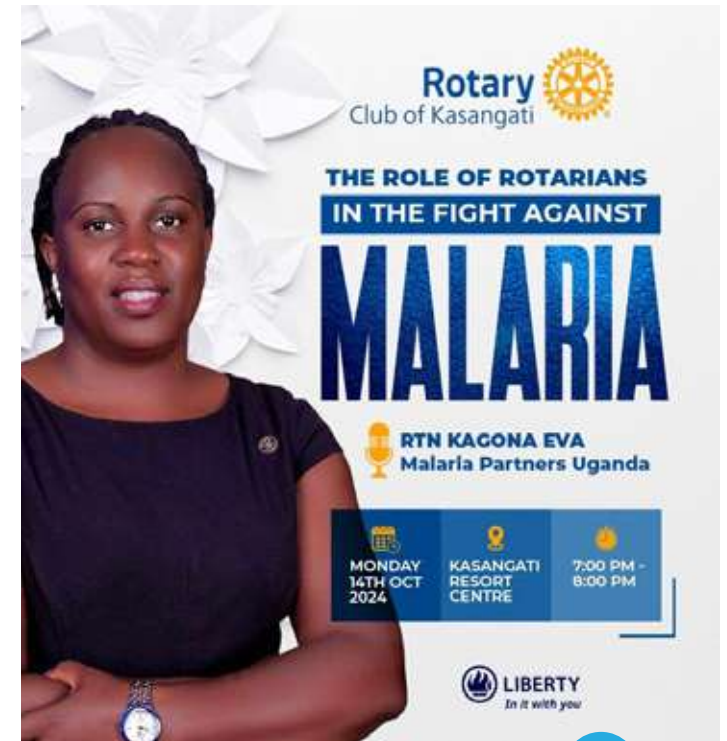
**WE MEET EVERY MONDAY
7:00 - 8:00PM @ KASANGATI
RESORT CENTRE**

For articles and feedback you can reach us on
Email: akasangati@gmail.com

Last Monday, it was wonderful we heard from Our own AG. Fred Mubiru.

Today Monday the 14th October 2024 we are hosting Rtn. Kagona Eva. Malaria Partners Uganda. Please plan to be around and keep time don't miss.

Thank you.





STEPHANIE A. URCHICK
President, Rotary International

The Magic of Rotary is belonging, and it's a feeling that can appear when you least expect it.



PRESIDENT MESSAGE

With World Polio Day on 24 October, I'm proudly rooting for Rotary as we team up around the world to End Polio Now.

I had the honor of attending a Strike Out Polio event in July at PNC Park, home of the Pittsburgh Pirates MLB team. The Rotary Club of Delmont-Salem hosted the event, which raised \$1.3 million for PolioPlus.

Later in the summer, I joined members of our Rotary family in supporting the Más Millas Menos Polio (More Miles Less Polio) bike ride. Felipe Meza Chávez and his team rode all the way from Ciudad Juárez, Mexico, to One Rotary Center in Evanston, Illinois, to raise money and awareness. The ride took 12 days, and Felipe and his team collected more than \$100,000 to support the fight against polio. It was a joy to greet them as they arrived in Evanston.

And I was thrilled to see Team End Polio raise global awareness around the 2024 Paris Olympics. This world-class roster of athletes, global leaders, and polio eradication supporters came together to advocate for a world where no child has to live in fear of being paralyzed by polio. Some of the athletes on Team End Polio are polio survivors themselves, adding weight to their advocacy.

These are just a few examples of the many ways Rotary has teamed up recently to End Polio Now. It is vital that we continue to seek out and recruit teammates in polio eradication, especially after the challenges our eradication efforts have faced this year.

The Rotary world was heartbroken to learn about the tragic passing in August of Aidan O'Leary, director for polio eradication at the World Health Organization.

I knew Aidan and worked with him directly. He was a tireless advocate in the fight against polio and a kind, genuine man. We will remember him both for his advocacy and his warmth.

But where there is hardship, there is also hope. I feel hopeful whenever I consider the countless ways Rotary supports the fight every day to eradicate polio.

As people of action, we don't have the luxury of giving in to despair, even in the face of tragedy. The best way to honor Aidan's memory is by teaming up and reaching our goal to End Polio Now.

We made a promise to the children of the world and their families. It is incumbent upon us, together with our global partners, to end this threat once and for all.

There are so many ways we can team up to eradicate polio. You can donate to the End Polio Now campaign, join or initiate a PolioPlus Society in your club or district, or take inspiration from the fundraisers I mentioned above.

I encourage Rotary members around the world to continue to seek out new teammates, so that together, we end polio.

ROTARY VOICES

STORIES OF SERVICE FROM AROUND THE WORLD



Former Australian MP shares impact of Rotary Youth Exchange

Melissa Parke

By the Honorable Melissa Parke, former Rotary Youth Exchange student, former Australian Minister for International Development, and Executive Director of the International Campaign to Abolish Nuclear Weapons (ICAN)

I grew up on an apple farm outside a small town called Donnybrook in the southwest of Western Australia. When the Donnybrook Rotary Club advertised they were seeking applications from year 10 students to spend a year abroad, I was very excited. I applied and was ultimately selected to be hosted by the Rotary Club of Maubeuge in northern France.

I had never been outside the state or travelled on a plane before, so it was a grand adventure from the very beginning. I saw snow for the very first time the day I arrived! This was a big shock given that it had been 40 degrees Celsius (104 degrees Fahrenheit) the day I left Australia.

I had wonderful host families in France and learned another way of life, a different culture. I also learned to appreciate champagne, cheese, and a good baguette, as well as to speak French. Little did I know at the time that speaking French would come in very handy in my career.

Upon my return to Australia, I trained and worked as a lawyer for a number of years before taking up a role as an international lawyer with the United Nations, where I lived in places like New York, Kosovo, Gaza, and Lebanon. I worked as the deputy chief of staff and legal adviser in the UN International Independent Investigation Commission in Beirut, investigating the assassination of the former Lebanese prime minister Rafik Hariri and other terrorist attacks in Lebanon.

My experience as a Rotary Youth Exchange student had inspired me to experience more places, cultures, and languages, and to help those less fortunate around the world as an international

civil servant. I saw firsthand the impact of war on civilians and the tragedy of people displaced from their homes, everything and everyone they loved.

My experience even inspired my sister Georgina to become a Rotary Youth Exchange student in Japan. She is now an internationally renowned wildlife photographer.

After many years of working with the UN, I returned to Australia and was elected to parliament where I served three terms (nine years) as the Federal Member for Fremantle and was appointed as Minister for International Development. Again, my experience as a Rotary Youth Exchange student had led me to seek out further ways to serve the public interest.

During my time as an MP, I was delighted to see Rotary International partner with Global Citizen to Make Polio History, and I was part of the Australian government that contributed \$50 million to the Global Polio Eradication Initiative in 2011. As of October 2022, Australia has donated over \$155 million.

Following my retirement from parliament, I served for four years as a member of the UN Human Rights Council's Group of Eminent Experts on Yemen. I also became an Ambassador for ICAN Australia, since I was very aware of the devastating impact of British nuclear weapons testing in the 1950s and 60s in Australia. The primary victims of this and other testing by France, Britain, and the U.S. in the Pacific had been Australia's indigenous peoples.

In 2017, ICAN won the Nobel Peace Prize for its work highlighting the humanitarian consequences of nuclear weapons and for helping to get a new UN Treaty on the Prohibition of Nuclear Weapons adopted at the UN General Assembly, with the support of 122 countries.

There have been more than 2,000 nuclear weapons tests carried out around the world. Today's nuclear weapons are many times

more powerful than the atomic bombs dropped in 1945 on Hiroshima and Nagasaki that killed a quarter of a million people. Nuclear weapons are the only devices ever created by humans that have the capacity to end all complex life on this planet. In Nature Food journal in 2022, scientists confirmed that even a 'limited' nuclear war involving only 2% of the global nuclear arsenal would kill 120 million people outright and cause global climate disruption, leading to agricultural collapse and the further death of at least 2 billion people from starvation in a nuclear winter.

A major nuclear war would end human civilization and most other life forms.

The fact that we are still here to talk about nuclear weapons after 79 years is not a result of good management or the inherent stability of nuclear deterrence. Many accidents and nuclear near-misses over the decades have avoided disaster only through sheer luck.

As the UN Secretary General Antonio Guterres said in 2022, "Luck is not a strategy."

The Secretary General's New Agenda for Peace, released last July, has as its number one recommendation the elimination of nuclear weapons. At this time of heightened global tensions and major conflicts involving nuclear-armed states, it has never been more urgent or important for the international community to take action to eliminate these weapons of mass destruction.

Editor's note: As a membership organization advancing humanitarian causes, promoting peace is a cornerstone of our mission. Rotary recognizes nuclear non-proliferation is an important issue, and we know that many members and friends are deeply passionate about such efforts. However, Rotary believes that we can best support lasting peace by enhancing our current peace fellowship program and peace-focused community service projects. If Rotary members wish to engage in advocacy regarding nuclear disarmament, they can do so as a private individual.

Giving Fish or Teaching how to Fish??

I recall a discussion a few years ago in which one of the presenters accused charities like Rotary of creating "white elephants." He argued that while many of the facilities we have constructed are important, they risk being underutilized because the beneficiary communities may not afford the cost of the services offered. His assertions sparked a lively debate, with many in the room contesting his views.

However, I later found myself reflecting on whether there might be some truth to his claims. Are we giving enough attention to sustainability issues in our projects? When we donate items, do we consider where beneficiaries will obtain their next supplies once our donations are depleted? When we install water tanks or construct classroom blocks, are we thinking about how those schools will maintain them? When building or equipping health centers, do we take into account the resources needed to ensure a consistent flow of quality services? I believe that if we don't consider these issues carefully, many of our interventions may end up being short-term fixes rather than the transformative solutions we aspire to achieve.

As we commemorate Economic and Community Development Month, it's crucial that we reflect on how we are supporting

communities to create lasting change. I am happy that more clubs are recognizing the importance of active community participation and local ownership. As a result, we are witnessing the formation of more Rotary Community Corps (RCCs). Comprising local community members, RCCs serve as vital vehicles for sustainability. When sufficiently empowered, they can sustain project benefits long after the implementing Rotary clubs have moved on. However, this is only part of the solution.

Many of our project investments require a continuous flow of resources to remain fully operational. Therefore, I believe we should place greater emphasis on creating economic opportunities for communities, enabling them to generate the resources needed to sustain services and foster self-reliance. I commend all those clubs that are incorporating elements of economic empowerment into their projects, whether through microfinance schemes, skills training, or income-generating activities.

As the famous adage goes: "Give a man a fish, and you feed him for a day. Teach him how to fish, and you feed him for a lifetime." I believe we can—and should—do both.

GOVERNOR: ANNE NKUTU

Monday Club Fellowship.....

Pictorial



AG's Official Visit October 2024 RC Kasangati



Rtn. Maureen Birungi

THE PRESIDENT'S MESSAGE

Hello Friends

Welcome back to another edition of our Tear Gas...

As we continue our journey this Magical year. We have had quite a number of engagements this week and want to appreciate all members who are representing the club in various areas.

We are set for the Implementation of our Global Grant Projects of Makukuba the Water and Sanitation project for safe and Clean water at Shared Love secondary and Vocational school. The project includes providing water for the residents of the Makukuba Community and the Health Center.

We are glad to inform memberd that the funds for the Power Her Up Project in Masunkwe village Zirobwe Sub county in Luweero District have also been received. We appreciate all memberd contributions financially aand expertise to have this Grant awarded.

We remind members that 19th October is World Polio day and as one of Rotary's programs all members are encouraged to continuously support the End Polio Program through increased donations to this program.

The Rotsry Foundation month is also a few weeks away and want to encourage

members to the Rotary Foundation. As a club we are still behind on our Annual Fund and Polio target. We are all encouraged to give to the Foundation.

We want to appreciate Buddy group Manyangwa for steering us ably through September led by Buddy Chief Marion bravo. We welcome Buddy Group Kyanja on board and we can't wait to experience the magic you have planned for us.

We had successive engagements with our Youth during the Medical Outreaches in Eden High School, Wampeewo Ntaake Secondary School and St. Julian SS. Thanks to our RFHD in charge Rtn. Gloria Kasozi, Youth Service Director Amos Tumwine, PP Jennifer and Our Magical Club Admin Director.

These and other Rotarians who have been part of these medical outreaches. We are very grateful for the talks you have to the Youth to Inspire them to lead more responsible lives.

Finally we are calling on you to join us this Monday 14th October 2024 as we ngage PP Eve from Malaria Partners Uganda who will be sharing with us on the Role of Rotarians in the fight against Malaria. Come and we share ideas on how to fight malaria.

Looking forward to seeing you all.



RTN. KAMUSIIME AMBROSE KURIIGAMBA

PROFILE

Name:
KAMUSIIME AMBROSE
KURIIGAMBA

Position:
MEMBER ROTARIAN

Vocation:
ENGINEER

Who invited you to Rotary?
RTN ENG. IVAN WATA

Professional Skills.
ENGINEERING

Interests
SERVING OTHERS AND
NETWORKING

Why did you join Rotary?
TO SERVE AND CREATE AN
IMPACT TO HUMANITY

**Why is it important to be a
member of a Rotary Club?**
SERVICE ABOVE SELF

What do you love about Rotary?
REACHING OUT TO THE
LESS PRIVILEGED WITHOUT
BOARDERS.

**What makes the Rotary Club of
Kasangati the Club of choice?**
THE VIBRANT PEOPLE AT RCK.
ALWAYS REACHING OUT TO ME
EVEN WHEN I AM NOT AROUND

**How do you attract new
members to Rotary?**

SPEAKING ABOUT THE
GOODNESS OF ROTARY AND
IDENTIFYING MORE WITH
ROTARY AND SHARING ITS
SUCCESS STORIES

**In your opinion, what makes a
great Rotarian?**

ONE WHO SERVES, MEETS THE
ROTARY OBLIGATIONS AND
FELLOWSHIPS WITH OTHERS.

What makes Rotary unique

IT'S A DIVERSE ORGANISATION.
EVERYWHERE I GO I FIND ROTARY
AND I FEEL HOME.

**What is that one thing that
keeps you on the road to
the Rotary meetings of RC
Kasangati and to other Rotary
Clubs?**

I GET TO MEET DIFFERENT
PEOPLE AND WE NETWORK
**Briefly explain your Rotary
moment.**

THE MAKUKUBA PROJECT
**Of the 7 areas of focus which
one best resonates with you and
why?**

EDUCATION. ENABLING THE
YOUNG ONES FOR A BRIGHTER
FUTURE

**What is your best Rotary
quotation or your statement?**
SERVICE ABOVE SELF

Quiz Night 2024

Pictorial



ROTARY TRIVIA

FOR COGNITIVE FUNCTION and MENTAL AGILITY

SUDOKU

6	9						8	7
5			1		8			6
			3		6			
	5	7				6	4	
				3				
	4	8				1	9	
			8		7			
7			6		2			1
4	6						7	5

SOLUTION

6	9	1	5	2	4	3	8	7
5	7	3	1	9	8	4	2	6
8	2	4	3	7	6	5	1	9
9	5	7	2	8	1	6	4	3
2	1	6	4	3	9	7	5	8
3	4	8	7	6	5	1	9	2
1	3	9	8	5	7	2	6	4
7	8	5	6	4	2	9	3	1
4	6	2	9	1	3	8	7	5

CROSSWORD PUZZLE

1		2			3	4		5		6
				7						
8								9		
	10					11				
12										
13		14						15		
										16
17				18						
19							20			

SOLUTION

E	L	S	E		S	E	C	O	N	D
A		T		I		Y		T		E
S	C	I	E	N	C	E		H	A	T
T		F		T				E		E
	A	F	T	E	R	W	A	R	D	S
S				N		A				T
P	O	L	I	T	E	N	E	S	S	
O		Y				D		T		I
U	N	I		P	R	E	S	E	N	T
S		N		E		R		A		E
E	I	G	H	T	H		G	L	U	M

Across

- 1 Besides (4)
- 3 Short time unit (6)
- 8 Physics, for example (7)
- 9 Head covering (3)
- 10 Later (10)
- 13 Civility (10)
- 17 College (3)
- 18 Gift (7)
- 19 An octave (6)
- 20 Sad (4)

Down

- 1 Orient (4)
- 2 Firm (5)
- 4 Look at (3)
- 5 Alternative (5)
- 6 Hate (6)
- 7 Aim (6)
- 11 Roam (6)
- 12 Mate (6)
- 14 Fibbing (5)
- 15 Pilfer
- 16 Datum
- 17 Animal kept at home (3)

“ Quotations **THAT TEACH**”

A Community Braintrust embraces Knowledge as Power and Shares it with the goal to Empower

Communities can be a valuable source of knowledge and experience. By sharing ideas, and resources within our different classifications with others, we can deepen our understanding and foster a sense of growth and learning.

“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.” — Helen Keller

“At the end of the day it’s not about what you have or even what you’ve accomplished... it’s about who you’ve lifted up, who you’ve made better. It’s about what you’ve given back.” — Denzel Washington

CP Flavia Mwendha Nampala
CP Kyanja Metro





Rtn. Yosamu Barekye

FINANCE



HOW TO ACQUIRE FINANCIAL KNOWLEDGE

“Formal education will make you a living; self-education will make you a fortune” Jim Rohn. I pick two key highlights about education from the above quotation; one that education is important to make a basic living, and to make more than a living (fortune) one needs to make it more than conventional at a personal level. I have learnt many things since I left school, and outside the formal education set up. There have been times when I least expected to be learning and behold I pick valuable life lessons that opened financial opportunities. If one makes it deliberate to acquire the knowledge, they can find many opportunities to acquire the knowledge some of which are explored below;

Continuous reading.

We live in the information age where there is enormous financial information all around us. In the print (books, magazines etc), online (websites, and other online media) among others. It just takes personal interest to read and gather information thus more financially knowledgeable. It is often quoted that readers are leaders, so to lead in financial knowledge one has to read extensively.

Trainings.

Related to reading is training. Outside the formal school set up we have many opportunities to be exposed and acquire financial knowledge. There are currently many financial webinars, periodical courses, and specific subject trainings, short courses, among others.

If one interests themselves in learning then they can be part of such training. One key thing to note is that most of such trainings are free and some easily available online.

Practice.

There is no better teacher than experience, experiencing the learning as you do whether business or employment. In such you encounter financial jargon and decisions.

Some people just overlook or avoid such learning opportunities. Imagine if you are making a personal budget, or calculating and filing taxes by yourself or even buying a treasury bond by yourself! You will get to know many new concepts and know some new things or already known things better. Be intentional in tracing financial knowledge in your daily life experiences and you will get more knowledge in the process.

Mentorship and coaching.

In other formal ways, one can get a coach who can lead them on self-discovery and personal development. This can be a formal arrangement where one can define the development goals, which can include financial knowledge. The coach leads and challenges the person to achieve these set goals. The mentors are people who have gone ahead of the mentee (person seeking knowledge) and can guide by their examples and experiences. One can have a financial coach or seek a mentor with a focus on financial development.

Consultations.

At times we don't know because we have not asked. I have shared before that there is free help including from such as our Bankers and other financial services providers like insurance companies. It just takes an inquiry or asking for the same. When did you last have a one-on-one discussion say with your banker to understand their products, what they offer? Or having a discussion with an insurance provider just to be empowered with insurance knowledge?

So you can be financially knowledgeable if you get intentional to acquire it. There are many available opportunities. Read to lead!

Rtn. Yosamu Barekye (Debt Management and Finance Advisory) Tel: 0771 866 513, Email: barekyey40@gmail.com

ROTARACTORS

Pictorial

A visit to the Interact Club of Wampeewo S.S. We went through the interact Norms and procedure on how to conduct fellowship. Together with the new Club Patron. Also we briefly discussed about the medical camp happening this Friday for which they ought to fully be part of the process and support.



REI EXPERIENCE IN KASESE: A MAGICAL ROTARY MOMENT

From October 3rd to 6th, 2024, I had the honor of representing the Rotaract Club of Nangabo at a remarkable event in Kasese Uganda, alongside DRRE Abesage Nahabwe. The event brought together Rotaractors from Districts 9214, 9213, and 9212, with participants hailing from Uganda and Kenya. We converged to demonstrate the power of Rotary, engaging in activities that not only uplifted the community but also ensured we contributed to safeguarding the environment for generations to come.

Our weekend in Kasese was nothing short of inspiring. Together, we participated in tree-planting exercises, where each sapling we planted symbolized our commitment to a greener future. We also had the privilege of interacting with schoolchildren, offering them counseling and motivation to stay focused on their education. It was deeply rewarding to see the impact our words had, igniting hope and ambition in these young minds.

One of the most significant activities was the medical camp held at Rukooki Health Center IV. Alongside my fellow Rotaractors, we provided free medical services to the patients who visited the camp. We also made a meaningful contribution by donating much-needed medical supplies and mattresses to the health center. Witnessing the gratitude on the faces of the patients and medical staff was a reminder of the profound difference Rotary can make in communities.

This event also served as a networking platform, and I am thrilled to share that our club made invaluable connections with Rotaract clubs from Kenya, particularly the Rotaract Club of Kitale. We have laid the groundwork for an international service project, and I am optimistic that this collaboration will result in a lasting partnership between our clubs. Together, we can extend the reach of Rotary's magic beyond borders.

The Rotary Experience and Impact (REI) edition in Kasese was truly a manifestation of the Rotary spirit. We planted smiles on the faces of those we served, while also planting trees to protect the environment. I look forward to more moments like these in the coming Rotary year, where service, fellowship, and the Rotary spirit create a lasting impact in the communities we serve.

As we continue on this journey, may we always remember the magic we hold as Rotaractors to transform lives and protect the planet. Together, we rise to serve.

Cissy Nabatanzi
President, Rotaract Club of Nangabo



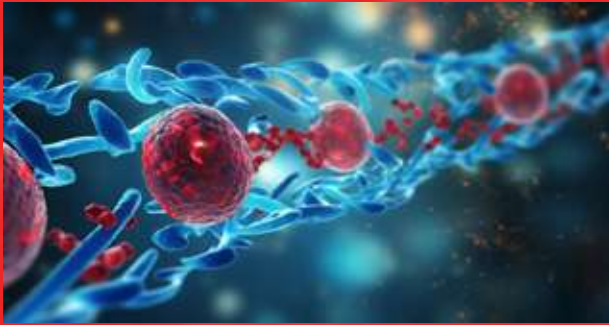
Rotary Club of Kasangati



ECONOMIC & COMMUNITY DEVELOPMENT



KYANJA Buddy Group



SICKLE CELL CONDITION AWARENESS

SEXUAL HEALTH IN WARRIORS CONTINUED...



PHF Rtn. Prince Erimu - RC Kasubi

Time check 2:57 a.m. As I write this article am in a crisis, the kind to wake one up from sleep, and this has given me a de'javu feel plus a cocktail of emotions that I cant help but shed a tear

As I shared with you previously that I was among the founding members of Sickle Cells Celebs and as my nature is of an inquisitive mind, plus the platform's cliché of being a safe space for warriors discussions, I went ahead and posed a question to my fellows "Imagine if you have sickle cell disease and HIV/AIDS at the same time", well to my suprise a given number of warriors on the platform had it that way and most of their stories of acquisition of HIV/AIDS was almost the same as the one of Counselor Tina Smiley Nazziwa.

A fellow Ugandan on the platform that had seen the dark side of being a warrior in this cruel world, As she was a teen, you know that moment when your caregivers are like you're now an adult you can take care of yourself and you're left to be by yourself in crisis, that is when a gruesome relative of hers found her defenceless and raped her leaving her pregnant and with HIV/AIDS, the aftermath of what happened to that relative is what I don't want to talk about because it brings me to a the points of the stigma as we deal with sickle cell condition and weak authorities in our country/s at large with quotes like "She is dying anyway" and such other nonsense of covering up for the man.

But fast forward, she gives birth to a baby boy that was a warrior as well and due to carelessness of the medics that handled her, the son also contracted HIV/AIDS but given her resilience, Tina looked after herself and her son diligently up until the beginning of COVID-19 that she passed on after that jab, that jab that almost took my life as well, Two years letter her son also succumbed to

a huge crisis and given that his number one caregiver and the person that knew exactly what to do in times of crises was not around anymore, so little was done in maintaining the boy's life because I remember Tina's sister calling me purterbed of what to do, as a I was on the way, she calls again crying and saying "it's over, he's with his mother now".

Remember that this series is sexual health in warriors, I want us to note that even though Tina was a warrior, she managed to bare a child in the worsed of conditions, so I pose the question "What if Tina was in the humane and normal condition we wish for everyone?", you know, that condition you provided for your spouse, the one you wish to see your daughter thrive in? That is when I ask you to know your genotype and make it a point for your children to as well know their genetic makeup together with their spouses because it's their right

And as I sum up for today, someone asked me what have you done, you as Prince? Well, first is the realisation that we are all ignorant about genetics, genepools, genomes, genotype and how they really affect us, we think of it as something far from our reach, well I hate to be the bearer of bad news but that's the I created the Genotype Awareness Campaign, and I want to call upon all of you out there that follow these series of articles to become enablers, invite us to speaking engagements with the youth you lead, the companies you run, the fellowships you hold and in the projects partner with us to have this information out there and I can ably state that we also need financial partners to continue reaching out to people that really need our help because warrior are out there lacking medical attention.

PHF. Rtn. Prince Erimu
Genotype Awareness Campaign
RC Kasubi

Snapshot: School medical outreaches



Rtn. Gloria Kasozi

The Rotary club of Kasangati is dedicated to improving the well-being of the Ugandans by taking health services close to those who need it most. By providing medical care services that address the health needs of the community, RC Kasangati aims to bridge the information and service gaps within the health care system. The youth are often disproportionately affected by the low access and availability of accurate health information and services, leading to their engagement in high risky sexual practices that results in high HIV infection rates and high teenage pregnancies among others.

In order to contribute towards improved health outcomes among the youth, the RC Kasangati in collaboration with Rotaract club of Kasangati, Nangabo, Kyanja and Kentim University conducted the first school medical outreaches at Eden High School,

Wampeewo Ntakke Secondary School and St. Juliana High School during the months of September and October 2024. Highlights of the outreaches include

- Over 4000 students received age appropriate sexual and reproductive health information: HIV prevention, prevention and response to gender based violence, pregnancy prevention, menstrual hygiene and products, sickle cell awareness and environmental protection.
- 317 individuals received medical treatment of common illnesses
- 163 students accessed laboratory services
- Over 100 students received targeted counselling
- 404 units of blood were collected
- 150 fruit trees were distributed

Special appreciation to the school management, sponsors and partners of the outreaches

- Roofings Uganda,
- Touch the Heart Uganda,
- People's Medical Hospital
- Kasangati HCIV
- Kawanda HCIV
- COULD YOU? Initiative
- Sickle Cell Association of Uganda
- National Blood Bank
- Eden High School
- Wampeewo Ntakke Secondary School
- St Julian High School



A male student explains the role of boys in menstrual health management at Eden High School



President Ian Kikomeko from Rct club of Kasangati and Rtn Dr. Gloria Kasozi from RC Kasangati conducting health education to girls during the medical outreach at St. Julian High School on October 9, 2024



Medical team providing services during the medical outreach

ROTARY MEMBERSHIP MATTERS



CONTACT:
Rtn Philip Wamala
0773094520

MEMBERSHIP

Buzzing Beauty: The Sweet Contribution of Bee Products to the Cosmetics Industry



Brian Ssenoga RC Kibuli
A Journalist and Public Health Professional

Bees are often celebrated for their crucial role in pollination, but their impact stretches far beyond agriculture. In the cosmetics industry, bee-derived products have carved out a significant niche, providing natural and effective ingredients that enhance beauty routines around the globe. From beeswax to honey and royal jelly, these gifts from the hive not only enrich our skincare and haircare products but also play a vital role in the world economy.

The Economic Impact of Bee Products

The global cosmetics industry is booming, valued at USD 374.18 billion in 2023 and is projected to reach USD 758.05 billion by 2032 according to the Fortune Business Insights. A significant portion of this growth can be attributed to the increasing demand for natural and organic beauty products. For the case of the African continent, the revenue generated in the Cosmetics market in 2024 is estimated to be USD 8.52bn. Moreover, 88 percent of the sales in the Cosmetics market will be attributed to non-luxury.

It is worth noting that while Eastern Africa's beauty and personal care market is witnessing a surge in demand for natural and organic products, driven by increasing consumer awareness of sustainable and eco-friendly options, it is anticipated that the market will experience an annual growth rate of 4.26 percent between 2024-2028.

According to a report by Grand View Research, the natural skincare market alone is expected to grow at a compound annual growth rate (CAGR) of over 5% from 2021 to 2028. Within this thriving sector, bee products have become essential components, contributing to the industry's sustainability narrative while boosting the economy.

Recent statistics reveal that honey and beeswax, for example, have contributed approximately \$3

billion annually to the global cosmetics market. This includes everything from lip balms to luxurious anti-aging creams, showcasing the versatility and appeal of bee-derived ingredients.

Beeswax: Nature's Protective Barrier

Among the most prominent bee products in cosmetics is beeswax. This natural emulsifier and thickener is a staple in a wide array of beauty formulations, including lip balms, creams, and lotions. Beeswax creates a protective barrier on the skin, locking in moisture while allowing it to breathe. Its non-irritating properties make it suitable for sensitive skin, appealing to a broad demographic.

In a world increasingly focused on eco-friendly and cruelty-free products, beeswax stands out as a sustainable choice. Harvested without harming bees, it represents a responsible alternative to synthetic thickeners and emulsifiers, aligning with the growing consumer preference for natural ingredients. Honey: A Sweet Nectar for Radiant Skin

Often referred to as "nature's liquid gold," honey has been cherished for its healing and nourishing properties for centuries. Rich in antioxidants, vitamins, and minerals, honey plays a crucial role in skincare. Its humectant qualities help retain moisture, making it a key ingredient in everything from face masks to body scrubs.

Statistics show that products containing honey are increasingly popular; a survey conducted by the Cosmetic Ingredient Review found that over 60 percent of consumers prefer products with natural ingredients, including honey. Its antibacterial properties further enhance its appeal, making honey-infused cosmetics a go-to for individuals seeking clearer, healthier skin.



Royal Jelly: The Elixir of Youth

Royal jelly, a nutrient-rich secretion produced by worker bees, has gained attention for its remarkable anti-aging properties. Packed with amino acids, vitamins, and minerals, royal jelly is known to stimulate collagen production and improve skin elasticity. As a result, it is often featured in high-end skincare products targeting mature skin, adding a luxurious element to anti-aging regimens.

Recent studies suggest that royal jelly may also enhance skin regeneration, making it a coveted ingredient among beauty enthusiasts. As consumers increasingly seek effective anti-aging solutions, the demand for royal jelly continues to rise, contributing to its value in the cosmetics market.

Propolis: Nature's Skin Protector

Another remarkable bee product is propolis, a resinous substance bees collect from tree buds. Renowned for its antimicrobial and healing properties, propolis is a powerful ingredient in skincare. It is celebrated for soothing irritated skin, combating inflammation, and promoting wound healing.

Skincare products enriched with propolis are particularly appealing to those with acne-prone or sensitive skin. As consumers become more aware of the benefits of natural ingredients, the demand for propolis-based products has surged, further enhancing the economic footprint of bee-derived ingredients in the beauty industry.

A Sustainable Future

The growing recognition of the importance of sustainability in the beauty industry has paved the way for the increasing use of bee-based ingredients. Consumers are more discerning than ever, looking for ethical and environmentally friendly options. Bee-derived products not only fulfill this desire but also offer effective, time-tested benefits.

As we continue to appreciate the role of bees in our ecosystems, it's crucial to support practices that protect these essential pollinators. Sustainable beekeeping and responsible sourcing of bee products are vital to ensuring that these resources remain available for future generations.

Bees are not just important for our food supply; they are integral to the cosmetics industry, contributing invaluable ingredients that enhance beauty products worldwide. From the protective qualities of beeswax to the nourishing benefits of honey and the rejuvenating effects of royal jelly, these natural substances have transformed our approach to skincare and beauty. As the industry continues to evolve, the role of bee products is set to become even more significant, highlighting the need for sustainable practices that protect these remarkable creatures. So, the next time you indulge in a beauty product infused with nature's finest, take a moment to appreciate the buzz behind the beauty.

The writer is a journalist and a Public Health Professional





Vice LG. Sophie N. Bamwoyeraki

- Principal Sycamore International School
- Basic Education and Literacy CADRE COORDINATOR
- BELRAG Executive Board Member

The Mental Health Crisis in Schools

Schools today face a significant challenge in addressing the mental health needs of their students. Recent studies have shown that one in five students experiences emotional or behavioural difficulties, and the demand for mental health services in schools far exceeds the available resources. This shortage of child and youth mental health resources has become a significant obstacle in providing the necessary support and care for these students.

The education system has been increasingly tasked with meeting the health and mental health needs of students, as schools are often the primary point of access for many young people. However, the reality is that over half of public schools do not have a social worker, and one-quarter have no counsellors to address these critical issues. The gap between the prevalence of mental health concerns and the availability of adequate services is well documented, with only half of youth receiving the treatment they need.

The Benefits of School-Based Mental Health Services

The growing recognition of unmet mental health needs in children and youth has prompted a shift towards more comprehensive mental health services within the school setting. Partnerships between the mental health and education systems have proven effective in improving the depth and quality of services available to students.

The Importance of Addressing Mental Health in Education

By providing mental health services in the school environment, students can access the care they need in a more natural and accessible setting. This helps the mental health system reach more young people and supports the education system by enhancing the services available to help students succeed academically and socially.

Recognising the Signs of Student Distress

School staff play a critical role in identifying and supporting students who may be struggling with mental health challenges. Many schools are now focusing on universal prevention efforts, such as mental health literacy programs and curriculum-based strategies, to equip students with the tools they need to recognise and manage their mental health. Additionally, school-based professionals are uniquely positioned to monitor students' functioning and learning, intervene, and provide support when needed.

Research has shown that school-based mental health programs can significantly improve student outcomes, including improved academic performance, social-emotional skills, and overall well-being. By addressing students' mental health needs, schools can help break down the barriers to learning and create an environment that fosters academic success and personal growth.

Implementing Comprehensive Mental Health Services

Addressing the mental health crisis in schools will require a multifaceted approach that combines a range of evidence-based interventions and resources. Schools should strive to implement a comprehensive system of care that includes universal prevention efforts, targeted interventions for at-risk students, and intensive support for those with the greatest needs.

This approach should also involve close collaboration

between schools, families, and community mental health providers to ensure a seamless continuum of care for students. By working together to address students' mental health needs, we can create a more supportive and inclusive educational environment that empowers young people to thrive.

Promoting Social-Emotional Learning

In addition to providing direct mental health services, schools can also play a critical role in promoting social-emotional learning skills among students. These skills, which include self-awareness, self-management, social awareness, relationship skills, and responsible decision-making, are essential for healthy development and academic success.

By incorporating social-emotional learning into the curriculum and school culture, schools can help students develop the coping strategies, resilience, and interpersonal skills they need to navigate the challenges of adolescence and beyond.

Addressing Anxiety and Depression in the Classroom

One of the most pressing mental health concerns in schools today is the rise in anxiety and depression among students. This trend has been exacerbated by the COVID-19 pandemic, which has disrupted the lives of young people and heightened feelings of isolation, uncertainty, and stress.

Schools must be prepared to address these issues head-on, providing targeted interventions and support for students struggling with anxiety and depression.

This may include implementing evidence-based programs that teach coping strategies, fostering a positive and inclusive school culture, and ensuring that school staff are trained to recognise the signs of mental health distress and respond appropriately.

Supporting Student Resilience and Well-being

Finally, schools must address students' mental health needs and focus on promoting overall well-being and resilience. By cultivating a supportive and nurturing environment, schools can help students develop the social-emotional skills and protective factors they need to navigate the challenges of adolescence and thrive.

This may involve implementing programs that build positive relationships, foster a sense of belonging and community, and empower students to take an active role in their well-being. Schools can also take a proactive approach by incorporating mental health education into the curriculum. This can involve teaching students about the importance of mental health, strategies for self-care, and how to recognise and support peers who may be struggling.

By equipping students with a strong foundation in mental health literacy, schools can help reduce stigma, promote early intervention, and empower young people to take an active role in maintaining their own well-being. Schools can also be critical in integrating mental health education and awareness into the academic curriculum.

Creating a Positive School Climate for Mental Health

In addition to providing direct mental health services and education, schools can also work to create a positive and supportive school climate that prioritises the well-being of all students. This may involve initiatives such as:

- Implementing school-wide anti-bullying policies and programs
- Fostering a culture of inclusivity, respect, and empathy

Providing training and support for school staff to recognise and respond to mental health concerns. Fostering a culture of empathy, inclusivity and respect. Fostering a culture of empathy, inclusivity, and support

Empowering Student Voice in Mental Health Initiatives

Schools can also empower students to be more active in shaping mental health initiatives and programming.

By involving students in the design and implementation of mental health programs, schools can ensure that

these efforts are responsive to the unique needs and perspectives of the student population. This can also help build a sense of ownership and investment among students and promote a shared responsibility for mental health and well-being.

Ultimately, addressing the mental health crisis in schools will require a comprehensive and coordinated approach that involves all members of the school community. By



prioritising students' mental health and well-being, schools can create a more supportive and inclusive environment that fosters academic success, social-emotional development, and overall thriving.

Implementing Early Intervention Strategies

However, addressing the mental health crisis in schools is a complex and multifaceted challenge that requires a comprehensive approach. Schools must be equipped to provide a continuum of mental health services and supports that cater to the diverse needs of their student population. This includes universal prevention efforts, targeted interventions for at-risk students, and intensive

support for those with the greatest needs.

One key strategy is the implementation of early intervention programs that can help to identify and address mental health concerns before they escalate. By providing timely support and services to students who are struggling, schools can prevent the development of more severe mental health issues and promote long-term well-being.

Promoting Self-Care and Wellness for Educators

In addition to supporting students' mental health, it is equally important that schools prioritise the well-being of their educators. Teachers and staff who are overwhelmed, stressed, or struggling with their mental health challenges will have a more difficult time creating the supportive and nurturing environment that students need.

By providing resources and opportunities for self-care, stress management, and professional development, schools can empower their staff to model healthy behaviours and better support their student's mental health needs.

Conclusion

Addressing the mental health crisis in schools will require a comprehensive and multifaceted approach that involves all members of the school community. By prioritising students' and staff's mental health and well-being, schools can create a more supportive and inclusive environment that fosters academic success, social-emotional development, and overall thriving.

Schools can play a critical role in meeting the mental health needs of young people and promoting lifelong well-being by implementing evidence-based programs, targeted interventions, and whole school initiatives.



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THE OTHER SIDE OF LIFE!

Meet 10 year old Komakech who lives with parents and three Siblings.

What do U love about your life?

Komakech: I like being at school because I learn new stuff. This week we learnt about fishing. I also like playing with my family. I play football with my friends.

What do you do with your dad?

Komakech - We play football in the evening when he comes back from work but I wish I could help him do his work. He's a driver and I want to drive too.

What do you do with your mom?

Komakech - She teaches me how to cook and now I can cook rice. [I look at

him in doubt but he insists with 'yes, I know']

What else do you wish for in your life?

Komakech - I want to study as much as my big brother, he is finishing High School. I also want to finish and go to the university.

What problem in your community do you wish to solve?

Komakech - I see poor and sick people around me, I wish to help them.

If you could help right now, what would you do to solve the problem?

Komakech - I would give them food, clothes or money to buy what they need.

Does anything worry you?

Komakech - If my parents died, that would be a very big problem so I pray for them not to die.

#theothersideoflife +256702553699



Rtn. Nyafono Prossy-Author
The other side of Life ug

CONNECT, PARTNER, AND SERVE THROUGH

Climate change adaptation:

harnessing local knowledge for community economic development and resilience



Climate change poses a significant threat to communities worldwide, impacting not just the environment, but also economic stability, social structures, and valuable assets. As we search for solutions, a valuable resource often goes overlooked: the local knowledge and experience of communities who have lived in their environments for generations. This collective wisdom provides invaluable insights for building resilience against environmental challenges while fostering sustainable community economic development.

The power of local knowledge

Communities around the world have developed practices that balance environmental protection with economic needs, social cohesion, and asset preservation. These methods often integrate local farming techniques, resource management, community governance, and traditional risk mitigation strategies in ways that create robust, adaptable economic systems. By valuing this time-tested local knowledge alongside modern approaches to community economic development, we can develop more effective strategies for climate adaptation that also strengthen local economies.

Local practices offer multiple benefits for community economic development. They help preserve biodiversity, enhance food security, maintain cultural traditions that

strengthen community bonds, and safeguard both tangible and intangible assets. These assets include physical infrastructure, natural resources, social capital, traditional knowledge, and cultural heritage – all of which can be leveraged for economic growth. Moreover, local practices frequently create diverse economic opportunities, reducing vulnerability to climate-related economic shocks and helping to secure livelihoods through the development of resilient local value chains and markets.



Community members build greenhouses to address food insecurity in Huilloc, Peru. The Rotary Clubs of Lakeville, Minnesota, USA (D5960), and of Cusco, Peru, partnered with Peruvian NGO Andean Alliance for Sustainable Development (AASD) to work with 30 families to build greenhouses and provide sustainability training to improve soil quality and output. Participants also received business training in marketing and sales.

Local approaches demonstrate why it is important for us to consider the interconnectedness of environmental, economic, social, and cultural factors when designing service projects. By embracing these context-specific worldviews, we can work with communities to create more comprehensive and sustainable solutions that protect local assets, stimulate local economic activity, and enhance resilience at both household and community levels.

Take action

As Rotary members and people of action, we have a unique opportunity to support and amplify community-based economic solutions. We should partner with local communities to create and strengthen economic opportunities that align with traditional practices and local knowledge, while also focusing on protecting and enhancing community assets. We can raise awareness and create opportunities for locally developed methods to contribute to environmental and economic resilience, as well as effective asset management in the face of climate change.

Leveraging Rotary's global network, we can advocate for policies that recognize the value of ecosystem services and community assets maintained by local practices, and how these contribute to economic development. We can also facilitate knowledge exchange between regions, promoting innovative approaches to sustainable economic development that balance growth, environmental conservation, social cohesion, and asset protection.

The path to a climate-resilient future isn't just about protecting the environment – it's about building strong, adaptable communities with diverse, thriving local economies and well-preserved assets, both tangible and intangible. As we face the challenges of a changing world, let's learn from those who have been adapting to environmental, economic, and social changes in their local contexts for generations, often developing ingenious ways to protect and grow their most valuable resources.

Consult the Community Economic Development Project Strategies publication for project ideas that integrate economic and social considerations with local knowledge and asset protection strategies. Connect with the Environmental Sustainability Rotary Action Group and Rotary Action Group for Community Economic Development to share experiences in building community economic resilience and safeguarding community assets.

Together, we can create a more resilient, prosperous, and harmonious future for all by valuing and incorporating local wisdom and experience in our climate adaptation and community economic development efforts.



Rtn Amiri Bbaale

Kampala's Emerging Neighborhoods: A Guide to Real Estate Investment



Kampala, the bustling capital of Uganda, is witnessing a remarkable transformation in its real estate landscape. With a population that continues to grow and an escalating middle class seeking modern living spaces, the demand for real estate has surged. As a leader in this sector, Armwright Real Estate Company stands at the forefront of this exciting evolution, offering insights into the best investment opportunities in the city's emerging neighborhoods.

But first, it's important that one understands the real estate current landscape of the city with seven hills. Kampala is a city of contrasts, where modern skyscrapers sit alongside traditional markets, creating a unique 'urban textile'. The real estate market here is vibrant, driven by a youthful population and an expanding economy.

Over the past decade, significant investments in infrastructure, including roads, utilities, and communication networks, have laid a solid foundation for future growth. These developments not only enhance accessibility but also attract both local and foreign investors keen on tapping into Uganda's real estate potential.

Therefore, investing in real estate in Kampala presents several compelling advantages. First, the city's strategic location as a transport hub in East Africa makes it an attractive destination for businesses and expatriates. With a steady influx of people seeking employment opportunities and a better quality of life, demand for housing continues to rise.

Moreover, experts indicate Uganda's economy is on an upward trajectory, bolstered by sectors like agriculture, tourism, and services. This economic growth translates into increased purchasing power, with more residents looking for homes that meet modern living standards. The rise of affordable housing projects caters to this demand while promising substantial returns for investors.

Identifying Emerging Neighborhoods

As urbanization intensifies, several neighborhoods in Kampala are emerging as prime real estate hotspots. Below, we delve into some of these areas, highlighting their unique attributes and investment potential.

Nansana

Located just a few kilometers northwest of Kampala, Nansana has rapidly developed into a residential hub. Its proximity to the city center and affordability make it an attractive option for young families and professionals. The area is characterized by a mix of single-family homes and apartment complexes, catering to various budgets.

Investors looking to capitalize on Nansana should focus on developing mixed-use properties that combine residential and commercial spaces. The growing demand for local services, such as grocery stores, schools, and healthcare facilities, makes this neighborhood ripe for investment.

Kira

Kira has become synonymous with modern living in Kampala. This suburb boasts a range of amenities, including shopping centers, schools, and recreational facilities, making it appealing to both locals and expatriates. The influx of expatriates, particularly from the NGO, cooperates and diplomatic sectors, has created a demand for high-end rental properties.

For real estate investors, Kira presents opportunities to develop upscale apartments and gated communities. The area's potential for appreciation is high, given the steady demand for quality housing and the ongoing infrastructural developments.

Mutundwe

Mutundwe is often overlooked but is quickly gaining attention as a promising investment location. Located to the southwest of the city, this neighborhood offers a mix of urban and suburban living. The recent construction of roads and transport networks has improved access to the city center, making it a desirable location for commuters.

Investors in Mutundwe can benefit from the rising demand for affordable housing. Developing lower-cost housing units while ensuring quality will attract the growing population looking for homes in Kampala.

Kampala Central Business District (CBD)

While the CBD is already established, it continues to evolve. The demand for office spaces, retail outlets, and mixed-use developments remains high, driven by the increasing number of businesses setting up shop in the area. The ongoing revitalization projects aim to enhance the urban environment, making it more pedestrian-friendly and attractive to investors. Investors focusing on commercial properties in the CBD can expect solid returns, particularly in office spaces that cater to tech companies and startups. The growing trend of co-working spaces also presents an opportunity for innovation in this market.

Buwate

Buwate is gaining traction due to its serene environment and expansive land. As more people seek refuge from the hustle and bustle of the city, Buwate's appeal as a residential area has increased. It offers larger plots of land at more affordable prices compared to the city center.

Investors in Buwate should consider developing eco-friendly housing projects that emphasize sustainable living. The trend towards green spaces and environmentally conscious design is becoming increasingly popular among homebuyers.

The Writer is the CEO Armwright Real Estates Company

Document Policy Review

Following up after a community meeting

- Thank participants for attending and sharing their opinions and ideas.
- Summarize the main findings and outline any plans for what will happen next.
- Consider inviting some participants who were very engaged to help determine what will happen next.

Document and policy review

Reviewing documents and policies helps you understand the broader context while you gather information about a community. It requires few resources and should be used in conjunction with — and preferably before — another assessment method. Documents with government data or other publicly available information such as scholarly journal articles and news articles let you learn more about existing systems and policies, programs, budgets, and processes and uncover new information about the community.

This activity includes collecting information digitally or in person about a specific issue. Many government ministry websites have links to their policies, plans, programs, and procedures, as well as recent data about community needs.

Advantages of document reviews:

- They're a low-cost method to learn about a community.
- They offer important context about existing policies and programs.
- The data already exists and doesn't need to be collected.

Challenges with document reviews:

- Documents often give an official perspective but don't include those of community members.
- Documents often don't show how policies are being implemented in the community.
- Publicly available data may be outdated.
- Publicly available data may not include groups that are traditionally

marginalized or provide enough specificity.

- It may require a lot of time to collect and analyze many documents.
- Document reviews should only supplement, not replace, the collection of information, ideas, and feedback from community members.

Types of existing documents

- Data about the community and its historical needs
- Community demographics
- Government policies and current programs
- Government budgets for these programs
- Project reports, news articles, research papers, scholarly journal articles, and publications about the community or a local issue
- Maps, satellite images, or other geographic information

WHO ARE THE ROTARY FOUNDATION CADRE OF TECHNICAL ADVISERS?

The Rotary Foundation Cadre of Technical Advisers is a network of Rotary members who work to strengthen the impact of Rotary Foundation global grants and projects. They use their professional expertise and technical skills in Rotary's areas of focus and financial auditing to assist members with project planning and grant applications.

They can: Assist and advise Rotarians at the club, district, and regional level, evaluate the technical feasibility of projects, project finances, and grant applications. Rotarians may involve the CADRE early in the process so they can help with: *Providing project planning advice and implementation guidance; *Designing community assessments; *Incorporating elements of sustainability into projects; *Establishing monitoring and evaluation plans; *Answering questions about Rotary's areas of focus; *Providing financial management best practices; *Navigating the global grant application process, among others.

Do you know the CADRE in UGANDA?

THE ROTARY FOUNDATION CADRE OF TECHNICAL ADVISERS

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TC - Technical Coordinator (Basic Education and Literacy)

RO - Regional Organiser (Sub-Saharan Africa)

August 2024 Version



CLUB QUALIFICATIONS

BASIC GUIDELINES FOR QUALIFICATION OF ROTARY & ROTARACT CLUBS FOR THE YEAR 2024/2025. THE MAGICAL YEAR.

1	Registration by Uganda Registration Service Bureau (URSB) as a company limited by guarantee, complete with a certificate.
2	Payment of Rotary International Dues (RI) in TWO installments complete with attached invoices.
3	Payment of District dues (payable in ONE installment complete with attached invoice).
4	Audited accounts for 2022/2023 "Amazing Year" by a reputable firm approved by the ICPAU.
5	A club assembly (NOT board) resolution accepting, approving and adopting audited accounts for 2022/2023. Attendance list should of necessity be attached.
6	Evidence of filed returns (2023) by URSB, (form A10).
7	The club's financial management guidelines (standard template available for clubs that don't have one)
8	Signed Memorandum of Understanding (M.O.U) between the sitting president and president elect (downloadable from My Rotary, standard template also available).
9	Compulsory attendance of the DG's Grant's training seminar, the "Anne Nkuuba seminar" (evidence is as recorded by the administrator, Beatrice during the training).
10	No outstanding global grants reports.
11	No stewardship issues pertaining to the club.

THE PERIOD OF QUALIFICATION IS ONLY ONE YEAR & FOR THE AVOIDANCE OF DOUBT AN ALREADY QUALIFIED CLUB CAN SUBSEQUENTLY BE UNQUALIFIED ESPECIALLY IN BREACH OF 10 and 11 ABOVE.

NB. It is always advantageous to qualify as soon as possible, in any case within the first quarter of the Rotary year on receipt of the 1st semi-annual invoice. During the second half of the Rotary year, following receipt of the 2nd semi-annual invoice, payment of dues for the entire year as well as audited accounts for 2023/2024, "Hope Creator Year" will subsequently be additional requirements for club qualification.

Qualification of clubs is with due respect not exclusively for participation in global grants, it's financially feasible and hygienic, it makes business and common sense and above all it is good manners. **JUST DO IT!**

Peter Isabirye
Qualification Chair



Send all scanned copies of documents to: drimpinc@gmail.com



Rotary9213.org

KISENYI PROJECT

Pictorial



CLUB SERVICE PROJECT

Pictorial



President Ian Kikomeko of RCT Kasangati, Rtn Dr. Gloria Kasozi, Rtn Wamala Philip and Sam from National Blood Bank at the medical camp at St. Juliana high school organised by RC Kasangati



Rtn Dr. Eddie Mwebesa from RC Kasangati conducting health education during the school health outreach at Wampeewo Ntakke Secondary School on October 4, 2024



President Ian Kikomeko from Rct Kasangati and Rtn Dr. Gloria Kasozi conducting health talk during the medical camp at St. Juliana high school on 9th October 2024. Over 3,000 high school students were reached with various health services

Earth's 'vital signs' show humanity's future in balance, say climate experts

Record emissions, temperatures and population mean more scientists are looking into possibility of societal collapse, report says
Damian Carrington Environment editor

Many of Earth's "vital signs" have hit record extremes, indicating that "the future of humanity hangs in the balance", a group of the world's most senior climate experts have said.

More and more scientists are now looking into the possibility of societal collapse, says the report, which assessed 35 vital signs in 2023 and found that 25 were worse than ever recorded, including carbon dioxide levels and human population. This indicates a "critical and unpredictable new phase of the climate crisis", it says.

The temperature of Earth's surface and oceans hit an all-time high, driven by record burning of fossil fuels, the report found. Human population is increasing at a rate of approximately 200,000 people a day and the number of cattle and sheep by 170,000 a day, all adding to record greenhouse gas emissions.

The scientists identified 28 feedback loops, including increasing emissions from melting permafrost, which could help trigger multiple tipping points, such as the collapse of the massive Greenland icecap.

Global heating is driving increasingly deadly extreme weather across the world, they said, including hurricanes in the US and 50C heatwaves in India, with billions of people now exposed to extreme heat.

The scientists said their goal was "to provide clear, evidence-based insights that inspire informed and bold responses from citizens to researchers and world leaders – we just want to act truthfully and tell it like it is." Decisive, fast action was imperative to

limit human suffering, they said, including reducing fossil fuel burning and methane emissions, cutting overconsumption and waste by the rich, and encouraging a switch towards plant-based foods.

"We're already in the midst of abrupt climate upheaval, which jeopardises life on Earth like nothing humans have ever seen," said Prof William Ripple, of Oregon State University (OSU), who co-led the group. "Ecological overshoot – taking more than the Earth can safely give – has pushed the planet into climatic conditions more threatening than anything witnessed even by our prehistoric relatives.

"Climate change has already displaced millions of people, with the potential to displace hundreds of millions or even billions. That would likely lead to greater geopolitical instability, possibly even partial societal collapse."

The assessment, published in the journal Bioscience, says the concentrations of CO2 and methane in the atmosphere are at record levels. Methane is a potent greenhouse gas, 80 times more powerful than CO2 over 20 years, and is emitted by fossil fuel operations, waste dumps, cattle and rice fields.

"The growth rate of methane emissions has been accelerating, which is extremely troubling," said Dr Christopher Wolf, formerly of OSU, who co-led the team.

While wind and solar energy grew by 15% in 2023, the researchers said, coal, oil and gas still dominated. They said there was "stiff resistance from those benefiting financially from the current fossil-fuel based system".

The report includes the results of a Guardian survey of hundreds of senior climate experts in May, which found that only 6% believed that the internationally agreed

limit of 1.5C of warming would be adhered to. "The fact is that avoiding every tenth of a degree of warming is critically important," the researchers said. "Each tenth places an extra 100 million people into unprecedented hot average temperatures."

The researchers said global heating was part of a wider crisis that included pollution, the destruction of nature and rising economic inequality. "Climate change is a glaring symptom of a deeper systemic issue: ecological overshoot, [which] is an inherently unstable state that cannot persist indefinitely. As the risk of Earth's climate system switching to a catastrophic state rises, more and more scientists have begun to research the possibility of societal collapse. Even in the absence of global collapse, climate change could cause many millions of additional deaths by 2050. We need bold, transformative change."

Among the policies the scientists recommend for rapid adoption are gradually reducing the human population through empowering education and rights for girls and women; protecting, restoring or rewilding ecosystems; and integrating climate change education into global curriculums to boost awareness and action.

The assessment concludes: "Only through decisive action can we safeguard the natural world, avert profound human suffering and ensure that future generations inherit the livable world they deserve. The future of humanity hangs in the balance."

The world's nations will meet at the UN's Cop29 climate summit in Azerbaijan in November. Ripple said: "It's imperative that huge progress is made."

Source: Published in The Guardian- Down to Earth 10th October 2024

WASTE REDUCTION STRATEGIES FOR YOUR HOME



By: Rtn Eng Sandra Atukunda
Senior Engineer (Ministry of Water and Environment) RC Kasangati



Solid waste management is indeed a critical aspect of urban life and household level initiatives are essential for effective waste management.

All the interventions are basically categorized under the three Rs

Reduce

To reduce food wastage;

Plan your meals to avoid excess buying, make a grocery list and stick to it.
Properly store the food to increase shelf- life
Use up left-overs. While this maybe unpopular in our culture (African, then Ugandan) left over food when kept well can be used to create wonderful new meals
Turn food waste into fertilizer for agricultural benefit.

To reduce household items:

Declutter regularly, discard unnecessary items
Repair broken items instead of always replacing them
Use multi-purpose products such as detergents that can wash, clean, scrub. Containers that can be used to carry away or serve at home etc
Avoid impulse buying, always think through before opening your wallet.

To reduce paper waste:

Use cloth napkins instead of paper napkins (you can always wash the cloth ones)

Avoid junk mail, always register for no-mail lists. This helps you not to be an adverting space for business sharks.
Choose digital documents e.g bills, statements, newsletters, books etc
Opt for reusable notes instead of sticky notes.

Simple everyday decisions also help to reduce accumulation of waste such as; using rags instead of paper towels, choosing products with minimal packaging (can use a shopping bag in the market), buying items in bulk such as rice, sugar, cleaning materials etc

Reuse

Create a swap-o-rama exercise with friends; here is where friends agree to swap clothing or household items and everyone feels like they have a 'new item'
Use reusable bottles, you can pack your water or juice from home instead of buying a new one each time you have a need.
Donate or sell unwanted items. Please give away items in good condition.
Repurpose containers, for example old jars, packing boxes can be used for storage.

Recycle

By following local guidelines, properly dispose hazardous waste
Upcycle – transform, old items into new useful ones (we looked at this process in Issue no.XX)
Separate recyclables, paper, plastic, glass and metal.

As we continue to grapple with the issue of waste management as a crosscutting issue in achieving the 17 SDGs, taking these steps in our homes will contribute tremendously in improving the quality of urban life.



Rtn. Maureen Birungi



DID YOU KNOW ?

Facts About #BMW

At age 21, Jobs sold his Volkswagen bus for \$1,500, while Wozniak sold his Hewlett-Packard calculator for \$500. Together, the sales provided the funds for their initial venture.

With this capital, Jobs and Wozniak embarked on producing the Apple I, introduced on April Fools Day in 1976.

A local computer dealer placed a substantial order for 100 units for \$50,000, a significant milestone for the fledgling company.

To meet this demand, they purchased parts on credit, giving them a tight timeframe of one month to fulfill the order.

Leveraging the support of family and friends, they completed the order, earning their first revenue and narrowly managing to pay off the parts suppliers with just a day to spare.

They later met Armas Clifford "Mike" Markkula, a former manager at Fairchild Semiconductor International and Intel, who played a crucial role in the company's development.

Markkula assisted in crafting a business plan and invested \$92,000, in addition to helping arrange a \$250,000 credit line.

The Apple I, marketed for \$666.66 each, earned the company around \$774,000.

Following the launch of the Apple II, Apple's sales skyrocketed to \$139 million, three years after its release.

The pivotal moment for Apple came in 1980 when it became a publicly traded company. On its first day of trading, Apple's market value reached \$1.2 billion.

By the end of the day, the market capitalization stood at \$1.8 billion, a remarkable achievement considering the company started in Jobs' garage.

In 1983, Jobs recruited John Sculley from Pepsi-Cola to be CEO of Apple.

The following year, they released the Macintosh, marketing it as part of a counterculture lifestyle.

Despite its positive sales and superior performance to IBM's PCs, the Macintosh struggled with compatibility issues with IBM systems.

Because of internal disagreements and strategic differences, Jobs was eventually phased out of the company he co-founded and left Apple in 1985.

Jobs returned to Apple as CEO in 1997. He played a pivotal role in reviving the company, which was facing financial turmoil and was said to be on the verge of bankruptcy.

Over the years, Apple transformed from a personal computer company to a leader in cutting-edge digital products.

By the time of Jobs' death in 2011, Apple had achieved a market value of \$391 billion.



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MONTH OF SEPT. CELEBRATES



WEDDING - SEPT ANNIVERSARIES



Rtn Agnes Muyanga
6th October



Rtn Sandra Barekye
23rd October



Rtn Ibrah Ibrah kabanda
3rd Octobe



Rtn Carol Namubiru 16th
October



Rtn Sauda Kivumbi
25th October

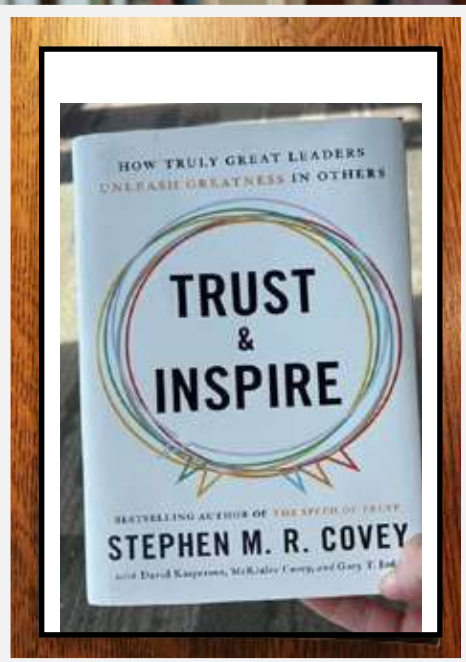


Rtn Yosamu Barekye
27th October



Rtn Emmanuel Lukyamuzi
and his Anne 28th October.

CELEBRATIONS



Trust and Inspire

By Stephen M.R. Covey

Trust and Inspire: How Truly Great Leaders Unleash Greatness in Others by Stephen M.R. Covey builds on the foundational concepts of trust and leadership that his father, Stephen R. Covey, introduced in "The 7 Habits of Highly Effective People." In this book, Covey emphasizes the importance of trust as a cornerstone of effective leadership and presents a new paradigm for leading in a world that increasingly demands innovation and collaboration. Here are ten key lessons and insights from the book:

1. The Trust Paradigm: Covey introduces the concept of the "trust and inspire" model, contrasting it with the traditional "command and control" leadership style. He argues that leaders who trust their team members and inspire them to take initiative foster a more engaged and motivated workforce, leading to better outcomes.

2. The Importance of Trust: Trust is presented as the fundamental currency of effective leadership. Covey discusses how trust affects relationships, collaboration, and overall organizational performance. He emphasizes that building trust requires consistency, reliability, and integrity.

3. Inspiring Greatness in Others: Covey stresses that great leaders not only build trust but also actively inspire greatness in their team members. This involves recognizing and nurturing individual strengths, encouraging creativity, and fostering an environment where people feel empowered to contribute their best work.

4. Creating a Culture of Trust: The book outlines strategies for creating a culture of trust within organizations. Covey suggests that leaders must model trustworthiness, communicate openly, and establish shared values to cultivate an environment where trust can thrive.

5. The Role of Vulnerability: Covey highlights vulnerability as a strength in leadership. By being open about their own challenges and uncertainties, leaders can build deeper connections with their teams and create a safe space for others to do the same. This authenticity fosters trust and collaboration.

6. Listening and Empathy: Effective leaders prioritize active listening and empathy. Covey discusses the importance of understanding team members' perspectives and feelings, as this demonstrates respect and builds trust. Empathetic leaders are better equipped to address concerns and inspire their teams.

7. Accountability and Responsibility: Covey emphasizes the need for accountability in a trust-based leadership model. Leaders should encourage team members to take ownership of their work and decisions, fostering a sense of responsibility and commitment. This accountability enhances trust and drives performance.

8. Empowering Decision-Making: The book advocates for empowering team members to make decisions within their areas of expertise. Covey argues that when leaders trust

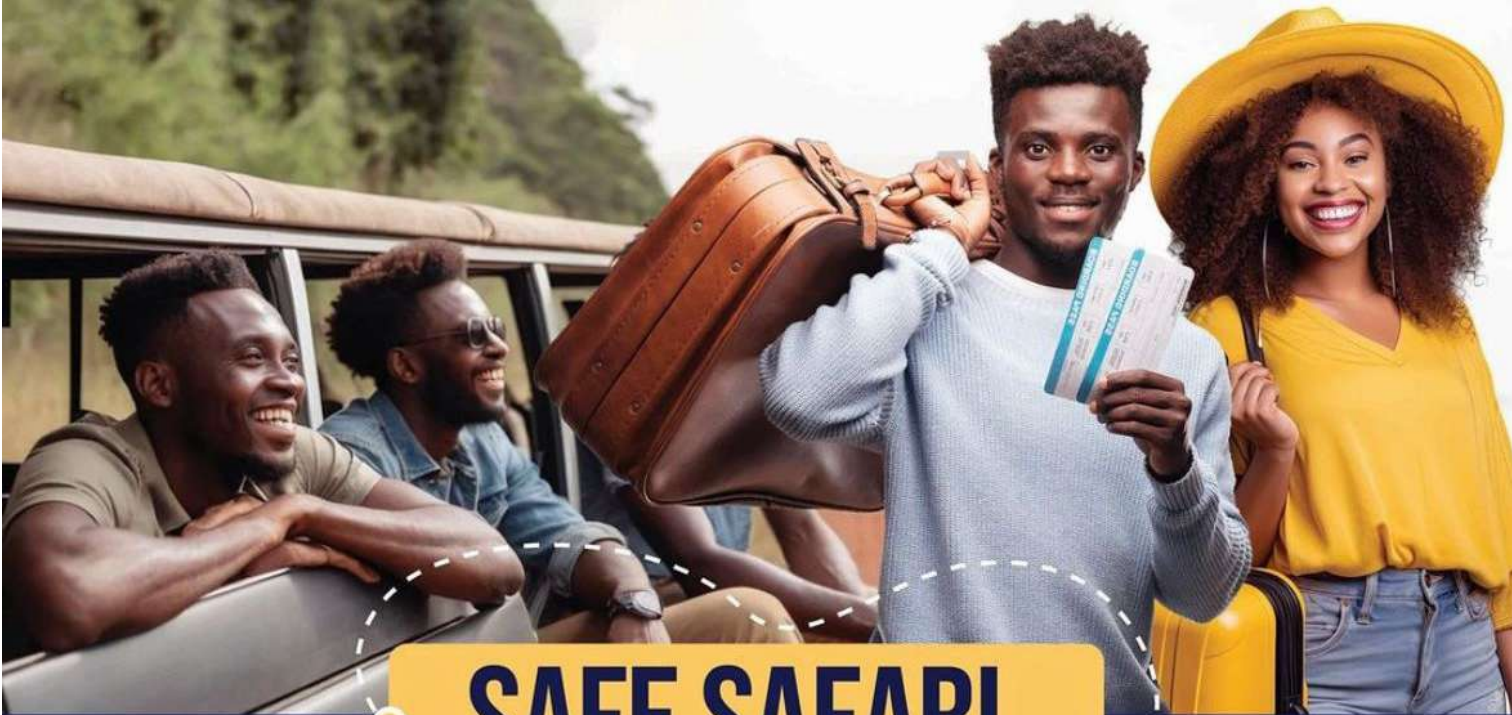
their teams to make decisions, it enhances engagement and innovation, ultimately leading to better results.

9. Continuous Learning and Growth: Covey encourages leaders to promote a culture of continuous learning and growth. By supporting professional development and embracing a growth mindset, leaders can inspire their teams to pursue excellence and adapt to changing circumstances.

10. The Ripple Effect of Trust: Finally, Covey discusses the ripple effect of trust within organizations and communities. When leaders cultivate trust, it extends beyond their immediate teams, positively impacting the entire organization and fostering collaboration and innovation across departments.

"Trust and Inspire" by Stephen M.R. Covey offers a modern perspective on leadership that prioritizes trust and inspiration over authority and control. Through lessons on building trust, empowering others, and fostering a culture of accountability and continuous growth, Covey provides valuable insights for leaders seeking to unlock the potential of their teams. The book serves as a guide for creating more engaged, innovative, and effective organizations by embracing a trust-based leadership approach.

Book: <https://amzn.com>



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TRAVEL INSURANCE.

As the world continues to open up for travel and exploration, there is an increasing need for reliable travel insurance products that provide peace of mind for travellers, businesses in the tourism sector, such as tour agencies, hotels and many more. Liberty General Insurance understands the value of ensuring safe and worry-free travel experiences. That is why we have developed a travel insurance product designed to cater to the unique needs of travellers and the tourism industry in Uganda—the “Safe Safaris” package.

Travel insurance is not just a safety net; it is a crucial element for anyone on the move—whether for business, leisure, or exploration. Here are some reasons why travel insurance is essential:

1. Medical Emergencies: Travel insurance provides coverage for unexpected medical expenses, including hospital stays, surgeries, and emergency evacuations. This is particularly important in cases where travellers are exploring remote areas or are away from their home country.

2. Trip Cancellations and Delays: Travel plans can change unexpectedly due to various reasons, such as illness, natural disasters, or other unforeseen circumstances. With travel insurance, travellers are protected against financial losses resulting from cancelled or delayed trips.

3. Lost or Stolen Luggage: Imagine losing your luggage

or having essential documents like passports stolen while on the move. Travel insurance ensures you are not left stranded and provides financial compensation for such losses.

4. 24/7 Assistance: Many travel insurance plans come with 24/7 emergency assistance services that provide support and guidance in emergency situations, from lost passports to finding the nearest medical facility.

5. Protection Against Personal Liability: Accidents can happen anywhere. Travel insurance offers coverage for personal liabilities, such as damage to property or injuries caused to another person while on your journey.

Understanding the unique needs of tourists and the dynamic nature of the tourism industry in Uganda, we introduced the “Safe Safaris” package that is tailored to cater to tourists' needs while promoting Uganda as a safe and welcoming destination. The Safe Safaris package stands out in the following ways:

-Comprehensive Coverage: From medical emergencies to trip cancellations, Safe Safaris provides extensive coverage that meets the needs of both local and international tourists exploring the Pearl of Africa.

- Adventure Sports Coverage: Given Uganda's diverse landscape, which offers activities like gorilla trekking, white-water rafting, and mountain hiking, the Safe Safaris package includes coverage for adventure sports, ensuring that thrill-seekers can explore Uganda without worries.

-Customized Options for Tour Operators: Travel companies and tour agencies can also benefit from Safe Safaris, which offers customizable group policies and tailored coverage that aligns with their business operations and customer needs.

We are also proud to partner with Miss Tourism Uganda, a collaboration that showcases the beauty and diversity of Uganda across its various regions. Together, we aim to create a positive impact by promoting Uganda's tourism sector and highlighting the rich cultural, natural, and historical attractions the country has to offer. Through this partnership, Liberty General Insurance is positioning itself as Uganda's No. 1 tourism fan, actively engaging in promoting the safety and enjoyment of all tourists exploring the Pearl of Africa through the safe safari's insurance package. Choosing us for your travel insurance needs means opting for a partner that is genuinely invested in promoting and enhancing tourism in Uganda. With our comprehensive travel insurance options, including the Safe Safaris package, we provide tailored solutions that address the concerns of today's travellers and tourism stakeholders.

Travel insurance is a critical component for anyone planning to travel, and with our Safe Safaris package, travellers and tourism businesses can enjoy peace of mind knowing they are protected.

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- first** Is it the **TRUTH**?
- second** Is it **FAIR** to all concerned?
- third** Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- fourth** Will it be **BENEFICIAL** to all concerned?

Healthy Living



10 Benefits of Black Coffee



Amazing People:

Lethukukhanya Mjaji



PP Elizabeth Ssempebwa-RC Kiteezi



Are you aware that a smiling face becomes an inspiration for those around, creating a ripple effect of positivity? As the old adage goes, a smiling face is a beautiful face. It motivates others to smile back and make the world a beautiful place. And so today, I invite you to meet with me, Lethukukhanya Mjaji, a five year old South African beautiful rural girl. Her amazing story, as it unfolds, started when her mother sent her to buy a loaf of bread from a shop.

On her way back, her uncle took several photos of her smiling, holding Albany bread. He posted these to his friends. South Africans fell in love with the little girl's smile which made the photos go viral on social media. Incidentally, little girl's name, Lethukukhanya means to bring light. Probably, this was her day when Lady Luck, smiled on her. Albany Bread Company responded to the viral image and visited the little girl in her village delivering more bread. Many people began to swear their alliance to the Bread Company that this would be the only brand of bread they will ever purchase if Albany uses this little girl for their adverts.

Due to public pressure, Albany made Lethukukhanya the brand Ambassador turning her photo into billboards advertising Albany bread across South Africa. As a pay back, the daughter and mother received a two bedroomed house and promised to cover her education expenses until graduation. Amazing God that such things also happen in this era. All due to a simple smile. This is a heartwarming story of how a simple moment of joy captured in a photo can change a person's life for the better.

In light of that little girls amazing story, I implore you to smile more. Why? Your Inner beauty begins with a smile. A smile is the purest demonstration of happiness. Smiling can make you and others happy. Smiles are free but they are worth a lot. Smile, because you never know who is falling for it. Moreover, you make the world a better place with your smile because smiling is infectious. Have a very enjoyable October as you smile with the world.

AMAZING PEOPLE



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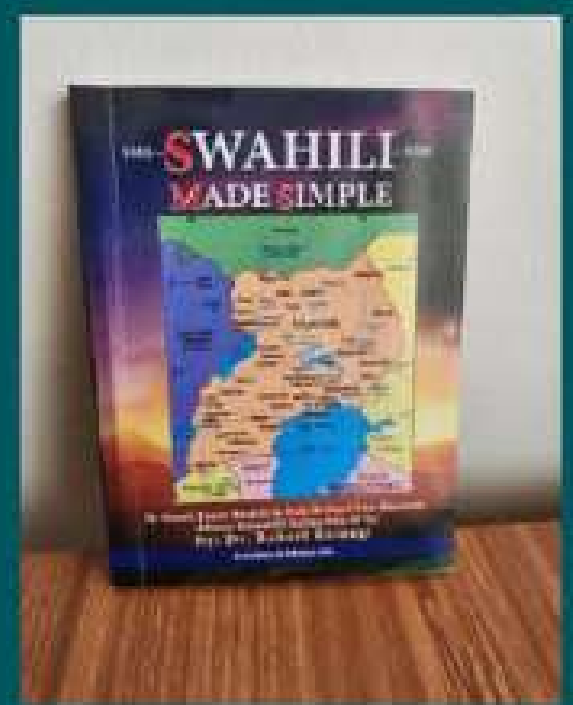
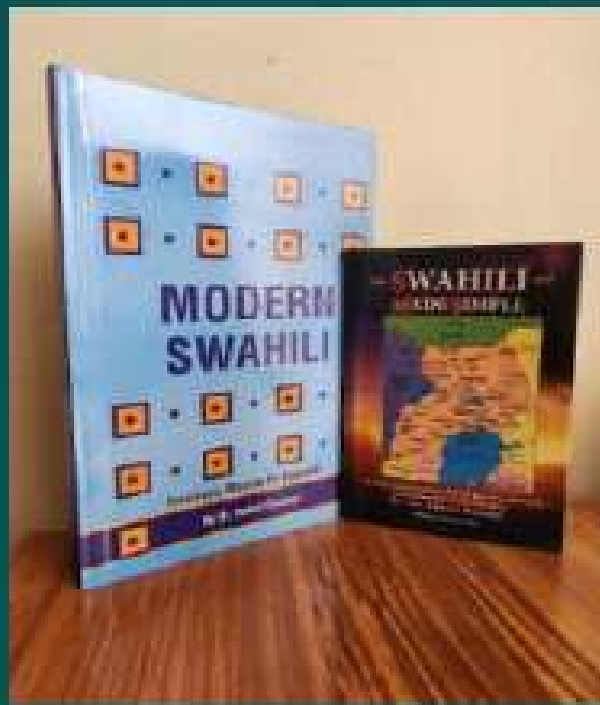
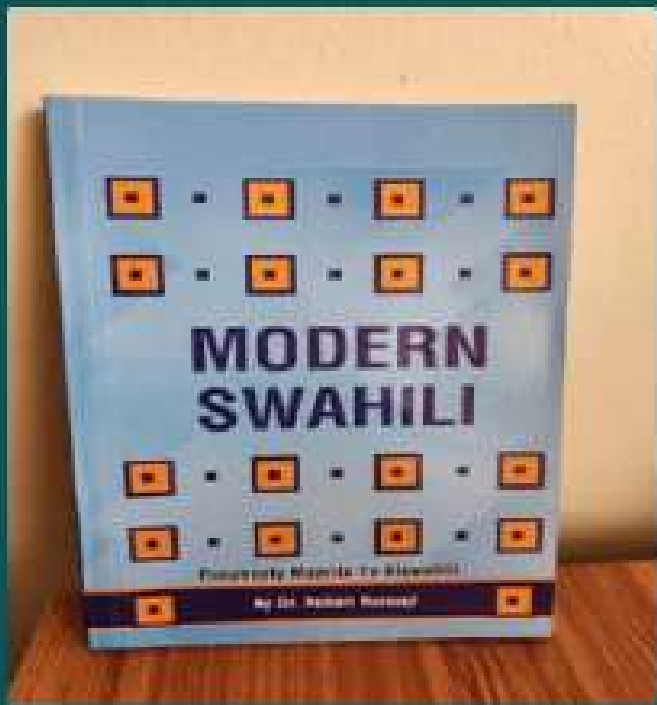
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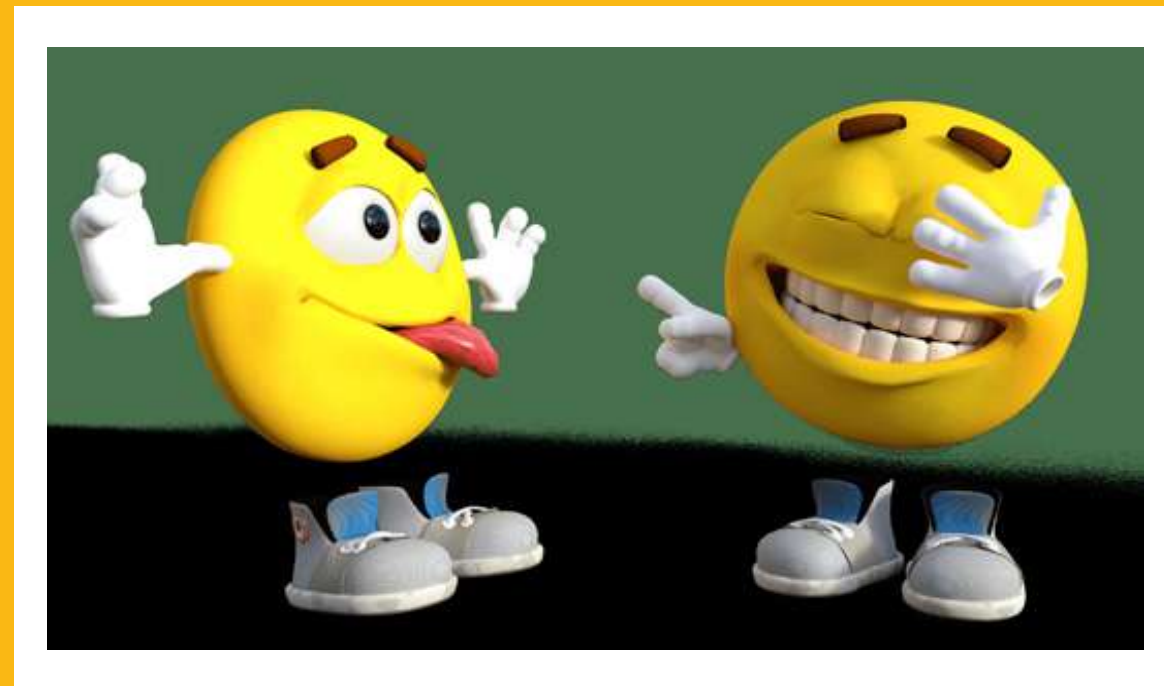
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Musawo:

Neerabidde okumuwa eddagala
ly'otulo, Muzukuse alimire.

ROTARY CLUB	MEETING VENUE	DAY	TIME
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MONDAY

RC Njeru	Nile Hotel	Mondays	6:00pm
RC Jinja City	Speke Courts Kakindu	Mondays	6:00pm
RC Kampala-North	Protea Hotel	Mondays	6:00pm
RC Kampala South	Hotel Africana, Wampewo Avenue (After Centenary Park)	Mondays	6:00pm
RC Nakawa	Rivonia Suites	Mondays	6:30pm
RC Kampala Early Bird	Online	Mondays	7:00pm
RC Kampala Naguru	Hotel Africana	Mondays	7:00pm
RC Kasangati	Kasangati Resort Center	Mondays	7:00pm
RC Mbalwa	Aimatt Bar (Road Towards Unbs)	Mondays	7:00pm
RC Mukono Central	Star Gardens Hotel (Near The General Hospital)	Mondays	7:00pm

TUESDAY

RC Ngora	Galaxy Country Club	Tuesdays	5:00pm
RC Acacia Sunset Kampala	Ibamba Restaurant	Tuesdays	6:00pm
RC Kololo-Kampala	Hotel Africana, Wampewo Avenue (After Centenary Park)	Tuesdays	6:00pm
RC Fort Portal	Night Rose Hotel	Tuesdays	6:00pm
RC Iganga	Ntinda Valley Resort Hotel, Iganga	Tuesdays	6:00pm
RC Kabulasoke Gomba	Makanhill Hotel, Mityana - Wabigalo	Tuesdays	6:00pm
RC Lira	Margarita Palace Hotel, Police Road	Tuesdays	6:00pm
RC Lugazi Central	Stone Castle Hotel, Lugazi	Tuesdays	6:00pm
RC Makindye	Rozaho Restuarant	Tuesdays	6:00pm
RC Masindi	The New Court View Hotel	Tuesdays	6:00pm
RC Mbale	Mt. Elgon Hotel	Tuesdays	6:00pm
RC Soroti Central	Landmark Hotel (Opposite Soroti Main Market)	Tuesdays	6:00pm
RC Sunrise-Kampala	Roots Restaurant Kafu Road Plot 4	Tuesdays	6:00pm
RC Wobulenzi	Hotel Network, Wobulenzi	Tuesdays	6:00pm
RC Butabika Royals	Silver Springs Hotel	Tuesdays	6:30pm
RC Bweyogerere Namboole	Hotel Mamerito -Bweyogerere	Tuesdays	6:30pm
RC Kyadondo	Uganda Golf Club, Kitante (Last Fellowship Of The Month Is Off Site To Support Club Member's Joint	Tuesdays	6:30pm
RC Arua Eco City	Desert Breeze Hotel	Tuesdays	7:00pm

ROTARY CLUB	MEETING VENUE	DAY	TIME
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RC Bukoto	Kabira Country Club	Tuesdays	7:00pm
RC Buloba	Joggies Recreation Center. Mityana Road	Tuesdays	7:00pm
RC Kampala Naalya	Ndere Centre	Tuesdays	7:00pm
RC Kiboga	Kiboga Resort Hotel	Tuesdays	7:00pm
RC Kisaasi-Kyanja-Kampala	Sweetland Gardens	Tuesdays	7:00pm

WEDNESDAY

RC Kampala-West	Kati Kati Restaurant, Lugogo By Pass	Wednesdays	1:00pm
RC Yumbe		Wednesdays	4:00pm
RC Mubende Metro	Panorama Suites	Wednesdays	5:30pm
RC Katakwi	Petua Gardens	Wednesdays	5:30pm
RC Tororo	Piedmont Hotel (Opp Lions Children Park)	Wednesdays	5:30pm
RC Kira	Zebra Spot Restaurant Kira Namugongo Road-Next To Kira Police Division Offices.	Wednesday	6:00pm
RC Arua		Wednesdays	6:00pm
RC Bugolobi Morningtide	City Royal Hotel	Wednesdays	6:00pm
E Club Of Naguru	Jaca Residence, Kisasi	Wednesdays	6:00pm
RC Jinja	Jinja Golf Club	Wednesdays	6:00pm
RC Kabarole	Toro Golf Club Fort Portal	Wednesdays	6:00pm
RC Kampala-Central	Hotel Africana	Wednesdays	6:00pm
RC Kasana-Luwero	St. Paul Gardens (At The Catholic Church)	Wednesdays	6:00pm
RC Koboko	Blue Dove Hotel, Koboko	Wednesdays	6:00pm
RC Kumi	North East Villa	Wednesdays	6:00pm
RC Mbale City	Courts View Hotel, Mbale	Wednesdays	6:00pm
RC Mubende	Nakayima Hotel	Wednesdays	6:00pm
RC Nakasero Central	Kati Kati Restaurant, Lugogo By Pass	Wednesdays	6:00pm
RC Kyambogo-Kampala	Sports View Hotel	Wednesdays	6:30pm
RC Lugogo Mango Tree	Shell Club Lugogo	Wednesdays	6:30pm
RC Kampala Life Stars	Kati Kati Restaurant Lugogo By Pass	Wednesdays	7:00am
RC Kampala Maisha	Rosa Dymes	Wednesdays	7:00pm
RC Kirinya-Bukasa	Sox Hotel	Wednesdays	7:00pm
RC Kiwatule	Kabira Country Club	Wednesdays	7:00pm
RC Mukono	Colline Hotel, Mukono	Wednesdays	7:00pm
RC Nansana	Hotel Ivory	Wednesdays	7:00pm

ROTARY CLUB	MEETING VENUE	DAY	TIME
RC Port-Bell	Silver Springs Hotel	Wednesdays	7:00pm
RC Nansana	Hotel Ivory	Wednesdays	7:00pm
THURSDAY			
RC Kampala	Sheraton Hotel	Thursdays	12:30pm
RC Bugiri	Gilgal Hotel	Thursdays	6:00pm
RC Busia	Dom Royal Hotel	Thursdays	6:00pm
RC Gulu	Acholi Inn	Thursdays	6:00pm
RC Hoima Kitara	Hoima Bufalo Hotel (Hb Hotel)	Thursdays	6:00pm
RC Kampala-Impala	Kabira Country Club	Thursdays	6:00pm
RC Kampala-Ssese Island	Kati Kati Restuarant	Thursdays	6:00pm
RC Kayunga	Katikomu Hotel	Thursdays	6:00pm
RC Kitante	Hotel Protea	Thursdays	6:00pm
RC Kitgum	Bomah Hotel Apartment	Thursdays	6:00pm
RC Mbale Metropolitan	Mbale Courts View Hotel	Thursdays	6:00pm
RC Source Of The Nile	Crested Crane Hotel	Thursdays	6:00pm
RC Kampala Springs	Silver Springs Hotel	Thursdays	6:30pm
RC Bugolobi	City Royal Hotel	Thursdays	7:00pm
RC Bujuuko-Kireka	City View Gardens Hotel	Thursdays	7:00pm
RC Bukedea		Thursdays	7:00pm
RC Kampala Day Break	Fairway Hotel- Yusuf Lule Rd (3 Virtual Fellowship And 1 Physical Fellow End Of Month)	Thursdays	7:00pm
RC Kampala-East	Hotel Africana, Wampewo Avenue (After Centenary Park)	Thursdays	7:00pm
RC Kampala-Mahaba	Meet Online, Physical Is Occasional - Kati Kati Restaurant Lugogo By Pass	Thursdays	7:00pm
RC Najjeera	Moments Lounge, Kiwatule (Behind Shell Petrol Station)	Thursdays	7:00pm
RC Nsasa	Hidden Village Resort	Thursdays	7:00pm
RC Seeta	Ridar Hotel	Thursdays	7:00pm
Namugongo	Abba Hotel, Vienna College Ring Road Opp Lifelink Hospital Kyaliwajjala	Thursdays	7:00pm

ROTARY CLUB	MEETING VENUE	DAY	TIME
FRIDAYS			
RC Upper Kololo	Rozaho Bistro	Fridays	1:00pm
RC Busia Borderline	Gold Star Resort Hotel, Busia	Fridays	6:00pm
RC Tororo Sam-Owori	Rock Classis Hotel	Fridays	6:00pm
RC Nansana Metro	Holy Fam Hotel, Nansana	Friday	7:00pm
RC Ntinda	Nob View Hotel	Fridays	7:00pm
RC Ntinda Metropolitan	Nob View Hotel	Fridays	7:00pm
RC Kitukutwe	Ijuuka Place	Fridays	7:00pm
RC Manyangwa-Nakwero	Victor's Valley Hotel	Fridays	7:00pm
RC Kampala-Kibuli	Hotel Africana	Fridays	7:00pm
SATURDAYS			
RC Kampala City	Circuit Lounge	Saturdays	1:00pm
Saturday E Jazz	On Line Meetings/ Physical Meetings Every Last Saturday Of The Month Currently At Zimbali Bistro & Lounge	Saturdays	6:00pm
SUNDAYS			
RC Sonde	Model Gardens, Sonde	Sundays	3:00pm
RC Kiwenda	Hill Air Hotel, Gayaza	Sundays	4:00pm
RC Naalya States	Emperor Hotel, Naalya	Sundays	4:00pm
RC Gayaza	Spartans Lounge (Behind Total Energies Petrol Station - Nakwero)	Sundays	5:00pm
RC Kulambiro	New Bio-Viands Kulambiro Ring Road	Sundays	5:00pm
RC Kyanja Metro	Lishi Resort Hotel	Sundays	5:00pm
RC Mukono-Namilyango	Hasteh Royale Hotel, Seeta-Kirowooza	Sundays	5:00pm
RC Semuto	Hilltop Hotel	Sundays	5:00pm
RC Bulindo	Conbary Hotel, Bulindo	Sundays	7:00pm
E Club Of Uganda Global	Online	Sundays	7:00pm
RC Kigumba		Sundays	7:00pm
RC Wakiso		Sundays	7:00pm

RC Bugiri
Municipality
RC Adjumani

**DON'T MISS RC KASANGATI FELLOWSHIP
EVERY MONDAY | 7:00 PM - 8:00PM
@ KASANGATI RESORT CENTER**



X **RCkasangati**

f **Rotary club of kasangati**

▶ **Rotary club of kasangati**