

30th July, 2024

THE SONDE TIMES

Volume 4, Issue 04



ROTARY CLUB OF SONDE REPRESENTS AT DGN's HOMECOMING





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Editorial's Note



Dear Valued Readers,

The Sonde Times team extends its sincere gratitude for your continued engagement with our weekly publication. Your support is invaluable as we strive to chronicle the Rotary Club of Sonde's impactful initiatives.

By reading The Sonde Times, you demonstrate a shared commitment to service and a desire to make a positive difference. Together, we amplify the Rotary Club of Sonde's reach, inspiring others to join our community of changemakers.

We encourage you to share The Sonde Times within your network to expand

our readership and broaden our impact.

This week's edition features:

Exclusive insights from The Rotary Foundation Trustee

Progress on the District Governor's 25by25 initiative

Welcoming new members to the Rotary Club of Sonde

The club's representation at the District Governor Nominee's homecoming

A deep dive into pre-eclampsia awareness

We welcome your contributions and look forward to celebrating the club's achievements throughout the year.

Thank you for your continued support.
Sincerely,

**Rtn. Emmanuel Mwaka Editor,
The Sonde Times**

The Rotary Foundation Trustee's Message

The engine that powers us



This month, we begin a new journey together to celebrate The Magic of Rotary. So buckle up for an exciting trip.

If Rotary is a beautiful car that you are proud to drive, The Rotary Foundation is the engine that propels it to your chosen destination. And it's the strengths of Rotary — especially you and our other incredible 1.4 million members — that make TRF powerful.

I knew little about The Rotary Foundation when I joined Rotary. Everything changed in 1985 when, as incoming president of my club, I attended my first RI Convention with my wife, Gay, in Kansas City, Missouri. We will never forget the thunderous support for Dr Albert Sabin, creator of the oral polio vaccine, who called upon Rotary to vaccinate the world's children. It marked the dawn of PolioPlus, a pivotal moment in Rotary's commitment to children worldwide.

You, as a member of Rotary, are also a part of The Rotary Foundation. You are part of

a worldwide movement that implements global grants to build sustainable systems for clean water and sanitation where there are none. You help train peacebuilders in a world plagued by unrest. And through supporting the Foundation, you help people rebuild their lives after natural disasters.

To accomplish more good in the world, the Foundation trustees have set an ambitious fundraising goal of \$500 million for 2024–25. Achieving this goal will require the support of everyone reading this message. It will also help us reach our goal of building the Endowment Fund to \$2.025 billion by 2025.

To keep financial support of TRF at the forefront, I have developed Mark's Magical Markers — a set of specific targets to help us achieve our goals. The first Magical Marker focuses on personal commitment, particularly to the Annual Fund, which supports the grants, scholarships, and vocational training teams that make the magic happen. Please contribute what you can to the Annual Fund no later than August 31.

Let's fuel the engine that enables us to do good in the world and unleash The Magic of Rotary through TRF. Let's make this year an unforgettable one — for us and for the people whose lives we will touch.

Mark Daniel Maloney
TRF Trustee Chair

Club President's Message



Greetings from the Rotary Club of Sonde. I hope this message finds you well. As we progress through the fifth week of July, I am pleased to share updates on recent club activities and upcoming events.

We extend our sincere gratitude to the Sonde Models team for their participation in District Governor Nominee Rtn. Geral Obai's homecoming in Gulu City. A special thank you to IPP Paul Sigombe, AP Connie Magomu, Rtn. Suzan Nafuna, Rtn. El'Charles Odongo, and Rtn. Ocen Robert for representing the club.

We would also like to express our appreciation to all who participated in the virtual prospects meet and greet on

July 24. Let us continue to encourage membership growth by inviting potential candidates to join our Rotary family.

We are excited to announce that a Rotary Health Family Day is scheduled for August 5, spearheaded by Rtn. Vivian Okello. We encourage all members to participate in this event as we extend our service to the communities of Sonde, Goma, and surrounding areas.

Thank you for your continued support of the club's initiatives. We encourage all members to contribute to the 25by25 Relay TRF giving campaign. Your support enables the Rotary Foundation to undertake impactful projects worldwide. Together, we can create a lasting positive impact on our community.

Warm regards,

Irresistible President Dr. Charles Olaro

Supporting DG Anne Nkutu's 25by25 Relay: A Call to Action for Every Rotarian



District Governor Anne Nkutu's 25by25 relay is a bold initiative aimed at significantly boosting our district's contributions to the Rotary Foundation. The goal is ambitious yet achievable: to have each Rotarian in our district contribute 100,000 UGX. This collective effort is designed to propel our district towards meeting and surpassing our giving target, thereby amplifying our impact on communities locally and globally.

The Rotary Foundation is the cornerstone of Rotary's mission to promote peace, fight disease, provide clean water, save mothers and children, support education, and grow local economies. Our contributions to the Foundation enable the funding of diverse projects that address these critical areas. By supporting the 25by25 relay, we are ensuring that the Rotary Foundation can continue to support and expand these life-changing programs.

The Ripple Effect of Giving

Contributing to the 25by25 relay creates a ripple effect. When each Rotarian commits to giving 100,000 UGX, we collectively generate substantial funds that can be leveraged to achieve greater impact. This unified effort demonstrates our commitment to Rotary's values and inspires others to join our cause.

District Governor Anne Nkutu's 25by25 relay is not just about meeting a financial target; it's about coming together as a Rotary community to make a lasting difference. Your contribution is a testament to your commitment to Rotary's mission and values. By supporting this initiative, we are reinforcing our dedication to service above self and ensuring that the Rotary Foundation can continue its vital work.

As Rotarians, we have the power to create significant change. By each contributing 100,000 UGX to the 25by25 relay, we are taking a tangible step towards fulfilling our district's giving target and enhancing the Rotary Foundation's ability to support transformative projects. Let's unite in this effort, demonstrating our collective strength and commitment to making the world a better place.

Together, we can achieve extraordinary things. Let's support DG Anne Nkutu's 25by25 relay and make our district's vision a reality.

**By Rotarian Alex Ssemanda
Director Rotary Foundation**

Rotary Club of Sonde Welcomes New Members with Online Prospects Meet and Greet



extended warm greetings to the prospective Rotarians, expressing their enthusiasm for their interest in joining the club. Rotarian Byaruhanga emphasized the importance of membership growth and encouraged club members to actively invite, guide, and nurture potential candidates.

Club President, Dr. Charles Olaro, expressed his excitement at welcoming the prospects and fostering a dynamic virtual interaction. He extended a warm welcome to the attendees and encouraged open dialogue. Dr. Olaro emphasized the club's core values of service above self and invited the prospects to fully engage in the conversation as they considered joining the Rotary family.

The event provided an invaluable opportunity for prospective members to gain insights into the club's activities, its commitment to community service, and the camaraderie among its members. By fostering connections and creating a welcoming environment, the Rotary Club of Sonde demonstrated its dedication to expanding its impact through the recruitment of like-minded individuals.

Kampala, Uganda – July 28, 2024 – The Rotary Club of Sonde hosted a vibrant online prospects meet and greet on Wednesday, July 24, aimed at expanding its membership. The event, organized by Club Director for Membership, Rotarian Joy Byaruhanga, provided a platform for potential members to engage with current club members and learn more about the organization's mission and impact.

The virtual gathering commenced with a melodic interlude, setting a relaxed and welcoming atmosphere. Members

Sonde models Representing at DGN Gerald Obai's homecoming in Gulu City



Rotary Club of Sonde Meeting - Focus on Pre-eclampsia Awareness

The Rotary Club of Sonde convened a meeting on 28th July, 2024 with a primary focus on pre-eclampsia awareness and prevention. The gathering brought together Rotarians from various clubs to engage in a comprehensive discussion on this critical maternal health issue.

The meeting commenced with routine club formalities, including the recitation of Rotary norms, a benediction led by Betty, and a roll call. President Olaro introduced the Sergeant at Arms and provided an update on auto-renewals. Rtn. Hajat welcomed attendees, introduced guest speakers, and outlined the meeting agenda.

Rtn. Jane announced the upcoming Family Health Day and Cancer Run, scheduled for August 5th at Goma Health Center 4. The event date was subsequently adjusted to Monday to optimize Rotarian attendance. The primary focus of the meeting was a presentation by guest speaker Jacqueline Akelo, a public health specialist and pre-eclampsia survivor. Akelo, also the Chair of the Preeclampsia Subcommittee under the National Safe Motherhood Expert Committee, provided an in-depth overview of the condition, its impact, and

prevention strategies.

Dr. Olaro, who leads the pre-eclampsia subcommittee, emphasized the importance of year-round awareness campaigns, rather than focusing solely on May, which is internationally recognized as "Know Your Blood Pressure Month."

The presentation highlighted the alarming prevalence of pre-eclampsia, its significant contribution to maternal and infant mortality, and the importance of early identification and management. Risk factors, symptoms, and potential complications were discussed in detail.

A robust question-and-answer session followed the presentation, with Rotarians actively engaging in discussions about the condition's causes, effects, and prevention. Topics included the role of midwives, the impact on children, and the effectiveness of traditional remedies.

The meeting concluded with a renewed commitment from the Rotary Club of Sonde to support the pre-eclampsia subcommittee's efforts in raising awareness and advocating for improved maternal health outcomes.

Make Your Travel Sustainable



As summer beckons, it's essential to consider the environmental impact of our travels. By making conscious choices, we can enjoy our holidays while minimizing our carbon footprint.

Choosing Sustainable Transportation:

Opt for non-stop flights to reduce carbon emissions.

Consider group travel by car to share resources and decrease your carbon footprint.

Thoroughly research travel agencies to ensure they are genuinely eco-friendly and not engaging in "greenwashing."

Respecting Local Communities and Ecosystems:

Support local businesses and avoid

contributing to waste by purchasing locally made products.

Be mindful of your impact on wildlife by avoiding feeding or disturbing animals.

Discourage activities that exploit animals, such as elephant or camel rides.

Recycle brochures and maps to minimize waste.

Responsible Travel Practices:

Research accommodations with recycling programs and provide feedback if needed.

Plan treks carefully to avoid disrupting flora and fauna.

Carry reusable bags and water bottles to reduce plastic waste.

Follow designated trails and avoid littering.

By incorporating these sustainable practices into your travel plans, you can enjoy your vacation while preserving the environment for future generations. Remember, small actions can make a significant difference.

By Rotarian Emmanuel Mwaka

Rotarians Up and About



Rtn. Peter Paul Opata representing the club at Rotary club of Mbalwa

IP Charles Olaro did have a talk at Rotary Club of Kawempe

Rotary 
Kampala Kawempe

Topic
UGANDA'S PROGRESS TOWARDS IMPROVING MATERNAL AND PERINATAL HEALTH.

Discussion by.
DR CHARLES OLARO
Director Curative Services-MOH

Friday 26th July 2024 | Venue **La-Grade Hotel**
From 7:00pm- 8:00pm

Elephants Buddy group in charge




 @Rotary club of Kampala Kawempe  @rckawempe

Celebrations




We celebrate Rotarian Keneth Bemba and Olive Nakacha upon celebrating 25 years of marriage

Rotary Club of Sonde



HAPPY Birthday



RTN. OLIVE NAKACHWA


With warm wishes for a very happy birthday and sincere thanks for your hard work throughout the year.

Have a great day!


27 JULY 2024

Rotary Club of Sonde | www.rotarysonde.org

Rotary Club of Sonde



HAPPY Birthday



RTN. GASHIRABAKE CHRISTOPHER

With warm wishes for a very happy birthday and sincere thanks for your hard work throughout the year.

Have a great day!

27 JULY 2024

Rotary Club of Sonde | www.rotarysonde.org

Upcoming Events



Western MEGA FELLOWSHIP

23 - 25 AUG, 2024

PAYMENT OPTIONS

Centenary Bank
 BANK DETAILS
 Acc. No. 3204694075
 The Rotary Western Mega Fellowship

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 KISEMBO LILIAN (TREASURER)
 0701 302 426

150K FEES 120K
 ROTARIANS & GUESTS ROTARACTORS

MEGA ACTIVITIES:
 KONZO NIGHT, WESTERN CANCER RUN, CONFERENCE & ALL MEALS

OPTIONAL ACTIVITIES:
 RWENZORI MARATHON, BOAT CRUISE, MINI GOLF TOURNAMENT (SCRAMBLE) HOT SPRINGS EXPERIENCE

For more information:
 0782 640 170 / 0752 630 662 / 0704 731 287

Ajax



Rotary
 Club of Sonde

Join Rotary Club of Sonde fellowship every Sunday at 3pm at Model Gardens



5th Camping Edition

16th - 18th August, 2024

Rotary

@ **turza HOTEL**
 Bushenyi

Optional Activities

Visit:
 * Kabagarambe
 * Queen Elizabeth
 * Kitagata Hotsprings
 * Canoeing & Fishing
 * among others...

300k
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 250k

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SPREAD
MAGIC
IN EVERY
STEP



**ROTARY
CANCER
RUN 2024**

**SUN 25
AUGUST**
KOLOLO AIR STRIP
TIME: 6AM



Registration Fees
30,000/=
comes with a vest

ALL PROCEEDS GO TO
COMPLETING THE BUNKERS
AT NSAMBYA HOSPITAL



MAYD McCANN





KIMANJE PARENTS DAY AND BOARDING NURSERY AND PRIMARY SCHOOL

"Discipline and Quality Education is Success "

2024 ADMISSIONS IN PROGRESS

We are Open for **Registration**

REQUIREMENTS

- ▶ Photocopy of Birth certificate
- ▶ Photocopy of report card from previous school
- ▶ One passport photo of a child
- ▶ Admission fee of 50k

CO-CURRICULUM ACTIVITIES

- ▶ Music, Dance and Drama
- ▶ Swimming
- ▶ soccer academy
- ▶ Bible classes for Christians and Quran for Muslims

WE ARE OPEN

DATE: MON - FRI

TIME: 8am - 5pm

Empower your child's future
by registering today



CALL US 0763964330/ 0708789970

 NAMUGONGO - NABUSUGWE



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BACK GROUND

Faith High School, Namugongo is a Christian-founded school which has been in existence since 2004. Among other things, we operate a range of activities through:

VISION:

To raise a generation of Academically Excellent, God-fearing and caring individuals in a stimulating environment.

CORE VALUES:

- Team work
- Being God-fearing
- Excellence in teaching
- High achievement for all
- Respect for human differences

MISSION:

Our mission is to ensure that every student acquires quality knowledge and skills to pursue a productive and fulfilling life in order to excel in a diverse society.



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Advertise in The Sonde Times newsletter

FULL PAGE

UGX 500,000

Benefits

Advert is to run for a month in The 4 weekly issues of The Sonde Times.

Posting the advert on RC Sonde's X, Facebook, LinkedIn and Instagram pages once a week

Posting the advert weekly on RC Sonde's WhatsApp platform for a month.

Advert to run on RC Sonde's website for the whole month.

HALF PAGE

UGX 300,000

Benefits

The advert is to run twice in two weeks issue for a month.

Posting the advert on RC Sonde's X, Facebook, LinkedIn and Instagram pages twice in a month.

Posting the advert weekly on RC Sonde's WhatsApp platform twice in a month.

Advert to run on RC Sonde's website twice in a month.

QUARTER PAGE

UGX 150,000

Benefits

To advert is to run once a month.

Posting the advert on RC Sonde's X, Facebook, LinkedIn and Instagram

Pages once a month.

Posting the advert once on RC Sonde's WhatsApp Platform.

Advert to run on RC Sonde's Website once in a month.

