

Rotary 
District 9213

THE WAVE

ISSUE 06 | DECEMBER 2025



Disease Prevention & Treatment

DISCON 101 THEME NIGHTS



OPENING
Night

16TH APRIL 2026
THURSDAY NIGHT

DRESSCODE:
ELEGANT ISLAND CHIC

ROTARACT
Day

17TH APRIL 2026
FRIDAY

DRESSCODE:
MONOCHROME
BLACK

ROTARACT
Night

17TH APRIL 2026
FRIDAY NIGHT

DRESSCODE:
AFRO-MODERN
ELEGANCE

DG'S
Banquet

18TH APRIL 2026
SATURDAY NIGHT

DRESSCODE:
BLACK TIE



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Seasons' Greetings

The Wave Editorial team wishes all Rotarians, Rotaractors and Interactors a peaceful, heartwarming festive season.

Your generosity and commitment to service is a gift that keeps on giving.

May the holiday season bring all the kindness back to your life that you radiate to those around you. May your household be filled with the same joy that you bring to others.

"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."

– Calvin Coolidge



Stay Safe, Stay Healthy, Stay Festive



Wash your hands. Have you washed your hands? Growing up, that was the golden rule. It was an obvious, direct message: dirt equals disease. Four decades ago, the equation seemed simple. But hasn't that changed?

Today, the ailments surrounding us are far more complex, the most recent villain being the heinous COVID-19 pandemic. We sadly lost loved ones because, in the beginning, we simply didn't know what we were fighting. But boy, do we know now. We learned the hard way that we can prevent disaster: mask up in crowds, wash with soap, and keep a safe distance from your neighbour. That is how we survived.

I take prevention seriously. I travel frequently across the country for work, and there is one item I never leave behind: a mosquito repellent. Carrying this small bottle is my way of saying, "I am being cautious." It is my shield against catching a malaria bug in the different hotels and districts I visit. Do you have a shield of your own?

This brings us to the Rotary Theme for December: Disease Prevention and Treatment.

This month, Rotary Clubs worldwide focus on global health initiatives; from the fight to eradicate Polio, to battling HIV/AIDS and Malaria among other ailments and diseases. Through health camps, immunization programs, and improved infrastructure, we are making a stand. As you turn these pages, you will read about sickness and disease, yes; but more importantly, you will read about how Rotary is working tirelessly to prevent them. Some ailments are hard to stop, but dear reader, we must try.

A special thank you goes to the Rotary Clubs of Sonde, E-Global of Uganda, Acacia Sunset, Kampala South, Kampala Springs, and Kampala Sese-Islands. Thank you for allowing us to share your impactful stories with the world.

To all our dear readers, from my team and I; Merry Christmas!

Please, adhere to preventative measures as you celebrate. After all, who wants a sick body for Christmas?

Nobody.

Rtn Sheila Naturinda

RC-Kampala Central



Helen Nanteza Kawesa
RC Kampala Ssese Islands



Esther Mwambu
RC Kampala South



Robert Walakira
RC Kasubi



Amayo Roseline
RC Kirinya-Bukasa



Innocent Ndawula
RC Kampala South



Peter Nyanzi
RC Kampala-Naalya



**LEADERSHIP
MESSAGES**

RI PRESIDENT'S MESSAGE:



To health and happiness

The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people.

This month's special issues of the Rotary magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become

club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences; some numbering in the thousands, in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to

close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McNally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us Unite for Good — for healing, friendship, and access to happiness.

FRANCESCO AREZZO

President, Rotary International

DISTRICT GOVERNOR'S MESSAGE:



With Disease Prevention and Treatment, we are creating Healthy Communities

Rotary was built on the belief that when caring people unite, they can change the world. And nowhere is that more evident than in our work to reduce suffering, improve health, and ensure that families have the chance to live full and healthy lives.

Our signature achievement in disease prevention is, without question, the eradication of polio. More than three decades ago, we took on a challenge many believed was impossible: to rid the world of a crippling and deadly disease. We committed not only our resources but also our determination. We mobilized communities, partnered with governments, and worked hand-in-hand with the World Health Organization, UNICEF, and the Gates Foundation. And because of that commitment, we have reduced polio cases by more than 99%, protecting billions of children and bringing us closer than ever to a polio-free world. But our work is not finished. We remain relentless in the final push; because we know that as long as polio exists anywhere, it is a threat everywhere.

Rotary's vision for disease prevention goes far beyond a

single illness. Across several communities in Uganda, we support programs that strengthen entire health systems. We fund and operate Rotary Family Health days with our partners such as DFCU Bank and C-CARE, bringing essential care to communities that lack access to doctors, clinics, or medicine. We support the training of health workers, midwives, and community educators, multiplying the impact of every action we take.

We improve maternal and child health by focusing on early intervention, safe childbirth, and access to lifesaving vaccines. The recently approved GG#2579290 of USD 500,000 for Empowering Families is going to create renewed hope for thousands of mothers and newborns in Uganda.

As Rotarians in Uganda, we do help fight malaria with our partners, we fight HIV/AIDS, tuberculosis, and other preventable diseases by providing education, resources, and long-term support. We know that knowledge is one of the most powerful medicines. I thank Rotarians that have led countless health education initiatives; from

teaching hygiene and sanitation practices to young girls in school, to raising awareness about chronic diseases like diabetes and heart disease among others.

What truly makes our work unique is not just the scale of our efforts, it is the spirit behind those efforts. Because for every vaccination administered, every health center built or supported, and every life saved, there is the power of volunteers who believe deeply in our motto: Service Above Self.

As we look ahead, our mission remains clear. Rotary will continue to lead, to innovate, and to inspire. We will strengthen healthcare infrastructure, expand access to clean water and sanitation and together, we will continue to light the way toward a world free from preventable disease; a world where every child grows up strong, every family thrives, and every community has the opportunity to flourish because as we have seen, #RotaryEyamba.

Geoffrey Martin Kitakule
District Governor 9213



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Butiiti Rising: Rotary's Blueprint for Community Transformation

How a small village in Mid-Western Uganda has become a model of integrated development through global partnerships, local leadership, and a community spirit.

By Rtn Tom Otwom Obace

In the rolling hills of Kyenjojo District, a major shift has occurred; not just in infrastructure, but in the vital health indicators of an entire community. The Butiiti Adopt a Community Project has successfully demonstrated that the first step towards prosperity is a healthy community. By installing a solar-powered borehole that supplies 20,000 litres of clean water, the Rotary E-Club of Uganda Global has dramatically reduced the prevalence of waterborne diseases, ensuring that families no longer rely on contaminated sources. This intervention, paired with two successful medical camps, has transformed Butiiti from a vulnerable village into a model of integrated disease prevention and health resilience.

In this same village lies a calm Butiiti Girls Primary School, and a few years ago, the facility was on its knees, struggling with cracked and dim classrooms, a library that held more dust than books, a dwindling population of girls who missed school due to inadequate menstrual hygiene support, and uncertainty of clean water. Teachers persevered, but hope was fragile.

Everything began to change when the Rotary E-Club of Uganda Global, led by Rotarian Tom Otwom Obace, accompanied by Rotaractors and well-wishers, visited Butiiti for a fact-finding mission. As they observed broken walls and children cupping water from dripping taps, what was evident wasn't despair; it was potential, that awaited a wakening. That night, the team drafted the first project concept. Thousands of miles away in Canada, Rtn Joy



A Prayer Answered: With gestures of gratitude, young learners gather around the new solar-powered water system. For these girls, this concrete structure represents more than just plumbing; it is the physical end to the burden of waterborne disease and the daily struggle of searching for clean water

Ogang, the President of Rotary E-Club of Uganda Global, refined it into a Global Grant proposal. Slowly, the quiet hope of a village began to echo across continents.

Understanding the Community

Butiiti Town Council is home to roughly 55,500 people, spread across seven parishes and 34 villages, with nearly half under 15 years old. The local economy is predominantly agriculture-based, with most families surviving on \$1–\$2 per day. Crops include tea, coffee, bananas, cassava, sweet potatoes, maize, beans, and yams,

while livestock farming and informal trade supplement household incomes.

These economic realities fueled project design: interventions from classrooms and libraries to climate-smart agriculture, clean water systems, WASH facilities, menstrual hygiene management (MHM) training, and enterprise skills were carefully aligned with community needs. In partnership with the Ministry of Water and Environment, their engineering team ensured sustainable, technically sound infrastructure.

Leadership That Drove Change

Project initiation: President Joy Ogang (2022–2023) initiated the needs assessment and grant proposal. With guidance from PDG Hon. Mike Ssebalu through the BELEP initiative, the initiative commenced.

Breaking ground: President Patricia Nantaba Sembatya (2023–2024) broke ground on sanitation facilities and the first medical camp at the school, renovating classrooms and sanitation facilities, and groundwork for a school incinerator.

Accelerating progress: President Gaston Byamugisha (2024–2025) completed the incinerator and the second medical camp. He later oversaw the completion of the renovated classroom block, and Community sensitization on MHM and WASH practices.

Deepening empowerment: current president Philip Mike Katamba (2025–2026) is now focusing on sustainability and the Rotary Community Corps (RCC). A solar-powered water system and flush toilet block has also been completed.

Global and Local Partnerships

Global support was critical. The **Rotary Club of Oakville Trafalgar (Canada)**, led by Rotarian Claire Conway and supported by over 40 international clubs, contributed more than **40% of project funds**, alongside technical guidance. Locally, Rotary Clubs of Kabarole, Bugolobi, Kampala Central, Kampala Day Break, Sunrise Kampala, and Mityana, plus Rotaract E-Clubs, provided hands-on support, site monitoring, and skills training for RCC members.

Government engineers from the Ministry of Water and Environment ensured safe, sustainable water infrastructure. This collaboration of global and local actors created a model of shared responsibility, sustainability, and multi-level support.

Transforming the Learning Environment

Right now, the transformation is visible the moment one steps onto the school compound. The once-dilapidated nursery block now hosts over 100 early-grade learners. A new library has become the heart of the school, buzzing with readers and peer-learning

groups. The school canteen strengthens food security and generates minor operational revenue.

These upgrades, guided daily by the headteacher and school management, have contributed to a 15% rise in literacy scores, and a 25% increase in pupil retention, and improved learner concentration. Parents and community leaders provided labor, materials, and supervision, reinforcing local ownership.

Water for Life

A solar-powered borehole now supplies 20,000 litres of clean water, ending long hours spent fetching water and dramatically reducing waterborne diseases. Students, especially girls, can now focus on learning. The water system has been extended to Nyoby Trading Centre and Centenary High School, demonstrating sustainability and community ownership.

Dignity, Privacy & Girl-Friendly Education

Sanitation was reimaged: a modern flush toilet block includes separate stances for girls, boys, teachers, and disability-friendly

Latrines and water sources in Butiti community before the Rotary intervention



A medical camp earlier



cubicles. A school incinerator ensures safe disposal of sanitary waste. MHM training and reusable pad-making programs empowered girls and engaged boys in supportive roles, resulting in 30% increase in girls' school attendance.

Empowered Households & Stronger Livelihoods

Beyond classrooms, the project has sparked economic transformation. Enterprise and mindset-change training has helped parents and teachers launch small businesses,

create savings groups, and diversify income.

- **80%** of trained participants have started income-generating activities
- **10+ new ventures** have emerged from seed ideas
- Teachers now earn supplemental income, improving classroom focus

The Catholic Church, parents, and community leaders have mentored learners and adults alike, ensuring benefits extend beyond school walls.

Protecting Children & Strengthening Rights

Using the UNICEF SCREAM child-rights model, pupils articulate rights confidently, teachers practice positive discipline, and abuse reporting has increased from 2 to 15 cases. Child-led committees ensure learners feel protected.

Climate-Smart Agriculture & Nutrition

A 3-acre model cassava farm, using climate-smart practices, increased yields and supports school feeding. Fruit and medicinal trees provide nutrition, shade, and long-term soil benefits, contributing to a **75% increase in food availability**.

Success Stories

The project's greatest achievements are in its people. A girl shared how reusable pads restored her confidence and

attendance. A parent started a fruit seedling business after enterprise training. Teachers reported calmer classrooms thanks to strengthened safeguarding. Headteachers, school management, and community leaders maintain facilities and mentor RCC members, ensuring sustainability.

A Regional Model for Sustainable Transformation

Butiiti Girls Primary School demonstrates how Rotary, schools, communities, government, and global partners can collaborate to achieve lasting change. Aligning infrastructure, health, livelihoods, child protection, and climate-smart agriculture, the project shows development can be locally owned, community-driven, and scalable. It illustrates how global partnerships, digital coordination, and local leadership converge to create sustainable multi-sector impact. Rotary clubs are invited to replicate the RCC model, mentorship programs, and school enterprises across the region, magnifying Butiiti's lessons.

From classrooms to water systems, libraries to farms, Butiiti shows that when communities, Rotarians, and governments unite, real transformation is possible—and replicable.

Rtn Tom Otwom Obace is the President Elect (2025-2026) for the Rotary E-Club of Uganda Global

During a medical camp, the club donated sportswear for the volley ball team that emerged best in the region



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DISCON 101

How Rotary Club of Sonde Is Powering the Revival of a Community Health centre in Bukerere.



By Rtn Diana Kagere Mugerwa

In 2022 the Rotary Club of Sonde first visited Bukerere

Health Centre during a community needs assessment, the picture was painfully clear: a small, overstretched Health Centre II trying to serve a population far bigger than it was ever designed for.

The facility sat at the heart of 10 villages home to nearly 14,000 people yet it lacked the space, equipment, and staffing to match the community's needs.

Mothers could walk long distances for antenatal care in Goma, only to find long queues or medicine stock-outs. And with the nearest better-equipped facilities miles away, families often chose between delayed treatment or unsafe home

remedies. The health workers did their best, but the gaps were too wide to ignore.

Rotary Club of Sonde began with the biggest, most urgent need: maternal and child health. The maternity ward was non-functional, and the available room too small and unable to guarantee safe deliveries. The club committed to rebuilding it, step by step. Today, that maternity ward stands complete, spacious, clean, and a symbol of safety for mothers who once feared giving birth in under-resourced conditions.

Knowing that a growing community still needed more service points, RC Sonde turned to the older



structure. Instead of abandoning it, they chose the more sustainable path—a full facelift. Renovations are well underway, ensuring the building can continue offering clinical services for years to come. Once complete, it will expand the facility’s outpatient flow, reduce congestion, and create more functional rooms for care.

With improved infrastructure and growing community demand, Bukerere health center was officially upgraded from Health Centre II to Health Centre III. This was not just a change in title; it widened the scope of services dramatically.

As a HC III, Bukerere now supports:

- Maternal and child health services
- Laboratory services
- Increased outpatient care
- More professional health staffing
- Improved emergency response

RC Sonde understood early that health systems don’t thrive on infrastructure alone. They need consistent community engagement and so the club launched the

Bukerere Rotary Community Corps (RCC). Together with the RCCs, the club now organizes and conducts quarterly health camps. These camps have become a beacon of hope for residents who struggle to reach distant facilities. The RCCs support the community mobilisation and run the health camp.

During each camp, the facility offers:

- General medical consultations
- Antenatal and postnatal care
- HIV testing and counselling
- Immunizations
- Health education sessions
- Malaria testing and treatment
- Dental care services
- Eye care services
- Distribution of self testing kits.
- Blood donation.

The club also donates essential medicines, easing the burden of stock-outs that often-hit government facilities. For mothers, the club has provided kangaroo care kits, mama kits, and other materials that support safer childbirth and neonatal care.

One of the most impactful contributions has been the donation of an ultrasound diagnostic machine, which brought diagnostic services closer to home for the first time. Mothers no longer have to travel for scans—a simple change that has shortened delays and safeguarded countless pregnancies.

Now, the story is reaching a new chapter. Rotary Club of Sonde has secured a Global Grant worth \$102,266 (GG2344676) to equip Bukerere Health Centre as part of its signature Maternal and Child Health project. This grant will supply essential equipment, support WASH improvements, and strengthen the facility’s capacity to serve the 10 surrounding villages more effectively.

From a struggling HC II with fading walls to a fully recognized HC III backed by infrastructure, equipment, and regular medical outreaches. Bukerere Health Centre is transforming before the community’s eyes.

Rtn Diana Kagere Mugerwa is the Public Image committee Chair, the Rotary Club of Sonde.



How a refurbished and equipped Kalangala HC IV operating theatre will save many



By Rtn Nelson Kabwama

In partnership with the Rotary Club of Middlesbrough (UK) and through TRF-funded GG1874614 worth USD68,700, the Rotary Club of Kampala Ssese refurbished and equipped Kalangala HC IV operating theatre at a cost of Ugx112,060,976. The existing theatre was in a very sorry state and could not handle emergencies and major surgeries including birth by caesarian section.

Due to its geographical location; its relative isolation; and its uniqueness as a fragmented and an islands district, Kalangala district faces unique challenges in healthcare delivery. The problem is compounded by the fact that the district is a hard-to-stay area

The theatre building before the refurbishment



and hence is unable to attract and retain enough qualified and motivated health workers. Worse still, the district does not have a hospital, yet the nearest referral

hospitals in Masaka and Entebbe are 74km and 68km away from the district respectively. Masaka is about 2 hours away by Bukakata - Lukku ferry, while Entebbe is at

The theatre building and walkway after the refurbishment



least three 3.5 hours away by MV Kalangala ship. Moreover, these 2 public vessels that connect the district to the mainland only dock on the main island of Bugala at scheduled times, and only during daytime.

The refurbishment included an overhaul of the theatre building including removing the old wooden louver windows and replacing them with metallic long lasting

ones, changing the cement floor to a terrazzo which is much easier to maintain and keep clean, changing the existing doors to sliding doors for ease of wheeling in patients, remodeling the toilets and bathrooms, replacement of fascia boards and installation of water gutters, and rewiring the building and painting the walls. The patient walkway from the theatre to the maternity ward was also revamped. In addition,

the theatre was outfitted with the necessary surgical equipment and essential instruments and materials, including installation of an air conditioner and a refrigerator.

Today, the theatre supports over 300 deliveries annually in addition to conducting routine surgical procedures.

Rtn Nelson Kabwama is a member of the Rotary Club of Kampala Ssese Islands

Some of the equipment supplied to fit the theatre



Double Dose of Hope: RC Kampala South's Twin Medical Camps



By Emmanuel Mukwenda Mugisa

In Uganda, where the joy of new life is too often shadowed by the stark statistics of maternal and child mortality, a simple ultrasound scan, a timely immunization, or a skilled birth attendant can feel like a miracle.

On the weekend of November 21-22, the Rotary Club of Kampala South, fueled by a Rotary Global Grant for Maternal and Child Health

(GG 2230735) and an unyielding commitment to “Service Above Self,” became a purveyor of such miracles.

Home for Medics

On Friday, November 21st, the air in Kikandwa was thick with more than just humidity; it was electric with anticipation. At Kikandwa Health Center III, we didn't just launch a medical camp; we cemented a legacy.

In the presence of a Guest of Honour- who is also a member of the club; Rtn. General Katumba Wamala, we handed over a Medical Staff House. This infrastructure project directly addresses a key challenge in rural healthcare: retaining medical personnel. By ensuring staff can live on-site, we are enhancing a 24/7 service delivery, especially for emergency maternal and neonatal cases.

Simultaneously, the health camp buzzed with life. Hundreds of mothers received free ultrasound scans, a window into the well-being of their unborn children.

Adolescents at St. Mark Primary School engaged in candid discussions on menstrual health, breaking taboos with knowledge and dignity. As 250 fruit trees were distributed to the community, their roots mirrored the deep, sustainable impact Rotary seeks: nourishing the land and the community for generations.

Financial Literacy in Mbale

The following day, our mission moved to Bubulo Health Center IV in Mbale, supported by our partners at Bushikori Medical Center.

Here, the same symphony of hope played out. Alongside

Gen Katumba Wamala opens medics house in Kikandwa



cervical cancer screenings and immunizations, our Rotary Community Corps (RCCs) from Bumasikye and Mukki engaged in transformative Financial Literacy training, supported by ASA International.

We are tackling a national crisis head-on. In a country striving to reduce its maternal mortality ratio, our project in five regions, including Kikandwa and Bushikori, has already seen institutional deliveries surge. We have educated adolescent girls about menstrual hygiene, and carried out immunisation and other medical services.

This is the real image of Rotary: not just building infrastructure, but building futures. It is the quiet confidence of a young girl who no longer misses school each month, the relieved smile of a mother seeing her healthy baby on a scan, and the empowered gaze of a community taking charge of its own well-being.

We are not just offering a hand-out; we are forging a lasting partnership in health, dignity, and hope.

Emmanuel Mukwenda Mugisa is the Service Projects committee chair of the Rotary Club of Kampala South



Tree planting in Kikandwa



A Health Camp in Mbale/Manafwa

Rotary Fellowship for Fitness and Wellness: Where Prevention is better than cure



By Rtn Maureen Kawombe Tumwebaze

Rotary's commitment to Disease Prevention and Treatment reminds us that health is not only something we deliver to

communities; it is also something we must live. The Rotary Fellowship for Fitness and Wellness (RFFW), soon to be chartered, is grounded in one simple belief: we serve best when we are well-physically, mentally, and emotionally. Fitness is not a luxury for Rotarians; it is a preventive health strategy and a service multiplier.

A fellowship in motion

Since its launch earlier this year, the Fellowship has grown from an exciting idea into a vibrant wellness movement. Today, we are over 150 registered members, drawn from Rotarians, Rotaractors, and friends of Rotary who are choosing healthy living as part of their Rotary lifestyle.

Every Saturday morning, members meet for online exercise sessions, creating consistency, accountability, and camaraderie across distance and schedules. These sessions are more than workouts; they are weekly reminders that preventive health works best when practiced together and sustained over time.

Our programming is intentionally aligned to Rotary's Areas of Focus. Under Disease Prevention and Treatment, we champion physical activity, nutrition awareness, mental wellness, and early screening as practical tools that reduce the burden of non-communicable diseases (NCDs) such as hypertension, diabetes, heart disease, obesity, and stress-related conditions.

Partnerships that extend prevention

A key strength of Rotary is partnership—and the Fellowship is already walking that talk.

1. Judiciary Wellness Partnership

We partnered with the Judiciary to deliver an integrated Judicial Services Wellness Day, themed "Transformative Wellness for Delivering People-Centered Justice." The

concept focuses on stress management, mental health, nutrition, fitness-as-medicine, and wellness screenings like BP, BMI, and blood sugar, critical preventive measures in high-pressure professions. Through this partnership, we are proving that wellness is not a side conversation; it is a performance and public-service issue.



2. Uganda Christian University (UCU) Tuition Run

We also partnered with Uganda Christian University, Mukono during the Tuition Run, where funds were raised to support students in need of tuition. This collaboration blended wellness with compassionate service—showing that a healthy community is built through both movement and mutual support.

These early successes are only the beginning. The Fellowship is actively pursuing more partnerships with government and non-government entities so that the message of wellness and preventive health reaches workplaces, schools, and communities nationwide.

Why wellness matters for leadership

On 13 December 2025, the Fellowship will hold a physical wellness activity targeted specifically at club presidents



and district leaders. This is not by accident. Leadership without wellness has a cost—burnout, fatigue, reduced clarity, and short-lived impact.

Research consistently shows that structured wellness interventions for leaders reduce burnout, protect empathy, and improve resilience in demanding roles. Physical activity is strongly linked to better mental health outcomes and stress reduction, which directly support sound judgment and steady

decision-making. In workplace settings, wellness programs improve work-ability, engagement, and productivity, partly because healthier leaders' model healthier cultures.

Rotary leaders carry service, family, professional, and community responsibilities all at once. When leaders neglect their health, communities feel it. When leaders invest in wellness, Rotary's impact becomes stronger and more sustainable.

This month's theme: disease prevention in action

This Rotary month challenges us to think upstream: how do we reduce disease before it starts, and how do we support treatment when it occurs? The Fellowship's approach is practical and human:



Move regularly
— even simple weekly workouts lower disease risk.



Manage stress intentionally
— chronic stress is a silent driver of illness and poor judgment.



Understand your numbers
— screenings for BP, sugar, and BMI catch risks early.



Build supportive communities
— healthy habits stick better when practiced in fellowship.

These actions are not separate from Rotary service; they enable it. The Fellowship is creating a culture where prevention is normalized, treatment is supported, and wellness becomes part of Rotary identity.

Call to action

As we step toward chartering, we invite every Rotarian and friend of Rotary to join this growing movement. Whether you are a runner, swimmer, cyclist, dancer, yogi or simply someone ready to start your wellness journey there is space for you.

Let us embrace fitness as medicine, fellowship as motivation, and wellness as a service strategy. Because when we feel better, we serve better.

For membership and partnership inquiries, reach out to:

Champion/Chairperson: Rtn Robert Ssebugwawo (Coach Bob)
Secretary/PR: Rtn Maureen Kawombe Tumwebaze

Rtn Maureen Kawombe Tumwebaze is the Secretary General of the Rotary Fellowship for Fitness and Wellness (in formation)



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When Children Smile: Restoring Hope, One Heartbeat at a Time

A Rotary Global Grant collaboration bringing lifesaving cardiac surgery to children in need is executed by rotary clubs in Uganda and India along with support from the Healthy Heart Foundation, the Indian Association of Uganda and Namar Hospital among other partners.



By Rtn David Kintu

Introduction

For many families in Uganda, the diagnosis of a heart condition in a child often comes with overwhelming fear, uncertainty, and financial impossibility. The Rotary Clubs of Uganda & India, spear headed by the Rotary Club of Kampala Ssesse Islands and the Rotary Club of Chennai Thiruvanmiyur, in addition to Rotary Clubs of Kibuli, Kampala East, Kira and Kalangala Ssesse Islands, along with support from the Healthy Heart Foundation, the Indian Association of Uganda, Namar Hospital among

other partners through Rotary International are rewriting this story.

Established under a Rotary Global Grant tackling the area of focus **'Maternal & Child Health'** and **'Disease Prevention and Treatment'** the Smiles on Children Programme is currently in its second phase and supports children with critical heart defects/ congenital anomalies to receive lifesaving surgeries at Namar Heart Hospital in India.

What began as a mission to save 30 children at a time has grown into a symbol of hope powered by international collaboration that has saved up to 51 children to date. Through the joint efforts, families who once saw no way forward are now witnessing miracles.

Among the many children whose lives have been transformed is **Baby Joseph Kyagaba**, a courageous two year old beneficiary whose journey reflects the true heart of this program.

A Journey of Hope: The Beneficiary Story

Background of the Child

At just two and half months old, Baby Joseph Kyagaba from Gayaza had already faced more health battles than most adults encounter in a lifetime. Born into a humble family, the child's early years were marked by persistent shortness of breath, frequent fatigue, and a struggle to keep up with other children.

Doctors later confirmed what the family had long feared: something was seriously wrong.

Discovery & Diagnosis

Through a screening done at Uganda Heart Institute in 2023, **Baby Joseph Kyagaba** was identified for further evaluation. The findings revealed a congenital heart defect that required specialised surgery, a procedure far beyond the family's financial reach.

The diagnosis shook the parents to the core that it caused a strain within the family and in the long run





the marriage. The amount needed to perform the surgery seemed like an impossibility.

“We didn’t know where to start,” the mother recalls. “I even considered selling my kidney just for a chance for our child to live.”

Connecting to the Programme

Hope arrived in the form of the **Smiles on Children** programme. This initiative stepped in with full support from free medical assessments, pre-travel counseling, logistical coordination to complete financial relief and pre and post-surgery care.

As **Ms. Patricia Naluzze** puts it, “We could not imagine affording such treatment. This programme was a miracle for our child and a ray of hope to the family. As we speak Baby Joseph is healthier, happier and has a chance to see his third birthday this December”

Journey to India

Traveling to Namar Heart Hospital marked the beginning of a new chapter. The family describes their arrival as both emotional and reassuring. The team which is a blend of Ugandan and Indian experts offered warmth, professionalism, and unwavering

support.

Doctors walked the family through every stage, easing fears and preparing **Baby Joseph Kyagaba** for surgery. Despite the mixed emotions, the child found comfort in the kindness of caregivers and the companionship of other Ugandan beneficiaries undergoing similar journeys.

The Surgery & Recovery

The surgery, though complex, was successful. For the family, the hours in the waiting room felt endless, but the news that followed brought relief beyond words.

Recovery came with visible miracles. Within days, the once fragile child who struggled even to breathe was now sitting up, smiling, and asking when they could go outside to play. The transformation was nothing short of remarkable.

Returning Home

Returning home was a celebration. Neighbours, friends, and extended family welcomed Baby Joseph Kyagaba with joy and disbelief at the change they witnessed.

Today, the child runs, laughs and plays with a renewed sense of possibility. Dreams that once

seemed distant are now within reach.

Programme Impact

The story of **Baby Joseph Kyagaba** is only one among many. To date, the **Smiles on Children** programme has supported over **51** children, enabling life-saving surgeries that would otherwise be inaccessible. Over the next 3–5 years, 300 more children will be handled.

The programme continues to grow its reach through:

- Volunteer support and medical partnerships
- Donor contributions
- Community-based screenings and early diagnosis campaigns
- A sustainability model that includes capacity building and raising awareness of congenital and rheumatic heart disease through training among expectant mothers, women of child bearing age, community health workers and the general public.

By reducing preventable deaths caused by heart disease, the initiative strengthens the future of Uganda — one child at a time.

Conclusion

The journey of **Baby Joseph Kyagaba** is a powerful reminder of how compassion, partnership, and global solidarity can rewrite a child’s destiny. Through the Smiles on Children programme, communities from Uganda and India join hands to give young hearts a second chance at life.

This initiative is more than a medical mission — it is a movement of hope. And with continued support, awareness, and collaboration, thousands more children can receive the gift of a healthy future.

Rtn David Kintu is a member of RC Kampala Ssese Islands.

Raising Junior: A Grandmother's Fight Against Cerebral Palsy.

Summary:

Facility Name: St. Charles Lwanga Cerebral Palsy Daycare and Rehabilitation center.

Location: Bukerere-Mukono District

Mode of Support:

- Medical examination and treatment
- Training caregivers in physiotherapy
- Training of caregivers in self care
- Construction of building block.
- Construction of a physiotherapy/Play shade.
- Donation of toiletries and food items.
- Donation of aprons and feeding bibs



By Rtn Diana Kagere Mugerwa

At 73, Katalina Nakabugo should be enjoying the quiet satisfaction of old age, tending to her garden, resting her bones, and telling stories to visiting grandchildren. Instead, she wakes up every morning to lift and push

a 15-year-old boy through a world that rarely understands him.

From her small home in Nakagere, Bukerere, in Mukono District, Nakabugo has lived the last decade and a half as both grandmother and sole guardian to her grandson, Junior Lwanga, who was born with cerebral palsy.

Cerebral palsy (CP) is a neurological disorder that stems from abnormal brain development or injury to the developing brain, often before or shortly after birth. It affects muscle tone, posture, and movement. Some children struggle with stiff or floppy muscles. Others find it difficult to control their limbs or maintain balance. Many cannot walk, speak clearly, or feed themselves without assistance.

Although the condition doesn't worsen with age, the physical challenges grow heavier literally and emotionally for the caregivers. It is therefore a life-long reality that reshapes entire households, especially when resources are already thin.

“

Junior was brought to me by my son when he was just six months old. At the time, I noticed he was different from other children; how he moved, how he cried, how his body stiffened,

Nakabugo recalls, her voice steady but weighted with memory.



Her son, supportive and hopeful, would send money whenever he could. But fate has a harsh way of cutting stories short. A few months later, he passed away in a car accident, leaving Nakabugo and Junior to walk this journey alone.

Since then, she has been mother, grandmother, and nurse, roles she never asked for, but has carried with determination.

With no stable income, she survives on the kindness of relatives and the community. On good days, she weaves baskets that fetch UGX 5,000 (USD 1.30) each. On bad days, she simply pushes through, literally and figuratively.

Junior attends St. Charles Lwanga Cerebral Palsy Day Care and Rehabilitation Centre in Bukerere, a lifeline supported by the Rotary Club of Sonde.

For Nakabugo, getting him there means pushing him over 3 kilometres on foot. The distance alone is punishing. Add in the weight of a growing teenager, the

rough terrain, and her aging joints, and the journey becomes an act of pure love mixed with exhaustion.

But she keeps going. Because for Junior, the centre is more than a school, it is one of the few places where his condition is understood, supported and treated.

Over the last two years, the Rotary Club of Sonde has been steadily strengthening the centre. The club completed a classroom block, donated essential items, and ensured the school can keep its doors open.

This year, working alongside staff from the Bank of Uganda, the club added a play shade, a simple but crucial space for therapy, interaction, and joy.

But buildings alone cannot loosen stiff muscles or correct feeding challenges.

Recognizing this, the club partnered with Paediatric Neurologist Dr. Stephen Julius Byarugaba from the Children's Medical Center Bugolobi who now

provides free medical check-ups, tailored treatment plans, nutrition guidance for the children and follow-ups. He also trains parents and guardians in proper physiotherapy techniques, how to stretch the limbs, relieve the stiffness, and encourage mobility.

In his assessment, Dr. Byarugaba notes that the children at the centre present with various forms of cerebral palsy, each arising from different circumstances. Some cases stemmed from severe neonatal jaundice, which can destroy delicate brain cells if not treated promptly. Others were linked to prolonged or complicated labour, where delayed intervention can lead to fetal distress and dangerous periods without oxygen, leaving lasting damage to the developing brain.

Beyond mobility challenges, several children showed speech delays, cognitive difficulties, epileptic seizures, and serious feeding challenges, all of which complicate daily care.

“

I found extreme malnutrition among many of the children. Having cerebral palsy should not automatically mean a child becomes malnourished. But many parents simply lack guidance on the appropriate foods for children with CP. Poor nutrition affects their development and leads to avoidable complications,

Dr. Byarugaba explains.

He adds that children with Cerebral Palsy should ideally access anti-seizure medicines, physio and occupational therapy, and nutrition counselling free of charge from government facilities.

However, many families say they cannot travel the long distance to Mulago National Referral Hospital, where the nearest neurological clinic is located. For mothers already burdened with caregiving,

these trips are physically and financially overwhelming. On the other hand, private facilities remain far too expensive for most families caring for children with special needs.

Club President Rtn Christine Alupo says the initiative comes from understanding the harsh financial terrain families like Nakabugo's navigate daily.

“

Many cannot afford hospital visits. Others, out of desperation, turn to traditional healers who claim CP is a spiritual curse,

she explains.

The Executive Director of the Umbrella cerebral Palsy Network Association (UNAC) Christine Kirungi, which oversees the centre, welcomes the intervention.

“

Most families with children with CP are isolated and frustrated. The disability is complex, the causes are not specific, and there is very little awareness. Unscrupulous people take advantage of this, selling false hope. Bringing medical services to the centre protects families who simply don't know where else to turn,

she says.

But beyond medical care, President Christine paints a picture of a centre stretched thin. While the facility currently supports over 37 children, the demand for space continues to rise as the children grow literally.

She says, many of them are getting bigger and heavier. They have outgrown most of the equipment at the center. She points to Junior whose wheelchair is now worn out,

Dr. Byarugaba conducting medical examinations at the CP center



making movement both unsafe and uncomfortable.

“

His grandmother wants him to stay in school, but the tools to support him just are not enough anymore.

For caregivers and teachers, the challenges go beyond classwork. Daily tasks; like taking older children to the washroom or washing their clothes have become physically draining.

“

If we can get adjustable assistive devices with attached toilets, it would ease the burden of moving these heavy children to the washrooms. And even a washing machine would make such a difference. We wash every single day,

Christine says, her voice hopeful but weighed down by the reality.

She adds with sincerity, “We are grateful to Rotary for the incredible work they have done. But the need is still great and growing.”

For Nakabugo, her mission goes beyond caring for Junior. She wants to speak into the silence around disabilities—especially cerebral palsy.

Her message is clear, strong, and born out of lived reality:

“

“Do not hide your children. Support them like any other child. Keeping them locked inside denies them the services they need and the chance to live.”

She says it with the firmness of someone who has carried stigma,

The CP Rehabilitation Center built by RC Sonde in Bukerere.



ignorance, and exhaustion on her back but refuses to be broken by any of it.

Nakabugo’s life is not easy. It likely never will be. But she wakes up, pushes the wheelchair, and shows up at the centre because in a world that often fails children like Junior, she chooses to be one person who never will.

Her journey, her resilience, and her voice remind us that while cerebral palsy may restrict movement, it should never restrict humanity.

And sometimes, the strongest warriors are grandmothers with tired legs and unshakable hearts.

Cerebral Palsy in Uganda:

In Uganda, cerebral palsy remains one of the leading causes of motor disability in children, silently shaping the lives of thousands of families. Current estimates place the prevalence at 2.9 per 1,000 children, a figure that—while often buried in reports—translates into real children struggling with movement, posture, muscle control, and independence.

More than a quarter of children with musculoskeletal deformities linked to CP live with mixed contractures—a condition where

multiple joints stiffen or twist, limiting mobility even further and often causing pain. These clinical challenges don’t exist in isolation; they pull in families, schools, caregivers, and health workers, all grappling with an intricate condition that requires far more than a single intervention.

Experts agree that CP demands a multidisciplinary management approach—a blend of physiotherapy, nutrition, neurological care, occupational therapy, assistive devices, and consistent follow-up. This approach is not just about treatment; it’s about mapping out preventive strategies, strengthening function, and giving each child the best possible chance at independence and dignity.

Junior is part of this statistic—a child living with motor disabilities brought on by cerebral palsy. But behind the data point is a boy who laughs, learns, and dreams, and a grandmother who refuses to let his condition define his future.

Rtn Diana Kagere Mugerwa is the Public Image committee Chair, the Rotary Club of Sonde.



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Revitalizing Wattuba: RC Acacia Sunset Champions Disease Prevention and Safer Births



By Rtn Jesca Zziwa

Over 600 residents along Bombo Road now have access to vastly improved healthcare following a major intervention by the Rotary Club of Acacia Sunset. Prioritizing the

Rotary area of focus of Disease Prevention and Treatment, the club has transformed the once-dilapidated Wattuba Health Centre III into a fully functional facility capable of serving the community safely and dignifiedly.

The outreach, which culminated on November 16, 2025, went beyond immediate treatment to ensure long-term sustainability. The club overhauled the facility's infrastructure and installed critical medical hardware, including two modern maternal delivery beds and newborn resuscitation equipment. To further support maternal health, the team distributed Maama kits to expectant mothers, ensuring that the renovated center is not just a building, but a lifeline for the next



generation.

A water tank was installed to ensure a reliable water supply, a critical component of quality healthcare. This will have a ripple

effect on the community, enabling healthcare workers to provide better services and patients to recover in a safe environment.

The medical camp was a huge success, with a team of dedicated healthcare professionals providing consultations, diagnoses, and treatment to over 600 community members. A blood donation drive was also conducted, with generous community members donating

blood to support patients in need.

CR Amanyadvocates provided legal services, offering expert advice and guidance to community members. The Rotary Club also partnered with Sustainable Path Africa to plant trees, promoting environmental sustainability and a healthier future for Wattuba.

The event was a testament to the power of community and collaboration. The Rotary Club of

Acacia Sunset is proud to have played a part in improving the lives of the people of Wattuba. We are committed to continuing our efforts to create a healthier, happier community, one project at a time.

Rtn Jesca Zziwa is an Immediate Past President of the Rotary Club of Acacia Sunset.



D9213 set for evolution into two new Districts

Strategic move would help deepen engagement, deliver greater impact, and ensure leadership excellence



By Rtn Peter Nyanzi

It was only in 2021 – slightly over four years ago – when District

9213 was formed. However, District Governor Geoffrey Martin Kitakule has announced a plan that could reshape Rotary's landscape in Uganda. In a November 21 email to Rotarians, he stated that after extensive consultations, District 9213 leadership is recommending the strategic evolution of District 9213 into two viable districts effective July 1, 2027.

According to the DG, District 9213's remarkable growth story has created both celebration and challenges. With 142 Rotary clubs serving 5,291 Rotarians and 140 Rotaract clubs engaging

3,293 Rotaractors, the District has become one of Africa's fastest-growing Rotary districts, maintaining an impressive 11% annual growth rate over the four years of its existence.

While noting that D9213 stands as a shining example of Rotary's potential, the DG says the tremendous growth has however come with the obvious need for change. In particular, the leadership has proposed redistricting District 9213 into two viable districts, in order to strengthen club support and sustain the momentum.

Big growth trajectory

Since its creation in 2021, District 9213 has achieved remarkable expansion, emerging as one of the fastest-growing Rotary districts in Zone 22. As of September 2025, it boasts 142 Rotary clubs, serving 5,291 Rotarians and over 3,293 Rotaractors in 140 Rotaract clubs.

In contrast, its predecessor, Rotary District 9211, which covered both Uganda and Tanzania, had a total of just 140 clubs. It should be noted that at the time of redistricting in 2021, two new districts were formed – D9213 and D9214.

This remarkable progress represents an impressive 11% annual growth rate over the past four years, fueled by innovative projects, robust membership drives, and committed Foundation giving.

However, the same success is now straining operational capacity. Spanning vast regions of Uganda, DG Kitakule says the

district's size makes it challenging for a single leadership team to provide adequate support. Indeed, Governors and Assistant Governors are struggling to conduct meaningful club visits, offer timely assistance to underperforming clubs, and mentor leaders on key areas such as membership retention, project execution, and contributing to The Rotary Foundation.

"As I have observed firsthand, these limitations hinder our ability to foster deeper engagement and maximize impact," DG Kitakule says.

Recognizing these structural constraints, the District Redistricting Committee, chaired by PDG Xavier Sentamu and including Rtn. Maureen K. Tumwebaze, conducted extensive reviews. The outcome is a proactive plan to divide the district, ensuring both new entities are balanced in membership, geography, and service potential.

The proposed structure

The redistricting would create two new Districts:

District 9217: Encompassing 80 Clubs with approximately 2,765 members, covering Central (Kampala-Nakawa), Eastern Uganda, Mid-Western, and North-Eastern regions.

District 9218: Comprising 62 clubs with about 2,540 members, serving Central (Kampala-Central & Kawempe), Northern Uganda, and the Hoima Road corridor.

This division prioritizes equitable distribution, with each district featuring established 'anchor Clubs' for leadership stability and financial viability. The Districts' boundaries would remain flexible, allowing adjustments based on further feedback from Clubs, so as to optimize connectivity and effectiveness.

Redistricting benefits

This restructuring offers tangible advantages, directly addressing the current limitations:

- **Closer leadership engagement:** Smaller Districts would enable Governors and their assistants to visit Clubs more frequently, providing close opportunities for mentorship, coaching, and support. The result would be stronger relationships, improved member retention, and club vitality.

- **Streamlined governance and operations:** Focused teams can implement tailored strategic plans, allocate resources efficiently, and ensure better accountability in programs like service projects and Global Grants.
- **Sustained and accelerated growth:** By fostering regional ownership, the new structure shall empower local leaders to develop initiatives suited to their areas, maintaining our

growth trajectory. Besides, more leadership roles at the District level would create opportunities to cultivate emerging talent and invigorate participation.

- **Deeper Rotaract integration:** With over 3,200 active Rotaractors, smaller Districts would facilitate better collaboration, mentorship, and transition pathways for Rotaractors into Rotary Clubs, thus strengthening intergenerational partnerships.

Rotary in Uganda Redistricting Timeline

May 1957

Uganda's first Rotary Club, the Rotary Club of Kampala, is chartered by District 220, covering Ethiopia, Kenya, Madagascar, Northern Rhodesia, Nyasaland, Tanganyika, Reunion, and Uganda.



Madagascar, Northern Rhodesia, Nyasaland are transferred to other Districts

July 1, 1964

July 1, 1987

Rotary District 9200 is formed, covering Uganda, Kenya, Tanzania, Eritrea, Ethiopia, and South Sudan

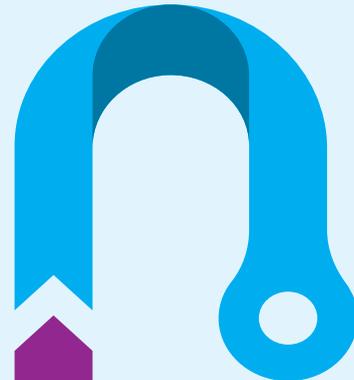


D9200 is redistricted into two: District 9211 - covering Tanzania and Uganda; and District 9212 - covering Eritrea, Ethiopia, Kenya, and South Sudan.

July 1, 2013

July 1, 2021

D9211 is redistricted into two: D9213 - covering most of Uganda; and D9214 - covering all of Tanzania and parts of Uganda.



July 1, 2026

D9213 to be redistricted into D9217 and D9218, effective July 1, 2027

Rtn Peter Nyanzi is a member of RC Kampala - Naalya

Uganda, Italy Sign Inter-Country Charter to Concretise Partnership

By Rtn Helen Nanteza Kawesa

The partnership we are chartering today will transform our differences into complementarities....together we can implement projects in health care, education, sustainable economic development and women's empowerment,

PDG Alessandro Pastorini, ICC National Coordinator (Italy/Malta/San Marino)

Rotarian Year 2024-2025

DG 2031	Vincenzo Carena			
DG 2032	Natale Spineto			
DG 2041	Michele Catarinella			
DG 2042	Carlo Fraquelli			
DG 2050	Massimiliano Pini			
DG 2060	Alessandro Calegari			
DG 2071	Pietro Belli			
DG 2072	Alberto Azzolini			
DG 2080	Fabio Arcese			
DG 2090	Massimo De Liberato			
DG 2101	Antonio Brando			
DG 2102	Maria Pia Porcino			
DG 2110	Giuseppe Pitari			
DG 2120	Lino Pignataro			

Rotarian Year 2024-2025

DG 9213	Anne Nkutu
DG 9214	Agnes Batengas

Chartering Representatives:

Franco Piani Franco PIANI ICC Italy - Malta - San Marino / Uganda President	Helen Nanteza Kawesa Helen Nanteza KAWESA ICC Uganda / Italy - Malta - San Marino President
Alessandro Pastorini Alessandro Pastorini ICC National Coordinator Italy - Malta - San Marino	Nathalie Huyghebaert Nathalie Huyghebaert Chair Rotary Inter-Country Committees Executive Council
Frederick Kizza Mubiru Frederick Kizza Mubiru ICC National Coordinator Uganda	



Geoffrey Martin Kitakule,
District Governor - Rotary
District 9213



Nathalie Huyghebaert
Chair, ICC Executive Council



PDG Alessandro Pastorini
ICC National Coordinator
RC Genova D2032
Italy Malta & San Marino



Annemarie Mostert
Member, ICC Executive
Council

Four countries; Italy, Malta, San Marino and Uganda, on Thursday 16th October signed a Charter through which they established an inter-country committee partnership. The charter will facilitate collaborations along the recommendations of the Rotary Inter-Country

Committees Executive Council that seek to create and foster the peace culture in line with the Rotary International Service Mission. It will also facilitate the four countries to manage common projects and through doing so improve awareness and mutual understanding of diversities, and

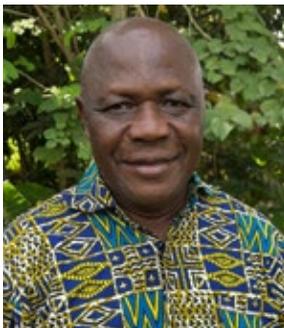
bridge communities and cultures. Rotary Intercountry Committees are unique entities within Rotary International that connect Rotary clubs from different countries to foster lasting connections between Rotarians and Rotaractors around the world, and to promote peace



Rtn. Helen Nanteza Kawesa
RC Kampala Ssese Islands
Inter Country Committee Chair
D9213



Rtn. Franco Piani
ICC Coordinator, Italy, Malta &
San Marino



Rtn. Frederick Mubiru
Chair, International Services
Committee, District 9213

and international understanding across borders while improving cross-cultural awareness, engaging diversities, and bridging communities.

ICCs encourage the formation of sister club networks, conduct Friendship Exchanges, and initiate international service and vocational projects. They can help clubs find partners in other countries for Global Grants. Through these activities, ICCs enhance the effectiveness of Rotary's

programmes, supporting the seven areas of focus and promoting peace. By visiting each other's countries and homes, Rotarians build lasting relationships that transcend borders and cultural differences.

District governors from fourteen districts in Italy, Malta and San Marino (CIP) attended the virtual signing ceremony. District 9213 was represented by District Governor Geoffrey Kitakule, Rtn. Frederick Kizza Mubiru of RC Kololo(International Services Chair) and Rtn Helen Nanteza Kawesa of RC Kampala-Ssese Islands(Inter Country Committee Chair). Rtns. Mubiru and Nanteza Kawesa signed on behalf of the district.

In her opening remarks, during the Charter signing ceremony, PDG Nathalie Huyghebaert the Chair, Inter-Country Executive Council congratulated Italy and Uganda on signing the MOU and said that there is nothing better than working together to address issues that impact negatively on the world.

"Since the birth of the ICC, we have worked hard to improve the conditions of life in the world. I am therefore delighted to see the growing extensions of ICC globally. The ICC is one of the avenues through which we attract people to Rotary; it is international action on the ground.

"Today, we have 177 bilateral agreements in 129 countries and 82 co-ordinators," she said. "Since 1st July 2025, 40 countries have signed bilateral agreements. Our strength is in our network, our friendship, and the cross-cultural collaboration and exchanges."

She also advocated for the ICC partnerships to smoothen out the lives of those in strife. "Let us purpose to build positive peace through economic empowerment and conflict prevention. Peace should not be a dream".

Geoffrey Kitakule, District Governor 9213, said that this was a beginning

of major collaborations. He thanked the national coordinators for putting the charter together, and said there was a lot of work to do. "We look forward to working together and to positive engagements, fruitful interactions, committee activities and helping communities."

PDG Alessandro Pastorini, the ICC National Coordinator for Italy, Malta and San Marino described the historic charter ceremony as an extraordinary bridge between two countries that are geographically distant but are united by historic values.

"Italy and Uganda share a richness that transcends their differences," he said. "The two countries are united by the centrality of the family, value of community and hospitality as distinctive traits of our people. We both believe in education as a driver of development and in solidarity as the foundation of civil coexistence," he said. "The partnership we are chartering today will transform our differences into complementarities. Uganda's energetic human potential will meet Italy and Malta's technological and organisational expertise, and together we can implement projects in health care, education, sustainable economic development, and women's empowerment," he said.

He concluded that the charter had brought together two close continents of Africa and Europe, and that the leadership and implementers will be key in building bridges of friendship, understanding and concrete solidarity. "Uganda is welcome to the expanding Rotary family. We are now set to write to write important chapters of international collaboration and services to humanity. Our future is one of shared service," he said.

Franco Piani, the ICC Coordinator in Italy said that the charter truly brought out what it means to be a Rotarian. "As Rotarians, we are people who understand each other better, and this makes it

easier to exchange ideas and to develop solutions to our peculiar challenges. Through avenues like the ICC, we should improve the world.

“It is possible to achieve great results if we work harmoniously through projects across borders in various clubs in the two countries. As we sign this charter, there are many clubs in Italy which are eager to engage with those in Uganda in community development and empowerment projects,” he said.

Rtn Frederick Mubiru, the Chair International Affairs Committee of District 9213 said the new charter marked a new chapter in intercultural collaboration and reaffirmation of shared commitment to the ideals that make Rotary a global family.

“Friendship was the foundation on which Rotary was built and tolerance the element which holds us together,” he said. “Rotary has built bridges across cultures, nations and generations. Through this we have learnt that the challenges facing one country mirror those of another. The ICC is a platform, that transforms friendship into action, dialogue into understanding, and understanding into sustainable peace.

“Our mandate as District 9213 is therefore clear; to strengthen international partnerships, foster peace through service and to build networks of collaboration that transcend borders. We will be a vibrant and reliable partner,” he added.

“Let us focus on creating opportunities for our clubs to relate with partners abroad so as to promote the ideals of peace building, cultural exchanges and effective collaborations. Let us work towards bringing people together for the common good. This charter is the foundation stone. When we succeed, we will have truly projected the ICC as a beacon of international understanding and lasting service.”



It is possible to achieve great results if we work harmoniously through projects across borders in various clubs in the two countries.

DG Alessandro Pastorini

Helen Nanteza Kawesa, the National Coordinator District 9213 said that the signing of the charter espoused the principle of working together for impact, and had also put into action the notion of ‘uniting for good’. ‘Uganda is a young and developing country, and there are so many areas to serve and issues to address,’ she said. ‘We are happy and ready to embrace new partners and learn from and work with them. We are also friendly, hard working and enjoy serving community. We are ripe for harvest.’

She added that at the FUSION Summit in Brussels in September 2025, District 9213 was recognised as a top contributor to the Rotary Foundation, Polio Plus and ranked second in membership growth across Africa. “This makes us a perfect choice for a partner,” she said.

She added that, as Helen Keller said, “Alone we can do so little, together we can do so much.” “Our hands and hearts are open to receive you so that we may work together to positively impact communities.

“Also, as Mother Teresa said, ‘I can do things you cannot, you can do things I cannot, Together we can do great things.’ “We come to the table as a privileged and enthusiastic partner. Let us now work together for the good of humanity.’

Richard Knowlton, the Coordinator said he was impressed with the thoughtful intervention on the role of ICC in Rotary, and the

contribution that can be made when countries work together.

PDG AnneMarie Mostert, the in her concluding remarks commended Uganda for being one of the biggest contributors to the Rotary Foundation in Africa, and thanked them and Italy for expanding their reach through the partnership. “Through this relationship that we are beginning today, we are destined to build positive peace, a key element in the world today,” she said. She added that Africa, which has 20 districts, is the biggest recipient of grants in the world but has not yet largely formalised partnerships through the ICC. “It is therefore gratifying to see Uganda sign this charter and we look forward to good things.”

In closing, PDG Nathalie Huyghebaert said that she was impressed by both the policy interventions cited and the willingness to collaborate, which she said is very important. Let us get to work and bring even more on board, she said.

ICCs embody the international character of Rotary International. They serve as virtual embassies, providing forums for intercultural dialogue and concrete assistance to communities worldwide. In doing so, ICCs empower Rotarians and Rotaractors to act as ambassadors of peace, embracing and respecting diverse beliefs and cultures while working together towards a harmonious global community.

Today, more than 750 ICC sections all over the world provide significant support to programmes of Rotary and the Rotary Foundation. They help increase the effectiveness and reach of international service within the seven areas of focus.

Rtn Helen Kawesa is a member of the Rotary Club of Kampala Ssesse Islands and is the Chair, Inter Country Committee D9213

It is Christmas again. Let us illuminate Hope through Investing in The Rotary Foundation



By Rtn. Emmanuel Mwaka

In a world often overshadowed by uncertainty, The Rotary Foundation (TRF) stands as a powerful beacon a source of hope for mitigating suffering, healing divisions, and building global peace.

November is The Rotary Foundation Month, a dedicated time to focus on the pillar that gives Rotary its truly international identity. From its humble beginnings as an Endowment Fund conceived by Arch Klumph “for doing good in the

world,” TRF has evolved into one of the world’s largest humanitarian space.

It is a Foundation that commands global respect, lauded for its transparency and efficiency. For an astounding 16 consecutive years, TRF has earned the highest Four-Star Rating from Charity Navigator, demonstrating fiscal responsibility across parameters from governance to financial health. When you give to TRF, you are investing in a proven, high-impact organization.

Through various programs and grants, TRF is actively improving lives and transforming communities right now:

- **Global Grants:** Enabling large-scale international projects that tackle critical issues across the globe.
- **District Grants:** Meeting local community needs with flexibility and speed.
- **Polio Eradication:** We are

closer than ever to achieving a Polio-free world. Your support to the End Polio Now Fund is critical to finishing this historic fight.

Triple Your Impact: Join your district’s PolioPlus Society! Remember, the Bill & Melinda Gates Foundation continues to amplify every dollar Rotary donates to polio eradication with a 2-to-1 match.

The Sonde Model’s Cerebral Palsy Generosity Project defines the virtue as: “giving good things to others freely and abundantly.” This is exactly what we do when we support TRF. We contribute our time, talent, and treasure to fund life-changing programs both close to home and across the world.

As we look forward to celebrate the Festival of Joy (Christmas), let this season inspire your deepest commitment to service. This festival season, join us in investing in The Rotary Foundation to keep doing good in the world.



Understanding the essence of stewardship in Rotary

By Rtn Peter Isabirye



A 'steward' is defined as guardian or keeper of something that belongs to another.

Faithful stewardships involves the proper utilization or management of resources.

All Rotary Global and District Grants projects involve the use some amount of Rotary funds. For purposes of this article, we shall put emphasis on Global Grants.

In this case good stewardship implies the practice of planning, tracking, and safe-guarding the use of Rotary funds by ensuring effective use, so as to accomplish an impactful, sustainable Rotary project.

The Stewardship Process:

- Using Rotary funds responsibly and staying in open communication between sponsors and TRF about the use of these funds.
- Grant implementation and adherence to the Rotary Foundation Policy.
- Stewardship lays emphasis on vigilance and handling money with great caution, responsibility,



Every family has a person who takes risks and builds wealth for generations. May that be you. Claim it.

integrity, honesty and total transparency.

- Good stewardship begins before the project begins, during project implementation and after the completion of the project.

TRF Grant Model:

Global grants traditionally have host sponsor as well as international sponsor clubs.

Role of Host Sponsors:

- Initiating projects.
- Managing project implementation and the budgeting process.
- Providing local assistance and support.
- Receiving project funds, utilizing and accounting for them.

Role of the international sponsor:

- Providing financial and technical support.
- Performing tasks that can be done remotely.
- Running public relations initiatives in their countries about the project.
- Visiting project sites whenever and wherever possible.

Impactful Global Grants are based on partnerships between a host club, international clubs and where applicable cooperating organisations. All these must of necessity, sign memoranda of

understanding (MoUs), clearly stipulating their roles and responsibilities in no uncertain terms. Before taking part in Global Grants, all Districts and Clubs must qualify. This is an annual reversible process.

Stewardship before:

- Community assessments are done.
- Declaration of any possible conflicts of interest happens.
- Opening up of bank accounts exclusively for the grant projects.
- Each project must have a separate bank account with at least two signatories.

Stewardship during:

- Regular visits to beneficiaries and project sites.
- Strict adherence to the original financial plans.
- Always use cheques and bank transfers (avoid cash transactions like the plague!)
- Share regular updates and maintain invoices, receipts and a project ledger (file).
- Documentation with backup systems.

Stewardship after:

- Maintain a relationship with the beneficiaries. Keep all financial records, ensuring transparency proactively.

- Strict accountability while adhering to TRF guidelines. Measure results of the project/ impact assessment.
- Keep all financial records for at least five years as per the club MoUs. Share information between sponsors and TRF.



A mistake is an opportunity to learn not a reason to give up.

Reporting: This is a cardinal aspect that could make or break any global grant project. It's a requirement even when there's no progress as was the case during the COVID-19 pandemic for example.

- All required financial documents and photos should be uploaded online.
- The designated Excel reporting format should be used as much as possible. Overdue reports should be avoided like the plague.
- First progress report should ideally be submitted within 12 months of receiving grant funding and thereafter within 12 months of acceptance of previous report.

- The final report should be submitted two months after completion of the project.
- All global grants must of necessity be handed over to the beneficiary communities by the Rotary Clubs involved.



If you carry joy in your heart, you can heal any moment.

— Carlos Santana

Consequences of poor stewardship:

- Loss of Rotary funds.
- Damage to Rotary's reputation.
- Weakens the project.
- Limits the project's impact because of a lack of a sustainability plan.
- Negatively impacts the beneficiaries.
- Risks sanctions (suspension of clubs)
- Fails the 4-Way Test.

Never, never misuse Rotary money, it is never lost!

Why good stewardship matters:

- Safeguards Rotary funds.
- Maintains Rotary's reputation.

- Enables strong, long-lasting projects with a positive impact on the beneficiaries.
- Allows clubs to do continuous global grant work without fear of sanctions.
- Passes the 4-Way Test.

Finally:

- Continue collaborating and keep in touch with all your partners especially the international sponsors. They will open doors to more Global Grants.
- Share knowledge, best practices and lessons learned by reports and through training.
- Encourage your international partners to visit the project sites.
- Savour and enjoy your success, toast, party, have a blast and enjoy a well-deserved home hospitality fellowship.



If we try, we have a fighting chance, if we don't try, we don't have a chance at all.

Rtn Peter Isabirye is a member of the DRFC of D9213 and a member of the TRF Cadre of Technical Advisors in three Areas of Focus.



Impactful Global Grants are based on partnerships between a host club, international clubs and where applicable cooperating organisations. All these must of necessity, sign memoranda of understanding (MoUs), clearly stipulating their roles and responsibilities in no uncertain terms.

Why your Rotary club needs policies for good governance



By Rtn Irene Namuli

In Rotary, good governance is the backbone of sustainability, trust, and service effectiveness. Clubs that thrive over time are those that move beyond personality-led operations to systems-led management. Policies are the instruments that make this possible. They define how a club operates, makes decisions, handles its resources, and treats its members. Without them, even the most vibrant club risks inconsistency, conflict, and reputational exposure.

Why Policies Matter

Policies ensure that decisions are guided by principle, not preference. Whether approving new members, managing funds, or handling conflicts, policies create a consistent standard that every member can rely on.

We know that Rotary leadership changes every year. Having policies creates continuity and reduces the risk of mismanagement or abuse of discretion. Also a well-documented policy framework enables smooth leadership transitions and allows new leaders to understand their responsibilities quickly and operate efficiently without starting over.

Clear policies help ensure compliance with RI's Manual of Procedure (MOP), the District Constitution, and national laws.

In a nutshell, policies demonstrate accountability and strengthen

stakeholder trust.

How to get your club policies approved.

Start by identifying which areas need clarity, process alignment and clear guidelines of operation. Once done, ask the Chair of the affected committee to draft a policy alongside their committee members and present it to the Management Board for approval. Ensure that the draft aligns with Rotary International and D9213 standards. Once approved by the Board, have the same presented to the Club Members at a Club assembly for adoption by resolution. Once adopted, ensure that the policy is kept in a place where it is easily accessed by all club members. We also recommend that you notify the District where significant policies that could affect the club operations are enacted. The DGEC is available to review and advise.

Recommended Policies Every Rotary Club Should Have

As the DGEC, we have identified the core policies every club MUST have. These are model MEMARTS which replaced the club constitution, the Finance Management Policy, the Procurement Policy and the risk management policy. We have provided templates that can be adapted for club use. Documents are available for download at: <https://rotaryd9213.org/50109/Page/Show?ClassCode=Page&Slug=d9213-key-reference-documents>

We recognize that the list above isn't exhaustive, That is why we propose the following additions which are in no way exhaustive but may lay a good foundation towards enhancing club efficiency and support sustainability. For Governance and Administration, alongside updated Bylaws, the club may also have a governance policy and a conflict-of-Interest

policy. When it comes to Financial Management, include a fundraising and donations policy as well as an asset management policy. As part of managing membership, clubs should have a membership policy (if not already outlined in the Club Bylaws). code of conduct and ethics policy, a DEI Policy and an attendance and participation policy. Management of risk could also include a whistleblower and grievance policy, a child and vulnerable persons protection policy as well as a Data Protection and Privacy Policy. When managing service and community projects, consider having a project management and oversight Policy, a partnership and sponsorship policy and a Monitoring and Evaluation policy.

Conclusion

Strong governance is not about bureaucracy—it's about clarity, integrity, and continuity. Policies are the building blocks of that clarity. They help every Rotary club operate predictably, protect its legacy, and deliver service with accountability. Every club is encouraged to develop and adopt a clear policy framework as one of the most powerful ways to ensure that Service Above Self remains sustainable for generations to come.

We, the District 9213 Governance and Ethics Committee, are mandated to oversee and support all club efforts geared towards good governance. Do reach out to the Chair, Rtn Constant Othieno Mayende (constant.mayende@gmail.com or +256772590464) or the Vice Chair, Rtn Irene Namuli (irenamuli@gmail.com or +256782974878) for any support in developing, reviewing, and aligning policies with Rotary's global governance standards.

Rtn Irene Namuli is the Vice Chair, D9213 Governance & Ethics Committee.

ESG: Rotary's strategic path to corporate funding

Rotarians urged to harness new opportunity to fund their community projects



By Rtn Peter Nyanzi

A few weeks ago, the District Secretariat sent out a presentation in regard to how ESG is set to unlock corporate and TRF funding for Rotary Clubs in Uganda.

What was unmistakable from the document is that the way Rotary clubs secure funding in Uganda is changing dramatically. Corporate giving is no longer about traditional charity; it's about strategic partnerships that deliver measurable impact. And right now, Rotary stands at the center of an unprecedented opportunity.

The game-changer is Uganda's sustainability reporting mandate. Through the ICPAU Roadmap for

Sustainability Reporting 2032, major companies will soon be legally required to report on their Environmental, Social, and Governance (ESG) performance. Corporate boards aren't just looking for feel-good projects anymore; they need verifiable initiatives that generate compliance data. They need trusted partners who can deliver measurable results. That partner should be none but Rotary.

Here's why this matters: Rotary is essentially an ESG organization by its DNA. Our governance structure is robust, featuring global auditing, financial oversight, and the Four-Way Test as our ethical foundation. Our projects naturally align with ESG goals through community-led assessments and our Seven Areas of Focus, including our dedicated environmental priority. Most importantly, our mandatory grant reporting gives corporate partners exactly what they need - auditable data for their sustainability reports.

This shifts everything. Instead of being seen as a charitable expense, Rotary projects become strategic investments. When a Ugandan company partners with us, they're not making a donation; they're acquiring a ready-made

ESG solution.

The biggest opportunity lies in environmental projects that match corporate decarbonization targets. Solar installations reduce emissions. Water and waste management programs address environmental impact. Reforestation provides carbon sequestration. These projects unlock The Rotary Foundation's Global Grants, turning local investment into exponential global impact through matching funds.

Going forward, we need to stop asking for donations and start proposing ESG partnerships. Identify corporate leaders in your network facing these new reporting requirements. Approach them with projects that solve two problems at once: delivering community impact while providing the compliance data they desperately need.

Consider these high-impact opportunities: solar-powered water systems with agribusiness partners like Kakira Sugar; plastic recycling programs with Coca-Cola Beverages Africa; maternal health upgrades with banking partners; reforestation initiatives with Uganda Breweries and Hima Cement; vocational training in green technologies with MTN and Airtel; and digital learning hubs with Roke Telkom.

The future of Rotary funding in Uganda isn't about charity; it's about being the premier ESG implementation partner that corporations desperately need. By embracing this role, we transform from fundraisers into engines of sustainable development. The opportunity is here. Let's seize it together.

Rtn Peter Nyanzi is a member of RC Kampala - Naalya

The District Governors for 9213 and 9214 signing an MoU with UAP insurance



Rotary Remembers

Rotary Club of Bugolobi | Rotaract Club Of Bugolobi



It is with deep sorrow that we announce the passing of our beloved club member
Rtn Francis Mweheire PHF #2

We invite you to a joint fellowship of Rotary and Rotaract Clubs of Bugolobi dedicated to the fallen member
 Thursday 20th November 2025, 7pm
 City Royal Hotel, Bugolobi

May his soul rest in eternal peace, and may God grant his family, friends, and our Rotary family strength during this difficult time

Rotary Club of Arua

REST IN PEACE



Rtn. Jennifer Mirembe

"Philippians 1:21"

Rotary Club of Bujuku-Kireka



In Loving Memory Of
Rtn Eng. Rwakashanga
 who has gone to be with the Lord.

Your Service, kindness and fellowship will remain in our hearts forever.

REST IN PEACE.

Yours In Rotary Service,
 Members of RC Bujuku-Kireka

"Blessed are those who mourn for they shall be comforted" ... Matthew 5:4

DEATH ANNOUNCEMENT



The family Of the late Architect Rotarian Stanley Mulya of Bugolobi with deep sorrow announces the death of their beloved father Architect Rotarian Stanley Mulya which occurred at Nakaseko Hospital on Thursday, 13th November 2025.

Vigil is going to be held at his home in Bugolobi, Plot 13 Lubuli Lane on Friday 14th November 2025 starting at 6:00pm.

There will be a Funeral Service at Our Lady of Africa Church Chapel on Saturday, 15th November 2025 starting at 12:00noon.

Burial will take place at Kibinda, Nakaseko in Bushenyi District on Monday 17th November 2025 starting at 10:00am.

Informed and Beloved Friends and its next
MAY HIS SOUL REST IN ETERNAL PEACE.

Contact us On: THE CELEBRATION OF LIFE | www.lifecelebration.com



DISTRICT FAMILY OF ROTARY DEATH ANNOUNCEMENT

The District Family of Rotary regrets to announce the untimely passing of Rtn. Isoka Peter, a dedicated Rotarian who served as the Club Administrator of the Rotary Club of Tororo.

Rotaract Club of Kampala Central

FARE THEE WELL



PP TONY KITUNZI

We mourn the loss of Past President Tony Kitunzi, who served as the 18th President of the Rotaract Club of Kampala during the 2013/2014 year and truly embodied the creed, "Engage Rotary, Change Lives."

Tony will be remembered for his unwavering kindness, humility, and deep commitment to service. His legacy of compassion and leadership continues to inspire all whose lives he touched.

Rotaract Club of Kampala Central

Rotaract District 9213



REST IN PEACE

PHF. Owen B. Kitukumiro

We honor the life of PHF. Owen Bwembele Kitukumiro, a devoted leader, friend & passionate rotaractor.

His service, love and commitment to the Rotaract Club of Kabanseki will always be remembered.

MAY HIS LEGACY CONTINUE TO INSPIRE US

Rotaract District 9213

Rotary breathes New Life into Kabwohe Health Centre

With over 3,100 children immunised annually and thousands more treated for common illnesses, Rotary's support has significantly improved care for children under 5 years in Sheema District and in the wider community.

By Rtn Dr. Patience Bemanya Kinengyere

Kabwohe Health Centre IV has always been more than just a healthcare facility. For the people of Sheema District, it is where mothers in labour visit for hope, where children receive their first immunisation shots, and where families turn to during moments of health crisis. On a good day, the centre serves more than 1,400 people. In a year, over 51,000 patients walk through its gates seeking care. Among them are 8,191 expectant mothers, 3,695 normal deliveries, and over 575 caesarean sections.

Yet, over the years, due to population growth, Kabwohe HCIV has operated under strain. The population it serves has increased faster than the surrounding infrastructure. Water would run out at the most critical moments.



Theatre lights flickered during emergencies. Midwives worked with limited tools, sometimes relying more on their resilience than on the systems. Mothers would arrive in labor at a facility doing its best, but constantly stretched to capacity. For many, referral to another facility is not a feasible option.

The Rotary Club of Kampala Springs, on realising the reality, saw an opportunity to bridge the gap. Working with partner clubs including the Rotary Clubs of Kabwohe and of Allschwil-Regio Basel (Switzerland), RC Springs mobilised support that extended well beyond the three clubs. Generous District Designated

Funds from Districts 9213, 3522, 5610, and 9214, as well as support from non-rotary partners, including the Dear Foundation and the Abaana b'eSheema Group, strengthened the project. Collaboration with the Ministry of Health through the Sheema District Health Office ensured that every intervention aligned with government priorities and remained sustainable long after Rotary's direct involvement.

Through the Global Grant GG2341822, the main objective was to strengthen maternal and child health, improve water, sanitation and hygiene, equip Kabwohe HCIV with the necessary tools and equipment to save





more lives safely and consistently. The project focused on four key areas: enhancing maternal care, strengthening child health services, securing reliable water access, and developing overall facility capacity. Kabwohe conducts around 150 deliveries each month, with approximately 30 requiring emergency C-sections.

With improved lighting, modern equipment, and a fortified delivery ward, health workers can now respond faster and safely to complications. With over 3,100 children immunised annually and thousands more treated for common illnesses, Rotary's support has significantly improved care for children under 5 years in Sheema District and in the wider community. The lack of water was one of the biggest challenges. Before the project, frequent outages compromised hygiene and infection control. Today, there has been a transformational change. The facility benefits from a reliable water supply powered by a new solar pump and supported by a 20,000-litre tank, enabling mothers and babies to receive care in a cleaner, safer environment.

Additionally, fifteen community health workers have been equipped with new skills and health providers trained in handling tools, and in maternal and newborn care. The involvement of committed partners, including

community leaders, faith-based groups, and Village Health Teams, has strengthened ownership and ensured that these upgrades will endure.

Kabwohe HCIV is a government facility where everyone, regardless of income or background seeks medical care. Strengthening it means empowering the entire community. Today, the difference is clear. Midwives feel more confident, mothers speak of renewed trust, and staff operate with assurance, supported by reliable lighting, water, and essential equipment. The health centre administration notes that the facility is now more responsive and dependable, with systems that consistently ensure safe healthcare delivery. These improvements extend beyond daily operations; they directly support UN Sustainable Development Goal 3 by enhancing maternal health services, reducing child mortality, and building a more resilient health system for the community.

This global grant has spanned four Rotary years, each conveying a message that has guided the club's journey. It started with Imagine Rotary, when the dream for Kabwohe HCIV was conceived. In Create Hope in the World, that dream materialised as partners united to strengthen care for mothers and children. Under The Magic of Rotary, the changes

became tangible and visible. In this year of Unite for Good, Kabwohe HCIV stands as a testament to what happens when rotarians come together with compassion, purpose, and a shared commitment to save lives.

What makes this project particularly meaningful is its sustainability. The Ministry of Health, working through the hospital administration, has committed to sustaining the improvements, while community leaders continue to support the changes. With the tools, skills, and systems now established, Kabwohe HCIV can now comfortably serve thousands of mothers, children, and families for many years to come, long after the project itself has wound up. (we need more new impact figures)

As rotarians, we are proud to have contributed to a change that strengthens a community and touches lives every single day.

This is rotary at work! This is Service above self made visible!

This is transformative impact - saving lives!

One mother, one child, one family at a time!

Viv le Rotary!

Rtn Dr. Patience Bemanya Kinengyere is a member of the Rotary Club of Kampala Springs.

A Decade of Survival, Service, and Strength: My Journey through Cancer

As I mark over a decade of survival, I celebrate life, hope, and the incredible power of resilience. My journey has taught me that while cancer may change you, it does not have to stop you.



Rtn Winnifred Kaliika (PHF)

More than ten years ago, my life took an unexpected turn. I was diagnosed with breast cancer. From diagnosis, I faced one of the greatest battles of my life, one that would test my faith, my resilience, and my purpose to live. Today, I share my story not only as a survivor, but also as someone whose journey has strengthened my commitment to service above self.

Ten years ago, I felt a lump in my breast. I visited the Centenary Rotary Cancer Ward in Nsambya Hospital where many tests were carried out, one after the other. Following that visit, I was diagnosed with breast cancer and my life changed completely. I went through a mastectomy, followed by chemotherapy and radiotherapy, each stage challenging me in ways that I had never imagined.

On the day I received my diagnosis, fear gripped me. I asked myself, **'Why me, and then, again, why not me, and who would I wish this for, Lord?'** However, in that dark moment, I felt a peace that I could not explain. It was as if god whispered, **"Even if you go**

through the deepest darkness I am with you".

Through the prayers of my family, the compassion of the medical team, and through strength I did not know I had, I realised that god's goodness is not in the absence of suffering, but in his presence through it all. I felt the world had ended. I cried, I felt so sad, so lonely, so desperate, but later I gained some hope and started wondering what next.

It is very important to listen and understand the disease one is suffering from and ask for clarity where you do not understand. Honestly speaking, some of the information from the doctor went in through one ear and out of the other. Through it all, I prayed to god to give me another chance.

The treatment and therapy were costly. However, family, friends, rotarians, and well-wishers, all of whose support was over whelming, covered this.

I also received a warm welcome from the hospital staff at Nsambya and found a lot of care and comfort in the homely Rotary Cancer Ward. The Surgery took place on 22nd December 2015, at St Francis Hospital Nsambya with my mother at the side. She has been working in that hospital as an Enrolled / midwife (Nurse) since 1960, and is still going strong.

On Christmas day in 2015, while still undergoing treatment in hospital, I was pleasantly surprised to be visited by our long-time family friends, Past District Governor Stephen Mwanje and his wife Rtn Dorothy Mwanje, with whom we go way back. We celebrated Christmas together in the hospital.

PDG Stephen ignited my hope during the visit. He assured me that rotarians, and well-wishers had embarked on a grand project of building bunkers that will house the linear accelerator machines in the newly built cancer ward in which I was hospitalised. He gave me hope that I would live longer, given the care I was receiving. So much was going on at the time in the country. The only Radiotherapy Linear Accelerator Machine we had in Uganda at that time was not functioning. The only option was to look for alternatives outside the country.

With PDG Stephen's reassuring message, I felt that god had come down. After the operation, I was under observation for three months, and I had to go to Mulago Hospital for chemotherapy, which is administered intravenously, for 6 sessions every three weeks. It was a trying experience, but I had to persevere. There were a number of side effects like lack of appetite, changes in skin complexion, loss of hair, and mouth sores, which were the worst I had ever experienced. I had to continually lick and chew ice cubes during the chemotherapy treatment period to control the mouth sores, which were very painful.

Three months later, I was admitted to Nairobi Cancer Care for radiotherapy and counselling services. The warm welcome from the staff, the care, the counselling services and the ambiance renewed my hope. I was in good hands. I continue to hope and pray that my fellow citizens and the rotarians in Uganda could generously contribute towards the facility in Nsambya Hospital to create some hope to patients.

My strain of cancer was a triple negative disease that is mostly hormonal. I was told it is challenging to treat. This news was worrying. Triple positive and two positives and one negative strains are usually treatable. However, the doctor was saying mine was not; this was devastating news!

I was discharged after one month of radiotherapy sessions in Nairobi. However, since mine was a triple negative strain, I was advised to go home and feed well, exercise, and meditate, because there is no treatment given thereafter. Patients with other strains are prescribed to medication for five years. However, even in my suffering, god's presence was evident. Many have gone before me; even with a triple positive disease. Through it all, I held on. I fought. I survived. I am here; positive and strong.

The road to recovery has been long and demanding. Each stage of recovery presented new challenges; physical pain, emotional exhaustion, and moments of deep vulnerability. Yet through it all, I found strength in god, in my family, and in the compassion of those who walked

alongside me.

Cancer has a way of reshaping one's outlook on life. For me, it became a turning point. Instead of slowing down, it ignited a deeper passion to serve. My journey reminded me how precious life is, and how important it is to extend kindness, hope, and to support to others especially those facing their own silent battles.

Throughout my more than ten years of survival, rotary has remained a platform for me to give back. It has allowed me to transform my pain into purpose and my experience into encouragement for others. Through Rotary's community projects, especially those related to health, cancer screening, and the Rotary Cancer Run, I have found opportunities to share my story, offer support, and stand with individuals and families affected by cancer.

Surviving cancer is not just about winning a personal battle. It is about emerging with a renewed sense of mission. I continue to serve because I know firsthand the importance of compassion, community, and consistent support.



Each day is a gift and each act of service is my way of giving thanks.

Today, I stand as a cancer survivor of more than 10 years, grateful to God, to my medical team, and to everyone who supported me. My journey has strengthened my purpose, deepened my compassion, and reminded me that every day is a gift.

As I mark over a decade of survival, I celebrate life, hope, and the incredible power of resilience. My journey has taught me that while cancer may change you, it does not have to stop you. With faith, determination, and a community like rotary, survival becomes a story worth sharing and service becomes a calling worth pursuing.

APPRECIATION

I am grateful to-

- The Rotary Cancer Program
- My parents; the Late Paul Kawooya for the comfort and support he accorded me, and my mother Mrs. Solome Kawooya for her motherly compassion and the first medical/nursing care.
- My siblings, especially my sister Rtn Pauline Wantate for encouraging me to join Rotary, where I met a family who saw me through this journey, especially at a time when I needed them most.
- My family - my husband Vincent Kaliika and my children, particularly Mildred Kaliika who

accompanied me to Nairobi for radiotherapy.

- Rtn Sarah Rubanga Kaggwa who solicited funds for my treatment from Rotarians.
- Rtn Andrew Kavuma for having paid for two return tickets for my daughter Mildred and myself to Nairobi for further treatment.
- Cancer Care Kenya where I received Radiotherapy.
- The Rotary Club of Sunrise Kampala, relatives, friends and fellow Rotarians
- Members of Pope Paul VI Social Club.
- My friends and fellow Christians at St Charles Lwanga Mutundwe

Catholic Church.

- My Classmates from Mt. St. Mary's College Namagunga.
- St Francis Nsambya Hospital Staff.
- Finally yet importantly, Past District Governor (PDG) Stephen Mwanje, his wife Rtn Dorothy Mwanje and the entire team that came up with the idea of constructing the cancer ward at Nsambya Hospital.

May the souls of all those who succumbed to Cancer rest in eternal peace.

Rtn Winnifred Kaliika is a member of the Rotary Club of Sunrise-Kampala



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