



THE WAVE

ISSUE 02 | AUGUST 2025

Numbers that tell a story of service, impact & a
shared humanity

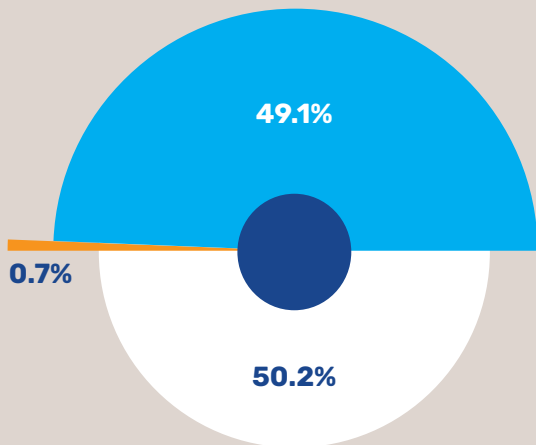
This is District 9213 in numbers



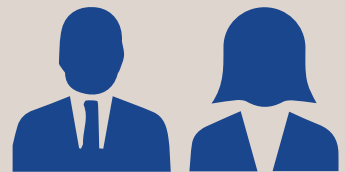
Clubs (278)



People (8,604)



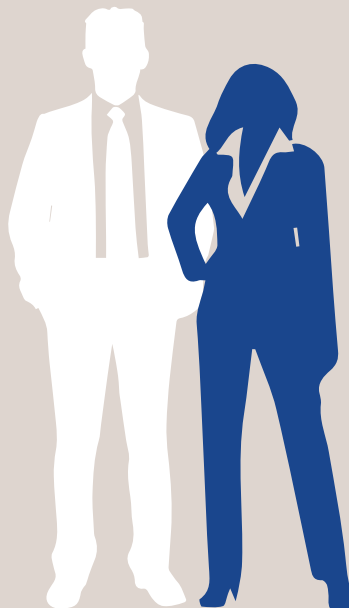
- Rotary (139)
- Rotary Satellite (2)
- Rotaract (137)
- Rotaract Satellite (0)



Rotarians (5159)
Honorary Rotarians (205)



Rotaractors (3062)
Honorary Rotaractors (178)



*Figures as of August 1st, 2025



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Graceful service

Editor's Note

This Rotary Village Where Belonging Begins

Even as I was curating this month's stories, I was in the middle of a mentorship journey. I had the privilege of walking alongside a remarkable new addition to our Rotary Club of Kampala Central: Louis Francis Kibuuka—now officially, Rotarian Louis. His commitment to be a Rotarian reminded me that across our district, many such moments were unfolding. Some of these stories make it into our pages; others bloom quietly in clubs and corners we may never fully capture. But that's the beauty of Rotary—it's a vast, vibrant village where everyone should find a place to belong.

And belonging—what a powerful thing that is. To know that you have a space outside the family you were born into, a place that welcomes you wholly and challenges you daily—is nothing short of extraordinary. Rotary offers that space. It offers purpose, community, and the constant chance to grow. So let us truly belong—and as we do, let us expand this circle of fellowship and service. Go out there and invite a friend.

Each new Rotary year arrives with fresh resolve. Clubs across the world recommit—to serve more boldly, lead more intentionally, and reach deeper into communities

where hope is needed most. This month, our first pages are devoted to one of Rotary's most essential pillars: Membership and New Club Development. We also keep humming an old nursery rhyme at our weekly meetings—“The more we are together, the happier we shall be.” And it's true. More hands, more hearts, more energy—greater impact.

In these pages, you'll discover that membership is more than numbers on a spreadsheet—it's the heartbeat of Rotary. It lives in the quiet courage of a busy professional like Rotarian Louis, stepping into their first club meeting. It pulses in the resolve of a community leader who dares to charter a new club in a town that has never known Rotary's touch. It shines in the hands of Rotarians across the country who extend invitations—not out of duty, but from a deep desire to share purpose and possibility. In those moments, we don't just grow in number—we grow in belonging.

The stories featured this month remind us that growing Rotary isn't simply about expansion—it's about inclusion. It's about opening our doors wide enough for all who seek to serve, to lead, and to find a home in service. As our membership grows, so too does our collective



impact. From menstrual hygiene outreaches in Mukono to maternal health milestones in Bunyangabu, we see that every new member brings more than a name—they bring fresh energy, new ideas, and a pair of hands ready to serve.

So, this month, may you—reading this very page—step beyond your comfort zone and invite just one more. May you who already have many under your mentorship pause and reflect on how we welcome them in. And may each story in this issue ignite a quiet resolve within you: to grow Rotary, deepen its roots, and light the way for the next generation of changemakers.

Let's keep building belonging. Together.

Sheila Naturinda
RC Kampala Central.
Chair- Editorial Committee

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RC Kampala Ssesse Islands



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RI President's message: This month and every month



August is Membership Month, but our commitment to growth and connection is year-round. When we focus on growing Rotary, we grow our ability to serve, to lead, and to bring lasting change.

Membership growth isn't just about numbers. It's about opening doors. It's about inviting more people who are ready to give their time, talents, and hearts to a cause greater than themselves. When we welcome new members, we bring in fresh ideas and new energy. We expand our impact, strengthen our clubs, and ensure that Rotary continues to evolve with the world around us.

Remember, there is now great flexibility in fashioning nontraditional club models. I'm inspired when I see these innovative clubs thrive by

offering new and prospective members more ways to connect and serve.

In Korea, the growth of satellite clubs has created opportunities for nearly 1,000 new members to find their place in Rotary. In Romania, the close collaboration between Rotarians, Rotaractors, and Interactors has built a pipeline of future leaders. In India, some Rotarians gather around a shared interest — whether it's professional development or a passion for service — and those connections deepen their commitment and their joy in being part of Rotary. And we've seen cause-based clubs thrive in regions as diverse as Southeast Asia, Africa, and Europe.

There's a common thread: Where clubs are growing, membership is a priority and there is a willingness to try

something new. Rotary is not limited to one structure or tradition. We are a global network of people of action, and that means there is room for many kinds of clubs, many ways to serve, and many paths into our organization.

This spirit of innovation is also guiding our efforts to reach new communities. In places where there has never been a Rotary club — or where a club once existed and faded — Rotarians are finding ways to grow Rotary. They are identifying areas of potential and building clubs that reflect the character and needs of their communities.

Every member plays a part in this journey. Whether you introduce a friend to your club, support a new meeting format, reconnect with program alumni, or simply share your Rotary story, you are helping our organization grow stronger and more vibrant.

No one owns a Rotary club. It is a gift we pass on to the next generation. When we nurture that gift, when we invite others to share in it, we ensure that Rotary continues to be a force for good.

Let's prioritize membership growth — not just in August but every month of the year. Together, through friendship, creativity, and shared purpose, we will grow Rotary and Unite for Good.

Francesco Arezzo
RI President 2025/26

"Growing Together – There is always room for one more at our table"



Dear Rotarians and Rotaractors, thank you for a wonderful start of the Rotary year. Your energy and determination in July has set a wonderful pace for the year. Thank you to the Public Image team for the excellent campaign of **#RotaryEyamba**. We continue to showcase impact stories to show that indeed Rotary Cares and helps. I would like now to talk about something that is vital to the future of our clubs and our mission: **membership growth**.

Rotary began with just four individuals and an idea—to come together in friendship and service. From those humble beginnings, we've grown into a global force Uniting for good. But at every level—whether global or local—**Rotary's strength lies in its people. And that's why we must be intentional and passionate about inviting new people into this family.**

When we increase our membership:

- We gain **more hands to serve**, more ideas to innovate, and more voices to advocate for change. The task ahead of us is huge.

- We bring in **diverse experiences and talents** that enrich our projects and strengthen our community ties.
- We ensure that the spirit of Rotary continues—not just for this year, but for generations to come.

Potential members are everywhere. They are:

- **Young professionals** looking for purpose
- **Retirees** eager to give back
- **Teachers, doctors, entrepreneurs, lawyers, farmers, artisans**—people who care, people with heart. And sometimes, they're simply waiting to be **asked**

Let's not just wait for people to come to us. Let's **go to them**. Let's share what Rotary means, what Rotary does, and most importantly—**what Rotary could become with them involved**.

Membership is not about filling seats—it's about building relationships. A personal invitation, a story shared, a life changed—these are what grow our clubs. **Let's each commit to bringing in just one new**

member this year. Imagine what we could accomplish if every Rotarian did that.

We are not growing Rotary for numbers—we're growing it for **impact**. The more we grow, the more lives we touch, the more problems we solve, the more hope we spread. We need to create clubs that also fit within the work life and other social life. I am happy to say in addition to clubs like that of Emergency medicine, Rugby and Environment we are also creating corporate clubs. We have a corporate club in DFCU bank called Blue Hearts and we are starting a Rotary Club of Mapeera with Centenary Bank. Let's open our doors, open our hearts, and remind our communities that Rotary is not just an organization—it's a movement. And it's a movement worth joining.

Let's grow together, serve together, Unite for Good and build a Rotary that's stronger than ever.

#RotaryEyamba

Geoffrey Martin Kitakule
District Governor 2025-2026

“Rooted, Retained, Rising: Rotary’s Winning Membership Formula”



By Rtn Paul Nampala

While global Rotary membership trends continue to show signs of decline, District 9213 and Zone 22 have carved out a distinctive route—one of impressive growth, stability, and promise. Rather than relying solely on the creation of new clubs, the district has embraced a more sustainable model: deepening member engagement and fostering retention within existing clubs. This approach reflects not just tactical precision, but a values-driven commitment to the spirit of Rotary.

The evidence is compelling. Over the past few years, District

9213 has reported zero club terminations, achieving an unprecedented 100% club retention rate. This metric alone speaks volumes. It signals not just organizational health, but an internal culture of belonging, purpose, and continued service. In an era where many members globally exit within their first one to three years, District 9213 has demonstrated that thoughtful engagement, mentorship, and collaboration yield enduring results.

Retention is more than just a number—it is the lifeblood of club vibrancy. When retention is strong, clubs can shift their energy from survival to significance: devoting resources to impactful service projects and community engagement, rather than scrambling to stem attrition. Moreover, clubs that retain members naturally become beacons of attraction. Potential Rotarians are drawn not merely to programmes, but to the energy, company, and purpose they observe. This virtuous cycle, in part, explains our growth from 4,571 Rotarians in July 2024 to over 5,149 today.

As we rally under the theme Unite for Good, the District Membership Committee (DMC) remains steadfast in a twin strategy—strengthening retention while amplifying Rotary’s appeal to prospective members. With over 140 clubs in our fold, this effort is not just about numbers, but about meaningful presence. The DMC also envisions growth through new club development, taking Rotary into deserving communities that have yet to experience its transformative potential.

Threaded through all these initiatives is a singular belief: membership engagement is the catalyst through which Rotary manifests. It is in the laughter at fellowship gatherings, the shared toil of service, the mentoring moments between seasoned Rotarians and passionate newcomers.

From retention to attraction, engagement is the quiet force driving our momentum—as we build a club experience that promotes unity for impactful public and global good.

District Membership Committee 2025 / 2026

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The writer is the ChangeMaker President, RC Kasangati 2021/2022; Chair, District Membership Committee 2023 – 2026; Chair, New Club Development 2022 – 2026 and Assistant Governor (Kampala Area 17) 2025/2026

So, what makes Rotary attractive?

In a world teeming with choices and competing commitments, Rotary Clubs must ask a bold, vital question: “What makes our club attractive?” The answer is neither static nor one-size-fits-all. Each club is autonomous, shaped by its own culture, context, and rhythm. Yet beneath the diversity lie universal principles—core ingredients that cultivate a thriving, magnetic community. At the heart of attraction is **purpose**. When members rally around a shared vision—be it empowering youth, advancing literacy, or promoting peace—they tap into something far greater than themselves. That sense of purpose becomes the glue that binds individuals into a collective force.

But purpose alone isn’t enough. The journey must unfold in

a space that is **welcoming, friendly, and emotionally safe**. It’s about walking into a room and knowing that you matter—not just for what you do, but for who you are. Here, Rotary Clubs become sanctuaries of friendship and trust, nurturing unity and cohesion among members. Building **belonging and identity** doesn’t happen by accident. It calls for intentional cultivation. From how newcomers are received, to how long-time members are recognized and appreciated, every gesture contributes to a culture of care. When acknowledgment becomes habit—not ceremony—members feel seen, heard, and valued. **Leadership**, too, plays a pivotal role. Attractive clubs are stewarded by leaders who are not only responsible and competent, but genuinely caring.

They listen. They model integrity. They foster transparency and accountability—not as tasks, but as norms. And then there’s the club’s **public image**. An attractive club knows how to tell its story, showcase its impact, and invite others to join a journey worth walking. It communicates openly—within and beyond its walls—sparkling with clarity and connection.

Ultimately, retention and attraction are not the burdens of the board alone. They are a shared commitment, a living culture, a daily practice. Every handshake, every smile, every follow-up call can be the seed of transformation. Because when a club feels like home, it becomes impossible to walk away.

Membership Growth and Diversity: How RC Kampala South does it



Reflections of Past President Antony Mwandha

The Rotary Club of Kampala South has in the

Members at a team building event.

past three decades stood as a beacon of service and community development in Uganda. With a commitment to diverse service projects aimed at eradicating poverty, improving health, and fostering education, as showcased through Jjanyi-Dundu-Dewe Adopt-A-Village Project, the Rotary Community Corps (RCCs), Jjanyi Primary School, Kikandwa Health Centre III, the Mengo Haemodialysis Centre as well as through the WASH and Solid Waste Management projects; the club has achieved remarkable outcomes.

Central to this success is the active engagement of

its membership through: Hybrid meetings that allow its members to participate from around the globe; formation of groupings such as the Rotary Action Partners (RAPs) and buddy groups; exercise cohorts that allow members to keep fit; as well as service by its members beyond the club; which have not only revitalized existing projects, but have also allowed members to participate more ways than one; and have further inspired innovative initiatives such as fundraising activities like the carnival, annual boat cruise and wine festival that provide funding to address pressing community needs.



Harnessing Member Expertise and Passion

One key element in the Rotary Club of Kampala South's success is its ability to harness the unique skills and passions of its members. With a diverse membership representing various professional backgrounds, the club has tapped into this reservoir of expertise to inform and enhance its service projects. Over the past three decades, the club's membership has seen remarkable growth; doubling from 25 members in 2000 to 50 in 2009, further expanding to 100 members by 2019, and currently boasting over 158 members with continued growth. This success can be attributed to several key strategies, some even serendipitous. The Secret Sauce: Fellowship, meaningful projects, and strategic recruitment; our

Club after inducting new members



formula revolves around fostering strong fellowship that attracts guests, engaging them with impactful projects, and then demonstrating the value of membership. For many years, the Jjanyi Primary School project (established near the historic St. Mary's Kisubi) served as a cornerstone. Initially, the school had only three classrooms, one doubling as a staff room. Rotarians not only provided vital assistance but also formed lasting bonds through shared experiences, often fueled by the legendary katogo (a traditional Ugandan breakfast) enjoyed after project work. Fads like katogo gradually evolved into other successful fellowship events like Friday Lazy Lunch (FLL), Saturday Social Lunch (SLL), Babe Zone for the ladies, and Men's FLL. These social gatherings provided invaluable opportunities for members to

connect, solidifying friendships and encouraging membership.

Today, membership extension requires deliberate strategies. Consider recruiting HR professionals with access to potential Rotarians, or graphic designers if the club needs design expertise. In that regard, club members with backgrounds in healthcare, for example, have taken the lead in initiatives aimed at improving maternal and child health (MCH) in local communities of Kikandwa and Kabulasoke in Central Uganda; Bushikori and Busesa in Eastern Uganda; and Nyaconga in Western Uganda; ensuring that programs are not only high-impact but also sustainable.

Innovative Project Integration

The active engagement of club members has further facilitated the integration of

innovative ideas into service projects. Members have, for instance, been empowered to propose new initiatives, often based on their observations and interactions within their communities. And, Over the years, our club has experienced remarkable growth; our service offerings have expanded, and our demographics have become more diverse. This shift, combined with changes in Rotary membership protocols that welcomed overseas members, created a rich pool of vocational skills and experiences. With a strong membership base, we have been able to mentor leaders early on and participate in our initiatives with unwavering dedication. And, through the successful integration of corporate members, the club has leveraged their CSR (Corporate Social Responsibility) budgets to support its projects.

Building a Thriving Rotary Club

I have also observed that through membership growth, diverse vocational expertise, and a commitment to mentoring leaders, the club has achieved excellence in its service initiatives. Our growth and diversity has been translated into improved service delivery. Enhanced service has led to better reporting and documentation, propelling us towards achieving our club objectives with excellence. This commitment has been recognized, as evidenced by the multiple awards the Rotary Club of Kampala South has received at district conferences over the past decade.

Fueling Impact: Selecting Projects for Meaningful Change

Learning from experiences of the Jjany Primary School

project, the club now embraces a SMART approach (Specific, Measurable, Achievable, Relevant, and Time-bound) to project selection. This ensures thorough planning, clear reporting, and successful project closure – areas that previously challenged our endeavors. New members are actively involved, with participation in at least one project visit a requirement before induction. Additionally, attracting corporate sponsorships has become a key element in securing funding for our projects.

This democratic approach to project development not only strengthens commitment to the projects, but also ensures that they are well-aligned with the actual needs of those being served. For instance, mentorship of the boy-child under the club's Boy-Child Upbringing Project (BCUP) has opened up new avenues

for youth empowerment, showcasing the importance of member involvement in project ideation.

Collaboration and Community Engagement

The Club has also leveraged its member networks to foster collaboration with other organizations and community stakeholders. By encouraging members to cultivate relationships with local businesses, government agencies such as Office of the Prime Minister (OPM) and not-for-profit organizations (NGOs) such as Send-A-Cow in Kampala, Uganda and Shining City Foundation in Iowa, USA; as well rotary clubs worldwide such as RC Des Moines AM in Iowa USA, the club has been able to amplify its impact through shared resources and collective expertise. This collaborative strategy has led to significant advancements in community health initiatives and economic empowerment; as well as in educational programs, highlighting how robust member engagement can facilitate a broad-based approach to problem-solving.

Building Sustainable Leadership

Involving members in leadership roles within projects has also fostered a culture of sustainability and responsibility. And, by mentoring newer members and involving them in project management, the club ensures a continuous transfer of knowledge and skills. This leadership development

not only enhances the effectiveness of service projects but also empowers members to take ownership, reinforcing their commitment to Rotary's mission. As a result, completed projects have seen sustained as well as follow-up and support from club members, leading to long-lasting community benefits.

The Winning Formula

We recognize the importance of starting a project with a clear understanding of its goals. Furthermore, fostering a collaborative environment is key. The incoming Service Project committee chair is intentionally chosen from the existing Service Directorates, ensuring continuity and knowledge transfer. While formation of the Kampala South Toastmasters club has enabled members to get better leadership skills while engaging in club activities.

Telling Your Story

By 'Building Community Through Communication' the Rotary Club of Kampala South is proactive in maintaining an online presence and archiving important information. Being one of the first in the district to adopt Club Runner, a customized website platform, provided our members with access to valuable Rotary resources. Regular updates on club activities by buddy groups keep our social media pages active and engaging. We further enhance our communication efforts by employing a photographer to document official meetings

and activities, as well as a club administrator who assists with record keeping. These investments have a threefold benefit: Attracting potential members, facilitating clear reporting to partners, and keeping our existing members engaged and informed, he further notes.

Uniting for Good

In resonance with the Rotary Year 2025/2026 theme Unite for Good, Collective Action Creates Lasting Change! As the current Rotary theme, Unite for Good, emphasizes, the power to make a difference lies not in grand gestures, but in the collective impact of our actions. Let's utilize the strategies discussed here to ignite the unity within our clubs. Get involved, serve your community, and create a lasting positive impact! The success of the Rotary Club of Kampala South exemplifies the power of active membership engagement in the non-profit sector. By fostering an environment where members feel valued and empowered, the club has been able to enhance its service projects portfolio, leading to meaningful and measurable impacts in the community. And, as the club continues to grow, it remains committed to leveraging the strengths of its members to innovate, collaborate, and drive change, proving that when people come together for a common cause, extraordinary things can happen.

Kampala south
members in a dance



From Seed to Strength: Membership Growth at Rotary Club of Upper Kololo

By Rtn. Gilbert Asiimwe

Chartered in March 2022 the Rotary Club of Upper Kololo began its journey with 45 members—a promising seed planted with purpose. Just three years later, that number has more than doubled to 97, a testament to a deliberate and strategic focus on membership growth.

From the outset, Charter President Ronald Oine led with intention. The club adopted a clear membership growth strategy, and within just the first 12 months, 34 vibrant and committed new Rotarians had

joined the fold.

Central to this early success was the mentorship and steadfast support from the mother club, Rotary Club of Kampala South. Their hands-on involvement—ranging from attending meetings to offering constructive feedback and assisting in recruitment—provided the young club with a strong foundation. This nurturing partnership not only reinforced Upper Kololo’s early momentum but also cultivated the confidence and stability that would fuel its remarkable growth.



Recognition That Amplified Credibility

During its first year, Upper Kololo earned multiple recognitions specifically – for membership growth, diversity, and giving to the Rotary Foundation during the 98th District Conference held in Mbarara City. These recognitions gave the club an early edge in public credibility, allowing the club to present a record of accomplishment to potential members – even before launching community service projects. It inaugurated a culture of excellence and ambition within the club

Impactful Service and Visibility

In its second year, Upper Kololo launched the flagship “Give Hope to the Boy Child” initiative at Naguru Remand Home, offering vocational training and industry certification to boys aged 12–17 through key partnerships.

The project earned top honours at the 99th District Conference as the leading Community & Economic Development initiative, among other recognitions, including Club of the Year. Its impact and visibility have significantly enhanced the Club’s social value and appeal to prospective members.

Cultivating Culture: Fellowship, Joy, and Belonging

Beyond service projects and recognitions, Upper Kololo has heavily invested in cultivating a unique internal culture rooted in joy, fellowship, and a deep sense of belonging. Informal gatherings, fondly known as Kimeeza, are revered by many and have played a vital role in breaking down formal barriers—fostering closeness among members and guests alike.

This vibrant spirit of fellowship extends across all club events,

even during outreach in remote communities, creating a warm, inclusive atmosphere that makes the club feel like a second home. Many guests have reportedly made the decision to join after just one visit—an emotional testament to the power and resonance of Upper Kololo’s culture.

Growing Membership Through Culture

Upper Kololo exemplifies the principle that like attracts like. High standards of performance, paired with authentic fellowship, have drawn professionals seeking both service and community. Many prospective members are inspired to join after experiencing the club’s welcoming environment and strong commitment to impact. This reputation for excellence and genuine connection has become a powerful magnet for recruitment.

Consolidation and Expansion

Even as the club works toward surpassing 100 members within this Rotary year, the focus remains on retention and engagement—ensuring every Rotarian feels valued, involved, and socially connected. To sustain this growth, Upper Kololo continues to emphasize

performance excellence by delivering high-impact, well-organized community service projects and earning recognition for quality. These visible achievements not only strengthen the club’s reputation but also reinforce its ability to attract and retain committed members, embodying the very best of Rotary values.

What others say

Rtn. Catherine Lakidi- Chair Service Projects

“Having dedicated much of my adult life to church activities, I found myself wanting to expand how and where I give back. Rotary had always intrigued me – friends encouraged me to join, but I had also heard a mix of stories, both positive and not.

One Friday, on the invitation of Rotarian Joyce Sadoori, I attended fellowship with the club of Upper Kololo. The welcome I received exceeded all expectations—the hugs, the warmth in the room, the genuine care from the moment I walked in. As we shared a relaxed lunch, members talked about the impactful work the Club is doing in the community and their contributions to the Rotary Foundation. From onset, my mind was made-up to join this Club.

Suddenly, Upper Kololo felt like exactly what I was seeking to complement my church volunteer efforts. Today, being chosen by President Filbert Kinyanda to lead the Club’s Service Projects is a profound honour—a true privilege in service to humanity.”



Rtn Felix Twinomucuguzi- New Member

“My friend Elizabeth Mushabe reached out and encouraged me to attend the club president’s installation event. Out of our friendship, I agreed, and purchased a card. She maintained communication and kept insisting that I attend. The installation ceremony at Mestil Hotel was elegant and exceptionally well organized. Having visited other clubs before, I hadn’t realized just how structured and welcoming the Rotary community is, bringing together top professionals and business leaders.

By the time Elizabeth formally invited me to join the club, I had already been deeply impressed by the installation experience of Upper Kololo. As a new member, I felt excited and honoured to become part of this remarkable organization and to serve humanity. The orientation that followed has been equally inspiring—I can’t believe I didn’t join Rotary much earlier.”



EVENT BREAKDOWN

DATE	PLENARY SESSIONS	LUNCH	DINNER	EVENING EVENT/ ENTERTAINMENT	HOST CLUB	EVENT DETAIL
Wed. 15th Apr. (Kasiki)	N/A	NO	NO	Brazilian BBQ (Optional)	TBA	Paid for BBQ Event
Thur. 16th Apr	N/A	NO	YES	YES	RC Upper Kololo	TBA
Fri. 17th Apr	YES	NO	YES	YES	Rotaract D9213	Grande Concert
Sat. 18th Apr	YES	NO	YES	YES	RC Kampala South	Governor’s Banquet

EARLY BIRD REGISTRATION

FOR ROTARIANS	FOR ROTARACTORS
\$149	\$99
DEADLINE: 31ST OCTOBER 2025	

LATE REGISTRATION

FOR ROTARIANS	FOR ROTARACTORS
\$299	\$199
DEADLINE: 31ST DECEMBER 2025	

DATE	VENUE
16-18 APRIL 2026	Imperial Resort Beach Hotel, Entebbe

Scan to register.



PLEASE NOTE:
That the base rate does not include the extra option

EXTRAS	RATE (USD)
Conference bag	20
Conference Shirt/ Blouse	20
Brazilian BBQ	30
Lunch	20

The 7x7 Collaboration That Has Started with Saving Bujjo Village – Mpigi

By Rtn Maureen K Tumwebaze

This collaboration is more than a project—it’s a powerful demonstration of what Rotary can achieve when clubs unite. It inspires service, attracts attention, and ignites interest. As such, bold partnerships gain visibility, they naturally strengthen our appeal and build the foundation for great membership growth—drawing in those who want to be part of something impactful, united, and meaningful.

On June 6th, 2025, seven Rotary Clubs of RC Kampala Impala, RC Kira, RC Nsasa, RC Sonde, RC Kampala Morning Stars, RC Kampala Early Bird, and RC Saturday E-Jazz conducted a joint- now historic installation event, by 7 past, present and future Governors. This was the start of greater things through collaboration- they called it, the 7X7 Rotary Partnership.

They had a shared vision to deliver a holistic, community-led service to impact many areas, in all the Seven Areas of Focus. Their first sight has been set on Bujjo Village in Mpigi District. And true to their mission, the village has already tested the services- through the medical camp of July 12.

Looking ahead, the plan is

for Bujjo—once a community burdened by multidimensional challenges—to receive a steady stream of goodwill ambassadors working to address critical gaps in healthcare, education, water and sanitation, economic empowerment, and environmental sustainability.

With their built-up momentum, on July 9th, the 7x7 initiative received an endorsement from the Buganda Kingdom, that pledged full support for the program and provided its mobile medical hospital for field deployment during the medical camp. This gesture symbolized the powerful alliance of cultural heritage and community service. It also underlined the Kingdom’s commitment to development, particularly in Bujjo.

July 12th, 2025, marked a turning point—the first major intervention under the collaboration was rolled out: a comprehensive one-day medical camp at Nsaamu Kyali Health Centre III. The camp brought together a constellation of partners, including the Buganda Kingdom, Rotary Cancer Program, Rotary Family Health Days, Population Services International (PSI), and the Ministry of Health through

the Central Public Health Laboratories (CPHL) and TB departments.



ROTARY 7 BY 7
COLLABORATION



Residents from five villages—Nsaamu, Kyali, Kasamo, Busomba, and Bujjo—flocked to the medical camp in large numbers. By the end of the day, a total of 678 people (201 men and 477 women) had received free, high-quality medical care across a wide range of services. These included consultations, maternal health services, cervical cancer screening, eye and dental care, laboratory testing, pharmacy services, and health education.

A key finding from the camp was the alarming burden of non-communicable diseases, particularly hypertension and diabetes. Several patients presented with dangerously high blood pressure—among them a 26-year-old man with a reading of 183/106 mmHg and a 91-year-old with a reading of 206 mmHg. One man was diagnosed with critically high blood sugar (RBS: 26.4 mmol/L), indicating previously undetected diabetes. All these cases were flagged and urgently referred to higher-level health facilities for follow-up care.

In addition, 21 malaria cases were confirmed—mostly among children under 12—along with one positive case each of syphilis, hepatitis B, and active tuberculosis. Three more individuals presented with abnormal chest X-rays, while another three tested positive via GeneXpert analysis. All were immediately referred for further medical management.

Expectant mothers benefited from antenatal care, cervical cancer screening, and family planning services. Of the 12 women screened for cervical abnormalities, three were diagnosed with cervicitis, a cervical polyp, and candidiasis, respectively. Each of these cases was referred and is now being tracked for follow-up treatment.

In the dental unit, 53 individuals received oral health screenings, leading to 27 extractions due to acute dental issues. Others were guided on procedures such as scaling, fillings, root canal therapy, or referred for X-ray imaging. Meanwhile, the optical unit handled 91 patients, diagnosing cataracts, allergic conjunctivitis, and presbyopia. Notably, 50 individuals over the age of 40 received reading glasses on-site.

The highlight eventually was the visit by District Governor Martin Kitakule administering a polio vaccine to a child, and addressing the community. The vaccination against polio symbolizes Rotary’s historic commitment to the global fight against polio.

The medical camp did more than deliver critical

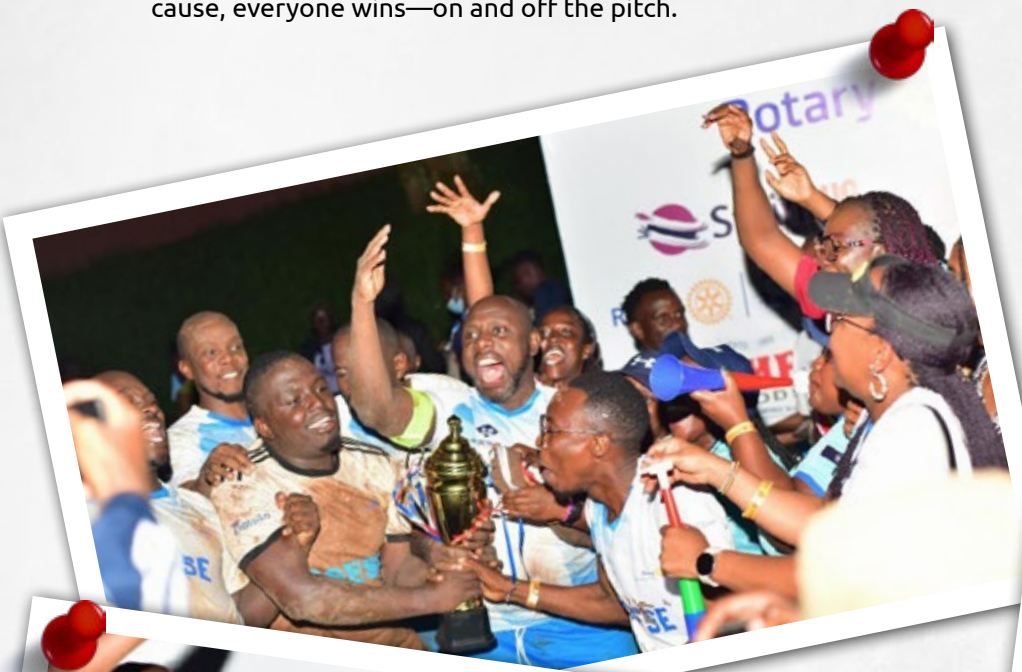
services—it deepened trust in the healthcare system and strengthened relationships across key partners. It fostered closer bonds between Rotary, the Buganda Kingdom, government health departments, and the community itself. With over 70 Rotarians volunteering throughout the day in various capacities, the event reflected Rotary’s commitment not only to service, but to presence and partnership.

Yet, even in its success, the outreach highlighted areas for growth. The noticeably lower turnout of men pointed to persistent gaps in health-seeking behaviour. Equally concerning was the community’s limited awareness of lifestyle diseases such as hypertension and diabetes, despite the high number of undiagnosed cases. These insights have shaped the next steps for the 7x7 clubs: to intensify mobilization, engage local leaders and radio stations, and organize regular outreach events to promote prevention and ensure continuity of care.

From their joint installation on June 6th, the Kingdom’s partnership on July 9th, to the life-changing outreach on July 12th, the 7x7 Rotary collaboration has shown that when people unite for good, transformation follows. This is more than a project—it is a growing movement, fuelled by purpose, anchored in partnership, and deeply rooted in Service Above Self.

Kiwatule Kicks for a Cause!

The annual 5-Aside Football Tournament, hosted by the Rotary Club of Kiwatule, brings together Rotary clubs, Rotaract clubs, corporate teams, families, and friends for a day of spirited competition, bonding, and fundraising. With thrilling matches and joyful reunions, the event every time proves that when we come together for a cause, everyone wins—on and off the pitch.



Empowering Dignity: Rotary Ignites a Menstrual Hygiene Revolution in Mukono

By Rtn Maureen K Tumwebaze

On Saturday, July 12, 2025, Mukono District witnessed more than just an event—it experienced a movement. The Rotary Club of Mukono-Namilyango, together with ten Rotary Clubs and two Rotaract Clubs, led a bold and steady drive for menstrual hygiene and skills empowerment at Hasteh Royale Hotel, Njerere.

This was no ordinary outreach. It was a deliberate, collective stand to restore dignity, drive awareness, and equip women and girls with the tools to manage their menstrual health confidently. At its core, it was a campaign to break silence, dismantle stigma, and champion equity—one girl, one pad, one skill at a time.

A Silent Crisis, a Bold Response

Across rural and peri-urban Uganda, menstrual health remains one of the most under-addressed issues. Girls often miss school, women face

health risks, and many struggle with limited access to hygienic products. But on this day, 202 participants; including 133 women, girls, and boys from villages across Mukono and 69 Rotarians and Rotaractors, came together to change the

narrative.

Guided by Rotary's focus on maternal and child health, the event aimed to:

- Raise awareness around menstrual hygiene

- Provide training on how to make reusable sanitary pads
- Promote environmentally sustainable practices
- Empower participants with knowledge and practical skills

The Impact in numbers

- 133 community members were trained, representing 15 villages and institutions
- 69 Rotarians and Rotaractors participated, drawn from 13 clubs
- Over UGX3 million was raised through club contributions to fund materials and logistics
- Distribution of multiple boxes of disposable sanitary pads as an immediate relief effort
- Hands-on skills training using locally available materials like fleece, PVC, and terry cloth



From villages like Kirowooza and Nabuta to schools like Romasa College and Interact Club of Nakwero S.S., the reach was deep and inclusive. Even boys were engaged, reinforcing the message that menstrual health is not just a women's issue; it's a community one.

by the RC Mukono-Namilyango team, participants learned how to make eco-friendly, affordable sanitary pads, which they could replicate and teach others to do as well. This builds both dignity and economic opportunity, as some women are already exploring how to turn their new skill into small businesses.

Importantly, the initiative planted seeds for better school attendance, reduced environmental waste, and a more informed, open community that supports girls and women without stigma.

Beyond Hygiene: A Platform for Empowerment

The event wasn't only about hygiene; it was about empowerment. Facilitated by President Stella Okwadi of RC Naalya States and coordinated



133

Community members were trained, representing 15 villages and institutions



69

Rotarians and Rotaractors participated, drawn from 13 clubs



Over **UGX3 million** was raised through club contributions to fund materials and logistics.



A Model for Sustainable Change

This event marked the beginning of a long journey ahead. The Rotary Club of Mukono-Namilyango, along with its partners, plans to:

- Monitor impact by collecting feedback from participants
- Expand partnerships with NGOs, schools, and local leaders
- Scale up the training to reach more villages and schools

No Girl Should Miss School for Being a Girl

Rotary's impact on menstrual health is more than a statistic; it's a story of restored dignity, inspired learning, and a cleaner environment. This project reminds us that with collaboration, compassion, and action, we can turn a monthly struggle into a lifelong solution.



The Rotary Club of Mukono-Namilyango and partners have shown what's possible when service meets sustainability. The movement has begun. Now, it's time to take it further.

Participating Rotary Clubs:

- RC Mukono-Namilyango
- RC Naalya States
- RC Mukono
- RC Kitante

- RC Kawempe
- RC Mbalwa
- RC Manyangwa-Nakwero
- RC Bweyogerere Central
- RC Namugongo
- RC Seeta

Participating Rotaract Clubs:

- Rotaract Club of Kyambogo University
- Rotaract Club of Mukono

How the District Community Service Committee Supports Clubs to Deliver Impactful Projects

By Rtn Marion Natukunda

Rotary's true strength lies in its ability to create positive change in the communities we serve. At the heart of this mission is Community Service the bridge between our values and real-world impact. As a member of the District Community Service Committee, I work alongside a dedicated team to support Rotary clubs across the district in implementing impactful projects that align with Rotary's Seven Areas of Focus.

The Role of the District Community Service Committee

Our committee is made up of passionate Rotarians who believe that every club large or small has the potential to make a significant difference. We work closely with Area of Focus Champions to:

- Raise awareness of thematic opportunities within the Seven Areas of Focus.
- Support clubs in identifying needs, designing projects, and securing resources.
- Foster inter-club collaboration to combine efforts and scale up impact.
- Strengthen the quality and sustainability of service initiatives through mentorship and technical guidance.

We do not take over club initiatives but we walk with clubs, offer insights, and help them access the tools and partnerships they need to succeed.

Supporting Clubs Through the Seven Areas of Focus

Many clubs are passionate about service but may not always have access to the guidance or expertise needed to navigate project design, community assessments, grant processes, or impact measurement. That's where the committee steps in.

Whether your club is interested in a clean water project, a literacy campaign, environmental conservation, or maternal health outreach we can link you to the right Area of Focus Champion, share examples of successful projects, and help you plan for greater reach and sustainability.

Encouraging Collaboration Among Clubs

One of our goals as a committee is to promote partnerships among clubs. When Rotary clubs come together, the result is a stronger, more visible impact one that reflects the true spirit of "Unite for Good," this year's call to action slogan.

Through inter-club collaborations, we can pool resources, attract more community support, and offer more comprehensive solutions. We encourage clubs to reach out to neighbouring clubs or Rotaract clubs and explore opportunities to co-create and co-implement projects in their communities.

What Clubs Can Do

We encourage all clubs to:

- Engage their Project Service Directors and Project Committees in regular



conversation with the District Community Service Committee through the WhatsApp group that was formed.

- Plan projects early and reach out for technical support or advice from Area of Focus Champions.
- Consider partnering with other clubs to increase scale and visibility.
- Document and share project success stories so others can learn and be inspired.

Let's Build Together

As we continue to serve, our committee stands ready to walk alongside Rotary clubs in making this Rotary year count through strategic, sustainable service that reflects our core values.

Let's work together to ensure that every project we carry out uplifts a community, strengthens partnerships, and leaves a lasting legacy of Service Above Self. To learn more or collaborate with the District Community Service Committee, please reach out to +256774290640

Peace Building and Conflict Prevention



By Rtn Herbert Nsubuga

Peace Building and Conflict Prevention is one of Rotary's seven areas of focus. Without Peace in a community or nation or country it is practically impossible to have the other six areas of focus thrive. Think about it, war and conflict are a serious disrupter of implementing service projects and that is why Peace Building and Conflict Prevention is extremely important to ensure implementation of projects not only in the aforementioned area of focus but also the other six areas of focus.

Peace Building are efforts to create harmony in an environment of conflict and violence. There are a number of ways in which peace is achieved including but not limited to: -

Reconciliation by repairing relationships, fostering understanding and building trust among communities.

Economic development spread equitably to reduce poverty and

inequalities that cause conflict and violence.

Dealing with the root causes of conflict and violence by addressing the ethnic tensions, resource disputes and historical grievances.

Social cohesion with community participation, dialogue between different cultures and fostering unity between diverse groups.

Promotion and protection of Human Rights builds peace. Ensuring accountability for Human Rights creates a foundation for justice and dignity.

What is Conflict Prevention?

The adage Prevention is better than Cure comes into play here.

Conflict Prevention is applying proactive measures to mitigate occurrence of disputes escalating into violence.

Below are some of the measures to prevent conflict: -

1. Managing disagreements through dialogue, negotiation and mediation to resolve disputes .
2. Capacity building by training leaders, officials and communities in conflict prevention and promoting peaceful values and skills. The Peace Centre located at Makerere University, Kampala-Uganda is the only one in Africa and the Peace

Centre alumni should be engaged on a long term basis after their Peace Fellowship course to promote peace. Curriculum with promoting peace courses should be inculcated at all levels of education.

3. Rotary Clubs should endeavour to identify individuals to apply for the Peace fellowships and also utilize their research at the end of their respective courses to develop and implement Peace building projects.
4. Conflict sensitive approaches by integrating conflict analysis in policies and projects by ensuring that interventions do not exacerbate tensions.
5. Diplomacy and dialogue should be inculcated to handle warring parties. Conflict resolution negotiations and mediation should be initiated, facilitated and implemented.
6. Building trust and relationships. Have confidence building measures, promote people to people contacts and intercultural understanding.

In a nutshell, one of Rotary's core ideals is fostering a world of peace and understanding—an aspiration that is actively pursued through its area of focus on peacebuilding and conflict prevention.

Basic Education and Literacy (BEL)



By Rtn Sophie N. Bamwoyeraki

Rotary International recognizes education and literacy as essential to individuals and societal well-being, helping address poverty, health, and community development. September is designated as Basic Education and Literacy Month—one of Rotary's seven Areas of Focus—emphasizing its commitment to expanding access to education, reducing gender disparity, and promoting adult literacy. Rotary clubs worldwide support this cause through projects such as resource provision, teacher training, and community-based programs in areas like early childhood education, special needs learning, libraries, language and after-school programs, and technology initiatives.

Rotary aims to empower communities by promoting basic education and literacy through various initiatives. These include addressing gender disparity in education, supporting adult literacy, donating educational resources, and offering teacher training. Rotary also organizes community literacy programs, collaborates with local stakeholders, provides financial aid to students, and improves school facilities to create better learning environments.

How Rotarians can get involved:

- Clubs can assess the specific educational needs in their communities to tailor their projects. Or, Clubs can initiate new projects or expand existing ones to support basic education and literacy.
- Equally, clubs can collaborate with other organisations and stakeholders to strengthen the impact of projects.
- Clubs can share their projects and experiences with other Rotarians and the wider community.

Several Rotary Clubs are actively involved in Basic Education and Literacy projects, focusing on supporting communities in various ways. These initiatives range from providing educational materials and resources to building schools and promoting reading programs.

Rotary clubs in Uganda have

taken impactful steps to improve education and literacy in underserved communities. The Rotary Club of Kampala-Naalya, for instance, tackled child labor and school dropouts by supporting education and vocational training through initiatives like the Bandera School Program in Kamuli, which aids children of farmers who can't afford school fees. Similarly, RC Bweyogerere Namboole constructed a classroom block in Kiwale, Mukono, and provided books and a library at Don Bosco. The Rotary Club of Kasangati has expanded access to education by building classrooms in Makukuba village, Gonve, Kasaawo, and Kyenjojo—targeting areas where children previously walked long distances to school. They have also contributed to teacher training in several schools.

The Rotary Club of Kiwatule has supported education by constructing classroom blocks and providing books at Kabutemba, while the Rotary Club of Kololo-Kampala has enhanced digital learning through the provision of computers to schools. Many other Rotary clubs have adopted schools across the country, with numerous impactful initiatives underway. Kudos to all the Rotary clubs for their continued dedication to advancing education—keep up the great work!

Water, sanitation, and hygiene (WASH)



By Rtn Eng Nsubuga Nyenje Accram

Rotary envisions a water-secure world, driven by locally led collaboration among governments, water and sanitation service providers, and civil society — who have the commitment, accountability, skills, and financing to provide sustainable, climate-resilient, and safe water, sanitation, and

hygiene services for all.

Strategic goals for WASH focus area

1. Increase measurement and reporting.
2. Offer training.
3. Take on long-term projects.
4. Connect the areas of focus.
5. Increase service opportunities and strategic partnerships for our top priorities.

Insights of WASH focus area RY 25/26

1. Partnerships

- a) Davis and Shirtliff
- b) Amref Uganda
- c) EACOP

2. Celebrations

- a) World water week / Day celebrations
- b) Uganda Water and Environment Week (UWEWK)

- c) Sanitation Week, March
- d) National Handwashing with soap day, October 15.
- e) World Toilet day November 19
- f) Annual WASH Symposium
- g) Annual WASH CSOs
3. Club collaborations (7by7, family tree, Interact, Rotaract and others)

Call to Action lets us tell our story (Tik tok, X, Face book, linkedin, instagram), In Merikit alone, Rotary deployed ~10 boreholes, rainwater harvesting tanks, and school sanitation facilities through a ~UGX 1 billion (~US \$270,000) project in memory of Past President Samuel Owori .

Across Uganda, Rotary and its partners have invested millions of dollars and executed hundreds of WASH projects with sustainable community models.

Maternal and Child Health



By Rtn Dr Richard Kalungi

Rotary International focuses on improving maternal and child

health by reducing mortality and morbidity rates, enhancing access to healthcare services, and promoting education and preventative measures. Clubs work to ensure that mothers and children have access to essential medical services, skilled healthcare providers, and resources like birthing kits and mobile health clinic. This can be achieved through the following initiatives;

- Providing immunizations and antibiotics to babies.

- Distributing clean birth kits to ensure safe deliveries.
- Supporting mobile health clinics to reach remote or underserved areas.
- Promoting breastfeeding and educating mothers on its benefits.
- Working to prevent mother-to-infant HIV transmission.
- Supporting research and studies related to maternal and child health.

Community Economic Empowerment



Building Resilient Communities Through Economic Empowerment

By Rtn. Joan Nyanzi

Rotary District 9213 is advancing Rotary's sixth area of focus—Community Economic Empowerment—through strategic initiatives led by the Community Service Projects Committee. Guided by Rotary's Vision, the district is fostering global, community, and personal transformation.

Global Reach:

District 9213 is set to launch the Ugandan Chapter of the Economic Empowerment Action Group, connecting local efforts with global resources, expertise, and partnerships.

In Communities:

Rotary and Rotaract clubs are implementing sustainable economic projects. Clubs are receiving mentorship and engaging with the Rotary Action Group for Community Economic Development (RAGCED) to design impactful, community-led initiatives.

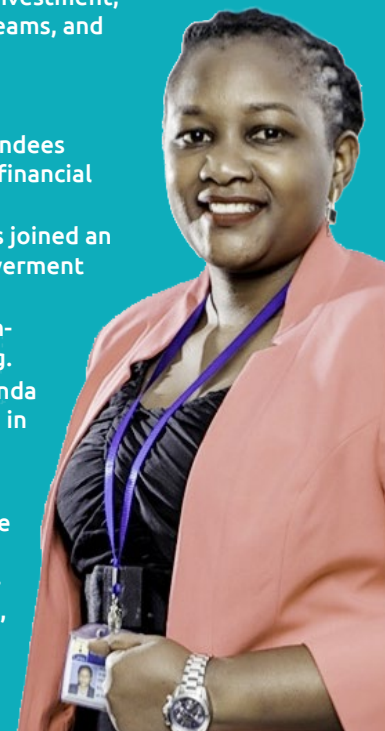
In Ourselves:

The "SMART MONEY TUESDAYS" series is empowering members with financial literacy every Tuesday at 7:00 a.m. Since its launch on 1st July 2025 by District Governor Geoffrey Kitakule, sessions have covered budgeting, saving, investment, multiple income streams, and financial planning.

Impact:

- 110+ weekly attendees report improved financial habits.
- Over 50 members joined an Economic Empowerment group.
- Interest from non-Rotarians is rising.
- The REGCED Uganda Chapter launches in 2026.

Rotary District 9213 is turning knowledge into action, and action into impact—empowering change, one Tuesday at a time.



Disease Prevention & Treatment



By Rtn Aubrey Agaba

Rotary International is committed to preventing and treating disease by addressing its root causes and promoting lasting health solutions. This includes supporting immunization campaigns, strengthening healthcare infrastructure, and increasing access to essential medical services. Rotary clubs also focus on health education and disease awareness to empower communities. Through these global efforts, Rotary fosters healthier, more resilient, and peaceful communities.



Supporting the Environment



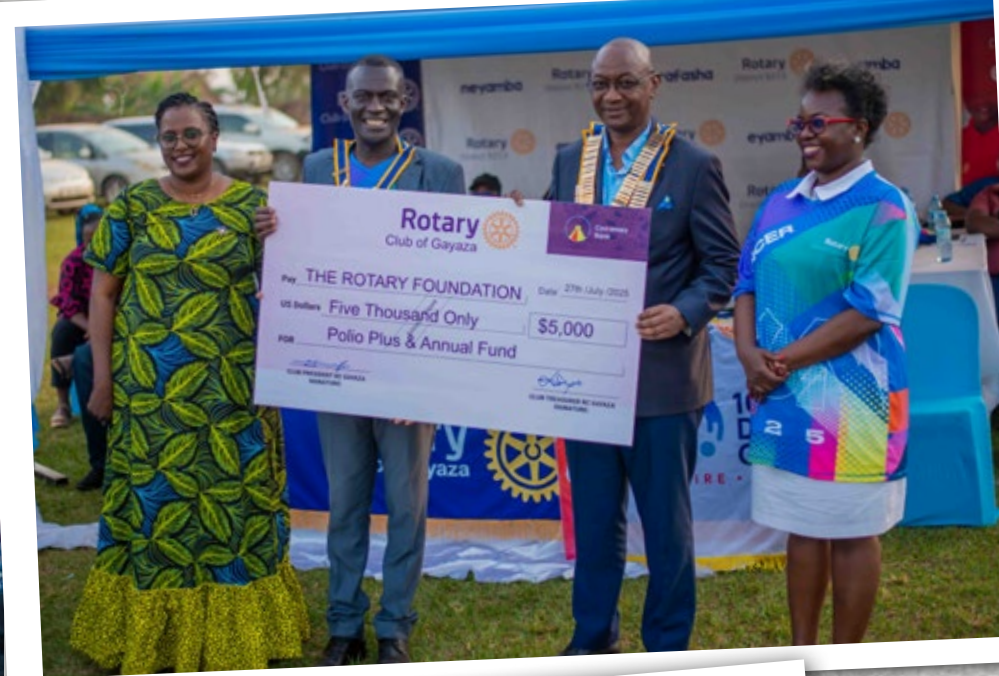
By Rtn Francis Wangi

Rotary is committed to supporting activities that strengthen the conservation and protection of natural resources, advance ecological sustainability and foster harmony between communities and the environment.

The committee will support clubs to initiate and sustain impactful projects that support the environment in order to further the cause by focusing on specific areas like protecting and restoring natural resources, enhancing community capacity for resource management, and addressing climate change impacts. This includes initiatives like promoting sustainable agriculture, reforestation, and addressing environmental justice issues.



One Month, many moments



RC Kampala South Drives Change in Kyaka II

By Rtn Emmanuel Mukwenda Mugisa

Over 36,000 Refugees Reached Through Waste Management and WASH Interventions

Rotary’s strength lies in its people—and the Rotary Club of Kampala South is living proof that when membership grows, so does the capacity to change lives. With an active, expanding membership base and strong collaboration from the Rotaract Club of Kampala South, the club has successfully extended Rotary’s reach to some of Uganda’s most vulnerable communities. In

Kyaka II Refugee Settlement, where over 134,000 refugees reside, their numbers and commitment have translated into meaningful, measurable change.

Since 2023, two transformative projects—funded through a US\$191,998 Global Grant from The Rotary Foundation and international partners—have tackled the settlement’s urgent challenges in waste management, water access, and public health.

Solid Waste Management & Recycling Project (US\$91,998 Grant)

By March 2025, five community-led waste management groups had been established across Bukere, Kaborogota, Byabakora, Sweswe, and Itambabiniga. These groups include 187 members (90 women, 88 men) who are now equipped to lead waste collection using 36 wheelbarrows, 96 spades and hoes, and four tricycles.



Participants also trained in bookkeeping, group dynamics, and the 3Rs (Reduce, Reuse, Recycle), empowering both the group members and over 1,200 indirect beneficiaries. The initiative has yielded six tons of briquettes and four tons of compost, sold locally with profits reinvested into group savings.

Wider community engagement includes:

- 10 boda-boda dialogues with 100 riders
- Four radio talk shows on Kyaka FM
- Four settlement-wide clean-up drives

As of July 2025, operations at the Adapt Plus recycling hub

have scaled significantly, now boasting:

- A plastic chopping machine (400–1,000kg/hr)
- A MAK IV incinerator
- Briquette-making machines
- A greenhouse drying 3–4 tons of briquettes weekly
- 15 roller bins

Seed capital totalling UGX 15 million will be distributed among four 30-member waste groups, supporting tricycle maintenance, business expansion, and their transition into Rotary Community Corps (RCCs)—ensuring long-term sustainability and financial inclusion.

Water, Sanitation & Hygiene (WASH) Project (US\$100,000 Grant)

This WASH project directly benefits over 36,800 people—52% of them women and girls. Key installations include:

- A 100,000-litre concrete water tank at Sweswe, now providing an average of 17.94 liters per person per day (up from 11.4 L/day)
- Rainwater harvesting systems at four schools and one health facility, benefiting 8,000+ residents

- A mobile water lab to test over 150 water points serving 30,000 people, improving the current 48% safety compliance rate

In addition, the extension of electricity to the Bujubuli Water Plant will:

- Save US\$13,811 annually in diesel costs
- Lower carbon emissions

- Ensure a more reliable clean water supply

On 12 July 2025, a joint delegation from the Rotary and Rotaract clubs visited the settlement to commission key infrastructure, including the greenhouse, briquette machines, water laboratory, incinerator, and plastic chopper. Upcoming activities include community dialogues

and financial literacy sessions—further proof of Rotary's dedication to empowering communities through sustainable, member-driven development.

"By uniting waste recycling with clean water access, we combat diseases while creating jobs. These projects embody refugee-led resilience."

COMMUNITY NEWS

Thursday, July 17, 2025



Ocitti (centre) explaining to the Rotarians of Kampala south about wetland encroachment



Water treatment plant in Kyegewa

How wetland encroachment is creating water crisis for refugees

KYEGEWA

By Ibrahim Ruhweza

Every morning before sunrise, 12-year-old Daniel Mbambu joins other refugees to queue at the only water tap in Kyaka II Refugee Settlement, Kyegewa district, to fetch water for his household.

At around midday, the queue is quiet, not due to impatience, but from fatigue. The water has not flowed for two days.

Just a few years ago, the nearby wetlands provided a steady source of clean water for thousands of refugee families. But today, the once-thriving ecosystems are being drained, cleared and built over.

As a result, the water sources have dried up, putting mounting pressure on the remaining sources of water. In Kyaka II, wetland encroachment seems to be doing more than harming the environment; it is stealing water from people who have already lost everything.

Without wetlands to naturally filter and store water, boreholes dry up faster, water points become unreliable and families are forced to walk long distances or wait longer in queues for water.

For a community that fled war and displacement, the slow disappearance of water feels like another form of violence – silent, but just as cruel.

"Water has reduced and it's affecting our lives to maintain

hygiene," he says, adding: "About five years ago, we used to get more than what we get today."

Mbambu and his family of six, as well as all refugees in the settlement, are concerned about the water shortage. This, with time, has led to poor hygiene and disease outbreaks.

FRUSTRATION

Denis Omoya Ocitti, the assistant field officer and head of the field unit at the United Nations High Commissioner for Refugees (UNHCR), says due to wetland encroachment, especially in Kyegewa, water scarcity frustrates refugees.

Ocitti says protecting wetlands is challenging for UNHCR, as the humanitarian agency lacks the manpower to do so. He has called on the Government to restore order among the locals.

"We depend on wetlands to maintain water sources, but when they are encroached on, life for refugees in settlements becomes too complicated," he says.

Ocitti says Kyegewa is facing a challenge of swamps that act as water reservoirs drying up.

"We had two metallic reservoir tanks, but they were too small," he says. By the time *New Vision* visited the settlement, the tanks were full of rust and were leaking.

As part of the solution, the Rotary Club of Kampala South has stepped in.

In 2023, the Rotarians

CONSEQUENCES

The consequences of the water shortage are severe in refugee settlements, according to UNHCR. Health and hygiene are significantly compromised, as many refugees resort to using unsafe water sources, leading to outbreaks of diseases, such as typhoid, diarrhoea and cholera.

Long queues at boreholes increase the risk of gender-based violence and create tension within households.

Women and children, who are primarily responsible for collecting water, face

exploitation and safety risks, especially when water sources are far away.

Additionally, the lack of water limits agricultural activities, such as kitchen gardening and livestock rearing, undermining food security and self-sufficiency.

Tensions between refugees and host communities are also escalating due to competition over water resources, like boreholes and small lakes.

These conflicts are common, especially in densely populated settlements.

conducted an assessment and discovered that the settlements' primary challenge was water.

They have since bought a 100,000-litre underground steel water tank into which water is pumped from a man-made lake through a water purification system. But this tank is still not enough.

Emmanuel Mukwenda Mugisha, the service projects director of the Rotary Club of Kampala South, says they got a grant of \$100,000 (sh558m) from Rotary International and other funders and decided to help the Kyaka II refugees with critical needs, especially water.

The sh140m water project serves over 36,000 people (70% refugees and 30% hosting communities).

This, Mugisha says, has gone a long way in addressing the water scarcity challenge in the refugee settlement. But a lot more needs to be done, he admits.

4,000

In the last 15 years, Uganda has experienced a decline in its wetland coverage of approximately 4,000 square kilometres.

"We also want to extend the services to other refugee settlements like Nakivale and Kiryandongo, who equally need water," Mugisha states. *New Vision* recently visited the Kiryandongo refugee

settlement and refugees raised water scarcity as one of the challenges they were facing.

Here, trucks carry water for refugees from distant streams. This is made possible by a joint contribution from UNHCR, the Uganda Red Cross Society and the World Food Programme.

GENERAL WATER SITUATION

Reports from the Office of the Prime Minister indicate that refugee settlements in Uganda are experiencing a critical shortage of water, with demand far exceeding supply.

In many areas, the amount of water available per person falls below international humanitarian standards.

In Kyakka II, each refugee used to get 40 litres 10 years ago; two years later, it reduced to 21 litres and they are now getting only 18.5 litres per person.

In the Kiryandongo settlement, water access

declined from 16 litres per person per day in 2023 to just nine litres as of last year, short of the UN-recommended 20 litres.

In Bidibidi refugee settlement in Yumbe district, refugees receive as little as 2.3 litres each per day, while Rhino Camp in Madi-Okollo district averages between 10–13 litres per person.

In Imvepi refugee settlement in Terego district, where water supply is relatively better at 27 litres per day, only 37% of refugees have enough containers to store more than 20 litres.

Uganda hosts over 1.8 million refugees and asylum seekers. This is the largest refugee population in Africa and the 6th largest in the world. Refugees mainly come from South Sudan (54%) and DR Congo (32%). The rest come from Burundi, Eritrea, Somalia and Sudan.

WETLAND COVERAGE

To protect water sources, there is need to protect wetlands. Over the past 15 years, Uganda has experienced a significant decline in its wetland coverage, with losses amounting to approximately 4,000 square kilometres.

This reduction has decreased wetlands from covering about 13% of the country's total land area to just 11%.

The main drivers of this encroachment are urban expansion, agricultural activities and infrastructural development.

Rotary
District 9213



UNITE
FOR
GOOD

ROTARY MONTHLY THEMES

01

JULY
Maternal & Child Health



02

AUGUST
Membership & New Club Development



03

SEPTEMBER
Basic Education & Literacy



04

OCTOBER
Community Economic Development



05

NOVEMBER
The Rotary Foundation



06

DECEMBER
Disease Prevention & Treatment



07

JANUARY
Vocational Service



08

FEBRUARY
Peace Building & Conflict Prevention



09

MARCH
Water, Sanitation & Hygiene



10

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Rotary Fellowships



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Saving Mothers and Newborns in Uganda: A Collective Journey for a Healthier tomorrow



By Rtn. Vivian Bahati

A few years ago, Uganda’s maternal mortality hovered above 300 deaths per 100,000 live births, and infant mortality lingered at 27 deaths per 1,000 newborns. Today, thanks to a pioneering partnership between Rotary

Clubs in Uganda, the US, and Japan with Bulamu Healthcare International at the helm, those numbers have dipped to 189 and 22 respectively. Yet behind every statistic lies a mother’s heartbeat and a newborn’s first cry, and no death in childbirth is ever justifiable.

A Bold, United Front

When the Rotary Club of Kampala Central secured a grant from Rotary International, they zeroed in on seven districts with the poorest maternal and child health indices: Amuru and Gulu in the North; Mayuge and Budaka in the East; and Kakumiro, Kyegegwa, and Bunyangabu in the West. In collaboration with

Uganda’s Ministry of Health, the project set four ambitious goals: Boosting antenatal visits, slashing maternal and neonatal mortality by 30% before mid-2024, training clinicians in WHO’s Essential Newborn Care (ENC), and igniting community demand for MCH services.

Hands-On Skills That Save Lives

The heart of the initiative was a Low-Dose High-Frequency (LaDHF) training model designed to reinforce critical newborn-care skills over time. In six mini-skills labs hubs nestled in Budaka, Mayuge, and Kyegegwa health workers practiced peer-to-peer, role-playing emergency scenarios,



and mastering life-saving techniques under the watchful eyes of mentors. “This wasn’t just training; it was a lifeline,” explains one mentor. “Each simulation gave these clinicians the confidence to act under pressure.”

From Equipment to Expertise

Equipping facilities with modern newborn-care devices went hand in hand with mentorship. Over a year, 11 new neonatal care units sprang to life, stocked with incubators, resuscitation gear, and infection-prevention packs. A neonatal unit matrix, a simple tracking tool helped staff monitor admissions and outcomes, turning raw data into better decision-making at every bedside.

Measurable Impact on the Ground

By June 2024, the results were nothing short of remarkable.

- 78 health facilities mentored, spanning Health Center IIIs to a referral

hospital

- 267 health workers trained, with midwives making up 89% of participants
- 2,738 neonates admitted, achieving an average survival rate of 93%
- Kangaroo Mother Care uptake soared from 67% to over 80%
- Early sepsis cases declined thanks to pre-sterilized delivery packs and rigorous infection checks

These numbers translate to hundreds more mothers and babies going home together.

Voices from the Maternity Ward

“The mentorship built my confidence,” shares Grace, a midwife at Budaka HC IV. “Now, even in emergencies, we know what to do. We are saving lives.” Across the districts, similar stories echo: newborns stabilized on a radiant warmer, premature infants thriving under vigilant KMC, and anxious mothers reassured by skilled, empathetic care.

Navigating Challenges, Celebrating Wins

Space constraints for NICUs and persistent staffing shortages tested the program’s resilience. Yet, committed district leadership, passionate mentors, and community buy-in proved decisive. “When everyone from village health teams to district officials believes in the mission, real change happens,” reflects Dr. Achen, a regional health officer.

A Blueprint for Sustainable Change

Beyond the impressive statistics lies a deeper lesson: sustainable improvements in maternal and child health require more than equipment and guidelines. They demand continuous skill reinforcement, data-driven problem solving, and a shared sense of purpose among all stakeholders. As Uganda races toward its 2030 target of 70 maternal deaths per 100,000 live births, the story of these seven districts offers hope and a blueprint for communities everywhere.

Beyond these seven districts, the ripple effects of empowered health workers and inspired communities are already reaching further. Would you like to explore how this model can be adapted for other regions, or dive into the personal journeys of more frontline heroes?

Family of Rotary: The Heartbeat of Rotary Service

By Rtn. Mary Namuwaya

The Family of Rotary is where true service begins. It includes spouses, children, relatives, alumni, and friends—those who may not attend our weekly fellowships but support us quietly and wholeheartedly. They are the foundation behind our service, often living out the Rotary spirit of Service Above Self in their own ways.

As we grow Rotary, we must recognize that membership doesn't start at the door of a meeting—it starts at home. The Family of Rotary strengthens our commitment, deepens our fellowship, and inspires new generations to carry our values forward. They are not just supporters; they are our first circle, our strongest advocates, and the fertile ground from which many new Rotarians grow.

Rotary's founding fathers built a movement rooted in friendship and professional connections. Over time, it has evolved into a global force of goodwill and sustainable change. Yet, at its core, Rotary remains a human-centered mission—and this is where the Family of Rotary comes in. It opens the doors of our clubs to the people who support us daily: the ones who cheer us on, help organize our events, and model values of compassion, love, and unity in their own quiet ways. The Family of Rotary is not a peripheral idea. It is central to who we are.

Engaging Hearts, Inspiring Generations

In District 9213, the Family of Rotary initiative is growing into a vibrant platform for connection, celebration, and legacy-building. From spouses volunteering during medical camps, to children participating in tree planting or RotaKids fellowships, we are witnessing the transformative power of full family engagement in service. This Rotary year, clubs across the district are being encouraged to:

1. Establish or strengthen Family of Rotary

- Committees at the club level
2. Document and celebrate special family milestones (birthdays, anniversaries, births, achievements, etc.)
3. Involve spouses and children in community service, fellowships, and Rotary events
4. Organize inter-generational activities like family sports days, school visits, storytelling nights, and cookouts
5. Support members

during life transitions, including weddings, births, bereavements, or illness

A Culture of Care

The Family of Rotary is a living bridge of compassion and fellowship. Whether a Rotarian is grieving the loss of a loved one, celebrating the birth of a child, or marking a career milestone, it is the Family of Rotary that steps in—not just with cards or flowers, but with presence, shared joy, and heartfelt support.

We are proud to see this culture growing stronger. Initiatives such as the District RotaKids Meet-up, Christmas Carols across all regions, and the Oktoberfest family fellowship are just a few ways District 9213 is turning Rotary into a true family experience.

Let us keep inviting, involving, and inspiring our families—because when Rotary reaches the home, it touches the heart.

#RotaryEyamba



FAMILY OF ROTARY CALENDAR.

24 AUG	BLOOD DONATION AND FAMILY MOMENT WITH THE KALERWE COMMUNITY In Conjunction with the Rotary Mango Blood Bank.
06 SEPT	ONLINE MENTAL HEALTH SYMPOSIUM An Educative talk on mental health with amazing Speakers
09 OCT	OKTOBER FEST (RC GULU CITY) Join the DG and the Arua community as they host the OKTOBER Fest in appreciation of our Rotarians and Rotaractors in that region
06 NOV	KIMEEZA WITH THE DG (RC HOIMA KITARA) Will join the DG for Kimeeza after his visit to RC Hoima Kitara
15 NOV	ROTA KIDS MEET UP WITH THE DG (RC IGANGA 10:00 AM -2:00PM) As a way of promoting love we shall join the DG on his tour to the Eastern and we shall use that opportunity to have a moment with the Rota Kids
16 DEC	JOINT CHRISTMAS CAROLS (TUESDAY CLUBS) Regional celebrating of the Christian spirit of love, peace, and togetherness during Christmas

FOR MORE DETAILS: MARY NAMUWAYA (SEC) 0754 803 749 / CHAIR HERBERT MUHUMUZA 0772 405 759

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Rotary Meets the Bench: Growing Membership Through Judicial Wellness

By Rtn Maureen Tumwebaze

In a powerful blend of service and strategy, Rotary Uganda took its message of wellness and membership growth straight to the learned men and women of the law. On July 25th, the Judiciary of Uganda marked the inaugural International Day for Judicial Well-being, offering Rotary a golden opportunity to connect, collaborate, and extend its reach into new territory—the

legal fraternity.

Organized in partnership with the Uganda Judicial Officers' Association (UJOA), the International Association of Women Judges – Uganda Chapter (IAWJ-UC), and the Rotary Fellowship for Fitness and Wellness, the event spotlighted the link between physical well-being and effective justice delivery. This effort, championed by Lady Justice Olive Kazaarwe

Mukwaya, the president of UJOA, not only championed a vital cause but also provided a unique platform for Rotary to extend its message and attract new members from one of Uganda's most respected professions.

The day opened energetically with a 4-kilometer walk around Kampala, followed by a spirited aerobics session led by Rtn Robert Ssebugwawo (Coach Bob) at the High Court



grounds. With over 200 judicial and non-judicial officers participating, the message was loud and clear: wellness matters, and Rotary is leading the charge.

Justice Mike Chibiita, representing the Chief Justice, and keynote speaker Prof. Augustus Nuwagaba, Deputy Governor of the Bank

of Uganda, underscored the importance of mental and physical health in delivering people-centred justice. Permanent Secretary Dr. Pius Bigirimana also pledged full institutional support, reinforcing the judiciary's commitment to long-term wellness.

Rotary's presence was unmistakable. The Rotary Fellowship for Fitness and Wellness—led by Coach Bob and his team of dedicated Rotarians—anchored the day's activities, seamlessly blending fitness with Rotary visibility. With support from partners like Amuka Dance Group and the Toli Wekka Foundation, the day's program featured everything from group games to panel discussions on work-life balance and mental health.

But beyond the sweat and smiles, something deeper was at work.

Rotary's engagement with the Judiciary wasn't just an act of service—it was a deliberate move to grow membership through relevance. By positioning Rotary as a partner in well-being, the fellowship opened doors to a new network of professionals, introducing them to Rotary's ethos of service, fellowship, and leadership.

This event reaffirmed a powerful truth: when Rotary shows up where it matters, people are drawn in—not just to join, but to belong.

As Uganda celebrates this new global observance anchored in the UN's July 25th declaration, the Rotary Fellowship for Fitness and Wellness has laid a foundation not just for wellness, but for strategic membership growth. In walking alongside the judiciary, Rotary is walking toward its own stronger, broader, and healthier future.

The Silence That Roared: How a Rotary Fellowship Turned Grief into Growth



“

**A man's tears are rivers that
flow in secret, yet they flood
the soul.**

– African Proverb, retold

**By Rtr. Aloysie Tumukunde
Kaberuka**

In the heart of sorrow, he stood. Not with thunder in his voice or anger in his hands, but with a silence that held a thousand unshed tears. That man, Past Assistant Governor Alfred Bakyusa, stood not as a pillar made of stone, but as a wounded lion trying to protect his young from a storm no one saw coming.

When he lost his wife, the rhythm of his life changed forever. The world outside moved on. Birds still sang, the sun still rose, and people still smiled. But inside his home, time felt frozen. The air was heavy with memories, and the absence of laughter once shared was deafening. And then came another loss.

Another loved one. Another crack in the fragile heart of his world.

I remember staring at him, unable to speak. I had no words that could meet his grief. I wondered if that old African proverb about a man's tears flowing unseen was meant for moments like this. Was his silence a shield—or a cage?

Then, one day, I saw a flyer from the Rotary Club of Kirinya-Bukasa. Past Assistant Governor Alfred had been invited to speak—not to deliver a lecture or a polished keynote, but to share his story as a grieving father and single parent. I felt drawn to attend.

That Rotary fellowship evening was unlike any other. His voice filled the room—not loudly, but with quiet power. He

didn't just speak. He opened his heart. With every word, we felt the weight of love, loss, and the courage to carry on. He shared how his children still whisper their longing for their mother, especially on birthdays, school events, and silent nights when all they want is her embrace.

He spoke of doubt—wondering if his love was enough. But also of choice: the daily choice to love his children even more fiercely, to show up broken but present, and to believe that healing could come through service, prayer, and connection. He didn't speak with bitterness. He spoke with grace—the kind only born from walking through deep valleys and still choosing light.

Then he said something that

stirred every soul in the room: “Men need love too. Real love. The kind that sees them, even in their silence. Women, speak life into your husbands. Tell them they matter. Protect your homes. Honour the sacredness of family.”

In that moment, the fellowship space transformed. Strangers became family. Silent hearts found language. And something powerful happened—people felt seen. That night, new faces signed

up to join Rotary. Not because of a project or a campaign, but because they had found belonging. They saw in Rotary a community that doesn't just serve—but listens, uplifts, and holds space for every story, even the hard ones.

This is the Rotary I believe in. The Rotary that welcomes real life, not just service hours. The Rotary that helps us grow—together.

To anyone carrying quiet pain,

may this story find you. To every man who has wept in silence and smiled in public—your grief is valid. To every child missing a parent—your sorrow has meaning. To every guest who attended that fellowship and chose to stay—welcome home.

Because sometimes, it is in the breaking of silence that healing begins. And from that healing, fellowship grows.



They Remembered us: Community Voices from the Kirinya Bukasa Medical Camp



By Rtn. Evelyn Akello

"We didn't have money for hospital visits. Today, my daughters received eye treatment, and it's like our family can breathe again."

"I had accepted this pain as part of aging, but now I feel lighter—physically and emotionally."

"I thought the cough would go away, but I was only getting worse. Here, I got tested, received medicine, and deworming tablets for my kids. I feel like someone finally remembered us."

"They explained everything so well, and now I know my status. I feel more in control of my life."

These are the voices of impact—real people whose lives were changed at the July 19th Free Medical Camp hosted by the Rotary Club of Kirinya Bukasa.

What may have seemed like just another community event was, in truth, a moment of transformation for hundreds. It was also a powerful reminder: Rotary membership is not just about numbers. It is about hands,

hearts, and hope.

With support from fellow clubs—Rotary Clubs of Kireka Movers and Bweyogerere Central—and a host of partners, members of the Rotary Club of Kirinya Bukasa mobilized to meet the urgent healthcare needs of their closest community. Spurred by Rotary International's 2025 call to, "Unite for Good," the club brought the full force of Rotary's reach and compassion to the gates of St. James Church, Uganda.

Earlier assessments had shown that many in the community were silently battling illness, unable to afford or access basic medical care. In response, members led the charge in organizing a one-day outreach that prioritized action over intention.



And the numbers?

- Over 300 people treated in a single day
- 121 men and 191 women received medical care
- More than a quarter were children under 15
- Screenings for blood pressure, sugar, malaria, TB, and HIV
- Free medication and referrals

for complex cases

- Lifesaving nutritional advice for mothers and infants
- Blood donation drives to replenish the local bank

Behind every statistic was a Rotarian, showing up to serve. The scale of this impact wasn't orchestrated by accident—it was built on the foundation of growing, active membership.

A Human Chain of Hope

Whether it was the teenager who found courage in knowing her HIV status, the father who discovered his diabetes state, or the baby saved through a nutrition referral—each story traces back to a Rotarian who showed up, a club that planned, and partners who trusted.

Even volunteers walked away changed.

"Many suffer quietly every day, but today many left with answers, medicines, and hope. We can truly change our community, one life at a time."

While the turnout exceeded expectations, the demand also exposed the limits of a one-day camp. The Club now aims to deepen partnerships with health authorities, strengthen health education, and improve follow-up systems.

This initiative was powered by Rotary members—men and women who chose to lead with compassion. But it was also made possible by community-minded partners including Marie Stopes, Centenary Bank, Viva Opticals, Blood Bank Services, and many others who believed in the Rotary cause.

This was not just a medical camp. It was a collective heartbeat of service. It showed that Rotary membership is more than attending meetings—it is the fuel behind every medicine dispensed, every child screened, every life saved.

And for every story told, there are dozens more still unfolding. Because when people unite for good, Rotary works—and lives are changed.

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